



THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



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ON DAN'S RUN by Dan Gould

"Condolences," said a somber-faced Charlie Grotevant. I had just exited the finish chute after the Jingle Bell 5K and my oxygen-starved brain was struggling to connect. Condolences? It was an absolutely perfect day to race in December. The sun was shining, the temperature was probably in the upper 30's, and there was just the hint of a breeze. Who died? There were a bunch of familiar and very much alive faces to greet me, although they were also a bit somber.

The oxygen began reaching the brain cells. Yes, there were a bunch of familiar faces there, runners who had finished ahead of me. Larry Lane, Bob Pool, John Vallone, John Brinkman, Tom Nordbrock, Bob Maszak. Familiar faces for whom I usually waited at the finish line.

Pallbearers! Charlie was offering condolences on the death of my racing legs and these runners were pallbearers waiting to bury my dead racing legs!

I had hoped that Dave Bohlke's finish line clock was wrong, but I knew better. I knew when Bob Maszak's kid, "Bobby," sprinted by me in the final stretch that my legs were dead. They didn't feel dead, mind you. They just weren't covering the distance as quickly as they had in years gone by. Specifically, I was a *minute and a half faster at Jingle Bell last year*. Well, next year I substitute bingo and shuffle board for running and golf.

If you weren't there, you missed a

great day. There were 147 finishers in the run this year, 5 more than last year and a bunch of walkers that brought total participation to about 220. None of the young bucks showed up and Pat Koerner raced to an easy victory. Ken Klipp who will be 50 next year, was 6th overall and first in age group. Ken said that this was the second time he felt really good this year. Rich Olmstead's asthma stayed home and allowed him to have a good race.

Van Lewsader, who I don't think I've seen all year was there. He was talking triathlon with Jim Grace. Augie Hirt, who we haven't seen all year, was there to race walk and give instruction thereon.

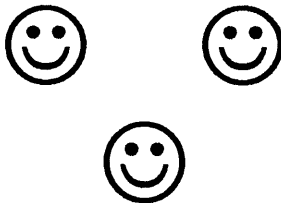
John Brinkman was happy to be back in good enough shape to beat his son, Elliot. John Flynn was back, but not in shape to beat his son, Danny. Dave Scherke, our resident massage therapist, and wife, Judy, ran together. Jeff Lonergan still believes "squaw should follow ten paces behind," so he didn't run with Marcia. Dave and Karol Spencer also chose to run at different paces.

We welcomed Don McCarty to the club a couple months ago and noted his age at 37. He sent us a note saying he was feeling like 37, but only 27. Well, Don, you turn 28 this month and that is real close to 37.

John and Carol Vallone are headed for Orlando and the Disney Marathon this month. We wish them well. We just learned that Dee Osenglewski completed the San Antonio Marathon in November. Congratulations, Dee! San Antonio?

Kirsten Benner, race director of the Peotone Country Classic, is sporting a new diamond and looking

JANUARY		
NAME	DAY	AGE
Dan Gerber	5th	40
Patrick Gerst	20th	42
Linda Grace	26th	37
Joyce Grotevant	28th	57
Rae Hillebrand	5th	6
Brett Linn	26th	17
Jim Martell	25th	44
Don McCarty	29th	28
Samantha Rahrig	26th	14
Jay Samuel	22nd	37
John Shoup	23rd	49
Karol Spencer	21st	42
Dianne Strufe	29th	59



WELCOME NEW MEMBER

.Michael Biernat, 50, Wilmington

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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forward to an April wedding to Doug Steeves. Doug got two or three races under his belt in '98 in addition to chasing Kirsten - or was Doug just too slow to outrun a fast woman? It will be a family membership in '99!

I think this is the first anniversary of the engagement of John Shoup and Lori Benson. Will they wed in '99? John is 49 this month. If they don't do it soon, they'll have to have the ceremony in the old folks home. Judge Michela always said that a second wife should be young and strong so she can lift you on and off the bed pan in your old age. John, don't let Lori get away! I am available on short notice if you've got the license. Jeff and Marcia will vouch for me. Have Robe, Will Travel!

John and Erma Hickey are traveling to the races just about every weekend and John's times are coming down as he recovers from his prostate surgery. He may be able to

beat Erma again one of these days, but he had a little problem with a guy in a wheelchair at the Jacksonville Marathon 5K. Running in the 70+ age group, John was unable to catch the wheelchair participant who was given a head start. Who organized this race?.

Dick Manthei, Charlie Grotevant, Larry Lane and I are hare core! We are also nuts! The Hard Core 5K in Kewanee on the afternoon of December 31st brought out 264 hard core runners to race a hilly, snow-packed course with the temperature hovering around eleven degrees and a bit of northwest wind. Quite apart from the insanity of running the race, it is over two hours from Kankakee.

For Dick, a club member from Joliet, it was the finale to a racing year that included two marathons and a total of 54 races. 54? How do you do 54 races? Well, you do two in a day or three on a weekend. You close out the racing year on December 31st in Kewanee and begin a new one on January 1st in Chicago's Lincoln Park. "Father Time" will have to work to catch this guy!

Actually, the Kewanee trip is a fine way to spend December 31st. The company was good, especially with Joyce along! The lengthy travel time gave us the opportunity to solve the world's problems whether it be Bill Clinton's impeachment or who should be the new coach of the Chicago Bears. We found that our quality of life had not been diminished by the NBA lockout/strike.

The race itself, a 4 miler in previous years, is a quality event except for the 10 year age groups. They do go 4 or 5 deep, but I'll still ding them for 10 year age groups. They offered a decent sweatshirt for \$13 pre-registered or a \$5 no-shirt option. The post-race feed, hot dogs/brats, chips, pop and beer hit the spot and they had some nice door prizes.

They not only had a new distance

and course, but the staging area was the Moose Lodge. While more spacious than last year's facilities, I'm sure we exceeded the posted capacity of 106 persons in the room. The race is just too popular! Think about it for '99!

Hard Core was Charlie's 45th race in another 2,000 mile plus year. His running and racing will be put on hold in early February when he has surgery for a painful neuroma. He expects to be a worker at Winterfest this year instead of a runner.

Pat Koerner had something of an off year with only 31 races instead of the usual 40+. A virus which laid him low for several weeks starting in July cut down his races and miles.

Congratulations to Carol Pratt on 20 years of running! Keep those long legs moving!

I hope that '99 is one of good health, good fortune, and great races. Get your running year off to a good start by joining us Saturday night at Bird Park for the social/organizational meeting. If you haven't given Pat Baldwin an RSVP, do it now!

Please do your dues check to Linda Linn now. Still only \$12 for a single and \$17 for a family. March 1st is the "drop dead" delete date. The following members who joined late in '98 are exempt: Deb Sutherland, Deborah Renville, Don McCarty, John Vallone, and Christopher Powell.

Hope to see you on Dan's run!

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

KRAP FROM KLIPP

by Ken Klipp

Hopefully, you haven't forgotten me (or the content of the previous articles). Having gone over the physiology of running/training, and discussing the different types of training and what they can accomplish, it is time to put it all together into some type of training program. However, first a reference, a disclaimer, and some important information.

First, the reference: The best article that I have come across about planning your training was in the June, 1993 issue of *Runner's World*. "The World's Best Peaking Program" by Jack Daniels. It is well written by one of the nation's foremost exercise physiologists and coaches. It is easy to understand and outlines exactly what you should do, regardless of whether you have 4 or 24 weeks in which to focus your training. I highly recommend it. If you can't find it and want it, call or e-mail me and I will get you a copy. Secondly, a disclaimer: there are a lot of different ideas on how to organize training, and many of them work. What I offer here is what I feel has a basis in scientific research and in my own personal running/coaching experience. If you enjoy what you are doing now, and it is working for you, don't change anything! Lastly, the important information: I firmly believe that anyone can improve their race times IF THEY PLAN THEIR TRAINING. Having a plan gives purpose to every workout and supplies incentive to accomplish your goals (for that day's workout or your ultimate race goal). If you are serious about improving your race times, sit down with a calendar and lay out a plan to reach that goal, whether it is 4 weeks away or 4 months away. Finally, I am approaching this from a coaching standpoint - that is, it is planned for progressive improvement, peaking at a predetermined time. If your goal is to maintain the same level of racing fitness all year round, then this may not fit your needs (sounds like a future column!). This assumes you are coming off of a period of reduced running and trying to gradually improve your fitness, reaching peak racing fitness at a predetermined time in the future.

One other important piece of information: many runners try to fit every type of workout into every week. They try to

do a hill workout, an interval workout, a long run, a speed session, a lactate threshold workout, and maybe even a race into every 7 day period. Not only is this difficult, if not impossible to do, it is counterproductive from a physiology standpoint. I don't know who decided we should work in 7 day cycles, but maybe its time to think in terms of 10-15 day cycles (2 weeks sounds about right). Research also tells us that if is not as productive to try to train all of our different chemical systems at the same time (Remember, any kind of running will produce some benefits in lots of areas, but we are looking for the most EFFICIENT method of maximizing all of those systems.) What research tells us is that we should emphasize one particular physiological adaptation at a time, with minimal emphasis on the other systems. Research also tells us that after about 6 weeks, that particular adaptation will be maxed out, and it is time to emphasize other chemical systems while periodically touching up already maxed out systems. With that in mind, here is my plan of action:

First, you need to determine how long you have before you want to be at your peak (realizing that you can maintain this peak for 4-8 weeks). Ideally, you would have 24 weeks. I am going to suggest 4 phases of training, and 6 weeks would max each one. It can be less, but 12 weeks might be a minimum number. Less than that would follow a different plan than the one suggested here. Divide the period of time you have roughly into fourths. The first fourth will be your BASE period. The second fourth will be your REPETITION period. The third fourth will be the INTERVAL phase. And the last phase will be the LACTATE THRESHOLD. Each is named for the particular system/workout that will be stressed during that period of time. The others will be used to keep those systems from deteriorating, but will not be emphasized.

The BASE phase emphasizes longer, slower running. This type of running will build red blood cells and capillaries, as well as give you some resistance to injury during future, more intense workouts. Most of these runs should be 20 to 40 minutes in length. Once a week, you should do a lactate threshold workout to maintain that system. This would involve running at a pace about 30 seconds per mile slower than you current 5K pace. You can either run 15-20 minutes at this pace in the middle of a workout, or break

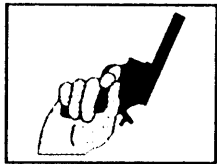
it into 3-5 minute intervals with a 60 second rest between them. Also, at least 2 days per week you should add some strides at the end of your run. These should be done at a pace about 30 seconds faster than your current 5K pace, but the pace isn't critical. They should not be all out sprints, but rather an acceleration up to a strong hard run over about 80-100 meters. Jog back and repeat 6-10 times depending on your mileage and fitness. The remainder of your running during the BASE period should be easy long runs. The amount of mileage and the number of days will depend on your fitness and lifestyle (sounds like another column!)

(To be continued next month)

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!

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.

Sun., 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.

Sun., Jan. 10th - 10:00 A.M. - Fat Ass 50K, McNabb, IL. 815-882-2120. SEE Carol run!

Sat., Jan. 16th - 1:00 P.M. - 17th Annual Frostbite Frolic 8K (4.96 miles), Scott County Park, 8 miles north of Davenport. 319-359-0872.

Sun., Jan. 23rd - 1:00 P.M. - Chilly Chili 4.37M, Lake Bloomington 309-662-3195

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

Sun., Feb. 7th - 1:00 P.M. - 15th ANNUAL RIVERSIDE WINTERFEST 5K, Small Memorial Park, Kankakee. See App enclosed.

Sun., Feb. 14th - 1:00 P.M. - 20th Annual Frosty Five, Channahon, \$14/16, stocking caps to the first 200, 5 yr age groups 2-5 deep and top 5 OA, refreshments, 815-467-7275.

THE

FINISH



LINE

Nov. 8th, San Antonio Marathon - Dee Osenglewski, 3:57:20, 349/1008

Dec. 5th, Lansbrook Lakefront Classic, Palm Harbor, FL - Erma Hickey, 10K, 59:02, 1AG; John Hickey, 5K, 32:19, 2AG

Dec. 6th, Cross Country Challenge 8K, Gilberts, IL. - Charlie Grotevant, 41:22

Dec. 12th, Hidden River Classic 5K, Tampa - Erma Hickey, 28:09, 1AG; John Hickey, 29:53, 3AG

Dec. 13th, Jingle Bell 5K, Kankakee, 147 finishers, sunny, 30's, beautiful!

Pat Koerner	16:55	1OA
Mike Stluka	17:55	1AG
Joe Burgess	18:05	1AG
Ken Klipp	18:08	1AG
Phil Newberry	18:22	2AG
Dan Flynn	18:25	1AG
Nat Draine	18:48	2AG
Jim Grace	19:16	2AG
Larry Lane	20:09	1AG
Marshall Grace	20:23	
Rich Olmstead	20:29	
Charlie Grotevant	20:30	1AG
Van Lewsader	20:52	
John Vallone	21:08	3AG

Bob Pool	21:14	2AG
John Brinkman	21:17	
Dan Gerber	21:18	
Dan Gould	21:38	
Elliot Brinkman	21:49	1AG
Theresa Burgard	21:53	2OA
Dan Noffke	21:53	2AG
Jeff Lonergan	22:07	
Amanda Uribe	22:09	3OA
Cary Yoakum	22:45	
John Pool	22:52	
Mike Hickey	22:55	
Dee Osenglewski	23:13	1AG
Dave Scherke	23:59	
Judy Scherke	24:00	2AG
Allison Williams	24:28	1AG
Ben Angelo	24:45	
Christopher Powell	24:59	
Paul Suprenant	25:03	
Brian Noffke	25:17	
Nancy Ruda	25:27	3AG
Mike Biernat	25:59	
Marcia Lonergan	26:09	3AG
Mike Belletete	27:02	
Krista Hickey	27:12	
Dave Spencer	27:22	
Peggy Baldwin	27:23	
Krista Hildebrand	28:07	1AG
Rich Manthei	30:22	
Jackie Delong	34:41	2Ag
John Flynn	41:02	
Karol Spencer	42:50	

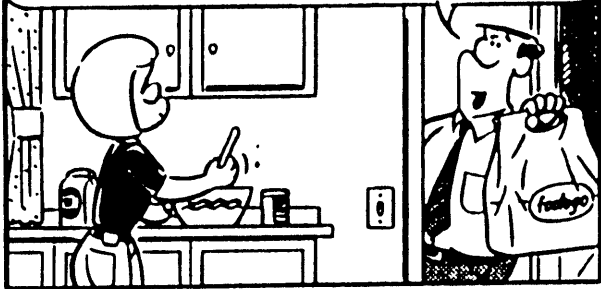
Dec. 19th, Jacksonville Marathon 5K, Jacksonville, FL - Erma Hickey, 27:37, 1AG; John Hickey, 28:48, 2AG, BUT THE winner of the 70+ age group was a wheelchair participant who started before the runners! Huh?

Dec. 31st, Kewanee Hard Core Run 5K, 264 finishers, 11 degrees, sunny, snow-packed footing, hills, some wind

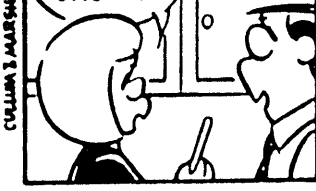
Charlie Grotevant	21:55
Dan Gould	22:32
Larry Lane	24:02
Dick Manthei	29:00

(Dick's 54th and last race of the year)

I got some really good running shoes at the mall, Miriam. They cost a small fortune



Is there an advantage to having expensive running shoes?



You don't dare take them out on rainy days



WALNUT COVE

