

THE PAPER RACE

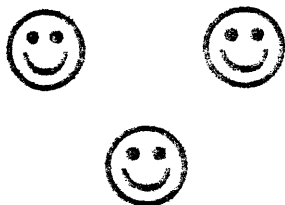
KANKAKEE RIVER RUNNING CLUB NEWSLETTER

APRIL 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 110



APRIL

NAME	DAY	AGE
Tom Baldwin	7th	77
Kyle Barrett	3rd	3
Dave Bohke	20th	51
Lindsey Brinkman	7th	11
Brianne Brinkman	12th	9
Joe Burgess	29th	40
Anna Goodberlet	17th	39
Kyle Goodberlet	4th	15
Georganne Hickey	9th	45
Charies Kennedy	12th	59
Dee Osenglewski	2nd	41
James Ruberg	10th	46
Ron Ruda	18th	50
Ken Stark	2nd	54



WELCOME NEW MEMBERS

ON DAN'S RUN by Dan Gould

...will return next month.

For the Sake of Your Sight

Wear your sunglasses...

He is a recreational runner and he sees many of his fellow joggers making a common mistake even when running on a pleasant spring day.

"I see a lot of runners who don't wear sunglasses," said Dr. Lee Jampole, chairman of ophthalmology at Northeastern University Medical School and Northwestern Memorial Hospital. "I don't think that's a good idea."

Jampole said there is overwhelming scientific evidence that the sun's ultraviolet rays - strongest on sunny days, less problematic when the sky is overcast - can damage unprotected eyes over a long period, say about 30 to 40 years. While many of us automatically wear sunglasses while driving or visiting the beach on a sunny day, a pair of shade can seem bothersome while exercising.

Ultraviolet rays are divided into three categories: UV-A, UV-B and UV-C. Both UV-A and UV-B can damage your eyes. Any sunglasses you buy will be most effective if they filter both types. UV-C rays are absorbed by the ozone layer, eliminating any hazard.

"I recommend sunglasses for anyone who is outdoors a lot in the summer months, including adults and children," said Jampole. "There are convincing studies that point to UV-A and UV-B rays causing cataract problems among people who don't take such precautions.

As the eye ages, the lens will develop a slight opacity, making vision a little less clear. Wearing sunglasses protects the lens from further damage.

Sunglasses also protect against certain retinal problems, benign growths on the eye and potential cancer of the eyelids and skin surrounding the eye.

The sun's strength also can affect vision in the short term. Donald G. Pitts, a former Air Force optometrist and spokesman for the American Optometric Association, said exposure to three hours of sunlight on cloudless days might reduce night vision - the ability to see objects in darkness you would spot readily by day - by as much as 50 percent. The sun temporarily "bleaches" the visual pigments.

"That's why the military services required all pilots scheduled to fly on a given night to wear sunglasses during whatever outdoor activity they did during the day, whether it be playing volleyball, sitting by the swimming pool, skeet shooting, running or whatever," said Pitts, who also worked for NASA.

Pitts, who now practices in Tulsa, Okla, said he sees this condition regularly in his current patients.

"Many of them are older and don't see so well at night as it is," he explained. "They choose not to wear sunglasses while playing golf, then complain of not seeing things at night."

One tip for golfers: If you find sunglasses don't allow you to see the ball well enough on shots, at least use them while walking the fairways.

Golfers and other recreational athletes can choose from a large selection of sports-oriented sunglasses. You might even be able to get by with one pair. But whatever you decide, be certain your sunglasses block most if not all of the UV-A and UV-B rays.

"You get what you pay for when buying sunglasses," said Jampole. "The cheaper brands don't adequately filter the ultraviolet light. In fact, a cheaper pair might even hurt your eyes by filtering out some light but not the UV rays while you stay in the sun longer because your eyes seem to be shaded."

The American Optometric Association advises you to buy sunglasses with 99 to 100 percent

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protection against both UV-A and UV-B rays. Less expensive pairs may block 99 percent of UV-A but only about 60 percent of UV-B. Check any label confusion with a qualified professional such as an optometrist or ophthalmologist.

The association also recommends glasses dark enough to screen out 75 to 90 percent of visible light. Many less expensive pairs don't have enough tinting to meet this requirement. If you try on a pair and can see your eyes in your reflection in a mirror, the lenses are not dark enough.

Wraparound lenses and frames can further decrease UV light reaching the eyes. Polycarbonate lenses are the most durable eye pieces, making them good buys for anyone participating in sports hazardous to the eye or doing work around the house.
(Chicago Tribune, May 2, 1996)

...and watch your diet.

Recent studies have shown that cataracts and a condition called macular degeneration were dramatically lower when people avoided the typical American high fat, low vegetable diet.

The leading cause of blindness in people over 60 is age-related macular degeneration (ARMD). This condition

develops in as many as 25% to 65% of older adults and can even begin in people in their 40s and 50s. Although ARMD does not cause total blindness, it can leave a large sightless spot in the middle of your vision that destroys your ability to read, drive, recognize faces, and see straight ahead. Attempts to treat ARMD usually don't work, which emphasizes the importance of prevention.

There was an 80% increase in ARMD when people ate diets high in cholesterol and saturated fats, according to Julie Mare-Perlman, M.D., professor of ophthalmology at the University of Wisconsin Medical School. This supports an earlier study that found a 50% reduction of ARMD due to reducing fat and increasing fruit and vegetable intake, reported by Johanna Seddon, M.D., at Harvard Medical School.

The Harvard study focused on individual foods that might be especially important to eye health. The best food for your eyes is spinach and greens such as collard and mustard. People who ate dark, leafy green vegetable two to four times each week had much healthier maculas and better vision than those who did not. When people ate greens five or six times a week they experienced an even larger protective effect on their eyesight.

The mechanism for this beneficial effect may be connected with certain pigmented nutrients in the vegetables including lutein and zeaxanthin. Spinach and other greens are rich in lutein and zeaxanthin. The valuable pigments are not found in vitamin supplements, so you can't get them from pills.

The other equally important part of your eye health is keeping down the amount of saturated fat and cholesterol that you eat. Your macula has no blood vessels and relies on diffusion from nearby blood vessels for its nourishment. Like coronary arteries of the heart, saturated fat and cholesterol may clog the arteries that supply the macula, which gradually starves to death the delicate cells responsible for your eyesight, producing ARMD.

If we live long enough we will all develop cataracts. Cataract surgery and insertion of a lens implant is now the most common operation for American adults; this is one of the outstanding

FOR THE RECORD

Running injury-free and confident for the first time in years, Mary Slaney won the women's 1,500 meters in 4:03.08 in the U.S. Indoor Championships in Atlanta, fastest in the world since Doina Melinte of Romania set the world record of 4:00.27 in 1998.

Slaney bolted to the front and never was seriously challenged as she beat Suzy Hamilton by about 40 meters. "My strategy was that I wanted to go out hard," Slaney said. "I realize that it's a national championship, but I think it's exciting to run fast times."

success stories in modern surgery. But prevention of cataracts is still a better solution to avoid surgery and keep down the social and financial costs of the 1,600,000 cataract operations each year.

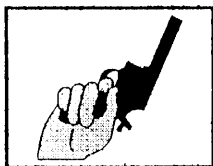
Cigarette smoking increases the risk of cataracts by about 60%, and may speed up macular degeneration, too. Alcoholism or heavy drinking causes cataracts and brings them at younger ages.

Vitamins seem to play a role in preventing cataracts and macular degeneration. High fiber diets reduce the thickness and severity of cataracts. The vitamins of most benefit for your eye are the antioxidants vitamin A, C, and E. Also zinc and selenium help your eyes.

While public health care organizations strongly recommend large amounts of fruits and vegetables as the best source of vitamins and minerals, many individuals think it won't hurt to take supplements for insurance. I use and recommend to my patients a multivitamin tablet, 400 units of vitamin E, and 500 or 1,000 milligrams of vitamin C.

John Hagan III, M.D., is a board certified ophthalmologist and an American Running & Fitness Association Clinic Advisor. This article, edited by Dan Gould, appeared in the March, 1996, AR&FA Newsletter.

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., Apr. 5th, 9:00 A.M. - Walleye Run 5K, Hall H.S., Spring Valley, \$12/15, Ts, 5yr AG 3 deep, refreshments.

Sun., Apr. 6th, 9:00 A.M. - The Race That's Good for Life 5K, Oak Park Hospital, Madison & Maple Streets, \$18, Ts, 5yr AG 3 deep, medals to all finishers, refreshments. CARA Circuit. 708-488-0018/

Sat., Apr. 12th, 9:30 A.M. - Just a Little Run 4M & 2M Fun Walk, Eisenhower Center, 2250 178th St., Lansing, \$13/16 after 4/4, 5 yr AG 708-474-8552.

Sun., Apr. 6th, 9:00 A.M. - Fabulous Four Miler, New Lenox Lions Com. Cen., 1 W. Manor Dr., \$10/12, Ts, 5yr AG, OA & 3 deep. PSRR Circuit

Sat., Apr. 19th - River-to-River Relay! 8 Runners, 80 Miles.

Sat., Apr. 19th, 9:30 A.M. - Eureka Spring Classic 4 Mile, Lake Pavilion, \$12/15, Ts, 5yr AG, refreshments. 309-467-2119.

Sun., Apr. 21st - Boston Marathon - Good luck Charlie Grotevant!

Sat., Apr. 27th, 8:30 A.M. - Q Run/Walk for the Funds, Quantum Sports Club, Tabler Road, Morris, \$12/15 after 4/21, 5yr AG, OA & 3 deep. Steve 942-7295.

Sun., Apr. 27th - Lake County Marathon, Half-Marathon, 10K. 847-266-7223.

Sat., May 3rd, 9:00 A.M. - Lake Run 4.37

& 7.5 Mile, Lake Bloomington, \$15/18 after 4/26, Ts, 5yr AG, post race party. 309-452-9777.

Sun., May 4th, 9:00 A.M. - 13th Annual Earl's 5K, Hammes & Jefferson, Joliet, \$13/15, shorts, 5yr AG, buffet & beer, flat/fast course, PSRR Circuit. 722-1029.

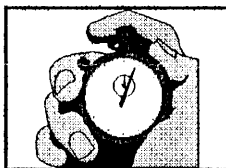
Sun., May 4th, 9:00 A.M. - Wellness Challenge 5K, Oak Park & River Forest H.S., Lake & Scoville, \$15/18 after 4/25, Ts, 10 yr AG 3 deep, refreshments, raffle, goody bag. 800-974-7362.

Sat., May 10th, 9:00 A.M. - Perry Farm Spring 4 Miler, Bourbonnais Park District, Jeff Ruppert, 933-9905

Note Change in Date: We had been informed that this was going to be May 3rd.

Sat., May 10th, 10:30 A.M. - Earth Fair 3 Mile Cross Country Race, 10:30 A.M., Will County Forest Preserve's Earth Fair in Goodnew Grove, \$10/12, 5yr AG to 55 & over, "eco-related T-shirt." Rob Walker 708-946-2216.

THE FINISH LINE



Mar. 8th, Easter Seal 5K, Ottawa - Pat Koerner, 16:47, 2AG; Jeff Lonergan, 20:17

Mar. 9th, Delevan Half-Marathon - Charlie Grotevant, 1:39:22, 2AG

Mar. 16th, St. Pat's Day 5K, Bloomington, 300 runners/walkers - Charlie Grotevant, 21:00, 4AG (10yr AG); Mike McGuckin, 24:04

Mar., 22nd, Mt. Goat Hill Run 8.8M, Danville - Charlie Grotevant, 1:06:31

HOW FAST DOES AGING AFFECT PERFORMANCE?

If you draw up a list of the things that go downhill as you grow older, and another list of the things that you lose through inactivity, you'll find the two lists are the same, according to gerontologist Walter Bortz, M.D., at Palo Alto Medial Foundation in California.

So what is the true rate of chronological changes in healthy people who remain as active as possible? To answer this question, Bortz collected performance data for running, rowing, and swimming events from national organizations.

He found that the decrease in performance times for each group of athletes from age 35 followed three curves with an identical slope. They showed a loss of half of a percent per year. Comparing these data with other physiological markers that are well studied (such as maximal oxygen uptake) leads Bortz to conclude that the basic biomarker of aging shows a 0.5% decline a year. Anything more than that must be due to inactivity.

This really is a very encouraging figure. It means that men and women who are able to continue to work out to their optimal potential lose only 5% each 10 years, or 15% from age 35 to age 65. The corresponding figures for sedentary folks are about 10% per decade, and 30% from 35 to 65.

Not all of us will have the inclination or ability to continue to such a high standard of performance as the folks studied, but it is encouraging that an in-shape 65 year old can outmatch an out of shape 35 year old. That thought should motivate you to continue to do your best.

(Journals of Gerontology Series A, Biological Sciences and Medical Sciences, 1996, as reprinted in the AR&FA Association Newsletter, March 1997)

ANNUAL MEETING & PIZZA SOCIAL - MAY 3RD

COME ONE, COME ALL! IT'S PARTY TIME! SURE, WE WILL DO A LITTLE BUSINESS. WE NEED TO ELECT/RE-ELECT OFFICERS AND FIND DIRECTORS FOR THE SUMMER SERIES, BUT THAT JUST GOES ALONG WITH THE FUN AND PLEASURE FOUND IN GOOD FOOD AND GOOD COMPANY. PRESIDENT HENRY SHELLY HAS SECURED THE BIRD PARK FIELD HOUSE (WHERE ALCOHOLIC BEVERAGES ARE AGAIN PERMITTED) FOR THIS MEETING/SOCIAL. THE CLUB WILL SUPPLY THE PIZZA AND BEVERAGES. BRING YOUR BODY, YOUR BRAIN AND A RUNNING FRIEND OR SPOUSE (THIS IS AN ADULTS ONLY EVENT). YOUR PARTICIPATION IS ESSENTIAL TO OUR SUCCESS.

SOCIAL STARTS - 6:00 P.M.

PIZZA - 6:30 P.M.

BUSINESS MEETING - 7:00 P.M.

**SOCIAL RESUMES IMMEDIATELY THEREAFTER AND CONTINUES
UNTIL THE LAST DOG GOES HOME
SATURDAY, MAY 3RD**