



THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

NOVEMBER 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 117



NOVEMBER

NAME	DAY	AGE
Andy Baldwin	6th	9
Dorothy Baldwin	10th	78
Don Combs	1st	45
Bill Orr	17th	47
Carol Pratt	5th	38
Tricia Rahrig	8th	15
Keith Theisen	18th	52



ON DAN'S RUN by Dan Gould

CHICAGO - The multi-thousand body races found in the Windy City usually have little appeal to me. I tend to prefer the smaller races where you cross the starting line within a second or two after the gun goes off and you can keep an eye on your competition. When I go to these big races, I don't even know who the competition is! Besides, the only DNF in my running log was the Chicago Marathon in 1989 - not a pleasant memory.

I suppose I returned to Chicago in part because it was unfinished business. Were I able to coax a marathoning buddy to go elsewhere, I probably would have passed on Chicago this year, but that wasn't an option. Going to Chicago is certainly practical. You don't have to incur the cost of a hotel and it is a pancake flat course. They have a great expo.

October in Chicago also offered the 1st Annual Chicago Half Marathon two weeks before the full marathon. The half marathon is a chance to evaluate your body's conditioning and, perhaps, your equipment. Among my problems in the Chicago Marathon of 1989 was finding my racing flats too small when the heat and distance caused my feet to expand.

Dave Barrett, Marshall Grace and I toed the starting line for the Chicago Half Marathon on October 5th along with over 3,100 other runners. They had anticipated about 1500 for the first year. We had sunshine, a temperature around 70 degrees, and a bit of a breeze. The breeze was most welcome because the temperature, humidity and sunshine made it a bit too warm.

We had a good race. I once again discovered that temperature, humidity, and long distance races can swell my feet or shrink my shoes. Dave found that the Power Bar Gel can kick the stomach. Marshall discovered the same girl that helped him pace the National Heritage Corridor 25K.

We enjoyed the refreshments and headed home. They were only announcing the overall awards and we didn't have to worry about those.

JINGLE BELL 5K DECEMBER 14TH

9:00 A.M.
Shapiro Dev.
Center.

Note: This is a
change in date.



I didn't think we had to concern ourselves with the age group awards. I was pleasantly surprised a couple days later when Pat "Web Surfer" Koerner called to say that he had found the results on the Internet and that I was second in age group. The results card arrived a couple days later confirming his information and the second place award - an EXTRA LARGE sweatshirt - arrived a few days after that. Dave Barrett now has a memento of the race. He looks better in extra large than I do.

There were at least seven members of our club participating in the Chicago Marathon and, with one exception, they were happy campers. We had a virtually perfect day with clear skies and temperatures in the 40's and 50's. There was a cooling breeze to add to our comfort.

Dee Osenglewski ran with a *Runner's World* pacing group and finished in 4:12:43. She was highly complimentary of the pacing group approach. This was her second marathon.

Jeff Lonergan ran a leisurely 4:14. He stopped every few miles to talk with, hug and kiss his new bride, Marcia, and Phil Newberry, who were there to cheer him on. Actually, I'm not sure if he hugged and kissed

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Phil. I don't think they do that since Jeff married Marcia. Jeff didn't take the race all that seriously, but was happy with his time considering his limited preparation.

Dave West was happy with his 3:39:02. He was within a couple minutes of his PR. Dave tells me he pulled a hamstring about halfway through the race which added to the challenge.

Marshall Grace was pleased with his 3:56:00. Marshall made it a family affair, staying both Friday and Saturday night at the host hotel, the Chicago Hilton and Towers. One of his boys ran in the Children's Mile and finished fourth. Marshall also attended the pre-race dinner where Frank Shorter spoke for about half an hour.

Jim Stevens didn't report in, but I am told he was happy with his time (4:????).

Dave Barrett, a runner for about sixteen months, completed his first marathon in 3:29:43. He had considered joining one of the *Runner's World* pacing groups, but decided to run with me. I had the

pleasure of his company for 17-18 miles before he dropped off the pace. He hit the wall at 22, but still finished in as good a time as if he had run with the pacing group.

I was certainly pleased with my 3:17:43, my first marathon in three years. Dave and I lost a little time in the first mile, but thereafter I ran my goal pace and finished strong. My lower back, which had kept me from attempting a marathon for the last three years, came through in fine shape.

Mike Stluka, the fastest member to try the distance, met with disaster. He collapsed at about the 25 mile mark and spent the day in the hospital. He doesn't remember that last three miles. The doctors tell him that he suffered heat exhaustion triggered by a virus. He wasn't able to return to work until the Thursday following the race.

I was, in part, a witness to Mike's misadventure. Although I tend to have tunnel vision during a race, I did see Mike on the side of the road laying on his back, cradled in some woman's arms, with his eyes closed. A man in uniform with a two-way radio stood next to them. It certainly cast a cloud into my sunny sky. Dave Barrett, trailing me by a few minutes at that point, believes he saw the ambulance that took Mike from the scene.

Jim Grace got in some socializing and a few training miles at Chicago. He jumped in with Dave and I for a few of them at about the ten mile mark. Ken and Chris Stark were also socializing, but I didn't have the good fortune to see them. Dave Barrett had a large cheering section and welcoming committee. Chris, Kyle, and Patrick were there, of course, as were several other members of his family.

Now for the really crazy people, there is this thing called an "Ironman." I don't know how many there are, but Hawaii is the best known. You go for a short swim in the ocean (2.5 miles), a leisurely bike

ride (112 miles), and then jog through a marathon (yes, the whole 26.2 miles).

Jim Grace was doing the Florida Ironman even before he fell on his head - and shoulder - in July. Van Lewsader apparently caught the disease because both of them did it on October 25th. The only difference between Hawaii and Florida is that you swim in an inland lake. They are both hot and humid.

Jim was not expecting a PR this year. With the weeks of training he lost due to his broken collarbone, I think it something of a miracle that he was able to complete the event. It is a testament to his conditioning that he was able to do so. THIRTEEN HOURS, Two Minutes, and eleven seconds of swimming, biking, and running. Nice job!

Van has not reported in, but his first Ironman was a success. He is a stronger swimmer than Jim, but Jim is a stronger biker. They started the run together, but Van easily outran Jim on this day. Jim thinks Van's total time was around TWELVE HOURS, Twenty Minutes.

Want a challenge? Try twelve or thirteen hours of continuous physical activity.

As you may be aware, the trail at the state park is being extended west to Old Chicago Road. As you approach the west campground, there is now a branch of the trail that takes you almost to the highway. It then turns west and parallels the highway, passing between the highway and the campground. I'm not sure of the exact distance, but I imagine it will add three miles to the trail. A round trip from Davis Creek will be over 20 miles.

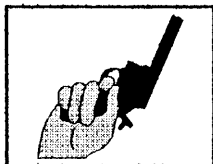
November is upon us, but there are still good running days and races to be had. Well, easy for me to say. It's time for my semi-annual visit to Florida. I'll catch up on things with John and Erma Hickey. Perhaps they can tell me how Mike and Georganne are doing.

We do have one local race left - the Jingle Bell Run for Arthritis 5K Run & Walk on December 14th. Please note that is a date change from the 7th.

Happy Thanksgiving! Hope to see you on Dan's run!

(Send your news and notes to Dan Gould, 212 Julie Dr., Kankakee, IL. 60901)

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!

Sat., Nov. 1, - 9:00 A.M. - Palos Park Turkey Trot 3 Mile, \$10, 10 yr AG. Marilyn 708-361-1535

Sun., Nov. 2, - 11:00 A.M. - 15th Annual Canal Connection 10K, \$12/15, Ts, 5 yr AG. A great race! Most of it run on the I-M Canal Towpath. Jon 815/223-8988

Sun., Nov. 9, - 9:00 A.M. - Fall Frolic 4 Mile, \$11/15, long ts. Jim 219-845-1977.

Sun., Nov. 16, - 9:00 A.M. - Tinley Park Turkey Trot 5K, 6527 W. 171st St., \$12/14. Donna 708-532-8698.

Sat., Nov. 22 - 11:00 A. M. - KRR Turkey Tromp 5K Handicap & Poker Runs, Kennekuk Cove County Park, Danville. 217-469-7088

Thurs., Nov. 27 - 9:00 A.M. - 14th

Annual Pilcher Park Poultry Predictor 4 Mile, \$4/6, New Lenox. Keith 815/478-3124.

Thurs., Nov. 27 - 9:00 A.M. - Turkey Trot 3 Mile, Oglesby. 853-45447

Sat., Nov. 29, - 9:00 A.M. - 8th Annual Drumstick Dash 5K, Village Hall, Richton Park, \$15/20 after 11/22, Sweatshirts, 5yr AG, Clydesdale division, team/club competition, all kinds of prizes and refreshments. Another great race! Dale 708-301-2381.

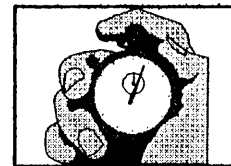
Sat., Dec. 6 - 8:30 A.M. - Fox River Reindeer Romp 5K, Batavia. 630-406-0020

Sun., Dec. 7 - Polar Bear Run 5 Mile, Main Beach Bldg., Crystal Lake, \$15/7 w/o shirt, add \$5 race day, 5yr AG. Jim 455-5450.

Sun., Dec. 7 - Frostbite Festival 10 Mile, 8:00 A.M., Springfield. 217-789-6252 or 241-0393

Sun., Dec. 14 - 9:00 A.M. - JINGLE BELL RUN & WALK ARTHRITIS 5K, Shapiro Developmental Center, Kankakee. See app enclosed.

THE
FINISH
LINE

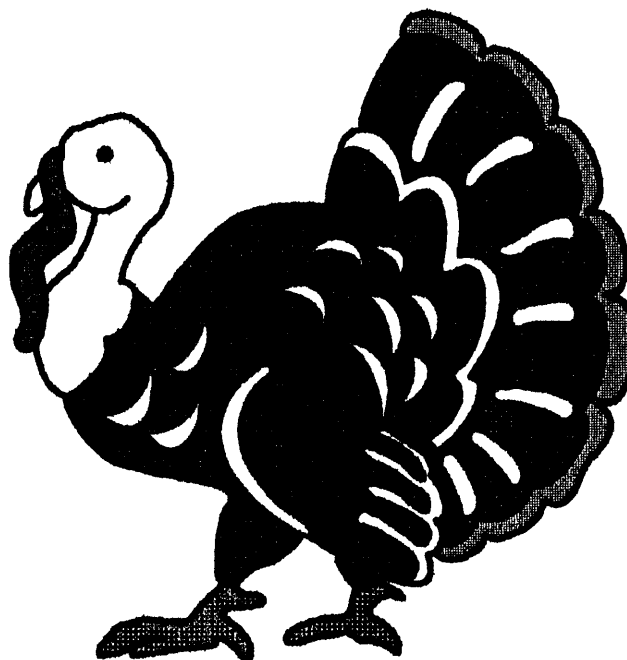


Oct. 5, Chicago HALF Marathon, 70+ degrees, a little humid, sunny, 3,157 finishers

Dan Gould, 1:32:12, 2AG, 172nd OA
Dave Barrett, 1:32:40, 181st OA
Marshall Grace, 1:36:08, 274th OA (overall out of 1,866 males)

Oct., 19, 20th Chicago Marathon, sunny, breezy, temps. 40's-50's, 16,372 registered

Dan Gould, 53	3:17:43
Dave Barrett, 32.	3:29:43
David West, 40	3:39:02
Marshall Grace, 35	3:56:00
Dee Osenglewski, 41	4:12:43
Jeff Lonergan, 42	4:14:00
Jim Stevens, 49	4:????



THE
 **FAST LANE**
BY OWEN ANDERSON, PH.D.

Core Curriculum

To run as well as you possibly can, you need strength in your "core" muscles—the abdominal and lower-back muscles that attach to your pelvic girdle and spine.

Why is core strength so important? All of your key upper-leg muscles also connect to your spine or pelvis. If your core muscles don't hold these bones in a stable position, your leg muscles don't have a strong anchor point from which to contract. And without power in those contractions, you can't run at your full strength.

The core muscles also contribute to running economy. Though the motion of running might seem to occur all in one plane,

your abdominals and curl your pelvis "under." Now lean back, with your shoulders 6 to 8 inches from upright, so that your abdominal muscles are in a state of constant tension. Your head and neck should be in a neutral position and aligned with your upper body. Once you're in this stance:

1. Raise both arms (with the elbows slightly bent) overhead to a vertical position, then return them to your sides. Repeat this motion continuously for 20 seconds, completing one cycle every 2 seconds.

2. Next, straighten both arms and raise first the right arm, then the left one overhead to a vertical position, then return them to your sides. This should look like an exaggerated walking armswing, with both arms constantly moving. Continue the motion for 20 seconds, with one right-left cycle every 2 seconds.

3. Beginning with your arms extended forward, parallel to the floor, swing both of them, in tandem, from side to side without pausing. Don't let your upper body and shoulders rotate. Do this continuously for 20 seconds, at about one cycle every 2 seconds.

Once you've carried out this 1-minute routine on your left foot, do it again standing on your right foot. After a brief rest, repeat the entire series twice more on each foot. When you've mastered these exercises, add the following one:

4. Hold dumbbells at your sides with your palms facing your body, and alternately bend each arm until the dumbbell is in front of your shoulder (raise one arm while you're lowering the other). Maintain a stable posture throughout the exercise. Start with fairly light dumbbells and do 15 repetitions with each arm; then shift to the right foot for 15 more reps. Over time, progress to three sets of 15 reps on each foot and move up to heavier dumbbells.

If you complete this session three times a week after easy running workouts, you'll soon be much stronger in the mid-section—and you'll be a more powerful, economical runner. **R**

When you build your core muscles, your leg muscles have a strong anchor point, and you can run at full strength.

in reality *rotational* movements are critical. When your left leg moves forward, your left hip rotates clockwise while your right shoulder turns counter-clockwise; the reverse happens when your right leg steps forward. Your core muscles coordinate these movements. If the muscles are weak, your upper body will behave like an out-of-control, energy-squandering washing-machine agitator, twisting too far in both directions.

Should you strengthen your core by flopping down on your back and doing tons of ab crunches? You could, but there's a better way. Since you run in an upright position, you should work on your core while maintaining a standing, weight-bearing posture.

For all four of the following core exercises, begin in this position: Stand on your left foot, with your right foot next to your left ankle and off the ground, and your arms at your sides. Tighten your buttocks, contract

For information about Running Research News, Owen Anderson's newsletter on training, sports nutrition and sports medicine, call (517) 371-4897.

You Can Combat the Calendar

by Trevor Smith

At the same time some exercise scientists were spreading gloom at this year's American College of Sports Medicine meeting by discussing the possibility of a biological instinct to become less active with age, others reported excellent news about athletes who continue to train and compete as they grow older.

In 1968, the physiological characteristics of 26 elite male distance runners were measured while they were training for the Mexico City Olympic Games. They were measured again 25 years later, in a study led by AR&FA Editorial Board Member Jack Daniels, Ph.D.

Eight men no longer ran, and those who still ran were divided into two sub-groups of nine runners: those who weighed about the same as in 1968 (they averaged a 2% gain), and those who had gained significant weight since 1968 (these gained an average of 20%). The runners had been averaging at least 28 miles per week for 25 years.

The average maximal heart rates for the runners were almost unchanged: 179 beats per minute in 1968 and 177 in 1993. This shows how useless age-related formulas are for estimating maximal heart rates of people who stay in excellent shape.

As for maximal oxygen uptakes, representing aerobic capacity, the run-

ners whose weights were similar lost only 15% of their capacity after 25 years. The heavier runners lost 29% of their youthful capacity, while the non-runners lost 36%. This shows that even if you work out regularly, you pay a physiological price for gaining significant weight. But we don't know what that

means in terms of health risks.

In a study of rowers, aged from 40 to 84 years, age alone accounted for only about 25% of rowing power, according to Stephen Seiler, Ph.D., and colleagues at the University of Texas in Austin. Rowing power depended slightly on age, but was also influenced by training intensity, resting heart rate, body weight, and years of training. From age 40 to 80 the frequency of training was about the same, but the duration and intensity of the workouts showed slight declines.

Track cyclists aged from 30 to 59 years showed no significant change in body weight or size of thigh muscles, according to James Martin, Ph.D., and colleagues, also at the University of Texas in Austin.

When the men were divided into six age groups, there was a 13% decrease in pedaling rate, but only 8% in power output. These changes are somewhat smaller than those reported in other studies, but the researchers suspect that the men in this study were more highly trained than those in earlier reports.

You can see that athletes who persist in a high level of training show remarkably little physiological deterioration with age, although the changes do grow larger at some age (which varies widely for different individuals) according to other studies.

Any negative discussion of a biological factor involved in inactivity increasing with age sends the wrong message. The last thing we need is for the exercise scientists and fitness leaders to publicize misleading information that could encourage some people to shrug their shoulders and say "There, you see, it's just natural to become less active as you get older."

Instead, we should promote studies on women and men who continue to work out as they grow older. We should look at the healthy body weight and blood pressure of people who still have active lifestyles as they age and see and compare them to sedentary populations. Then, it will seem obvious that exercise

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plays an important role in successful aging.

The answer to the increasing problem of overweight and sedentary people, and the diseases that go with these conditions, is to try to help support motivation for encouraging an active lifestyle. We can do this best by example, not by badgering.

Amazing Graze

More is less: Eating six small meals a day can help you lose weight.

Leading nutritionists often recommend "grazing" as a healthful way to eat. With this strategy, you eat five or six small meals a day rather than two or three large ones. This keeps your energy level steady throughout the day, so you avoid the temptation to binge when you've gone too long without food.

New research now shows that grazing may also help you lose body fat while maintaining muscle. Scientists at Nagoya University in Japan put two groups of men on a calorie-restrictive diet. Both groups ate the same foods and burned the same number of calories over a two-week period. The only difference: One group ate the food in two meals a day, while the second group ate the food in six meals.

After two weeks, the six-a-day group lost more weight—including more body fat—than the two-a-day group. Just as importantly, the grazers lost less muscle. This is a notable result for athletes, because loss of muscle means decreased performance. "It's essential to minimize the reduction of lean body mass [i.e., muscle] during weight control," the researchers concluded. "And these results suggest that meal frequency is an important factor regarding weight control among athletes."—*Amby Burfoot*

