



THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

FEBRUARY 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 108



FEBRUARY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Michelle Baldwin	14th	41
Bill Batkiewicz	12th	38
Anthony Belletete	12th	23
Jim Grace	24th	40
Marshall Grace	10th	35
Tony Grace	16th	6
Charlie Grotevant	18th	55
John Hickey	28th	69
Mike Hickey	21st	47
Gerry Kilbride	6th	59
Judy Kilbride	24th	58
Tommy Kilbride	14th	18
Colin Koerner	10th	4
Bob Krause	23rd	49
Dan Phillips	7th	61
Ann Rahrig	4th	36
Collin Rahrig	13th	6
Janet Shelly	13th	44
Allison Shelly	22nd	21
Howard Strassenburg	20th	77
Chris Walsh	21st	35
Gerald Wilson	23rd	51

WELCOME NEW MEMBERS

Kirsten Benner Mulvihill, 33, Peotone, Race Director for the Peotone Country Festival 5K, Attorney at Law, and daughter of Bill Benner. How's that for a welcome?

Lauren Ogle, 13, Kankakee

James L. Rattin, 40, Martinton, Rattin Tree Service

ON DAN'S RUN

by Dan Gould

Yes, Virginia, there are races to be found at this time of year. You may have to drive a little further. You may have to cover every inch of skin with poloypro and Goretex. You may find yourself placing higher in the field (the wimps will stay home!). You may get to sleep in as starting times come later in the day. You may be slowed by bulky clothing and poor footing. You may not place any higher in age group because the hardcore will always be there. Your sanity may be questioned by the unenlightened who think 80 degrees is a nice temperature in which to run. What's that you say, Virginia? Oh, I see. Pat Koerner is your hero? Well, go back to bed Virginia. Spring will come.

Charlie Grotevant made the trip to Kewanee on Tuesday, December 31st, for the Hardcore Run '96, subtitled "Run Your Ice Off." This 4.3 mile race started at 1 P.M.. There were 280 finishers. *280 on a Tuesday!* They must all have part-time jobs. You know - farmers or teachers.

Speaking of teachers, Charlie tells me that Carol Pratt was there running her ice off. Although Carol

finished first in her age group, Charlie apparently did a better job of running his ice off as he finished a few seconds ahead of her and also placed in his age group (10 year age groups). Apparently I'm not the only one Carol inspires!

The Siberian Express 7.6 mile cross country adventure at Kickapoo State Park on the first Saturday in January had 504 registered runners. I am not crazy enough to run that race and ordinarily wouldn't have any information, but they hired Dave Bohlke to do finish line and he dropped off a copy of the results. A few of our fringe members participated. Jim Grace, who does the Florida Ironman, is definitely on the fringe of sanity. John Pool lives in Thawville, Carol Pratt in Varna, and Charlie Kennedy in Ludlow. These towns, if they really exist, are on the fringe of somewhere. Keith Theisen...

Anyway, it wasn't really a Siberian Express this year. That was the Saturday that the temperature was in the 60's here and I was playing golf in short sleeves. It is encouraging to know, however, that that many runners can be found for a local race. I almost called it a road race. It is one tough piece of cross country. Perhaps you'll try it next year!

The 15th Annual Midwinter Frolic 10K Run and 2K Walk on January 12th in Park Forest was shortened to 3.25 miles as a result of a sub-zero temperature. I have run this race most of its 15 years. Your entry fee gets you a trophy with your overall finish position, a pancake breakfast, and, with the weather we had this year, bragging rights (Mr. Macho!).

I had pre-registered a week earlier when the weather was unseasonably warm. In addition to enjoying the competition, I go to this race to pass out Winterfest forms. Charlie Grotevant didn't have a good excuse. He called me to see if I was going and I told



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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him I was committed (*I should have been committed*). I was happy to have the company for the trip.

Our club was well-represented. As you can see from *The Finish Line*, Tom Stluka, Joe Burgess, and Phil Newberry were 1st-2nd-3rd. The times don't mean much. I don't know how accurate a 3.25 miles it was, but it was a full Gore-tex day and the footing was marginal in some places.

A highlight-lowlight of the race occurred when Keith Theisen came cruising by me just before the two mile mark. After he passed, I noticed his shirt tail hanging out and he began fumbling with his clothing. He finally pulled over to the side and that was the last I saw of him until after the race. It seems the drawstring on his pants came undone and they were sliding down. It was a highlight for me because we are age group competitors and this was a PSRR circuit race. It was obviously a lowlight for him because he said he didn't want to read about it in this newsletter. I suppose I can arrange for a special edition of this to be sent to Keith deleting what I have just told you. So, if you don't tell him, he won't know I told the world that Keith was caught with his pants down!

I did something very frivolous for an old man this month - a four day weekend in Florida. I took some kind of

brisk weather with me, but I ran in shorts and played golf in shorts every day. Yes, I'm sure there were a few "Did you see that old fool in shorts, Ma? It was only 49 degrees and that north wind was chilly. Must have been a snowbird." Well, it beat the hell out of the 3 degrees and blowing snow that I left here.

I hit kind of an off weekend for racing, although there were races to be had. I did meet John and Erma Hickey for dinner. Erma's hip problem is keeping her off the road and John is returning to the roads after a brief hiatus for a physical check-up. He had experienced some chest tightness, but the check-up revealed no reason for concern.

I have included Pat Koerner's career running stats in this issue. Last month I only had part of his stats. Nobody else has submitted their stats.

Rollie Szilard is back on the road. His hamstrings are on the mend and he is going to use Winterfest as a test of the extent of his recovery. He joined us for the last Sunday at the park in January.

Charlie Grotevant is Boston bound - again! He hopes that his plantar fasciitis is history and I hope he is right. One of these days I would like to be one of those marathon men again!

Sunday is Winterfest. Bill Linn will be there. I'm sorry! I should have made sure you were sitting down. Yes, folks, after years of being the absentee race director on race weekend (lounging in Atlanta), Bill will return. Now, Linda, who are we going to blame all the screw-ups on this year? Do you think any of those angry people from past years will hurt him? We did tell them it was Bill's fault!

Anyway, the forecast for this weekend is for 30-40 degrees. Mitch Hobbs and his mobile Often Running store will be there. This year the shirts are a beautiful..... Well, show up, sign up, and you'll get one! Please join us to run, walk, work and/or socialize. Hope to see you there - and on Dan's run!

FROM MID-PACK
by Mike McGuckin

San Diego, California - runners Nirvana! Our five day visit at Christmas time convinced me of that - super climate and dozens of scenic and challenging places to run. I regret finding out about the Holiday Bowl 5K too late to participate, but did get a kick out of stopping at the outlet store of running mail order giant Roadrunner Sports. For those of you looking for a great place for a running vacation, check out San Diego!

New year and new races, even with minimal training due to the cold and still feeling rotund after holiday eating. The Lake Run Club's 10th annual Chilly Chilli 4.5 mile run near Lake Bloomington on January 18th brought out over 100 runners for this non-competitive even. We dodged the weather bullet and were blessed with sun, 5 degrees, and only a -20 degree wind chill.

My 36:08 time was slower than last year - the course completely snow and ice covered from the recent precipitation. The crowded, noisy, post-race chilli and beer at the LRC "home base," Green Gables Tavern, was warm and tasty with plenty of "cheap old door prizes (LRC terminology) and numerous awards. The "least dressed award" went to the two young ladies who ran in red bathing suits, blond wigs, carrying life jackets in their Baywatch imitation.

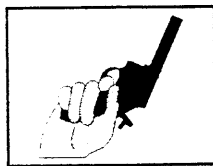
Are on Sunday, January 19th, I ventured to the town of Creve Coeur, a southern suburb of Peoria, for the 2nd annual "Big Chill, Big Hill 3 Mile." My time was a miserable 25:31 - but it was the hill! It is a .75 mile long, winding, 45 degree or more angle from the banks of the Illinois River to the bluffs of the city, as one runs up the hill to end the first mile and down to start the third on this out and back course. Add in very sloppy, thawing streets, spitting snow (river effect?), and 20 degrees with a light wind and I'm certain many of the 150+ runners why there were here! Minor league post-race at the sponsoring watering hole, but engraved frosted glass mugs suitable for filling were interesting trophies along with a fine long-sleeved black t-shirt with bold, florescent colors. I'm not sure I'd do this one again - mile #1 was 9:48 with the hill, but I never slowed to a walk!

Looking forward to Winterfest in a few more weeks!

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

Sat., Feb. 8th, - 11:00 A.M. - Duneland YMCA Flurry Scurry 5K, 215 Roosevelt St., Chesterton, IN., \$12/15 after 2/1, long ts, 3 deep in unspecified age groups. 219-926-4204.

Sun., Feb. 9th - 1:00 P.M. - Frosty Five Miler, Chanahon Middle School, Rte. 6, hats, \$14/18, top 5 OA & proportioned awards in 5yr AG. Coffee, hot chocolate, pizza. 467-7275

Sun., Feb. 16th - 9:00 A.M. - Wacky Snacky 5K Run, Downtown, Chicago. Special Events Management 773-868-3010.

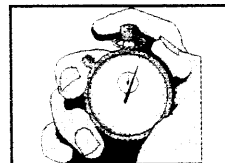
Sat., Feb. 22nd - 10:00 A.M. - Caribbean Cruise 5K, Keeling Center (Blackhawk Jr. H.S.), 375 Oswego St. Park Forest, \$15/16 after 2/10, 3120607-7665.

Sun., Feb. 23rd - 1:30 P.M. - 5:00 P.M. - 5K Human Race '97 Walk-a-thon, Olivet Nazarene U. Campus. Walk to support the Life Education Center of the Exploration Station. Call 935-5665 for info.

THE

FINISH

LINE



Dec. 28th, Sandpiper 5K, Ormond Beach, FL. - T.J. Seitz, 18:48; Tom Seitz, 30:33; John Hickey, 25:57

Dec. 31st, Kewanee Hardcore Run 4.3 Miles, 280 finishers - Charlie Grotevant, 29:31, 5AG; Carol Pratt, 29:3?, 1AG

Jan. 4th, Siberian Express 7.6 Miles, Danville, 467 finishers (504 registered. Awards 40 deep for men and 20 for women.

Keith Theisen	53:22	70th
Jim Grace	56:19	103rd
Carol Pratt	58:31	141st
Charles Kennedy	60:32	172nd
John Pool	63:54	220th

Jan. 12th, Midwinter Frolic 10K - 89 finishers. Due to the sub-zero temperature and other unspecified factors, this run/walk was shortened to about 3.25 miles. There are no age groups. Every runner gets a trophy showing his finishing place.

Tom Stluka	19:24	1st
Joe Burgess	20:10	2nd
Phil Newberry	20:30	3rd
Dan Gould	22:44	13th
Keith Theisen	23:36	21st
Charlie Grotevant	23:46	22nd
Jeff Lonergan	25:55	42nd
Rich Manthei	28:13	62nd

CAREER RUNNING STATS

Pat Koerner a.k.a. "Cornstalk"

Age 34

Yrs. Run 11

Mi. Run 24,636

Peak Mi 2,655 - 1992

Races Run 432

Races Won 69

Most Wins 13 - 1996

Peak Races 43 - 1996

Training table

Cold-weather maintenance tips: Check your fuel and fluid levels

By **Bob Condor**
TRIBUNE STAFF WRITER

Chicagoans wouldn't dream of venturing into a January day without the right coat—and gloves, scarf, hat, thermal underwear and wool socks when the windchill factor calls for it. Yet most active people think nothing of braving the nasty weather without breakfast and maybe even lunch.

That and other poor nutrition habits, such as not drinking enough fluids or getting enough rest, are especially risky at this time of year.

Much as research shows cold weather itself doesn't cause a sore throat or sinus drip, there is no evidence that proper nutrition is a foolproof method for fighting off cold and flu germs. But eating right is certainly one way to protect yourself during winter. Whenever your body is invaded by illness, research shows it needs food for energy (carbohydrates) and cell repair (vitamins, minerals, protein).

The encouraging news is, you may not be eating enough, especially if you are a frequent exerciser.

"Underfueling is a chronic problem among athletes," said Kris Clark, a registered dietitian and director of sports nutrition at Penn State University in State College, Pa. "But it's not just eating the right foods or enough calories. The problem may be what time you eat."

Many teenage athletes fit this pattern, Clark said. She can watch a local high school basketball game and easily pick out the players who didn't eat enough food or drink enough water that day.

"They are dragging in latter stages of games," said Clark, who advises the sports teams at Penn State. "They have no fuel left to burn. We see it a lot among female athletes and also some men. The kids get sick this time of year. I wouldn't say it's because they aren't eating right, but their diets don't help the situation."

The recreational athlete is equally susceptible. A common example is the lunchtime exercisers who eat little or no breakfast, Clark said.

"By noon their muscle and liver glycogen has been used up," Clark said. "When I hear somebody regularly skips breakfast, I expect to hear about workout fatigue if they exercise at

lunch. Same goes for anyone who skimps on lunch and exercises after work.

"People get on stationary cycles, then feel fatigued in 15 minutes or about halfway through their workout," Clark said. "They think, 'Oh, I'm having a bad day.' But more often than not, there's not enough fuel in the system."

Another sign is a lack of focus or ability to concentrate. Your brain uses plenty of glucose produced from food.

In addition to making sure they eat enough at the right times, athletes need to drink enough, a special concern in winter. Nutritionists regularly caution their clients to drink as much water as in summer, if not more because of the dry indoor air. Though you may perspire less, the body nonetheless loses a lot of water during cold weather.

If you are battling a cold, there's no reason you have to avoid a workout. Some evidence shows that moderate exercise will boost the immune system and clear nasal and sinus congestion. The key is not overdoing it, which can make you more vulnerable to infectious organisms. And you should definitely not exercise if you have a fever (physical activity only heightens body temperature) or other flu symptoms.

Many people make the mistake of relying too heavily on vitamin C supplements in the winter as a way to stave off colds, Clark said.

"For one thing, vitamins are co-enzymes," she said. "They need calories and nutrients to interact. Vitamin C won't be effective if you aren't getting enough carbohydrates, fats and protein."

What's more, studies clearly show that vitamin C will reduce the severity and length of a cold, but it can't stop it from entering the body.

One last wellness tactic: Get enough rest.

"Sleep deprivation is the biggest problem for most active people," Clark said. "Lack of sleep shuts down some immune function. Getting some additional hours of rest during cold and flu season is an excellent strategy."

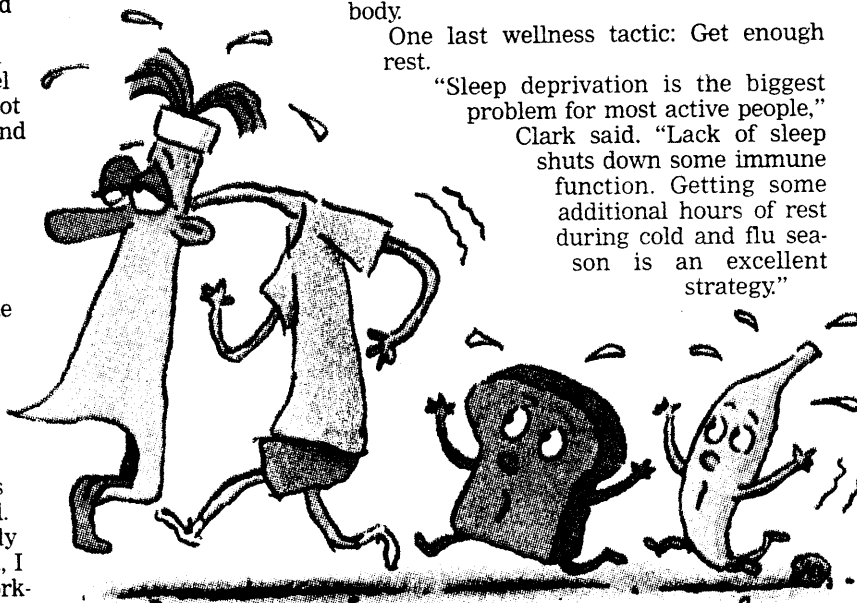
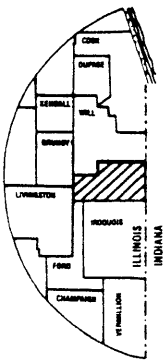


Illustration by Jack Desrocher



County OF Kankakee

Planning Department

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Thomas E. Palzer
Planning Director



To: Interested Parties

From: Thomas E. Palzer

Date: January 7, 1997

Subject: Greenways & Trails

Remember the meeting we had last January on Greenways and Trails? Well, staff has spent the year compiling information and we need your help to serve on the "Kankakee Metro-Area Greenways Coalition" to help turn the information into a plan and a plan into projects.

Our first objective is to lay out a proposal to the Illinois Department of Natural Resources (DNR) to obtain funding to prepare the plan. The County Planning Department has been authorized by a Resolution of the County Board to submit the proposal to DNR. The Planning Department will serve as the coordinator of information and assist in the preparation of the plan from input provided by the Coalition.

Please fill out the information below and return this form to me indicating your interest in serving as a volunteer member of the Coalition some time during the balance of the month and we can begin to set up a meeting schedule to bring ideas together for the plan.

I am interested in being a volunteer member of the Coalition. Yes No (circle one)

I am not able to be a member, but will send information.

My interest(s) are in: Greenways Trails Bikeways Environment
 Water recreation Sports Hiking Camping Tourism
 Drainage and Flood Control Other

I represent: Myself: _____

I represent: _____

greenstrl.wpd/tp