

THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



APRIL 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 122



APRIL

NAME	DAY	AGE
Tom Baldwin	7th	78
Ken Barrett	3rd	4
Dave Bohlke	20th	52
Lindsey Brinkman	7th	12
Briane Brinkman	12th	10
Clarence Brock	29th	46
Joe Burgess	29th	41
Nathanial Draine	3rd	17
Anna Goodberlet	17th	40
Kyle Goodberlet	4th	16
Georganne Hickey	9th	46
Charles Kennedy	12th	60
Dan Osenglewski	2nd	42
James Ruberg	10th	47
Rob Ruda	18th	51
Ken Stark	2nd	55

WELCOME NEW MEMBER

Mary Mae Linn, a Golden Lab, keeping Linda Linn up nights. Perhaps you and Maria Lonergan can share a dog sitter.

ANNUAL MEETING

Chicago Dough
6:30 P.M.
April 1st
Pizza & Beverages
Election of Officers

ON DAN'S RUN by Dan Gould

Fall. It came early this year. No, I'm not talking about September or October. I'm talking about the once a year "fall over the crack in the sidewalk" fall. Specifically, it occurred on March 6th at the corner of East Avenue and Hickory Street in the City of Kankakee. The cause was my low foot lift and a broken sidewalk raised about an inch. The consequences were road rash on both hands, one knee and a shoulder. Happily, I don't think anybody saw how clumsy I was. I bounced up and kept running as if nothing had happened, but it hurt.

I was at the park two days later for the Sunday morning run. I could only wonder: Did I hit my head when I fell? I awoke to a temperature in the upper 30's and wind driven rain. It wasn't forecast to get any better and it didn't. So, why would I go to the park for a 10 mile run when any sane person would have made a pot of coffee, got out the donuts, and curled up with the Sunday morning papers? I guess years of running and the aging process have taken too many brain cells.

Much to my surprise, several other brain cell deficient runners were at the park before me: Bill Linn, Ken Klipp, Larry Lane, Dave Spencer and Clarence Brock. Clarence complained that I only planned to do 10 miles. He said he would be doing 14 if he went to Channahon with the Prairie Staters. He didn't realize what a bunch of wimps we are. Cornstalk wasn't there. I don't think Donna lets her children play in the

rain. Jim Grace probably went to Cary Grove for the half marathon (talk about brain dead!). Bill, Ken and Larry talked themselves into exhaustion with their "coaches corner" conversation and quit after 8. Dave is still building endurance and not ready for 10. That left me to keep Clarence company for 10. I managed to keep him reined in until the last half mile, but he is a spirited (and talented) horse who simply had to stretch it out.

A Hickey sighting! Yes, folks, Mike, Georganne and family are alive and well, but you may have to go to the track meets to see them. Between work, family and coaching, well, as Anna said in last month's newsletter, life has gotten in the way of running and racing. Actually, they are just doing a different kind of running.

Another part of team Hickey, John and Erma, were in Illinois, but not in town. They were in Decatur where daughter Debbie had surgery. All being well, they returned to the warmth of home in Port Charlotte, Florida.

Charlie, Joyce, Jeff, Marcia, Penny (the dog) and I went to Bloomington for the St. Patrick's Day 5K on a cold, grey March 15th. The highlights for me were the creatively designed sweatshirts and the pork sandwiches (courtesy of the Illinois Pork Producers).

The highlight for Charlie was another great time and dusting me off for the second time in three races. Jeff was also starting to fill my rearview mirror as we approached the finish line. There was no gold for us, but Charlie did get close enough for a smell. If they

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had broken the 50-59 into 5 year age groups, we both would have placed. It was my fourth race of the year and I remained consistent: 3 seconds per mile slower than a year ago!

Mike McGuckin was at the race, but did his usual disappearing act. The brothers Pool were there and Bob did pick up some gold in the 60+ age group.

I passed on the Run for the Funds 5K at Morris due to another obligation. I'm glad I did. According to Clarence Brock and Phil Newberry, the course was about 3.6 miles. How can somebody be half a mile off? This is the kind of a race for which you have to put an asterisk in your log book. I would not have been pleased.

Second, they had great refreshments and door prizes. I would have had to leave shortly after the race and missed out on the goodies. So, for me, it was a good miss.

Other than the long course, I gather Clarence and Phil enjoyed the outing. They were third and fourth

overall, respectively. Nice going!

Charlie, among others, chose the insanity of the Mt. Goat Hill Runs in Danville instead of the Run for the Funds. Charlie did the 8.8 mile version which is for the truly masochistic. He was justifiably proud to be 30th overall.

Jeff Lindstrom, President of the Prairie State Road Runners, likes to plan ahead. He has already mailed out the app for the Sundowner 5K in late July. I have to say "late July" because I have apparently already misplaced it. Hope I can find it by July!

Jeff, by the way, tells me that St. Joseph's Hospital and Harrah's have merged their races. The date will be June 14th, but I don't know what the distance will be. St. Joe's has been an 8K and Harrah's a 5K.

The Perry Farm Four Miler should be on your calendar April 25th. Henry Shelly and I talked with Bruce Baum, the new Director of Recreation for the Bourbonnais Park District, hoping to get this race on the right track. Enclosed you will find the registration form. After careful examination of it, I fear the park district has just insured failure. The "powers that be" simply don't understand road racing.

Well, we have plenty of material for this issue. Anna has another "Eclectic Extra," Charlie has given us a piece on running a race which was canceled, and Ken Klipp has given us the first of what we hope will be a regular column, "Krap from Klipp." The latter appears if, with my limited knowledge of computers, I can get it off the disk he gave me. Thanks to all!

Henry is going to schedule a meeting... He has? See the calendar and be there!

Augie, my golf pro is now giving testimonials to the power of magnetic healing.

Hope to see you on Dan's run!
(Send your news and notes to Dan Gould, 212 Julie Dr., Kankakee, IL. 60901)

RACE CANCELED
WE RAN ANYWAY
by Charlie Grotevant

A rainy Sunday morning literally dampened my spirits for traveling to the Delavan Frostbite Classic Half Marathon, an event contested on the country roads 35 miles west of Bloomington. Mike Hilgendorf, from Pontiac, planned to ride with us. John Pool was going to be running his first half marathon.

At Winterfest, John had inquired of me about the particulars of this race. It is a low-key race (no shirt or food) and only \$1 for a race day entry. No point in pre-registering, is there? I also stretched the truth a bit by telling John it was a flat course. In previous years (I've run the race 5 times) the fastest masters runners from Peoria and Bloomington have always provided excellent competition and I wanted John to share the experience.

Upon returning from church at 10:00 A.M., we found no message of surrender to the weather from Mike, so I, while ignoring Joyce's objections to "the terrible day for running a race," dressed for the race. We left for Delavan via Pontiac, where Mike joined us, with Joyce continuing to point out reasons for staying home.

The rain lessened as we continued towards Delavan. It was only a sprinkle when we arrived at the high school. Only 12 to 15 cars in the parking lot at 12:30 for the 1:00 P.M. race. "Looks like the sissies stayed home today," I remarked. Joyce promptly corrected me "the intelligent ones stayed home." "OK, dear!"

We immediately saw John Pool and parked by him. "The rain stopped in time for the race," I said. John replied, "Race has been canceled for today, they'll run it next Sunday." The race director came up to us saying "canceled the race at 8:00 A.M. during a cloudburst.

Called all who had pre-registered." No reason for pre-registering, was there?

John said some others were going to run the course. "Is the school open so we can use the rest rooms?" "Yes," replied the race director. Mike, John and I decided to run. Dennis and Judy Oltman arrived from Pontiac and also wanted to run. Joyce took us east of town to the starting area. Others who were running had no Joyce so they started from the school.

The course consisted of twice around a 6 mile loop and past a cemetery on the way into town to finish at the high school. The Windstar was parked at 6 miles to give us comfort and liquids as Joyce read the Sunday papers and worked crossword puzzles. About 15 ran the first loop and 7 or 8 ran 13 miles or more.

Two miles east up and down 3 hills into the 20-30 mph ENE winds, 1 mile south with 1 hill, 2 miles west with 1 hill and a tail wind, then 1 flat mile north into the teeth of the wind which was switching to a more northerly direction. Then 1 more 6 mile lap and into town to the school. John Pool finished his first half marathon in 1:52, easily surpassing his 2 hour goal. John questioned my ability to judge the terrain of a race course. "2 miles of the 6 mile loop are flat," I replied.

As we left Delavan for our return home, I pointed out to Joyce that we had actually saved a \$10 entry fee and had not wasted a half tank of gas as she had previously concluded. I also learned one more reason to pre-register for races. Happy running to all. See you at the races!

ECLECTIC EXTRA by Anna Goodberlet

St. John's Wart, Echinacea, Goldenseal, Feverfew, Garlic, etc. Do any of these words sound familiar

to you? If the only one that does is garlic, and you are talking Italian food, you clearly haven't been reading any magazine articles or newspapers lately. The above-listed are just some of nature's remedies made from herbs, flowers or other natural ingredients and, though being touted as something new and magical, have been around for centuries to cure illnesses and help boost energy levels and immune systems.

I am far from being an expert on alternative medicine, but I have experimented with some of the above concoctions over the last couple of years and am one of many singing their health benefits. I have been plagued by recurring sinus infections for years, a problem that almost everyone seems to be prone to these days. Quite a few years ago, I was discussing this with Donna Koerner and she suggested that I try Echinacea. Her recommendation was to take two pills in the morning for three days and then off three days. That way the body does not develop a tolerance for the herb. I followed her advice and my sinus infections were drastically reduced. Since then I have developed my own routine through trial and error. Besides Echinacea, which boosts the body's immune system, I have added Goldenseal, but only throughout the winter flu season. Goldenseal acts as a natural decongestant, drying up excess mucous. I also take 500mg of vitamin C everyday. To help relieve headaches and muscle pains, I now reach for Feverfew instead of Tylenol.

I just wish I had known about alternative medicine when my children were younger. My children were constantly on antibiotics for ear and throat infections. This is not the case with Pat and Donna Koerner's children. Colin, 5, and Casey, 2 1/2, have only been on antibiotics once in their lives. Colin came down with an ear infection when he was 9 months

old and a common drug was prescribed. In Donna's own words, "it turned Colin into a wild man." Donna consulted her sister who suggested Homeopathic Medicine. Donna and family now go to a true Homeopathic doctor and are very rarely ill. The children had to have a one time extensive medical visit. Now Donna calls in the children's symptoms and a natural remedy is prescribed by phone. Donna also pointed out that "it's a lot less expensive than doctor visits and prescriptions." While this may not be the answer for every family, it has definitely worked for the Koerners.

A word of caution is in order. I was so enthused by the benefits, I was recommending Echinacea to everyone who had colds or sinus problems. One person became even worse due to the fact that she had severe allergies and Echinacea is from a daisy type flower. Oops. If you would like to try alternative medicine, I feel the best bet is to read some books on the subject. There are tons of them out there. I know it has been very beneficial to me. If you have comments, contact me at Goodberletinc@colint.com or call at 9333-7212.

KRAP from KLIPP by Ken Klipp

Well, Judge finally did it. For years I've been telling judge that I would write a column for the newsletter, but, of course, I never got around to it. What finally pushed me over the edge was Dan's column on his adventures with a proctologist. I thought, "He's finally run out of material." That was way more information than I needed. So I figured I'd try and help him out.

So, anyway, this is my first attempt at contributing to the monthly newsletter. I'm not sure what I can contribute, but the idea was to try and use any knowledge that I may have gleaned from my years of coaching and studying exercise

physiology to offer advice, answer questions, or report information on the many aspects of training. I was really hesitant to try it for a long time. I figured "What do I have to offer anybody?" I'm no smarter than anyone else. But then I remembered what a great coach once told me at a clinic. He said, "When I tell you what I think, only three things can happen, and all of them will make you feel good. First, I might tell you something that you already know, and you'll think "Heck, I'm as smart as him," and that will make you feel good. Second, I might tell you something that will make you say "That's not right. I know more than he does," and that will make you feel good. And lastly, I might just tell you something that you can use, and that will make you feel good." So, I figure you can't lose. Anyway, with that disclaimer having been offered, I will occasionally try to put down some ideas that might be of some help.

My second disclaimer is this: If what you are doing is working for you, or you have no interest in training to run faster times, then this would be a great part of the newsletter to use in your bird cage. I guess my first official piece of advice is simply that running should always be fun (or at least satisfying), so if you are satisfied, don't change anything, regardless of what you might read in this or any other space. As you know, running is such a personal experience that each of us finds our own way to use it and be rewarded by it. Don't do or try anything that you don't feel fits your personal philosophy.

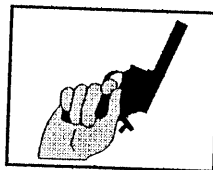
Well, this first column was pretty simple. I didn't even have to dig into my "well of knowledge." In the future you can expect some random neural firings about just about anything – the physiology of training, training tips on intervals, stretching, diet, speedwork, etc, dissertations on personal philosophy/opinions, ideas for the club, information I come across in

journals or newsletters, or just about anything I feel like writing about (You know, the same stuff Judge does in his part of the newsletter!). If you have any questions you'd like answered or comments you would like to make call me (937-1958) or Judge, or e-mail me at bio-man@vqe.com

It took me four or five years to write this first one. I hope it doesn't take that long for the second edition. I do promise one thing, however – no stories about my colon. See ya.

[Ed. Note: Ken Klipp is a founding member of the the Kankakee River Running Club, a graduate of EIU, and a teacher/coach at Bishop McNamara H.S.]

**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., Mar. 28th - Fools Run 4 Miler, Park Forest. 708-481-4521

Sat. Mar. 28th - 8:30 A.M. - Riverside 1st Annual Walk for Health, ONU McHie Arena, Bourbonnais. Special Guests: Mrs. George Ryan and Mary Kay O'Brien. For info 936-6555.

Sun., Mar. 29th - 10:00 A.M. - Lincoln Memorial Half-Marathon & 5 Miler, Springfield. 217-241-0393

Sun., Mar. 29th - 8:00 A.M. - Spring Ahead 5K, Central H.S., 610 W. University, Champaign, ts, 10 yr AG 3 deep. Kyle 367-7450

WEDNESDAY, APRIL 1ST, 6:30 P.M. - Kankakee River Running Club Annual Business Meeting/Election/Appointment of Officers. Adults & those in adult bodies. Pizza and beverages provided. Chicago Dough, Bourbonnais

Sat., Apr. 4th - 10:00 A.M. - Ringing in Spring 5K, Valparasio YMCA, 55 Chicago St. \$12/15 after 3/27 w/shirt

Sat., Apr. 4th - Coca-Cola Classic 5K, Bloomington. 309-378-2408

Sun., Apr. 5th - 9:00 A.M. - New Lenox Fabulous 4 Miler, Lions Community Center, \$10/\$12, ts, unspecified AG, 485-1737

Sat., Apr. 18th - River to River Relays

Sat., Apr. 18th - 9:30 A.M. - Eureka Spring Classic 4M. 309-467-2119.

Sat., Apr. 18th - 9:30 A.M. - Just A Little Run 4 Miler, Lansing, \$13/16, ts. 708-474-8552.

Mon., Apr. 20th - Boston Marathon

Sat., Apr. 25th - 9:00 A.M. - Perry Farm Spring 4-Miler, Res.\$10/14 after 4/6, Non-Res. \$15/21 after 4/6, Ts for pre-registered, OA & 2 deep in unspecified AG. You must be at least 15 years old to enter. 933-9905

Sat., Apr. 25th - 9:00 A.M. - Starved Rock 3 Mile Membership Run, Deer Park Elementary School, LaSalle. 941-3702

Sun., Apr. 26th - Lake County Races, Marathon, Half, and 10K. No race day reg. 847-266-RACE.

Sat., May 2nd - 9:00 A.M. - Lake Run 7.5M & 4.37M, Lake Bloomington, \$15/18, ts, 5yr AG, refreshments. 309-378-2312.

Mar. 21st, Run for the Funds 5K, Morris - NOTE: Course was actually 3.6 miles. Clarence Brock, 19:47, 30A; Phil Newberry, 21:05, 40A

Sun., May 3rd - 8:00 A.M. - Great Western 30K, Great Western Bike Trail, St. Charles. 630-584-8384.

Sun., May 3rd - 9:00 A.M. - 14th Annual Earl's 5K, Jefferson & Hammes, Joliet, \$13/15 after 5/1, shorts, 5yr AG, free beer, pop & beef sandwiches. PSRR Circuit. 729-1971.

THE
FINISH
LINE



Jan. 25th, Gasparilla Warm-Up, Thonotosassa, FL - 5 Mile, Erma Hickey, 45:45, 1AG; 5K, John Hickey, 25:24, 1AG

Feb. 21st, Strawberry Classic, Plant City, FL - 5K, Erma Hickey, 30:11, 1AG; John Hickey, 26:07. This is a cross-country race with lots of water & mud this year.

Mar. 8th, Cary Grove 10K - Phil Newberry, 39:18

Mar. 14th, Easter Seal 5K, Ottawa - Jeff Lonergan, 21:02; Carol Pratt, 22:00 (?)

Mar. 15th, St. Patrick's Day Run 5K, Bloomington, 236 finishers, temp low 30's, overcast, NE wind

Charlie Grotevant	20:10
Dan Gould	20:17
Jeff Lonergan	20:28
Bob Pool	21:25 3AG
John Pool	22:41
Marcia Lonergan	23:30
Mike McGuckin	????

Mar. 21st, Mt. Goat 8.8 Mile, Danville
Charlie Grotevant 65:13 30OA

3-18-98

Vitamin E appears to cut prostate cancer risk, deaths

ASSOCIATED PRESS

WASHINGTON—Vitamin E pills reduced the risk of prostate cancer by a third and the disease's death rate by 41 percent in a study of thousands of smokers, researchers report.

The same study in Finland also found that a form of vitamin A had no effect on reducing cancer.

"There may be a pattern developing of some kind of broad cancer-preventive effect from vitamin E," said Demetrius Albanes, a National Cancer Institute researcher and co-author of the study. A report on the study will be published Wednesday in the Journal of the National Cancer Institute.

Albanes said that although vitamin E and beta carotene, the form of vitamin A used in the study, are antioxidants, only vitamin E appears to give a statistically significant protection against cancer.

In fact, Albanes said, the data suggest that beta carotene users in the study were about 16 per-

cent more likely to develop lung cancer. This result, first reported three years ago, startled many researchers, who had expected beta carotene to be proved as a cancer preventive.

Albanes said analysis of the study shows that vitamin E, in the form of alpha tocopherol, provides some protection against colorectal cancer and lung cancer, although these data are not as dramatic as the prostate cancer results. "This is a striking one-third reduction in the incidence of prostate cancer and an even more impressive reduction in the rate of prostate cancer deaths," said Albanes, who participated with researchers from the University of Helsinki.

Although the finding for vitamin E is encouraging, he said it is premature to recommend that everybody start taking vitamin E supplements. Albanes said there needs to be another long-term study involving non-smokers and people of different races and ethnic backgrounds.

PARTY! PARTY! PARTY! PARTY!

ACTUALLY, IT IS JUST THE ANNUAL ORGANIZATIONAL MEETING WHICH, PERHAPS APPROPRIATELY, IS SCHEDULED FOR APRIL FOOL'S DAY. WE NEED LEADERSHIP, WE NEED NEW BLOOD, WE NEED..... AH, THE HELL WITH IT. SHOW UP AT CHICAGO DOUGH, WEDNESDAY, APRIL 1ST, 6:30 P.M. TO EAT, DRINK, ELECT OFFICERS, & ASSIGN JOBS. ANYBODY WHO DOESN'T SHOW UP IS LIKELY TO BE ELECTED OR APPOINTED TO SOMETHING. AT A MINIMUM, WE WILL START A VICIOUS RUMOR ABOUT YOU. LEAVE THE KIDS AT HOME!