



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



JANUARY 1998 KRRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 119



ON DAN'S RUN by Dan Gould

December should be designated "National Fat Month." I did my part! Part? Parties! Lunch, dinner, cookies, fudge, cake, pie, nuts! Whew!

The good news is that it is now January and I have my Tanita Body Fat Monitor Scale to inspire me. Now I not only know how fat I am, but what percentage of me is fat (about 17.5% as of this morning's weigh in). Most of you probably wouldn't think of asking Santa for this nifty electronic toy, but, should you want one, they are available at K's Merchandise.

December '97 was really a great month for running (and burning up those extra calories) with temperatures "running" well above normal. Thank you El Nino! Any December day I can run in shorts is a warm one! January is starting of with temps in the 40's and 50's - the kind of winter records we love!

We are now getting more daylight. I always look forward to December 21st (9 hours, 9 minutes of daylight) because there is more daylight each day thereafter. I can handle the cold better than the darkness.

Henry and Janet Shelly put together a great Christmas Party at the Bird Park Field House on December 12th. It was a lively group with some all too infrequently seen faces - May Kelly, Gerry and Judy Kilbride, Leon and Shirley Malone, and John Shoup and what's-her-name. May has been on the injured list this year. Gerry has gotten a clean bill of health after his post-

Kilbride Family Classic 5K in June. Leon's knees won't let him run and that has apparently dimmed Shirley's enthusiasm. It's always good to see these people.

The Runner

On a flat road runs the well-trained runner,
He is lean and sinewy with muscular legs,
He is thinly clothed, he leans forward as he runs,
With lightly closed fists and arms partially raised.

-Walt Whitman

What's-her-name? Well, she isn't a member, although she is sporting an engagement ring and we would probably accept her as a family member if John can find the extra \$5 this year. He will probably use the \$5 he bummed off me at Jewel the other morning. Looking at his waist line these days, he should probably stay out of food stores.

Race Director Phil Angelo suffered the agony of success as a record field turned out for this year's Jingle Bell 5K. Long lines at the registration table, a delayed start, inadequate refreshments (except for Glen Grant's wonderful Chicago Dough pizza), and a room almost too small for the post-race festivities were the consequences.

The weather certainly helped - sunshine, 25 degrees, a light wind. The course was fast except for the off-road portion of the second mile which was still snow and ice-

JANUARY		
NAME	DAY	AGE
Ray Feeley	27th	51
Patrick Gerst	20th	41
Linda Grace	26th	36
Joyce Grotevant	28th	56
Rae Hillebrand	5th	5
Brett Linn	26th	16
Rick Livesay	12th	44
Jim Martell	25th	43
Samantha Rahrig	26th	13
Jay Samuel	22nd	35
John Shoup	23rd	48
Dianne Strufe	29th	58



WELCOME NEW MEMBERS

The Saylor's - Joe, 42, and Terri, 47, Bourbonnais

Patti Lauer, 27, Joliet

The Draines - Nathaniel, 16, Charles, 42, Susan, 43, Amanda, 20, Dan, 18, Bourbonnais

The *Paper Race* is the newsletter of the Kankakee River Running Club and is published each month for its 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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covered. Times were substantially better than last year. Bryce Baker, who won it last year in 17:14, won it this year in 16:24. There were 142 finishers this year compared to 87 last year.

Total participation was well over 200 with the walkers. Augie Hirt, a former Olympic race walker, won the walking division. Being the class act that he is, however, he declined the award. Augie, you're always a winner with us. Augie is a CPA by day, an instructor at the Heartland on weekends, and promotes the healing properties of magnetic field therapy. Augie is a member from Warrenville.

Speaking of people we seldom see, a dozen of us went to lunch after the Jingle Bell. Lynn Troost, a founding member of KRRC now living in Urbana, and Mike and Georganne Hickey were part of the group. I think I've seen more of Lynn this fall than Mike and Georganne - and they live in Momence!

While we were jingling our bells, Tom and Mike Stluka were on their way back from the Rocket City

Marathon in Huntsville, Alabama. They successfully negotiated the 27 degrees and the wind in the face for the second half. Tom's 2:44:50 was good for 25th overall and 2nd in age group while Mike had a 3:13:40. Nice going under adverse conditions!

Mike McGuckin spent the holidays in sunny...eh, make that rainy Florida. He picked a fine day for the Say No to Drugs 10K in Clearwater - cold, wind, and rain. Apart from the weather, it was apparently a superb race. It was Mike's 28th of the year and a satisfying sub-50 minute effort. Mike even caught a fleeting glimpse of Reo Rorum who, when he was here last summer, said he was looking forward to competing in the master's division (this race had \$10,000 in prize money including \$400 for first master and \$200 for second).

Mike, I owe you an apology. As I cleaned off my newsletter desk, I found your letter from early September reporting your racing adventures at Dawson Lake, Delevan, and Bloomington in August-September. I guess early old timer's disease has taken a greater toll than I realized.

Charlie Grotevant and I finished off the year by running the Hardcore 4.37 Mile in Kewanee at 1:00 P.M. on December 31st. We were joined by 244 other people that didn't have anything else to do that sunny, cold (22 degrees, windy) afternoon and figured they could end the year with a PR. How many 4.37 mile races are there?

Kewanee? Ten miles south of I-80 about 2.5 hours west of here. Population 13,000. Claim to fame: Good's Furniture - since 1895. Furniture? Don't forget the Wine Cellar Restaurant, the Skywalk Cafe, the Bed n' Breakfast, leather goods, sweaters, coats, etc. This store sits on two sides of the street, is connected by a skywalk, has an atrium and glass elevators. Guess

where Joyce spent the time while Charlie and I were racing?

The post-race was held at two adjacent bars. While this was a 10 year age group race, they compensated for that in part by going 4-5 deep. They had a ton of door prizes, but neither my name nor Charlie's was drawn. Carol Pratt was there, but I neglected to get her time. I'm not sure she wanted me to get her time. Mitch Hobbs was there. He will bring his mobile store (Often Running, Bloomington) to Winterfest again this year.

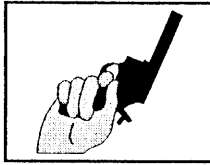
I met Bill Linn at the park on the morning of New Year's Day and we ran a little over six miles along the snow-covered path bathed in sunshine. What a great finish to '97 and start to '98 - racing and running with two of my best friends. The best of Christmas gifts!

Bill dug out his running logs and Linda added up the miles. Around the World Club - 25,000 Miles? Looks like we have another member. Don't miss Charlie and Joyce Grotevant's Around the World Party on January 25th for all their running friends. Now where is Ken Stark when you need him? We need someone to design a logo, perhaps incorporating a globe or world map, a runner, and "I've Run Around the World - 25,000 Miles!" How about putting that on your t-shirt, sweatshirt or windbreaker?

I talked with Chuck Pangle, Superintendent of the Kankakee River State Park, sometime in December. Yes, he said, they probably could keep the heated restrooms in the main park open this winter. Yes, the trail will get a coat of blacktop between the campgrounds and out to Old Chicago Road (the archery range) leaving only the Davis Creek portion of the trail "soft." There is a possibility that a well could be dug at the west end so we will have water out there.

Hope to see you on Dan's run '98. Let's make it a good one!
(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., 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., Jan. 11th - Disney Marathon - Good Luck, Jim Grace!

Sat., Jan. 17th -1:00 P.M.- Chilly Chili 4.5M, Green Gables, Lake Bloomington, \$8/10 (sweatshirts can be purchased for \$15), door prizes, all you can eat chili. 309-452-7749

Sun., Jan. 18th - 9:00 A.M. - Park Forest Mid Winter Frolic 5K, Forest Trail Jr. H.S., Lakewood & Wilson, \$12/14 after 1/12, finish place awards to all and pancakes. This used to be a 10K. Cheryl 708-747-6804.

Sat., Jan. 24th - 9:00 A.M. - Frosty 5K Run, 8050 S. Newcastle, Burbank, OA and 2 deep in AG, USATF cert. course. Bill 708-599-2070.

Sun., Jan. 25th - 1:00 P.M. - AROUND THE WORLD PARTY & 3 Mile Prediction Run, Kempton. See flyer enclosed.

Sun., Feb. 1st - 1:00 P.M.- WINTERFEST 5K, Small Memorial Park, Kankakee. See app for details.

Sat., Feb. 7th - 11:00 A.M. - The Clear Pond 5K, Kickapoo State Recreation Area, \$5, awards to top 15 male and top

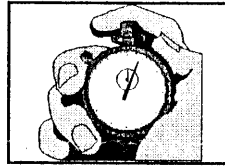
7 female, 25 more awards at post-race party. This is a Kennekuk Road Runners event - of course there's a party! NO RACE DAY ENTRIES. Marc 217-431-4243.

Sun., Feb. 8th - 1:00 P.M. - Frosty Five Mile Road Run, Channahon Middle School, \$14/16, stocking caps to first 200, awards 2-5 deep in 5 yr AG to 60+, refreshments. 467-7275.

Sat., Feb. 21st - 10:00 A.M. - 8th Annual Caribbean Cruise 5K, Keeling Center, 375 Oswego St., Park Forest, \$15/16 after 2/10. Unspecified awards. Bill 708-747-3684.

Sat., Feb. 28th, 8:30 A.M. - 4:30 P.M. - 7th Annual Road Race Director's Conference, Wyndham Garden Hotel, Oak Brook Terrace. Reg. Fee \$85 includes guidebook, t-shirt, lunch & snack. For more info: Ray Vandersteen, 630/953-2052.

THE



FINISH

LINE

Nov. 8th, Commodore 1/2 Marathon, Crane, IN. - Lynn Troost, 2:08:50, 2AG

Nov. 29th, 38th Annual Alton Great River Road 10 Miler, 50's, rain, 1200 runners - Lynn Troost, 1:33:50

Dec. 7th, Frostbite 10 Miler, Springfield - Charlie Grotevant, 1:12:59, 1AG; Jim Grace, 1:06:??

Dec. 13th, 21st Annual Rocket City Marathon, Huntsville, AL. - 27 degrees, out-and-back course and the 2nd half was into the wind! - Tom Stluka, 2:44:50, 25th OA & 2AG; Mike Stluka, 3:13:40. Both qualify for Boston. Nice Going!

Dec. 14th, Kankakee Jingle Bell 5K Run/Walk for the Arthritis Foundation - sunny, 25 degrees, light wind,

Pat Koerner	17:13	1AG
Dan Flynn	18:25	3AG
Ken Klipp	18:27	1AG
Phil Newberry	18:57	2AG
Jim Grace	19:14	1AG
Van Lewsader	19:49	1AG
Dan Gould	20:06	1AG
Ben Gerst	20:09	
Charles Kennedy	21:15	1AG
Bob Pool	21:18	2AG
Bill Linn	21:33	3AG
Rich Olmstead	22:17	
Marcia Lonergan	22:52	1AG
John Pool	22:53	3AG
Dan Gerber	23:06	3AG
Ben Angelo	23:09	
Theresa Burgard	23:15	1AG
Dee Osenglewski	24:08	2AG
Paul Surprenant	24:21	2AG
Ron Ruda	24:29	
Nancy Ruda	24:35	3AG
Cary Yoakum	24:36	2AG
Amanda Uribe	24:37	1AG
Ray Feeley	24:40	
Rich Manthei	25:35	
Mike Belletete	27:13	
Allison Williams	27:16	
Krista Hickey	27:23	
Lynn Troost	27:57	2AG
Jackie DeLong	28:06	3AG
Myles Hillebrand	28:22	
Mike Hickey	29:34	
Georganne Hickey	34:34	3AG

Dec. 27th, 9th Annual SAY NO TO DRUGS Holiday Classic, Clearwater, FL. - Mike McGuckin, 49:42

Dec. 31st, Hardcore 4.37 Miles, Kewanee, sunny, 22 degrees, 246 finishers, 10 yr age groups - Dan Gould, 29:00, 3AG; Charlie Grotevant, 29:32, Rich Manthei, ??; Carol Pratt, ??

KRRC MEMBERS IN THE NEWS

Manteno teacher participates in Florida DARE Triathlon

Shortly after dawn, a miniature cannon was fired, and the Great Floridian Triathlon was underway. The 700 triathletes came from 44 states, 11 countries, and five continents. Among them was Van Lewsader, Manteno Middle School teacher.

The race started with a 2.4-mile swim in Lake Minneola. It transitioned into a 112-mile bike ride and finished with a marathon run (26.2 miles). After a year of intense training, Lewsader's primary goal was to simply finish without needing any medical assistance. His anticipated finishing time was 13 1/2 hours. Why put your body through this torture? Lewsader said, "It just became a personal challenge through regular cross-training. Plus, it is a great way to meet people and to see the states, and that often highlights discussions in

my social studies classes."

Lewsader exited the swim in a time of 1 hour and 14 minutes. Despite swimming an extra quarter mile due to waves and mass congestion, he was still on pace. The bike segment brought 35 miles of hills and a loose bike seat for 50 miles. Top speeds reached 45-50 mph. The toughest climb was Sugar Loaf Mountain, a one mile hill with a 300 foot elevation. After six hours and 20 minutes and an average speed of 18 mph, the ride was completed. Lewsader was still on pace. The temperature was now in the mid 80's and compounded by high humidity for the marathon run. It was crucial to get food and drink at every water station. As each mile passed and the sun began to set, Lewsader realized he would break the 12 1/2 hour barrier. There was no doubt that he would finish, and it

would be at least an hour ahead of schedule. With three miles to go, Lewsader decided to push the envelope by running a 7:30 pace as to beat another time barrier. He wanted to finish before 12 hours and 15 minutes. When he crossed the finish line, the time read 12 hours, 15 minutes, and 29 seconds.

Lewsader was incredibly proud and surprised about his accomplishment. At the banquet and awards ceremony the next day, Lewsader learned the race results. Of the nearly 700 triathletes, 70-80 did not finish due to exhaustion, injury, or time constraints. Overall, Lewsader finished 161st, and he was 37th out of 112 participants in his age group. The overall winner was Allen Hurd from Georgia in nine hours and 45 minutes. The first place female was Kathy Stetz of Michigan in 10 hours

and 43 minutes.

The next challenge for Lewsader is to assist the Manteno DARE Program. Mr. Lewsader and the Manteno DARE Program will be speaking at local schools about "saying no to drugs." Lewsader emphasizes keeping involved

in local organizations and school activities as well as believing in yourself with goal-setting. Anyone wishing to contribute to this effort may send a check to DARE Triathlon, P.O. Box 522, Manteno, IL 60950.

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Sagebrush

by Robert Man

More public humiliation for Christmas

Merry Christmas, Charlie Grotevant!

Every community has service organizations. And every service organizations has a handful of people who provide 90 percent of the service.

Charlie is one of those service providers for the Kempton-Cabery Lions Club.

The Kempton-Cabery Lions, like every other Lions group in our area, works wonders for people of all ages. Kempton-Cabery area kids, needy families and handicapped individuals have been helped by the local Lions. And Charlie seems to be the guy who so often is spearheading those projects.



Hanks joins ONU

Signing on for collegiate play: Darcy Hanks has earned an athletic scholarship and has committed her talents to Olivet Nazarene University's softball program. Her parents (r.), Donna and Stephen, joined by head coach Ritchie Richardson and assistant coach Heather Salter, give her their support in the decision. Hanks, a Bradley-Bourbonnais Community High School senior and Illinois State Scholar, brings

the Tigers a combination player with her pitching and infielding abilities. Hanks joins a club that enjoyed great success last season finishing with a 50-13 record while winning the National Christian College Athletic Association National Championship with advancement to the National Association of Intercollegiate Athletics World Series. (Herald photo by Brendan Olszewski)

Your workouts cause changes in your blood that are part of the health benefits of exercise and sports.

The Athlete's Body: Blood



Your heart grows stronger and more efficient with exercise, and the volume of blood it pumps out with each beat increases. The total volume of blood increases too, as your body makes more plasma (the watery component). Regular moderate aerobic exercise may increase your plasma volume by 5%. "In elite endurance athletes plasma volume may increase by as much as 20%," says AR&FA Editorial Board Member Randy Eichner, M.D. The number of red blood

cells usually stays about the same, which means they become less concentrated in the larger volume of blood. The number of red cells in unit blood volume is called hemat-

ocrit. Hemoglobin is the iron-containing pigment in red blood cells that carry oxygen from your lungs to the tissues that need it. Since red cells are diluted in the extra blood volume, hematocrit and hemoglobin levels tend to be lower than average in aerobically fit folks. They tend to be at the low end of the normal ranges, or even slightly below.

The dilution effect is so characteristic that it is sometimes called "athlete's anemia." This sounds negative, but rather "It's a performance benefit because it is associat-

ed with an increase in your heart's output," says Eichner.

If you are in good shape, have no symptoms of anemia (such as paleness), and are energetic and performing well, low values of hematocrit and hemoglobin may not be a problem. Check your records. If you always have the same low values and are in good health, you should not have a problem. If your normal values have gone down, take an iron supplement. If the supplement sends your hematocrit and hemoglobin up, you were anemic.

There are other benefits from regular workouts. "Exercise is like an anticoagulant," says Eichner. The increase in plasma volume reduces your blood's viscosity, which means it flows with less effort. Another diluted component is fibrinogen, a protein that must be converted to fib-

rin to form a clot. Your red blood cells also become more elastic, and deform more easily when you work out regularly. Lower viscosity, lower fibrinogen, and more deformable red cells all reduce the tendency of your blood to form a clot. This, in turn, reduces your risk of clots in vital organs, such as your heart and brain. Risks of heart disease and stroke are also reduced because regular aerobic exercise keeps your blood pressure down.

There's more. Blood cells called platelets can stick together to form a clot. When red blood cells are more dilute in trained people, they have less tendency to push platelets against an artery wall, which also lowers risk of blood clots.

It's nice to know that the exercise that tunes up your muscles, tendons, and ligaments, tunes up your blood as well. (75)