



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



AUGUST 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 126



AUGUST

<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Pat Baldwin	26th	41
Mike Belletete	5th	52
John Flynn	1st	52
Karl Goodberlet	6th	13
Dan Gould	31st	54
Dee Hillebrand	19th	35
Scott Kelson	31st	43
Donna Koerner	13th	42
Jessica Linn	9th	12
Shirley Malone	29th	67
Rich Manthei	31st	51
Tyler Rahrig	6th	10
Jim Rattin	14th	42
Nancy Ruda	16th	42
Kathy Steffen	18th	47
Matthew Steffen	23rd	15
Michael Steffen	18th	12
Lynn Troost	26th	52
Doug Uribe	22nd	37

WELCOME NEW MEMBER

Deb Sutherland, 36, Bourbonnais

ON DAN'S RUN by Dan Gould

Three hundred and fifty -three of us asserted our independence on July 4th by completing the Brickyard 5 Mile Run. We may have also revealed a certain lack of sanity. It would have been a fine morning to sleep-in: humid, 70, overcast. Besides, the race was in Hobart, IN., about an hour's drive.

I picked up Phil Newberry and new member, Doug McWilliams. We pulled into the parking lot in Hobart and Dave Barrett pulled in right beside us with Cornstalk in the passenger seat. Timing!

This is a decent race, although the course is a bit hilly and the splits were not accurate. The refreshments and Ts were good. I gather the race got its name from the fact that there was a brickyard there and the local high school team is know as the "Brickies." The awards are unique: a small gold plate with the name of the race and place in age group is affixed to a brick. We brought home a couple bricks!

The YMCA 5K on July 11th was our major local race of the month. It was a beautiful day for the one hundred thirty-six finishers (155 last year) in the 5K as well as numerous walkers and children in the fun run. The winning time was 15:26, a 4:59 pace.

The children's run was a nice addition. We do far too little to promote running with our youth.

The farmers, John and Bob Pool and Charlie Grotevant, had all been to the Fairbury 5K the night before so their legs were a) loose; b) tight; c) fresh; d) tired: e) all of the

above. Answer: they all ran faster times at the Y5K!

The "ageless" Pam Dunlap was running her first race as a club

SUMMER SERIES

The third 5K of the Summer Series is Tuesday, August 11th, 6:30 P.M., at Small Memorial Park. As always, we'll head for Chicago Dough afterwards. Mark your calendars!

member. When we welcomed her last month, we didn't have her date of birth. She is 50 years young, has been running for years, and hopes to do her first marathon this year. Pam finished first in her age group.

The YMCA trophies were particularly nice this year, the refreshments good, the course well-marked and marshaled, the shirts were decent, the weather was good, and the company great.

Part of the great company was Mike Hickey, running his first race in eons. Ken Stark was there! This is one of two or three races a year that we have the pleasure of Carol Sue Painter's company. It was particularly good to see former KRRC member Becky Criscione. Becky is recovering from colorectal cancer surgery last year. Her 22:58 was good enough for first in the 55-59 age group - Becky is back!

President Dave Barrett and First Lady Chris hosted the July Summer Series 5K and made it a team event. The awards consisted of a jug of Gatorade and a Power Bar

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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- connected by a bright ribbon! It was a very creative and practical award. Among the winners were Ken Klipp, Bill Linn, and Henry Shelly. I know Ken coveted his Power Bar. I believe Ken has referred to Power Bars as "flavored sawdust."

The Beecher 5K, in July this year, was a success. Ninety-six runners finished compared to eighty-two last year. There would have been more this year had Beecher not been going up against a race in nearby Matteson.

Race director Tom Stluka re-designed the shirts this year. I have long been a critic of uninspired shirts and I appreciate Tom's efforts.

What do I think a shirt should have? Date or at least the year, distance, location, and a graphic related to the place or season of the race. I've given Gerry Kilbride a bad time about the graphic on his shirt. With all the beauty of Cobb Park, the old street lights, the river, and the clock tower across the river at

Shapiro, a graphic of East Court Village with a couple runners just doesn't cut it. I appreciate the fact that East Court Village sponsors the race, but their name on the shirt should be enough.

Anyway, Beecher was a blast even if I was a minute slower this year, got nipped by Charlie Grotevant in the final tenth of a mile, and couldn't stay for the post-race festivities. I did get the first piece of cake (corner piece, chocolate, lots of frosting). Cake is a somewhat unique post-race refreshment - a delicious one!

Doug McWilliams was excited about the race because he ran a PR. Somebody named Jack Nelson, who runs in the 55-59 age group, ran 17:01. I hope somebody got a urine sample from him!

I was in Springfield, as I usually am, on the night of Sundowner. I understand they had 450-490 runners, but I don't have results from any of our group. A few of the gang also did the Chicago Distance Classic.

Did you know that one of the risks of being a triathlete is "swamp fever?" A number of people who participated in a triathlon in Springfield last month acquired this unusual illness.

Whatever happened to John Shoup, Van Lewsader, Rollie Szilard, Lynn Troost, Mike McGuckin, and Augie Hirt?

Somebody with a sense of humor modified the River St. Hardees sign to read: NOW HIRING ALL SH*TS APPLY WITHIN. I called *The Daily Journal* and suggested they put a picture of the sign on the Speak-Out page with the rest of the sh*ts. Smile, Phil!

Here comes August! Gladfest time! The third in the Summer Series 5K! Enjoy!

Hope to see you on Dan's run!

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

KRAP from KLIPP

by Ken Klipp

I'm back. Seems like I miss every other newsletter. I'll try to do better. Really!

Quick note: Owen Anderson, the exercise physiologist who writes a column in *Runner's World*, has written a new book called *Lactate Lift-Off*. So far, I haven't been able to find it anywhere, though.

Well, I guess I'm finally going to get around to writing about what I'm supposed to write about - Training for Long Distance Running. Over the next 4 or 5 newsletters, I'm going to try to tell you everything I know about distance running (you probably can't believe it would take that much paper!) Anyway, here it goes.

I'm going to start with some very simple physiology so that the workouts later will make sense. So, stay with me. There will be a quiz on this later.

In order for a muscle to contract it requires ENERGY. Where does it come from? From the foods that we eat - mainly carbohydrates and fats. How do the muscle cells get the energy out of the food? They have special structures in them called MITOCHONDRIA (last big word, I promise; but will be important later on). These structures have all the special chemicals (enzymes) in them that combine your energy-containing food with OXYGEN. This chemical process breaks the food molecules apart and releases the ENERGY for muscle contractions.

So, in order for a muscle to contract, you must supply it with two things: an energy source (FOOD) and OXYGEN. The more of these you can supply to the muscle, the more energy it will have for contracting. Now, most of us will never run out of food, except at the 20 mile mark in a marathon. So, most training is centered around one thing: INCREASING THE BODY'S ABILITY TO SUPPLY OXYGEN TO THE MUSCLE.

The questions that need to be answered then are: What changes do you need to make in your body in order to do that? How do you bring those changes about (types of training)? How much? How intense? How often? In what order?

And that, dear readers, is what the future columns will be about. You'll probably want to save them all and put them in a 3 ring binder. You could title it: The Bible or just Krap from Klipp. Hope all your runs are down hill on cool days with the wind at your back.

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

A ROCKY MOUNTAIN "RUNNER'S" HIGH by Ron and Nancy Ruda

Just imagine 40, 145 people in the same place at the same time. That's 80,290 feet stroking the ground wearing an average of \$3,010,875 worth of shoes. There's at least 20,000 pairs of sunglasses and 15,000 baseball caps. And, don't forget the 60,128 safety pins pinched, pulled and prodded on 40,145 pairs of shorts.

Sound like a stampede waiting to happen? A victory celebration after a Bulls championship title? Answer "yes" to all three, and you're right. Well, kind of, sort of.

This is the ominous starting line of the "Bolder Boulder 20th Memorial Day 10K Road Run." This throng of pavement pounders is set to pour down the streets of Boulder on one of the most diverse 6.2 mile courses their Nikes have ever taken them.

So, what are we doing in this sea of feet, sweat bands, Gatorade, commotion, and altitude? Well,

we're looking around...and smiling, waving, talking grinning, laughing, joking, strutting, and jumping up and down just like the 40, 143 people around us!

That's the picture we struck as we melted into the pot of race day participants on a slightly cloudy, cool morning in downtown Boulder on May 25. The immensity of the event and the flurry of people ahead, beside, and behind us overwhelmed our running socks with a raring "This is going to be a blast!" feeling.

As "fun" runners, we log our miles each week for the sheer pleasure (and occasional pain!) of keeping our waistlines in tow and our stress levels low. We're very content to run at the State Park every Sunday in lieu of events that draw hundreds, let alone thousands, of entrants. But, here we were...smack dab in the middle of the fourth largest race in the United States and the tenth largest in the world!

Two of my sisters and niece have run the Bolder Boulder nine times. Luckily, we had the wisdom of their past experience with this race to guide us. They have the race day itinerary nailed down to a science, from where to park your car to exactly where to meet after the event. Wake-up calls resounded promptly at 4:50 a.m. The race vehicle pulled out of the driveway at precisely 6:00 a.m. And, it wasn't long before we were casually strolling to our designated spots for the 7:30 a.m. start of the race.

Due to the size of this feat, a "wave start" is used. There were 50 waves, stretching from "A" to "ZZ," with each wave beginning 2.5 minutes apart.

Our contingency was in the "H" wave. Each wave ahead of us flowed like clockwork, and before we know it, the official race starter sounded the gun and set us off on our adventure, all amid a flurry of music and mayhem.

Since we regularly train with

each other, our race strategy was simply to run together. It was a good plan, but by the first mile turn, with our adrenaline pumping, we broke apart by chance, becoming lost from each other in the bobbing river of humanity.

The sport of running is seldom equated with the word "fun." But, there's no other word to describe the Bolder Boulder. In fact, running this race was so much *fun*, we were undaunted by the hills, altitude, and athletes around us. And, along the way, it was almost hard to tell who was having more fun - the racers or the bystanders.

The entire race route was thronged with well-wishers and cheerleaders of all ages, as well as a vast array of entertainment - 47 kinds, to be exact! There were bands on lawns, in parking lots, and on street corners belting out tunes from Fleetwood Mac to The Rolling Stones to "Roll Out the Barrel" (by a two-piece accordion and tuba combo).

Not to be missed were the sparkling tops and shimmery skirts of belly dancers and the high-stepping cowgirl antics of the "Dancing Grandmas." And, there was breakfast - kind souls who heartily offered coffee and bagels to any racers who wanted to stop!

The well-marked course begins in downtown Boulder at an altitude of 5,430 feet. After winding through several retail areas, the race gently inclines into residential neighborhoods. Participants hit the highest point at 5,455 feet, just before the four-mile mark. The fun climaxes at the finish line in Folsom Field Stadium at the University of Colorado at 5,442 feet.

Before entering the stadium and at the peak of a rising hill, runners pass a statue of Olympic medalist, running legend and race co-founder, Frank Shorter. Then, it's on to the football stadium, which was packed with thousands of cheering

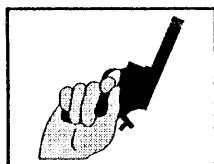
and screaming enthusiasts. It can only be described as the most awesome, incredible feeling a middle-of-the-pack runner can ever experience. Your heart pounds with excitement, your ears are flooded with thunderous roars, and your eyes can't drink in enough of this memorable finish.

True to its superb organization, finishers are streamlined through 10 chutes and directed to water stations and refreshments. My husband, sisters, niece, and I each finished at different times but somehow managed to find each other in the crowds after the race.

The Bolder Boulder was truly an epic moment in our log books. Now, we know the real meaning of a "Rocky Mountain high!"

[Ed. Note: Ron finished 114/357 in age group in a time of 54:26. Nancy finished 35/509 in age group in a time of 51:37.]

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., Aug. 1st - 8:00 A.M. - Run for Shelter, Valparasio, IN. Katie 440-933-5665.

Thurs.-Sat., Aug. 6th-9th. Bill Linn's Super Sample Sale. This is a unique garage sale: the salesman's annual selling of the samples: caps, jackets, t-shirts, Polos, shorts, sweatshirts.

Do your Christmas shopping early - bargains, bargains, bargains. Special preview for KRRC members: Thurs., 7-9 P.M. Open to the public Fri., 9 A.M. - 5 P.M. and Sat., 9 A.M. - 3 P.M. Mark your calendar now. 1226 Vantage Lane, Bourbonnais.

Fri., Aug. 7th - 7:00 P.M. - Wenona 5K. 815-8534054

Sat., Aug. 8th - 8:30 A.M. - Rotary Ramble 5K, DeMotte Elementary School, US 231, \$10/12, Ts, 5yr AG. 219-987-2875

Tues., Aug. 11th - 6:30 P.M. - Summer Series 5K, Small Park, Kankakee. Charlie & Joyce Grotevant, 949-1551.

Sat., Aug. 15th - 8:00 A.M. - Glad Run 5K/10K, Momence Jr. H.S., \$10/13 after 8/8, Ts, 5yr AG, refreshments, door prizes. Mike Hickey 472-2253.

Sat. Aug. 22nd - Crim Festival of Races, Flint, MI.

Sat., Aug. 22nd - 8:00 A.M. - Palos Park 5K. 708-448-9200

Sun., Aug. 23rd - 8:00 A.M. - Shorewood Festival 5K, \$12/15, Ts, 5yr AG 3 deep.

Sun., Aug. 23rd - 7:00 A.M. - Abe's Amble 10K, Springfield, IL. \$16. Ts, TAC cert. John 217-787-4400.

Sat., Aug. 29th - 8:25 A.M. - 17th Annual DeKalb Corn Fest 10K, Ts, \$12/15, 5yr AG, refreshments. Sounds like a good one!

Sat., Sep. 5th - 8:00 A.M. - Sweetcorn Festival 5K, Hoopston, \$12/15, Ts, awards 3-5 deep in 5yr AG, random prizes. Bill Orr 217-283-5004

Sun., Sep. 6th - 5:00 P.M. - Herscher's 16th Annual Hare & Tortoise 5K & 2M Fun Walk, \$6/8, OA & 3 deep in 10 yr. AG, Heavyweight award 180 lbs. Scott Stephens 426-2211.

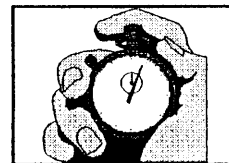
Mon., Sep. 7th - 8:00 A.M. - Park Forest Scenic 10M & 5K. You must pre-register by Aug. 24th. NO RACE DAY REGISTRATION. 708-748-2005

PEOTONE 5K
NEW DAY - TIME - PLACE

Please note that the Peotone 5K has moved to Friday night, Sep. 11th, 6:30 P.M., and will be staged from Immanuel United Church at Corning & West Sts.

Fri., Sep. 11th - 6:30 P.M. - 3rd Annual Peotone Country Festival 5K, Immanuel United Church, Corning & West St., \$12/15, tank tops, 5yr AG, awards 3 deep. Note: New day & location.

THE FINISH LINE



Jun. 29, Friendship Festival 5K - Deb Sutherland, 25:04, 2AG

Jul. 4, Bloomington Park to Park 5M - Charlie Grotevant, 35:22, 3AG; Bob Pool, 35:20, 2AG; John Pool, 40:08

Jul. 10, Fairbury 5K - Charlie Grotevant, 20:59, 2AG; Bob Pool, 23:00, 2AG; John Pool, 24:27

Jul. 11, Kankakee Y 5K, 136 finishers, nice day!

Tom Stluka 16:47 2AG

Clarence Brock	16:47	1MST	Jul. 19th, Olympia Fields Heart & Sole
Ken Klipp	17:58	2AG	10K, overcast, HUMID -
Jim Rattin	18:17	1AG	
Dave Barrett	18:56	2AG	Tom Stluka 34:52 2AG
Dan Gerber	19:43		Joe Burgess 36:10 2AG
Chris Walsh	19:47	2OA	Mike Stluka 36:32 3AG
Marshall Grace	20:05		Phil Newberry 38:47
Bill Linn	20:10	3AG	Dan Gould 45:10
Dan Gould	20:30	2AG	
Charlie Grotevant	20:43	2AG	Jul. 23rd, Sundowner 5K, New Lenox -
Larry Lane	20:51	3AG	Phil Newberry, 18:02; Dave Barrett,
Jeff Lonergan	21:06		18:44, PR!
Bob Pool	21:16		
Randy Rahrig	22:12		Jul. 25th, Beecher 5K Run, 96 finishers,
Elliot Brinkman	22:28	3AG	sunny - nice!
John Pool	23:07		
Pam Dunlap	23:12	1AG	Clarence Brock 16:35 2OA
Kathy Steffen	23:13	2AG	Mike Stluka 16:56 3OA
Nancy Ruda	23:36	1AG	Joe Burgess 17:36 1AG
Theresa Burgard	23:41	1AG	Jim Rattin 18:14 2AG
Lisa Bos	23:44	1AG	Dan Gerber 19:59
Mike Hickey	23:45		Keith Theison 20:23 1AG
Dave Schkerke	23:49		Charlie Grotevant 20:36 2AG
Ron Ruda	23:59		Dan Gould 20:39 2AG
Judy Scherke	24:25	3AG	Jeff Lonergan 20:49
Ken Stark	24:44		Bob Pool 21:11 1AG
Deb Sutherland	24:52	1AG	Mike Hickey 22:07 2AG
Carol Painter	27:15	2AG	John Pool 22:37 3AG
Krista Hickey	29:13		Nancy Ruda 23:17
Jackie Delong	29:21	3AG	Ron Ruda 23:37
Pat Baldwin	29:47		Karen Burgess 25:19 1AG
Bonnie Sisson	34:54		Doug McWilliams 25:31 PR!
			Jackie Delong 29:41 1AG
			Georganne Hickey 31:22 1AG

Jul. 14, Summer Series 5K, 26 finishers, upper 80s & HUMID!

Ken Klipp	17:59
Bill Linn	20:34
Charlie Grotevant	22:03
Jeff Lonergan	22:14
Dan Gould	22:31
Amanda Uribe	24:36
Nancy Ruda	25:10
Paul Suprenant	26:02
Dave Spencer	27:33
Krista Hickey	28:21
Peggy Baldwin	28:54
Henry Shelly	30:11
Georganne Hickey	33:05

Jul. 26th, Chicago Distance Classic 20K - Phil Newberry, 1:21:00; Dave Barrett, 1:24:08; Charlie Grotevant, ????



**** A NOTE FROM THE PRESIDENT ****

Well, it's been three weeks since the WEB Site has been posted, and we've had 212 HITS, excellent! A few of you told me it looks great and I appreciate that. It was a bigger project than I anticipated. However, now that you've had a few weeks to check it out, **I really want to know if you have any ideas for the site at all. What would you like to see?** The site is for the runners benefit, and I want it to be as informing as possible, so please e-mail me with your comments at krrc@keynet.net also **everyone in the club needs to send me their e-mail address by Aug 10th** for a project I'm working on related to the site. This will be to your benefit when it is unveiled. **So please e-mail me ASAP.** For those of you who discovered the LINKS page, our club is posted on several other sites in the mid-west, and it's registered with most of the search engines. Our name is getting out there. Everyone who is not on-line now you have a good excuse to buy a computer and join the fun. I am willing to give anyone in the club a crash course on computers and a guide to the World Wide Web at no charge.

This was my first project as president and I have many other ideas to market the club, add members, and organize new events. So thanks for making me feel welcome and I will keep trying to make the club fun. Best regards,
David A Barrett...