



THE PAPER RACE

**THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979**



END OF AN ERA...

Bill, Linda, and Dan Retire

"The newsletter is the glue that holds the group together."

-Harry Simmon, Past President, Kankakee River Running Club

This era began in April of 1988. A running club newsletter had been a hit and miss affair since the first issue in May of 1979 announced the birth of the Kankakee River Running Club at an organizational meeting in April of that year at the Bourbonnais municipal Center. Bill Linn, sensing the need for a regular monthly publication, told Dan Gould: "We can do it!" Dan's response was not recorded and Dan went off to run the Boston Marathon. In Dan's absence, Bill put together the April issue.

With the February, 1999, issue - No. 132 (There must have been a bonus issue somewhere along the line) - and ten years and eleven months of turning out a monthly issue of *The Paper Race*, Bill, Linda and Dan will retire. While it has been a labor of love (it sure as hell doesn't pay very well) and the mailing of each issue brings a sense of accomplishment, the time has come for other members to accept the responsibility and carry on the tradition. It is not a "good thing come to an end," but a good thing which can be even better. A look at other newsletters suggests many possibilities - pictures, member profiles, race profiles, among others.

Many have made contributions to the newsletter over the last eleven years. John Shoup donated his services as a printer for several of the first issues in 1988. He wrote a number of pieces for the newsletter, but his "Memphis Odyssey," a chronicle of the 1989 Memphis Marathon with Dan and Matt Gubbins was certainly a classic.

Before everybody had a word processor, Dave Bohlke took the various parts to the newsletter and put them together on his computer.

Jim Grace, Linda Krause and Charlie Grotevant have written of their running adventures in a number of issues. We've had an occasional column from Anna Goodberlet and a series from Ken Klipp. Jo Boudreau and Dianne Smith wrote member profiles. Tom Goodberlet regaled us with his memories of the 1990 24 Hour Relay at Bradley in a piece which began "It was a dark and stormy night..."

We've had compliments! "Just this newsletter is worth price of the membership!" - Sue LaMore
And personal notes: "Love your newsletter - but especially the running Judge's column - I don't bare my bottom for just anyone - only literary genius - and my husband of course!" - Janet Brown

Thanks for the memories! Best of luck to our successors, Phil Newberry and Marcia Lonergan!

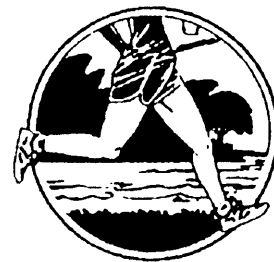
-Bill, Linda, & Dan





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FEBRUARY 1999 KRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL. 60914 ISSUE 132



ON DAN'S RUN by Dan Gould

My wife and I had our 17th Annual "You're Not Running In This" conversation. It came a little later than usual this year due to the mild weather. Perhaps you noticed that the calendar was accurate this year. It said "Winter Begins" on December 21st and it did, but the "Blizzard of '99" started on January 2nd. Let the record show that I did not run that day, although I don't remember why.

Our "You're Not Running In This" conversation came January 4th when the temperature was a couple degrees below zero and the streets were hard-packed snow which, in some spots, resembled ice. I don't remember the wind chill, but, since I was not going to expose any skin, I didn't consider it relevant. Meteorologists make much of it, but it is simply part of their training in Meteorological Terrorism 101.

In January of 1985 I ran a race in Iowa when the temperature was 11 degrees below zero and the wind chill was minus 55. I, along with 200 other hearty souls, survived that 5 mile race in fine shape. It was not a problem with polypro, Gore-Tex, and a ski mask.

So, as I stood in my den dressed in polypro, Gore-Tex, and ski mask on January 4th, I was prepared for the weather. Mrs. "You're Not Going to Run In This," unfortunately, is a couch potato who feels a draft at 100 paces, needs an auxiliary pump to keep her blood moving, and keeps the house at about 73 degrees. I was tempted to respond: "No, I was feeling a bit chilly. Would you mind if

RESULTS OF ANNUAL MEETING

The annual organizational meeting was held January 9th at the Bird Park Fieldhouse. The following persons were elected / volunteered / appointed:

President	Dave Barrett (2d Term)
Vice-Pres.	Bill Linn
Treasurer	Ron Ruda
Newsletter	Bill Linn Linda Linn Dan Gould
Social Chair:	Pat Baldwin

Summer Series 5K (2d Tuesday)

Jun 9	Jeff & Marcia Lonergan
Jul 13	Henry & Janet Shelly
Aug. 10	Grotevant Farms (Charlie & Joyce)

<u>JANUARY</u>		
<u>NAME</u>	<u>DAY</u>	<u>AGE</u>
Michelle Baldwin	14th	43
Dan Draine	27th	20
Jim Grace	24th	42
Marshall Grace	10th	37
Tony Grace	16th	9
Charlie Grotevant	18th	57
John Hickey	28th	71
Mike Hickey	21st	49
Gerry Kilbride	6th	61
Judy Kilbride	24th	60
Tommy Kilbride	14th	20
Colin Koerner	10th	6
Ann Rahrig	4th	38
Collin Rahrig	13th	8
Janet Shelly	13th	46
Joe Saylor	28th	44
Howard Strassenburg	20th	79
Chris Walsh	21st	37



WELCOME NEW MEMBERS

The Bevis Family of Bourbonnais -
John, 35, Cheryl, 34, Hannah, 4, &
Emma, 2

I turned the thermostat up?" Based on 23 years of marriage, I knew she would find little humor in that clever response. Amazing what 23 years of living together does to a woman's sense of humor!

Her response would have been: "Sleeping alone tonight?" Clever fellow that I am, I would have replied: "Will I know the difference?" And I would have.

What did I really say?

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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Probably something like, "Yes, dear, and I'll be back in 45 minutes." If the fates are kind, I'll be spending winters in Florida in the not too distant future and this annual conversation will end.

The Siberian Express in Danville lived up to its name this year. It was scheduled for January 2d! Dave Bohlke was supposed to do finish line, but couldn't think of any ditch between here and Danville that appealed to him. Charlie Grotevant was supposed to run the race, but couldn't get out of his farm yard. I understand 66 participants negotiated 14 inches of snow, 6 foot drifts, and slick uphill and downhill. Last year there were 500 runners!

If you missed the annual organizational meeting/social, you missed a great one and good excuses will be few and far between. Chris Barrett made a lot of reminder phone calls to eliminate the major excuses: 1) I forgot; 2) I forgot to put it on the calendar; 3) I lost my newsletter; 4) I didn't read my

newsletter. The latter excuse is a capitol offense!

There was a roaring fire, cold beer, great food, videos of races held long ago, and great company. Our first new members of the year, John and Cheryl Bevis, were in attendance. John, a runner, works for the county health department and Cheryl, a walker, is a teacher. John has been talking about joining for sometime, but put it off until after he smoked me at the Jingle Bell 5K. Of course, the whole world smoked me at Jingle Bell!

Gosh, you may be asking yourself, now that we have Bevis, all we need is Butthead. Well, actually Butthead has been with us for sometime. Cary Yoakum, who joined us several months ago and also works for the county health department, is Bevis' golf partner in the county golf league. I have affectionately tagged him as "Butthead." Linda Linn has referred to Bill for many years as "Butthead" when he is being particularly sweet. So, pick your Butthead. We have at least two!

Back at the party, we had a great time. Dave and Chris put a lot into this one and the runner's version of "Pictionary" was a lot of fun. Those who had done the most twelve ounce carbo-loading had the most fun even if Chris decided we should keep our clothes on this year.

The business meeting portion of the evening resulted in the re-election of everybody. I strongly suggested to those assembled that it was time for somebody else to edit the newsletter. Bill, Linda and I have been doing it for almost eleven years and the time has come for "new blood." A couple nights after the meeting, Phil Newberry called me and said that he and Marcia Lonergan were willing to take on the responsibility of the newsletter. They will begin with the March issue.

We haven't been doing it for eleven years, but Bill, Linda and I have been directing the Winterfest 5K for 8-10 years and this will be our last one. We hope that a couple of

members will take on that responsibility. It has had great race day support from many club members, but it still takes somebody getting everything lined up for race day. Ask not what your running club can do for you, but what can you do for your running club.

I gave Mike Hickey a call the middle of the month. He had missed a lunch date with me as well as the running club party so it was time for a "health and welfare check." The family health was OK, but the family vehicles' health was not. The transmission went out on the van and was in the transmission shop.

MARCH NEWSLETTER

Please contact your new editors with your race results, news articles, and calendar items.

Marcia Lonergan
174 N. Fulton
Bradley, IL. 60915
815-933-1695

Phil Newberry
85 Strasma Dr.
Kankakee, IL. 60901
815-935-5106

The '97 Malibu was in the body shop and that was a little more exciting story. He and Krista were on the way to the mall to pick up Georganne after the Blizzard of '99, hit something in the road, and flipped it in the ditch, but they walked away. Yes, you might think this is the kind of news you would see in your local paper, but there isn't room for both real news and the mindless blathering in *Speak-Out*. Judge Erickson's bird reads *Speak-Out*, but then that is the only reading material lining the bottom of his cage.

Pa (John) Hickey, who was coming back from last year's prostate surgery, had hernia surgery on January 15th. He had just gotten back to the point where he could

**LAST CALL FOR
DUES! DUES! DUES!**

Your dues were due last month. If they aren't paid before March 1st, this is your last newsletter. Please fill out the renewal form in last month's newsletter and send it to Linda - NOW!

beat Erma again. He hopes to be back on the road the week of February 7th.

Lynn Troost dropped me a note. She has been trying to get up from Urbana for our activities, but she was sick at the time of Jingle Bell and the weather discouraged her driving up for our party. She is registered for Winterfest!

Lynn has a friend, John B...(Lynn, I can't read your writing), who has just become regional manager for Domestic Linens. He will be commuting to Kankakee and is looking for a training partner for a noon or 4:00 P.M. run. He is a sub-3 hour marathoner. O-K, that pretty much limits it to Pat or Clarence. Do we have any volunteers?

As I have in past years, I made the rounds of athletic stores to drop off Winterfest forms. And, as in past years, the folks at Salkeld's, M.C. Sports, Tern of the Wheel, and Gold's Gym were receptive. Unfortunately, the mega-store international corporations at the mall were not. They want our money, but are unwilling to promote or participate in a local community event. It is a simple proposition: we get people who are interested in running and walking to come into their stores to pick up race forms and they may buy some running/walking

related merchandise. I'm so old I can remember when they gave us merchandise for door prizes and discount coupons to get people into their stores.

Patronize those who support us and our community. In addition to those named above, Mitch Hobbs, a runner and the proprietor of Often Running in Normal, will have his mobile store at Winterfest. He puts our forms out in his store and donates merchandise for door prizes.

Hope to see you at Winterfest. It is the end of an era, but, hopefully, I can occasionally contribute something to this newsletter. Wishing all of you a lifetime of good runs.....

Hope to see you on Dan's run!

KRAP FROM KLIPP

by Ken Klipp

[This installment of Ken's training tips began in last month's issue.]

The second phase of training, I call the REPETITION phase. The emphasis during this phase will be on fast runs from 200-400 meters with complete recovery between each (a 4-5:1 ratio - if the run takes 30 seconds, then there should be a 2:00-2:30 interval before starting the next one). The rests are long to prevent the build up of lactic acid created during these anaerobic runs. You should not get progressively more tired as this workout goes on. The pace of the run should be about 30 seconds per mile faster than your current 5K pace (the same as your strides). (Note: please don't feel that you must run these workouts on exactly measured courses and time them to the nearest tenth of a second. These are guidelines to give you an idea of the degree of effort and the distance and rest intervals to use. There is some latitude on either side for all of these. But try to keep the paces, the distances, and the rests close to what is given so you don't over or under train.) The number of reps can be from 6 to 10, with "active recovery" from each (walking or jogging). You should do 2 of these

workouts per week. Try to vary the site, the distance, the terrain, etc. to keep it fun. This is a great time to do hill repeats. They are great reps. Find a gradual hill and run your reps there. It will help build your strength. The REPETITION phase will help build your muscle strength, increase your running economy (see previous columns), strengthen your heart, and toughen up those tendons and ligaments for the interval phase that follows. You should continue to do a lactate threshold training session one day per week. The remainder of your running should be slow and easy.

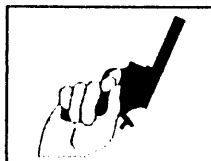
The next phase of training is the INTERVAL phase, the hardest, but the most productive. At this point, there should be no increase in mileage (which has been building during the previous two phases). The key workouts during this phase are intervals run at 5K pace. This will boost your maximum oxygen consumption to it's highest point by challenging the heart and the muscle cells to their maximum. You will develop a stronger heart, muscle cells with more and bigger mitochondria, and blood buffers among other things. The distance for these intervals should be from 800-1600 meters. The "active" rest interval should be equal to the time of the interval (a 1:1 ratio). The number of these intervals will vary according to your fitness level and mileage from a low of about 3 to a high of 6-8. I would again encourage you to vary the distance, the site, and the terrain from week to week. This type of workout lends itself to a wide range of types of workouts from fartlek in the park to intervals on the track. Use your imagination. Two of these a week are plenty (and if you are racing, only 1; a race is the "best" interval workout you can do). You should maintain your lactate threshold workout, and probably bring back the strides at the end of a couple of your easy runs.

The final phase is the LACTATE THRESHOLD PHASE. Here, you are entering your peak racing season, and this is when the overall effects of your training should begin to pay off. The emphasis during this time is on lactate threshold running. Remember, this is running at a pace about 30 seconds slower than your current 5K race pace. You should do two of these workouts per week (reduce to one during the week(s) of your most important race). These can be done as a continuous run for 20-30 minutes (after warm-up), or as threshold intervals of 1000-

1600 meters with a 60 second rest between them. The biggest problem I have found with this type of workout is that people go TOO FAST. In order to stress the correct "systems" in your body, you need to stay near your threshold pace/effort (for example, if there is a hill in the course, you should run it at lactate threshold "effort", not pace). Therefore, you may need to do a few of these at least over a "measured" course (track, state park trail, Garr Creek trail, etc). Once you get the "feel" for the effort, you can do them anywhere. No intervals or reps are done during this period, but strides should still be used 2 or 3 days a week to maintain your "speed" systems. The rest of your running should be slow and easy. By the end of this phase you should be in "peak" condition, given where you started and how long the training period lasted. You can probably maintain that "peak" for anywhere from 6 weeks to ? depending on what you do. If you can do two complete cycles per year, you should see good results. If you only take a single "down" cycle each year, then your maintenance program would need to be a little different (future column?), or if you don't take any down time at all.

Well, that's it. I'm sure there are a lot of "what ifs" to answer. Call, e-mail, or write me and I will try to explain what I can. Hopefully, future columns can deal with questions and special situations. Hope I made it understandable and was of some help to somebody. Let me know if there are other ideas you want discussed. Most importantly, remember to have fun. If that means serious training and racing for you, great, but don't sacrifice the joy of running for the agony of training.

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!

Sun., Feb. 7th - 1:00 P.M. - 15th ANNUAL RIVERSIDE WINTERFEST 5K, Small Memorial Park, Kankakee. Will we have a Race Director for a 16th? An established, well-organized race - a piece of cake!

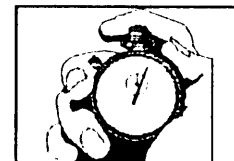
Sun., Feb. 14th - 1:00 P.M. - 20th Annual Frosty Five, Channahon, \$14/16, stocking caps to the first 200, 5 yr age groups 2-5 deep and top 5 OA, refreshments, 815-467-7275.

Sat., Feb. 20th - 9:00 A.M. - Caribbean Cruise 5K, Keeling Center on Blackhawk, Park Forest, non-standard awards. \$15/16. Bill 708-747-3684

Sun., Feb. 21st - Wacky Snacky 5K - downtown Chicago. 773-868-3010

Sat., Mar. 20th - 10:00 A.M. - Run for the Funds, \$15/20, Ts, starts at Equistar Sports Club, Morris. 815-423-7667

THE
FINISH
LINE



Dec. 13th, Jingle Bell 5K, Kankakee - John Bevis, 21:27

Dec. 27th, Say No to Drugs 5K, Clearwater, FL. - Erma Hickey, 28:08, 1AG; John Hickey, 27:50, 2AG

Jan. 2nd, Toadsucker 5K, Tampa, FL - Erma Hickey, 28:12, 1AG

Editor's Note: The race calendar in January is thin, but there were some races run. We report the results we receive.

THIS AND THAT

By
Phil Newberry

Beginning with the March edition of *The Paper Race*, as some of you may have heard, Marcia Lonergan and I will be taking over as editors of this fine publication. Thank you Dan Gould and Bill Linn, for the years of informing and entertaining us, your readers. Also, thank you for helping to make this transition less bumpy for all those involved.

I will begin with some information about myself. My name is Phil Newberry. I am 36 years old and have been running regularly for almost 10 years. My wife's name is Karen. We've been married going on three years. When we counted all of our children, we had five. I read *Runner's World*, *Chicago Runner*, and a few other monthly publications. In addition to being a member of the Kankakee River Running Club, I am also a member of the Calumet Region Striders and the Prairie State Road Runners. Hopefully, I'm qualified for an editor position.

On Sunday, January 10th, I woke up wondering about my sanity. Should I drive to Park Forest and run the Midwinter Frolic? Well, I didn't set the alarm for nothing so off I went. The drive to Park Forest was rather dangerous. There was ice on the road and blowing snow on I-57. I arrived almost an hour before the race and the parking lot was full. I found it hard to believe there were this many crazy people in one place. There were 135 runners on this day. The course was full of slushy snow and the snow was drifting in places. The temperature was 12 degrees. A Kenyan won the 5K in a time of 18:01. I finished 7th in a time of 20:18. The pancakes after the race were delicious and you could eat as many as you wanted.

A big part of the reason I decided to run the Midwinter Frolic is, up to that point, I hadn't run all year. With all the snow we've had this year, I didn't see how anybody can stay in shape! I've had to ride my wife's recum. bike.

Chris and Dave Barrett were great hosts and the annual Christmas party was a great time. The food was awesome. We played a game similar to Pictionary. It was fun to do something a little different. The gift exchange was fun. Somebody brought a VCR and videotapes from races that were held in 1990. It was fun to reminisce about races and people we knew in 1990.

At the party somebody suggested that the club buy a large tent. Somebody from the club could take the tent to races and set it up. Inside the tent we would have refreshments, club applications, race applications, massages, and other things to promote our club. I believe this is a good suggestion and hope that it hasn't been forgotten.

President Barrett touched on a meeting, which I attended, involving an Inter-Club Race Circuit. Representatives for the Palos Roadrunners, Prairie State Road Runners, and our club were there. The circuit will be comprised of four clubs; Palos Roadrunners, Kankakee River Running Club, Prairie State Roadrunners, and the Calumet Region Striders.

Each club will put forth two races from their own circuit or two races of choice from their area.

The club hosting each race is responsible for getting entries to the other clubs in the circuit two months in advance and getting race results to other clubs. It was agreed that races would not be put on the circuit that would conflict with a club's own circuit if possible.

Each club will put \$200 in a prize fund and also each club agreed to solicit club members with businesses for possible donations or gifts for prizes.

Team scoring was discussed. It was agreed that for the first year, as a trial, to score the first 20 runners from each team and their finish places would be totaled. The team with the lowest score will be the winner. If a team doesn't have 20 members present, i.e. 15 runners, they will be penalized as follows; the 20th person on the next weakest team will be taken and multiplied by the number of runners the team is short, in this case 5.

Overall team winners of the circuit will receive \$200. The remaining prize money will be made available to the top 2-5 male and female runners and 1-3 male and female masters. Other sponsorship donations or gifts could be used to reward age group winners.

Also agreed on was listing each other's club circuit races in each other's news letters and club websites.

Runners competing for a club need to be a paid up member. Multiple club members will need to choose the club it wishes to score for and this will be the only team they can score for in 1999.

All clubs will submit a club roster to all clubs competing by the end of February. New members to the circuit can be added no sooner than July 31, 1999.

Kid races could also be a possibility at some of the club circuit races with distances being from ¼ to 1 mile.

At club circuit races it will be encouraged that clubs have a table at the races so that people from the club's area that are not members will be encouraged to join the nearest club. Applications for the other club races will be made available and possibly early registration. Possibly a \$1 to \$2 discount for early entries, this will save on mail and help on race day.

Other suggestions were, having an inter-club relay competition at year end, meeting for long runs on occasion at different club locations, and an inter-club picnic. Also suggested was that prize money at these races should go to the first runner from this circuit or having a separate prize for the first club circuit member so we are rewarding runners doing the circuit.

The preceding information about the Inter-Club race circuit was taken from the *Instep*, which is the newsletter of the Calumet Region Striders. That's all I have for this month. See you next month!

