



# THE PAPER RACE

## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JULY 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 113



### ON DAN'S RUN by Dan Gould

Well, yes, I do have an e-mail address. I don't really expect any of our 100+ members to actually e-mail me. After years of begging for contributions to this monthly missive, I've pretty much given up. I've put in my phone numbers, fax number, and mailing address. The Maytag repairman gets more calls!

Sure, there are a couple who make contact on a regular basis. I can count on Mike McGuckin for at least a short note each month with his time and a review of a race he has run. Charlie Grotevant has done some major pieces on marathons over the years. Dave Barrett, the new kid on the block, is calling me with times. Jeff Lonergan, one of the older kids on the block (but not as old as I am!) who has been whipped into shape by his lady love, is happy to report his improving times. That, of course, is due in partly to our friendly competition and the fact that he is now beating me on a regular basis. John Shoup, when he was a runner, wrote some great pieces. In his declining years, unfortunately, he wrote something he called "Bird Droppings" and that is pretty much what it was.

Anyway, John Pool gave it the old college try. Twice he e-mailed me race results in late May, but the June issue of this newsletter gave no indication that they had been received. Gazooks! Could he be an impotent e-mailer? No, but the computer at home is my wife's toy and she is the one who is into e-mailing, faxing, and surfing the net. After John told me of his attempt, I

had my wife show me how I could read my e-mail. I suppose if you are going to e-mail me, you should give me a call so I know to check the computer.

I was going to change the format this month and run a banner headline, but nobody else had much enthusiasm for it. Among the possibilities were "JEFF HAS TO PAY FOR IT" or 'LINDA DOES EVERYTHING.'" Marcia Rivard vetoed the first one and Linda Linn denied the truth of the second one. So, same old format!

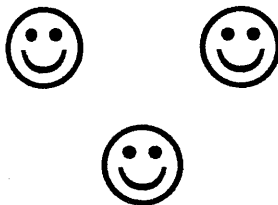
Locally, the month started with the Birdman Duathlon on June 8th. Since I hadn't been on the bike much, I decided to pass on it this year. Those who did participate got wind and rain. Ugh! I didn't get any results, but I remember seeing Jim Grace's name in the paper - and that is about as close as you get to seeing Jim these days.

June 10th was the first of the Summer Series 5K. I think we set the record for low attendance with 13 participants. On a positive note, Ken Klipp recycled some trophies and all participants took home the gold. Since this Tuesday night fun run is really just an excuse to get together for the buffet at Chicago Dough, the only losers are those who don't show up.

Likewise, the only losers on the day of the 2nd Annual Kilbride Family Classic were those who didn't show up. It was a beautiful day to race this shaded, scenic course in Kankakee's Riverview area. There were five-year age groups (I was the only one in mine!), raffle prizes, and nice trophies. The shirts were okay and there were some refreshments.

### JULY

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Phil Angelo	17th	46
John Brinkman	11th	39
Ken Brock	31st	48
<b>Tom Goodberlet</b>	<b>12th</b>	<b>40</b>
<b>Ed Hedding</b>	<b>16th</b>	<b>40</b>
Krista Hickey	12th	16
Leon Malone	7th	67
Lisa Shelly	24th	18
Mark Steffen	12th	44
<b>Paul Surprenant</b>	<b>8th</b>	<b>50</b>



### WELCOME NEW MEMBERS

Jay Samuel, 34, Oswego

The Gerst Family - Ben, 15; Brian, 17; Michelle, 18; Donna, 35 and Patrick, 40, Manteno

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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Why only 70 finishers?

Anyway, Tom Stluka and Pat Koerner chased Troy Walker to the finish line for second and third overall. I chased Jeff Lonergan, but couldn't catch him. Bill Linn put on a finish line charge that just saved him the embarrassment of being beaten by me. Dave Barrett beat both of us with what I think was another PR. Ken Klipp decided to keep Danny Flynn company and Ken slows up a bit when he talks. I'm not sure what it did for Danny's time, but he was first in his age group.

A bit of a damper was put on the festivities when race director Gerry Kilbride was put in the ambulance shortly after he finished the race. His heart was still racing at about 250 beats per minute. Gerry spent 24 hours in the hospital and subsequently had a stress test. As of this writing he is planning to have further tests.

Gerry would, by the way, like to say thanks to all the volunteers who helped make the race a success. Particular thanks to Henry and Janet Shelly for working this into

their busy schedule that day.

Gerry and Judy are planning to have a 3rd Annual Kilbride Family Classic. If you have suggestions on how to improve the event or increase the turnout, please get in touch. This race is a keeper!

A small but enthusiastic group turned out for the 3rd Annual KRRC Golf Outing at Oak Springs. Augie Hirt came all the way from Warrenville, but couldn't stay for supper. The weatherman was good to us, but pars and birds were few and far between.

Mike McGuckin and Charlie Grotevant ran the Lincoln-Douglas 8 Mile Run in Metamora. The highlight were the long-sleeve white t-shirts with gold lettering (25th anniversary run). The low light was a monster hill between the 4th and 5th miles that zapped their strength and mediocre post-race refreshments. This was part of Metamora's Pioneer Days.

The 5th Annual Friendship Festival 5K was summer's first real H&H test for most of us: heat and humidity! It was also Christine Barrett's first race. She has been training with Linda Linn and Georganne Hickey and getting words of encouragement from her husband, Dave ("Honey, have you arranged for a babysitter?").

Linda ran the race with Chris and, according to Linda, the race went something like this:

Chris: "Gosh, we're running faster than we do in training."

Linda: "That's why they call it a race."

Chris: "Shouldn't we slow down?"

Linda: "No."

Chris: "I think I need to stop."

Linda: "You're fine."

Chris: "I am?"

Well, she did keep running and if some ringer from Germantown, Tennessee, hadn't shown up, Chris would have placed in her age group. Hang in there, Chris, you'll get 'em at the Y 5K.

Chris is also apparently the Ken Klipp/Rich Olmstead of the fairer sex. Give her a topic at the start of the run and she will speak on it at length. We love these people! We save our energies for the run.

Speaking of Ken Klipp, he ran this race by himself and ran much faster. Danny Flynn, on the other hand, slowed considerably.

Rich Olmstead had a much better race than at the Kilbride Classic. Rich, a talented runner, developed asthma over the winter and, he notes, it is difficult to run when you can't breath. A trip to the doctor for some medication meant a five minute improvement in his time. I suggested he talk to Carol Sue Painter, a runner who also must deal with asthma. Carol made one of her all to infrequent appearances and placed in age group.

About once a year Reo Rorem returns from Florida to visit the folks and shows up at one of our races. This year it was at the Friendship Festival where, only a couple months short of his 40th birthday, he ran 15:49. He is tuning up the body for the masters' division.

Jeff hasn't been giving me the Oreo Double-Stuf lately and, when his legs went dead about halfway through the race, I suspected he had been eating them himself. So, after two months of eating his dust, I eked out a victory. I bet Marcia is giving him extra laps right now!

Phil Newberry ran a PR, but didn't get any gold. Tom Stluka is going to have to start looking over his shoulder as little brother Mike was only a few seconds behind him. Marshall Grace reappeared on the scene and ran a respectable time Marshall, get healthy and stay healthy!

With 131 runners across the finish line, attendance at this year's Friendship Festival 5K was about the same as last year. And, as always, somebody questioned the course measurement because of a

substantially better time. I am informed that the course has been accurately measured and the better times remain one of those mysteries. When this was part of the old 10K course, the 10K was always suspect due to the faster times. A comparison of times for runners who ran both the Kilbride Classic and Friendship Festival 5K shows that some were faster at one race and some were faster at the other.

Thanks to race directors John and Marge Flynn for putting this race together again. I was particularly fond of the chocolate covered pastry that was part of the post-race refreshments. I should have given it to Jeff!

Note to race directors: Make sure the bathrooms have toilet paper and there is water at the finish line. While we do like the diet-pop and energy drinks, some runners can't stomach that stuff immediately after the race.

No, Carol Pratt has not told me how far the Snowman Run in Varna is. Maybe it is run until you melt. No, I haven't heard from Scott Stephens regarding the Hare & Tortoise 5K on Labor Day, but I imagine he will do it.

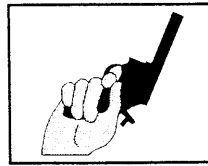
On with the "Dog Days of Summer!" Don't forget to hydrate (this means YOU, Mike Hickey!). Mark your calendar for the July Summer Series 5K (July 8th), the Y 5K (July 12th), and Bill Linn's sample sale (July 31st). When we aren't racing on Sunday, meet us at the park for some of those shaded miles on the trail. Park Director Charlie Pangle tells me he will get the fountain turned on at the east campground.

Hope to see you on Dan's run!

[Send your news to 212 Julie Drive, Kankakee, IL. 60901 or e-mail to dansrun@aol.com.]

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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., Jul. 4th, 8:00 A.M. - 20th Lemont Freedom Run 5K/10K, Centennial Com. Cen., Lemont Rd & 127th St., \$10/13, ts, hilly/scenic course, raffle. 630-257-6787.

Fri., Jul. 4th, 7:30 A.M. - Park to Park Freedom 5 Mile Run, Miller Park, Bloomington, \$8/10 after 6/30, Ts, 5 yr AG, Melinda, 309-378-3401.

Fri., Jul. 4th, 7:30 A.M. - Brickyard Run 5M, Hobart, IN. 219-756-5360.

Fri., Jul. 4th, 8:00 A.M. - Stars & Stripes 5K, 16801 S. 80th Ave., Tinley Park, \$10/12. 708-532-8698.

**Tues., July 8th, 6:30 P.M. - SUMMER SERIES 5K, Small Memorial Park, Kankakee. Henry Shelly, 933-9255.**

**Sat., July 12th, 8:00 A.M. - KANKAKEE YMCA 5K RUN AND FUN WALK, Kankakee YMCA, Pat Koerner, 815-932-1009; YMCA, 933-1741**

Sun., Jul. 13th, 7:35 A.M. - Heart & Sole 10K, Olympia Fields, 708-747-4000 x5183.

Sat., Jul. 19th, 8:00 A.M. - Manhattan Band on the Run 5K, \$12/15, Ts, top

OA & 3 deep in 5yr AG, refreshments. 478-4560.

Sun., Jul. 20th, 8:00 A.M. - Snowman Run, Varna, long Ts, \$12/15, \$3 no shirt, OA & 2 deep in 10 yr AG. Call Dru at 309-463-2335. We know Varna is a great place because Carol Pratt lives there, but the app doesn't tell us how far we will have to run. Do we run until we melt?

Thurs., Jul. 24th, 7:15 P.M. - Sundowner 5K, New Lenox Lion's Community Center, Ts, \$12/16, top OA & 3 deep in 5yr AG, junior jog, post-race pizza party. 722-1029.

**Thurs-Sat., Jul. 31st, Aug. 1-2. Bill Linn's Super Sample Sale. This is a unique garage 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**

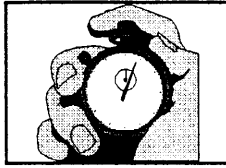
Sat., Jul. 26th, 7:45 A.M. - Run for the Bagel 5K/10K, Mattoon, \$10/12, tank tops, 5yr AG. 217-234-9494.

Sun., Jul. 27th, 7:30 A.M. - Downers Grove 5 & 10 Miler, Lincoln Center, ts, TAC cert. 630-963-1300.

Sat., Aug. 2, - North Aurora Days 5K (7:30 A.M.)/10K (8:30 A.M.), TAC cert., \$12/15. 630-897-8551

Sun., Aug. 3rd, 8:00 A.M. - Coon Creek Classic 10K. 847-683-2690.

**Sat., Aug. 16th, 8:00 A.M. - Mومence Glad Run 5K/10K, Mومence H.S., \$10/13, ts, 5yr AG, door prizes, refreshments. A Team Hickey Production! 472-2253**

**THE****FINISH****LINE**

Jun. 1, Racing Hearts 8K, Joliet - Charlie Grotevant, 34:33, 1AG

Jun. 7, Tremont 5K/10K - 10K -Jeff Lonergan, 41:17, 3AG; Charlie Grotevant, 43:32, 1AG; 5K -Bob Pool, 20:26, 2AG

May 17, Uni High 5K - Bob Pool, 21:01, 3AG; Charlie Kennedy, 21:32; John Pool, 22:58

May 26, Stride for Pride 5K, Danville - Charlie Kennedy, 20:44; Bob Pool, 20:50, 1AG; John Pool, 22:08

Jun. 8, Harrahs 4 Mile, Joliet - Jeff Lonergan, 26:08

Jun. 14, Steamboat 4 Mile, Peoria - Charlie Grotevant, 27:03

Jun. 15, Kilbride Family Classic 5K, 70 finishers, sunny, cool, perfect!

Tom Stluka	2OA	16:11
Pat Koerner	3OA	16:22
Mike Stluka	1AG	16:45
Phil Newberry	3AG	17:20
Dan Flynn	1AG	18:27
Ken Klipp	2AG	18:29
Andy Kilbride	1AG	18:56
Jeff Lonergan	1AG	19:34
Dave Barrett	2AG	19:40
Bill Linn	2AG	19:41
Dan Gould	1AG	19:44
Charles Kennedy	1AG	20:31
Bob Pool	2AG	20:39
Charlie Grotevant	3AG	21:25
John Pool		22:16
Allison Williams	22:36	3OA
Kathy Steffen	4OA	22:51
Cary Yoakum	3AG	22:56
Theresa Burgard	5OA	22:59
Randy Rahrig		23:05
Brian Noffke		23:21

Dan Noffke		23:22
Paul Surprenant		24:25
Rich Olmstead		25:05
Mark Kilbride		25:13
Peggy Baldwin	3AG	25:16
Lynn Kilbride	2AG	28:00
Myles Hillebrand		28:09
Pat Baldwin	3AG	33:57
Chris McGovern	2AG	34:28
Judy Kilbride	1AG	35:28
Gerry Kilbride		35:36

Jun. 21, Lincoln -Douglas 8 Mile Run, Metamora - Charlie Grotevant, 59:45, 3AG; Mike McGuckin, 1:04:18

Jun. 29, 5th Annual Friendship Festival 5K, 131 finishers, sunny, humid, 75-80 degrees

Tom Stluka	16:22	1AG
Mike Stluka	16:27	2AG
Pat Koerner	16:32	3AG
Phil Newberry	17:14	
Jim Rattin	17:47	1AG
Ken Klipp	17:56	2AG
Dan Flynn	18:57	1AG
Ben Gerst	19:02	
Dan Gerber	19:32	
Dave Barrett	19:34	2AG
Dan Gould	19:37	1AG
Marshall Grace	19:52	
Rich Olmstead	19:56	4AG
Jeff Lonergan	20:03	2AG
Charles Kennedy	20:38	1AG
Bob Pool	20:54	1AG
Charlie Grotevant	21:25	2AG
John Bevis	21:58	
Mike McGuckin	22:33	
Randy Rahrig	23:11	
Cary Yoakum	23:22	
John Pool	23:49	
Paul Surprenant	23:51	
Allison Williams	24:05	
Ron Ruda	25:07	
Mike Belletete	26:15	
Judy Schkerke	26:37	2AG
Carol Painter	27:02	3AG
Peggy Baldwin	27:55	1AG
Christine Barrett	28:39	
Linda Linn	28:40	4AG
Amanda Schkerke	30:01	2AG

Bonnie Sisson	30:29
Myles Hillebrand	31:31
Jackie Delong	31:38
Dee Hillebrand	34:33

# RUNNING & FITNEWS®

AMERICAN RUNNING AND FITNESS ASSOCIATION

## Running: Is More Better?

**D**uring the last few years, three-quarters of the US population that doesn't get enough exercise have been urged to perform gentle to moderate physical activities. Even walking and gardening are encouraged; no need to work up a sweat they say to reduce disease risks and lengthen life span. That remains true, but a study of runners says the health benefits increase with every additional 10 miles a week, and increase all the way up to 50 miles a week, and maybe beyond, according to Paul Williams, Ph.D., at Lawrence Berkeley National Laboratory in California.

More than 8,000 male runners in good health were divided into six groups based on weekly mileage ranging from 10 to more than 50 miles a week. Williams looked at their medical records and lifestyle information.

The beneficial HDL cholesterol, associated with lowering heart disease risk, increased steadily all the way up to 50 miles per week (HDL values were from an average of about 48 up to 58). The ratio of total cholesterol to HDL cholesterol, and triglycerides (both measures of heart disease risk) fell steadily as mileage increased up to 50 per week. Also, the dif-

ference between highest lifetime body weight and current weight increased steadily with mileage up to 50 per week. This says the higher the running mileage, the more weight men had lost during their lifetime.

At first sight these data cause surprise because there is good

evidence from other studies that the improvement in health benefits show diminishing benefits with increasing activities. The biggest percentage gains are achieved going from inactive to moderately active, compared to going from moderately active to highly active. There were no inactive men in this study, so we can't tell how large the benefit of low mileage is compared to inactivity. The surprisingly large improvements in health factors in the higher mileage groups may be due to a combination of lifestyle factors. These men raced more often, and had faster marathon and 10K times. They had lower resting pulses, drank slightly more alcohol, ate a little less meat and more fruit, took slightly more aspirin and vitamin C regularly. All these factors could contribute to improved blood lipid profiles.

Perhaps these data are saying that higher mileage runners tend to have healthier lifestyles, in addition to their running. Whatever the explanation, this puts a new twist on the saying "Some is better than none, and more is better than some." Perhaps we should add "And a heck of a lot is even better for some people."

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*Fitness is a stage you pass through on the way to becoming a "real runner" who no longer settles for merely staying fit.*

We don't think this study says everyone should tie on their running shoes and run themselves into the ground. Increased weekly mileage is the single most significant factor in increasing injury risk in runners. Also, more time pounding the roads means less time with family for most runners, and less time spent doing other rewarding activities.

A better conclusion is to say you should run as little or as much as pleases you. It is worth noticing that the two highest mileage groups in the study were the smallest; about 10% of the total. The largest groups, more than 60% of the total, ran between 10 to 30 miles weekly. But if you happen to be one of those people who are really turned on by high mileage, and you can handle it without becoming injured or sacrificing other important aspects of your life, you may have better blood chemistry as a bonus.

*(Archives of Internal Medicine. 1997, Vol. 157, No. 1, pp. 191-198)*