



# THE PAPER RACE

## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JANUARY 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 107



### JANUARY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Ray Feeley	27th	50
Linda Grace	26th	35
Joyce Grotevant	28th	55
Aaron Huizenga	31st	23
Brett Linn	26th	15
Rick Livesay	12th	44
Jim Martell	25th	42
Samantha Rahrig	26th	12
Randy Riegel	31st	42
John Shoup	23rd	47
Dianne Strufe	29th	57

### WELCOME NEW MEMBERS

Richard Manthei, 49, Joliet

Jackie DeLong, 50, St. Anne

### ON DAN'S RUN

by Dan Gould

### **Jingle Bells, Jingle Bells, Jingle All The Way...**

Whew! Now that we've gotten that rotten month out of the way, we can look forward to...ugh...January, February... I know you are shocked and dismayed by my attitude, but I get surly when too much time passes between rounds of golf. December, January, and February are fine, wonderful, beautiful months...in Florida! Here we are just confined to

quarters.

Yes, I can run in this weather and have been. I did look forward to one special day in December - the 21st! It was the first day of winter, but I don't look forward to winter. It was the shortest day of the year. Now each passing day brings more hours of daylight!

December was also the two year anniversary of my back injury. For those of you who are new, one Saturday in mid or late December of 1994 I went on an 18 or 19 mile training run with Ed Glazar who was getting ready for the Disney Marathon. I wasn't really up to that distance, but, had I not gone brain dead and run another 10 miles on Sunday morning, I probably would have gotten away with it. By Sunday afternoon my back was nagging like a wife and continued to do so throughout 1995. It was better in 1996, especially over the last several weeks. Perhaps I'll be a marathon man in '97!

December brought an end to the local racing season with the 6th Annual Jingle Bell Run for Arthritis at Shapiro Developmental Center. The weather was, once again, more frightful than delightful, but not the bitter cold we had last year. There were 169 runners and walkers participating, the most since 1993 when 207 turned out. Phil Angelo did his usual fine job of putting it all together.

The winning time was 17:14 which was a little better than last year. We were running directly into a stiff wind in the opening stretch and that stretch is also part of the third mile. The footing in the second mile was poor. In spite of the conditions,

Paulene Coy and Ken Klipp set age group records. Butch Coy, I am told, may have set a couch potato record while we were running.

Tom Stluka was in the hunt until the last hundred yards when the "kids" kicked. He finished third overall, five seconds out of first. The rest of the Beecher connection, Joe Burgess and Mike Stluka, finished fifth and sixth. Jeff Lonergan and I continued our year-long competition with another close run which was preserved for posterity by a *Daily Journal* photographer.

Chris Walsh captured the woman's title with the entire family parked (as in a car) by the finish line. With dad busy feeding the twins, I don't know if they actually got to see her finish. They did get a fair amount of attention from people telling them their headlights were on. They knew. I guess it was one of those "if the engine is running, the lights are on" models.

What happened to that old running gang of mine? For one reason or another, the Koerners, Linns, Hickeys, Shoups, and Newberrys didn't run Jingle Bell. Phil's new wife, a stranger to the running community, wouldn't let him come on to play on this snowy day. Mike Hickey was there to watch the start, but team Hickey had another obligation.. The Linns were Christmas shopping. The Koerners were...eh, oh Donna, how embarrassing! You can't say things like that in a family newsletter. The Shoups were....

There are no results from the Ottawa 10 Mile Classic. There was no race this year. In 1995 there were

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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has re-opened the business as Donut Time. When you've got the time, give him the business!

Winterfest is back for the 13th running and, rumor has it, Bill Linn will be in town for the race. He, Linda and I have directed it for several years, but Bill has had to be in Atlanta on business the first Sunday in February for the last few years. Now if we can just get the results straight this year.... Your participation will be appreciated whether your run, walk, work or do some combination thereof. What else is there to do on a Sunday afternoon in February? Riverside will once again donate \$200 to the school which has the most students, staff, and teachers crossing the finish line (runners and walkers).

As you will note from the calendar, there are some races in January you can use to tune up for Winterfest. The Midwinter Frolic 10K in Park Forest has been one of my favorites.

A couple months ago I reported that John Hickey was approaching the 400 race mark and asked for your statistics. Last month you saw Mike McGuckin's and I hope to have a couple more reports before this newsletter is put to bed.

Yes, dues are due on January 1st for all members except for Susan West, Dave Barrett, Methinee Kelly, Mike Stluka, and Bill Orr. We tried something new in 1996 which didn't work, so we're going back to what did work - *with your help*. Fill out the form on the back page and send or give it to Linda with your check. Don't just give her a check or cash. Don't give it to the treasurer. Do do it now and hopefully we will avoid last year's confusion. Thank you!

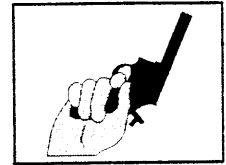
Hope Santa was good to you! Be good to yourself - train smart and be careful! Putting miles into your life can put life into your miles. See you on Dan's run.

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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., 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.

Sat., Jan. 18th - 1:00 P.M. - Chilly Chili 4.37 Mile, 309-452-3366

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., Jan. 26th - 1:00 P.M. - Polar Predictor, Pilcher Park Nature Center, Joliet, \$2 members/\$4 non-members, Jeff 722-1029.

Sat., Feb. 1st, PSRR Awards Banquet, Aurelio's, Essington Rd. Joliet, 8:00 P.M.

Sun., Feb. 2nd - 1 P.M. - 13th Annual Riverside Winterfest 5K Run & Fitness Walk, Small

over 400 finishers. It was a classy, competitive race and I don't know why it died.

Sunday morning at the park was sociable in December. Bill Linn, Ken Klipp, Larry Lane, Mike Hickey and I have been the regulars. Dave Barrett and Jeff Lonergan joined us for the last Sunday of the month. Pat Koerner, a Sunday morning regular all year, has been unable to join us in recent weeks due to another obligation. Rollie Szilard would like to be there, but he is rehabing tears in both hamstrings. Isn't that a sprinter's injury? Get with the program, Rollie! Plantar fasciitis is the injury of the year!

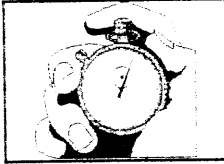
President Henry and First Lady Janet Shelly hosted a Christmas Party at their home on December 27th. As always, the food and company were good. Dessert was delicious! Chocolate everything!

Speaking of chocolate, last year at this time I reported that Kevin and Linda Krauklis had sold Donutland. They had supported us for many years. The new owners failed to make a go of it and Kevin

Memorial Park, Kankakee, \$12/15, long Ts, proportioned awards in 5yr AG, refreshments. 815/937-5500 after 5 PM.

Randy Rahrig	23:33
Paulene Coy	23:38 1AG
Allison Williams	24:18 1AG
Dee Osenglewski	24:19 1AG
Dave Schkerke	24:29 3AG
Paul Suprenant	25:34
Nancy Ruda	25:40 2AG
Randy Riegel	26:11
Mike Belletete	26:18
Richard Manthei	26:36
Ron Ruda	26:42
Ray Feeley	28:15

THE  
FINISH  
LINE



Nov. 3, Canal Connection 10K, 426 finishers

Tom Stluka	33:25	2AG
Pat Koerner	33:48	2AG
Jim Grace	38:31	
Dan Gould	40:50	3AG
Carol Pratt	42:19	2AG
Charlie Grotevant	44:24	
Paulene Coy	46:12	3AG
Mike McGuckin	48:41	
Dave Schkerke	48:56	
Butch Coy	51:07	

Nov. 28, Ogelsby 3 Mile Turkey Trot, 350 runners - Mike McGuckin, 22:41

Dec. 8, Jingle Bell 5K - 87 finishers, 20's, cold wind, flurries, poor footing,.

Tom Stluka	17:19	3OA
Joe Burgess	18:00	1AG
Mike Stluka	18:18	2AG
Rick Livesay	18:54	1AG
Ken Klipp	18:55	1AG
Dan Flynn	19:44	1AG
Jim Grace	19:55	
Chris Walsh	19:59	1OA
Dan Gould	20:34	1AG
Jeff Lonergan	20:50	2AG
Marshall Grace	21:11	
Rich Olmstead	21:29	2AG
Dave Barrett	21:39	2AG
Charlie Grotevant	21:44	2AG
Robert Pool	21:49	1AG
Methinee Kelly	23:14	1AG
Theresa Burgard	23:20	2AG
John Pool	23:31	3AG

CAREER RUNNING STATS

	Pat Koerner	Charlie Grotevant	Dan Gould
Age	34	54	52
Yrs. Run	13	14	15
Mi. Run		22,813	24,000+
Peak Mi Year	2,655 1992	2,257 1990	2,279 1985
Races Run		423	309
Peak Races Year	43 1996	48 1990	37 1994

Send your race stats Dan Gould, 212 Julie Dr., Kankakee, Il. 60901

## Training table

# Have an olive

Elite athletes  
can afford to relax  
their fear of fat

By **Bob Condor**  
TRIBUNE STAFF WRITER

**M**uch-maligned fat may be the missing ingredient for athletic success, at least for some high-power exercisers.

Fat, especially feared by the body-conscious, is vital: It maintains healthful skin and hair; mobilizes vitamins A, D, E and K; encourages proper growth and development, especially in infants; regulates cholesterol in the blood; insulates the body and stores energy.

"Most Americans are too obsessed with fat," said Ellen Coleman, a registered dietitian at a sports medicine clinic in Riverside, Calif. She wrote "The Ultimate Sports Nutrition Handbook" (Bull Publishing, \$14.95). "It's not just people concerned about weight control. I work with many clients who are regular aerobic exercisers and even ultra-distance runners who get carried away with body-fat percentages and fat content in foods."

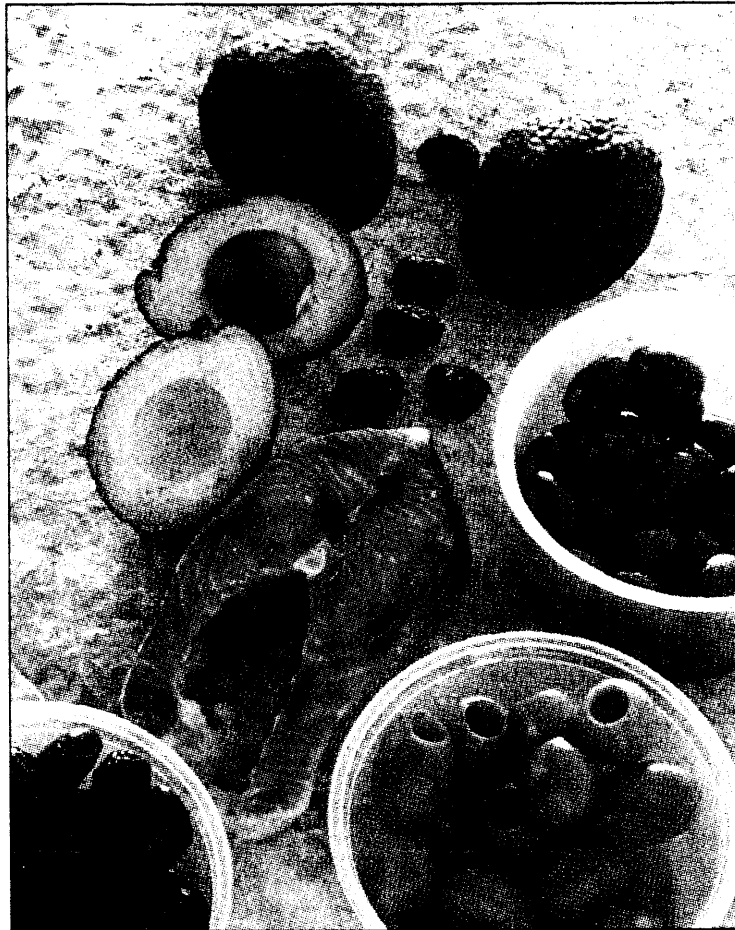
Like many sports nutritionists, Coleman worries about athletes who worry about fat grams.

"The problem is people who cut down on fat tend to eat fewer overall calories," she said. "For anyone pursuing a regular exercise program, this reduction can lead to a loss in energy if the calories are cut severely enough."

A gram of fat contains nine calories, compared with four calories each for a gram of protein or carbohydrate. Replacing the fat with proteins or carbohydrates often results in fewer calories.

Exercise researchers are even finding that too little dietary fat—say, 10 percent to 15 percent of daily calories—can harm the performance of elite long-distance runners.

One study conducted at the State University of New York in Buffalo showed the value of fat for six intercollegiate runners who logged at least 50 miles per week.



Tribune photo by Bob Fila

Choose your fat wisely: Olives, avocados and fish such as salmon are rich in unsaturated oils, unlike most animal fats.

The runners ate three different diets in each of three weeks. The first week's diet consisted of 2,790 daily calories divided into the most typically recommended sports nutrition breakdown: about 61 percent carbohydrates, 25 percent fat and 14 percent protein. The second week was heavy on fats: 3,500 calories, 50 percent carbohydrates, 38 percent fat and 12 percent protein. The final week involved a carbo-loading menu of 3,500 calories, 73 percent carbohydrates, 15 percent fat and 12 percent protein.

After each week, the runners underwent a series of exercise tests. Researchers found the runners used oxygen most efficiently and exercised longer and harder when consuming a higher-fat diet.

Such findings—and any thoughts of beginning to load up on fat—don't apply to most athletes and exercisers. But lessons still emerge, Coleman said.

"Unfortunately, the public mis-

understood the message of most sports nutritionists when we suggested increasing carbohydrates and decreasing fat in the diet to enhance performance," she said. "We didn't mean to completely pig out on carbohydrates and eat no fat of any type. Everything needs to be in balance."

Coleman suggests that exercisers' diets derive 20 percent to 30 percent of daily calories from fat. She recommends getting most of your fat from monounsaturated and polyunsaturated fats rather than saturated fat. Putting olive oil, not butter, on your bread, or choosing salmon instead of a steak will help control weight and cholesterol while still including enough fat to energize a workout.

"Another important thing about fat is, it makes food taste better and helps satisfy your appetite," Coleman said, citing clients who skimp on fat but report always feeling hungry. "We should enjoy what we eat."