



Kankakee RIVER RUNNING CLUB

The Paper Race

DECEMBER 1996 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 106



<u>DECEMBER</u>		
<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Peggy Baldwin	23rd	13
Butch Coy	30th	50
Jack Dorn	27th	51
Gina Dorn	28th	17
Jordan Dorn	6th	13
Ed Glazar	20th	43
Lindsey Grace	21st	12
Graig Hickey	7th	19
Ken Johnson	16th	79
Linda Krause	11th	47
Denzle Painter	6th	52
Randy Rahrig	3rd	38
Scott Stephens	21st	45
Larry Wier	30th	61
Flo Wier	24th	57

ON DAN'S RUN by Dan Gould

We connected with a perfect day for the 14th running of the Canal Connection 10K. This race starts with a downhill mile in LaSalle leading to the I&M towpath and

proceeds east on the path to Utica. Sunny skies, a southwest wind, and temperatures in the 40's assured us a great day.

Several members of our club were among the over 400 participants. Jim Grace, in whose absence a whole generation of runners has grown up, was there with his significant other. Butch and Pauline Coy, Dave Schkerke, Carol Pratt, Ron and Nancy Ruda, the Pat Koerner family, Tom Stluka, and Charlie and Joyce Grotevant. This list may be incomplete because it is based almost completely on my memory. I suffer from early old timers disease: CRS!

While Canal Connection is a class act, I depended on the "complete results will be mailed" guarantee. Well, it is now a month later, my notes are scattered, and the results have not arrived. Perhaps they were mailed and the postal person is on his honeymoon. Why does that bring Phil Newberry to mind? He moves into my neighborhood, gets married, and doesn't even invite the club to have a party. We've never seen this person who captured his heart! I suppose she is some kind of anti-athlete who won't let him come out and play. Oh, is this a secret? It's a "have-to" marriage? Phil is pregnant? If anybody asks, say you heard it from Jeff. We don't want this kind of a scandal to get around.

Meanwhile, we are running the Canal Connection and I was trying to find a beautiful woman for inspiration. Last year it was Becky Criscione (Becky, where were you?). This year it was Carol Pratt to the

rescue - in the first mile! Carol reminds me of that old Johnny Tillotson song, Poetry in Motion. We cruised through that first mile, over the bridge, and down to the path. I asked her if she liked candy. She asked if I had some back in the car. My legs were running, my heart was racing! Since this is a family oriented newsletter,

We had a great time and perhaps I will have times for you next month. The refreshments and awards were great which offset a so-so shirt. Mitch Hobbs was there with his portable Often Running store. I learned from Dave Schkerke that he was also a Chicago Marathon finisher. If there is a downside to this race, it is that it takes the day - but what a great day!

I made what has become my annual escape to Bradenton (Florida) for a couple weeks in the middle of November. It was a good year to escape with the unseasonably cold weather here (6th or 7th coldest November on record). I took a cold front with me. Translation: day time highs in the upper 60s, night time lows in the 40s, and some significant wind. The natives were in sweats, but it was shorts and short sleeves for me.

Florida has a great road running community. If you anticipate continuing to run competitively in retirement, take a good look at Florida. I subscribe to "Florida Running & Triathlon" as I go there two or three times a year. Even the benefit type races usually have many perks for the runner. They have year-round racing, but winter is, of course, the best weather for it there.

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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Among the best races in Florida is the Hidden River Classic 5K/10K in Tampa. Here are the perks: 6-color t-shirt, Thorlo socks, a post race party with hot dogs, beer, soda, Gatorade, bagels, fruit and other munchies, and a "goody" bag. If you place first in your age group, you get Ray Ban sunglasses; second, Reebok running shoes; third, Timex Ironman watch; fourth, Reebok travel bag; and fifth, \$20 Tampa/Suncoast Sports gift certificates. If you are in the top three in age group, you also get a plaque. Want to double? You can! The 10K starts at 8:00 A.M. and the 5K at 9:15 A.M. This race is in December. I hope it is still around when I retire!

The first Florida race on my schedule this year was the Bull Run 5K/10 in Tampa. As in past years, the choice of this race was due part to my pre-trip consultation with Ma and Pa Hickey. They know the territory and know it well. The race was on the USF campus. The cold front I had taken with me meant a temperature in the mid to upper 40s

for the 8:00 A.M. start (the 5K was at 9:15). Other than the wind, it was another perfect day. The course had some up and down grades, but, like most of Florida, it was pretty flat. I was happy to run the same time I had run at Canal Connection and get the same place in age group.

Erma, who has been nursing a hip problem for several months, is back to racing, but the hip remains a question. Trying to find informed medical advice is particularly difficult for the athlete at age 68. I failed to note how John and Erma placed, but I think she got a first and John a third.

This was another first class operation with nice shirts, awards, and refreshments. I even got a massage! I had a meal with John and Erma and then it was off to the golf course, of course!

Keith Theisen called me in Florida to tell me about Bob Stevens' bicycle accident which has left Bob paralyzed from the neck down and unable to breath without a respirator. I talked with Bob and Althea at Canal Connection. He was recovering from the Chicago Marathon and just socializing that day. Bob and Althea are part of the heart and soul of the Park Forest Running Club. Two years ago, Bob and I drove to Cleveland where we met Althea to do the Toe to Tow Marathon. Bob ran about three hours flat to win the 50-54 age group. He is a talented runner and a nice guy. Sure puts my problems in perspective. You will find an address in a flyer elsewhere in this newsletter requesting donations to defer what will be the horrendous cost of his treatment. Please try to find an extra \$25 - the cost of a couple of races - and take the time to send it.

My second Saturday in Florida found me back in Tampa for the Help Me Walk 5K/8K on the Courtney Cambell Causeway. John and Erma were there - and so was the wind! The course was, well, an out-and-back with some scenery.

The causeway crosses Old Tampa Bay and goes to Clearwater. We ran west from the Tampa side, but turned before reaching Clearwater. We were going dead into a strong northeast wind after we turned around. Ugh!

This was another runner friendly race starting with a long t-shirt with 6 or 7 colors. The refreshments were outstanding. The plaques were nice. All the perks and it was a benefit race. The sponsors, not the runners, pay the freight!

John, Erma and I would have liked to be with those of you who attended the social at Chicago Dough that evening. I understand that Pat Koemer, with the assistance of Dave Barrett, had a particularly good time (how many pitchers?). Ken Klipp, who had planned to attend, had an attack of CRS and forgot to go. Ken, mark your calendar, tie a string around your finger, and set your alarm. The next social is December 27th at 6:30 P.M. at Shellys. You must RSVP by December 23rd. 933-9255. Do it now!

My last weekend in Florida found me at the Manatee River Run 5K/10K in Palmetto. Palmetto is just across the river to the north of Bradenton. This was the smallest of the three races, but still runner friendly. They also managed to find a hill for the 10K - the bridge over the Manatee River. You cross the bridge into Bradenton in the second half of the race, circle a few blocks, and come back across. Wow!

November 30th found me at Richton Park for the Drumstick Dash 5K. I hadn't done this race before, but I plan on being there next year. This was like a Florida race! In addition to the shirt (sweatshirt), the goody bag had a couple Power Bars, a couple cookies, a bottle of Powerade, and a water bottle. Post-race refreshments included pizza, hot dogs, bagels and pierogys.

The turnout for this race was remarkable. They had a non-

competitive walk which began about an hour before the run. I don't know how many participated in that, but there were 313 finishers in the 5K and 60 DNF. I don't understand the DNF number unless a lot of people simply registered to get the sweatshirt. It wasn't the prettiest of days, but it was decent.

The trophies were modest, but if you placed you also received something else. If you were first in age group, you got a turkey (deceased). If you were second, you received a coupon for a 13' pizza at Chicago Dough and, if you were third, a coupon for a McDonald's sandwich. The question is, Glen, will you honor the coupon from those imposters up north? If so, Cornstalk and I are ready for another small party! And yes, Jeff, since you pushed us I suppose we could share with you. Well, Dave Barrett did come up to cheer us on so I suppose he fits in the pitcher, eh, picture.

Charlie Grotevant and the Pool brothers were in Danville for the KRR Turkey Tromp and Poker Run 5K on November 30th. Charlie mentioned something about climbing a hill or two in the mud and slop to explain what appears to be a slow time. The good news is that the awards were 30 deep and our boys all placed!

I understand the Olivet 5K had a record turnout even though they try to keep the race a secret. It is so secret that I never hear about it until it is over. I think the Linns, Hickeys and Cornstalk were there, but I have no reliable data. Sounds like a good time.

I hope your November was as good as mine. After taking the month of October off from racing, I managed five of them in November. Last month I asked you to tell me how many races, how many years, and how many miles you had on the books. Nobody responded except Mike McGuckin (who may be the only person who reads this), but I haven't looked at mine either. Next month!

Let's jingle those bells this Sunday for the Arthritis Foundation! For those of you who ordered warm-ups, I will have them at the race if I haven't gotten them to you.

Hope to see you on Dan's run!

FROM MIKE'S TRACK **by Mike McGuckin**

Having survived year #18 of my high school boys golf coaching career, I was able to get back to some running after the middle of October. Still in golf shape (rounder and with dimples?), I ran two recent races.

I completed the Canal Connection 10K in 48:41. I was most satisfied given my lack of training. The day was awesome weatherwise and the course a pleasure to run. There was a fine post-race pizza party. This was only the second 10K I had ever run and I beat my previous 10K time (on a hilly Springfield Abes Amble course in 1995) by about 2.5 minutes.

I also ran the Jingle Bell 5K in Bloomington with 600 or so other participants, completing the course in 23:24 - my usual 5K pace the past 6 months. The race is run on Normal's Constitution Trail, a fine bike path/old railroad line ending at Jumer's Hotel. The post-race was outstanding with plentiful food and drink both inside and outside the hotel. I was impressed with how well organized both races were and how many volunteers were present. I plan to run the Oglesby 3 mile Turkey Trot before we head over the various rivers and through the interstate cut through woods to Grandma and Grandpas Springfield home for the Thanksgiving feast.

Per your questions in the November newsletter, I took up running to lose weight starting in the winter of 1989 at the YMCA track in Kankakee after realizing I could not afford Riverside's weight loss

program. Here it is 1996 and I weigh 60 pounds less (about 185) and try to average 15-20 miles a week year round. I use an exercise bike on a regular basis during the winter months which really kills the running mileage.

I've only kept an accurate record this year and last - 675 miles in 1995 and about 820 so far this year. I ran my first competitive race in 1991, a 5K in Springfield called Lincolnfest in 26:23. After completing the last two races, I have run 48 in my life - 17 this year. 1992 and 1993 were lean years as I fought sciatica problems (golf caused?), but I ran 9 races in 1994, 11 in 1995 - mostly 5K.

I'm proud to have gone from back of the pack to middle now and each race is a personal high, even though I've only "won" one race (a 1994 5K in a thunderstorm where there were only 3 people in my age group and 30 people in the race!) I owe Ken Klipp big time for constantly encouraging me to keep going even though my times were far worse than his all those years we taught and coached together at McNamara. I know I slowed him down the times we ran together, but I appreciated his support.

I'm odd in that the appeal of running to me is not the socializing and camaraderie of the group activity of the race but the solitary nature of the sport. My teaching/guidance/coaching career is constant people and running alone (even in a race!) is my way to get away from it all. I ran one race this year with a guy and it felt odd to talk and run at the same time! I like the ability at a race to sort of blend into the crowd and remain anonymous before, during, and after the race. Maybe one could perceive me as anti-social and contrary to the intent of a race/post-race, but the solitude and being by myself aspect of running is the appeal I feel of the sport. It would be interesting to know if I'm in a huge minority or a silent

majority (minority) of runners with my attitude and approach to running. See you on the road sometime soon.

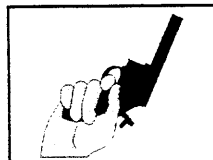
-Mike

[Ed. Note: Mike does blend in. I have no idea who this person is. He did identify himself to me once at a race, but he was wearing a ski mask. I wonder if Ken Klipp has seen him without the mask.]

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., Dec. 7 - 8:30 A.M. - Fox River Outdoor Store Reindeer Romp 5K, Batavia, IL. 708-406-0020.

Sun., Dec. 8 - 9:00 A.M. - 6TH ANNUAL JINGLE BELL RUN FOR ARTHRITIS, Shapiro Developmental Center, Kankakee, \$15/18, 5yr AG, long ts. Remember, this is a fund raiser for the Arthritis Foundation so the entry fee is a couple of bucks more than you usually pay. See app enclosed. Phil Angelo 933-4935.

Fri., Dec. 27th, 6:30 P.M. - Shelly's Christmas Social! Yes, Henry and Janet are once again opening their home to the club for some Christmas cheer. You must 1) RSVP 933-9255 by Dec. 23rd; 2) bring a snack, salad,

or sweet; 3) a \$5 gift. The club will provide meat and drink. Ken, call them now. If you don't know the way, ask for directions when you RSVP.

Tues., Dec. 31st - 1:00 P.M. - 15th Annual Hardcore Run 4.3 Miles, 213 W. 3rd St., Kewanee, \$13/15, sweatshirts, 3-5 deep in 10 yr AG, post race party. 309-853-8961.

Sat., Jan. 4th - Noon - Siberian Express 7.6 Mile, Danville. 217-431-4243.

Sun., Jan. 12th - 9:00 A.M. - 15th Annual Midwinter Frolic 10K, Forest Trail Jr. H.S., Lakewood & Wilson, Park Forest, \$12/14, awards to all finishers, Ts. 708-479-3296.

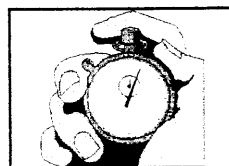
Sun., Jan. 19th - 11:00 A.M. - 2nd Annual The Big Chill /Big Hill 3 Mile Run, Fitzpatrick's Landing, 421 Wesley Road, Creve Coeur, \$12/15, Ts, OA, masters, & 3 deep in 5yr AG, post-race party. 309-243-9191.

Sun., Feb. 2nd - 1 P.M. - 13th Annual Riverside Winterfest 5K Run & Fitness Walk, Small Memorial Park, Kankakee, \$12/15, long Ts, proportioned awards in 5yr AG, refreshments. 815/937-5500 after 5 P.M.

THE

FINISH

LINE



Oct. 20 - Chicago Marathon - Rollie Szilard, 3:24:51; Dave West, 3:43:06; Marshall Grace, 4:01:00; Dave Schkerke, 4:25:00

Oct. 26 - Omni 41 Pumpkin Prance 5K - Pat Koerner, 16:39, 20A

Nov. 10 - USF Bull Run (Tampa) - 5K, John Hickey, 25:10, 3AG(?); Erma Hickey, 30:23, 1AG(?); 10K -

Dan Gould, 40:51, 3AG

Nov. 16 - Jingle Bell 5K, Pontiac - Charlie Grotevant, 20:55

Nov. 17 - Tinley Park Turkey Trot 5K -Phil Newberry, 18:10; Rollie Szilard, 18:31; Jeff Lonergan, 19:59

Nov. 30 - Drumstick Dash 5k, Richton Park, 313 finishers, cloudy, 40's, s-west wind - Pat Koerner, 16:46, 2AG (50A); Dan Gould, 19:44, 2AG; Jeff Lonergan, 20:25

Nov. 30 - KRR Turkey Tromp 5K Handicap & Poker Run - Charlie Grotevant, 21:55, 16th; Robert Pool, 8th; John Pool, 30th



Presents

15th annual
**MIDWINTER
FROLIC
10k and
2k WALK**

**Sunday January 12th, 1997
9:00 a.m.**

**TROPHIES AND PANCAKES
FOR EVERYONE**

Training table

Fit but deficient: Athletes need adequate iron intake

By Bob Condor
TRIBUNE STAFF WRITER

At a recent health exposition sponsored by the LaSalle Banks Chicago Marathon, sports nutritionist Mary Mullen spent 25 minutes apiece with about 60 runners. She worked up a detailed dietary analysis for each person, and found one thing to be most common.

More than two-thirds of the runners were not getting enough iron.

"Their diets were highly nutritious," said Mullen, who works with the White Sox and is co-owner of JM and Associates nutrition counseling service in Clarendon Hills. "There was a good mix of carbohydrates, proteins and fats, along with most vitamins and minerals. But 70 percent were falling short with iron."

Mullen said the iron-deficient group included men and women (who lose iron more regularly through menstruation). "This is a group of people who are working out extensively and also concerned about losing weight," she said. "So they cut back on red meat and dark poultry to achieve a lower fat content. The problem is, these are excellent sources of iron and often they are not replaced with food items high in iron."

Another problem for runners: The constant pounding destroys red blood cells. This leaves you low in hemoglobin, which contains the iron needed to deliver oxygen to the muscles. Not adequately replenishing the supply can result in anemia; you will feel overly tired and sluggish.

Other athletes at higher risk for iron deficiency include gymnasts and wrestlers (who tend to restrict their diets), teenagers (who need more iron for growth and metabolism of muscle cells) and most endurance athletes.

With higher-risk clients, sports nutritionists are cautious about suggesting iron supplements because too much iron can interfere with how the body uses other nutrients. Most will only recommend a multivitamin with enough iron to cover the U.S. Recommended Daily Allowance of 15 milligrams for women under 50 and 12 mg for men under 50. Amounts are a bit lower for people over 50.

Liz Applegate, a dietitian and nutrition columnist for Runner's World, urges anyone concerned about iron to see a physician and ask



Illustration by Dave Calver

about blood tests for hemoglobin and related indicators such as ferritin and transferrin.

"Then you and your doctor can make a decision about iron supplements based on a complete blood workup," she said.

Mullen said athletes eating more vegetarian meals present a challenge.

"I recommend athletes eat red meat twice a week to play it safe," she said. "You don't need more than 3 to 4 ounces per serving. But if an athlete insists on a vegetarian diet, there are ways to maintain proper iron intake, especially if they pay attention to eating iron-fortified cereals, breads and pastas."

The best source of iron is heme iron, which is most readily absorbed by the body. Non-heme iron is plentiful in selected produce, grains and beans, but is less able to make its way into the bloodstream. According to research studies, only 5 percent to 10 percent of non-heme iron is absorbed compared with 25 percent to 30 percent for heme iron.

Some foods inhibit the body's ability to use dietary iron. Calcium in dairy products and many leafy green vegetables can block iron absorption. The same goes for tannins in teas, polyphenols in coffees and phytic acid in bran. Avoid such foods when eating the meal supplying your major iron supply for a day.

On the other hand, vitamin C encourages iron absorption. You might substitute orange juice for coffee or tea when eating your iron-fortified cereal (going easy on the milk, or even trying a rice or soy milk).

Where's the iron?

There are two kinds of dietary iron. One, called heme iron, is in red meat, poultry and some seafood. Non-heme iron, which is harder for the body to absorb, is available in some vegetables, fruits, grains and beans. Here are leading sources of both.

Heme iron

Liver (3.5 ounces),
8.8 mg

Canned clams
(3 ounces, including
liquid), 4.1 mg

Lean pork chop
(4 ounces), 3.5 mg

Sardines (4 ounces),
3.5 mg

Lean beef
(3.5 ounces), 3 mg

Canned tuna
(3 ounces), 2 mg

Dark-meat turkey
(3 ounces), 2 mg

Dark-meat chicken
(3 ounces), 1.5 mg

Non-heme iron

**Fortified breakfast
cereal** ($\frac{3}{4}$ cup),
18 mg

Instant oatmeal
(1 packet), 6.3 mg

Potato skin (2
ounces), 4 mg

Dried figs (10),
4.2 mg

Swiss chard (3.5
ounces, raw), 3.2 mg

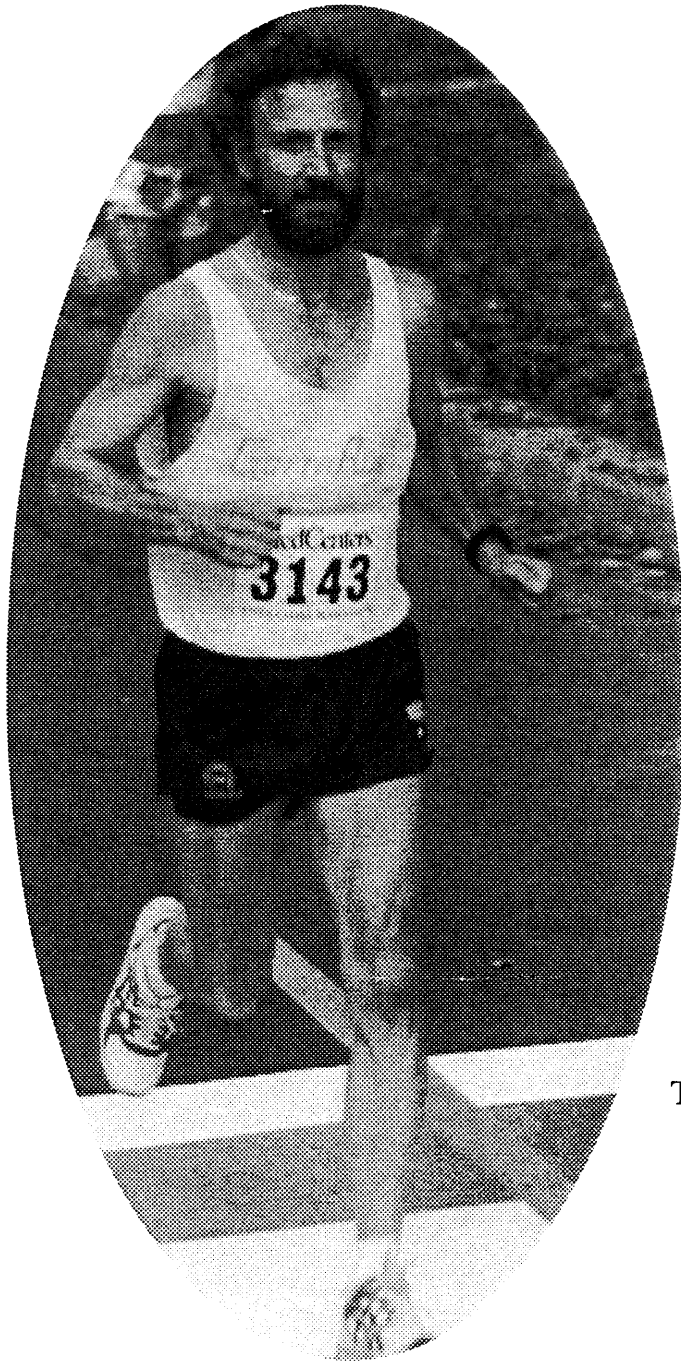
Spinach (3.5 ounces,
raw), 3.1 mg

Garbanzo beans
(3.5 ounces), 3 mg

Lentils (4 ounces,
cooked), 3 mg

Kidney beans (4
ounces), 2 mg

Help a Fallen Athlete



Husband.
Father of six.
Humanitarian.
Superb runner.

A friend to any stranger on the street.
A kind and gentle spirit.
And now ...

The next Christopher Reeve.

Bob Stevens, a 53-year old Park Forest resident, suffered a traumatic mountain biking accident on Saturday, November 9, in the forest preserves of Glenwood. Bob is now paralyzed from the neck down. It is only with the help of machines that his body performs its normal functions, such as circulating blood – or even BREATHING.

Bob and his family are now facing insurmountable medical expenses. Even a small donation will help give the family hope for the future.

They need your help.

Firststar Bank Illinois
Park Forest Office
99 Indianwood Boulevard
Park Forest, IL 60466
c/o Donna Thompson

Make check payable to:
"THE ROBERT STEVENS FUND"

WE HOPE THAT 1996 HAS BEEN A FUN-FILLED YEAR, FULL OF GOOD DAYS, GOOD RUNS, GOOD FRIENDS. ONLY A MOMENT AGO WE WERE CONTEMPLATING THE NEW YEAR - 1996! NOW IT IS HISTORY. TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE. MAKE IT AND EVERY DAY THEREAFTER COUNT. BE THE BEST YOU CAN BE. THE BEST FRIEND, FATHER, MOTHER, BROTHER, SISTER, SON OR DAUGHTER. LIVE THE GOLDEN RULE. KEEP THINGS IN PERSPECTIVE. IF YOU ARE HURTING, LAUGHTER MAY BE THE BEST MEDICINE. LAUGHTER AND A GOOD RUN! WHAT DOES SANTA'S BAG HOLD FOR YOU? WE HOPE THE BEST OF EVERYTHING IN 1997. MAKE IT HAPPEN! RUN FOR FUN, FITNESS, LIFE!

-BILL, LINDA, & DAN



1988
DEC 15