



Kankakee RIVER RUNNING CLUB

The Paper Race

JUNE 1996 KRRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 100



JUNE

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Amy Baldwin	14th	10
Sara Batkiewicz	6th	12
Erica Batkiewicz	6th	12
Alex Brinkman	19th	4
William Cox	1st	16
Katie Dorn	1st	11
Mike Furl	4th	51
Marty Klipp	23rd	20
Sue LaMore	21st	43
Larry Lane	27th	48
Linda Linn	9th	42
Dan Morse	25th	37
John Pool	13th	54
Bob Pool	15th	60
Preston Provost	8th	23
Dave Scherke	7th	44
Heather Steffen	12	16

ON DAN'S RUN by Dan Gould

Three cheers for the Kilbrides! There will be a Father's Day race in Kankakee County. A tradition lives in a new venue: the historic Riverview area surrounding Cobb Park in Kankakee is the site of

the Kilbride Family Classic 5K and 2 Mile Walk. Let's show our appreciation for Gerry and Judy's efforts - enter now! Pre-registration is a ridiculously low \$9! This is a new race and planning for shirts, awards, and refreshments is going to be difficult. Not sure you will be able to make the race? Send your entry anyway! It is a donation to a very worthy cause: our running community! The only important question is: Where will we have breakfast afterwards?

May was a great month for running if you didn't mind the record cold, wind, and rain. Whatever happened to "global warming?" Charlie Grotevant and Mike McGuckin joined 500 runners for the Bloomington Lake Run on May 4th. It was 40 degrees with a constant drizzle, but no wind. Mike did the 4.37M and Charlie the 7.5M. Mike found the post-race refreshments superb, the white t-shirt classy, and was pleased to be 40 seconds faster than last year.

Charlie's spirits were not dampened by the Lake Bloomington drizzle. The next day he was in Champaign for the Parkland 10K. The course was 90% grass (soggy), standing water and mud. Bob and John Pool ran the 5K. All of them had their age and sex adjusted. Say what!? Hey, I'm just telling you what they tell me. They are all farmers and they may just be feeding me some fertilizer. Perhaps they got sexually confused milking the cows. That's no bull.

Anyway, the farmers were in Urbana for the University High 5K on May the 11th where Charlie finished

10th out of 277. They did not say if it rained, but Charlie was apparently alone at Streator on May 25th for a 5K in the rain and on May 27th for a half marathon in Elkhart where rain was the order of the day. Perhaps the brothers didn't care for the deep end of the pool.

The Birdman, our only local race in May, was run on the weekend which summer visited. Hello 90! Registration for both the 5K and the duathlon was down, way down. There were 19 finishers in the 5K and 54 in the duathlon. No one has suggested a reason for either figure, but my bike is still on the wind trainer waiting for "biking weather."

In the duathlon, Kathy Steffen was first master and Jim Grace, Paul Surprenant and Dee Sarowitz placed in their age groups. It may have been a Jim Grace imposter. I haven't seen or heard from him in months and believe he has been the victim of foul play (Why did the chicken cross the road?).

Ken Klipp showed the folks what he could do with some serious spring training. Ken won the Birdman 5K in 17:26 - a 5:37 pace. Ken is 47 years young! Bill Linn was first master.

The rain was pouring down as Earl's 5K started on May 5th. With rain, wind and temperature in the 40's, it was a better day for running than playing golf (I was trying to do the latter). Pat Koerner splashed his way to a second place finish. Beer and brats weren't enough to keep the outside post-race from being anything but chilly.

Van Lewsader is apparently specializing in half marathons. He

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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did the Lake County Half Marathon on April 28 and the Indianapolis Mini-Marathon on May 3rd? How come you weren't with Charlie in Elkhart on May 27th?

The Rose Classic in New Lenox experienced one of those "you have to clearly mark the course for brain-dead runners." Some runners shortened the course by about a mile. This race also experienced a decreased attendance.

I think I got through the month of May without running a race. I have attempted four golf events, each of which has been rain-shortened. Frankly, it is easier to run in the rain than to golf in the rain. Hopefully, the Second Annual KRRC Golf Outing and Social on June 22nd will be rain-free. This year we will start teeing off at 2:00 P.M. Since many of you do not have established handicaps and it is a small group, we may simply draw for prizes. Each group can decide if they want everybody to play their own ball or go to a best ball format. The latter will speed up the play. I need to know if you are coming in order to set up the foursomes. Call my machine now - 937-2926.

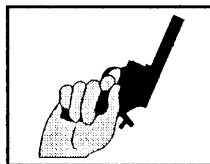
On a personal note, I want to thank all of you who in one way or

another expressed your condolences on the passing of my father. He died May 5th, the eve of his 88th birthday, after 16 months in a nursing home. Senile dementia had taken the person I knew and left the body many months ago. Long-time readers of this column are familiar with my periodic visits to Florida to "check on Dad." We shared many good times, I have many happy memories, and I am thankful for all the good years. He arose before the sun many a morning to go to a race with me. He would park his folding chair near the start-finish line and just enjoy being around people.

Rain or no rain, June offers us many opportunities. This weekend Harrah's 4 Mile Run in Joliet and our first Summer Series 5K on Tuesday, June 11th. As always, we'll head over to Chicago Dough for the Tuesday night buffet. Father's Day brings us the Kilbride Family Classic. Don't miss it! June 22nd is the golf outing and social and June 30th is the Friendship Festival 5K.

Hope to see you on Dan's run - as humble as it is these days!

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 September** 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., May 4th, 9:00 A.M. - Lake Run

7.5M & 4.37M, Davis Lodge, Lake Bloomington, \$15, 5yr AG. Jeff 309-452-9777.

Sat., May 4th, Sage City 5K/10K, Monticello, IL.

Sun., May 5th, The Parkland 10K (held in conjunction with the Senior Olympics Games of Central Illinois), Parkland College, Urbana

Sun., Jun. 2nd, 11:00 A.M. - Twin Cities Twosome, Crystal Lake Park, Urbana. Jan 217-359-9644.

Sat., Jun. 8th - Sunburst Marathon & 10K, South Bend, IN. 219-674-7192, Ext. 6262

Sat., Jun. 8th, 8:00 A.M. - El Paso Flatland Five-Miler, \$12/15, 10 yr AG, OA & 4 deep (1st & 2nd, trophies; 3rd & 4th, medals). 309-527-2756.

Sun., Jun. 9th, 8:00 A.M. - Harrahs 4 Mile Run, Joliet Center City, \$12/15, tank top, 5yr AG. 800-HARRAHS.

Sun., Jun. 9th, 7:30 - 9:00 A.M. - Harbor House Walk for Peace 5K, Gov. Small Memorial Park, Kankakee. A benefit for Harbor House which provides services to the victims of domestic violence and sexual abuse. Food, prizes, and a free logo cap to the first 150 to register with \$25 in sponsor fees.

Tues., Jun. 11th, 6:30 P.M. - **SUMMER SERIES 5K, Small Memorial Park, Kankakee.** No shirts, no fee for KRRC, \$1 for others, low key. Pat Baldwin 932-2950. An excuse to go to Chicago Dough for the Tuesday night buffet!

Sat., Jun. 15th - Steamboat Classic 4M & 15K.. 307-675-6096

Sat., Jun. 15th, 8:00 A.M. - Canal Days 5K, \$12/15 after June 7, Ts, 5 yr AG, OA, masters, and 2 deep. 838-1183.

Sun., Jun. 16th, 8:00 A.M. - **KILBRIDE FAMILY CLASSIC 5K RUN & 2 MILE WALK**, Cobb Park, Kankakee, \$9/11, Ts, top 5 and 3 deep in 5 yr AG, refreshments. Replaces Manteno 5K. Info 937-4200 days and 932-3885 after 6 PM.

Sat., Jun. 22nd, **2nd Annual KRRC Golf Outing & Social, Oak Springs Golf Course**, Vanderkarr Road, Kankakee. Dan 937-2926 (days); after 5PM, 937-5500.

Sun., Jun. 23rd, 8:30 A.M. - Band on the Run 5K, Orland Park. 312-868-3010

Sun., Jun. 30th, 8:00, A.M. - **BOURBONNAIS FRIENDSHIP FESTIVAL 5K RUN & WALK**, Bourbonnais Municipal Center, 5yr AG, Ts. John Flynn 932-5198.

May 11, University High 5K, Urbana, Charlie Grotevant, 20:16, 3AG (10th out of 277); Bob Pool, 20:31; John Pool, 22:??

May 11, Covered Bridge Festival 5K (Hobart, IN.) - Pat Koerner, 16:17, 1OA; Tom Stluka, 16:23, 2OA

May 25, Streator YMCA 5K, Charlie Grotevant, 20:34, 1AG

May 27, The Great Race XVI Half Marathon (Elkhart, IN.), Charlie Grotevant, 1:36:50

May 19, St. Mary's Birdman 5K - 19 finishers

Ken Klipp	17:26	1OA
Phil Newberry	18:54	1AG
Bill Linn	20:08	1MST
Bob Pool	21:02	1AG
Jeff Lonergan	21:23	1AG
John Pool	23:07	1AG
Paulene Coy	24:08	1AG
Randy Riegel	27:11	2AG
Peggy Baldwin	28:53	1AG
Heather Steffen	30:07	2AG

THE



FINISH

LINE

May 19, Rose Classic 10K - Pat Koerner, 35:33, 3OA; Tom Stluka, 35:35, 1AG

May 27, S. Holland 10K - Pat Koerner, 34:41, 1AG; Tom Stluka, 34:52, 2AG; Jeff Lonergan, 45:08

April 28th, Lake County Half Marathon - Van Lewsader, 1:39:00

Jun 1, Tri Shark Tri, Leroy - Jeff Lonergan, 1:20:20 - .25 swim/13M bike/5K run

May 3, Indianapolis Mini-Marathon, 1:41:00

May 4, Lake Run 7.5M, Charlie Grotevant, 51:27; 4.3M Run - Mike McGuckin 33:43; Jeff Lonergan, ??

May 5, Parkland 10K, Champaign, Charlie Grotevant, 44:58, 2OA (age/sex adjusted)

May 5, Earl's 5K (Joliet) - Pat Koerner, 16:52, 2OA; Jeff Lonergan, 20:50; Becky Criscione, 22:51, 1AG; Ray Feeley, 26:12; Randy Riegel, 26:44

Parkland 5K, Robert Pool, 22:??, 1OA (age/sex adjusted); John Pool, 24:??, 5OA (age/sex adjusted)



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

So I'm out in the middle of nowhere the other day looking for arrowheads in someone's field on the outskirts of hell and the judge runs by. Man, talk about luck! He was almost naked and sweating like a pig, even though I've never actually seen a pig sweat, except now that I've seen Dan in this state I think I've got a good idea of what a pig looks like when it sweats. Anyway, Dan wants to know when I'll have the next copy of this column and I'm thinking to myself that I'm not able to shake this guy, no matter where I go, no matter whom I'm with. (Hey, look it up. It's not who, even though who looks and sounds better).

The phrase “going to hell in a handbasket”, by the way, deals with a person's life being in such disarray that a simple task such as entering hell would require that person's pieces to be placed in a handbasket in order to make the trip. The alliteration of the *h* sound also adds to the popularity of the phrase. So there you have it, Dan. You wanted to know.

For those of you who have decided not to hebetate, never be afraid to ask questions. After all, it's a nefarious act to go through life and not ponder its sharper edges. The mussitation that takes place in the mind may leave one deaf if that person accepts things as they are. When someone gets past his or her fear, that act of respiscence will silence the chaos.

Getting back to Dan, he's running by me

and I couldn't help but notice that he's a rather steatopygous runner. That characteristic fits his running style quite nicely, though. I wouldn't have noticed him at all had it not been for the susurrant sound that preceded him. The temulency I was feeling at that moment was gone as I took note of his graceful form, his effortless style, and his fluid motion. The ululation I was hearing at that moment was my own as I wished that I was the gifted runner. There was no need for me to worry about Dan getting an ustulate body because the sky was cloudy, yet I worried for his safety anyway. Was it a vecordious concern? I think not. I began to vellicate. My veneration for the man had been confirmed.

If you feel that you've become a gongoozler because of this text, don't be too concerned. The charientism I've given Dan on this page is meant to be taken lightly. He may not be the most gracile man I've ever seen, but hey, so what? That's no reason for him or anyone else for that matter to yirn. I simply seem to have a vecordious velleity to write this kind of tripe. I hope you understand. There is no need to suggilate me for this behavior. My subderisorous nature compels me. Perhaps it's my ultracrepidarian style in this issue of the newsletter that may knock you off course. Don't get upset. A simple *gramercy* will suffice. Just as long as it's not spurious, that is.



Training table

Lifting weights can enhance your life

By Bob Condor

TRIBUNE STAFF WRITER

There are several names for it—weight lifting, strength training, resistance workout, even isometrics—but exercise physiologists agree on one definition: building muscle by pushing and pulling.

In recent years, scientific studies have confirmed the value of firming up: More muscle requires more fuel, thereby burning more calories and fat. A greater percentage of lean body mass is easier on the cardiovascular system. Resistance workouts also strengthen bones, an advantage for postmenopausal women (and men older than 65) at risk for osteoporosis. The extra muscle improves mobility, balance and the ability to lift everything from groceries to children. Such benefits refute the so-called natural law that muscles lose strength as we age.

"Much of the loss of muscle as we age is preventable—and even reversible," said William Evans, director of the Noll Physiological Research Laboratory at Penn State University in State College, Pa. "Resistance training is the key. The muscles of older people are just as responsive to weight lifting as those of younger people."

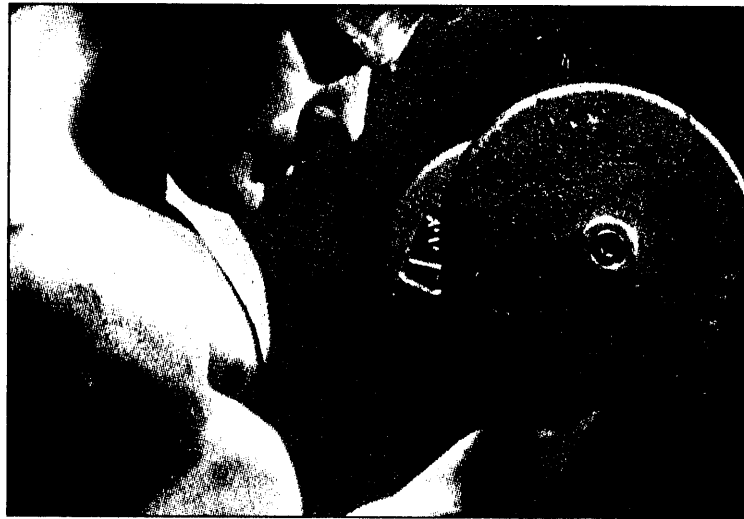
Even so, strength training should complement aerobic exercise, not replace it.

Another advantage: Strength training will help you feel more energetic, especially across the upper body. You will notice an increase in vitality (give it about six weeks, preferably using a supervised program).

Even if you begin a weight training regimen you won't need to change your diet to accommodate the newfound activity.

"One of the biggest misconceptions about weight lifting is people think they need to add protein," said Amy Sexton, a registered dietitian and certified strength and conditioning specialist at the University of Chicago's Nutrition and Weight Control Clinic. "What most people need is to add enough total calories to support their workouts."

Sexton said a diet with 50 to 60 percent carbohydrates, 15 to 20



Tony Stone image

percent protein and 20 to 30 percent fat is an acceptable range for those on weight conditioning programs. Research shows eating carbohydrates and protein after a weight workout is important to helping muscles recover and grow, since you have to break down muscle to build it.

Sports nutritionists recommend about 0.75 grams of carbohydrate per body pound (about 96 grams for a 130-pound person) within the first half-hour after a strenuous workout. This does some immediate repair work.

Follow up within two hours with a meal that includes a moderate amount of protein to complete the recovery.

Sexton said 0.6 to 0.85 grams of protein per pound is a proper daily range for most people following a regimen of aerobic exercise and weight training. But she focuses more on consistency.

"I advise people to eat three healthy meals each day, adding a mid-afternoon snack if lunch is at noon and the workout is at five to avoid low blood sugar during exercise," she said. "Skipping meals is not good. It hinders your performance. You have fewer calories as fuel for your workouts. Ultimately, you will become discouraged and quit the weight program."

Sexton said anyone engaging in high-intensity weight workouts needs to consume more calories than usual. Even those trying to lose weight shouldn't restrict calories too severely.

"Don't have unrealistic expectations," she said. "A tall, lean man will have different 'muscle bellies' than a guy who is 5-8 and squat. The length of the muscle makes it harder for the tall man to get the same definition as the shorter guy."

Weights and measures: How lifting helps

You can't stop birthdays but you can stave off old age, author William Evans believes. He has created what he calls "biomarkers," or physical indicators you can improve through regular exercise and sensible eating. Weight training improves nearly all the factors on his list from "Biomarkers: The 10 Determinants of Aging You Can Control" (Simon & Schuster):

1. Muscle mass
2. Strength
3. Basal metabolic rate (caloric expenditure at rest)
4. Body fat percentage
5. Aerobic capacity (body's ability to process oxygen during physical exertion)
6. Blood-sugar tolerance
7. Cholesterol/HDL ratio
8. Blood pressure
9. Bone density
10. Body's ability to regulate its internal temperature

Bob Condor

JUNE GOLF OUTING & SOCIAL

Oak Springs Golf Course on Vanderkarr Road is again the site of the Kankakee River Running Club Golf Outing and Social. We will tee off about 2:00 P.M., finish about 6:00 P.M., and whine and dine thereafter. If you just want to dine (sandwich menu), you can do that. Green fees are \$12 (they are giving us twilight rate). You'll pay for golf and drinks and the club will buy your sandwich. I think we'll just draw for golf prizes this year and let the foursomes make their own format - best ball or play your own ball. The date is Saturday, June 22nd. Call 937-2926 and, if you don't get Dan, leave a message on the machine. Please specify if you are golfing or just coming for dinner (We don't want to guess who's coming to dinner!).