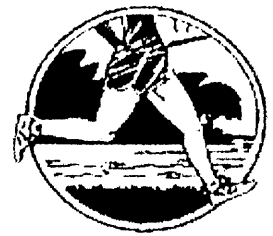




THE PAPER RACE

THE NEWSLETTER OF THE
KANKAKEE RIVER RUNNING CLUB
SINCE 1978



MAY 1999 KRRRC NEWSLETTER, P.O. BOX 534, BOURBONNAIS, IL 60914 ISSUE 135

Phil's Files



by Phil Newberry

It's April, the weather is warm, and I'm in a good mood. It's nice to know that I have good friends that I can ask for advice or drop in on.

On April 3rd Dave Barrett and I started the month off with the Fool's Run in Park Forest. The temperature was 60 degrees. The race is run in the woods where the humidity was very high.

Before the gun sounded, I had decided to run a conservative race due to my hamstring problem and my lack of conditioning. I started slow and let Dave start out ahead of me. About 400 yards into the race I charged down a hill and started to race. I flew past Dave and went for broke. I went through the first mile in 5:53. Wow! I'm feeling a little pain but not too much.

Dave passed me a minute or so later and I started to die. He opened up a 10 second lead and held it for the next 2 1/2 miles. I ran the second mile in 6:31 and the third mile in 6:40. At the 3 mile mark I considered stopping because my hamstring was killing me, but I wasn't going to stop. I had already run hard for 3 miles and I just had to know what my time would be if I ran hard all the way. I gained on Dave big time and finished 2 seconds behind him in a time of 25:27.

After the race there was a pancake breakfast. Dave was busy chasing down the Kenyans that were there for autographs. They signed his Chicago Marathon T-shirt that he happened to have with him. One of the Kenyans won the race in a time of 18:39 I think.

I've run the "Fool's Run" seven of the last ten years. There were many runners that were "Fool's Run" virgins. Runner turnout was excellent due to the race being a Southern Circuit race. Each runner received a tie-dyed T-shirt, which I thought looked pretty cool. If you wanted to pay 5 extra dollars for a raffle ticket you had a chance to win Rolling Stone tickets.

That's all for now. See you at Earl's Run on May 2nd. Phil

Jeff's Jog'n Jarg'n



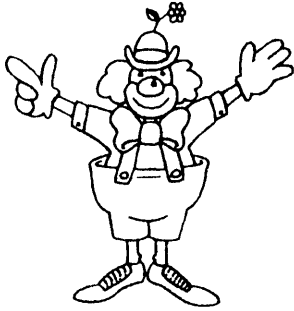
by Jeff Lonergan

Phil tell us it's not true that our President left you in his dust at the Fool's Run! No wonder you have gone into hiding. Have you seen our President on t.v. lately? Look how big he's gotten and besides he's so busy avoiding Monica and all...Oops! When proof - reading this, Marcia informed me that the President they were talking about was Dave Barrett our Running Club President not Bill Clinton! Well Phil, you don't have to make any excuses for getting beat by Dave because he has improved very quickly, and is still improving, from a beginner to an excellent runner. So come out of hiding Phil. I promise to continue to hold back so you can still beat me. (Ha! Ha!)

Has anybody run in any races lately? Charlie was the only one to e-mail race results and John Hickey mailed in race results all the way from Florida. Thanks to both of you. We had to talk to Big Brother to check up on some of you to find out your times. So reach out by calling or e-mailing in those race results. I've been working 7 days a week the past month to save up money for our new house we're having built so I don't have any races to report on but do plan on Running at Perry Farm and Earl's to let Phil finish in front of me.

Phil and I would like to thank those who submitted articles or information for our previous publications 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!!



MAY BIRTHDAYS

Name	Birthday	Age
Theresa Burgard	5/27/57	42
Randy Devore	5/26/48	51
Pam Dunlap	5/20/48	51
Augie Hirt	5/15/51	48
Phil Newberry	5/01/62	37
Carol Sue Painter	5/27/45	54
Judy Schkerke	5/11/56	43
Henry Shelly	5/13/51	48
David West	5/28/58	41
Allison Williams	5/04/81	18

FAST-N-FIT FOODS

by Janet Shelly

Simple Truffle

- 1 store bought angel food cake
- 1 bag frozen, whole strawberries, sliced & sweetened (optional)
- 1 large box instant vanilla pudding-made as box directions
- 12 oz. container of whipped topping, thawed

Use a large bowl. (Glass is nice) Tear cake into bite sized pieces. Pour strawberries, including juice over top. Evenly spread the pudding. Top with whipped topping (if using fresh fruit, be sure to garnish the top!) Cover and chill 1-2 hours. Don't make it too far ahead or it will be runny! You can use fresh fruit. Bananas, blueberries, or kiwis can be added with the strawberries. A little sweetner added to the fruit helps bring out the juice.

This is a wonderful light dessert. Even the kids can make it! Make it for your mom and don't forget to wish her a

HAPPY MOTHER'S DAY!



THIS & THAT

We'd like to wish **Doug Gillam** a speedy recovery. It was learned that while Doug was running the Miller Park 5K Race, a pain in which he had been experiencing above his knee turned out to be a severe stress fracture. Although the pain was increasing during the race he didn't want to give up his lead but with only 20 yards to go he heard a snap and ended up with a broken femur. We wish him well.

Charlie Grotevant is getting back into shape quickly after his foot surgery. His times are coming down fast. Way to go Charlie!

Mark your calendars, May 29th is the **Birdman Duathlon** so dust off that bike and come on out. Even though I had a pulled muscle and had a slow time, I still had fun doing the Birdman last year. Put together a team or take the challenge and do the whole thing. It's a little something different and it supports a local race.

The **Kilbride Family Classic 5K** is set for June 20th, Father's Day at Cobb Park in Kankakee. **Gerry Kilbride** does a great job putting on this race which is nice and flat with a lot of shade trees and runs along the scenic Kankakee River. Who knows, we might even have a "Dan Sighting" at this race.

Jeff



STARTING

BY BOB GLOVER

An Invitation
from Augie Hirt
to attend the

NIKKEN WELLNESS PREVIEW

Through his Nikken business, Augie Hirt has helped a lot of people, including athletes, with physical concerns and would like to offer KRRRC Members an opportunity to experience & learn about the emerging technologies of *magnetic* and *infrared products*. These products reduce stress, promote quality restful sleep, add strength and flexibility, and soothe aching bodies. They have helped millions to sleep better, feel better, and achieve increased energy and balance in their lives through focusing on prevention and total wellness.

Don't be left out of this wave of the future!
Come see for yourself!

Guest Speakers
Dr. Robert Weil
&
Augie Hirt

Monday, May 17, 1999
7:00 p.m.

Lee's Inn
Northfield Square Mall
Bradley, IL

MAKE A LIST, CHECK IT TWICE

You've trained diligently for your big race and now all you have to do is get a good night's sleep, wake up early enough in the morning and head to the starting line. But, do you have everything you need? Many racers—from first-timers to veterans—take last-minute preparations for granted. I remember the time I reached into my gym bag 1 hour before a big marathon and to my horror discovered I had packed only one racing shoe.

To avoid these situations, make a checklist. Use it to pack a bag full of everything you may need before, during and after your race. If you race frequently, set aside a permanent race bag and keep a supply of most of what you'll need already packed away. And whenever you fly to a race, remember this advice: Always carry your race bag with you on the plane. If you check it, it might get lost.

Here's a sample checklist for you:

Shoes: Pack two pairs. Serious racers pack racing shoes and training shoes. Even if you race in your training shoes, pack a second pair so you'll have dry footwear after the race.

Extra shoelaces: I'm not the only runner who, charged with prerace adrenaline, tied my shoelaces one last time and snapped them.

Inserts: Put orthotics, insoles, heel pads and other devices in your race shoes or bag.

Socks: Two pairs. One to race in (inspect for seams or anything that may cause a blister) and another so you can have a dry pair to wear after the race.

Bra or jock: Usually you won't need both. Some won't wear either. But if you do, make sure you pack 'em.

Racing uniform/number: Gone are the days when you grabbed the nearest T-shirt and headed for the race. Now, not only do you have to decide whether to wear shorts or tights, but you have to color-coordinate your outfits. Pack all the possibilities in case it suddenly gets colder, hotter or rains. If you have your number in advance, pin it on whatever you're most likely to wear. (It's best to pick up your number before race day, if possible, to avoid last-minute stress.)

Warmups and postrace clothing: Pack the warmups you will wear before and after the race. This may mean your rain-resistant outfit for a wet day. Also pack extra T-shirts, sweatshirts, socks, etc., so you'll have a dry set of clothing after you finish.

Hot/cold weather items: If the weather is hot and sunny, you may want to pack some sunscreen and a hat to keep the sun off your head. In cold weather, you'll need to pack gloves, a hat and perhaps a long-sleeved polypropylene shirt. In extremely wet or windy conditions, you may choose to wear a light windbreaker on the outside. Also, take along an umbrella, just in case.

First-aid/comfort kit: Always pack extra toilet paper. Also pack petroleum jelly for your feet, inner thighs and nipples to prevent blisters and chafing. You'll want to put some on your face in cold, windy weather to protect against windburn. Pack Band-Aids, gauze, tape, sterile needles (to pop blisters) and first-aid cream to prevent infection of blisters.

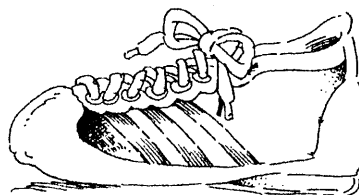
Drink/food: Pack water to drink 10 to 15 minutes before the start and bring additional drinks and food for after the race. You may wish to prepare a bottle (filled with water or a sport drink you've used in training) that can be handed to you by your support group at a key section in the race.

Locker room necessities: Bring a towel to dry off with even if you won't have access to a locker and shower. If you will, pack a lock and soap.

Race logistics: Tuck directions to the registration area, locker rooms, parking area and starting line into your bag. Make plans to arrive at the race site at least an hour before the start.

Race strategy: The night before the race, review any information you have on the course and file it in your bag. Figure out the splits you want to run to achieve your goal time. Either memorize them or write or tape them to the back of your hand. In either case, file them in your bag for race-day reference.

Race watch: Place your watch next to your bag and put it on first thing race morning so you don't forget it. ■



**THE
STARTING
LINE**



**THE
FINISH
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!

Sat., May 8th-10a.m.-Covered Bridge 5K

Hobart, IN. Call (219)947-6980

Sun., May 9th - 9 a.m.-Y-Me Race Against Breast Cancer 5K / 2 Mile

Grant Park in Chicago, IL (773)868-3010 www.chicagoevents.com

Sat., May 15th-8:30a.m.-Berwyn 5K

Berwyn, IL (708)749-0606

Sat., May 15th-6:30 p.m.-Gallery Gallop 10K

Miller Beach, IN (219)938-4566

Sat., May 22nd - Deep River Run

Hobart, IN Call (219)942-2183

Sat., May 22nd -Harvey 10K & 5K

Harvey, IL (708)210-5300

Sun., May 23rd-8:00a.m.-Main Course 10K

Chicago, IL (773) 878-3838

Sat., May 29th-8:00a.m.-YMCA Birdman Duathlon 5K/30K/5K

Bird Park, Kankakee, IL call Kankakee YMCA

Mon., May 31st-9:00a.m.-YMCA Memorial Day 5K

Streator, IL YMCA (815)672-2148

Sat., June 5th-Heritage Day 5K

Farmer City, IL (309)928-3081

Sun., June 6th - 7:00a.m. - Run for the Zoo 5K/10K

Lincoln Park Zoo, Chicago (773)868-3010 www.chicagoevents.com



WELCOME NEW MEMBER

David Cagle of Bradley

Mar. 27th, Chasco Fiesta

New Port Richey, FL

10K-Erma Hickey 59.10, 1AG

5K- John Hickey 28.05, 2 AG

Apr. 3rd, Do The Right Thing 5K

Fort Meyers, FL

Erma Hickey 28.02, 1GM

John Hickey 27.12

Apr. 10th, Paula Hauptman 5K

Normal, IL

Charlie Grotevant 20:48, 4AG

Bob Pool 21:14

John Pool 22:52

Apr. 10th, Fab 4

New Lenox, IL (106 runners)

Clarence Brock 21:56, 1AG

Pat Koerner 22:40, 1AG

Ken Klipp 24:00, 1AG

Larry Lane 26:39

Dan Gould 28:13

Rich Manthei 35:38

Apr. 17th, Arbor Day 5K

Ponce Inlet, FL

Erma Hickey 28:04, 2AG

John Hickey 26:29, 1AG

Reo Rorem 15:44, 10A, Master' Record

Apr. 17th, Eureka 4 Miler

Eureka, IL

Chris Walsh 25:13, 1OAF

Charlie Grotevant 26:52, 3AG

Carol Pratt 27:53

Michael McGuckin 30:31

Apr. 24th, Drake Relays 8K

Des Moines, IA (750 runners)

Ken Klipp 30.03, 2AG

Larry Lane 33:39

Dan Gould 37:06