



Kankakee RIVER RUNNING CLUB

The Paper Race

AUGUST 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 102



AUGUST

| <u>NAME</u> | <u>DAY</u> | <u>AGE</u> |
|-----------------|------------|------------|
| Pat Baldwin | 26th | 39 |
| Kate Batkiewicz | 3rd | 33 |
| Mike Belletete | 5th | 50 |
| Karen Belletete | 29th | 38 |
| Sally Dorn | 20th | 41 |
| John Flynn | 1st | 50 |
| Karl Goodberlet | 6th | 11 |
| Dan Gould | 31st | 52 |
| Scott Kelson | 13 | 41 |
| Donna Koerner | 13th | 40 |
| Jessica Linn | 9th | 10 |
| Shirley Malone | 29th | 65 |
| Pat Pierce | 11th | 41 |
| Nancy Ruda | 16th | 40 |
| Dee Sarowatz | 14th | 32 |
| Paul Schmidt | 11th | 18 |
| Kathy Steffen | 18th | 45 |
| Matthew Steffen | 23rd | 13 |
| Michael Steffen | 18th | 10 |
| Lynn Troost | 26th | 50 |
| Doug Uribe | 22nd | 35 |

ON DAN'S RUN by Dan Gould

Milestones! Would you take a look at the birthday list this month? Some of these people are getting ancient. Will they still be

blondes? Well, some of the finest people I know were born in August.

We had a good month. Chicago recorded only one ninety degree day in July. Mother Nature is trying to make up for April and May, but she has a long way to go!

The July Summer Series 5K had a respectable turnout. Charlie and Joyce Grotevant did a real nice job with this prediction run. A special attraction was Chris Walsh and family. We haven't seen much of Chris in the last year due to her pregnancy with twins (7 lbs. each at birth!). She is looking good and getting back up to speed.

We had a good group for the post-race buffet at Chicago Dough. There was cake to celebrate a couple birthdays. We had been there about an hour when I realized that I had left my bag sitting in front of the Civic Auditorium. I departed rather quickly, but only after telling the waiter to give my check to Linda Linn. Linda and I have an on-going financial relationship.

I was thrilled to find my bag still sitting in front of Civic with contents intact. Apart from the running apparel, it contained about \$600 in camera equipment. As I loaded it into the van, my wife called to ask if I knew where my bag was. It seems a friend of hers called to say she had discovered the bag while she was out for a walk. Why, you ask, didn't she secure it? I don't know her, but she is probably a blond.

I helped Pat Koerner prepare the pre-registration packets for the YMCA 5K. He noted that none of the speedsters from out of town had pre-registered. Could it be that I wouldn't have to deal with Keith Theisen, Pete Mathis, and Bob Cerny?

Race day weather was beautiful, but the near record race day crowd included Keith, Pete, and Bob. The first two I can't touch on my best day. Bob

and I are fairly matched and trade wins. *The Daily Journal* had a front page picture of Bob Cerny running this race one rainy year with my blurry image in the background. I was once again a blurry image in the background.

Apart from my age group competitors, Jeff Lonergan has also been trying to leave me in the dust. He showed up for the Y 5K with a "present" for me - a package of Oreo Double-Stuf. Would you give alcohol to an alcoholic? I am an Oreo Double-Stufaholic - in remission. These things are 70 calories each and 51% fat! Jeff is running well and I'm sure it is frustrating to be bested by a man of my advanced age, but I could hardly believe he would stoop so low.

Jeff almost prevailed at the Y 5K. My one second victory was really an accident. Some of the newer members don't know Bill "White Shoes" Johnson. Once a very active member of our club, he has been rarely seen in recent years (something like John Shoup). Bill's wife was working a water station so Bill put in an appearance. Bill, Jeff, Mike Hickey and I ran the race together. I was just ahead of them in the final straightaway when Bill started his kick. I thought it was Jeff and started mine. Jeff wasn't quite ready to kick. I edged him by one second. It appears only a matter of time until Jeff's youth prevails.

Speaking of people we never see, Anna Goodberlet put in an appearance to do the Y 5K walk and Carol Sue Painter ran for the gold. Denzle Painter, the slug, slept in.

Pat Koerner, by the way, has received recognition as an elite runner. He received an invitation to the Park Forest Scenic Ten as an elite runner which means, among other things, a waiver of the entry fee.

I really wish I could have made the "Band on the Run 5K" at Manhattan.

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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As Linda Linn said, "It seemed like old times." "Old times" were the days when we loaded the Linn family, among others, into the Dan van for an out of town race. The Linn family hasn't been doing much in the way of out of town races in recent years.

Bill and Linda, Pat, team Hickey, John Shoup and L... Oops! Sorry, John, I can't put her name in unless you take out a family membership. Anyway, we were well represented in Manhattan and Linda got to run, something she didn't get to do that much in the "old times" when there were small children to watch.

The Sundowner 5K in New Lenox turned out 299 runners. Charlie Grotevant picked up first place gold in age group, but wasn't there for the awards ceremony. By the time he ran his cool down, all the food was gone. He was too hungry to wait for the awards ceremony. Mike Hickey picked up Charlie's award. Has anybody told Charlie he won? Mike Hickey was surprised to place in age group. He had run six miles with Bill Linn that morning and was just cruising through the race.

Mike McGuckin, who sends me monthly reports on his racing, was at Sundowner. He is amazed that no one is hurt at the start of the race as the parking lot crowd must quickly funnel into a subdivision street lined on both sides by cars. He notes: "Lots of 'watch your step' action and more bumping than a Disney World ride!" This year's gray t-shirt gives Mike 9 gray/white/creme t's in the thirteen races he has run this year.

I missed Manhattan because of a golf event and Sundowner because I was in Springfield. While I had never done the Lickety Split 5K in Dyer, the timing was right and Cornstalk was interested because it was a PSRR Circuit Race. I need a race every couple of weeks. It is my only speed work.

About 200 people showed up on this overcast, cool, and humid Sunday. A nine o'clock race is a bit chancy at this time of year, but we got the benefit of this unseasonably cool July. The Beecher racing team was in attendance: Joe Burgess, Tom Stiuka, and M... Oops! He hasn't paid his dues. Tom you've got to work on him! Mike, Georganne, and Krista Hickey were there as was Randy Riegel, Phil Newberry, and Jeff Lonergan.

Jeff did not bring Oreo Double-Stuf. He brought leg fatigue from Sundowner three days earlier. Perhaps he'll get me in the 10K at Mومence!

I had all kinds of inspiration at Lickety Split. Park Forest's Bob Stevens is one of those guys in my age group to whom I must concede superior genes. The question was who would get second and third in age group. Bob Maszak and Portage's Norm Eikman would be contenders.

The Lickety Split course is two miles of city streets and a mile on a park path - a rather wet park path. There is one hill on the course. We were blessed with the overcast and a bit of a breeze. I think we noticed the breeze more on the cool down run than during the race.

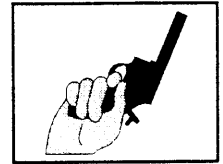
The post-race refreshments were ample - hot dogs, chips, watermelon, bananas, and pop. The shirts were decent and the trophies nice. You might want to put this on your future reference list. Dyer is on the Indiana border on Route 30.

On to August! Bill Linn's Super Sample Sale (Aug. 1-3), the Glad Run, and the Summer Series 5K. Don't miss the Hare & Tortoise on September 1st. If you are thinking about Park Forest's Scenic 10 Mile or 5K, don't miss the cut-off for registration (Aug. 19th).

Bill Linn, Ken Klipp, and I are thinking/training for a marathon. We aren't sure which one or if our bodies are going to put up with this nonsense. If you would like to join in, give us a call.

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 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.

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.

Sun., Aug. 4th, 8:00 A.M. - Coon Creek Classic 10K, Hampshire H.S., 560 S. State, \$10/12, 5 yr AG, computerized results. 847-683-2690.

Sat., Aug. 10th, 8:00 A.M. - MOMENCE GLAD RUNS 5K/10K, Mومence Jr. H.S., 601 W. 2nd St., \$10/13 after 8/2, Ts, 5yr AG, refreshments, door prizes. Mike Hickey 472-2253.

Tues., Aug. 13th, 6:30 P.M. - SUMMER SERIES 5K, Small Memorial Park. Linda Krause 472-6577.

Sat., Aug. 17, 8:00 A.M. - Dawson Lake 5K, moraine View State Park, 8M E. Of Bloomington, \$10/12, Ts. Rich 309/662-4014.

Sat., Aug. 17, 8:00 A.M. - Commissioner's Cup 5K, Fairgrounds Park, Valparaiso, \$10/12, Ts, 5yr AG. 219-464-4514.

Sat., Aug. 24 - Crim Festival of Races

Sat., Aug. 24, 7:30 A.M. - Frankfort Torch Run 12K, 469-0609

Sat., Aug. 24, 8:30 A.M. - Run-to-Read 5K, Hammond Public Library, 564 State St., \$12/15, Ts, 5yr AG, 219-659-6759.

Sat., Aug. 31, 8:00 A.M. - Sweetcorn 5K Classic, Honeywell Grade School, Hoopston, \$10/14, Ts, 5yr AG, 217-283-5004.

Sun., Sep. 1st, 5:00 P.M. - **HERSCHER HARE & TORTOISE 5K/2 MILE FUN WALK**, Herscher Park, Scott Stephens, 426-2211.

Mon., Sep. 2nd, 8:00 A.M. - Park Forest Scenic 10 Mile & 5K. **NO RACE DAY REGISTRATION.** \$12 by 8/5 & \$17 by 8/19.

Sat., Sep. 7th, 9:00 A.M. - 1st Annual Peotone Country Festival 5K, Park Dist. Bldg. next to H.S. on Garfield, \$11/15, tank tops, 3 deep in 5yr AG. Kirsten Benner Mulvihill, 708-258-3939. Note: \$1 discount for pre-registered running club members.

Sat., Sep. 14th, 9:00 A.M. - Beecher 5K Run/Fitness Walk, Beecher Community Hall, 673 Penfield, \$11/13, Ts, 2-4 deep in 5yr AG, top 3 OA, top masters, refreshments, random prizes, computer finish.

Sun., Sep. 15th, 9:00 A.M. - Monee Fall Faire 4 Mile Run, Elementary School, 5154 Main St., 6 blocks east of Rt.50, \$12/15 after 9/7 (includes pancake breakfast, 5yr AG w/ cash prizes. 708-534-3449.

Sun., Sep. 15th, 8:00 A.M. - National Heritage Corridor 25K, Channahon Middle School, \$18/20 after 9/8, 5yr AG, 4-color screened sweatshirt. 312-886-7450.

Sat., Sep. 21, 8:00 A.M. - Hobart Y Deep River Run 5K, Deep River County Park, \$10/12, Ts, 5yr AG. 219-942-2183.

Sun., Sep. 22, 9:00 A.M. - **KANKAKEE RIVER 10K & 2 MILE WALK**, Kankakee River State Park, \$5/9 no shirt, \$12/15 w/ shirt (long T), 5yr AG, top 3 OA, top masters, medals to top 20 walkers.

472-6243. The Governor's lives - by another name and a different month!

THE

FINISH

LINE



Jun. 29, Gridleyfest 5K, Mike McGuckin, 23:40, PR!

Jul. 4, Brickyard 5M Run (Hobart, IN.) - Pat Koerner, 27:44, 1AG

Jul. 4, Park-to-Park 5 Miller, Bloomington-Normal - Jeff Lonergan, 33:18; Charlie Grotevant, 34:13, 3AG; Mike McGuckin, 37:44

Jul. 12th, Fairbury Fun Fair 5K - Charlie Grotevant, 20:30, 3AG

Jul. 13th, YMCA 5K, 152 finishers (total registration with walkers: 181)

| | | |
|---------------------|-------|-----|
| Tom Stluka | 16:41 | 2OA |
| Rick Livesy | 17:00 | 3OA |
| Phil Newberry | 18:12 | 1AG |
| Keith Theison | 18:32 | 2OA |
| Dan Flynn | 19:13 | 2AG |
| Mike Hickey | 19:52 | 2AG |
| Bill Johnson (WHO?) | 19:53 | |
| Dan Gould | 19:54 | |
| Jeff Lonergan | 19:56 | 3AG |
| Marshall Grace | 20:10 | |
| Charlie Grotevant | 20:54 | |
| Bob Pool | 21:01 | 2AG |
| Chris Walsh | 21:06 | 2AG |
| Dale Huizenga | 21:31 | |
| Theresa Burgard | 22:28 | |
| John Pool | 22:53 | |
| Randy Rahrig | 22:58 | |
| Nancy Ruda | 23:14 | |
| Allison Williams | 23:37 | |
| Ray Feeley | 24:53 | |
| Carol Painter | 25:14 | 1AG |
| Ron Ruda | 25:14 | |
| Amanda Uribe | 25:18 | 2AG |
| Mike Belletete | 25:46 | |
| Linda Linn | 26:47 | 2AG |
| John Shoup | 28:44 | |
| Heather Steffen | 30:59 | |
| Bonnie Sisson | 32:59 | 3AG |
| John Flynn | 35:07 | |
| Marge Flynn | 36:41 | 3AG |

Jul. 14, Heart & Sole 10K - Pat Koerner, 34:42, 20th OA

Jul. 20, Manhattan 5K - Pat Koerner, 16:42, 2AG; Bill Linn, 18:51; Mike Hickey, 19:10; Linda Linn, 25:45, 2AG; Georganne Hickey, 27:??; Marshall Grace, ??

Jul. 20, Dog Days 5K, 146 participants - Jeff Lonergan, 19:54; Charlie Grotevant, 20:10, 2AG; Mike McGuckin, 23:23

Jul. 25, Sundowner 5K -Pat Koerner, 16:43, 1AG; Jeff Lonergan, 20:20; Charlie Grotevant, 20:37; Mike Hickey, Mike McGuckin, 23:25

Jul. 28th, Chicago Distance Classic 20K - Charlie Grotevant, 1:31:18; Dave West, 1:42:05

Jul. 28th, Lickety Split 5K (Dyer, IN.), approx. 200 finishers

| | | |
|------------------|-------|-----|
| Tom Stluka | 16:24 | 2OA |
| Pat Koerner | 17:08 | 1AG |
| Joe Burgess | 17:52 | 3AG |
| Phil Newberry | 18:08 | 2AG |
| Mike Hickey | 19:36 | |
| Dan Gould | 19:42 | 2AG |
| Jeff Lonergan | 20:11 | |
| Randy Riegel | 24:30 | |
| Krista Hickey | 28:00 | |
| Georganne Hickey | 28:10 | |

Training table

Meat stakes a claim in high-performance diets

By Bob Condor
TRIBUNE STAFF WRITER

Steak is in the batting order for the White Sox. Team nutritionist Mary Mullen sees nothing wrong with the players including steak and beef in their diets. In fact, she encourages it.

"Red meat is packed with nutrients such as protein, iron, zinc, thiamine, B6 and B12 vitamins," said Mullen, who co-owns JM & Associates, a nutrition consulting service in Clarendon Hills. "It is an important part of a high-performance diet."

A favorite postgame meal for the Sox includes steak, and pregame sandwiches include sliced roast beef on a French roll. But Mullen and the team chef work closely on preparing only the leaner cuts of beef steak. This eliminates fat while still providing the nutritional boost.

"You want to look for cuts of meat that have 'loin' or 'round' in the name," explained Mullen. "There is a group we call the 'skinny six': eye of the round, round tip, top round, top loin, tenderloin and sirloin. These cuts are the best for an athlete's diet, or anyone's diet."

Research shows too much fat in a steak will slow absorption of the complete set of amino acids found in the food. Other studies show lean cuts can actually improve the body's ability to develop hard muscles.

Not surprisingly, steak has been part of professional athletes' diets for decades (and even centuries if ancient Olympic nutrition is studied). Michael Jordan and Scottie Pippen have been spotted on many occasions lurching on steak with a baked potato before a nighttime Bulls basketball game at United Center.

But what's different about the approach taken by today's athletes—and the nutritional advice they receive—is that

they limit the amount of steak consumed along with the fat content.

"If you are eating a 2,000-calorie diet, then your portion of meat should be about three ounces or the approximate size of a deck of cards," said Mullen. "If you require 3,000 calories, you can eat four or five ounces."

Of course, if you work out enough to require, say, the 4,000 to 7,000 calories of such Olympians as Pippen or American cyclist Lance Armstrong, then a larger cut of meat is appropriate.

Young athletes and females who exercise regularly can benefit from eating red meat once or twice a week. Three ounces can be used for a stir-fry or added to salad greens.

"Many young athletes and female clients are in danger of 'carb-ing out,'" said Susie Langley, a Toronto nutritionist who counsels Olympic athletes and the Toronto Raptors pro basketball team, among others. "They automatically think meat is bad and carbohydrates are the only thing that's good. That's a misconception. Meat can do wonders for the recovery potential of your muscles and overall energy."

"It also adds variety to someone's diet and satisfies the appetite. Many of my clients like a ham-

burger once in a while. I say just keep it lean and don't eat them too frequently."

Kris Clark, a nutritionist at Penn State University in State College, Pa., recommended a weekly steak or hamburger as part of the eating plan for the U.S. women's field hockey team. The players reported a noticeable increase in their stamina during their training for the Summer Games.

Clark recommends thinking of meat as a condiment rather than a main course.

"When I first suggested eating red meat once a week as part of the field hockey team's nutrition plan, they appeared shocked," said Clark. "I guess they thought it would kill them since they hear all the reports about meat and heart disease, cancer and other illnesses."

"But we are not talking about large T-bone steaks or other cuts dripping with fat. Athletes or anyone who is active can get nutrients in lean red meat that are hard to get in most other foods. You can put steak or ground round in a protein rotation with legumes, poultry, soy and egg whites."

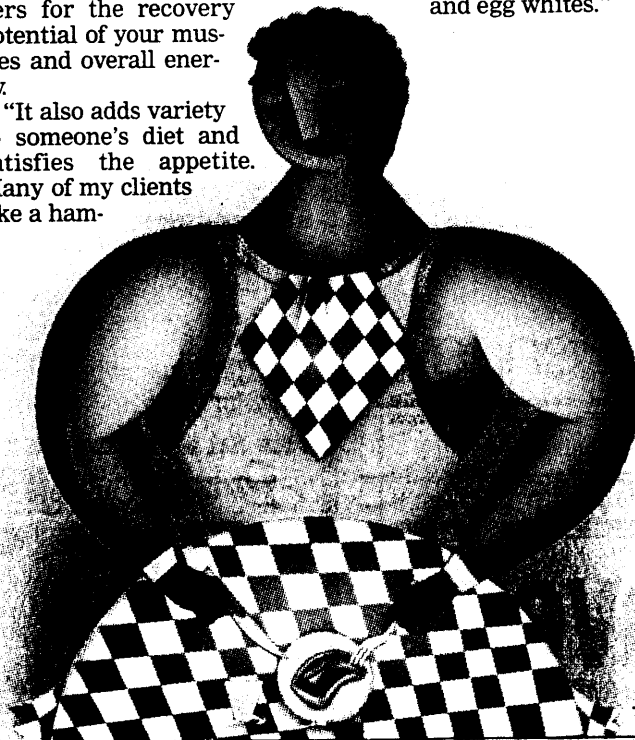


Illustration
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