

# THE PAPER RACE

## KANKAKEE RIVER RUNNING CLUB NEWSLETTER

JUNE 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 124



### JUNE

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Amy Baldwin	14th	12
Tim Benoit	12th	41
Alex Brinkman	19th	6
Katie Dorn	1st	13
Marty Klipp	23rd	22
Sue LaMore	21st	45
Larry Lane	27th	50
Linda Linn	9th	44
Dan Morse	25th	39
John Pool	13th	56
Bob Pool	15th	62
Dave Schkerke	7th	46
Heather Steffen	12	18
Mike Stluka	27th	37



### New World 10,000 Meter Mark

Haile Gelrselasse of Ethiopia cut 5 seconds off the world record for 10,000 meters in Hengelo, Netherlands, with a time of 26:22.7 at the Adriaan Paulen Memorial track meet on June 1st.

### ON DAN'S RUN by Dan Gould

May we always be blessed with such a beautiful May! After what seems like an eternity, May was a great month with lots of sunny days and some unseasonably warm temperatures. Whether you were running, biking, or golfing, we had the weather!

Clarence Brock, the 46 year old new kid on the block from Wilmington, had another good month. As reported in last month's newsletter, Clarence won Earl's 5K on May 3rd. He also won the Run for the Health of It 5K in Morris on May 14th and the Streator Memorial Day 5K on May 25th. He finished second overall in the Mayor Graves 5K in Harvey. Not a bad month's work for an old guy.

Clarence had an easy victory at Morris, but he didn't know it. It was sunny and a bit warm, especially running into the sun in the last mile with the wind behind. Clarence was afraid to look back and gave it everything he had - winning by 20-30 seconds. The result was a bad case of the dry heaves!

Other club members at Morris were Keith Theisen, Carol Pratt, Rich Manthei, and Tom Stluka. For some unknown reason I didn't get Tom's time and place, but you can be sure he was a contender. Morris has good refreshments, a fast course and a number of great door prizes (I mean really nice!).

Pat Koerner and Phil Newberry went to Hobart for a 5K. It turned out to be 5K *plus* 290 yards. How could you miss it by that much?

Dave Barrett, our new President on the block, was making the rounds in May. He went to Chicago for the Main Course 10K and St. Louis for the Riverfront Times Memorial Day Runs. I use the plural "runs" because Dave did

both a 10K and a 5K, the start of one only a few minutes after the finish of the other. Dave leads by example!

Dave was also one of a number of club members who participated in the Birdman Duathlon on May 30th, a rather warm, humid and windy Saturday morning. Dave placed in age group despite using a bike that was described as a tank.

Other members doing the 5K run/30K bike/ 5K run were Jeff Lonergan, Methinee Kelly, Dee Sarowatz, Kathy Steffen, Marshall Grace, and Jim Grace. Kathy and Jim, of course, are veteran triathletes and this short duathlon was just an easy workout for them. Kathy was the first woman master and Dee and Marshall placed in their age groups. Marshall noted that he was probably the only one to use a mountain bike.

### SUMMER SERIES BEGINS!

**The first 5K of the Summer Series is Tuesday, June 9th, 6:30 P.M., at Small Memorial Park. As always, we'll head for Chicago Dough afterwards. We can even celebrate Linda Linn's 44th birthday!**

Pat Koerner, Tom Stluka, Rollie Szilard, Dave West, Amanda Uribe, and Dee Osenglewski participated as members of a team. Dee recruited her old running buddy and former KRRC member Mike Morel to do the biking segment and they placed. Pat, Tom and Amanda were also on placing teams. Pat and his teammate were first overall in 1:21:03.

I was starting to wonder if we were going to see Jim Grace again. I gather he is working a night shift somewhere.

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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All who participated in the Birdman are encouraged to return your comment/evaluation sheets. Did you like the change from Sunday to Saturday? Help the people who put it on make it better. Let them know your thoughts!

While he hasn't been racing, I am happy to report John Shoup is alive and running. Well, he says he is running, but "life has gotten in the way." His business, teaching and family have been very demanding of his time. Crank up that training, John, and join us for all the great local races this summer. We miss you.

I skimmed right past the obituary for the Rev. Norman Chase the first time. The light bulb came on the second time around. Norm Chase was a club member from Manteno in the 80's. Time has dimmed the memory, but it seems to me he had had some major surgery or health problem and was trying to run himself back into health. He was a rather portly runner, but he ran with a passion. I don't think he has been a member of our running community in ten years, but I have fond memories of the camaraderie we shared way back when.

Norm died May 15th in Caro, Michigan, at the age of 61, following a lingering illness. He earned his masters of divinity degree during six years of study in the 90's and began serving as pastor of the First Presbyterian Church of Caro in 1996. He is survived by his wife, Alice, six children and fourteen grandchildren. May he run with the angels!

I got a nice note from Ma and Pa Hickey with lots of race results and their "Murphy's Law" piece which you will find elsewhere in this newsletter. They will be in Illinois about the middle of June and may be in Kankakee for the Kilbride Family Classic. They were happy to see that 65+ age group!

Ron and Nancy Ruda joined 40,000 other runners for the Bolder Boulder in May. While I don't have their times, I'm sure that Nancy will be writing a piece for *The Daily Journal* about their experience.

Speaking of Nancy's writing, Charlie Grotevant was the subject of a story written by Nancy in the June 1st edition of *The Daily Journal*. With all the good publicity Charlie gets, he should be running for elected office!

Mark your calendar! It's the heart of the racing season. You can tune up for the Kilbride Classic and Friendship Festival 5Ks with the first of the Summer Series 5K's on June 9th. Hope you will join us! Always like to see you on Dan's run!

[Send your news to 212 Julie Drive, Kankakee, IL. 60901]

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**Krap from Klipp**

by Ken Klipp

Hey, did you miss me? I miss one lousy deadline, and I hear it from the editor! This month, I have a number of random neural firings for you. In no particular order:

I just bought a new book about training by Dr. Jack Daniels (yes, that really is his name!). He is one of the foremost exercise physiologists and distance running coaches in the USA. Those of you who know me know that I have always raved about his approach to training and use it with my teams. Well, he has written a new book called The Daniels Formula. I think it is pretty good. It really explains how to train, and does it in a manner I think most people will understand. I will probably end up telling you most of his stuff in this column anyway, but if you are looking for a good book to help you with your training, this is one I would recommend

.Next, I read a couple of articles in a newsletter that I get called "Peak Running Performance." If you are looking for really good, up to the minute research articles on all aspects of training, this newsletter is excellent. It is also written in language that all can understand, not scientific gibberish.

The first article was about research that was done to see if there was an economic benefit to rotating running shoes (having two pair and alternating days). They found that alternating shoes caused two pair to last as long as three pair normally would, thus saving you money. It explained in great detail how it takes the midsole of the shoe 48 hours to rebound to its original thickness. There were impressive graphs and everything. So, if you are looking to save money, this research says you can do it by rotating shoes.

The other article was on stretching. (I faxed it to Judge and now I can't find the original) But the conclusion of this research is that you can be too flexible. Although you need flexibility around the joints to produce complete freedom of motion and thus produce longer, more economical (from an oxygen/energy standpoint) strides, this research showed that people who were over-flexible lost some of the rebound effect of the plyometric nature

of running. There is a stretch principle that states that a muscle under a slight stretch will produce a stronger contraction than one that is completely relaxed. Think of it as a rubber band or a spring that is slightly stretched producing a stronger response than one completely relaxed. When you land on a foot during the support phase of running, you want your muscles to absorb the downward force and then respond by contracting forcibly in the opposite direction. Well, if the muscle is too relaxed/stretched, the response isn't as strong and thus you lose power. So, for those of you looking for an excuse not to stretch, now you have one! (However, remember you still need freedom of motion around the joints, so some stretching may still be in order.) Gotta go! Have to meet the editor's deadline!

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### MURPHY'S LAW

**(If Something Can Go Wrong, It Will!)**  
by John & Erma Hickey

Recently, we pre-registered for a road race. We sent two entry forms and a check in one envelope. The check was for twice the amount of one entry and the notation was "Entry fees for John & Erma." When we arrived at the race registration site, we were informed that Erma was not registered. This was cleared up and Erma received her shirt and number. There were, however, no safety pins to attach the numbers to our singlets.

After finishing the race, Erma failed to get a finish card. A finish card shows the runner's overall place. The runner fills in his or her name and age and gives the card to a finish line worker. The worker places the card in the appropriate age group box. Winners are easily determined by the numbers on the finish cards.

Erma returned to the finish chute to get her card only to find that it had been given to someone else. She was then given a card with a much higher number. She was told by the man at the finish line to mark out the card number and write her

time on the card, which she did.

When the results were announced, Erma was placed fourth although she had finished more than fifteen minutes ahead of the ladies who were awarded second and third and five minutes ahead of the announced winner. This problem was cleared up and Erma got a first place award.

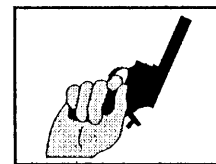
You may be wondering why the people doing the results did not pay attention to the time written on the card as they were informed of the problem when the card was tuned in. The answer is that they had no times. The person operating the Chronomix did not set it on the "Cross-Country" mode and as a result did not get times for any runners.

After the problems at registration, the finish line, and the women's awards, what else could go wrong? Answer: the men's awards!

John was announced as the fifth place finisher in age group. Two other Johns (really!), who were actually first and second, were announced as second and third, which they questioned. When they looked at the results, they noticed there were no times and asked how the order of finish was determined. Of course, the card numbers are normally used. It was noticed that the person listed as being first had no age by his name. When the official was asked about his age, she said: "I don't know but we had to put him someplace." This mix-up was corrected and, hopefully, everyone went home happy!

*[Ed. Note: KRRRC members John & Erma live, love, laugh and run in the State of Florida except when they are visiting family in Illinois or tracking races around the country. Not a bad life for a couple kids who just turned 70!]*

## THE STARTING LINE



KRRRC 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., Jun. 6th - Sunburst 5K/10K/Marathon, U of Notre Dame, South Bend. Sunburst Hotline 219-674-0900, then press 6262.

Sat., Jun. 6th - 7:30 A.M. - Run for the Animals 5K/10K, Memorial Park, Wheaton, long Ts, \$15/20, 5yr AG 3 deep.

Sat., Jun. 6th - 9:00 A.M. - Fitness Barn 5 Mile Run, Countryside Park, Hwy. 6, Portage, Ts, \$10/12, OA & 3 deep in 5yr AG.

Sun., Jun. 7th - Lincoln Park Run for the Zoo 5K/10K. 773-404-2372

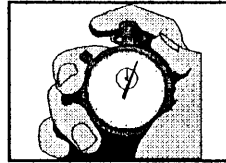
Tues., Jun. 9th - 6:30 P.M. - Summer Series 5K, Small Memorial Park. Low key excuse to pig out at Chicago Dough! Henry & Janet Shelly, 933-9255.

Sat., Jun. 13 - 7:45 A.M. - Hebron Kankakee River Classic Flag Day 10K, Ts, \$15/17/20, 5yr AG 5 deep. Mike 219-924-0080

Sun., Jun. 14 - 8:00 A.M. - Racing Hearts 8K, Bicentennial Park, Joliet, Ts, \$12/15, 5yr AG 3 deep. 800-997-7786, & press 2.

Sat., Jun. 20th - Steamboat Classic 4M & 15K, Peoria (7:00 A.M.!) **THE**

**THE**



- Clarence Brock, 16:42, 20A

Sat., Jun. 20th - 8:00 A.M. - Old Canal Days 5K, Lockport, \$12/15, Ts. 838-1183 Code 4189 **FINISH**

**FINISH**

May 30th, Birdman Duathlon, Kankakee - 5K/30K Bike/ 5K

Sun., Jun. 21st - Kilbride Family Classic 5K & 2 Mile Walk, Cobb Park, Kankakee. Don't miss this scenic tour of Riverview! Ts, \$10/13, top 3 OA & 2 deep in 5yr AG. Gerry Kilbride, 932-3885 or 937-4200. **LINE**

**LINE**

Pat Koerner (team) 1:21:03 1st  
Tom Stluka (team) 1:28:08 3rd  
Rollie Szilard (team) 1:33:22  
Dave West (team) 1:37:11  
Jim Grace 1:37:32  
Dave Barrett 1:41:54 2AG  
Amanda Uribe (team) 1:44:46 1st  
Marshall Grace 1:49:05 3AG  
Kathy Steffen 1:51:46 1MST  
Dee Sarowatz 1:52:12 3AG  
D. Osenglewski (team) 1:55:10 3rd  
Methinee Kelly 1:55:41  
Jeff Lonergan 1:56:42

Mar. 28th, Pine View School 5K, Osprey, FL. - John Hickey, 25:24, 3AG; Erma Hickey, 28:31, 1AG

Apr. 4th, Superun III 5K, Sarasota, FL - John Hickey, 26:51, 4AG; Erma Hickey, 29:50, 1AG

Sun., Jun. 28th - 8:00 A.M. - Bourbonnais Friendship Festival 5K, Municipal Center. See app. enclosed. John Flynn, 932-5198.

Apr. 11th, Easter Beach Run 4M - John Hickey, 32:28, 3AG; Erma Hickey, 36:46, 1AG

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

Apr. 25th, Temple Terrace Road Race 5K, Temple Terrace, FL - John Hickey, 26:37; Erma Hickey, 29:08, 3AG

Sat., Jul. 4th - 8:00 A.M. - Lemont 21st Freedom Run 5K/10K, 16028 127th St., \$11/14. Brenda 630-257-6787.

May 2nd, Bay to Beach 5M, Sarasota, FL - John Hickey, 43:53, 3AG; Erma Hickey, 48:00, 1AG

Sat., Jul. 11th - 8:00 A.M. - Kankakee YMCA 5K, \$11/13, 5yr AG 2-4 deep. YMCA 933-1741/ Pat Koerner 9321009.

May 9th, Hobart Covered Bridge Festival 5K Run - Pat Koerner, 17:44, 1AG; Phil Newberry, 18:35 - NOTE: Course was 290 yards long.

Tues., Jul. 14th - 6:30 P.M. - Summer Series 5K, Civic Auditorium, Small Park, Kankakee. Dave & Chris Barrett 937-4668.

May 14th, Run for the Health of It 5K, Morris, sunny, breezy

Thurs., Jul. 23rd - 7:15 P.M. - Sundowner 5K, Lions Community Center, New Lenox, \$13/16, 5yr AG at least 3 deep. Post race pizza party. 722-1029.

Clarence Brock 16:37 10A  
Keith Theisen 20:08 2AG  
Dan Gould 20:48  
Carol Pratt 22:55 2AG  
Rich Manthei 26:00

Sat., Jul. 25th - 8:00 A.M. - Beecher Recreation 5K, Community Hall, 673 Penfield St., \$13/15, 5yr AG 2-4 deep. Tom Stluka 708-946-2318.

May 17th, The Main Course 10K, Chicago - Dave Barrett, 40:44

May 25th, The Riverfront Times Memorial Day Run, St. Louis - Dave Barrett: 10K - 41:27; 5K - 19:57 YES! Our President did a Double!

**ATTENTION  
KANKAKEE AREA  
RACE DIRECTORS!!**

If you want your app in the newsletter, you should send Dan 120 copies of it 2 or 3 months before your race. Questions? Call Dan - 937-2926 (days) or 937-5500 (evenings).

May 25th, Streator Memorial Day 5K - Clarence Brock, 16:22, 10A; Phil Newberry, 17:41; Charlie Grotevant, 21:27, 2AG

May 30th, Mayor Graves 5K, Harvey

# Special conditioning helps Jordan, mates alter nature's course

By Bob Condor

TRIBUNE STAFF WRITER

While Bulls fans maybe caught a few extra winks or breathed yet one more long sigh of relief over Monday morning's coffee and sports page, Michael Jordan and key teammates Scottie Pippen and Ron Harper were already breaking a serious sweat. Personal trainer Tim Grover arrived at Jordan's house by 8 a.m. sharp to coordinate a weight-lifting and stretching workout.

Forget that too-old, too-tired, sleep-late stuff.

"We've been hearing about the age concern every year since Michael turned 30 [in 1993]," said Grover, who has worked with Jordan for the last nine seasons and runs a company called A.T.T.A.C.K. Athletics that trains about 20 NBA players. "It's the same thing, the only angle to even try to find a weakness in Michael's game. But there is no dropoff in his conditioning. His program is constantly tailored to his body's needs and what's required of him on the court."

Exercise scientists confirm getting older doesn't necessarily translate to a loss of the proverbial step of quickness or the need for more recovery time on the bench. Proper intensive training—Jordan, Pippen, Harper and Grover meet early mornings practically every day from preseason camp to the last Finals game—can more than offset the documented loss of muscle tissue experienced by all of us beginning by age 30, which includes seven Bulls players, topped by the 37-year-old Dennis Rodman. All of these big-game performances hinge

on tiny muscle fibers.

Physical conditioning figures to be a key part of the NBA Finals. The Utah Jazz is a team that averages almost two years less in age than the Bulls but still points to Karl Malone (35 in July) and John Stockton (36) for leadership. Malone is a noted weight lifter who prides himself on killer workouts in his gleaming home gym in Salt Lake City.

"There's no doubt we lose total muscle-fiber count in the human body as we grow older," said Donald A. Chu, a researcher and president of the National Strength and Conditioning Association in Colorado Springs. "But the cutoff point for significant losses is a lot further out than people think. It certainly extends into our 40s if training is maintained."

Chu said research shows athletes can be trained for optimal speed until about age 22. But peak levels of muscle strength are possible until age 40. The explosive movements of basketball—jumping, cutting, muscling past an opponent—are a combination of speed and strength that depend on what exercise scientists call fast-

## Aging

CONTINUED FROM PAGE 1

twitch muscle fibers.

"So you can emphasize the strength component, typically with weight training that copies movements you will use on the court," said Chu. "Basic work on weight machines won't do. You need to work at maximum or near-maximum loads, which means you have to be in great overall condition before you even start thinking about improving explosiveness. If you do it right, you don't lose your competitive advantage and might even get better."

Gifted basketball players are typically born with more fast-twitch fibers, while marathoners tend to be loaded with slow-twitch muscle fibers that allow for superior endurance. But there are intermediate muscle fibers that basically start out as slow-twitch but can be trained for fast-twitch use. The goal of Grover's training program is to recruit as many fast-twitch muscle fibers as possible.

"We don't take many off days," explained Grover. "It is vital to keep these players at optimal explosive strength. We don't want to lose a fraction of an inch on shot trajectory or a split-second less lateral speed time."

Chu said Utah could start flat Wednesday night for similar reasons. It is hard to keep game-sharp when your only opponents are teammates in scrimmages. But the work ethic of Malone and Stockton is formidable.

"It's all about hard work," said William Evans, director of the exercise science lab at the University of Arkansas in Little Rock. "What separates the elite athletes is how much they train. Jordan clearly has outworked practically everyone in the league. Just look at how he played defense in the final quarter of Game 7 against Indiana [when he held Reggie Miller to one shot]."

Evans, who has worked with several professional sports teams and served on numerous blue-ribbon government panels on aging, praised Rodman's energy and prowess. He especially likes Rodman's practice of riding an exercise bike up until his first appearance in the game.

"I have often said there should be bikes at courtside," he said. "Sometimes the worst way to recover is sitting completely still and allowing lactic acid to accumulate. The muscles get sore and stiff."

Another factor determining endurance during a long season is building upper-body strength to withstand the eye-popping physical rigors of NBA play evident to anyone who has ever sat courtside.

"I liken it to a boxer taking blow after blow to the body," said

Grover. "Michael, Scottie and Harp take the most physical contact of anyone on the floor every night."

Grover does work the Bulls stars to greater points of exhaustion earlier in the basketball year, then eases a bit during the post-season, employing a technique called "periodization" that prepares the muscles for peak energy during competition. But he runs a series of lifting and explosive strength tests each day to make sure his clients are not missing any edge.

He wants Jordan, Pippen and Harper to have no lack of confidence in their physical abilities. Each player has specific exercises to strengthen areas of past injury: Jordan's ankles, fingers and wrists; Pippen's back and feet; Harper's knees.

"There's so much mental anxiety down the stretch of big games," said Grover. "The players' heart rates and blood pressure goes up, which can wear them out. It's important for them to know their bodies are prepared to carry them through. That's one less thing to think about."

Sean McCann, sports psychologist for the U.S. Olympic Committee, said mental fatigue is probably what prompted Jordan to uncharacteristically admit he was tired after the final game of the Indiana series.

"At the really elite levels of sports, almost everybody is right on the edge," said McCann. "In some ways, I think age gives you an advantage. Older athletes know how to read the signs of their bodies. When younger players feel a slip in their play, their reaction is to work harder, which isn't always the answer during a game."

McCann said the obvious relief of Bulls players from winning a hard-fought Eastern Conference finals should lift most of the team's feelings of fatigue as early as Tuesday's practice session. He did note that research shows such monumental relief can trigger the immune system to let down its guard enough to allow for a cold or the flu.

"The only question is whether the players can process the enjoyment of beating Indiana in such a short time, then turn around fast enough to reset their goal of winning another NBA Finals," said McCann. "But this is an experienced team. They are not just happy to still be playing."

Chu said playing in Utah for Games 1 and 2 might actually be advantageous.

"They are clearly needing to recover until game time," said Chu. "It will help not to be worrying about tickets for family or friends or worrying about other everyday matters at home. They can focus on Utah."

# Members of a credit card theft ring caught in the act at Mountain Goat by Conservation Officers and State Police

Thanks to Conservation Officer Dallas Bowman, the Illinois State Police, the Kennekuk Road Runners, and Kickapoo Park Employees, credit card thieves from Chicago that have been burglarizing cars of runners all over Northern Indiana and Illinois were caught in the act during the Mt. Goat. After watching the break-in of a vehicle, Bowman and police followed the suspects to the Best Buys in Champaign, IL where they charged over \$3000. They were arrested on the way out.

There were approximately five Conservation Officers and up to fifteen members of the State Police, including SWAT team members took part in this

operation. Dallas Bowman spent about three months of his time investigating and traveling to events to video the ring in action. The Kennekuk Road Runners assisted Dallas by providing him with as much information about past thefts, as well as entry lists of events to determine if there was a pattern. We were afraid at first that runners were involved, but thankfully that wasn't the case. The individuals could in no way pass for a runner. Actually, it is strange that they did not stand out more at many of these events.

This ring accumulated over \$20,000 in fraudulent charges just at KRR events. Who knows how much from other

aces and events? This will hopefully keep them out of action for a very long time. However, running clubs must still be aware of the threat of theft at events. Don't hide your keys on your vehicle and don't keep money or credit cards hidden in your vehicle if you can avoid it. The two broke into the vehicle at Mt. Goat by watching where the owner hid the keys on the vehicle and just went and pushed on the keyless entry transmitter on the keychain.

The two individuals who were arrested at the Mountain Goat are Thomas Smith, 45 & Christopher Beecher, 30, both of Chicago. A third individual, Bob Munday, was arrested in

Chicago on March 30th after getting information from Smith and Beecher. There are two or three more that are part of this credit card ring and hopefully will be caught also. These individuals have been operating almost daily for about 10 years without anyone being able to tie them to these credit card thefts. They have become rather sophisticated with two-way radios, scanners, and cargo vans to pull off their crimes and purchasing these devices with the stolen cards.

These arrests are a big relief to us, however, remember though to still stay alert and protect yourself.

Thanks to Dallas Bowman for all his hard work.

**From KRR Newsletter Mar-Apr 98**