

# THE PAPER RACE

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



MAY

2000 KRRC NEWSLETTER, P.O. BOX 535, BOURBONNAIS, IL 60914 ISSUE 147

### Phil's Files



by Phil Newberry

April 1<sup>st</sup>, Fool's Run in Park Forest, beer & brats, great course, fun people, "Where was everybody?" We had five people from our club show up. Dave Barrett, Jeff Lonergan, Doug McWilliams, Lynn Troost and myself were there. Wait a minute! I just realized something! Dave, Jeff, and Doug are good friends of mine. They are the guys that I travel to races with. It must be a coincidence.

Dave took time out of his day to run the race even though it was his son Kyle's birthday. After the race he had to rush off to get back to his son's birthday party. Lynn Troost drove up from Champaign by herself and stayed the night in a hotel to run this race. Thank you Lynn. I went into work half an hour early on race day so I would get off early enough to make it.

The race itself was a lot of fun for me. I ran the first mile with Liam Flynn and two other guys. I was with Liam the first mile at the Caribbean Cruise 5K and then he smoked me, so I figured that would happen again. Sure enough all three of them passed me and started pulling away. I ran down a hill and pulled even with them. Soon, I passed them. We went back and forth for a while until Liam and I pulled away. I started to think maybe I can stay with him. After going back and forth with Liam, I finally passed him for good around the 3-mile mark although he wasn't far behind. I should mention that somewhere before the 3-mile mark, Karla Berk flew past us like we were sitting still. She went on to beat me by 9 seconds. Not far from the finish there is a steep downhill. The pavement was wet and very slippery. Running down the hill I tried to slow down, which probably wasn't too smart, but I couldn't help it. Somehow, I didn't fall. When I turned the corner to begin the final straight-of-way, I heard someone yelling words of encouragement to Liam, so I knew he wasn't too far behind. I sprinted to a sixth place finish and 2<sup>nd</sup> in the Real Men Wear Kilts division. I believe Dave finished 9<sup>th</sup> overall and 2<sup>nd</sup> in the Who Knew My Mu-Muu division. Doug ran 30:23. Jeff ran 27:???. We went to the American Legion afterwards for beer and brats. The brats weren't very good but the beer and fellowship were excellent.

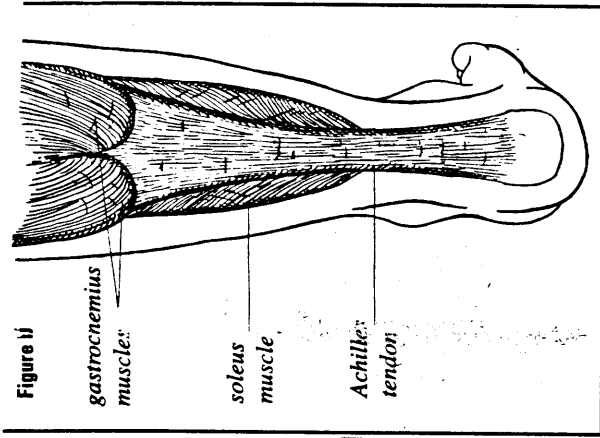
On April 8<sup>th</sup> I drove to the Fabulous 4 Miler in New Lenox. The temperature was 30° at race time and it was windy. Pat Koerner was 3<sup>rd</sup> overall. I placed 5<sup>th</sup> overall with a time of 23:44. Deborah Renville, Charlie Grotevant, Larry Lane, Robert Pool and John Pool were there. I was 2<sup>nd</sup> in my age group and was awarded a \$5 gift certificate to Sportmart. That's all for now. See you at the races and happy running, Phil

New e-mail address: [run4fun@daily-journal.com](mailto:run4fun@daily-journal.com)

# Hear Ye, Hear Ye! Dave Barrett Speakith!

Well, I hear it happens to runners at some point in their life. And it's my turn. I'm injured for the first time since I started running, and its quite depressing. I had a good race at the Fools Run (you know the race, the one hardly anyone showed up at which was the second circuit race, I think we had five total) anyway; it was down hill after that. I can't even walk without pain in my left foot; I guess I should rest it. Or pop some Tylenol and press on. On to some business, we have a new treasurer, it's "Marcia" and I'll keep tabs on her, just kidding. Ron Ruda has been the treasurer for several years; I don't think he even knows how long. So I got the feeling that he wanted a break, so we gave him a breather. He has done an excellent job, Thank you Ron for all your years of dedication. I will be co-treasurer to help out. One more thing, I know the web site hasn't been updated in a while but the first week of May it will be up to date. As usual, there's been a lot going on, but a list of upcoming races will be posted and the Southern Area Circuit races will be highlighted. The final list of those races will be complete by May 1<sup>st</sup>. Remember we need your support so try to make it. I may even be hobbling through them. Thanks for being a member! Dave Barrett...

Hi Dave,  
maybe this will help you.  
Marcia



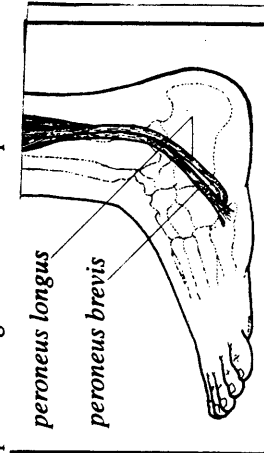
can also minimize stress to specific muscles and tendons. Imbalances such as overpronation, leg length differences, and hereditary bone structure problems may need to be addressed with some form of biomechanical control such as orthotics. These orthotics place the foot and leg in a more biomechanically correct position to allow the bones, muscles, and tendons to function more efficiently and to lessen the stress on specific areas of the lower extremity. Orthotics can help treat tendonitis as well as prevent other problems from developing in susceptible individuals. The benefits of regular running far outweigh the occasional risk of injury. By training wisely, you can avoid many of these problems. However, when an injury does occur, early evaluation and treatment can, in most cases, get you going again quickly.

Perry H. Julien is a podiatrist and a Fellow of the American Academy of Podiatric Sports Medicine. This article is from his book *Sure Footing*. Copies are available by sending \$11 to The Atlanta Foot and Ankle Center, 5600 Roswell Rd., #360 North, Atlanta, GA 30342

activity. In more severe cases, the use of oral nonsteroidal anti-inflammatories, physical therapy or massage therapy, and temporary immobilization may speed recovery.

When the pain does not go away in seven days, worsens, or recurs, seek evaluation from a sports medicine physician. Injuries such as stress fractures, ligament tears, and joint injuries can sometimes mimic tendonitis and may require more aggressive care. Severe pain and swelling can also indicate a tendon tear or rupture, which may need immediate attention to prevent further damage to the area.

If more aggressive medical attention is needed, your physician may recommend temporary bracing or immobilization to treat a severe tendonitis. If a tendon tear is suspected, your physician may recommend a diagnostic test such as magnetic resonance imaging (MRI). An MRI allows the muscle, tendons, and ligaments to be visualized, unlike X-rays, which show only bone injuries. This added information will help your sports medicine physician make a more precise diagnosis and subsequent



treatment plan for a tendon injury.

Following correct training and exercise protocols can often prevent tendonitis as well as other sports-related overuse injuries. You should always warm up slowly before beginning any fitness activity and follow a regular routine of stretching and flexibility exercises. A gradual increase in exercise intensity allows the body to adapt to the increased demands being placed upon it, resulting in fewer injuries. Selection of the right footwear

## SYMPTOMS OF TENDON INJURIES

Tendonitis can occur gradually from repetitive microtrauma or can result from a sudden movement. Initial symptoms can include pain with activity, mild swelling, and occasionally a crackling sensation over the tendon as it moves. This last symptom is caused by a collection of fluid between the tendon and tendon sheath.

In general, the symptoms of tendonitis may improve during the course of activity. This is due in part to the warming up and gradual stretching of the tendon, which takes stress off the injured area; however, the tendon will usually tighten up and cause a significant increase in discomfort after you are done with the activity. If this injury cycle is allowed to persist without treatment, the tendon or sheath may thicken, resulting in chronic discomfort and a decrease in flexibility. If left untreated, chronic tendonitis can predispose you to further injury or possible tendon rupture.

## DIAGNOSIS AND TREATMENT

The early treatment of any sports injury, including tendonitis, should follow the RICE principle of rest, ice, compression, and elevation. The amount of rest required for tendonitis depends on the severity of the injury. Often "rest" can incorporate some form of cross-training so you can maintain your aerobic fitness and strength. Apply ice for 15 minutes several times a day. Compression and elevation are often not necessary in tendonitis, as these injuries do not usually swell. However, if swelling is present, elevate your leg above the level of your heart and use an elastic wrap to reduce swelling.

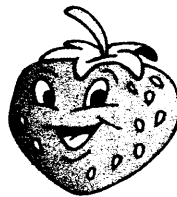
In mild cases of tendonitis, several days of RICE therapy should reduce symptoms and allow you to return to

Happy Birthday!!

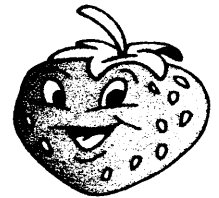


**MAY BIRTHDAYS**

Name	Birthday	Age
Shannon Anderson	5/22/69	31
Theresa Burgard	5/27/57	43
Randy Devore	5/26/48	52
Pam Dunlap	5/20/48	52
Chris Duval	5/21/55	45
Ieshia Haynes	5/02/76	24
Charles Haynes, Jr.	5/01/77	23
Dave Merrillat	5/28/70	30
Phil Newberry	5/01/62	38
Carol Sue Painter	5/27/45	55
Judy Schkerke	5/11/56	44
Katy Schrauner	5/16/74	26
Henry Shelly	5/13/51	49
Troy Walker	5/17/74	26



**Fast-N-Fit Foods**  
by Janet Shelly  
**Strawberry Glaze Pie**



- 1 9" pie crust-baked & cooled
- 1 qt. - 6 cups fresh strawberries
- 1 cup water

- 1 cup sugar
- 3 TBS. cornstarch

Slice strawberries, in saucepan combine 1c strawberries, water, sugar and cornstarch. Cook until glaze thickens and is clear. Use potato masher to slightly puree. Stir in food coloring and remaining strawberries. Save a few nice slices for garnish. Pour into crust. Chill 3-4 hours. Garnish with whipped cream or Cool Whip and strawberries.

This recipe is from former club member, Darlene Ogg. It's very light & easy.

**HAPPY MOTHERS DAY!**



**Welcome New Member**

**Debbi Cox**  
of Wilmington, IL

**KRRC OFFICERS**

President, Dave Barrett 937-4668  
V-President, Bill Linn 935-0815  
Treasurers, Marcia Lonergan & Dave Barrett

**KRRC NEWSLETTER EDITORS**

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**KRRC WEBSITE**

[www.keynet.net/~krcc](http://www.keynet.net/~krcc)

**NOTICE**

Please note change of  
e-mail address for newsletter  
editors:

[run4fun@daily-journal.com](mailto:run4fun@daily-journal.com)

 **THE FINISH LINE**

**Mar. 12th, Shamrock Classic- Brandon, FL**

John Hickey 5K 25:34 1AG  
Dan Gould 10K 42:17 2AG

**Mar. 18th, Pine View Humanities Race 5 Miler, Osprey, FL**

John Hickey 42:49 1AG

**Mar. 25th, Charlotte Reg. Road Race 5K, Punda Gorda, FL**

John Hickey 25:53 2AG

**Apr. 2nd, Lincoln Memorial 1/2 Marathon & 5 Mile  
Springfield, IL**

Charlie Grotevant 1:39:30 (1/2 Marathon)  
Charles Kennedy 36:23 (5 Miles)

**Apr. 2nd, Arny Johnson 10 Mile, Rockford, IL**

Dave Merillat 1:23:17 3AG

**Apr. 8th Fabulous 4 Miler, New Lenox, IL**

Charlie Grotevant 27:14 1AG 55-59

**Apr. 9th, Chief Shaw Trail Run, Bour., IL**

Dave Merillat 29:05

**Apr. 15th, Eureka Spring Classic 4 Miler, Eureka, IL**

Chris Walsh 25:05 1OF  
Charlie Grotevant 27:30 2AG 55-59  
Mike McGuckin 31:59

**Apr. 22nd, Run for the Health of it 5K, Champaign, IL**

Charlie Grotevant 22:11 2AG 55-59

**Apr. 22nd, Starved Rock 3 Miler, IL**

Pat Koerner 16:31  
Phil Newberry 17:20  
Jeff Lonergan 20:11  
Carol Pratt 21:09  
Marcia Lonergan 29:48

**Apr. 29th, Drake Relays On-The-Roads 8K,  
Des Moines, IA**

Marty Klipp 28:18  
Ken Klipp 30:41 2AG  
Larry Lane 33:48  
Dan Gould 34:15  
Bill Linn 37:35

**It's nice to hear from you...**

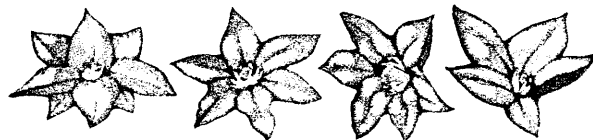
Dave Merillat, one of our newer members, recently ran in the Army Johnson 10 Miler in Rockford, IL and would like to recommend this race to others for next year. It was a challenging out-and-back course and he really enjoyed the run. He also enjoyed the Chief Shaw Trail Run and finished 7th overall. The course and weather were beautiful. Let's add these races to our 2001 calendars. Thanks Dave!



Erma,

We miss seeing your name in the race results. Hope you are feeling better and that you will be back at the races again soon. Best wishes for a quick recovery from your injury.

Marcia Lonergan and all from KRRC



**Come join the fun  
this Saturday  
at the Perry Farm 4-Miler  
in Bourbonnais.**

**Support your local races!**



**THE STARTING LINE**

**May 6th-Perry Farm Pace 4 Miler -8:30 a.m, Bourbonnais, IL  
(815)933-9905 Ryan Ridgley \$10 race day reg.**

**May 13th - Uni High 5K -Crystal Lake Park, Urbana, IL  
Call Sally Walker (217)333-2484**

**May 14th-Y-Me Race 5K - Chicago, IL (773)868-3010**

**May 20th-4 Season 4 Mile - 8:30a.m.- Bloomington, IL (309)663-2022**

**May 20th-Mayor Graves Run 5K/10K-Harvey, IL (708)210-5300**

**May 20th-Galena Duathlon&Triathlon-8:30am-Galena, IL 1-800-747-9377**

**May 21st-Main Course 10K - Chicago, IL (312)853-2525**

**May 29th-YMCA 5K 9:00 a.m. -Streator, IL (815)672-2148**

**June 3rd, YMCA Duathlon-Kankakee State Park (815)933-1741 ext.232**

**June 4th-Racing Hearts 8K-8:00a.m.-Joliet, IL (815)725-7133 Ext. 3034**

**June 10th-Steamboat 4 Miler -7:45a.m.-Peoria, IL (309)676-6378**