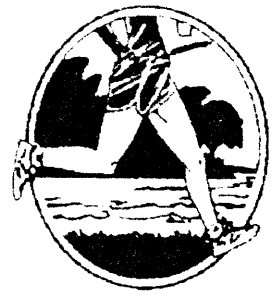




THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JUNE 2001 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 160

Indy Half-Marathon By John Bevis

Finally, I was going to be able to run this race. I had intentions of running it for the first time last year, however, my routine hernia surgery in January 2000 was anything but routine. After an infection led to another operation, running took a back seat as I concentrated on just living! So in 2000 my brother -in-law, Pat, began his quest to run the Half while I convalesced at home. Let me add that this would be his first race ever and that he trained about three months with his longest run being around 8 miles. Maybe I picked a good year to miss as I found out later that it was the second hottest race ever. Pat made it to the finish line in 3:08. He ended up walking part of the way but I was encouraged that he did it and wanted to try again. The Indy half sparked my interest as it includes a loop around the motor speedway! I thought it would be cool to be able to say that I had raced at the speedway! Anyway, I'm healthy again and have been training with the ex-president for this race as I was able to talk him into running it this year. Little did we know how well represented the running club of Kankakee would be. My family arrived in town the day before the race. We stayed at Pat's home, which is not that far from the race start. Dave was to arrive later that night with his family. My job was to get his chip and number, which I was able to do. While at the expo I ran into Phil Newberry and Doug McWilliams. They were looking for water, which struck me odd as Phil usually seeks out a brewski. We said our good lucks as I did not expect to see them again (20,000 runners), what would be the odds. I should have placed a bet. Dave finally arrived at 1130pm and we made arrangements to pick him up the next morning. The weather was good, around 60 with a slight wind, nothing like the previous year. Dave bumped into Deb Renville and said hi and then we looked to get into the pack. The race starts on two different streets and then converges into one about a mile later. We chose the north street and worked our way up to just behind the elite men. The women started on the south street. Phil had made a friend and was telling her how he didn't expect to see us again as we walked up to him! Bang, we were off. I tried to hang with Dave and Phil thru mile 3 but they slowly pulled away and I settled in running my race plan. The entire route is pretty much lined with spectators and reminds me of the Chicago marathon. It starts downtown, works its way to the speedway and then finishes downtown again. As I hit mile 5 I could see the track. Running around the oval was quite an experience as I tried to picture the cars zooming by at 200mph. I was never able to pick it up but I did run my last 8 miles at 730 pace so I was happy with that and I crossed the finish line in 1:38.17. I found out later that an 11year -old girl from Terre Haute ran a 1:28 and finished 16th overall for the women. You go Girl! Dave and Phil ran well but I was most proud of Pat. He ran the whole way this year and finished in 2:02, knocking over an hour off last year's time. The post race festivities were great and overall we counted 7 KRRC runners at the race. I definitely recommend the race to anyone who wants to try a longer but not a marathon type race. Hope to be there again next year.

**CONGRATULATIONS TO JOHN HICKEY ON HIS 500TH RACE!
KEEP UP THE GREAT WORK ON YOUR NEXT 500!**

INDY MINIS A WINNI

By Phil Newberry

Around noon on Friday, May 4th, Doug McWilliams and I left Momence for the 12th largest city in the U.S., and home of the Indianapolis Life Mini Marathon (Indianapolis, Indiana. Doug and I popped in a CD (Lynyrd Skynyrd, One More From the Road) and rocked our way down to Indy. We arrived around 3:00 with absolutely no trouble finding our hotel, The Westin, in the heart of downtown Indy.

After we checked in to our hotel, we strolled down to the Alcatraz Brew Pub to get something to eat. If you like places that brew their own beer and serve up your neighborhood grill type of food, then Indy is your town. There were at least six of these types of establishments within walking distance of our hotel. Anyhow, we sat down, ordered some amber beer, and relaxed. Doug had fajitas and I had angle hair spaghetti with shrimp. The food wasn't bad but the beer was great! The waiters all looked like runners and we received some information about the race from one of them. I guess that's why Indy is unofficially billed as the "Amateur Sports Capital of America."

After lunch, Doug and I walked to the race expo located at the Pan Am Plaza. The Pan Am Plaza was connected to our hotel by a tube like the one at St. Mary's Hospital in Kankakee. The expo was a dud. I guess once you've been to the Chicago Marathon expo nothing else compares. After that, we walked around Indy looking for the start and finish of the race. We didn't find either one. Then Doug decided he needed some Gatorade. We walked all over the place and couldn't find any. We went to the souvenir shop in the hotel and found bottled water. I picked up a 1.1 liter bottle and looked at the price that was posted on the wall. The price was \$3.49! You gotta be kidding! I told Doug that I'd rather die of dehydration than pay that and put the bottle back. So the search continued. We went back to the expo. We found no Gatorade. We found something much better. We found the Bevis'. We snuck up on Cheryl and talked to her for a bit. It was nice to see her. Then we surprised John after he picked up his race packet. We talked for a while then said good-bye hoping we'd see them on race day.

Race day morning took forever to come. I was lucky if I got 2 hours of sleep. I hate sleeping in strange beds! We got up and looked for breakfast but none was to be found unless we went to the hotel restaurant or ordered from room service. I don't think so! Gatorade bars from the expo would have to serve as breakfast. Soon after we headed for the start line.

I lined up just behind the rope that keeps us from joining the elite runners. I started up a conversation with a woman beside me. I was telling her that with 20,000 runners and a dual start there was no way that I was going to find some friends of mine. Then I looked ahead at some elite runners and saw two of them that I recognized, Dave Barrett and John Bevis. Naturally, I slipped under the rope and joined them. Soon the gun sounded and we were off. It took a little over 20 seconds to reach the start. We ran together about 3 miles before we lost John. Dave and I continued to run together. At water stops I would walk and take a drink and then hustle to catch up with Dave. Near mile 5 we entered the Speedway. Dave and I were still together. Somewhere between miles 6 and 7 I decided to take my gel pack. I grabbed some water and tried to open it, but I couldn't get it open. Finally I tried to squeeze it out of the top. The bottom exploded but there was still enough in the packet for me. I put it in my mouth and squeezed. I took a drink of water. Wait a minute! All of the water spilled out when I was fighting with the packet! There I was with a mouthful of dense pudding and no water! I forced it down the best I could and took off to find Dave. I had planned to pick up my pace about halfway through and pick it up I did! I was flying! The Speedway is a 2 & 1/2 mile oval and I caught Dave and dusted him before we even got out of the Speedway, or so I thought! As we exited the ramp out of the Speedway, I looked to my right and there was Dave running along side of me! How can that be?! I was exhausted. I let him go. By the 10 mile mark he was a minute ahead of me. In the last 5K he gained another 2 minutes on me. I was dead! During mile 9 I had to walk for 30 seconds. I must have been running too fast because I still managed a 7:04 mile. I kept moving as best I could the final two miles averaging 7:35 per mile. Dave was the better runner on that hot, humid day.

After the race I hooked up with Doug and we went back to the hotel to check out. I couldn't believe that check out time was 12:00 even though The Westin was the host hotel. You'd think they'd at least give you until 1:00 in case a person took that long to finish the course. On our way out of the hotel, we rode down the elevator at the exact same time as Jeff and Debbie Renville rode down in the elevator next to ours. We spoke to them briefly and tried to convince them to come with us to a brew-pub but they had to leave. When we checked out, the \$115 rate for mini-marathoners was of course filled, so we had to pay \$140. I think we will try a different hotel.

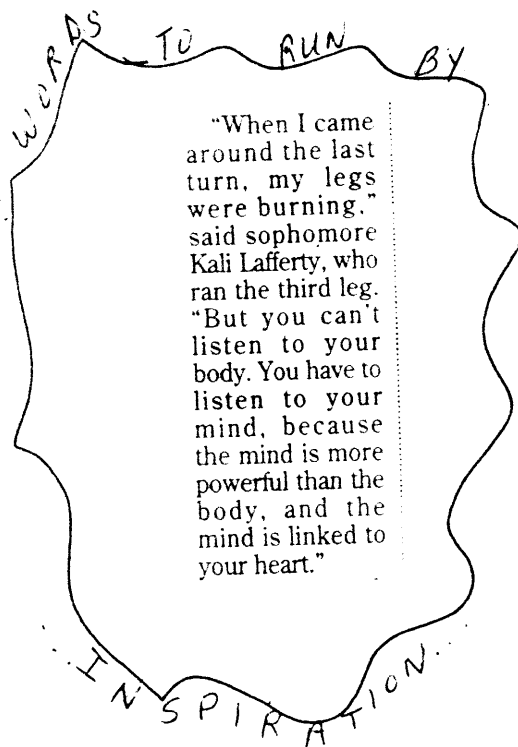
Next year, I'd like to go again but do things a little differently. I'd like to leave to go to Indy at 4:00a.m. on Saturday morning of the race. That way I could get 5 or 6 hours of sleep instead of 2 hours. I'd spend Saturday night in Indy and make my way to a few brew-pubs or the post-race party, which I think starts at 6:00. On Sunday I would use my free pass to the Speedway to watch practice laps or possibly spend the day at the minor league ball park, which is in walking distance of the major hotels in Indy.

Going down to Indy was definitely a blast and I highly recommend making the trip down to this race. I'm going back next year for sure.

JUNE B-days!

HAPPY BIRTHDAY TO...

| Name | Birthdate | Age |
|---------------------|-----------|--------|
| Amy Baldwin | 6/14/86 | 15 YRS |
| Sara Batkiewicz | 6/08/84 | 17 YRS |
| Erica Batkiewicz | 6/06/84 | 17 YRS |
| Cheryl Bevis | 6/01/65 | 36 YRS |
| Stan Gremer | 6/22/56 | 45 YRS |
| Jonathan Kershaw | 6/20/83 | 18 YRS |
| Marty Klipp | 6/23/76 | 25 YRS |
| Larry Lane | 6/27/48 | 53 YRS |
| Linda Linn | 6/09/54 | 47 YRS |
| Paula Litherland | 6/26/58 | 43 YRS |
| Dan Morse | 6/25/59 | 42 YRS |
| John Pool | 6/13/42 | 59 YRS |
| Robert Pool | 6/15/36 | 65 YRS |
| Heather Steffen | 6/12/80 | 21 YRS |
| Mike Stluka | 6/27/61 | 40 YRS |
| Matthew Wilkens | 6/24/90 | 11 YRS |
| Christopher Wilkens | 6/22/94 | 7 YRS |



FAST-N-FIT FOODS BY JANET SHELLY

RHUBARB COFFEE CAKE

CAKE INGREDIENTS:

1/2 CUP SHORTENING
1-1/2 CUPS PACKED BROWN SUGAR
1 EGG
2 CUPS ALL-PURPOSE FLOUR
1 TSP BAKING SODA
1/2 TSP SALT
1 CUP (8 OZ.) SOUR CREAM
2 CUPS DICED FRESH OR FROZEN RHUBARB, THAWED

TOPPING:

1/2 CUP PACKED BROWN SUGAR
1/2 CUP CHOPPED WALNUTS
1 TBSP BUTTER OR MARGARINE, MELTED
1 TSP GROUND CINNAMON

HEAT OVEN TO 350 DEGREES. GREASE TWO 8 IN. SQUARE BAKING DISHES. IN MIXING BOWL, CREAM SHORTENING AND BROWN SUGAR. BEAT IN THE EGG. COMBINE FLOUR, BAKING SODA AND SALT; ADD TO THE CREAMED MIXTURE ALTERNATELY WITH SOUR CREAM. FOLD IN RHUBARB. POUR INTO THE GREASED DISHES.

FOR TOPPING, COMBINE INGREDIENTS AND; SPRINKLE OVER BATTER. BAKE AT 350 DEGREES FOR 40-45 MINUTES OR UNTIL A TOOTHPICK INSERTED NEAR THE CENTER COMES OUT CLEAN. COOL ON WIRE RACKS. MAY BE FROZEN FOR UP TO 6 MONTHS. YIELD: 2 COFFEE CAKES, 9 SERVINGS EACH.

HAPPY FATHER'S DAY!

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Treasurers Marcia Lonergan & Dave Barrett

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WWW.KEYNET.NET/~KRRC

This is the type of discomfort you can work through using your mental training techniques.

TOOLS FOR HANDLING "GOOD PAIN" AND BAD ENERGY

1. Relax mentally and physically.

Deliberately slow down and deepen your breathing. This will help your muscles let go and you can relax through the pain. Say to yourself:

- "I'm breathing in inner strength; I'm breathing out negative thoughts."
- "I'm becoming more relaxed with each step."

2. Break the experience down into small, more manageable pieces.

If you're doing the Ironman, don't think of getting to the finish line from the gun. That's much too far away. Just say to yourself:

- "I'm now focusing on swimming to the turn-around point."
- "Just get to the first aid station on the cycling leg."
- "I'll hold this pace one more mile, then see how I feel."

3. Use the pain as feedback. You can register it not as pain but as effort level. Say to yourself:

- "Now I know exactly how hard I'm working. I know how this pace feels."
- "My body is doing what it should be doing."
- "This is how I should be feeling in order to improve and go faster."

4. Redefine the pain as just a sensation. Say to yourself:

- "Oh, I have felt this sensation before; this is familiar; I can handle it again."
- "This feeling is connected to doing my best and being focused."
- "Last time I felt like this I did a personal best."
- "I'm experiencing the same sensations in this race that I have practiced in my training."

5. Put your pain in another context. Distance yourself from the sensation so the relationship you have to the pain can change.

- Imagine being an external observer watching yourself doing your sport.
- View yourself from a camera lens; you can zoom in or zoom out to distance yourself

and make the discomfort seem less intense.

6. Embrace the pain. Rather than avoid the pain, you can draw it closer. Say to yourself:

- "If I just hold on to this feeling a little longer, I can perform the best I ever have."
- "I am learning to enjoy this feeling of intensity; it helps me focus."

7. Associate. Be fully in the here and now, completely aware of your body and the task at hand.

- Do a body scan every few minutes to assess your form and technique
- Ask yourself questions: "How are my legs feeling; what is my turnover rate?"
- First contract and then relax any problem muscle groups.

8. Disassociate. Go somewhere else in your mind. Do this when you are not at a critical point on the course where you need full attention.

- Imagine that you are swimming with dolphins or soaring like a bird.
- Visualize yourself doing another sport that you enjoy.

9. Develop a self-chant or a mantra. Create a simple set of phrases or words that you repeat to yourself to help you stay focused and prevent negative thoughts from entering. You can say:

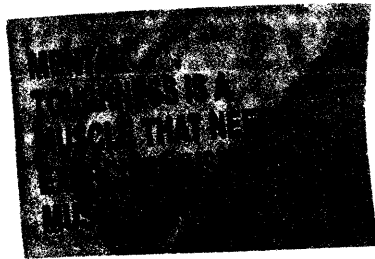
- "Smooth, easy, efficient."
- "I believe in myself; I am well prepared for this race."
- Count your breaths or footsteps.

10. Create a sense of fun and enjoyment.

Remind yourself of how much you enjoy doing your activity. If you can come from this perspective, the negative energy will quickly diminish. Say to yourself:

- "I am doing exactly what I want to be doing."
- "My body is getting stronger and faster every moment."
- "I am in my element."

Use these tools regularly to effectively work through the tough spots in your training and racing, and challenge yourself to truly reach your potential. ▲



TYPICAL SIGNS OF NEGATIVE ENERGY OR PAIN:

- Feeling anxious or fearful
- Developing tunnel vision
- Difficulty concentrating or thinking clearly
- Diminished emotional control
- Self-defeating beliefs and critical thoughts dominate the mind
- Accelerated heart rate, with short, shallow breathing
- General aching, or body pain
- Legs or arms feeling weak and rubbery

*JoAnn Dahikoetter, Ph.D., is an internationally recognized sports psychologist, past winner of the San Francisco Marathon and has placed 2nd in the Hawaii Ironman Triathlon. To see her new book, *Your Performing Edge*, visit: www>YourPerformingEdge.com, call 650-654-5500.*

THE STARTING LINE

KRRC MEMBERS OF ALL ABILITIES MEET AT THE KANKAKEE RIVER STATE PARK(PARKING LOT ACROSS FROM HEATED BATHROOMS) AT 8A.M. FROM MAY THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU APRIL TO RUN AND SOCIALIZE ON OFF-RACE SUNDAYS. INDIVIDUALS MAY VARY THE STARTING TIME BASED ON DISTANCE THEY INTEND TO RUN AND THEIR PERSONAL OBLIGATIONS. BRING A RUNNING BUDDY AND JOIN US!

June 9 Lake Mingo Trail Run 7.1 Miles, 9:00a.m., Kennekuk Cove County Park, Hideaway House in park, Bud or Penny (217)431-5318 (This could make for a great weekend-get-away trip with the family-beautiful area)

June 9 Steamboat Classic 4 Mile Peoria 7:45a.m., Philip Lockwood (309)676-6378

June 10 Walter Payton Sweetness Run 5K/10K/kid's run 8a.m. Walter Payton's Round House, 205 N. Broadway, Aurora (630)859-8606

June 10 Tremont Turkey Festival, 7:30a.m. Tremont, IL (309)662-4014

June 12th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL JOHN FLYNN (815)932-5198

June 16 Old Canal Days 5K, 8am, Lockport, IL (815)838-1183

JUNE 17TH 6TH ANNUAL KILBRIDE FAMILY CLASSIC 5K RUN/2 MILE WALK 8AM COBB PARK, KANKAKEE, IL Gerry Kilbride (815)937-4200 days and (815)932-3885 after 6 eves.

June 21 Short Run on a Long Day 5K Run/Walk, 7pm, Main Park, 200 S. Locust, Frankfort, IL on Old Plank Trail. Frankfort Park Dist. (815)469-9400

June 23 Gridley Fest R&R 5K, 7:30a.m., Gridley, IL (309)747-2130

June 24 Bourbonnais Friendship Festival 5K Run/Fitness Walk, 8a.m., Bourbonnais Municipal Center, Rt. 102 and Municipal Ctr. Rd. Deborah Renville (815)932-7827 www.festival.bourbonnais.org

June 30, Walnut 5K, **8a.m.** & 1 Mile Run 9a.m. 420 Whitver St., Walnut, IL Peter Kerr (815)379-2557 pcmak77@yahoo.com

July 1 Liberty-Run 5K, 8am, Orland Park, IL (708)403-7275

July 4 Park to Park 5 Mile 7:30am LRC Circuit Bloomington-Normal

July 10th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL HENRY & JANET (815)933-9255

July 21 PSMH Parish Nursing "Heart of the Matter" 5K run/walk, Kankakee, IL Provena St. Mary's Hospital Conference Ctr. Patricia Kershaw (815) 936-3256 or patriciaakershaw@provenahealth.com

July 21 Lake Bloomington Dog Days 5K, 6:30pm, 206 S. Linden St., Normal, IL Mitch Hobbs (309)452-7749

July 22 MetLife Duathlon, Tinley Park, IL 2MI Run/10 MI Bike/2MI Run 8:00am www.signmeupsports.com

Gil Hannon (708)429-4207 ghannon@metlife.com

July 26 Sundowner 5K & kid's dash, 7:15PM, Joliet Park Dist. Horticulture Ctr. 227 N. Gougar Rd. Jeff Lindstrom (815)722-1029

July 29 KCTC'S 3rd Annual Boxtrot 5K Run & Fitness Walk, 8:00a.m., 333 S. Schuyler, Bradley, IL David Cagle (815)932-4022 dcagle@kctc-org.com Pancake & sausage breakfast after race.

July 29 Wilmington Catfish Fest 5K & 1 Mile Fun Walk, 9:00a.m., South Island Park on Rt. 53

McGann & Assoc. (815)476-2079

Aug. 5 Progressive Marathon 4.05, 8am, Park Forest, IL John Kotash (708)846-0558

Aug. 7 Progressive Marathon 4.05, 7pm, Park Forest, IL John Kotash (708)846-0558

Aug. 10 Wenona Days 5K, 7PM,

Aug 14th KRRC 5K FUN RUN 6p.m. Small Memorial Park, Kankakee, IL JOHN SHOUP (815)933-6909

Sept. 3 Scenic 10 Park Forest Bud James (708)748-2005

Sept. 9 Chicago 1/2 Marathon 7:30am, Museum of S&I Lake Shore Dr. & 57th St., (773)929-6072 chicagohalfmarathon.com

Oct. 7 The LaSalle Bank Chicago Marathon 7:30am www.chicagomarathon.com

THE FINISH LINEMay 5 Indy Mini 1/2 Marathon

| | |
|------------------|---------|
| Dave Barrett | 1:29.33 |
| Phil Newberry | 1:32.30 |
| John Bevis | 1:38.17 |
| Doug McWilliams | 1:57.32 |
| Randy Riegel | 2:11.19 |
| Lorraine Carpita | 2:12.20 |
| Deb Renville | 2:18.20 |

May 5 Perry Farm 4-Miler, Bourbonnais, IL

| | | |
|-----------------|-------|-----|
| Pat Koerner | 22:04 | 10A |
| Rod Kahl | 22:44 | 1AG |
| Kevin Gum | 24:04 | 1AG |
| James Rattin | 24:16 | 1AG |
| Dan Gerber | 27:27 | 2AG |
| Jeff Lonergan | 28:38 | 1AG |
| Dave Merrilat | 29:36 | 1AG |
| Dave Cagle | 29:40 | 2AG |
| Dan Weber | 29:51 | 3AG |
| Rich Olmstead | 30:52 | 2AG |
| Marcia Lonergan | 33:07 | 1AG |
| Pat Pierce | 34:02 | 1AG |
| Don McCarty | 34:52 | 3AG |
| Chris DuVal | 34:57 | 3AG |
| Beverly Smith | 44:58 | 1AG |

May 12 Meteor May 5K, Mokena, IL

| | | |
|-----------------|-------|-----|
| Pat Koerner | 16:54 | 2AG |
| Rod Kahl | 17:31 | |
| Jeff Lonergan | 22:23 | 3AG |
| Marcia Lonergan | 24:58 | 2AG |
| Pat Pierce | 25:58 | 2AG |
| Rich Manthei | 30:30 | |

May 20, Strawberry Fest 5K, Plainfield, IL

| | | |
|--------------|-------|-----|
| Pat Pierce | 26:27 | 2AG |
| Randy Riegel | 26:24 | |

May 28 Trail Run Extreme 10K, Portage, IN

| | |
|-----------------|-------|
| Phil Newberry | 41:06 |
| Doug McWilliams | 48:00 |

May 21 YMCA Memorial Day 5k, Streator, IL

| | | |
|-------------------|-------|-----|
| Pat Koerner | 16:58 | 1AG |
| Rod Kahl | 17:23 | 2AG |
| Chris Walsh | 19:35 | 10A |
| Peter Kershaw | 19:40 | 3AG |
| Rich Olmstead | 20:43 | |
| Dan Gould | 21:51 | 3AG |
| Larry Lane | 21:56 | |
| Charlie Grotevant | 21:57 | |
| Jeff Lonergan | 21:59 | |
| Carol Pratt | 23:03 | 3AG |
| Marcia Lonergan | 24:51 | |
| Randy Riegel | 25:50 | |
| Pat Pierce | 26:14 | |

March 4 - Strawberry Classic 5K
Temple Terrace, FL
John Hickey - 26.25

March 11 - Hope For Children 5K
John Hickey 46.03
Erma Hickey 46.03
We walked - No AG Awards
All Participants Received Medals

March 18 - Shamrock Classic 5K
Tampa, FL
John Hickey - 25.26 - 2nd AG

April 1 - Cannon Channelside Challenge 5K
Tampa, FL
John Hickey - 25.14 - 3rd AG

April 2 - Harvey's Festival of States 5K
St. Petersburg, FL
John Hickey - 26.22 - 1st AG
Erma Hickey - NTA - 2nd AG

April 7 Easter Beach Run 4 miles
Daytona Beach, FL
John Hickey 36.25 - 6th A/G
Erma Hickey 59.30 - 3rd A/G

April 14 Hare Racing Experience 5K
Tampa, FL
John Hickey 25.44 - 3rd A/G
Erma Hickey 45.28 - 3rd A/G

April 22 Vintage Classic 5K
Sarasota, FL
John Hickey 25.31 - 1st A/G
Erma Hickey 45.23 - 2nd A/G

Hare Racing Experience was John's 500th race.

Charlie Grotevant

May 5 Lake Run 12K Lake Bloomington, IL 55.58 3AG 55-59

May 12 Old Kent Bank River Run 25 K Grand Rapids MI 2:08 31

May 28 YMCA Memorial Day 5K Streator, IL 21:57