



Kankakee RIVER RUNNING CLUB

The Paper Race

MARCH 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 97



MARCH

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Becky Criscione	23rd	55
Renee Dixon	1st	28
Micah Dorn	15th	7
Sara Goodberlet	12th	16
Dale Huizenga	3rd	52
Sarah Huizenga	23rd	20
Ken Klipp	25th	47
Pat Koerner	27th	34
Terry Morse	12th	42
Tom Seitz	3rd	46
Bonnie Sisson	1st	51
Jim Stevens	7th	48
Gene Townsley	29th	55

ON DAN'S RUN by Dan Gould

February was a long month this year - 29 days! There was some good news and some bad news. I hope yours was the former.

For Bradley-Bourbonnais gymnastics' Coach Linda Linn, the first of the month brought a regional championship to the school - it's first! Not a bad way to mark her return to coaching. With a team of freshmen and sophomores, there is much promise for the years to come. Congratulations!

FINAL DUES NOTICE

You will be deleted, a fate worse than a loose shoe lace on a PR pace, if your dues are not received by March 20th. Do it NOW!

Single \$12/Family \$17
Make your check to KRRC and send to: Ron Ruda, 3822 Serenity Parkway, Kankakee, IL. 60901.

Cornstalk and I ventured north for the Prairie State Awards Banquet at the Pilcher Park Nature Center on February 3rd. My limited participation last year qualified me to applaud the more active and successful. It was also a chance to promo Winterfest which was the following day.

Trying to promote Winterfest after several days of sub-zero weather was something of an exercise in futility. I never heard to many people say, "I think I hear my mother calling me." I know Becky Criscione was in Florida and Big Bird and Flash Stevens were in Arizona. The rest of them were just being wimps. Sensible, but wimps!

Cornstalk, by the way, was recognized as the male Prairie State Runner of the Year and Becky the female Runner of the Year. Becky, you will note, is 55 years young on the 23rd of this month.

Winterfest was successful - more or less. The only real downside was getting some tear tags out of order which delayed and confused some of the awards. Some times

may also be off.

The temperature got above zero, the sun was out, but there was some wind. *The Daily Journal* photographer didn't show, the Riverside ambulance didn't show, and 61 of the 226 registered runners and walkers were DNF. Bishop Mac put the most runners across the line to win the \$200 for their athletic department. Marge Flynn picked a hell of a tough day to make her debut as a runner, but was rewarded with a second place award in her age group.

There were plenty of refreshments (we returned a couple boxes of cookies to Riverside) and Mitch Hobbs brought his Often Running store to the Civic. Bill, Linda, and I thank all who worked the

Organizational Meeting
February 24, 1996
Officers Elected

President - Henry Shelly
Vice-President - Ken Klipp
Treasurer - Ron Ruda
Social Director - Shirley Malone

race this year under the very adverse conditions.

Post-race, only Jim Grace, Lynn Troost and I found our way to Chicago Dough for some serious sustenance. Carol Pratt was there and, on the corner of a torn napkin, wrote "Carol Pratt, 50K, 4:52:13." Somewhere, sometime, Carol ran a 50K in 4:52:13. That is not surprising. Carol is a talented runner. What is surprising is that the

The Paper Race is the newsletter of the Kankakee River Running Club and is published each month for it's 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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tom napkin found it's way to my computer desk. Congratulations Carol!

We mailed shirts to those who didn't pick them up and in one of those all too rare expressions of appreciation we received a thank you note from a lady in Downers Grove. Not only did she acknowledge all the work that goes into putting on a race, but she sent us a check for \$2.16 to cover the postage. Thank you, Ellen Lacina!

I escaped to Florida a week after Winterfest where the running weather was almost perfect. As usual, I hooked up with John and Erma Hickey for a couple races.

February 10th found us in Siesta Key for the Sun Run VII, a fund raiser for the Child Protection Center. The race had been postponed from a week earlier due to thunderstorms. The awards for this 5K were caps showing the runner's finish number position overall. They did something like the first 100 men and first 80 women. The weather was good, the course flat and fast, the t-shirts decent, and ample refreshments. Not having to wear all those winter clothes, I was about a minute faster than I had been at Winterfest. Not a bad way to spend

a Saturday morning.

We really did make half a day out of this. John and Erma had some friends who lived a few blocks away. We were invited over to take a shower and then headed out to breakfast.

On February 17th, John Hickey qualified for the Pat Koerner "Toilet Paper Arrival Time Award." As long time readers know, Cornstalk not only gets up before the chickens, but often arrives at races before the chickens are up. His "reasoning" - he's been living with that blond too long - is that you need to get there before the toilet paper is gone. He also likes to size up the competition. After that revelation on the road to Loda several years ago, I started carrying toilet paper in order to maximize my sleep time. I can size up the competition after the gun goes off.

On February 17th, John told me to meet he and Erma at 5:45 A.M. at the Bradenton Cracker Barrel. They were coming up from Port Charlotte and we were going to North Tampa. I arose at 4:50 A.M. and was there at the appointed hour. We arrived at 7:00 A.M. - FOR AN 8:30 RACE! Well, yes, John did think it was at 8:00 A.M. start. Nevertheless, he is an early season qualifier.

The Meadow Pointe Classic 5K/10K was run in the sunshine - and a temperature of maybe 40. It was brisk! It was also interesting in that you did not have to register for a particular race. When you hit the three mile mark, you could head for the chute if you were feeling spent or make a left turn and run another 5K.

John and Erma did the 5K. I should note that John is rehabing an Achilles with a walk/run routine and not racing. Erma, one of the top women in her age group in Florida, took first by about 12 minutes over her nearest competition. I opted for the 10K both because of the few 10K's around and because I thought I would have a better chance to

place. I was right!

This race also featured a flat, fast course, good refreshments, and both a decent t-shirt and Addidas running shorts for all runners.

After blackberry pancakes at the Cracker Barrel, Ma and Pa Hickey and I said our good-byes for this trip. They may be taking an apartment in Decatur for the summer which will enable them to join us for more races.

While I was in Florida, a few of you ventured to Channahon for the Frosty Five. It was, reportedly, a rather small turnout with only 120 participants. Danny Flynn earned a second in age group for his effort and Cornstalk was fourth overall.

The turnout for the annual organizational meeting at Chicago Dough on February 24th was also rather small. Free pizza, especially free pizza at Chicago Dough and we have a small turnout! I worry about the health of the this running community! It must have been a full moon. I think John Shoup was drinking cola. What is this world coming to (Did I just end a sentence in a preposition, John?)?

The results of the election of officers is on page 1. Bill, Linda, and I didn't really make any effort to find someone to take over the newsletter, but, as we near the 100 issue mark, it is about time. John did volunteer to help and I hope in future issues you will be treated to his wit. He has one.

The highlight/lowlight of the annual meeting was the question of the Governor's race date. Keith Theison, President of the Prairie State Road Runners and a KRRC member, had told me they wanted to move the Illinois Open 8K from it's date in August to the first Sunday in October, the date for the Governor's. He said he wanted to address the KRRC membership on the possibility of moving the Governor's to another date.

When I arrived at the meeting, Phil Newberry and Jeff

Lonergan, the director and assistant director for Governor's, informed me that the PSSR had simply jumped our Governor's date. Keith was there to explain the problems they had with the August date, not to ask us to relinquish our date. Everyone stayed very polite, but Keith ate and left before too many pitchers of beer were consumed.

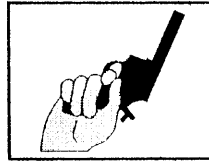
While there was and has been talk of inter-club cooperation with PSRR and Park Forest, jumping another club's race date will not promote it. I was amazed at the willingness of some of my fellow club members to take this sitting down (or in some other position). To shorten what could be a very long story, the new date for the Governor's is September 22nd. Should we still call it the Governor's? Should we start earlier? Should we change the course? Will there be competition for the pavilion? Will there be more traffic?

Keith, I am still your friend, but my friends don't treat me like this. I used some rather strong language after you left which is not repeated here. We should have inter-club cooperation and activities. Neither of these races has been very successful in recent years, but you should have picked another date. I suppose I should be philosophical about it. I've talked about doing the Twin Cities Marathon for years - the first Sunday in October - and, if I can get the body in marathon condition, perhaps this should be the year. WHEW! Now that I've gotten that out of my system...

Charlie Grotevant and Jim Grace missed the free pizza. They were in St. Louis for a marathon. Thanks to Charlie for his account of their adventures on that day which is found elsewhere in this issue..

Spring is almost here! Shirley has taken this social director business seriously and we will crock pot the chili on March 30th. R.S.V.P. now (call if you are coming!). 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.

Fri., Mar. 8th, 5 til 9 PM - 6TH ANNUAL RUNNERS GO TO THE CABERY VOLUNTEER FIREMEN'S FISH FRY. Sample Fireman Koerner's award winning coleslaw!

Sat., Mar. 9th, 9 A.M. - Manhattan Med. Cen. Shamrock Shuffle, a two person team, 6 mile race. Anna McDonald School, Rt. 52 & 2nd St. \$25 per team, long Ts. Kent Norris 478-4560.

Sat., Mar. 9th, 9 A.M. - Easter Seal 5K, 1013 Adams St., Ottawa, \$10/15, Ts, 5 yr. AG, Coleen 434-0857.

Sun., Mar. 17th, 1 P.M. - St. Pat's Day 5K, VFW Club in Bloomington. 309-452-3366. Charlie Grotevant is planning to do this one!

Sat., Mar. 23rd, 10th Annual Mountain Goat, Kickapoo State Park, various distances and starting times. If you are crazy, call Marc 217-431-4243.

Sun., Mar. 24th, 9:00 A.M. - Sportmart Shamrock Shuffle 8K, Columbus Dr. and Balbo Ave., long T, 5yr AG, \$18/25. CARA Circuit. 312-666-9836.

Sat., Mar. 30th, 9:00 A.M. - Walleye

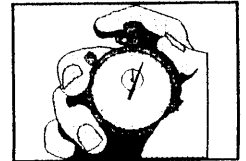
Run 5K, Hall H.S., Spring Valley, \$12/15, long Ts, 5yr AG, OA & 3 deep. S.R.R. Circuit Race.

Sat., Mar. 30th, 10:00 A.M. - Fool's Run XI 4M, Shubert Woods Entrance, Cromwell & Chestnut, Park Forest, \$12/15, Ts, foolish divisions, costumes encourage, pancakes. Bob Stevens, 708-481-4521.

Sat., Mar. 30th, 6:30-10 P.M., KRRC Carbo-Loading Crock Pot Cook-Off, Sam 'N Ella's Other Side, 650 W. Station St. Details on cover sheet. Mark your calendar & R.S.V.P. Shirley, 253-6258.

Sun., Apr. 14th, 9:00 A.M. - Fabulous Four Miler, New Lenox Lions Com. Cen., 1 W. Manor Dr., \$10/12, Ts, 5yr AG, OA & 3 deep.

THE
FINISH
LINE



Feb. 4th, 12th Annual Winterfest 5K, 198 runners, 154 finishers; 28 walkers, 11 finishers. Total 226. Some times and places may be off.

Pat Koerner	17:13	1AG
Tom Stluka	17:58	1AG
Ken Klipp	18:29	1AG
Jim Grace	18:54	3AG
Mike Hickey	19:28	2AG
Keith Theison	19:31	1AG
Mike Wolfe	20:18	1AG
Rich Olmstead	20:21	
Brian Noffke	20:27	
Steve Speckman	20:31	1AG
Larry Lane	20:33	3AG
Charlie Grotevant	20:36	3AG
Carol Pratt	20:45	3OA
Danny Flynn	20:48	2AG
Charles Kennedy	20:57	
Dan Gould	21:35	
Bob Pool	22:43	
Theresa Burgard	22:48	1AG
Dale Huizenga	22:51	
Randy Devore	23:21	

Kathy Steffen	23:31	1MST
Dave Schkerke	24:12	
Jim Stevens	24:13	
Paulene Coy	24:26	1AG
John Pool	24:31	
Mike McGuckin	24:42	
Jeff Lonergan	24:49	
Randy Rahrig	24:51	
Ken Stark	24:55	
Monica Uribe	25:11	
Ron Ruda	25:20	
Nancy Ruda	25:22	2AG
Ray Feeley	25:37	
Mike Belletete	26:11	
Kate Batkiewicz	26:16	1AG
Butch Coy	26:55	
James Ruberg	27:06	
Allison Williams	27:10	
Tom Goodberlet	27:48	
Ed Hedding	28:25	
Larry Wier	29:58	
Lynn Troost	30:10	1AG
Annie Rahrig	31:12	
Heather Steffen	36:09	
John Flynn	37:12	
Marge Flynn	40:00	2AG
Michael Steffen	45:42	

Feb. 10, Sun Run VII 5K, Siesta Key, Erma Hickey, 26:35; Dan Gould, 20:17.

Feb. 11, Frosty 5M, Channahon, 120 finishers - Pat Koerner, 27:10, 4OA; Charlie Grotevant, 33:32, 3AG; Danny Flynn, 35:37, 2AG; John Flynn, 48:00

Feb. 17, Caribbean Cruise 5K, Park Forest - Charlie Grotevant, 20:59, 2AG

Feb. 17, Meadow Pointe Classic, Tampa - Erma Hickey, 26:41, 1AG (5K); Dan Gould, 42:12, 3AG (10K)

Feb. 25, 3rd Olympiad Memorial Marathon, St. Louis, 253 finishers

Jim Grace	3:10
Charlie Grotevant	3:27:21 4AG

High-fiber diet guards men's hearts, study says

An Associated Press Report

CHICAGO — A diet high in fiber from cereal, fruit and vegetables can significantly lower the risk of heart attacks in men, a study of more than 43,000 health professionals found.

HEALTH

While previous studies have shown the cholesterol-lowering benefits of oat bran and the various beneficial effects of grains such as wheat, "our study confirms that fiber from all sources, but especially from cereal, significantly protects against coronary heart disease," said Eric B. Rimm of the Harvard School of Public Health.

The benefits of fiber appeared to be independent of how much fat the men ate.

In the study, healthy dentists, veterinarians, pharmacists, optometrists, osteopaths and podiatrists, ages 40 to 75, were divided into five groups from highest to lowest fiber consumption and were followed for six years ending in 1992.

Men in the highest-fiber group typically ate 29 grams of fiber a day — the equivalent of about one cup of bran cereal, 1½ cups of cooked pinto beans or seven large apples.

Those men had a 36 percent lower risk of a heart attack during the study period than men in the lowest-fiber group, who consumed about 12 grams of fiber a day, researchers found. That was after adjusting for other traits that could affect heart risk, such as smoking and

“It's quite easy to get an extra 10 grams of fiber in the diet. ...”

— Researcher Eric B. Rimm

fat consumption.

On average, white men in the United States eat about 13 grams of fiber a day, previous research indicates.

The study was published in today's issue of The Journal of the American Medical Association.

"It's quite easy to get an extra 10 grams of fiber in the diet by eating an extra apple and banana or a bowl of beans or cereal," Rimm said Tuesday. "It should be part of a healthy diet."

The findings also probably apply to women, who are being studied now, Rimm said.

Other studies have strongly linked high-fiber diets to a lower risk of colon cancer.

Experts outside the study said it does not completely answer the question of whether fiber consumption actually protects the heart or whether people who eat high-fiber diets have some unmeasured trait that does the trick.

And fiber may replace fat in some diets in a way the study couldn't completely account for, said Ernst L. Wynder and colleagues at the American Health Foundation in New York in an accompanying editorial.

24th Annual THIRD OLYMPIAD MEMORIAL MARATHON, St. Louis, Missouri

The question - Do I run a marathon in 1996? If so, when and where?

The answer - Sunday February 25, 1996 at Chesterfield, MO.

After last year's near disasterous experience at St. Louis (I began the 23rd Olympiad Memorial Marathon with a sore leg and finished with a partially torn achilles tendon in a near literal example of falling over the wrong side of the razor thin line separating mental toughness from stupidity) I have been listening more and more to Joyce's numerous inferences that marathons were too hard on my aged body.

Since early November I had been running a 10 or 12 miler weekly for a long run and averaged 45 miles per week. A $\frac{1}{2}$ marathon at Kickapoo State Park in December kept a late winter or early spring marathon ever present on my mind. On January 28th I cancelled the 4th annual Pontiac-Dwight group run because of the 30-45 mile per hour west wind and 10 degree air temperature. Later that day, Gary, Barbara, and Dan House, Larry Lane, Mike Hilgendorf and I initiated the 1st annual Flanagan-Pontiac and Graymont-Pontiac combination run for a total of 17 miles. We put the bitter west winds at our backside and literally flew to Pontiac. This was my longest training run for an upcoming marathon.

A marathon opportunity was coming onto my calendar. The Illinois Farm Bureau Governmental Affairs Conference was scheduled to begin Sunday evening, Feb. 25th in Springfield and continue through Tuesday. The week prior to the Frosty 5 at Channahon I calmly mentioned to Joyce "St. Louis is only 100 miles past Springfield. It will be a wasted opportunity not to run a marathon on Sunday morning, the 25th."

Uncomplimentary dialogue followed from Joyce. I continued, "If I run well at Channahon, I'll send in the entry on Monday to get the cheap price and I'll then run a 16 miler on Valentine's Day for my obligatory long run. No 20 or 22 miler for this marathon preparation. My body will be rested. I'll run a 4 hour marathon and be satisfied with the time, my recovery time will be quick, maybe I'll never want to do an all out marathon again".

My power of persuasion was less than magnificent, but Joyce consented. At Channahon I mentioned to Jim Grace that I was going to run at St. Louis. Jim replied "I haven't run a marathon for a month; I'll try to get there and run with you." "Great!", I replied.

Joyce and I drove to St. Louis on Saturday, the 24th, where our son, Jeff, en route to Oklahoma City, joined us that evening. Sunday morning, a beautiful 51 degrees with light winds, was a great day for a marathon. We drove to Chesterfield Plaza for the 7:30 start. As I walked through the parking lot looking for familiar faces, I came upon Brian Miller of Rockford. A few minutes later I saw Jim Grace's car with a smiling Jim emerging. He had arrived. Beside Jim's car was Doug and Stephanie Gillam and their Lake Run Club friends. Joyce took a few pre-race pictures. Doug, from Normal, had run 2:39 at Lake County and should have a legitimate chance of winning here in St. Louis.

Jim inquired about my planned race pace. "A 4 hour marathon, maybe 3:45 if I feel good", I replied. "Maybe I'll run with you; I biked 60 miles yesterday and I don't feel fast today" said Jim. This 24th annual race had 173 pre-registered and 80 late entrants for the marathon plus a 10K race of several hundred more.

The race started. Jim's notion of running with me lasted less than $\frac{1}{4}$ of a mile. He was gone!

The course winds through 5 miles of gently rolling hills in a residential area and then steeply downhill (so steep I had to slow down to not lose by balance) unto the floodplain of the Missouri River. 20 miles of flat and fast running on blacktop roads including the aptly named Hog Wallow Road. 5 turnarounds enabled the race support staff to have 16 water stops with only 8 water stop crews. This low key - low participant marathon allowed the race cheerleaders to offer support to their favorite runners at many points on this course. Joyce gave me Ultra Fuel at 8 locations.

The 5 turnarounds also enabled me to see Doug move from 4th to 3rd; Brian to move into the top 10; and Jim to steadily move up as the race progressed.

I reached the 5 miles mark at the bottom of the bluff in 40:45. Received the first Ultra Fuel from Joyce at that point. The beautiful, partly sunny day was ideal for me. I felt great other than the ever present lower back and sciatic soreness. The miles went by easily. 1:44 at 13 miles. That would be on a pace for a 3:30 marathon if I didn't have to climb that $\frac{1}{4}$ mile bluff at 25 miles. 15 miles at 2:00:30. 16 miles at 2:09:40.

My "secret" wish of doing an all out marathon and re-qualifying for Boston (under 3:30) had vanished. But, I felt so good - I sped up. 17 miles at 2:16:30 and I was passing people. 18 miles at 2:23:30. Maybe the 15th and 16th mile markers were mis-located. I kept passing people. Probably 3 dozen after 16 miles and no one passed me. When would I hit the wall because of my lack of long run training?

3:17:11 at 25 miles as I started up the bluff. Joyce pulled beside me in our car for a few tantalizing moments and then drove on up the bluff with an all knowing look on her face. 30 strides into the hill I couldn't run because of the steepness. I couldn't get my breath. My heart was pounding so hard I thought it would explode. Its okay to die at the finish line of a race in front of a cheering crowd, but not on a remote, tree lined road.

I walked! A slow walk at that. I finally reached the top of the bluff. Houses! People! 1 mile to go. I ran slowly, then picked up speed as I recovered from the hill. I pushed myself. The clock was running! I was running! The strip mall parking lot came into view. Then I saw the finish area. Jim is cheering me. Joyce is cheering me! 3:27:21 49th overall of 253. 4th in Age Group 50-59. My first age group award in a marathon (they went 5 deep).

The winning time was 2:36. Doug Gillam finished 3rd in 2:40. Brian Miller was 9th at 2:51. The indefatigable Jim Grace at 3:10. Luckily for me Joyce is not holding a grudge as a result of my "4 hour marathon".

The extra thrill of a "better than expected" race was shared equally by Jim, Joyce, and myself. Boston 1997! Be there, Dan and Jim, and anyone else who wishes to join our fun.

Training table

Full steam ahead for aging athletes

By Bob Condor
TRIBUNE STAFF WRITER

There's no reason to think older athletes must restrict their favorite physical activities, especially if they listen to Jane Weston Wilson.

"I have a 70-year-old friend who goes on wilderness treks with women 20 or more years younger," said Wilson, 69, who received her fitness instructor certification just two years ago after a long career running a New York catering business. "I myself would like to try rock climbing, at least on one of those walls you see at health clubs.

"I know lots of people my age who are taking up yoga, tai chi and stretching regimens. They are gaining a half-inch or more back to their height through such exercise."

Nonetheless, Wilson does think people need to adjust their diets as they age.

"Difficulty with digestion is one of the most common problems in our middle and later years," said Wilson, who has presented her ideas and accompanying recipes in a new cookbook, "Eating Well: When You Just Can't Eat the Way You Used To" (Workman, \$12.95).

"We can do our bodies a great favor by eating moderately about 85 percent of the time and saving our splurging for truly special occasions such as trips, weddings, anniversaries, the occasional night out at a favorite restaurant."

One important change, especially for older people who can't eat too much at one time, is to consume smaller meals through-

out the day and add some high-energy snacks such as black bean soup, a pita with vegetables, yogurt with fruit or even sweet potato pie. Research has shown that such complex-carbohydrate items will provide a longer, more consistent energy boost than foods with higher amounts of simple carbohydrates such as

and then eat a muffin and yogurt later in the morning."

Because they tend to have more sluggish metabolisms, older people don't need as many calories as their younger counterparts.

"The 65-year-old marathoner doesn't need as many daily calories as the 25-year-old marathoner," said Peggy Lyons, an exercise physiologist and dietician at the Lake Forest Health & Fitness Center, which is associated with Lake Forest Hospital. "But the vitamin and mineral needs are the same." So the older marathoner needs to make sure his diet contains more nutrient-dense foods such as vegetables, fruits and grains.

Lyons said that older people often don't drink enough water.

"Body temperature regulation can be a problem for 60- and 70-year-olds," she said. "Whether it's winter or summer, take about 2 cups of water a half-hour

before working out and then one cup for every 15 minutes during the activity."

Wilson said her most important instructional work is teaching younger fitness professionals how to work with athletes and exercisers over 50.

"The instructors are eager to learn because they feel the older athletes are better motivated," Wilson said.

Other insights: The "glutes," the muscles in the buttocks, are usually "the first thing to go," Wilson said; improving strength here can add years of mobility. She also recommended yoga or tai chi to improve balance and prevent falls.



Illustration by Steven Salerno

bagels and trail mix, Wilson said.

"The older athlete benefits most from a sustained source of energy," she said. "It's particularly helpful for anyone who needs to keep their blood sugar in check."

Many older individuals tend to skip breakfast because it can be hard on the stomach as they age. Not a good idea, Wilson said.

"You jump-start your metabolism by getting one-third of the day's calories during the morning hours," she said. "You can't exercise very well on tea and toast. If you can't eat a full breakfast, start the day with fresh fruit

Weights still work in later years

Resistance training (weight lifting, working with exercise bands and tubes, weight-bearing calisthenics such as pushups) effectively controls weight, even in later years. For example, studies show increased muscle mass

in 70-, 80- and 90-year-olds who participate in light weight lifting. The increased muscle mass revs up metabolism and burns more calories and fat. "Any weight-bearing exercise that pushes the muscles enough to

allow only 10 to 15 repetitions per set is about right," said Peggy Lyons, an exercise physiologist at the Lake Forest Health & Fitness Center. Follow three steps before starting a resistance-training program, Lyons said:

- Get a doctor's approval.
- Work with a trainer who can check your form.
- Be patient; it takes at least a few weeks to see the results.

Bob Condor

**CARBO-LOADING CROCK POT COOK-OFF
SATURDAY, MARCH 30TH, 6:30 TO 10:00 P.M.
SAM 'N ELLA'S OTHER SIDE, 650 W. STATION ST.**

Bring your favorite crock pot recipe...whether it's chili, stew, soup, or whatever...to the 1996 KRRC "Crock Pot Cook-Off." If you don't have a crock pot recipe (or a crock pot!) To bring, please bring a side dish (salad, snack, etc.) Or a dessert. The club will pay for pop and will provide a vegetable and cheese tray.

And, after packing all of those carbos on Saturday night, you'll be ready to burn them off on a Sunday morning run at the State Park. Starting time is 9:00 A.M. We meet in the parking lot across from the heated restrooms. Everyone does their own distance. Then, breakfast at a local restaurant to replace the carbos we just burned off!

R.S.V.P. TO SHIRLEY MALONE, 253-6258

P.O. BOX 534
Bourbonnais, IL. 60914



Kankakee



**RIVER
RUNNING CLUB**

YOUR MARCH 1996 PAPER RACE! CHARLIE DOES ST. LOUIS & TALKS ABOUT IT! KOERNER DOES THE SLAW IN CABERY! HENRY DOES IT AGAIN! LINDA DID IT ONCE! DID YOU? ARE YOUR DUES OVERDUE? IS YOUR POT CROCKED? THE GOVERNOR'S HAS MOVED!