

THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1979



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Phil's Files



by Phil Newberry

Hamstring pull! Why now?! Why couldn't this have happened in August or September when I was sick of racing? My times are coming back down and I'm starting to enjoy racing again. Oh well, I don't think it's a serious pull.

The first race for the Inter-Club Race Circuit was the Caribbean Cruise. I didn't attend due to the hamstring pull. The next race is the Fools Run in Park Forest. The number of people that can score in these races has been reduced from 20 to 15. Hope to see at least 15 of you there!

The Prairie Staters had their awards ceremony on Jan. 30th. Dave Barrett and I were there. Pizza and beer were served along with a table full of delicious desserts. Awards were caricatures (as above) drawn from pictures, most of which were taken by Terry Bergin. Award winners from our club were Pat Koerner, Charlie Grotevant, Dan Gould, Jeff Lonergan, Phil Newberry, Keith Theisen, and Clarence Brock.

The Pilcher Park Polar Predictor was held the following afternoon. Yours truly, finished first with a time of 24:16 over the four mile course. I received two footballs for finishing first. One of the footballs is a traveling trophy which I have to bring back to be given away at next year's race. There was a table full of the previous night's uneaten desserts which were still delicious. I also won a five dollar gift certificate to Applebee's restaurant in a raffle and six dollars for having the 3rd closest prediction. I don't understand why more people don't show up for this race. The price is certainly right!

I should be running again in a week or so. I hope to see you at the races. Have fun! Phil

Jeff's Jog'n Jarg'n

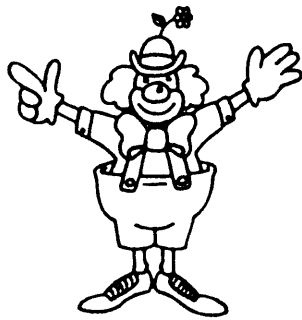


by Jeff Lonergan

With a 1 p.m. race start time for the Frosty 5, I thought I'd get to sleep late. No such luck. I had to get up at 3:30 a.m. to go into work til 11 a.m. and then I was off to the race. I arrived an hour and a half before start time because I left straight from work in Frankfort. Hey, I got a great parking spot! You know how we runners hate to walk very far from our cars to the start. I warmed up with the Pool brothers and then headed to the start. I kept looking around for Phil but he was nowhere around. How's he supposed to write about the race if he's not even there? Right Phil? When the race started, I felt I was running better than I did at Winterfest but at 1/2 mile out, Bob Pool flew by me. Then Carol Pratt went zipping by. Oh well, so much for that thought. It was in the high 30's and very windy. Since the first part was into the wind, I hid behind a tall runner and stayed on his heels. When I met the runners who were heading back, Pat Koerner was catching the front runner. Pat looked as if he was just cruising along. Jim Grace was up there chasing after Clint Carter. I couldn't tell if he caught him or not. I saw Brian Miller picking it up to take 3rd overall. Pat pulled ahead to take the win. Just like last year, Don Lafferty's daughter caught me going up the hill. I pushed myself to keep up with her but near the finish her dad was yelling out encouragement to her to push it and she walked away from me. I'm tell'n ya, these kids, no respect these days! Overall, it was a well organized race and I like the stocking caps they gave away. Phil said he didn't show because it was too cold, too windy, too cloudy, too far, his hamstring was hurting, and the excuses go on and on and on...

Phil and I would like to thank those who submitted articles or information for our first publication and would like to remind all members that we will greatly appreciate any contributions for future publications. Please feel free to e-mail Marcia Lonergan at run4fun@keynet.net, telephone (815)933-1695 or mail to 174 N. Fulton, Bradley, IL 60915. Thank you, Marcia.

Happy Birthday!!



MARCH BIRTHDAYS

Chris Barrett	3/15/67	32
Micah Dorn	3/15/88	11
Ben Gerst	3/26/82	17
Sara Goodberlet	3/12/80	19
Ken Klipp	3/25/49	50
Pat Koerner	3/27/62	37
Terry Morse	3/12/54	45
Tetti Saylor	3/01/50	49
Bonnie Sisson	3/01/45	54
David Spencet	3/04/58	41
Jim Stevens	3/07/48	51
Rollie Szilard	3/28/51	48

FAST-N-FIT FOODS

by Janet Shelly

Light & Healthy Boiled Dinner For Two

2-3 cloves of garlic, peeled
 1 TBS. pickling spice (can substitute 2 bay leaves & a few peppercorns)
 water
 4 medium carrots, peeled & cut up
 4 small potatoes, can be peeled if desired
 1 medium onion, peeled & cut into chunks
 1 pound smoked turkey sausage, cut up
 1/2 medium head of cabbage, cut into chunks

In large pan (with cover) pour about 2 inches of water. Add pickling spice and garlic. Put in steaming basket if have one.

Layer potatoes, onion & carrots. Cover pan. Turn heat to medium-high. Simmer for app. 20-25 mins. Add sausage & cabbage, replace cover. Cook another 10-15 mins. or until cabbage is done.

Editor's Notes: This is a wonderful alternative for corned beef & cabbage! If you don't have a steaming basket, you can put spices in a tea ball or wrap in a coffee filter & tie with string. This may be served with dark rumpsteak or potato bread, and of course, green applesauce!

HAPPY ST. PATRICK'S DAY!

WINTERFEST '99

I had planned on running in the forecast was great, mid-fifties and clear skies. at 5am when Jeff left for work. My first because as I watched the weather change from running. I later felt bad about this decision, out there plugging away. He has more whole body. As we drove from our house to a lot clearer. We thought maybe Dan threw course. By race time, the snow had stopped and chilly temps. The weather didn't keep the crowd away and there was a turn out of 210 participants. Joe Burgess of Beecher won the race with a time of 17:14.5. Tom Stluka, also of Beecher, was right on Joe's heels with a second place time of 17:16.1. The females also had a good race for first place. Christy Murray of Chicago captured the win with a time of 19:39.5. She was followed very closely by Chris Walsh of Kankakee with a time of 19:41.5. The after race festivities were very enjoyable and there were plenty of beverages, cookies and apples for everyone. Overall, the race was very well run and was a good time for all present. It was announced that Charlie and Joyce Grotevant will be the new race directors for Winterfest 2000 and they have since notified me that Ken Klipp has agreed to be co-race director with them.



Riverside Winterfest OK all week. The weather It sure looked as if it was going to be a nice day mistake was not crawling back into bed good to bad to worse, I talked myself out of especially after seeing Fred Scholz of Markham ambition in his little toe than I have in my Small Memorial Park, the roads seemed to get his weight around and got the plows over to the we were blessed with just a light drizzle and

A CLASSIC KILBRIDE FAMILY "THANK YOU"

The Kilbride Family would like to thank Dan Gould, Bill and Linda Linn for all the time they have spent not only with our newsletter but with everything else they have done and continue to do to keep this running club together.

Our family started running in 1982 when Andy, who was nine at the time, saw a commercial on cable 6 TV for the 5 miler at the Community College. He asked me if he could run in this event. I said yes but in order to do that he would have to train for the run. I suggested he run around Cobb Park, which is right outside our front door. He trained and completed this race in a time of 41:15. Boy, was I impressed.

The next event of the summer was the Mayor Ryan 5 Miler which both Andy and our oldest son, Mark who was 17 at the time, entered. However, Mark, a couple of days before the race hurt himself so I ran in his place using a regular pair of tennis shoes. When I got to the corner of River Street and East Avenue, the last part of the race, I looked up that hill and said to myself, "What in the hell am I doing in this race?" I did finish the race.

From that time on, our family started running in most of the local events. I first got to know Dan, as a runner, at the 5K fun runs at Small Memorial Park. Dan has been a friend of ours from that time on. He has taken many pictures of members of our family at various runs and some of the group pictures of the entire family have been used by us for our annual Christmas greeting.

When our family picked up the Manteno 5K Run on Fathers Day, Dan was a tremendous help to us in getting the event off the ground. He is the one who suggested the name, "Kilbride Family Classic" for our race. He gave us other valuable help as a result of all the years of experience he has had with races. He is a special friend to the Kilbrides and we hope that, at least, during the summer months, he will still be around at the races. Thanks Dan. You have been a tremendous asset and part of the "glue" to the Kankakee River Running Club.

We haven't been as close to Bill and Linda except that we really look forward to their garage sale each year and, in fact, change our schedule if possible to be sure to make this great event. But since we started our own race, Bill and Linda have also been very helpful to us in the preparation for this event. This family very much appreciates all the sacrifices you have made for the benefit of the rest of us. To all three of you Dan, Linda and Bill please stay active and pass your wealth of knowledge on to the rest of us so this community of runners will maintain the glue that makes it all happen. The Kilbrides

Mitch Hobbs Honored

During the Winterfest awards, Mike Hickey, track and cross-country coach at Momence High School, honored Mitch Hobbs with a plaque in appreciation for his support of Momence athletes. Mitch has donated running shoes from his athletic apparel business to the Momence H.S. track and cross-country teams for the past seven years. We all know how important good running shoes are so let's continue to support Mitch when we see his booth set up at future races.



CONGRATULATIONS DAN!

We, the members of the Kankakee River Running Club, see Dan Gould as more of a "running man". However, he was recently given an award by his fellow judges for being a "sitting man". Dan was presented with a large, colorful trophy made up of parts from several trophies in honor of his 25 years as a sitting judge. It just doesn't seem right to get such a big trophy for being a bench warmer! Congratulations on your 25 years of service and best of luck with your plans for retirement. Since you'll soon be unemployed and have a lot of free time on your hands, I was wondering if you'd be interested in an editorship position with *The Paper Race!*

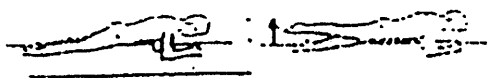
Marcia

TIPS FROM THERESA

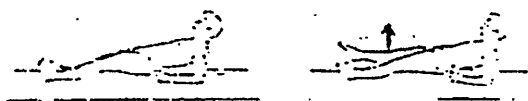
Theresa Burgard, track and cross-country coach at Kankakee High School, recently attended a Track & Field workshop at the UofI. The workshop proved very beneficial for her and she would like to share the information she learned with all the members of the Kankakee River Running Club. The workshop addressed the importance of **CORE STRENGTH**, which includes the abdominals, gluts, hams & quads. When the CORE is strong there is less chance of injury and form and speed can improve. After doing the CORE STRENGTH exercises for just one week, Theresa noticed a decrease in knee pain she had been experiencing and felt improvement in her overall strength. Theresa recommends starting with one set of ten and working up to one set of 15 or two sets of 20 per day. The following exercises take time to develop and one may need to start off considering a set to be just holding the position for 10 seconds and working on the leg movements a little bit at a time. All the exercises, except the sit-ups, require the hips or rear to be off the floor. The exercises are more difficult than they appear.

GENERAL STRENGTH (PEDESTAL)

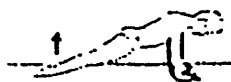
1. Prone, Elbow Stand Single Leg Raise



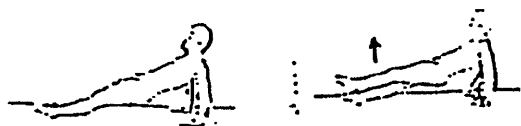
2. Supine, Elbow Single Leg Raise



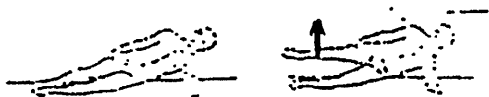
3. Prone, Hand Stand Single Leg Raise



4. Supine, Hand Stand Leg Raise



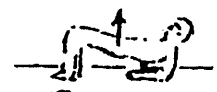
5. Lateral, Elbow Stand Single Leg Raise



6. Lateral, Hand Stand Single Leg Raise



7. Prone, Flex Knee Elbow Stand Hip Lift



8. Supine, Flex Knee Hip Lift



9. Crunch, Low Reach



10. Crunch, Low Reach with Twist



How Fast Can You Go?

As we participate in what is termed "The Second Running Boom", two types of runners come to mind. Runners who train in order to see how fast they can go and runners who run in order to enjoy the "experience". These days the number of runners who "experience" outnumber the runners who train. Sometimes "experiencing" a race is fine. I see nothing wrong with that. It's just that when you give your best effort, racing as fast as you can gives a person a feeling of extreme satisfaction. Training and racing gives a feeling of accomplishment, it's good for your health, and it's a blast!

It takes some discipline to train and race. The feeling of accomplishment you get is worth all the hard work that you put in. You build self-esteem when you work toward a goal and succeed.

It's good for your health to train and race. When you run, your body's ability to burn fat improves. You burn fat more efficiently. Your muscles use the fat as fuel instead of storing it. The harder you train, the more fat and calories you burn.

Racing competitively is fun. Competition develops friendly rivalries. Competitive racing is a great way to meet people and begin friendships. A different kind of bond is formed when you compete with someone in a race rather than just "experience" a race with someone. To my mind, racing with someone gives a person more of an opportunity for sharing than just "experiencing" a race with someone.

In my opinion, a person should train and race at least one year in their life just to see what their potential may be. Later in life you may wish that you had. Is 1999 your year? If it is, I have a four-day a week training program that may be right for you. It is from some training articles written by Jack Daniels that was mentioned in Ken Klipp's newsletter article with some adaptations. The article appeared in the June 1993 issue of *Runner's World*. There are four phases in this program with each phase lasting six weeks:

Phase I: Base-Building Schedule

Day 1: easy run; strides

Day 2: cruise intervals

Day 3: easy run; strides

Day 4: easy run; strides

Phase III: Interval Training Schedule

Day 1: interval workout

Day 2: cruise intervals

Day 3: interval workout (or race)

Day 4: long run

Phase II: Repetition Training Schedule

Day 1: repetition workout

Day 2: cruise intervals

Day 3: repetition workout (or race)

Day 4: long run

Phase IV: Threshold Training Schedule

Day 1: easy run; strides

Day 2: threshold workout

Day 3: threshold workout

Day 4: long run

The Workouts

<u>Workout</u>	<u>Length</u>	<u>Quantity</u>	<u>Rest</u>	<u>Pace</u>
1. Easy runs	20-40 minutes	N/A	N/A	easy; unlabored breathing
2. Cruise Intervals	1000-1200 meters	3-6	1 minute	current 5K pace + 24 secs/mile
3. Strides	60-100 meters	4-8	1 minute	current 5K pace -24 secs/mile
4. Repetitions	200-400 meters	6-10	long	current 5K pace -24 secs/mile
5. Intervals	1000-1200 meters	3-6	3 minutes	current 5K pace
6. Threshold runs	1000 meters-3 miles	varies	short	current 5K pace +24 secs/mile

I've used this program for the last five years. The workouts don't have to be run in the order that I've listed. The important thing is to run the four workouts listed within seven days. I can't handle more than four workouts per week without getting injured. This is a good plan for runners who need more recovery time between workouts. I believe that runners over the age of 50 could really benefit from this plan.

Let's make 1999 the year for blasting through to a new PR! Don't wait until it's too late. Phil

THE STARTING LINE



KRRC members of all abilities meet at the Kankakee River State Park (parking lot across from heated restrooms) at 8 a.m. from May through October and 9 a.m. 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., March 7th-9:35 a.m.-10K & 1/2 Marathon in Cary, IL. Call Jeff Aubere @ (815)455-4290 or Dave Ellinger @ (815)356-8441

Sun., March 14th-11 a.m.-St. Patrick's Day 5K in Bloomington, IL \$15/18 Bloomington VFW Post 454 1006 E Lincoln. Call Bill Read @ (309)663-0355 or (309)452-1395

Sat., March 20th-10 a.m.-Mountain Goat, Kickapoo State Park, Danville, IL Call (217)431-4243 (hills, hills, hills)

Sat., March 20th-10a.m.-Run for the Funds 5K, Morris, IL at Equistar Sports Club. Call Michele @ (815)423-7667

Sat., March 27th-Walleye 5K, Spring Valley, IL Call (815)664-2494

Sun., March 28th-9:30a.m.-Shamrock Shuffel 8K/2Mile Walk Chicago Call(312)922-5103 or www.cararuns.org.com

Sun., March 28th-10a.m.-Lincoln Memorial Run-5 mile & 1/2 Mar. Bridgeview Park, West of I-55, exit 88 Call Rich (217)241-0393

Sat., April 3rd-10a.m.-Ringin in Spring YMCA 5K Valparaiso, IN. Call Mike Jones @ (219)462-4185

Sat., April 3rd-Fools Run

Sat., April 10th-9a.m.-Paula Hauptman Coca-Cola 5K \$12/14 Normal, IL Colene House School

Sat., April 10th-9a.m.-FAB 4 MILER-\$10/12 Lions Community Ctr., New Lenox. Call Pat (815)485-1737

Sat., April 17th-9:30a.m.-Just A Little Run 4 Mile Lansing, IL Call (708)474-8552

THE FINISH LINE



Jan. 30th, Matanzas 5000 St. Augustine, FL Erma Hickey 29:01, 1AG

Feb. 7th, Winterfest 5K Kankakee, IL Phil Newberry 18:09.7, 2AG Jim Grace 19:37.4, 4AG Jeff Lonergan 21:47.9 Robert Pool 21:54.4, 1AG John Pool 22:52.3

Feb. 13th, Gasparilla 15K Tampa, FL Erma Hickey 1:28.55, 2AG

Feb. 14th, Frosty Five Channahon, IL Jim Grace 32:35 Robert Pool 35:12, 3AG Jeff Lonergan 35:31 John Pool 36:47

Feb. 20th, Caribbean Cruise 5K Park Forest, IL Robert Pool 21:23, 1AG John Pool 23:26

Feb. 20th, Pineview Road Race 10K Osprey, FL Erma Hickey 57:08, 1AG

WELCOME NEW MEMBERS
Mark McDermott of Bourbonnais
Jacquie Picha of Frankfort
Dr. Poter Toth of Sullivan

