

THE PAPER RACE

KANKAKEE RIVER RUNNING CLUB NEWSLETTER

DECEMBER 1997 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 118



ON DAN'S RUN by Dan Gould

November is a fine month to run and race...if a couple weeks of it are spent in Florida. More about that in a minute.

The first Sunday in November is the Canal Connection 10K, a point-to-point race from LaSalle to Utica on the I&M canal towpath. You access the towpath after a very fast downhill mile in LaSalle. The wind, if there is one, makes little difference as you are shielded on the towpath.

This was the 15th running of the Canal Connection and I expect any one of the 437 finishers would tell you it is a class act. The staging area is Utica and they provide buses to LaSalle if you aren't blessed with a support crew. Awards go up to 5 deep, the usual long sleeve t-shirts were replaced by sweatshirts this year, and pizza, pop and other refreshments were plentiful. Throw in a few door prizes, Mitch Hobbs and his portable running store, another losing season for the Bears, and you know why all these people gave up the heart of a Sunday for this race (11:00 A.M. start).

We were well represented - Rudas, Koerners, Jim Grace, Lonergan, Newberry, Bob Pool, Carol Pratt, McGuckin, Kennedy, and Grotevants. I met the Grotevants in Dwight and we car pooled from there. Joyce is a great support crew!

Almost perfect conditions resulted in some good times (did I hear course record?). Tom and Pat finished 5th and 7th overall. I was three seconds faster than last year when I placed in age group. This

year I was TWO MINUTES out of fourth in my age group!

Pat went sub-34 for the first time in some time. He got some inspiration from our old friend Gary Moss, now 47. Gary and Mary Moss were part of the heart and soul of the Prairie State Road Runners for many years before they moved to Geneva. Anyway, Pat looked over his shoulder at one point in the race only to find this old man right behind him. Pat booked it! Gary ran 35:25 or something like that.

I made my usual escape to Florida for a couple weeks of golf and running. I met John and Erma Hickey at Tampa for the Bull Run at the University of South Florida on November 9th. This is a 5K and a 10K. If you are really ambitious, you can do both as they start an hour apart. I did the 10K and John and Erma the 5K. For John it was his second 5K in as many days.

We had a cool, sunny day. This race offers all the amenities from a great shirt to post-race massage. Refreshments range from bananas and bagels to hot dogs. The race benefits the USF athletic department. Do this one if you get the chance!

I joined the Manasota Track Club of which John and Erma are also members. "Manasota" comes from Manatee and Sarasota counties. The major cities are Bradenton and Sarasota. This running club has over 620 members.

We attended a monthly meeting which was preceded by the assembly of their newsletter. We joined 15-20 others in the folding, sealing, and preparation for bulk mailing. The meeting itself featured

DECEMBER

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Peggy Baldwin	23rd	14
Kirsten Benner	20 34	
Jackie Delong	3rd	51
Ed Glazar	20th	44
Lindsey Grace	21st	13
Graig Hickey	7th	20
Ken Johnson	16th	80
Denzle Painter	6th	53
Randy Rahrig	3rd	39
Scott Stephens	21st	46



HAVE YOU RUN AROUND THE WORLD?

Do you have 25,000 miles in your log book? If so, you are a member of the 25,00 Mile Club!

Charlie Grotevant will be there shortly. Pat Koerner is there. Tom Stluka is probably well on his way to 50,000.

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: KRRRC, 212 Julie Dr., Kankakee, IL. 60901

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a medical doctor who gave an interesting program on nutrition and stayed afterward to answer individual questions.

Bill Menard, a member of the Manasota club, is also one of the big dogs on the ultra circuit. He has run (and won?) the Western States 100 and the Death Valley what-ever-they call-it. Bill was presented with a framed picture of him running in Death Valley. The story behind the picture was how the support crew jumped out of the van to take the picture and the high winds blew the doors closed - with the keys inside. A helpful state trooper got them back into it after a few minutes of terror. Guys like Bill make Van Lewsader and Jim Grace look sane!

As we departed this Monday night meeting, Erma asked me if I was going to run Apollo Beach on Saturday. We were already planning to meet in Tampa on Sunday. I haven't done two races on a weekend since the good old days when I would run Steamboat on Saturday and Manteno on Sunday. Comstalk always tells me he is better on the second day. My experience

has been I am tight, sore, and fatigued on the second day.

Anyway, Erma planted a seed and about ten P.M. on Friday night I decided I would go to Apollo Beach the next day. I had run the race before and knew it was a good one. Again, it was a cool, sunny day on Tampa Bay, but there was some wind. They turned out a good crowd, had a great shirt, and quite adequate refreshments. I was not, however, ready for a cold beer at 8:30 in the morning. The race benefited the Cystic Fibrosis Program.

The highlight of the Apollo Beach run was the kids 1K race. They were CUTE! Some of them were hardly big enough to walk (and held a parent's hand) and had to coaxed across the finish line where each had a silver medal with a ribbon hung around their neck. The "silver medal" actually appeared to be a can lid, but it looked very official.

I met John and Erma at Tampa for the Run the Webb 5K/8K on the Courtney Cambell Causeway the next day. For the third race, cool, sunny, and breezy (love November in Florida!). This race benefited the Shriners Hospitals for Children. Again, great shirt and refreshments - and we all won our age groups!

How did I feel for the second race of the weekend? Not bad, but I still don't think the second race of the weekend is going to be better. On this weekend I ran a 5K and then an 8K. The 8K course was tougher. My pace on day two was certainly slower. Perhaps if my legs were 20 years younger... Sorry, that excuse doesn't work. John Hickey ran two 5Ks the weekend of November 8th-9th and was a second faster the second day. He is 69!

My fourth and final race of my two weeks in paradise was the Manatee River Run 10K. It is part of the "Tomato Festival" and is staged from Sutton Park in Palmetto which is just north of Bradenton across the river. The river, which is about five times as wide as the Kankakee,

plays a major role in this race. You start the fourth mile on the north side and finish it on the south side. The sixth mile takes you back across. The river has a highly arched bridge. Ugh!

This was the one race where Mother Nature didn't cooperate. The starting temperature was about 70 and the humidity about 100.

This race benefited the Manatee County Schools Foundation. Almost every Florida race benefits some organization and they do it by getting sponsorship, not by charging the runners an arm and a leg.

This race produced my fourth thoughtfully designed t-shirt (and only long-sleeved one). Refreshments were fair and the age group awards were practical: a suitably inscribed glass drinking mug.

Back to reality! My sixth and final race of the month was the Drumstick Dash 5K at Richton Park. This race has all the amenities: sweatshirts, door prizes, trophies, computer finish by Dave Bohlke, and food, food - hot and cold!

Dave Barrett liked it. He ran a PR and placed in age group. I was going to say he picked up the gold, but he had to leave early and none of the rest of us were paying attention when they did his age group. I don't know if he actually got his trophy.

The field for this one is deep. Tom Stluka and Pat Koerner were 11th and 12th overall, the winning time was 15:15, and the first 24 runners were under 18 minutes. There were 387 finishers and 44 DNF (the DNF's may have simply paid the \$15 for the sweatshirt).

The only negatives on this race are the length of the awards ceremony and the course layout. The awards ceremony is prolonged by breaks for door prizes. The course has a short starting stretch and then turns a corner. That could be corrected by reversing the course. It would, however, tie up Sauk Trail for a longer time. BUT, this is another great race.

If you take a look at THE

FINISH LINE, you will find quite a number of our members found races in November. No one, however, gave me anything but times, so I don't know if the races were good, bad, ugly, or some combination thereof. Cornstalk did note the "accuracy" of the ONU Homecoming 5K course.

I hope you've had a good year. Father Time seems to be catching up with me, but I have no complaints. Perhaps you can join us for the Christmas Party (RSVP now to the Shellys at 933-9255) for some reflections and predictions.

Beyond being a runner, look for opportunities to better the running community. Volunteer to work a race. There are jobs you can do and still run the race. Serve as a club officer. Some of our officers are doing the job simply because no one else has stepped up. Write something for the newsletter. I would be happy to shorten up On Dan's Run.

Hope to see you on Dan's run in the new year and wishing you a great 98!

(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., 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. 7 - Polar Bear Run 5 Mile, 1:00 P.M., Main Beach Bldg., Crystal Lake, \$15/20. Jim 815/455-5450

Fri., Dec. 12, - KRRC Christmas Party, 6:30 P.M., Bird Park Field House, Kankakee. Bring a snack or sweet. \$5 gift exchange optional. RSVP mandatory! Henry or Janet, 933-9255. Adults only.

Wednesday, Dec. 31st - 1:00 P.M. - Hardcore Run '97 4.3 Miles, Kewanee, trophies, sweatshirts, door prizes, party, \$13/15, Sherii 309/896-8961.

Sat., Jan. 3rd - NOON - Siberian Express 7.6 Miles of wild adventure, Kickapoo State Park, Danville. Post-race buffet and party, live music. KRR 217-733-2403.

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

THE
FINISH
LINE



Oct. 26, Allerton Park Trail Run 5.5 Mile - Carol Pratt, 42:45, 1st Clydesdale; Bob Pool, 42:47, 2AG; Jeff Lonergan, 45:14

Nov. 2, Canal Connection 10K, Utica, 443 finishers, 45 degrees, overcast, SW wind

Tom Stluka	33:25	5th OA
Pat Koerner	33:45	7th OA
Phil Newberry	37:23	
Dan Gould	40:46	
Jim Grace	41:45	
Bob Pool	43:16	
Charlie Grotevant	43:22	
Charlie Kennedy	44:08	
Carol Pratt	44:21	
Jeff Lonergan	46:31	
Mike McGuckin	48:08	
Ron & Nancy Ruda - BANDITS!		

Nov. 8, ONU Homecoming 5K - Pat Koerner, 1st OA, 16:03....16:03? Oh, sure, Cornstalk! They must have measured it with a beer truck! You should be embarrassed to report this one. Have you no pride? Did anybody else know about this race? You did win it, but that only counts if somebody else ran it.

Nov. 8, Arcadia (Florida) 5K - John Hickey, 26:37, 2AG

Nov. 8, Gobbler Hobbler 10K, Oswego - Phil Newberry, 38:37

Nov. 9, Bloomington/Normal Jingle Bell 5K - Mike McGuckin, 23:15

Nov. 9, Bull Run, Tampa - 5K, John Hickey, 26:36, 2AG; Erma Hickey, 28:58, 2AG; - 10K, Dan Gould, 41:32

Nov. 15, Pontiac Jingle Bell 5K, Charlie Grotevant, 20:30, 2AG; Mike McGuckin, 22:46

Nov. 15, Run by the Bay 5K, Apollo Beach (Florida) - Dan Gould, 20:05, 3AG

Nov. 16, Tinley Park Turkey Trot 5K - Phil Newberry, 18:19, 2AG

Nov. 16, Run the Webb 5K/8K, Tampa -**5K**, John Hickey, 27:38, 1AG; Erma Hickey, 30:08, 1AG; **8K**, Dan Gould, 33:51, 1AG

Nov. 22, Manatee River Run 10K, Palmetto, FL - Dan Gould, 42:23, 2AG

Nov. 22, Decatur 5K Turkey Trot - Pat Koerner, 16:46, 2AG; Now here is a time we can believe!

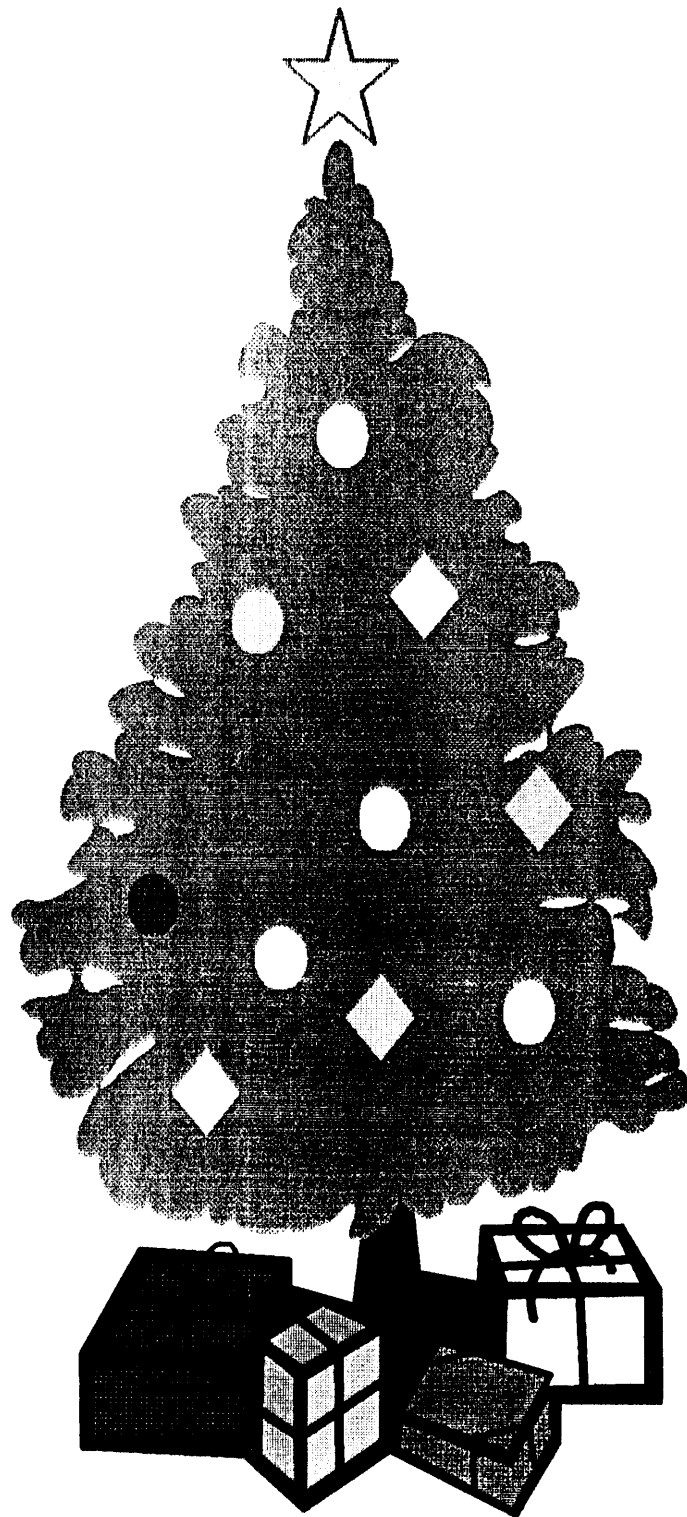
Nov. 22, Turkey Tromp 5K (Age-Sex Handicap), Danville - Charlie Grotevant, 21:16, 20th OA

Nov. 23, Peoria Turkey Trot 4 Mile - Mike McGuckin, 30:22

Nov. 27, Oglesby 3 Mile Turkey Trot - Pat Koerner, 16:29, 2AG

Nov. 29, Drumstick Dash 5K, Richton Park, 48 degrees, rainy, 387 finishers

Tom Stluka	16:46	11 OA
Pat Koerner	16:58	12 OA
Joe Burgess	17:14	1AG
Jim Grace	19:13	
Dave Barrett	19:16	3AG
Dan Gould	20:08	3AG
Bob Pool	20:52	3AG
Charlie Grotevant	21:08	1AG
John Pool	23:21	
Dee Osenglewski	24:17	2AG
Ray Feeley	24:59	
Rich Manthei	25:56	



MERRY CHRISTMAS

HAPPY NEW YEAR!!!

RUNNING & FITNEWS[®]

AMERICAN RUNNING AND FITNESS ASSOCIATION

Carbohydrates Reduce the Stress of Running

For an energy advantage, it's a good idea to use sports drinks before and during long runs. Recent studies are finding the carbohydrate in these products reduces the stress of running, too. Long runs not only stress your legs, they depress some of your immune function for three to six hours afterward. This immune stress was lowered when runners drank a popular sports drink containing a carbohydrate supplement every 15 minutes during a 2.5 hour run, according to David Nieman, Dr.P.H., and colleagues at Appalachian State

University in Boone, NC.

One of the markers of running stress is an increase in some types of white blood cells. Nieman found that the increase was lower in three types of white blood cells, when runners drank the sports

drink, compared to a flavored placebo.

Cortisol, which is a natural anti-inflammatory compound released in response to stress, also increases during and after running. Nieman's group also found that cortisol release was lower after a long run when the runners drank the sports drink, compared to the placebo. This also suggests less stress when runners drank carbohydrate.

These data, and other studies described this summer at a convention in Toronto, Canada, support a link between carbohydrate drinks and less stress to the immune system, according to Nieman. "We also found that pro-inflammatory cytokines are dampened, which probably means less stress to the muscle tissue," Nieman adds.

Carbohydrate sports drinks don't eliminate the stress of running, but evidence is accumulating to show that they reduce the increase in several markers of stress. And, of course, they are a ready source of some extra energy.

(American Journal of Clinical Nutrition, 1997, Vol. 66, No. 1, pp. 153-159)

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Exercise Lowers Breast Cancer Risk

Although the evidence that regular exercise lowers colon cancer risk is firm, data indicating physical activities reduce breast cancer risk have been regarded as unclear.

Yet, now we have an impressively large study that strongly supports the value of physical activities in leisure and work time, as a way to provide signif-

icant reduction in breast cancer risk.

icant reduction in breast cancer risk.

The study involved more than 25,000 women, followed for nearly 14 years by Inge Thune, M.D., and colleagues at the University of Tromso in Norway. There were 351 cases of breast cancer during this period, and when the characteristics of these women and the cancer-free women were compared at the end of the follow-up,

- researchers came to these conclusions:
- ✓ There was a 37% reduction in breast cancer risk among women who exercised regularly.
- ✓ Biggest risk reduction occurred in lean women, women under 45 years old, and women who exercised regularly for three to five years.
- ✓ Risk was also reduced by higher levels of physical activity at work, and younger women benefited the most.

While there is not a definite mechanism to explain these data, researchers believe an explanation is connected with the effect of physical activities on sex hormone concentrations and energy balance (calories in versus calories out).

Although there is a strong family history link in breast cancer (at least for susceptibility), breast cancer is one of numerous cancers that shows a strong link to lifestyle factors. The women who exercised in the study tended to have more education, higher income, smoked less, drank less alcohol, ate fewer calories, and ate less fat. All these factors may influence the incidence of breast cancer.

We cannot stress too strongly the importance of the Race for the Cure campaign. This new study underlines the value of this effort. *(New England Journal of Medicine, 1997, Vol. 336, No. 18, pp. 1269-1275, and 1311-12)*

**CHRISTMAS PARTY TIME!
FRIDAY, DECEMBER 12TH, 6:30 P.M.
BIRD PARK FIELD HOUSE, KANKAKEE**

Yes, President Henry and First Lady Janet will personally wish you a Merry Christmas and a Happy New Year as we gather to reflect, give thanks, and look to the future. The club will provide meat, bread, pop and beer. Bring yourself and a snack or a sweet. If you wish to participate in a gift exchange, please bring a \$5 gift. This is an adults only social and an RSVP is mandatory. In the words of that great philosopher Anna Goodberlet: "If you don't call, don't come!" Call now! Our operators are standing by (or the answering machine will be on!).

Henry & Janet - 933-9255
