



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



NOVEMBER 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 129



NOVEMBER

NAME	DAY	AGE
Andy Baldwin	6th	10
Dorothy Baldwin	10th	79
Don Combs	1st	46
Myles Hillebrand	26th	11
Doug McWilliams	13th	39
Bill Orr	17th	48
Carol Pratt	5th	39
Tricia Rahrig	8th	16
Deb Sutherland	3rd	37
Keith Theisen	18th	53



ON DAN'S RUN

by Dan Gould

October is marathon month and a number of our members were part of the growing crowd at Chicago. Last year there were about 14,000 finishers and this year over 17,000. It has started to become a "happening" type race, but, with the electronic chip, everybody gets an accurate start to finish time - if it works.

Jim Grace used Chicago as his last long training run in preparation for the Florida Ironman. He did not find his name in the official results and speculates that his chip failed to work. But, it was only a "training run" and he went on to a very successful triathlon. The marathon was one of many and not all that important.

For those of us in the real world, the completion of any marathon is no small feat, especially the first time. Pam Dunlap, 50 years young, made Chicago '98 her first and a happily successful one at that. You'll find her thoughts on it elsewhere in this newsletter.

Joe Burgess, 41, who has been running all his life, tired of having to tell people he had never attempted the distance. His feeling on completing his first marathon: "Such a rush!" Joe was apparently in a rush, having covered the distance in 2:54:41. He paced himself well with split of 1:27:11 for the first half and 1:27:30 for the second. Joe noted that the temperature at the start was 55 and it got a bit warm as the morning wore on.

Mike Stluka, another member of the Beecher contingent, stayed on

his feet for the whole 26.2 miles this year and skipped the ambulance ride to the hospital.

Tom Stluka, age 39, on a bad leg, shuffled to a 2:58:34 finish. Not too shabby for the third member of the Beecher contingent, but not quite what we expect of him. Joe, who called in the results, said Tom is thinking of running Las Vegas in February. He didn't say whether Tom would be running the tables or the marathon.

Our Prez, Dave Barrett, had a very successful second Chicago Marathon. You may, or may not, find his musings on that event elsewhere in this newsletter.

Otherwise, Dan Gerber sent me his time, but no details. Dave West completed it, but did not report in and we have an approximate time through an intermediary.

Congratulations to all who went the distance!

Life after running? I suppose I knew there was life after running, but Leon Malone's story in this month's newsletter helps resolve any doubts. There was life before running, so, of course, there should be life after running.

What was life before running? Sleeping in on Saturday and Sunday mornings, bowling league, potato chips (not fat free!), a bathroom scale that said "one at a time please" when I stepped on it, and - horror of horrors - cigarettes!

Am I concerned about a life after running? Well, to tell you the truth, this has not been a good year for my running and I really lost focus in October. I ran no races and had one stretch of five days and another

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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of six days when I simply didn't run. How can this be "On Dan's Run" if Dan isn't running?

Henry Shelly is laughing about now. "Lost focus on running for six days?" he is saying. "My running has been out of focus for six years!" Yes, but Henry works those 12 hour days and 7 day weeks to save enough money to marry off those daughters. One down, one to go, and Henry will be back to those 40 mile weeks - and kicking my butt like everybody else this year!

The story of my sagging miles and slowing times has apparently been picked up by the media. As I was up for retention this year, the Illinois State Bar Association conducted a poll of members which included a question regarding my health. In reporting the results of the poll, Toby Olszewski in *The Herald* noted that my 100% rating must have resulted from the attorneys' knowledge of my "affinity for bike

riding." *Bike riding?* If I did anything less than running this year, it was biking.

I almost ran a race in Nashville. I was there for a long weekend of golf and some male bonding. The race, on Music Row, was at 6:30 on Saturday evening. Unfortunately, we didn't complete our 36 holes until 6:40. Has all my golfing, practicing and lesson taking helped? Well, now when I shoot my 95 or 96 I do it with a better - and far more expensive - swing.

The Empowerment Run 5K in Onarga holds this year's record for fewest runners with 18, breaking the record set by the Perry Farm 4 Miler in April. Pat Koerner was the winner and Rich Olmstead second. The race was supposed to start at 10:00 A.M., but, with their warm-up miles complete and warmed-up muscles quickly cooling, the runners had to endure 22 minutes of speeches (Pat timed them). In addition to the long speeches, the course was apparently long. The Pool brothers pre-registered, but the combine broke down earlier that morning and they couldn't take time out from fixing it to go to the speeches, eh, make the race. There were 44 in the walking division. Diane DesMarteau was third.

Chris Walsh isn't running either. Our top woman is nursing a broken foot. She incurred this injury stepping on her husband's shoe. Say what?! Well, what probably happened was this: Her husband was putting his foot down about something. He hesitated because, as most experienced husbands know, the wife is simply going to step on it. She didn't anticipate his hesitation and, as fast as Chris is, her foot was there first and he stepped on it. Now that is a first!

Perhaps I'll return to serious running in November. If not, we are really going to need your contributions to fill this newsletter. Thanks to Pam and Leon for their contributions this month.

Hope to see you on Dan's run!
[Send your news to 212 Julie Drive, Kankakee, IL. 60901]

"THE RUNNING OF THE BULLS"

by Pam Dunlap

No, this is not an account of the much-publicized event that takes place in the spring in Spain, however, it looked much the same and, more accurately, felt much the same, I would guess.

There we stood, shoulder to shoulder, waiting to charge off, bumping each other, as we looked for just the right time to make a move...to charge ahead. The crowd cheered, encouraged us, buoying us under the weight of the miles ahead.

Running in my first Chicago Marathon was an experience that is difficult to describe and for a "mature" runner with over a decade of running experience, a marathon had always been a secret goal. I had no idea, however, the degree of sacrifice necessary to achieve that goal. Not only sacrifice on my part but sacrifice by my entire family. I quickly realized how selfish I was to embark on this journey that would take me through 16 weeks of intense training, hoping that at the end of those 16 weeks I would still be healthy enough - and mentally prepared - to run 26.2 miles.

My training schedule had me running my longest distance runs on Sundays. My husband, Bruce, would haul me out into the country, open the door and announce that he would see me "when you get home"...usually some 3 hours later! Now I can sympathize with that old, unwanted dog who is unceremoniously "dumped" and, although I knew my way home, I at times wondered if I could make it. After several weeks of this routine, I began to wonder if Bruce wasn't hoping that maybe I would conveniently lose my way!

Seriously, however, I determined that to increase the likelihood of running a successful marathon, one might consider these three things: 1) Enlisting the help of a good coach or someone who is able to off knowledgeable guidance and assistance with your training; 2) Not train and/or run alone. I

feel you need someone with whom to share the experience firsthand. Someone to buoy you, prod you, challenge you, encourage you; and 3) Include weight training as part of your overall training program. These suggestions are not a guarantee for a PR by any means, but I feel that it would greatly enhance your chances for success and/or improvement.

My marathon running partner, a high school friend from Iowa, made the mistake of challenging me to run with him in Chicago and, like a fool, I took the challenge - a challenge like no other I'd ever accepted. Of course I didn't know that when accepting that challenge that I would wear out three pair of fairly expensive running shoes, establish a first name relationship with my podiatrist and chiropractor, run hundreds of miles, endure heat and humidity (and I HATE heat and humidity), develop hip muscle inflammation and suffer from mental fatigue. Yet, at my age, many of these physical maladies occur naturally!

In closing, the crowds along the route were wonderful, and coming out of the McCormick Place tunnel, struggling up the Lake Shore Drive ramp, navigating a couple of turns onto Columbus Drive and seeing the finish ahead in the distance is, without a doubt, the most exhilarating experience I've ever had in my running career. It was worth all the blisters, sore muscles and 4 A.M. runs...and I would do it all over again.

[Ed. Note: Pam and her husband, Bruce, live in Bourbonnais. Pam is the Advertising Manager for The Daily Journal.]

LIFE AFTER RUNNING

by Leon Malone

When the knees couldn't stand the pounding any more, I began to concentrate more on cycling. I'm not a racer, just a cruiser, riding 10 to 12 miles several times a week, time permitting. Sometimes Shirley and I would get in a 15 or 20 mile ride on Sunday. We really enjoy the State Park biking trail.

Recently I bit off a little bigger chunk when I got involved with an Illinois Farm Bureau project call Ag in the

Classroom. This is a program Farm Bureau has had for a number of years in which representatives meet with city students to acquaint them with the agricultural industry.

Several means of funding this program are used, one of which is a cross country bicycle ride. This year the ride began at Troy, Illinois, on Wednesday, August 26th, and ended at the Superman statue in Metropolis on Friday, August 28th, covering about 250 miles. The original map we were given said 216 miles. From city to city it may have been that, but mileage through the towns and side excursions to visit the schools must not have been covered.

For the three days temperatures ranged from 85 to 95 degrees once the sun got working. Wind was not a big factor, but, if there was any, we were going into it more than away from it. The hills were longer and steeper than my local training routes. Friday we were on the "River-to-River" route for part of the ride and some you have been on that.

It was quite enjoyable meeting with the school children, mostly 2nd or 3rd graders, but, on occasion, a few older or younger students, to talk with them about the agriculture industry. The students were prepped before hand that we were coming and they really seemed to enjoy the program, although on one occasion, after the program to educate them about agriculture, when asked if they had any questions, one little boy said yes, how many speeds does your bike have?

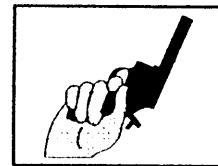
We really got VIP treatment and at least we felt they enjoyed our efforts. It was quite a thrill as we all gathered at the outskirts of Metropolis, around 50 bikers, to be led by the fire truck in a parade through town ending in front of the Superman statue. I hope I can do it again next year.

[Ed. Note: Leon, 68, and his wife Shirley, have been club members since 1986. They live and farm in Kempton.]

THE

STARTING

LINE



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated rooms) at 8 AM from May through October and 9 AM from November 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!

Sun., Nov. 1st - 11:00 A.M. - Canal Connection XVI, Utica Elementary School, \$15/18, sweat shirts, 5yr AG, proportioned awards, top 4 OA & masters, random prizes. Point-to-point along the I&M Canal Towpath. Great race! Joe 815/223-8988.

Sat., Nov. 7th - 9:00 A.M. - Palos Park Turkey Trot 3M, Palos Park Village Hall, Ts. Marilyn 708-365-1535

Sat., Nov. 7th - Jingle Bell 5K, Decatur 800-795-9115

Sat., Nov. 7th - 9:00 A.M. - Jingle Bell 5K, Indiana Dunes State Park, Chesterton. 773-868-3010

Nov. 8th - 9:00 A.M. - Jingle Bell Run 5K for Arthritis, Oakbrook, \$15/17. 773-868-3010.

Nov. 8th - 9:00 A.M. - Westchester Veteran's Day 5K/10K, \$17, CARA Circuit, USATF cert.. NO RACE DAY REGISTRATION. Tom 708-562-4474

Nov. 14th - 9:00 A.M. - Gobbler Hobbler 10K, Starved Rock Circuit Race. Ginny 630-554-1010.

Sat., Nov. 14th 10:00 A.M.- Jingle Bell 5K, Pontiac, 800-795-9115

Sat., Nov. 15th - Jingle Bell 5K, Normal
800-795-9115

Nov. 15th - 2:00 P.M. - St. Anthony 5K,
7659 W. Sauk Trail, Frankfort, Ts,
\$10/15, awards to overall M & F, but
times & places not recorded. This is to
benefit the hungry and homeless of Will
County. Raffle prizes. 469-3750

Sat., Nov. 21st - 11:00 A.M. - Turkey
Tromp 5K, Kennekuk Cove County Park,
Danville, a 5K Handicap Run or 5K Poker
Run or you can do both. No shirts.
\$8/10 or \$13/15 for both. 217-469-7088

Thurs., Nov. 26th - 9:00 A.M. - 20th
Turkey Trot 3 Mile, Oglesby, \$13/15,
neon cap & 20yr cup, 5yr AG,
Oswegoland Park District Civic Center,
ts, \$14, 5yr AG, random drawing. 815-
853-4547

Thurs., Nov. 26th - Turkey Trot 3 Mile,
Bloomington, 434-2260

Nov. 26th - 9:00 A.M. - 15th Annual
Pilcher Park Poultry Predictor 4 Mile,
\$4/6, DOZENS of frozen birds to the top
predictors, Keith 478-3124

Sat., Nov. 28th - 9:00 A.M. - 9th Annual
Drumstick Dash 5K, Village Hall, Richton
Park, \$15/20, sweatshirts, 5yr AG, all
kinds of prizes and refreshments. A
great race! 708-301-2381.

Dec. 6th - 2:00 P.M. - Jingle Bell Run,
Hall H.S., Spring Valley. Info 815-224-
1455.

Dec. 13th - 9:00 A.M. - Jingle Bell 5K,
Shapiro Developmental Center,
Kankakee. See app enclosed. For
additional info, call Phil 933-4935

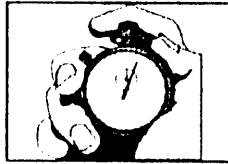
Dec. 31st - 1:00 P.M. - 17th Annual
Hardcore Run 5K, Moose Lodge, 10th
St., Kewanee, \$13/15, sweatshirt, 10yr
AG 4-5 deep. A 5K this year instead of 4
mile, new location, new course. Sherri
309-853-8961. Would you believe 246
finishers last year?

Sat., Jan 2d - Noon - Siberian Express

7.6 Mile Run, Kickapoo State Recreation
Area, Danville, \$12 to \$18, big post-race
party, awards to all finishers, distinctive
awards to top 40 M & 20 F. Marc 217-
431-4243.

Oct. 25th, Allerton Park Trail Run 5.5M -
Bob Pool, 39:57, 2AG; Charlie Grotevant,
40:11, 2AG; John Pool, 42:29

THE



FINISH

LINE

Sep. 20th, Race for the Cure 5K,
Chicago, 3,574 finishers - Dan Gerber,
19:52

Oct. 4th, Ford/UAW 5K, Chicago, 106
finishers - Dan Gerber, 19:53, 1AG;
Charles Kennedy, 21:47, 1AG

Oct. 10th, Empowerment Run 5K,
Onarga, 18 finishers - Pat Koerner,
17:53, 1OA; Rich Olmstead, 20:08, 2OA

Oct. 11th, Chicago Marathon, 17,093
finishers, 55 degrees at the gun

Joe Burgess, age 41 - 2:54:41 - 1st
marathon, not too shabby!

Tom Stluka, age 39 - 2:58:34 - on a
bad leg

Dave Barrett, age 33 - 3:11:57 - much
faster the second time around

Mike Stluka, age 37 - 3:14:11 - stayed
on his feet for the whole 26.2 this year

Jim Grace, age 41 - 3:19:?? - he didn't
call or write, so this time is just what I
think he said he ran.

Dave West, age 40, - 3:47:?? -
finished, but had hoped to do better

Dan Gerber, age 39, - 4:34:49

Pam Dunlap, age 50, - 4:23:38 - nice
job for an old broad's first marathon!



Running and Cold Weather

November is, in most areas of the country, the turning point from warm weather to cold. All the signs and symptoms of winter are in the air. Although dealing with heat may present greater difficulties for the runner, winter weather comes with its own set of special problems, especially in transition months when there can be wide fluctuations in temperature over short periods of time.

Hypothermia—When the air temperature is lower than the body temperature, the body loses heat to the environment. The body's natural metabolic heat production is generally sufficient to replace lost heat and maintain a normal core body temperature. However, when the environmental gradient is severe enough, and the body has insufficient protection from heat loss, the core body temperature can drop

-- at 97 degrees it is called hypothermia. Symptoms include shivering, euphoria, confusion, and behavior that resembles drunkenness. If core temperature continues to fall, there is lethargy, muscular weakness, disorientation, hallucinations, depression, or hostile behavior. If body temperature dips below 88 degrees, the situation becomes deadly -- shivering may stop, and the patient may slip into a coma if emergency treatment is not given.

For distance runners, exhaustion and dehydration can further complicate hypothermia. During transition months when temperatures can change dramatically, a runner may be sweaty and unprepared with warm clothing for suddenly cold temperatures. In cooler temperatures, runners may also give less attention to replacing lost fluids.

Frostbite—Frostbite results from freezing of the fluids in the skin and subcutaneous tissues after exposure to freezing temperatures. Dehydration and low skin temperatures due to exposure restrict blood flow as blood viscosity increases -- slower than molasses in

January. Frostbite can happen in a hurry, within minutes of exposure depending on the weather. Skin suffering frostbite can look white, yellow, or purple; doesn't hurt; and feels hard and cold to the touch.

Skin that has frozen will suffer more damage if thawed and refrozen. This is important to know since there may be an effort to treat the frostbite while still out in the cold. If there is no chance of re-freezing, the skin can be warmed with warm water, wrapped, and the frostbitten individual taken for medical care.

Protect Yourself—The desire to run unencumbered by layers of clothes should not override your better sense. In cold weather or situations in which the temperature may fall, precautions should be taken. Long runs of an hour or more in cool or rainy weather increase risk. Wear layers; cover exposed skin including hands, ears, and nose; stay hydrated; and know the symptoms of hypothermia and frostbite.

(Medicine & Science in Sports & Exercise, 1996, Vol. 28, No. 12, pp. i-x)



Good News on Aging

Aging baby boomers may be determined like no generation before to reinvent what it means to live out the last third of life. These boomers are likely to stay more active, stronger and fitter than the average 60, 70, 80 or 90-year-old of past generations. AR&FA Editorial Board member Stephen Perle, D.C., and other researchers at the University of Bridgeport, College of Chiropractic have good news for aging health and fitness enthusiasts.

The association between aging and loss

of muscle strength has often been thought to be part of the natural aging process—just another concession all human beings must accept along with a host of other undesirable physical changes as we age. However, in a review of the research, scientists concluded that loss of strength in the elderly is not an inevitable result of the aging process, but rather, it is the inevitable result of sedentary lifestyle choices often associated with aging and retirement. This is a good example of "use it, or lose it."

Even more interesting, an older person's ability to restore and increase muscle strength lost to atrophy with high intensity exercise is comparable to that of a young person. The

implications for aging athletes and fitness enthusiasts are tremendous. If you're advising your sedentary friends and relatives, make sure they have a cardio-respiratory evaluation by a doctor and look in their family history for cardiac events in family members under 50 years old, before they begin an exercise program. But for you seniors who are already exercising, stay active, keep running, swimming, and weight lifting and reinvent what aging has meant for past generations. Strength, balance, well-being and independence can remain undiminished and change what it means to be "old."

(Sports Chiropractic & Rehabilitation, 1997, Vol. 11, No. 3, pp. 97-103)

Breathe Easier This Winter

With colder, drier weather imminent,

those who suffer from exercise-induced asthma brace themselves for their bad season. Almost everyone who suffers any degree of asthma will have respiratory symptoms when exercising vigorously in cold, dry air -- it is the nature of the beast.

The usual treatments for exercise-induced symptoms up to now have had their pitfalls. Albuterol, cromolyn, and nedocromil are not completely effective in controlling symptoms in athletes, and they are darned inconvenient to use. The drugs must be inhaled shortly before exercise, and if exercise extends over a period of time, must be taken again. Consider how inconvenient it is for the marathoner

trying to use her inhaler several times during a race.

New research may offer some better alternatives for the millions of asthma sufferers who exercise. In one study, salmeterol (a long acting beta-adrenergic agonist), protected well against bronchoconstriction. Although the duration of protection is not known yet, it seems to protect considerably longer than albuterol. For patients who are active more than 30 minutes to an hour a day, salmeterol may offer better coverage.

In another study, montelukast, a leukotriene-receptor antagonist, marketed as Singulair, provided substantial protection for many but not all patients with mild asthma (as many as 25% do not respond). For those patients who respond to montelukast, it offers some great advantages over other alternatives. It is taken once a day in pill form; there are no adverse effects; protection extends to nearly 24 hours; benefits do not seem to diminish with long-term use; and it is allowed by the National Collegiate Athletic Association, the U.S. Olympic Committee, and the International Olympic Committee. Both of these studies provide good news for active asthma sufferers.

(The New England Journal of Medicine, 1998, Vol. 339, No. 3, pp. 147-152, and pp. 141-146)



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

Hello. Dan asked me to write a few lines about my second marathon. Last year I ran Chicago in 3:29:47, this year I finished in 3:11:57. Another year under my belt made a huge difference. Last year I ran with Dan for about 18 miles then fell off the pace and hit the wall at 22. This year I ran 30 seconds slower the second half and never hit the wall. The 30 seconds difference was due to a bathroom stop at mile 9, if it wasn't for that I would have paced it perfectly. Next year I would like to qualify for Boston and run Boston 2000. If anyone else is interested in going or qualifying for Boston 2000 we could make it a club trip. I have some ideas on organizing a "QUALIFY FOR BOSTON 2000" club teamwork strategy next year. I'll have more details in the Jan. newsletter so start thinking about it now. If any of you have been visiting the web site (www.keynct.net/~krrc) there have been a few changes but it's been slow. As most of you know I am in Olivets MBA program, and school has been taking most of my time. The web site updates have not been as soon as I would like but that will change by the end of Nov. because I have a month break from school. So do visit the site for the links, or calculate your pace per mile, or post a message on the bulletin board. Stay tuned for the Christmas Party I hope to have a good turn out and discuss ideas for next year. There is a lot we can do and WE WILL! I need to get back to studying see you soon. THANKS FOR BEING A MEMBER,
David Barrett....