



Kankakee RIVER RUNNING CLUB

The Paper Race

APRIL 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 98



APRIL

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Tom Baldwin	7th	76
Dave Bohlke	20th	50
Lindsey Brinkman	7th	10
Brianne Brinkman	12th	8
Joe Burgess	29th	39
Anna Goodberlet	17th	39
Kyle Goodberlet	4th	14
Georganne Hickey	9th	44
Charles Kennedy	12th	58
Dee Osenglewski	2nd	40
James Ruberg	10th	45
Ron Ruda	18th	49
Debbie Seitz	3rd	40
Ken Stark	2nd	53
Robert Williams	27th	40
Steve Zorns	16th	48

WELCOME NEW MEMBERS

Willaim Cox, 15, Manteno
Dave West, 38, Bradley

ON DAN'S RUN by Dan Gould

Fourteen years... March 1, 1982, I began jogging my way back to fitness. The life of a cigarette smoking couch potato had taken its

toll. Twenty pounds lighter, I now suffer the diseases acquired in search of just a little faster 5K, 10K, marathon. If I had just settled for fitness,...

We marched into March, the days got longer, and the good running days became more frequent. Marshall Grace took on the challenge of the hills of the Nashville Marathon and survived with a 3:42. For a fellow who just started running a little over a year ago and lost 60 or 80 pounds, he had made great strides. He also completed the Chicago Marathon last fall.

The 6th Annual Runners Go to the Cabery Volunteer Firemen's Fish Fry was very successful. We turned out quite a crowd for Fireman Koerner's coleslaw and we didn't have to stand in a line outside the door to get it.

I slipped off to L.A. for a bit of golf at the invitation of a friend who has the good fortune to be retired and wintering there. I stayed a block from the beach in Santa Monica and utilized the 8-10' wide concrete bike path which is several miles long for my runs. If you don't mind the smog, traffic, earthquakes, and urban crime, it is really nice. There were runners everywhere - fine looking runners!

For the benefit of you serious golfers, I can honestly report that the Riviera Club course is interesting, challenging, and scenic, but not intimidating. For you "star watchers," the nearest I came to a celebrity was sharing the practice putting green with Peter Falk. I did recognize an actor from some sitcom at the next table in the 19th hole, but I don't

know his name.

Charlie Grotevant, Jeff Lonergan and I made our way to Bloomington on St. Patrick's Day for a 5K. The sun was out, the temp in the 40's, and only a bit of a stiff wind made it less than a perfect day. The course had a few grades, but no real hills. The race offered 5 year age groups to age 50, so Charlie and I had a ten year age group which included Charles Kennedy.

The staging area was VFW Post 454 which had plenty of room. There was live music which I suspect was sponsored by the folks who sell Beltone Hearing Aids. Carrying on a conversation meant shouting across the table. We split right after the awards ceremony. The shirt for this race was unique: a hooded, half sleeve T-shirt. The hood and sleeves were St. Patty's Day green and the body of the shirt was creme. Very nice!

We've had some nice Sundays at the park this month and wish more of you would join us. We often have mini-socials over breakfast after the run.

Ken Klipp wants to run Grandma's Marathon on June 22nd. As we go to press, Bill Linn is also planning on it and I would like to, but have doubts the body is going to cooperate. The lower back problem lingers on! The availability of lodging is also a question. It seems the hotels in Duluth are pretty full.

Comstalk got his 35th year off to a good start at the Fool's Run XI at Park Forest on March 30th. Two days after his 34th birthday Pat blew away the field with a 21:44 over the hilly four mile course through 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: KRRRC, 212 Julie Dr., Kankakee, IL. 60901

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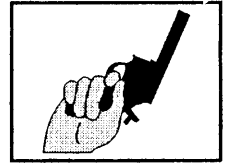
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THE
STARTING
LINE



KRRRC 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., Apr. 6th, 10:00 CDT - Ringing in Spring 5K Run & 2M Walk, Valparaiso YMCA, 55 Chicago St., Ts, \$14, OA & 5yr AG, refreshments, results mailed, use of YMCA. 219-462-4185.

Sat., Apr. 13th, 9:30 A.M. - Just a Little Run 4M & 2M Fun Walk, Eisenhower Center, 2250 178th St., Lansing, \$13/16 after 4/5, long Ts, 5 yr AG 708-474-8552.

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.

Sat., Apr. 20th - River-to-River Relay! 8 Runners, 80 Miles.

Sat., Apr. 27th, 9:00 A.M. - Perry Farm Spring 4M, Bourbonnais Park Dist., Janet Starr, 933-9905. Sorry, apps not out as of this writing. They should have been out 2 months ago. Perhaps we'll get one before this goes in the mail!

Sat., Apr. 27th, 8:30 A.M. - Q Run/Walk for the Funds, Quantum Sports Club, Tabler Road, Morris, \$12/15 after 4/21, 5yr AG, OA & 3 deep. Steve 942--7295.

Friendship Festival 5K. Pat and Michelle's business commitments required them to back away from the race direction, but they will still be involved. For those of you who would like to assist or If you are just feeling guilty because you haven't been involved in putting a race together, give John a call. Dividing up the work makes these races work - and keeps them alive!

I am also happy to report that we have sponsors/directors for the Summer Series 5K. The Baldwins will handle June, the Grotevants July, and Linda Krause August. Thanks to all! We need to update our calendar to show these directors as well as the new date for the Governor's.

I've also just heard (I'm always the last to know) that Chris Walsh, one of our top female runners, has recently given birth to twins, a boy and a girl. Hope to see you back on the run.

You will also find - I'm not sure this is good news - a contribution from John Shoup in this issue under the heading of "Swill from the Quill." John has a unique brand of humor and, if you are easily offended, you may wish to simply line your bird cage with his page. If he does not offend you in this issue, be patient. John is an equal opportunity offender.

Former KRRRC member Jack Dalton is recovering from spinal fusion surgery. Jack, who now lives in Ohio, has struggled with a back problem for many years. There is reason to believe he will once again run without pain. We certainly wish him the best.

Our end of the month social at Sam 'N Ellas was a pleasant evening. Nancy Ruda took first place in the Crock Pot Cook-Off and Janet Shelly second. New member Dave West joined us and got acquainted with most of those in attendance. Thanks to Social Director Shirley Malone for organizing the social.

Hope to see you at the cook-out and on Dan's run.

Schubert woods. It must have been the beer and popcorn at T.J. Donlin's on Friday night!

Pat had lots of KRRRC members for support, although the only other runner in position to witness his victory was Tom Stluka. Tom was second overall. Phil Newberry, Jeff Lonergan, John and Bob Pool, Charlie Grotevant, Paulene Coy, Keith Theisen, Lance Bovard, Marshall Grace, Randy Rahrig and I were just a bit too far back to watch. Perhaps Joyce Grotevant got a finish line photo!

This race features some interesting divisions: Vestal Virgins (I think the winner in this one was seven months pregnant), Opera Singers, Flamenco Dancers, etc. I don't have a clue as to how they figure out who wins. You pick your division without knowing who else is in it. Costumes are encouraged and some people run well in them. Last year the overall winner wore tuxedo. He overheated a bit in his opera singer's costume this year and settled for third. The weather was overcast and low 40's. The forest pretty well blocks the wind on this course.

I am happy to report that John Flynn has agreed to direct this year's

Sun., Apr. 28 - Lake County Marathon, Half-Marathon, 10K. 708-266-7223.

Sun., May 5th, 9:00 A.M. - Earl's 5K, 1987 W. Jefferson St., Joliet, \$13/15 after April 26th, shorts, 5yr AG., beer, pop, & beef sandwiches. 12th Annual.. Flat & fast!

Sat., May 11th, 9:00 A.M. - Mayor Graves 10K/5K Runs & 2M Fun Walk, Harvey Municipal Bldg., 15320 Broadway, \$12/15, Ts, non-standard 10 yr AG (26-35?), refreshments, raffle. 708-802-0183.

Sun., May 19th, 8:00 A.M. - Rose Classic 10K, Pilcher Park, Joliet. \$12/15 after 5/18, Ts, 5yr AG. 478-3124.

Sun., May 19th, 8:00 A.M. - Birdman Duathlon & 5K, Bird Park, Kankakee, Diana Last, 933-1741.

Mon., May 27th, 9:00 A.M. - Stride for Pride 5K, Dept. of Veterans Affairs Med. Cen., 1900 E. Main St., Danville, \$5/7, 5yr AG, top 5 OA and top 3 in AG. 217-446-6696.

THE
FINISH
LINE



Mar. 17, Nashville Marathon - Marshall Grace, 3:42:??

Mar. 17th, St. Pat's Day 5K, Bloomington, 150 finishers - Dan Gould, 20:08, 3AG; Charles Kennedy, 20:??; Charlie Grotevant, 20:44; Jeff Lonergan, 21:15

Mar. 24th, Mt. Goat 8.8 Mile, Danville, Charlie Grotevant, 1:03:48, 44th/171.

Mar. 30th, Fool's Run XI, Park Forest, 138 finishers. Due to the unusual nature of the running

divisions, awards are not listed.

Pat Koerner	21:44	10A
Tom Stluka	22:14	20A
Lance Bovard	22:20	
Phil Newberry	24:24	
Keith Theisen	26:07	
Marshall Grace	26:09	
Dan Gould	26:37	
Charlie Grotevant	27:16	
Bob Pool	27:21	
Jeff Lonergan	27:29	
John Pool	31:18	
Randy Rahrig	32:05	
Paulene Coy	31:34	(walker)

HEALTH & FITNESS NEWS

-Three quarters of adults claim they exercise, but only 37% do at least 20 minutes 3 times per week. More men strenuously exerciser than women, 45% to 30%. The number of women who claim they exercise a lot has declined by 11 % points in the last two years. Either they have gotten busier or they no longer lie as much as men. *American Demographics*.

-Long term consumption of black tea and other foods containing flavonoids was associated with a much lower risk of stroke in a study of 552 Dutch men. Flavonoids are vitamin like compounds that occur naturally in tea, fruits and vegetables. They make blood cells called platelets less prone to clotting and they also act as antioxidants, countering the artery-damaging potential of highly reactive free radical chemicals. Men who drank more than 4.7 cups of tea a day had a 69% reduced risk of stroke compared with men who drank less than 2 cups a day.

-The first direct evidence that vitamin E may significantly reduce the risk of heart attacks could push public health officials closer to recommending the vitamin for preventing heart disease. A study of 2,000 patients suffering from severe heart disease found that those who took vitamin E had only one-quarter of the risk of developing a nonfatal heart attack as those who were given a placebo. Although the number of heart attacks declined dramatically in the vitamin group, the researchers failed to see a drop in death rates from heart

disease in these patients; it was about the same as those taking placebos. The researchers speculated that the study did not last long enough to document the decline in heart disease deaths. Vitamin E is an antioxidant which absorbs free radicals making them harmless.

-A JAMA study indicates that beta carotene pills won't help ward off heart disease or cancer or promote a longer life. Clinical trials of the supplements have not been consistent with population studies indicating that people who eat lots of fruits and vegetables rich in beta carotene suffer cancer and heart disease at much lower rates. One possible explanation is that a diet high in beta carotene may contain other nutrients that actually are providing the benefits.

-A high fiber diet - 25 to 30 grams a day - is associated with a reduced risk of coronary heart disease. Seeds, berries, fruit skins and bran contain large amounts of plant fiber. Some fiber-rich foods include oat, wheat and rice bran; whole-grain oat and whole wheat products; barley; soybeans; potatoes; carrots; lentils; bananas; navy and kidney beans; broccoli; green peas and beans; cauliflower; citrus fruits and apples.

-Weight training is the best activity to counter the loss of lean body mass (6-7 lbs per decade) as we grow older. A Denmark study showed that 67-year-old men who were lifting weights for a decade were not only stronger, more mobile and less fat than counterparts who swam or ran regularly, but that the older weight lifters were stronger than the typical 28-year-old Danish man. Aerobics-only exercisers were found to have no more muscle mass or strength than men of the same age who didn't exercise at all. Weight loss is assisted by the development of muscle because it burns fat even at rest.

-There is no scientific evidence that Breathe Right strips (looks like a Band-Aid on the nose) improves endurance performance.



“ Swill From the Quill “ Drippings from John’s pen.

I’m back! And just when you thought it was safe to read your newsletter again. I told Dan that I’d help him with the wonderful job he does for all of his readers by writing this missive. I just happen to think that this publication needs to have a sharper edge to make even the most unnoteworthy news, well, noteworthy. If anyone is offended by this column I’ll take that to mean that I’m doing a good job. I’ve got too few friends to worry about losing any. I’m simply tired of everybody bitching about the contents of this newsletter.

With that last thought in mind, how about last month’s “ On Dan’ Run “? Can’t sleep? Read two paragraphs of that drivel and it’s “ Nap City “. See, that’s what I’m talking about. It’s time Dan sharpened his teeth. The Judge is getting a running start, however, because he seems to have come down pretty hard on Keith Theison in his last article. It appears that Dan is upset because Mr. Theison came down to our last meagerly attended meeting at Chicago Dough Company for some free pizza and beer and left with the Governor’s race date. Dan has a good point and reason to be angry. I’ll make you a deal, Dan. If we can catch Keith the next time we see him, I’ll hold him down and you can kick the crap out of him. As for you, Keith, I strongly recommend that you never get in trouble with the law in Kankakee County, if you get my drift.

Actually, I think Keith did our running club a favor. Obviously this is my personal opinion, but I think it’s time to shake the fleas off of that dog and give it a new coat of paint. (That

last sentence is a classic example of a mixed metaphor). The Governor’s 10 K / 5 K / 10 Miler is as dopey a name as it is a concept for a race. Give it a new name that means something, a new date, and a greater level of commitment. What’s the point of giving Phil Newberry a dead horse and asking him to ride it to victory in the Kentucky Derby? Bury it now because it’s starting to smell funny.

Speaking of Phil and Jeff, what the hell’s going on there? That sort of takes the heat off of Dave and me, now doesn’t it? “ Swill From the Quill “ beat out the other two title choices I had, which were “ The Adventures of Phil and Jeff “ and “ Club Malfunctions “. Speaking of club malfunctions, it seems like last year’s experiment of not having a president was a failure, so we have a president again. I was at the meeting when the new president got the job but I really have no idea who that person is, as if I’d care anyway. Whoever you are, don’t get in my way! Besides, I was too busy peeling Dan off of Keith to notice much else. And speaking of Dan, he seems to be a little too concerned about ending a sentence with a preposition when in actuality he should be more concerned about his improper use of it’s to show possession when he really wants to use the proper form, which is its.

Now, before you people start thinking that I’m coming down too hard on Dan, remember that Dan and I are friends and that I have the utmost respect and admiration for him. We all do, right? Right!

Well, I’m tired, so I’ll stop for now. See you next month.



**A FAMILY PICNIC!
SUNDAY, APRIL 28TH, 3:00 P.M
MAIN ENTRANCE - GOVERNOR'S PAVILION
KANKAKEE RIVER STATE PARK**

We are ready for Spring and Shirley has plans for us to enjoy it. The pavilion is reserved and the club will provide the hamburgers, hot dogs, beverages and table service. All you have to do is show up - and bring something to go with those dogs and burgers. Perhaps you have a special recipe for beans, coleslaw, or a salad. You also need to bring the OLDEST RACE T-SHIRT you have. There will be an AWARD for it!

Come early and run, walk, bike or just enjoy the great outdoors with the finest people on earth - runners! The Vermilion Valley Striders will join us for this cookout. Renew old acquaintances and make new friends. Call Shirley for a good time!

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

P.O. BOX 534
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Kankakee



**RIVER
RUNNING CLUB**

YOUR APRIL 1996 PAPER RACE! WE HAVE 'SWILL FROM THE QUILL' OF JOHN SHOUP. THE STARTING LINE GROWS LONGER. CHECK THE BIRTHDAY LIST TO SEE WHO HAS JOINED YOUR AGE GROUP. CHECK THE FINISH LINE FOR THEIR TIMES. ARE YOU READY?