



Kankakee RIVER RUNNING CLUB

The Paper Race

JANUARY 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 95



DECEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Ray Feeley	27th	49
Linda Grace	26th	34
Joyce Grotevant	28th	54
Aaron Huizenga	31st	22
Brett Linn	26th	14
Rick Livesay	12th	43
Jim Martell	25th	41
Jeanne Monahan	3rd	53
Samantha Rahrig	26th	11
Randy Riegel	31st	41
John Shoup	23rd	46
Dianne Strufe	29th	56

WELCOME NEW MEMBERS

Pat Pierce, 40, Bourbonnais

ON DAN'S RUN by Dan Gould

Portland, Oregon, Saturday, Dec. 2nd. Do I feel a touch of jet lag? Last Sunday I was running along the sunny shores of the gulf coast of Florida and now I am in the great northwest - where I've never been before - only 80 miles from the Pacific Ocean. I did stop in Kankakee long enough to put in a week's work and show off my suntan

which is quickly fading.

Business took me to Portland - the 1995 National Symposium on the Implementation and Operation of Drug Courts. Unfortunately, not everyone in this country is blessed with an addiction like running.

I knew there was a Jingle Bell Run in Portland on Sunday morning and thought I might participate. I didn't have wheels, but it was only a couple miles to the race which I thought would be a fine warm-up. It would have been if I had run in the right direction. My hotel was northeast of downtown across the Willamette River. Running east until I found a pedestrian who know where downtown was, my two mile turned into a five mile warm-up.

I arrived ten minutes before the scheduled start of the four mile race. I say scheduled start because it was clear from the registration lines that this race would not get off on time. There must have been a thousand runners and walkers (Portland has a population of 1.6 million in the metro area). With the temperature in the low 40's, I was going to chill down quickly standing around. Was I really ready for a 4 mile race after the 5 mile warm-up? There wouldn't be any dry clothes until I got back to the hotel. Was I a man or a mouse? Squeak-squeak! I quickly found the MAX (Metropolitan Area Express), paid my dollar, and was on the way back to the Red Lion Inn.

I got in a couple more enjoyable runs (knowing where the hell you are going helps!). I had to get up before the sun if I was going to run and be in school on time. My

reward for doing so was the beauty of the city and it's lights as I ran across the bridge over the Willamette River to downtown and accessed Waterfront Park, a two mile long green way. At the southern end, River Place Promenade includes condos, a luxury hotel, restaurants, a marina and specialty stores.

On my first morning run, I caught up to another runner on the bridge. He was a Drug Court Judge from Boston and part of the symposium staff. School started early for me that day!

On another run, I fell into step with a runner just as I came off the bridge. Although the temperature was close to 32, he was in shorts and t-shirt. I remarked that he was a hardy soul and he replied that the was from Scotland and was quite used to such weather. We had a couple miles of conversation before parting. As I crossed back over the bridge, I was treated to the beauty of Mt. Hood (11,000 feet high) silhouetted against the pink glow of the coming sunrise. 50 miles from Portland, Mt. Hood is the most photographed peak in the Cascades because of it's craggy character and symmetry. Later that day I would also see it's equally famous sister, Mt. St. Helens, which erupted in 1980, leaving three inches of ash in Portland.

While I was lost in Portland, Pat Koerner was kicking butt in Ottawa at the 11th annual 10-Mile Classic. Pat ran a sizzling (sizzle keeps you warm!) 55:58 and placed second in his age group. Ottawa is a very competitive race. Hope some of

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

Editors Dan Gould 937-5500
FAX 937-8509

Bill Linn 936-0816
FAX 937-6337

Staff Linda Linn

KRRC OFFICERS

Pres. Linda Krause 472-6577
V-P Shirley Malone 263-6258
Treas. Ron Piwovar 939-1749

Social Dir. - Dee OSENGLEWSKI - 937-5789

you were there, but I haven't heard from you!

Jim Grace found himself a nice little marathon and ran a PR! Jim's 2:58:20 was good enough for 4th overall at the Mississippi Beach Rotary Marathon November 25th.

If it's the second Sunday in December, it must be the JINGLE BELL RUN! We must have been bad this year because we got a lump of COLD for this one. The sunshine was strictly decoration, but the wind and the single digit temperature were for real. Actually, we got a bit of a break. The wind was worse on Saturday. Somebody told me that Peru's Jingle Bell was canceled because of the conditions. Must have been put on by some non-runners - we run in anything!

OR, in the case of at least a couple runners at the starting line, without something - brains! I saw two runners with nothing over their ears and one of them was telling his buddy how he was past the pain stage. When Mike Hickey and I started out for a warm-up mile, I had a headband over my ears. As soon as we turned into the wind, I felt the need for more protection. I switched to a balaclava. After hearing the guy remark about how cold his ears were, I took the headband out of my

pocket, walked over and put it on him. He was duly appreciative and returned it after the race. You just have to wonder what some people are thinking about when they get out in weather like that!

Tom Stluka ran his heart out for the glory of KRRC but was edged out by some ringer from Valparaiso. Rick Livesy, Ken Klipp, and Mike Hickey all made the top ten (yes, they are all over 40!) out of the 73 runners across the line (13 D.N.F.) The top girl for the club was Allison Williams who finished third overall in the woman's division. New member Pat Pierce was first in her age group.

Excuses were a dime a dozen. Cornstalk was the most conspicuously absent of the faithful. He did not race because: 1. He was getting over the flu; 2. He was getting over the 10-Mile Classic; 3. He heard Donna telling him "No." 4. He was smarter than those of us who ran.

I was really surprised that Mike McGuckin wasn't there. As you faithful readers know, Mike was up to about 6 green shirts this year and the Jingle Bell would have given him the lucky 7. Speaking of Mike, we have no McGuckin report this month. Has anybody heard? Is he OK? Did he get run over by a reindeer?

Times were slow as a result of the wind, the footing, and having to run in a snowsuit. Phil Angelo, as usual, did a fine job of putting it all together with great support from *The Daily Journal* and Shapiro Developmental Center. Glen Grant was there with that great Chicago Dough Pizza. Most importantly, The Arthritis Foundation benefited from the community effort!

Phil, by the way, vows to be back at the races in the coming year. Like many of us this year, physical problems limited his participation, but he is on the road to recovery.

Bill and Linda Linn put together a great Christmas party at Sam's Other Side on December 15th. Since this was an indoor event, those of you who didn't show have no excuse for missing this good time.

The food was good, the games, gifts, and videos of races past were fun, and the company exceptional. The optional pre-party run at the Perry Farm was lightly attended - Bill, Jeff Lonergan, and Jim Grace. Hardy souls!

Cathy Steffen told me that former KRRC member Julie Anderson finished second in her age group in...I think it was the Honolulu Marathon, but she didn't put it in writing and I am in the early stages of Old Timer's Disease (also known as CRS - Can't Remember Stuff).

Keith Theisen, in his "The Prez Says" column for *The Pacesetter*, suggests that I should wise up and make myself race director for Winterfest so I could be out of town and Bill Linn would have to be master of ceremonies. As many of you know, Bill, Linda and I are co-directors, but Bill has had to be in Atlanta on business on race day for several years. What Keith doesn't understand is that Linda really directs the whole thing. Really!

Several years ago, the demands of Bill's business put him in the position of having to give up the race. Linda said, "Bill, Dan and I will help you. Right, Dan?" I responded as any married man would to the generic voice of the married woman: "Yes dear, of course dear, how high dear?" Now, you must understand, it is not necessary that we be married to each other to achieve this woman-dominant relationship. It is simply the learned behavior of the married male responding to what is really a rhetorical question. There have been numerous occasions over the years when Linda has said, "Dan, I need money," or when dining at a restaurant, Linda says, "Dan, I told them to put it on your bill." So, Keith, perhaps you want to suggest to Linda that she name herself race director, but don't get me into trouble.

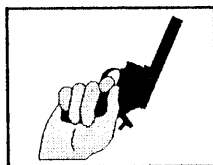
I ran into our friends Kevin and Linda Krauklis who gave us great support when they owned Donutland. After 10 years in that 24 hour-a-day business, they had the opportunity to sell and did so. Kevin

is now a management-trainee with Smith Oil Co. (Shell) and Linda, who had been part-time with Jewel Foods, is now full-time in their Romeoville store (bakery) after training several months in Joliet. We wish them the best!

And that, dear friends, is a wrap for '95. For many of us, it was an off year with injuries and such. We also lost a race or two for lack of support and the promise of an active social calendar never came to fruition. Some of us "old timers" wonder who will take our place as club officers, race directors, volunteers, and newsletter staff when we tire or retire.

On the positive side, we are still at it, there were a lot of good races, great times, and club membership remains strong. Why I saw Mike Monahan last week and he is still alive! Perhaps some of the rest of you are, too! Hope to see you on Dan's run in '96. Happy Running Year!!

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.

Sat., Jan. 6, NOON - Siberian Express 7.6M, Kickapoo State Park, Danville, tough cross-country. 217-431-4243.

Sun., Jan 14, 9:00A.M. - Midwinter Frolic 10K, Forest Trail Jr. High, Lakewood and Wilson, Park Forest, long ts, trophies to all finishers. 708-614-7165.

Sun., Jan. 20th - Chilly Chili 5K, Lake Bloomington

Sat. Jan. 27th - 9:00 A.M. - 4th Annual Pontiac to Dwight Run, No Entry Fee, No Awards, A Fun Run on Historic Old Route 66. Water stops and return transportation available. Call Charlie Grotevant 815-949-1551.

Sun., Jan. 28, - 1:00 P.M. - Polar Predictor, Pilcher Park Nature Center, \$3, 722-1029.

Sun., Feb. 4, - 1:00 P.M. - Riverside Winterfest 5K, Civic Auditorium, 8th & Charles, Kankakee. (See app for details).

Sun., Feb. 11th - 1:00 P.M. - Frosty Five Miler, Chanahon Middle School, Rte. 6, hats, \$14/18, 467-7275

Sat., Feb. 17th - 10:00 A.M. - Caribbean Cruise 5K, Keeling Center, Blackhawk, Park Forest, \$10/13, 708-339-6437.

THE
FINISH
LINE



Nov. 25th - Mississippi Beach Rotary Marathon (Biloxi to Gulfport) - Jim Grace, 2:58:20, 4th Overall & PR

Dec. 3rd - Ottawa 10 Mile Classic, Pat Koerner, 55:58, 2AG; Jim Grace, 1:01:57.

Dec. 10th - Jingle Bell Run (Kankakee)

Tom Stluka	17:38	2OA
Rick Livesy	18:45	1AG
Ken Klipp	19:17	1AG
Mike Hickey	19:49	2AG
Jim Grace	20:18	2AG
Rich Olmstead	21:20	3AG
Steve Speckman	21:23	1AG
Marshall Grace	21:26	1AG
Charlie Grotevant	21:32	1AG
Dan Gould	22:21	2AG
Dan Flynn	22:40	2AG
Bob Pool	22:56	1AG
Allison Williams	23:25	3OA
Theresa Burgard	23:42	1AG
Brian Noffke	23:51	3AG
Jeff Lonergan	23:54	
Dave Schkerke	24:27	
John Pool	25:17	3AG
Paul Surprenant	26:07	
Ray Feeley	27:02	
Mike Belletete	27:12	
Scott Stephens	27:50	
Randy Riegel	28:32	
Pat Baldwin	28:45	
Lynn Troost	29:48	1AG
Lindsay Grace	30:06	2AG
Pat Pierce	31:39	1AG
Peggy Baldwin	34:36	3AG
John Flynn	39:42	

DUES ARE DUE

Yes, folks it is time to ante up so we can continue to send you this newsletter, party, and put on the races. You will find a Membership Renewal form elsewhere in this newsletter. The following members who joined late in the year are exempt:

- Bill Lauer**
- Ray Feeley**
- Marshall Grace**
- Pat Pierce**

Training table

Experts are bullish on breakfast

By Bob Condor

TRIBUNE STAFF WRITER

After a few games into the hockey season, Chicago Blackhawks nutritionist Julie Burns counseled a young player named Eric Daze (pronounced dah-ZAY) regarding his eating patterns. She dished out some valuable advice (you might say she assisted on the play): Daze is a leading candidate for Rookie of the year in the National Hockey League.

The first thing on her list: "Eat breakfast before each practice and game." Daze was taking vitamin supplements and drinking plenty of water in the morning. Burns urged him to add a few slices of toast, a bowl of cereal and some fruit or fruit juice. Easy enough for a 20-year-old guy who doesn't cook much.

"I've really improved a lot on my breakfast habits," said Daze, one of the top goal scorers for the Hawks. "Early in the season I was staying in a hotel and it was harder to get the right foods. Now I eat toast and cereal most mornings, with bananas, apples or strawberries. I also drink plenty of juices and water."

"I don't recommend cereals high in sugar because they tend to be low in dietary fiber,"

said Burns, who operates SportFuel Inc. in Western Springs. She said Kellogg's All-Bran, Bran Chex and Nutri-Grain Raisin Bran all have high fiber, though some are higher in sugar (see chart). For most people, she recommends eating no more than 6 grams of sugar and 2 grams of fat in their morning cereal with milk. For elite athletes, she is willing to bend the rules a bit.

"Eric wasn't getting enough calories in his diet given his size [6 feet, 7 inches and 223 pounds] and activity level," Burns said. "This was affecting his energy level. If he goes over the limit a bit on his morning cereal, he will burn it up."

Burns listed other good choices for a morning meal if you don't care for cereal

(though she strongly endorses oatmeal or oat bran on winter mornings). She said some of her client-athletes prefer fruit yogurt, bagels with low-fat or non-fat cheeses and even Mrs. T's pierogis.

Nancy Clark, a Boston sports nutritionist who works with many top marathon runners, provides "breakfast on the run" ideas such as a plastic bag filled with raisins and dry cereal, a pita pocket with low-fat cheese, or a travel mug with skim milk or fruit juice accompanied by a banana and bran muffin.

"Some runners do their hardest workouts in the mornings," Clark said. "For them, I suggest splitting the breakfast into two parts. Eat a banana before the run to get the metabolism revved up,

then have cereal, milk and juice after the workout."

Elite athletes who already eat breakfast may need help selecting the proper foods. That was the case with Dickey Simpkins, the young Bulls forward who is developing into a solid rebounder and inside player.

Simpkins was making good choices about cereal and toast, but ate too much bacon and eggs and drank too much whole milk.

Burns suggested he reduce his consumption of bacon to twice weekly (or six slices maximum), substituting ham or Canadian bacon when possible to reduce the fat, and that he ask for skim milk and an egg substitute when ordering omelets.

The late-night meals favored by many athletes with busy schedules can affect the next day's eating patterns.

"Sometimes clients say they are simply not hungry in the morning," she said. "It might be more that they ate a meal or snack too high in fat and low in carbohydrates the night before. This makes them less hungry when they wake up. They decide to skip breakfast, which is likely to leave them low on carbohydrates [and energy] later in the day."

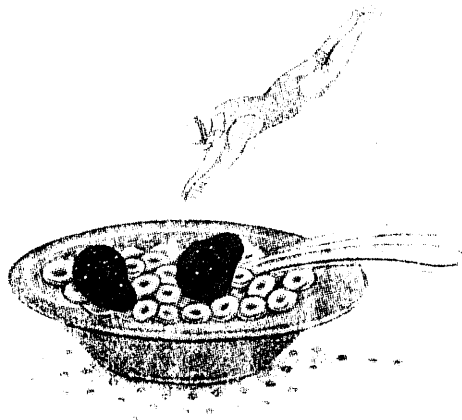


Illustration by Dave Calver

Summing up cereals

The best cereals are high in fiber and low in sugar. Nutritionists recommend cereals with at least 4 grams of fiber and no more than 7 grams of sugar, 2 grams of fat and 300 milligrams of sodium per serving.

Here is a list of popular cereals (all serving sizes weigh 1 ounce). Some are vitamin-fortified; others are not.

■ **Kellogg's All-Bran** (½ cup): 70 calories, 9 grams fiber, 5 grams sugar, 1 gram fat, 260 milligrams sodium.

■ **Bran Chex** (¾ cup): 90 calories, 5 g fiber, 5 g sugar, 0 g fat, 200 mg sodium.

■ **Grape Nuts** (¼ cup): 110 calories, 3 g fiber, 3 g sugar, 0 g fat, 170 mg sodium

■ **Cheerios** (1½ cup): 110 calories, 2 g fiber,

1 g sugar, 2 g fat, 290 mg sodium

■ **Nutri-Grain Raisin Bran** (1 cup): 140 calories, 5 g fiber, 9 g sugar, 1 g fat, 200 mg sodium (Sugar is from raisins)

Source: Georgia Kostas, nutrition director, Cooper Clinic, Dallas.