



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979

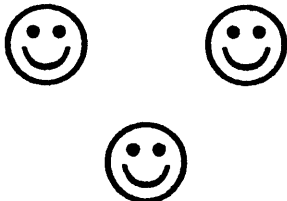


DECEMBER 1998 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 130



ON DAN'S RUN by Dan Gould

DECEMBER		
NAME	DAY	AGE
Peggy Baldwin	23rd	15
Kirsten Benner	20	35
Jackie Delong	3rd	52
Ed Glazar	20th	45
Lindsey Grace	21st	14
Graig Hickey	7th	21
Ken Johnson	16th	81
Denzle Painter	6th	54
Randy Rahrig	3rd	40
Scott Stephens	21st	47



November is an "iffy" month for running when it comes to the weather: If it is good, you can have some great races. A recent study says that 55 degrees is the ideal temperature. If it is warmer than that, the body expends energy for cooling. If it is cooler than that, the body expends energy for heating.

I'm not sure what the temperature was for this year's Canal Connection on November 1st, but it must have been pretty close to perfect. We had overcast, a bit of a wind, and a lot of KRRC people there. I think we had more members there than we normally turn out for one of our social events. Perhaps we should have the social in Utica!

The competition is tough! When the best that the fleet feet of Pat Koerner and Clarence Brock can do is finish 8th and 10th in the field, you know the big dogs came off the porch. They should! It is a fast course and a well-organized race. The awards are nice and the post-race feed is great. Mitch Hobbs was there with his mobile runners' store. If there is a down side to this one, it is simply the time involved. With an 11:00 A.M. start, it pretty much takes the day.

This was the 16th running of the Canal Connection and it produced a record turnout - 574 finishers. Just when you think the 10K is dead and everybody is buying into the 10 minutes of exercise a day is enough, you find there are still some athletes out there. Refreshing!

After my hard-fought campaign to

be retained (I was), I went to Florida for my annual two weeks of R&R in "Paradise" a/k/a Florida. November in Sarasota-Bradenton is sunshine, 70's-80's, no crowds, and summer rates at the golf course. This year I had an unseasonably warm two weeks - 80-85 every day and I never saw a raindrop. The Florida running season was in full swing with lots of races from which to choose.

My first choice was the Bull Run 5K/10K at the University of South Florida in Tampa. There are many reasons to run this one: a scenic rolling course around the campus, the choice of a 5K or 10K, a very competitive field, a colorful shirt, great post-race refreshments, a massage, and nice awards.

As in past years, my selection of races was aided and/or dictated by John and Erma Hickey, First, they know the races because they have either done them or talked to people who have done them. Second, since much of the fun of our sport is sharing it with friends, I like to go to the races they are going to run.

John, recovering from his recent prostate surgery, wasn't ready to race this race. He did run/walk the 5K to support another goldenager. Had he registered for the race, I think he would have on his age division. Erma was first in her age division.

The first Monday I was in Florida I attended a meeting of the Manasota Track Club. With over 600 members, they actually have monthly meetings to which about 30 people come. Fifteen of those show up early to put together the newsletter.

On the November program was Aaron Mattes, a licensed kinesiologist and licensed

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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massage therapist who holds a master's degree in physical education. The subject of his presentation was Active Isolated Stretching (AIS). He picked a ringer out of the audience who was far too flexible to be seventy-some years old and demonstrated some of the stretches. We all got down on the floor and, with the aid of a rope which is used to assist many stretches, did a number of them.

I wish Ken Klipp had been there to comment and interpret. Aaron not only believes in stretching, but believes many of the traditional stretches are physiologically unsound. With Aaron's techniques, you don't simply stretch a muscle, you stretch various aspects of it.

You prepare a muscle for work by stretching. Stretching "opens up" the muscle to allow oxygen-rich blood to fill it and increases flexibility and range of motion. That can increase leg turnover and stride length which

means more SPEED. Yes, Aaron said the magic word! Is he a "Savior" or "Snake-Oil Salesman?"

He caught me at a weak moment. This is the year I was suddenly slower. I can't even look forward to a new age group next year because I can no longer beat the old guys like Charlie Grotevant and Bob Pool. Hell, I can't beat Warren Utes!

So, I bought Aaron's book and a rope. I passed on the video and the wall chart. He appeared to be out of snake-oil. I spent an hour or more on each of my Thursdays in Florida in a "flexibility session" with Aaron. In a flexibility session, he teaches you how to do the stretches while pushing you to the limit. The limit is the stretch reflex, sometimes identified by the onset of pain. Unlike some advocates of stretching, he believes you should hold a stretch for only 1-2 seconds.

Aaron is sincere, convinced, and convincing. He works with Olympians and professional athletes. One of the local runners called him the "stretching guru." I know he doesn't sell snake-oil and I hope that AIS will be my "Savior." I'll give it more time before passing judgment, but time is one of the problems. Aaron's regimen of stretching can easily consume an hour or more.

I was back in Tampa on my second weekend for the Wellness Classic at Telecom Park. Telecom Park is a beautiful corporate park which provided a great venue for a 5K. Sponsored by BlueCross BlueShield of Florida, there were also bike rides and a kids run. Again, this race featured all the amenities that go with the quality races in Florida.

John and Erma were there, but only Erma was running. After the race, we enjoyed the extensive post-race refreshments, had our blood pressure taken and body fat measured (gave us a chance to get out of the heat/humidity and onto an air-conditioned bus). I didn't much

care for the results of my body fat measurement (done with calipers). I get better numbers from my Tanita Body Fat Monitor/Scale!

My third race of the trip was at Lakeland, about 30 miles east of Tampa. The Lake-to-Lake Classic offered both a 5K and 10K, long Ts, a goody bag from sponsor Discount Auto Parts, good post race refreshments, and live entertainment. The 10K course took in parts of three scenic lakes in downtown Lakeland.

John and Erma ran the 5K and I ran the 10K. The long Ts seemed a bit out of place on this warm and humid day until we went into the Lake Mirror Center for the post-race festivities. Somebody left the refrigerator open! It must have been 62 degrees in there! We all ended up wearing the long Ts before the morning was done.

This was another great race except for the awards ceremony. They had a computer with a problem. Times were not available and it took forever. I was afraid I was going to miss my tee time!

I returned from two weeks in Florida psyched for the Drumstick Dash 5K in Richton Park. It would be my fifth race of the month. My Florida training had been great, I lost a couple pounds, and I had Active Isolated Stretching. I was ready to turn the corner on this lousy running year!

Well, it was a beautiful day to race (or do just about anything else, for that matter). Charlie Grotevant and Bob Pool were there to inspire me and I felt good. I didn't know that the next day I would come down with what my doctor described in non-medical terms as "the crud that is going around." I should have gotten it a day earlier!

Yes, fans, Charlie and Bob disappeared over the horizon as the miles slowly went by. As if to emphasize the futility of my effort, the running gods put me just behind Warren Utes in the last half mile. Warren is about 77 now. I could not

overtake him!

After a week of the "crud" and seven days of no training, I am so slow (How slow are you, Dan?) that I won't be able to make the jingle bells jingle this Sunday. Yes, folks, it is once again time for the Jingle Bell Run for Arthritis, our last local race of the year. Support this good cause in whatever fashion you can, preferably by running or walking.

I hope you have had a good year. While being suddenly slower has been disappointing, the fitness benefits, the camaraderie, and the friendships remain, continuing to make running and racing one of the best things I ever did for myself.

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

KRAP FROM KLIPP

by Ken Klipp

Well, faithful reader, I am back. Just the usual excuses for missing last month – no time, forgot, too lazy, etc – just pick one that you like. Hopefully, you haven't forgotten what was covered in the first two installments of "Klipp's Guide to Training." First, the key to training is to increase your ability to supply oxygen to the muscle cells. Secondly, I listed a number of changes that needed to be made in the body in order to supply that oxygen (more red blood cells, more capillaries, more mitochondria, etc). This month's message is about the types of workouts that will accomplish those things, and then next month (hopefully) will be about how to put it together.

First, a couple of basic ideas. ALL types of running (fast, slow, intervals, etc) will bring about SOME improvement in just about ALL of the changes that we want to bring about. So, no matter what kind of running you do, you will gain some benefit from it. It's just that some types of running bring

about CERTAIN changes better than others, or they bring about the same change at a particular intensity level. In other words, you can increase the EFFICIENCY of your training by using specific types of workouts in a particular order. Second, you must understand that your body is an "overcompensator." If you apply a SPECIFIC stress to it, it will, during the recovery period between workouts, overcompensate by building the tissue back to respond to that specific stress. It is similar to when you work with a hammer everyday, your body builds up extra layers of skin (callouses) to better resist that stress the next time. Training is the same way. If you apply a specific stress, your body will respond by "improving" its ability to resist that stress (e.g. – build back more red blood cells than before to better resist the next training bout).

To simplify things, we'll break training down into 4 speeds: Slow, Lactate Threshold, Maximum Oxygen, and Speed.

SLOW – The good news is that just about every physical change that needs to be made can be made at this pace – which should be more than a minute per mile slower than your 5K pace. This level of stress will stimulate the production of more red blood cells, more capillaries in the muscle tissue, more mitochondria, and a bigger stroke volume (amount of blood pumped per heart beat). All of this adds up to a considerable increase in the amount of oxygen supplied to the muscle cells. This is why many runners have considerable success with just this type of training. It also should be where training starts when fitness levels are low – typically called BASE work. These basic changes need to be made before moving up to more strenuous paces. For example, there is no sense training to beat at high maximum rates if it is pumping "weak" blood (low red blood cell count) to "nowhere" (no capillaries). This type of pace should make up 80-85% of your running when you are in good shape, and more than that

(up to 100%) when you are at a low fitness level.

THRESHOLD – This pace corresponds to the maximum pace you can maintain without building up any lactic acid (You may remember that lactic acid is the result of the incomplete breakdown of glucose due to lack of sufficient oxygen at that pace). This pace is about 30 seconds per mile slower than your current 5K pace. This type of run is usually maintained for 20 to 30 minutes (after you have warmed up well). It can be broken into 3-6 shorter segments with a 30-60 second rest between them. This type of workout stresses the heart, the blood, the muscle cells, etc. at this specific level. If the base work has been done, this type of workout can "take it to the next level." The result is that it RAISES your "lactate threshold level" – increases the speed at which you can run without building up lactic acid. This is particularly important as you reach your MAXIMUM oxygen supplying capability, because you then need to be able to work at a higher percentage of that capability without any lactic acid build up. Imagine two runners who can both supply a MAXIMUM of a "gallon" of oxygen per minute while running. If runner A can run at 90% of that maximum without building lactic acid, and runner B can only run at 80% of that maximum without building lactic acid, then runner A is going to beat runner B. So, raising that threshold level is important, and you have to train right at that level to bring about those changes.

MAXIMUM OXYGEN CONSUMPTION LEVEL – This is the speed that corresponds with the level of effort at your maximum ability to supply oxygen to your muscles. It equivalent to your 5K pace. Once again, this SPECIFIC stress brings about specific overcompensations needed at this pace. It will help to raise your maximum heart rate and improve the efficiency of the gas exchange and chemistry that is occurring at this level. The overall effect of this type of training is to raise your maximum

oxygen consumption level. Remember in the last paragraph about the runners who could supply a "gallon" of oxygen per minute? Well, these workouts are designed to raise that to more than a gallon. These workouts should consist of what are commonly called intervals. Each run should last about 3-8 minutes (It takes about 2 minutes at 5K pace to reach your maximum oxygen consumption rate, and then you want to maintain it for training effect. You can use shorter runs, but then you need to reduce the rest interval so that you get up into your max range sooner on each run). The rest between runs should be about the same length as each run (1:1 rest) – no longer, and should be an "active" rest (jogging or walking). Normally, the total distance of the intervals should be 1 to 1 and one half times the racing distance (3 to 4 and a half miles for 5K). When and how often will be discussed next time.

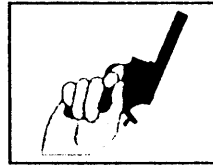
SPEED – There is an old saying among coaches – "Speed kills – anyone who doesn't have it!" This speed is anything faster than 5k speed, all the way up to full speed. The real benefit of speed workouts is NOT to make you a better sprinter. Working at high rates of speed helps you to become a more EFFICIENT runner. It improves your muscle strength, the toughness of your joints, and the neuromuscular coordination. The biggest benefit of all of this is that you become more efficient – you use less oxygen at the same pace because you aren't wasting energy on inefficient motions of the arms, legs, head, and torso. Since you can only supply so much oxygen, this means more is available to the muscles for running. Two runners may have the same MAX oxygen supplying capability, but one wastes some of it on an inefficient running style and therefore cannot run as fast.

The final piece of the training puzzle is "How do you put all of this together? What workouts should I do and in what order? How intense should the workout be? How long? Etc." I'll try to tackle some of those questions next

month (or the month after? Or whenever!).

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 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!

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?

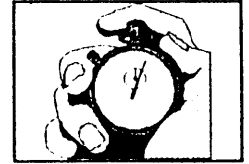
Sat., Jan 2d - Noon - Siberian Express 7.6 Mile Run, Kickapoo State Recreation Area, Danville, \$12 to \$18, big post-race party, awards to all finishers, distinctive awards to top 40 M & 20 F. Marc 217-431-4243.

Sat., Jan. 9th - 6:00 P.M. - KANKAKEE RIVER RUNNING CLUB CHRISTMAS PARTY & BUSINESS MEETING, Bird Park Fieldhouse, Kankakee. Main course and beverages provided by the club. You bring appetizer or dessert. \$5 gift exchange. Music. Special game by Chris Barrett (Do we wear clothes for it this year?). RSVP Pat Baldwin by Jan. 4th at 932-2950.

Sunday, Jan. 10th - 9:00 A.M. - Park Forest Midwinter Frolic 5K, Forest Trail Jr. H.S., Lakewood & Wilson, \$18/20 after 1/4, long Ts, awards to all finishers, pancake breakfast. Cheryl at 709-747-6804.

Sat., Jan. 30th -PSRR Annual Banquet, Pilcher Park Nature Center, New Lenox

THE



FINISH

LINE

Oct. 10th, Race Against Stigma 5K, Bradenton, FL - Erma Hickey, 29:30, 1st Grand Master

Oct. 25th, Bills Beer Run 5M, Nokomis, FL - Erma Hickey, 46:55, 1st Veteran

Nov. 1st, Canal Connection 10K, Utica, 574 finishers, overcast, breezy, cool

Clarence Brock	34:23	1MST
Pat Koerner	34:45	2AG
Dave Barrett	39:11	
Jim Grace	40:53	
Charlie Grotevant	42:30	
Bob Pool	43:19	3AG
Dan Gould	43:27	
Keith Theisen	44:50	
Carol Pratt	45:25	4AG
John Pool	46:33	
Phil Newberry	47:10	
Jeff Lonergan	47:15	
Ron Ruda	47:30	
Mike McGuckin	47:45	
Nancy Ruda	48:29	
Doug McWilliams	52:00	
Carol Vallone	52:37	
John Vallone	56:08	
Marcia Lonergan	57:12	

Nov: 8th, Bull Run, Tampa - 5K, Erma Hickey, 28:50, 1AG; 10K, Dan Gould, 44:40

Nov. 14th, Wellness Classic 5K, Tampa -
Dan Gould 21:11, 2AG; Erma Hickey,
28:28

Nov. 14th, Jingle Bell 5K, Pontiac -
Charlie Grotevant, 21:00, 1AG

Nov. 21st, Turkey Tromp 5K - Charlie
Grotevamt, 21:05, 15th overall (a
handicapped race)

Nov. 21st, Lake-to-Lake, Lakeland, FL -
5K, Erma Hickey, 28:50, 1AG; John
Hickey, 41:34, 1AG; 10K, Dan Gould,
44:42, 2AG

Nov. 28th, Drumstick Dash 5K, Richton
Park, sunny, 50's, a breeze for 353
finishers

Phil Newberry	18:38	3AG
Dave Barrett	18:44	
Charlie Grotevant	20:21	1AG
Bob Pool	20:55	1AG
Dan Gould	21:11	
Charles Kennedy	21:34	
John Pool	22:30	

KRRC CHRISTMAS PARTY & BUSINESS MEETING
BIRD PARK FIELD HOUSE
JANUARY 9TH, 1999
6:00 P.M.

To avoid the Christmas rush/crush, we're having our party next year! It will brighten your otherwise gray, dull, post-holiday blues January. You can bring that stupid \$5 stocking-stuffer gift that you didn't what to do with for the gift exchange along with an appetizer or dessert. The club will provide the main course and beverages. Chris Barrett will have a special game for us, but we may have to keep our clothes on this year. Music. Camaraderie. A really big deal. Fun. A possible John Shoup sighting! RSVP to Pat Baldwin by Jan. 4th at 932-2950.