



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



SEPTEMBER 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 127



SEPTEMBER

NAME	DAY	AGE
Jessica Brinkman	30th	11
Marge Flynn	10th	52
Dan Klipp	17th	18
Patti Lauer	13th	27
Mike McGuckin	7th	46
Lauren Ogle	14th	15
Amanda Uribe	19th	15



WELCOME NEW MEMBERS

Deborah Renville, 33, Bourbonnais

Donald McCarty, 37, Kankakee

ON DAN'S RUN by Dan Gould

Caught you! Just when you thought you would have to wait until the tenth of the month for your *Paper Race*, we put the August issue in the mail on July 29th! Method to our madness? Yes, Bill and Linda were going on vacation July 30th.

We really would like to get this out the first of the month every month, but jobs, running, golf and family sometimes get in the way.

Phil and Jeff may have been surprised with the timeliness of our August issue. I found a mail box full of Kankakee River 10K forms on the morning of July 30th. You will find them with this issue.

Scott Stephens, who directs the 16th running of the Hare & Tortoise in Herscher this year, got his forms to me in plenty of time this year. I think Scott's race is the second oldest in the county behind the Kankakee River 10K. Scott has directed the race every year, an unparalleled record. Thank you, Scott!

Our final 5K of the Summer Series on August 11th was a prediction run. Hosted by Charlie and Joyce Grotevant, it was a virtually perfect evening with a cool breeze, low humidity (for August), and temperature in the upper 70's.

Thirty-seven runners participated, the best turnout for the Summer Series this year. Ron Ruda was top predictor, a mere one second off. It was a tough group. Dave Spencer was only four seconds off, Jeff Lonergan five, and Marshall Grace and Bill Linn eight. I was so busy socializing that I was...a long

way off! As always, the most important part of the evening was the buffet at Chicago Dough.

The Glad Run wasn't a bad run this year. Sure, it was probably 70-something and you didn't have to work hard for a sweat, but, relatively speaking, it was cool - relatively speaking! The numbers were about the same as last year: 230 finishers this year and 223 last year.

Clarence Brock ran to victory in the 5K as did Chris Walsh. I suspect Dave Barrett's 38:59 in the 10K was another PR. Bob Pool, Charlie Grotevant, and I had a race within a race, pulling and pushing each to good times (for us old guys) and a place in our age groups in the 10K. Real men run 10K!

We found Lynn Troost. Lynn said she has had a busy summer. We're glad she found time to travel the miles from Urbana to see us before it was over. We also found Dee Osenglewski, who I neglected to note among the missing. Unfortunately, the remainder of the those I noted as missing remain missing.

I had to race and run at Momence. Yes, it was another early tee time. I had no control over this one. The wouldn't work the club and class championship around my running schedule.

I had a couple Sundays in a row that I missed the morning run at the park due to golf. I dutifully made it up by going to the park in the late afternoon for a long run. Oh the joy of running when the sun and temperature are high! One week I ran the west trail which is all blacktop and one week I started at Davis Creek. The west end is clearly the

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more popular - lots of bikers and roller bladers.

It would certainly be nice if there was water at the west end. I spoke to Chuck Pangle, Superintendent of the Kankakee River State Park, who told me that a well would cost \$1500-2000. Perhaps we could kick in a few bucks, the bikers and archers could contribute, and perhaps the state could pick up the rest. Anybody want to put that plan together?

An issue or two ago I asked if anyone knew where the expression the "dog days of summer" originated. The response was underwhelming, but Tom Skilling came to the rescue in his "Ask Tom Why" column in the *Chicago Tribune* a few weeks ago. According to Tom, the phrase originated with the ancient Egyptians who held that the appearance of Sirius, the Dog Star, in the early morning sky added its heat to our sun's to produce especially hot

weather. Astronomically, the Egyptians calculated the dog days from July 3rd to August 11th. This added heat was believed to be the cause of seasonal flooding on the Nile.

Colloquially, the "dog days of summer" are reserved for hot weather, usually in August and often lasting a week or more. In temperate climes, cold fronts should be pushing southward with cooling regularity from mid-August on, hence the unwelcome holdover of heat is noted with its own expression the "dog days of summer." Thanks, Tom!!

Have you heard the one about the marathon runner who wanted to measure the trail extension at the Kankakee River State Park? He towed his Moped out there and was clicking off the miles until the Conservation Police shut him down and gave him a ticket for having a motorized vehicle on the trail. Perhaps he can plead insanity when he appears before a judge in Will County.

Charlie Grotevant is on schedule to record another running milestone. The Herscher Hare & Tortoise 5K on September 6th will be his 500th road race! If things go as planned, Charlie's 499th will be the Sweetcorn Festival 5K in Hoopston the day before. Earlier this year Charlie passed the 25,000 mile mark.

The Kankakee River 10K is September 27th. As one of our major club races, we need volunteers! Race director Jeff Lonergan can't do it alone. Sign up your spouse, your children, and, if you aren't running (perish the thought), yourself. Give Jeff a call at 933-1695.

Speaking of September races (there are many), I have discovered that the Peotone Country Festival 5K conflicts with the Kankakee Bar Association Golf Outing on Friday, September 11th. Kirsten Benner, an attorney, is the race director. Do you suppose I could continue her race

the way I continue her cases? Probably not! Besides, it is about time to list Kirsten among the missing. I took a picture of Kirsten and her significant other at the Kilbride race and they vanished - she from races and he from the golf course!

Best wishes to member Paul Suprenant on his approaching marriage to Marianne Wolford. They will wed on October 3rd.

Dave Barrett tells me there have been lots of "hits" on our web site. His request for members' e-mail addresses has brought a mixed response. Some people who he knows are on-line haven't responded, but a number of people he didn't know were on-line have.

We have included an entry form for the Dwight Harvest Days 5K because Larry Lane is working on that race. You will note that it has 10 year age groups, only goes 2 deep, and tops out the age groups with "50 and over." I find it particularly unfortunate that race directors discourage older runners. I'm quickly getting to be one of them! I've come across a few races over the years that give awards to all runners over age 60.

Speaking of older runners, our member and friend John Hickey (70) is scheduled to have surgery for prostate cancer later this month. We wish him well.

Do we have any marathoners this year? Dave Barrett and Pam Dunlap are working toward one. Anybody else?

Hope to see you on Dan's run!

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

ECLECTIC EXTRA
by Anna Goodberlet

Krap from Klipp
by Ken Klipp

July was not the best month for our family. Our van motor died and Kyle, our 16 year old son, broke his upper arm in two places. Of course, Kyle was much more important than the van motor and, before he's healed, he'll probably cost more also. The first person Kyle called after his injury was his soccer coach and the first person to drop by to see him the next day was his soccer coach, which got me to thinking about coaches.

Most families out here have dealt with many coaches and, more importantly, there are quite a few coaches in the runner's club. Our family has had really good, thoughtful coaches, with the exception of a few. A good coach forms a special bond with their athlete, offers words of encouragement when needed, and, on occasion, needs to be a little rough to get the best out of their athlete.

We are honored to have some of the areas' best high school coaches as members of our running club and, as we start another school year, I felt it would be nice to recognize them. We have Scott Stephens and Rick Livesey, who coach cross country and track at Herscher, Tom Goodberlet (WHO?), girls soccer coach at Herscher, Georganne and Mike Hickey, track and cross country coaches at Momence, Ken Klipp cross country coach at McNamara, Larry Lane, track and cross country coach at Dwight, Theresa Burgard, track coach at Kankakee High School, Mike McGuckin, golf coach at Flanagan, and last, but not least, Linda Linn, gymnastics coach at Bradley-Bourbonnais. If I left anyone out, I am very sorry. Hat's off to you great coaches and may you have a great year in your respective sports!

OK, class, let's review: What does a muscle need to contract? Answer: Energy Where does this energy come from? Answer: Food What is needed to get the energy out of the food? Answer: Oxygen So, you need to supply two things to your muscles: Food and Oxygen. Since we have an ample food supply (except at the 20 mile mark of a marathon), our biggest concern is supplying oxygen.

So this month's topic is: How can we increase the oxygen supply? Because the more oxygen we can supply, the more food we can break down, and thus the more energy we can supply for muscular contraction, so the faster we can run. (Note: the muscles ARE capable of breaking down food WITHOUT oxygen, but it doesn't get broken down all the way. It gets broken down into lactic acid. As lactic acid accumulates, it interferes with the chemistry of the muscular contraction and we have to stop. Try running at top speed for a 400 or 800. That rigor mortis that sets in is due to lactic acid. So, this ANAEROBIC – without oxygen – method is only good for sprinting and short bursts of energy.

Anyway, what changes in the body need to be made to increase the amount of oxygen that can be supplied to the muscles? There are many changes that can be made, but the following are the major ones:

Increase the number of red blood cells in each cup of your blood. The more red blood cells you have, the more oxygen you can carry. (Note: each red blood cell contains 280 million hemoglobin molecules, and each hemoglobin molecule can bind to and carry 4 oxygen molecules. For those of you who are good at math, that's over a billion oxygen molecules per red blood cell, and an average person has over 70 trillion red blood cells. Do the math!). It is possible to dramatically increase the number of red blood cells. This is one of

the adaptations that people living at altitude make just by living there.

Increase the number of capillaries in your muscles. For those of you who have forgotten your high school biology, the capillaries are the microscopic, thin-walled blood vessels through which materials such as oxygen and carbon dioxide can pass. It is possible to increase the number of capillaries in your thigh muscles by as much as 40%. That puts every muscle cell closer to a source of oxygen and to a place to get rid of carbon dioxide and lactic acid.

Increase the number of mitochondria in your muscle cells (I told you in the last column that this big word was important). These are the structures in your muscle cells where oxygen is used to get the energy out of the food. The more of them you have, the more oxygen you can use and the more energy you can supply.

Increase the size of the mitochondria. Same effect – the more enzymes you have available, the more energy you can supply

Increase the amount of blood you pump out of your heart with each beat. It's called your STROKE VOLUME. This is why distance runners have such slow RESTING heart rates. They can get the same amount of blood out to their body with fewer beats because they put out more per beat.

Increase your maximum heart rate. Trained runners can usually raise their heart rates higher than the untrained. Couple that with a bigger stroke volume and you can supply much more blood to your cells.

Increase your blood buffers – these are chemicals in your blood that neutralize lactic acid if you produce it. Sort of like Roloids for the blood. If you can neutralize any acid you are producing due to the intensity of the work, you will be able to work longer before the "rigor mortis" sets in.

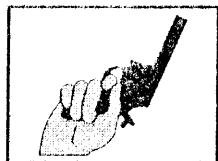
There are other subtle changes that can be made also, but these are the major

ones. Put them all together: If you can develop a strong heart that pumps out more blood per beat at a higher rate, and that blood has more red blood cells and blood buffers, and is being delivered directly to each cell by more capillaries, and these cells have more and bigger mitochondria to extract the energy from the food – NOW YOU'VE GOT SOMETHING!

The questions of course are: How do you make these changes? What type of workouts build red blood cells? Build capillaries? Etc. In what order should you do them? How intense should they be? etc. This is where you get into the art of coaching. Different coaches go about it in different ways. But there are some fundamental rights and wrongs. And that, dear readers, is next month's column.

Send any questions you may have about training to Dan or me (665 S. Small Kankakee), or e-mail me at cklipp@kiwi.anl.gov

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., Sep. 5th - 8:00 A.M. - Sweetcorn Festival 5K, Hoopeston,

\$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. Run with Charlie Grotevant in his 500th road race!

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

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.

Sat., Sep. 12th - 9:00 A.M. - Paws for a Cause 5K, Bloomington, 309-829-9213

Sun., Sep. 13th, Kankakee YMCA Tri-City Triathlon, Bill Hawker 933-1741. No race day registration.

Sun, Sep. 13th - 7:45 A.M. - Chicago Half Marathon, Museum of Science & Industry. 773-929-6072

Sat., Sep. 19th - 8:30 A.M. - Dwight Harvest Days 5K Run, Renfrew Park, North Pavilion, Ts, \$12/15, 10 yr AG to 50 & over. 815-584-1802

Sun., Sep. 20th - 8:00 A.M. - 9th Annual National Heritage Corridor 25K Run, Channahon, Sweatshirt, \$20/22 after 9/14, 5yr AG. 815-723-4279.

Sun., Sep. 20th - 8:30 A.M. - Race for the Cure, Chicago's Grant Park, \$18/25. 312-920-6363

Sat., Sep. 26th - 9:00 A.M. - Hospital Hustle 5K, Merrillville, IN. 800-HUSTLE-1

Sun., Sep. 27th - 9:00 A.M. - KANKAKEE RIVER 10K, Kankakee River State Park. See app enclosed. If you're not running, please volunteer. If you are running, please volunteer your family. Call Jeff Lonergan 933-1695.

Sun., Sep. 27th - 11:00 A.M. - Wild Wild Wilderness 7.6 Mile Trail Run, Kickapoo State Recreation Area, Danville. 217-733-2403

Sat., Oct. 3rd - 9:00 A.M. - Matteson Neighborhood Park 4+4 (4 Miles), Ts, cash & trophies, \$15. 708-748-1080

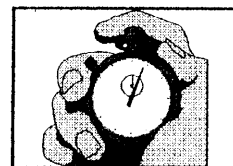
Sun., Oct. 4th - 8:00 A.M. - Brookfield Zoo Run 5K, \$15/18 after 9/11, \$25 race day, long T, 5 yr AG. 773-274-8183.

Thurs., Oct. 8th - High School Cross Country Meet at Kankakee Community College. Call Ken Klipp if you can help. 937-1958.

Sat., Oct. 10th - 10:00 A.M. - Empowerment Run 5K, Onarga Academy Campus, \$17/20 after 10/5, top 3 OA and top masters. A benefit for survivors of sexual assault/abuse and part of the Octoberfest Fall Festival. Leann 815-268-4001.

Sun., Oct. 11th - Chicago Marathon

THE
FINISH
LINE



Jul. 23rd, Sundowner 5K, New Lenox - Tom Stluka, 16:45, 1AG

Jul. 26th, Chicago Distance Classic -

Charlie Grotevant, 1:32:48, 3AG

Heather Steffen 31:03

Jackie Delong 32:31 1AG

Aug. 1st, Villa Grove Ag Days 5K -
Charlie Grotevant, 20:41, 2AG

Aug. 22, Eureka "Do-Two" 4 Mile -
Charlie Grotevant, 22:59, 1AG (Charlie
says this was 3.25 Miles)

Aug. 7, Wenona 5K, 197 finishers -
Charlie Grotevant, 20:30, 2AG; John
Pool, 23:02

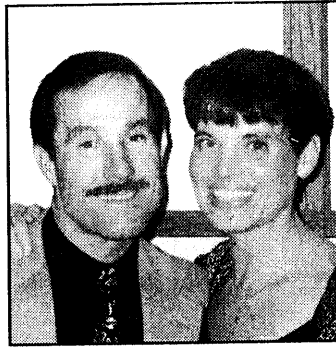
Aug. 30, Katie McGuire 5K, Bloomington
- Charlie Grotevant, 20:43, 2AG; Phil
Newberry, 3AG; Jeff Lonergan was there

Aug. 15, Momence Glad Run 10K, 89
finishers

Joe Burgess	35:23	3OA
Pat Koerner	37:18	2AG
Dan Flynn	38:51	2AG
Dave Barrett	38:59	2AG
Jim Rattin	39:25	2AG
Dan Gerber	43:01	
Dan Gould	43:42	2AG
Charlie Grotevant	43:50	2AG
Bob Pool	43:54	1AG
Keith Theison	47:19	
Pam Dunlap	48:13	2OA
Kathy Steffen	48:19	3OA
Nancy Ruda	48:39	1MST
Dee Osenglewski	48:56	1AG
Ron Ruda	49:03	
Judy Schkerke	52:07	2AG
Rich Manthei	57:05	
Lynn Troost	58:27	1AG
Krista Hickey	63:44	3AG

5K, 141 finishers

Clarence Brock	16:32	1OA
Chris Walsh	19:09	1OA
Rich Olmstead	19:21	1AG
Larry Lane	20:20	2AG
Charles Kennedy	22:15	1AG
Elliot Brinkman	22:41	2AG
Amanda Uribe	23:02	2AG
Allison Williams	24:21	2AG
Doug McWilliams	25:27	
Peggy Baldwin	26:01	4AG
Dave Spencer	26:48	
Jim Ruberg	27:45	
Pat Baldwin	28:53	
Jessica Brinkman	29:49	1AG
John Brinkman	29:50	
Georganne Hickey	29:53	3AG



Marianne Wolford -
Paul Surprenant

Mr. and Mrs. Frank J. Rice of
Decatur, and Mr. and Mrs.
Paul Surprenant of Kankakee
announce the approaching
marriage of their children:
Marianne Wolford, formerly
of Decatur, to Paul Sur-
prenant, both of Kankakee. An
Oct. 3, 1998 wedding is planned
at St. Patrick's Church,
Decatur.

Boosting exercise performance

Recently pyruvate, a stabilized form of pyruvic acid, and its sister compound, dihydroxyacetone, have become popular dietary supplements in sports nutrition. Together they are referred to as **DHAP**. Use of these nutrients is backed by scientific evidence showing that they **augment muscle glycogen, fat loss and exercise endurance**.

DHAP supplements appear to improve athletic endurance by enhancing "glucose extraction" or the amount of glucose that muscle cells can take from the circulating blood. When exercised, muscle cells can then burn the glucose for energy; at rest, they can store it as glycogen.

David Costill, Ph.D., director of the Human Performance Laboratory at Ball State University in Muncie, IN, assigned trained runners to three dietary regimens that varied in carbohydrate content. Group one consumed 25% of their total 3000 calories as carbohydrate; group two 50%; and group three 70%. To measure glycogen content, researchers took muscle biopsies immediately after exercise, and again 24 hours later. The

results demonstrated that during the 24-hour period **muscle-glycogen synthesis increased in proportion to the amount of carbohydrate consumed**.

In the past, experts advised that athletes eat their carbohydrates in complex form such as brown rice, whole-grain breads, and pastas. Then glucose polymer drinks were used to replace glycogen stores without the added bulk of whole grains in the intestinal tract. More recent research has shown that **dihydroxyacetone and pyruvate increase muscle-glycogen stores more effectively than glucose polymers**.

Two double-blind studies conducted at the University of Pittsburgh Medical Center in Pittsburgh, PA, showed that **seven days of DHAP supplementation to athletes on both normal and high-carbohydrate diets significantly improved exercise performance compared to a carbohydrate placebo**.

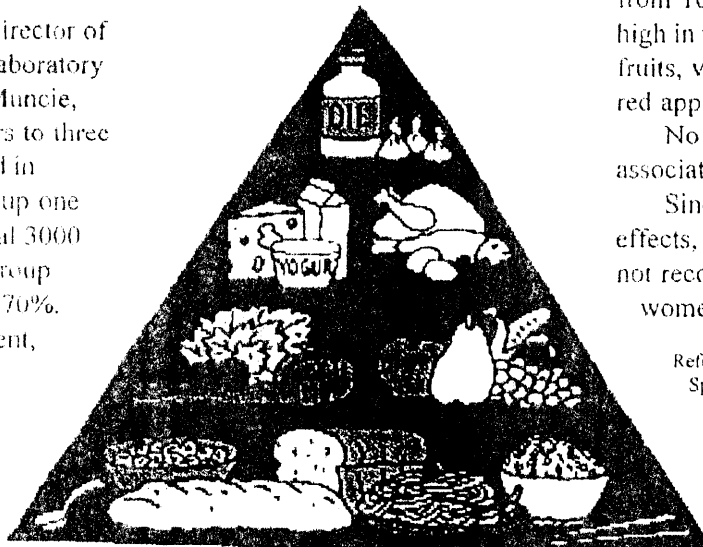
A third double-blind study showed that while cycling at the same workloads, subjects taking DHAP reported a more than 20% decrease in perceived level of exertion.

Researchers have yet to determine the optimal pyruvate allowance. Total daily intake ranges from 100 mg to 1-2 grams. Foods high in pyruvate include certain fruits, vegetables, and cheeses. A red apple packs 450 mg.

No major side effects have been associated with pyruvate or DHAP.

Since it has many metabolic effects, pyruvate supplementation is not recommended for pregnant women or children.

Reference: Stanko, R.T., Robertson, R.J., Spina, R.J., et al. "Enhancement of arm exercise endurance capacity with dihydroxyacetone and pyruvate." *J Appl Physiol*, 68: 119-24, 1990





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

Hello, I want to pass on a few thoughts I've had regarding the club and the web site. First the site: Look for some upgrades coming within the next week. I think you may find them useful in calculating your pace, speed, and distance. And of course no charge to you, just added value, and an additional benefit of being a Kankakee River Running Club member. Some of our members have posted messages on the Discussion/Bulletinboard. Please respond to their postings so they can receive feedback on questions they have. The site is for your informational benefit and you may have a question in the future you would like information on, so lets see some postings and get that page working for everyone. Also I received only 9 e-mail addresses, I know more people are on-line, so I'm asking again **PLEASE SEND ME YOUR E-MAIL ADDRESS AT krrc@keynet.net as soon as possible**. If anyone has any ideas on the club or the site feel free to call me at 815-937-4668. **Thanks for being a member,** David A Barrett