



Kankakee RIVER RUNNING CLUB

The Paper Race

NOVEMBER 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 93



NOVEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Andy Baldwin	6th	7
Dorothy Baldwin	10th	76
Don Combs	1st	43
Kari Livesay	22nd	40
Tricia Rahrig	8th	13
Keith Theisen	18th	50

ON DAN'S RUN by Dan Gould

Sunday at the Park in October - sunny, gorgeous, beautiful! There were five of them this year! The first one was Governor's and some of you were there. Where were you for the rest of them? You weren't racing every one of them! There have been only 6 or 7 of us sharing the joy and beauty of Mother Nature's Church. We don't even start the "services" in October until nine!

I would also like someone with whom to talk. It has been the "Coaches Corner" in October - Klipp, Livesay, Hickey, Lane. Do you speak cross-country? Does Reed-Custer have a fifth man on their team? Ask

me, do I care? All we needed was Scott Stephens and Theresa Burgard to show up and I would have gone in the opposite direction. They wouldn't have noticed!

Sorry, Charlie, Starkist only wants....whoops! Charlie Grotevant was out there in September running some fine times and I shuffled the note with all his results. We've got them this month!

Yes, Jim Grace is back! He survived - conquered - the Florida Ironman this year and PR'd by 36 minutes despite 3-4 foot waves on the swim. Hopefully, Jim will find time to give us a detailed account next month.

Jeff Lonergan felt like the invited elite runner at this year's Autumn Shoreline Classic in Decatur. Last year he won a free night's stay at the Holiday Inn. When he arrived this year, he was informed that all charges to the room were included. Must have been quite a party!

Congratulations to Dee Ozenglewski and Paul Surprenant on their successful outing at the Chicago Marathon. It was a first for both of them. Thanks to Paul for taking time to write us about their adventure.

Word on the street is that Carol Pratt is a lean, mean running machine who ran a 3:22 PR at Chicago. Since she hasn't sent a press release our way, this is rumor and hearsay which you may accept or reject.

For those of you who are inspired by the goldenagers, the performance of Warren Utes at the Chicago Marathon should fill the bill. Warren added another national age

group record to his growing total, finishing in 3:18:07 smashing the previous record of 3:34:42. Warren, 75 years young, has set seven national age group records since his birthday in June!

Have you noticed Pat Koerner and Tom Stuka's race results for the last couple months? Tom has finished first in seven consecutive outings! He and Pat were 1-2 in the Calumet City Half Marathon. Pat had two firsts and a second - in 23 hours!

Pat, Charlie Grotevant and I went to the Pumpkin Prance 5K in Schererville on October 28th. It was sponsored by the Omni 41 Fitness Center - what a joint! A fitness center the size of three football fields complete with shops. The race was remarkable for great shirts and lousy refreshments. Cornstalk was second, but ran his best 5K of the year - 16:18! Charlie and I got a handshake.

Next year is the 100th anniversary of the Boston Marathon. Last year, there was a note in *Runner's World* that Hal Higdon was writing a book about Boston and was interested in hearing from runners about their experiences at Boston. I sent him copies of the pieces I had written for this newsletter after each of my four Boston Marathons and subsequently received a call from Hal inquiring about what I referred to as the "obligatory pre-race picture." I explained that the beginning of a grand adventure such as a marathon should be preserved in pictures. Besides, if you "die" out there, your next of kin will have something by which to remember you.

I received a pre-publication

notice and ordered the book a few months ago. *Boston: A Century of Running* was delivered last week. It is one of those glossy, coffee table books, with many chapters on the history and the elite runners. There is, however, a chapter entitled "Ordinary People." I have my "15 minutes of glory" or, more accurately, a paragraph on page 200 regarding my interest in preserving in photographs my Boston memories. Thanks, Hal, for making me a part of Boston's history.

I thought we were going to have a social this month, but the silence is deafening. Perhaps we will do the chili cook-off in January when it is really chilly.

Winterfest 5K is February 4th - mark your calendars. This year's race will feature an award of \$200 to the athletic department of the high school fielding the most participants - students, faculty and staff - in the run and walk. The donation is courtesy of Riverside Medical Center.

Yes, I am running, but not because Dr. McKeigue had any magic to make my back problem go away. He did indicate that the leg length discrepancy which Dr. Durkin found a few years ago no longer existed so I've put the orthotics on the shelf for right now. I remember the snickers about "so Dr. Durkin found you had a short leg and sold you on orthotics."

I got a "golf course consultation" from a local ER physician who told me that Aleve (Naprosyn) is the best soft tissue anti-inflammatory. I tried it for a couple weeks, but don't know that it had any effect. I just have to be happy that the pain is low grade and that I can be physically active.

The shorter days mean a lot of running in the dark. Be seen - be colorful - be careful. Hope to see you on Dan's run!

A FIRST MARATHON by Paul Surprenant

On October 15th Dee Ozenglewski and I set out on our first marathon. The day started out cool, in the high 40's with a slight breeze. The runner's biggest question on race day crossed our minds - how to dress? Dee opting for tights and gloves, myself for shorts. Excited and anxious we ventured to the starting line and blended in with the other 11,000 runners.

The strong scent of Ben-gay permeated the air as we waited for the National Anthem and the siren to sound the start of the race. A minute and a half after it sounded, we crossed the starting line and finally began our run.

Everything went smoothly through the half-way mark with a two hour and four minute time including one potty stop at mile nine. We reminded one another that the winners would be crossing the finish line soon. We moved on through the ethnic neighborhoods and down to Comiskey Park where my wall was starting to build.

By the time we got to mile twenty-one, my legs felt like tree trunks getting ready for winter - the sap was draining fast! My breathing had lost it's rhythm and I knew Dee was running strong so I told her to go ahead. She questioned that at first, but finally did. She later told me she struggled a little bit at mile twenty-three, but found a couple to pace to the finish.

I, on the other hand, was on my own to find whatever available to cross that finish line. Run half a mile, fast walk a minute, run again, whatever it took to achieve the goal. A worker told us we were close and to look for the red balloon flying over the finish line. As we got past the tree line, there it was - that beautiful red ball against the Chicago skyline with hundreds of well-wishers lining the way to the finish.

My four hour and fifteen

minute prediction was about seven minutes out of reach but I did finish my first marathon. Dee, however, was more realistic in predicting four hours and fifteen to thirty minutes. She beat that with a time of just over four hours and ten minutes. Way to go Dee!

Thanks, Dee, for helping me through those first twenty-one miles. Sorry I couldn't cross that line with you, but at least we both did what we set out to do - finish a marathon! For others thinking about a marathon, we suggest you "Do It!"

AT THE MOVIES WITH MARK

And now for something completely different..."Old Video Picks." I really enjoy movies. Although some movies are best when viewed on the "big screen", a lot can be said for in home viewing: no pressure to get there in time, no worries as to the type of crowd, quality control of the snacks, the ability to pause for a break if necessary, and you can wear sweats and slippers, and put your feet up. As the weather turns less inviting and you find yourself wanting to stay home instead of going out, video movies can be "just the ticket." The following suggestions are some of my favorites. If you haven't seen some of these movies you might give them a try. Fax in your reviews to me at 935-9882. Mark Steffen.

Planes, Trains, and Automobiles:

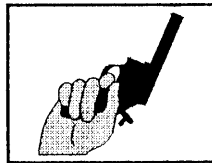
I can start this movie in any spot and be laughing within 15 minutes. Steve Martin, an upper echelon advertizing salesman, tries to get home in time for Thanksgiving, and experiences several problems including John Candy, a traveling shower curtain ring salesman. If you have traveled, you will relate. A portion of this movie was supposed to be filmed at the Kankakee train station, but a lack of snow caused a

move to Braidwood. No nudity or blood, but one very funny scene where the "F" word is prominent.

My Blue Heaven: A former mobster, Steve Martin, is in the federal witness protection program to testify in a mob murder trial. Rick Moranis is the FBI agent assigned to "babysit" him until he testifies. The displacement of Martin's New York City, lovable, streetwise character to suburbia, and the contrast between his free flowing style, and the uptight, Moranis, sets up a lot of the comedy. For legal buffs: the reason that attorneys should "never ask a question on cross examination unless they are sure of how the witness will respond" is clearly depicted here. No nudity or blood or offensive language.

The Princess Bride: Like Rocky and Bullwinkle, this movie was aimed at the children's market but written for adults to enjoy too. Children will enjoy the adventure, true love, kidnaping, swordplay, deceit, torture, magic potions, monsters, and happy ending. Adults will enjoy the humor in the lines and the cameos by several recognized actors. Get this one for the kids, but watch it with them. No nudity or blood or offensive language.

THE
STARTING
LINE



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rest rooms) at 8 AM from May through and 9 AM from October through April to run and socialize on off-race Sundays. Individuals may vary the starting time based on the distance

they intend to run and their personal obligations. Bring a running buddy and join us! Some members bring their bikes for a little cross-training after the run.

Sun., Nov. 5th - 11:00 A.M. - Canal Connection 10K, Utica, \$11/14, a class race with all the amenities. 223-8988.

Sun., Nov. 12th - 9:30 A.M. - Fall Frolic 4 Mile Run, Purdue Calumet Fitness Center, Hammond, IN., long Ts, \$11/15 after Nov. 3, 5 yr AG to 60, lots of awards, post-race party. 219-845-1977.

Sun., Nov. 12th - 9:30 A.M. - 16th Annual Trotter Twosome 5K, Arlington Race Course, couples and open divisions, 708-843-9077.

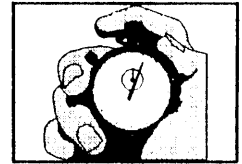
Thurs., Nov. 23rd, 9:00 A.M. - Pilcher Park Poultry Pacer 4 Mile Predictor, New Lenox, \$4/6, awards to Top M/F, M/F master, and top 20 predictors. Refreshments. 478-3124.

Sat., Nov. 25, 9:30 A.M. - Kelly Park Turkey Trot 5K, 9101 W. 16700 St., Orland Hills, \$10/15 after Nov. 15, sweatshirts, 10 yr. AG 3 deep plus OA. 349-7211

Sun., Dec. 3, 9:00 A.M. - Ottawa 10 Mile Classic, K.C. Hall, 401 W. Main St., \$15/20 after Nov. 20th, long T, 3-5 deep in 5yr AG, great refreshments. 433-8044.

Sun., Dec. 10, 9:00 A.M. - 5th ANNUAL JINGLE BELL RUN FOR ARTHRITIS, Shapiro Developmental Center, Kankakee, \$15/18, long Ts, 5yr AG to age 55, plaques to 1st in AG and medallions thereafter, pizza, pop, fruit and a good cause! 937-2461 or 933-4935.

THE
FINISH
LINE



Charlie Grotevant - 53 years young - kicked butt in September!

Sep. 2, Hoopeston Corn Festival 5K, 2AG, 19:40

Sep. 3, Herscher Hare & Tortoise 5K, 2AG, 20:06

Sep. 10, Panno Memorial Run 5K, 2AG, 19:52

Sep. 16, Dwight Harvest Days 5K, 2AG, 20:04

Sep. 17, National Heritage Corridor 25K, 1:57:10

Oct. 8, Cal City Half Marathon - Tom Stluka, 1:15:11, 1st OA; Pat Koerner, 1:15:40, 2nd OA & PR!

Oct. 14, Powerhouse Gym 5K Gym Run - Pat Koerner, 16:59, 1OA

Oct. 14, T.C.S. Octoberfest 5K Run - Pat Koerner 17:08, 2 OA

Oct. 14, Shoreline Classic 15K (Decatur) Jim Grace, 57:25, 3AG; Jeff Lonergan, 1:07:14; Charlie Grotevant, 1:09:28

Oct. 15, 5K Race for Love, Pat Koerner.16:39, 1OA

Oct. 15, Chicago Marathon - Dee Ozenglewski, 4:10:37; Paul Surprenant, 4:21:50; Carol Pratt, 3:22:??

Oct.28, Plum Creek Pumpkin Prance 5K, Schererville, IN. - Pat Koerner, 16:18, 2OA; Charlie Grotevant, 20:20; Dan Gould, 20:30

Oct. 29, Monster Dash 5K, Chicago Hgts. Tom Stluka, 16:30, 1OA

Training table

Fit but deficient: Athletes need adequate iron intake

By Bob Condor
TRIBUNE STAFF WRITER

At a recent health exposition sponsored by the LaSalle Banks Chicago Marathon, sports nutritionist Mary Mullen spent 25 minutes apiece with about 60 runners. She worked up a detailed dietary analysis for each person, and found one thing to be most common.

More than two-thirds of the runners were not getting enough iron.

"Their diets were highly nutritious," said Mullen, who works with the White Sox and is co-owner of JM and Associates nutrition counseling service in Clarendon Hills. "There was a good mix of carbohydrates, proteins and fats, along with most vitamins and minerals. But 70 percent were falling short with iron."

Mullen said the iron-deficient group included men and women (who lose iron more regularly through menstruation). "This is a group of people who are working out extensively and also concerned about losing weight," she said. "So they cut back on red meat and dark poultry to achieve a lower fat content. The problem is, these are excellent sources of iron and often they are not replaced with food items high in iron."

Another problem for runners: The constant pounding destroys red blood cells. This leaves you low in hemoglobin, which contains the iron needed to deliver oxygen to the muscles. Not adequately replenishing the supply can result in anemia; you will feel overly tired and sluggish.

Other athletes at higher risk for iron deficiency include gymnasts and wrestlers (who tend to restrict their diets), teenagers (who need more iron for growth and metabolism of muscle cells) and most endurance athletes.

With higher-risk clients, sports nutritionists are cautious about suggesting iron supplements because too much iron can interfere with how the body uses other nutrients. Most will only recommend a multivitamin with enough iron to cover the U.S. Recommended Daily Allowance of 15 milligrams for women under 50 and 12 mg for men under 50. Amounts are a bit lower for people over 50.

Liz Applegate, a dietitian and nutrition columnist for Runner's World, urges anyone concerned about iron to see a physician and ask



Illustration by Dave Calver

about blood tests for hemoglobin and related indicators such as ferritin and transferrin.

"Then you and your doctor can make a decision about iron supplements based on a complete blood workup," she said.

Mullen said athletes eating more vegetarian meals present a challenge.

"I recommend athletes eat red meat twice a week to play it safe," she said. "You don't need more than 3 to 4 ounces per serving. But if an athlete insists on a vegetarian diet, there are ways to maintain proper iron intake, especially if they pay attention to eating iron-fortified cereals, breads and pastas."

The best source of iron is heme iron, which is most readily absorbed by the body. Non-heme iron is plentiful in selected produce, grains and beans, but is less able to make its way into the bloodstream. According to research studies, only 5 percent to 10 percent of non-heme iron is absorbed compared with 25 percent to 30 percent for heme iron.

Some foods inhibit the body's ability to use dietary iron. Calcium in dairy products and many leafy green vegetables can block iron absorption. The same goes for tannins in teas, polyphenols in coffees and phytic acid in bran. Avoid such foods when eating the meal supplying your major iron supply for a day.

On the other hand, vitamin C encourages iron absorption. You might substitute orange juice for coffee or tea when eating your iron-fortified cereal (going easy on the milk, or even trying a rice or soy milk).

Where's the iron?

There are two kinds of dietary iron. One, called heme iron, is in red meat, poultry and some seafood. Non-heme iron, which is harder for the body to absorb, is available in some vegetables, fruits, grains and beans. Here are leading sources of both.

Heme iron

Liver (3.5 ounces),
8.8 mg

Canned clams
(3 ounces, including
liquid), 4.1 mg

Lean pork chop
(4 ounces), 3.5 mg

Sardines (4 ounces),
3.5 mg

Lean beef
(3.5 ounces), 3 mg

Canned tuna
(3 ounces), 2 mg

Dark-meat turkey
(3 ounces), 2 mg

Dark-meat chicken
(3 ounces), 1.5 mg

Non-heme iron

**Fortified breakfast
cereal** ($\frac{1}{2}$ cup),
18 mg

Instant oatmeal
(1 packet), 6.3 mg

Potato skin (2
ounces), 4 mg

Dried figs (10),
4.2 mg

Swiss chard (3.5
ounces, raw), 3.2 mg

Spinach (3.5 ounces,
raw), 3.1 mg

Garbanzo beans
(3.5 ounces), 3 mg

Lentils (4 ounces,
cooked), 3 mg

Kidney beans (4
ounces), 2 mg

" The more I run, the more I want to run, and the more I live a life conditioned and influenced and fashioned by my running. And the more I run, the more certain I am that I am heading for my real goal: to become the person I am."

- Dr. George Sheehan