



Kankakee RIVER RUNNING CLUB

The Paper Race

DECEMBER 1995 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 94



DECEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Peggy Baldwin	23rd	12
Butch Coy	30th	49
Mark Debold-Leyland	31st	16
Jack Dorn	27th	50
Gina Dorn	28th	16
Jordan Dorn	6th	12
Ed Glazar	20th	42
Lindsey Grace	21st	11
Graig Hickey	7th	18
Ken Johnson	16th	78
Linda Krause	11th	46
Denzle Painter	6th	51
Randy Rahrig	3rd	37
Scott Stephens	21st	44
Larry Wier	20th	60
Flo Wier	24th	56

WELCOME NEW MEMBERS

Marshall Grace, 33, Bourbonnais

ON DAN'S RUN by Dan Gould

I connected with the Canal Connection on the first Sunday in November, but it certainly wasn't pretty. Last year's sunshine helped to minimize the pain of racing 10K by bringing beauty and warmth to the

I&M towpath. This year was just one of those ugly, cold, grey days with a strong south wind. The wind, happily, could do little damage once we were on the towpath and sheltered by the trees as we ran east to Utica.

Charlie Grotevant and I had talked in terms of a 44 minute 10K, but it became evident in the first few hundred yards of the race that Charlie was going to be considerably faster than 44 minutes. He was feeling his oats (farmers can do that). I, on the other hand, was feeling my lack of training and needed some inspiration.

We were three fourths of the way through the first mile when I noticed a rather attractively shaped young lady just ahead and to my left.

Picking up the pace, I came abreast of her and discovered that my inspiration was Becky Criscione. Becky has had a good year.

I inquired as to Becky's goal for the day and it was - wonder of wonders - 44 minutes. We hit the towpath and she edged ahead (Carol Pratt is reading this and saying, "That dirty old man! He just likes the view from back there!"). I pushed, she pulled, and we were never more than 20-30 yards apart. In the last couple tenths I once again pulled abreast of her, but couldn't match her finish line kick. We crossed the line a few seconds under our goal of 44!

Charlie had long since finished with his best time in ages - 41:36! I would have been dead meat had I tried to stay with him.

Cornstalk and family, Joyce Grotevant, Jim Grace, Dave Scherke, Ron and Nancy Ruda, and Carol

Pratt were also in attendance. Since Canal Connection traditionally mails results, I didn't take notes on times and places. As of this writing, no results received.

Speaking of writing, Mike McGuckin has again sent greetings from western Livingston County. With the end of the boys' golf season, the coach had a chance to get in some training. On November 18th he ran the Pontiac Jingle Bell 5K, his first race since Abe's Amble in August.

Mike found the race notable for it's small field, half of which were high school students, and confusion as to age groups and awards. On a positive note, Mike ran well and there was the usual fine post-race put on by the people of Pontiac. Mike will add another GREEN shirt to his '95 collection - 11 races and 6 gave green shirts! Those McNamara school colors just will not leave him alone!

Speaking of McNamara, Mike suggests a huge round of applause for Ken Klipp whose girl's cross-country team finished second in the state finals bringing Ken his first state trophy. "A fitting award for one great person," says Mike. I'll second that motion!

I escaped to Florida the Thursday after Canal Connection. It was an unseasonably cool two weeks, but it was great for golf and running. There was plenty of sunshine and it only rained at night.

November 12th found me headed for the Tampa Greyhound Track and the Dog Days 5K for the benefit of Camp Good Days and Special Times, an organization which

The *Paper Race* is the newsletter of the Kankakee River Running Club and is published each month for its members' information and enjoyment. Members are encouraged to submit accounts of their adventures in running and racing to: KRRC, 212 Julie Dr., Kankakee, IL. 60901

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does good things for children with cancer and their families. The front which had passed through the previous evening brought a morning clear and cool (40's). In the eastern sky and on the opposite coast I saw the smoke trail of the shuttle Atlantis beginning to dissipate. I wish I had been on the road a few minutes earlier!

As I headed north over the Sunshine Bridge I wondered if the strong north wind was going to blow me into Tampa Bay. More seriously, I wondered if we would feel it on the course. The race loops through a heavily treed residential area, but all I could remember from last year was the heat/humidity.

I found Ma and Pa Hickey at the starting line and had little time to say hello before we were off. The temperature was 49 and the wind was not a factor on the course - super! I'm sure the humidity was up, but I just didn't feel it at that temperature.

The buffet breakfast in the club house was every bit as good as last year and worth the price of the entry fee alone. We ate and watched an adult in a bunny costume "rabbit" for the kids' races on the track. The

awards were plaques or coffee mugs and there were random prizes. This shirt was unique - my first tie-dyed. In short, this was one of the many great races to be found in Florida.

The following Saturday I went up to Apollo Beach which is located on the eastern shore of Tampa Bay. The Run By The Bay 5K was for the benefit of the Cystic Fibrosis Program at All Children's Hospital. A much larger percentage of Florida races benefit charity. They get great sponsorship which means the runners get a class race with all the amenities and, I presume, the selected charity benefits.

This race was staged in what appeared to be a rather exclusive new residential development. The course was flat and fast, but we were slowed a bit by the north wind as we ran along the bay. The shirts were decent, refreshments acceptable, and the traditional trophies respectable. They also had random prizes which were divided between the 5K and the 1K Kids' Run. Florida races also seem to do a lot more for the kids.

Thanksgiving Day in Florida. The Tampa Turkey Five beckoned and to make the 8 A.M. start I was on the road from Bradenton right after 6 A.M. It was still dark enough by the time I reached the Sunshine Bridge that the lights were on. It may not be the "7th Wonder of the World," but it is a magnificent structure. Several miles up the road, as I crossed the bridge between St. Pete and Tampa, I got to watch the sun rise over Tampa Bay into a crystal clear sky.

The staging ground for this race was the Pepin/Rood Stadium at the University of Tampa. The course was out-and-back with two hills. We crossed the Hillsborough River twice, once going out and once coming back. With a temperature of about 50 degrees, it was another great day to race. Ma and Pa Hickey were, as always, successful age group participants. While I was happy with my time, I did not place.

The organizers of this race apparently believed we would be stuffing ourselves with turkey and stuffing later in the day. Post-race refreshments consisted of water and bananas. The shirts and awards were unremarkable. Unlike most Florida races, this was a Spartan affair which gave the runners bare bones amenities.

Ma, Pa, and I showered at their motel a couple blocks away after finishing the race and before the awards ceremony. I walked to the motel with them, walked back to my car, and drove to the motel. As soon as I stepped out of the car, Pa hollered that they had already taken their showers. Now these goldenagers are quick, but I have to believe they showered together to be that quick!

After the awards, we went to Village Pancakes for our Thanksgiving "dinner." With dad in the nursing home and step-mom in Virginia, I was quite happy to break bread with part of my running family. I had much for which to be thankful.

Speaking of thanks, I owe one to Ma and Pa Hickey for the home cooked meal in Port Charlotte and the John and Erma Hickey Trophy Run tee shirt.

So, what were you guys doing while I was playing lots of lousy golf and running races in ideal conditions? Well, John Shoup was putting together a fun run at the Perry Farm on November 26th entitled The First Semi-annual Urban Survival Litigation Invitational. I gather 13 adventuresome souls participated and believe there were some survivors.

Bill Linn was putting together a Running Club Christmas party at Sam N' Ellas Other Side for December 15th at 7 PM. For those who want to burn a few calories first, meet at the Perry Farm at 5:30 PM. You need to RSVP Bill at 935-0815 and decide whether to bring an appetizer or dessert.

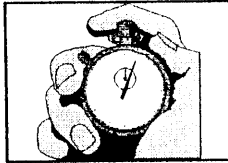
Time to start thinking about

1996. How are you going to serve your club and your sport? We will once again take applications for newsletter editor and staff positions. Race Directors and club officers are in demand. How about a stint as social chairperson? We haven't been very social this year. Would you like to be Race Circuit Coordinator? Our circuit has really died, but I guess no one cares. OK, I'll get off the soapbox. Our membership is strong when you count the numbers, but we need more participation.

Don't miss the Jingle Bell 5K at Shapiro. It will be the last of the local races for the year. We are getting ready for Winterfest on February 4th and, as always, it is a club production. We'll need your body to work and run.

So, let's be careful out there on these short and often grey days when many of us have to run after dark. Be seen so you can make the scene! Hope to see you on Dan's run!

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., 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.

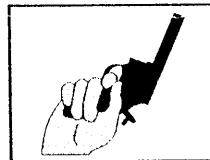
Sun., Dec. 10, 9:00 A.M. - **5th ANNUAL JINGLE BELL RUN FOR ARTHRITIS**, Shapiro Developmental Center, Kankakee, \$15/18, long Ts, 5yr AG to age 55, plaques to 1st in AG and medallions thereafter, pizza, pop, fruit and a good cause! 937-2461 or 933-4935.

Fri., Dec. 15th, - **KANKAKEE RIVER RUNNING CLUB CHRISTMAS PARTY**, Sam N' Ellas Other Side, 7 PM, [REDACTED], bring an appetizer or dessert. Pre-party fun run at the Perry Farm at 5:30 PM.

Sun., Dec. 31, 1:00 P.M. - Hardcore Hog Run '95, Kewanee, trophies, sweatshirts, door prizes. Sherri 309-853-8961.

Sat., Jan. 6 - Siberian Express 7.6M, Kickapoo State Park, Danville. 217-733-2403.

THE
FINISH
LINE



Sat. Nov. 4, Olivet 5K - Pat Koerner, 15:59, 2OA

Sun., Nov. 5, Canal Connection 10K - (Utica) - Pat Koerner, 34:32, 3AG; Charlie Grotevant, 41:36; Becky Criscione, 43:44; Dan Gould, 43:45

Nov. 12, Dog Day 5K (Tampa) - Dan Gould, 20:10, 3AG; John Hickey, 24:42, 3AG; Erma Hickey, 26:16, 1AG.

Nov. 18, Pontiac Jingle Bell 5K
Mike Hickey 18:32 1AG
Graig Hickey 19:32
Charlie Grotevant 19:50 2AG
Bob Pool 21:22 3AG
Mike McGuckin 24:07 2AG

Nov. 18, Decatur Herald and Review Turkey Trot 5K - Pat Koerner, 16:15, 2OA; 10K, Jim Grace, 37:34, 4AG.

Nov. 19, Run By the Bay 5K (Apollo Beach) - Dan Gould, 20:03, 3AG.

Nov. 23, Tampa Turkey 5 Miler - Dan Gould, 32:45; John Hickey, 41:51, 1AG; Erma Hickey, 43:17, 1AG.

Nov. 23, Turkey Trot 3M (Oglesby) - Pat Koerner, 16:21, 3AG.

Nov. 23, Pilcher Park Poultry Pacer 4M - Mike Hickey, 25:15; Graig Hickey, 25:14; T.J. Seitz, 25:12; Charlie Grotevant, 26:25

Nov. 25, Drumstick Dash 5K (Richton Park) - Pat Koerner, 16:42, 2AG; Jeff Lonergan, 21:30; Becky Criscione, 22:01, 1AG.

Training table

What you eat may affect when you work out

By Bob Condor

TRIBUNE STAFF WRITER

You may solemnly swear on your automatic coffeemaker that you are not, most definitely not, a morning person. But as the clock turns back this weekend, it is a good time to reconsider your position.

Adding some morning workouts to your exercise schedule can provide a lift during the cold months.

For example, research shows that exposure to sunlight, or comparable indoor brightness, within 15 minutes of waking up can boost your alertness for the entire day. Other studies show that exercise increases core body temperature, which comes in handy as we trudge through the coming winds and snow.

"It's tough to get out of a warm bed, but you always feel better after the workout," said Susan Allen, a dietitian and personal trainer who operates HealthWise nutrition consulting service in Forest Park.

Even so, Allen said, many of her clients are reluctant even to try morning workouts.

"There are two schools of thought," she said. "One points to scientific evidence that morning exercise will boost the body's metabolism throughout the rest of the day. This gives you more energy and helps burn off fat.

"The other line of thinking is if someone is not a morning person, they will fall off such a routine and consequently get no benefits from exercise."

If you are interested in adding some morning workouts, some changes in your eating habits might help.



Illustration by David Calver

"Stay away from eating a meal the night before that is heavy in proteins and fats," Allen said. "They are often not fully digested, especially if you ate a late dinner. You will wake up feeling full and weighed down."

It's also important to drink some fluids before morning exercise. While water doesn't provide energy in the form of carbohydrates (you can add a shot or two of fruit juice for such a boost), it does replenish body fluids lost during sleep and helps protect against dehydration. You will simply feel better after drinking a glass or two of water, even if you don't exercise.

Eating something—preferably high in carbohydrates—is key to successful morning workouts. A piece of toast or fruit will suffice; you can eat the rest of your breakfast later.

"One of the drawbacks of morning exercise is many people simply roll out of bed and go," said Janice Thompson, an exercise physiologist at the University of North Carolina-

Charlotte who studies diet and physical activity. "If you don't eat a little something, that's a long fast between meals. Your blood sugar will drop and your performance will be off."

Thompson said some of the student-athletes she counsels are unable to tolerate any food right before a workout.

"I suggest they get up an hour or two before the workout, eat something, and go back to sleep," she said.

Some marathoners and other long-distance athletes have found liquid-meal drinks to be easier on the digestive system before morning runs or bike rides. Be sure to avoid products that are too high in proteins or fats, which will divert blood to the stomach for digestion and away from the arms and legs.

Another problem can develop from a morning workout that starts too abruptly: "You always need to stretch before exercise," Allen said, "but you don't want to stretch cold. You need to move around a bit in the morning before stretching. Maybe a light jog in place for a few minutes or a walk around the block. Something to warm up the muscles before stretching them."

Thompson said a recent job change has shifted most of her workouts from mornings to evenings.

"I find motivation is harder for me at night," she said. "I feel tired at the end of a day and sometimes have to force myself to work out. In the mornings, it was more automatic and part of my day.

"But I do have one constant motivator that works for me: I will get fat if I don't exercise. That keeps me going."

Winter weight

As winter approaches, we need to be more aware of fat content in our diets.

"Most of my clients crave more carbohydrates, fats, sweets and more food in general," said Susan Allen, a nutritionist and personal trainer in Forest Park. "It's an issue for anyone trying to control weight gain."

That's because research shows that people have a natural tendency to store more fats for the dark, cold

winter ahead. That holds even for residents in more temperate areas of the United States.

Natural hormonal changes trigger more hunger cravings.

"The best approach is to maintain a regular exercise program and watch your overall fat and calorie intake," Allen said.

Bob Condor

KRRC CHRISTMAS PARTY!

HO! HO! HO! It's time for the running club Christmas extravaganza! On Fri., Dec. 15, from 7pm-12pm we will have sustenance and socialization all at the expense of our wonderful club. The festivities will be held at Sam & Ella's Other Side on Station St. at the river. Bring your wife, girlfriend, husband, boyfriend (sorry, no kids), your favorite CD, your poolstick, your running videos, whatever! We will have fun!



There will be a running club trivia test and some door prizes. Please bring a \$5.00 unisex gift to play a gift exchange game. Also, bring a side dish or a dessert to share. Don't miss this party! Please RSVP - 935-0815 to Bill or Linda Linn. P.S.-For those who want to run before--meet at Perry Farm 5:30 for a four mile jaunt in the park!

Pounding the message home

Study reiterates conventional wisdom: Get rid of excess weight before it gets you

By Steven Pratt
TRIBUNE STAFF WRITER

Face it. The U.S. needs to deal with obesity as a national epidemic, as chronic a disease as heart disease, cancer and diabetes—and one that's more prevalent.

Statistics show that one in three adults in the U.S. is at least 20 percent overweight and that obesity among teenagers is 6 percent higher than it was 10 years ago.

Unlike the era of 17th Century painter Peter Paul Rubens, being plump in today's society is not regarded as attractive. But the latest study on weight, heavily reported this month, makes it more than just a matter of appearance.

That analysis, by Brigham and Women's Hospital in Boston, used statistics that were gleaned from the larger Harvard Nurses' Study, which documented the habits of 115,200 middle-age women.

It demonstrates that excess pounds can contribute to disease and cause premature death. In short: Thin people live longer.

More than any

previous research, the study indicates that healthy, non-smoking women who were 15 percent to 20 percent below weight and usually considered healthy had the best chances of living to a ripe old age. (To assess your fat profile, see the accompanying story.)

All these are reasons for overweight people—both women and men—to be concerned, but not to panic, experts say.

"We don't want to alarm women, but we can no longer afford to be complacent about the epidemic of obesity," says Dr. JoAnn Manson, co-director of Women's Health at Brigham and Women's Hospital and principal author of the study.

"Obviously, not everyone can have the shape of a runway model," says Karen Miller-Kovach, a dietitian and a consultant on the recent National Academy of Sciences report on obesity.

"The first priority of a weight-conscious person—especially a middle-age woman—should be to not make the situation worse. Don't gain any more," Miller-Kovach says.

"That done, then a person needs to realistically

assess her [or his] need to lose weight. If you are obese, what is your commitment to losing weight for health reasons?" says Miller-Kovach, who designed the Fat and Fiber diet program for Weight Watchers Inc.

Once you are committed to losing weight, the next step is to set a realistic goal. Miller-Kovach says. "Research suggests that most overweight people can lose 10 percent of their present body weight without putting themselves on a roller coaster of deprivation."

With determination, she says, a person can lose that amount in two months. "So if you weigh 200 pounds, go to 180. If you are 228 go to 205; 160, then try for 144," she says. Such figures are substantial, but Manson says, "Even a modest weight loss will have important benefits as far as heart disease, blood pressure and cancer are concerned."

"And the study shows it is tremendously important to avoid gaining weight as you age," Manson says. Women in the 16-year study who put on 22 or more pounds since the age of 18 showed a 20 percent to 60 percent greater risk of early death than those who lost weight or gained less than 10 pounds.

How to go about losing weight is an entirely different matter. "I see it as multifaceted: eating healthfully, increasing physical activity and finding moral support," says Miller-Kovach.

Because good health is the goal, you won't improve anything by losing 10 pounds if you do it by taking diuretics or not eating or going on a crash diet, she says. "Making moderate changes leads to a moderate loss, but you can maintain that weight loss by adopting that kind of lifestyle for good."

she says. "And success is a natural reinforcement for continuing."

That means getting more whole grains and minimally processed vegetables and fruits in your diet rather than fatty snacks and sweets, kielbasa and spareribs, she says.

It also means walking a couple of extra blocks instead of taking a cab, or using the stairs rather than the elevator.

And it means being conscious of those types of things all the time until they become a habit, she says.

"And watch the alcohol," Miller-Kovach says.

"Not only does it add empty calories and thus pounds, but it relaxes your guard and makes you want to eat more and not care about the consequences."

Manson emphasizes that the Brigham study expands on much of the previous research that points to the dangers of gaining weight. The advantages of this research were that it was a large study that looked specifically at middle-age women and that it corrected for confounding factors such as previous disease and smoking. "Though the study didn't deal very much with losing weight, it shows that lean people are healthy people and that they live longer."

Steven Pratt's e-mail address is SMPratt@aol.com

Are you obese?

They often are used interchangeably, but the words "overweight" and "obese" mean different things. Overweight refers to an excess of total fat, bone, muscle and water, while obese specifically refers to body fat. Scientists use a scale called the body mass index (BMI) to measure obesity.

The average American has a BMI of 25 to 27; for example, that's between 150 to 162 pounds for a 5-foot-5-inch woman, but not necessarily healthy. In 1990 the recommended healthy BMI for a middle-age person was between 21 and 27 (or 126 to 162 pounds for someone 5 foot 5, with men usually at the heavier end of the scale). However, the new recommended U.S. dietary guidelines establish a healthy BMI as 19 to 25, or 114 to 150 pounds for that 5-foot-5-inch person.

Significantly lower, the new BMI guidelines are in sliced cucumber. ■ Ditto for condiments. Mustard is much lower in calories and fat than mayonnaise; low-fat mayo contains less fat than the regular variety.

Keep sandwiches lean by adding generous amounts of healthy, fat-free items: lettuce, tomatoes, sprouts. ■ Watch serving sizes. Companies can list either 1-ounce or 2-ounce servings on the new Nutrition Facts labels. Likewise, don't be misled by nutrition information based on a slice. Slice thicknesses can vary dramatically.

Chicken or turkey cold cuts aren't always low in fat. Check the label.

Steven Pratt

Health notes Check out those cold cuts

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MERRY CHRISTMAS

HAPPY NEW YEAR

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