



Kankakee RIVER RUNNING CLUB

The Paper Race

JULY 1996 KRRR NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 101



JULY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Phil Angelo	17th	45
John Brinkman	11th	38
Ken Brock	31st	47
Jeff Dixon	19th	33
Tyler Dorn	29th	15
Tom Goodberlet	12th	39
Ryan Hanks	14th	20
Ed Hedding	16th	38
Krista Hickey	12th	15
Liz Huizenga	15th	17
Leon Malone	7th	66
T.J. Seitz	13th	15
Lisa Shelly	24th	17
Mark Steffen	12th	43
Paul Surprenant	8th	49

ON DAN'S RUN by Dan Gould

Yes, this is the hundred and first consecutive issue of *The Paper Race*. I'm not sure how we manage to keep cranking it out each month. It must be a "labor of love." Bill, Linda and I hope you enjoy it!

June! A great month. We raced and socialized. Our second annual golf outing turned into an "old timer's day." Yes, Doc Baldwin and Howard Strassenburg live. They no

longer run, but they live. They are both 76.

When Doc showed up, he told me not to make fun of his old golf bag or shoes. I said I wouldn't. I was going to make fun of his old legs! When asked if he was going to be at the Friendship Festival 5K, he inquired as to what that was. We reminded him it was the race his son Pat ("Pat, who's Pat?") directed last year. He said he didn't run any more and it conflicted with his tennis game.

Howard just came to play golf. He rode (as in did not walk) a golf cart. When finished, he drove to the parking lot where he was whisked way by an unknown person or persons. Perhaps we will see him again next year. He has indicated an interest in continuing his association with the running club by ordering a warm-up suit.

Augie Hirt joined us and played the best round of golf in his life. He has had knee surgery and isn't running much. Augie still works at the Heartland.

Ed Glazar, one of my original running buddies, is now a golfing buddy. Ed still runs for fitness, but we haven't seen him at the races in years. He did do the Disney Marathon last year, but we weren't there!

Apart from the dozen golfers, a few others came for dinner and drinks. It was a perfect evening for dinner on the porch. Perhaps we will do it again next year!

The really good news of the month was the auspicious beginning for which we hope will be a classic: the Kilbride Family Classic 5K on

Father's Day. Gerry, Judy and family had to work hard to put it together on short notice. The course was beautiful, offering some long, shaded straightaways. While there were only 90 registered runners and 24 registered walkers, it was a good beginning.

John Flynn's first year as director of the Bourbonnais Friendship Festival 5K was also a good beginning. The fourth annual running put 135 runners across the finish line, an event record. There were also a substantial number of walkers. The weather was a bit contrary - 80 degrees, humid, and sunny. A shortage of volunteers meant no split callers. Perhaps next year we can get Doc to give up his tennis game and Howard to give up whatever he does on Sunday morning and they can call splits.

A young runner from Manteno almost caused a major pile-up when she stopped abruptly to tie a shoe lace in the first two tenths of a mile. I was behind and off to her right side when she stopped and crouched down. I saw Bill Linn do his impression of a contortionist as he maneuvered around her. It could have been painful!

Bourbonnais brought out some long lost runners. Carol Sue Painter was there to pick up some gold. Joe Burgess, who has been struggling with injuries since last year, turned in a good time. Marshall Grace was there in memory of his friend, neighbor and running buddy, Denny Blais, who died at age 48 last month. Marshall has been trying to resolve an injury since his March marathon.

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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Our other local race of the month was the summer series 5K which was directed by Pat Baldwin. He made it a team event. There were ten teams and ten awards - everyone a winner. There were a number of members present who had run earlier in the day - lots of potential split callers! As always, we retired to Chicago Dough for the buffet and - mark this day - Linda Linn bought my dinner! No, she didn't borrow the money from me to do it. How cynical can you get?

Charlie Grotevant has put together a prediction run for July with some nice awards. Let's make it a point to be there. If we can't turn out more than 20 people, we might as well go straight to Chicago Dough. Besides, a 5K doesn't begin to burn off what Glen's pizza puts on.

What a difference a month makes! I went from no races in May to five in June. Cornstalk and I started the month with a couple races in Joliet. The St. Joe's Med Center 8K (once a 10K) turned out some fast runners to vie for the \$250 first place cash. We were blessed with sunshine, but I think it was relatively cool. It was a good tune-up for the rest of the month because racing is the only speed work I do

these days. No races and no speed work for a month - my legs were heavy.

The following weekend I returned to Joliet with Jeff Lonergan and Joe Page for Harrah's 4 Miller. We drove in rain all the way. I sat in the parking lot trying to decide if I was going to plunk down \$15 for a singlet I didn't need and the opportunity to run four hilly miles in the rain for the chance to win a medal I didn't need. People depend on my judgment! Well, yes, I did sign-up. I certainly couldn't be a "bandit."

The good news was the rain had really tapered off by the start and quit altogether sometime during the race. My racing legs started to come back, but it took me two miles to catch Jeff. Keith Theisen was there so first in my age group was out of the question. I had a good race with Bob Cerny and Bob Maszak, but didn't know how close we were at the finish line: Cerny five seconds back and Maszak seven seconds back. While this race didn't offer a lot to the runners, it did raise \$2,110 for United Way.

Jim Grace is still a figment of somebody's imagination. I don't think I've seen him since February. Bill Johnson exists as does John Brinkman, but their new wives must be keeping them on a short leash. Rumors persist that John Shoup lives.

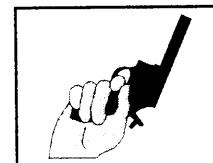
Things to do/mark your calendar: Summer Series 5K, Y 5K, Bill Linn's Sample Sale, order your warm-ups. Hope to see you on Dan's run!

LAST CALL FOR WARM-UPS

If you haven't ordered your KRRC warm-ups, dig out last month's newsletter, fill out the form, write the check, and get them to me by July 10th. I will place the order on July 11th. No form and check, no warm-ups.

-Dan

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.

Jul 4, 8:00 A.M. -Lemont Freedom Run 5K/10K, \$10/12, Ts, hilly 10K, Park District on 127th St. 708-257-6787

Jul 4, 11:05 A.M. - Freedom Celebration 5K Run, Assembly Hal, 4th St., Champaign, \$11/13, Ts. 217-367-2891.

Jul 4, 8:00 A.M. - Sharp's Challenge 8K, St. Charles High School, \$10/12, Ts. 708-377-2985 x 340

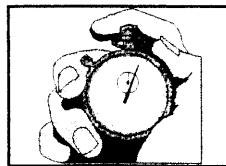
Tues., Jul 9th, 6:30 P.M. - SUMMER SERIES 5K, Small Memorial Park, hosted by Grotevant Farms. A prediction run with four divisions: men, women, high school and K through 8. Awards will be gift certificates, 3 in each division. Charlie Grotevant, 949-1551.

Sat., Jul. 13th - 8:00 A.M. - KANKAKEE YMCA 5K, \$10/12, Ts, 5yr AG, refreshments. Pat Koerner 932-1009.

Sun., Jul. 14th, 7:35 A.M. - 16th Heart & Sole 10K, Olympia Fields Med. Cen., \$20/22 after 7-13, "Football Style Jersey & Fannie Pack," 5yr AG, refreshments. Seminar/Expo on Saturday from

Noon to 4 P.M. 708-747-4000 ext. 5183.

THE



FINISH

Sat., Jul. 20th - 8:00 A.M. - Manhattan Band on the Run 5K, Anna McDonald School, Rt. 52 & 2nd St., \$12/15, Ts, 5yr AG. 478-4560.

LINE

Jun 2, St. Joe's Racing Hearts 8K - Pat Koerner, 28:52, 6OA; Dan Gould, 33:19, 3AG; Jeff Lonergan, 35:06; Mike McGuckin, 37:57

Thurs., Jul. 25th - 7:15 P.M. - Sundowner 5K, Lion's Community Center, New Lenox, \$12/16, 5yr AG. 722-1029.

Jun. 2, Twin City Twosome 5K, Urbana - Charlie Grotevant, 20:27

Sat., Jul. 27th - 7:45 A.M. - Run for the Bagel 5K/10K, Mattoon YMCA, 221 N. 16th St., \$10/12, Ts, 5yr AG, OA & 3 deep, prizes, 217-234-9494.

Jun 8, El Paso Flatland 5 Miler - Mike McGuckin, 38:02; Charlie Grotevant, 34:22, 1AG

Sun., Jul. 28th - 20th Chicago Distance Classic, 7:45 A.M., Grant Park on Columbus & Balbo, \$18/20, 312-run-1900.

Jun 9, Harrah's 4 Mile Run, 121 finishers, 58 degrees, lgt rain - Pat Koerner, 22:21, 1AG; Keith Theisen, 24:50, 1AG; Dan Gould, 26:25, 2AG; Jeff Lonergan, 26:43; Becky Criscione, 29:28, 1MST; Carol Pratt, 29:30, 3AG; Randy Riegel, 33:54

Sun., Jul. 28th - 9:00 A.M. - Lickety Split 5K, Dwyer, IN., Ts. 219-836-8158. PSRR CIRCUIT.

Jun 16, Kilbride Family Classic 5K, 87 finishers, 68 degrees, humid

Thurs-Sat., Aug. 1-3. Bill Linn's Super Sample Sale. The salesman's annual selling of the samples: sweatshirts, sweatpants, t-shirts, shorts, jackets, etc. Do your Christmas shopping early - bargains, bargains, bargains! Special preview for KRRC members: Thurs., 7-9 P.M. Open to the public Fri., 9 A.M. - 5 P.M. and Sat., 9 A.M. - 3 P.M. Mark your calendar now. 1226 Vantage Lane, Bourbonnais.

Tom Stluka	16:25	1OA
Pat Koerner	16:38	4OA
Ken Klipp	17:19	5OA
Keith Theison	18:22	1AG
Phil Newberry	18:30	2AG
Rich Olmstead	19:08	1AG
Jenny Kohl	19:24	2OA
Bill Linn	19:32	3AG
Dan Gould	19:49	2AG
Jeff Lonergan	19:53	
Charles Kennedy	20:35	1AG
Larry Lane	20:47	3AG
Andy Kilbride	20:58	1AG
Tom Kilbride	20:59	2AG
Randy Rahrig	22:30	2AG
Kathy Steffen	22:48	1AG
John Brinkman	22:48	3AG
Dee Osenglewski	23:02	2AG
James Martell	23:10	
Paul Surprenant	23:27	
Mike Range	23:47	
Dee Sarowatz	23:48	1AG
Mark Kilbride	24:33	
Randy Riegel	25:21	
Krista Hickey	25:24	1AG
Mike Hickey	25:37	

Mary Kilbride	26:18	1AG
Pat Baldwin	29:20	
Linda Linn	29:51	
Georganne Hickey	29:53	
Heather Steffen	31:20	
Peggy Baldwin	31:35	
Judy Kilbride	34:47	3AG
Chris Kilbride	35:16	3AG

Jun. 30, Bourbonnais Friendship Festival 5K, 80 degrees, humid, 135 finishers

Tom Stluka	16:15	3OA
Pat Koerner	16:31	1AG
Ken Klipp	17:41	1AG
Joe Burgess	18:00	2AG
Phil Newberry	18:22	2AG
Dan Flynn	18:42	1AG
Rich Olmstead	18:56	1AG
Bill Linn	19:06	2AG
Dan Gould	19:37	2AG
Mike Hickey	19:58	3AG
Jeff Lonergan	20:21	
Marshall Grace	20:32	
Leah Huizenga	20:47	1AG
Charlie Grotevant	20:53	3AG
Brian Nofte	21:27	
Dale Huizenga	22:23	
Randy Rahrig	22:26	
Kathy Steffen	22:38	1AG
Randy Devore	22:41	
Paul Surprenant	23:13	
Mike McGuckin	23:16	
Ray Feeley	23:28	
Dee Sarowatz	23:30	
Jim Stevens	23:38	
Amanda Uribe	23:50	1AG
Allison Williams	24:14	
Liz Huizenga	24:21	
Mike Belletete	25:22	
Carol Sue Painter	26:06	1AG
Randy Riegel	26:11	
Linda Linn	27:38	
Krista Hickey	28:01	
Georganne Hickey	28:04	
Bonnie Sisson	31:22	3AG

Training table

No time or appetite for breakfast? Think again

By **Bob Condor**
TRIBUNE STAFF WRITER

It's something of a cliché among sports nutritionists: Breakfast is indeed the meal of champions, the fuel of victory laps.

The message is clear enough—and grounded in research such as that presented last fall at a three-day "Breakfast and Performance" symposium coordinated by the University of California-Davis. Some of the findings: Eating breakfast can help you lose weight. Breakfast helped children perform memory tasks better during morning classes. Skipping breakfast can lead to a consistently lower intake of vitamins, minerals and fiber. Missing breakfast stunts your morning workouts.

"Anything is better than nothing," said Nancy Clark, a registered dietitian at a sports medicine clinic in Brookline, Mass., and author of several nutrition books, including "The New York City Marathon Cookbook" (Rutledge Hill). "I would rather see my clients grab a few Fig Newtons or leftover pizza than go without eating.

"It is the most important meal of the day. Eating breakfast will keep you more mentally alert and full of energy for a morning workout."

Skipping breakfast can be counterproductive for people watching their weight, she said.

"I have clients who think not eating in the morning is a way to save calories," Clark said. "But they end up overly hungry and eat too many high-fat foods and extra calories later in the day, especially during an evening meal. Plus, these clients are losing out on potential energy to help them exercise longer for weight loss."

Knowing that breakfast makes good nutrition sense does not butter your toast, though. Nutritionists hear two common excuses: Not enough time and no morning appetite.

"I consider breakfast to be any meal within the first four hours of waking up," Clark said. "If you are not hungry before going to work, keep a stash of cereal, energy bars, dried fruit, or even peanut butter and crackers at the office or in the car."

There's also no reason to blame a lack of time, though a sit-down meal might be impossible. Here



Illustration by Gordon Studer

are some quick breakfast ideas to get you off to a fast start:

1. Glass of orange juice and glass of milk. "Both are nutritious foods even though they are liquids," Clark said. "You will get adequate carbohydrates and protein."

2. Bagel with peanut butter. A topping-free bagel or bagel with jam is too heavy on the carbohydrates. Eating some protein and even a bit of fat will provide more sustained energy throughout the morning. Peanut butter (or almond or cashew butter) packs nearly four times the protein of cream cheese.

3. Bagel with tuna. Some people don't like breakfast foods. That's OK, move right into lunch. The tuna (hold the mayo) provides even more protein than peanut butter without the fat.

4. Toast, juice, slice of low-fat cheese. You get the carbs and proteins you need without too much fat. For fiber, use whole-grain bread. Try hummus (a chickpea spread) to spread on toast instead of butter.

5. Fruit, low-fat yogurt/cottage cheese. Fruit is one of the best morning foods, providing nutrients, fiber and needed fluids. Eat a piece of fruit before the morning workout (it's easily digested), then the protein of yogurt or cottage cheese after exercise. Another option: You can skip the dairy and substitute a hard-boiled egg without the yolk.

6. Blender drink. For some people, this is quick and easy. Others think it's too messy. But a fruit smoothie with some protein powder is an excellent summer morning pick-me-up (store fresh berries, peaches and peeled bananas in the freezer for best results). Don't overdo it on the protein—1 or 2 tablespoons is enough.

7. Pita with shredded low-fat cheese, apple. Put the pita and cheese in the microwave. Then slice apple into the warmed pita and enjoy in the car or on the way to your train or bus.

8. Cereal, fruit, milk. Still a fast, nutritious breakfast. For something like a warm fruit crisp, microwave the cereal and fruit for a minute before pouring on the milk. "It's delicious," Clark said, "like having dessert for breakfast."

Surviving a fast-food breakfast

Grabbing breakfast to go at a fast-food restaurant doesn't have to be a dietary disaster if you choose wisely.

Liz Applegate, a nutrition instructor at the University of California-Davis and author of "Power Foods: High-

Performance Nutrition for High-Performance People" (Rodale), offers these tips:

■ If you want meat with your eggs, opt for ham, which has less fat than bacon or sausage. Better yet, ask for Canadian bacon.

■ Order pancakes with syrup (no butter) instead of egg sandwiches or biscuits. You get more carbohydrates, less fat and about 160 fewer calories.

■ Order orange or grapefruit juice with your meal.

■ Ask that toast or muffins be unbuttered. Two slices of buttered toast have about the same fat content (roughly 11 grams) as an order of hash browns.

Bob Condor