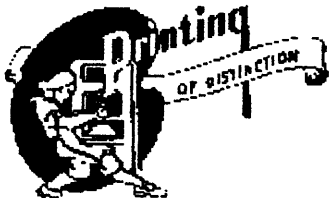


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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YOU'RE INVITED TO:

The Shelly's Annual Run & Brunch - Sunday April 28th.

Run at 9 a.m., brunch to follow.

Please R.S.V.P. to Janet or Henry no later than April 22nd.

815 933-9255 or hjshelly@keynet.net

Bring the whole family!

Need directions? Be sure to ask when you call.

Howard Strassenburg, Long-Time KRRC Member

I was saddened to read in tonight's obituaries that Howard Strassenburg had passed away on March 27th. He was 82 years old. I remember seeing Howard at all the local races during my high school years, 1980-84. Even back then, he seemed old to me! I also remember having a great respect for his dedication and performances. Howard was a great competitor and a big part of the KRRC back in those days and into the 1990's. According to the Kankakee Journal, he began competitive running in 1975. He ran in competitions worldwide on the AAU Master's Circuit, was an internationally ranked runner and competed in Master's Olympics in Rome, Finland, Australia and the U.S.

If anyone has a story about Howard that we can share with all the members, please send it to me for next month's newsletter. Since I was a youngster when I saw Howard run, I didn't get to know him very well. However, I know he was a man deserving of many kind words. I'm hoping members who knew Howard well will memorialize him with an article. Thank you, Marcia Lonergan

Spring Fever by Chris DuVal

Spring fever. Get out the door. Double your mileage, now. Run everyday. Don't stop, there's not a moment to lose. Run faster.

Or better yet, don't. With increased opportunities to run, rest and cross-training become even more important.

Thanks to an evolutionary survival mechanism, stress-induced analgesia, all of us have the potential to pound our bodies to the breaking point.

Normally, sensory neurons/monitors in our body send pain messages to the brain via the spinal column. "Hey, you just twisted your ankle, stop." But under stress, including being psyched up to run and run and run, the brain sends messages back, dulling the pain. "You'll set a PR, go, go, go." The same mechanism that allowed our ancestors to run away from sabre toothed tigers can potentially turn a little injury into a big injury.

The old-timers in the Birkie cross-country ski race have a saying, "Start out slow and taper off." They're still racing in their 80's and 90's, so they must be doing something right. (continued on page 2)

The point for runners is to start out conservatively in planning rest and recovery periods. You can always run faster, or up your mileage, but not if you're injured.

One general guideline recommends at least one day of rest for those under 30, two days for those ages 30-40, three days for ages 40-50, and every other day for those over 50. Each individual runner can fine tune this over time with a running log/diary.

Paying attention to pain, fatigue, muscle soreness, sleep patterns, overall health, etc. can suggest that maybe you can dial it up a notch, or maybe you need to slack off a little more.

Luckily, rest doesn't mean 24 hour bedrest. Rest can include cross-training activities such as walking, swimming, biking, cross-country skiing and yoga. Adjustments to your rest and recovery schedule can always be made using walking breaks during running, monthly easy training weeks and yearly running breaks.

A well planned rest and recovery schedule, along with stretching, nutrition and other wellness factors can help you stay injury free and keep that spring fever feeling alive all year. Chris DuVal

ON DAN'S RUN

by Dan Gould

The 25th Gate River Run 15K in Jacksonville, Florida, beckoned. Gate is the U.S. Track and Field's 15K National Championship and attracts many of the best runners in the U.S. The list of previous winners reads like a "Who's Who" of U.S. road racing - Bill Rodgers, Joan Benoit, Steve Spence, Nick Rose, Ed Eyestone, Arturo Barrios, Francie Larue Smith, Lynn Jennings, Cathy O'Brien, and Deena Drossin, among others.

My companions for this road trip were Tom and Sheri Bedford, Nancy Gentry, and Lisa Goodrich. Tom, 55, is a human resource director for a Sarasota-based corporation. Sheri, 49, is a retired teacher. Nancy, 55, is a dental hygienist in Venice. Lisa, 44, travels the country as a pharmaceutical software sales representative. Sheri, 5'10", towering over Lisa's 5'1", dubbed her the "Elf." I am a 57-year-old retired - and sometimes retarded - judge. We are often mentioned in "Who the Hell are They?"

Tom was gracious enough to be the chauffeur for the four-hour drive from Sarasota to Jacksonville. Sheri assisted with the driving from the right front seat, but Tom managed to get us there safely anyway. While I have become close friends with Tom and Sheri over the past three years, I was only casually acquainted with Nancy and Lisa. We utilized the four hours to exchange biographical information and solve a few of the world's problems. As most of you have probably discovered, running the race is but a small part of the joy of this running life. It is the camaraderie, the friendships made, the sharing of victories, losses, successes and failures that brings us back time and again.

We stayed at a Radisson, the "host hotel." It left something to be desired. First, it was not within walking distance of the starting line. I'm not sure there was a hotel in walking distance of the starting line. Second, they did not offer a late check out. Third, we got poor service at their restaurant on Friday night. Finally, when Tom and I went looking for the coffee pot on Saturday morning which is usually found in the lobby, we were sent searching down a hallway of suites. What we found on our second attempt was a suite for elite runners. There was coffee, but the Radisson was not a positive experience.

My opinion of the Radisson may have also been colored by a poor night's sleep. I shared a room with Tom and Sheri. Had I known Sheri snored, I would have accepted Lisa's invitation to sleep with her and Nancy. Perhaps I should rephrase that to say I was invited to share their room.

Our drive to the start was a bumper-to-bumper rush hour experience followed by a bit of creative parking. Tom was up to the challenge. Parked at the end of a dead end street next to some construction, we didn't have to wait in line at the porta-potties. The bushes were right there!

I took a couple pre race pictures before going to the starting line. Just in case the unthinkable should happen, it is nice to have a photo for the next of kin. I took a picture of Lisa, who was facing me, bending over to stretch. I joked that the picture would have been more interesting had she been facing the other way. She immediately turned around and bent into a stretch. Well, if she thought that was her best side, I would take that picture too.

Saturday, March 9th, was a great day for spectators. The 8:30 A.M. starting time temperature was forecast to be 63 degrees with 95 percent humidity. A light, early morning fog had given way to bright, blue

(Cont'd pg. 3)

sky, fair-weather clouds, and an all too warm sun. We walked and jogged our way to the starting line where we joined more than 7400 others, the largest field in the event's history. We got separated getting into the crowd, but, considering our varying abilities, none of us had planned to run together. Since it was a "chip" race, I did not attempt to get close to the front of the pack.

About fifteen minutes after arriving at the start, the National Anthem was sung, the cannon roared, and the girl next to me almost jumped out of her shorts. Having seen the cannon on my way in, I did not need a change of shorts! We had time to exchange a couple pleasantries before the runners ahead of us moved and we could walk, jog, and, by the time we hit the starting mat after one minute and nine seconds, RUN!

A loop course, the race starts on Gator Bowl Boulevard next to Alltel Stadium. The race crosses the St. John's River in downtown Jacksonville via two bridges. The first bridge, the Main Street Bridge, is relatively benign. It comes shortly after the one mile mark and has a short, shallow grade. The second bridge, the Hart Bridge, is aptly named. You gotta have heart! The grade is 6 percent, begins at the seven and a half mile point, and is half a mile in length. HELLO!

I spent the first mile weaving my way through the pack, taking to the sidewalk at times. I was able to run my pace after that, but I always had lots of company. While I recorded each mile split on my watch, I focused on running by feel. I knew that I would be punished if I tried to match my Gasparilla time of a month earlier. This was a tougher course and a tougher day - and I wasn't!

The miles passed and the Hart Bridge loomed. The bad news was that my legs didn't feel strong. The good news was they didn't feel strong in the first mile, either. I shortened my stride and tuned out the burning in my legs and chest. After the proverbial eternity, I reached the crest. I could have stopped and really enjoyed the view of the city, but I still had over a mile to go. And it feels so good to run down a hill!

The finish line never looked so good and the time was quite acceptable. Tom, Lisa, and I quickly found each other. Tom was the "Big Dog" of the day, having run a great time to finish sixth out of the two hundred and sixty-six men in our age group. The Elf and I could have run together. Our chip time only differed by sixteen seconds. Yes, yes, she was faster! We chatted with Russ and Maggie Miller, Chuck VanDuzee, and Larry Lawson. Maggie had finished fourth in age group and Larry had finished fifth. Chuck and Larry had started well back in the pack and had pack running until the last mile. After loitering in the finish area for some time, we made our way to the car where Sheri and Nancy waited. Time for showers and celebration! We came, we saw, we survived!

The venue for our celebration was the River City Brewing Company, situated on the Southbank Riverwalk overlooking the St. John's River and downtown Jacksonville. We chose a table on the shaded deck where we were joined by Jay Thackerary, a boyhood friend of Tom's from St. Louis and now a Jacksonville resident. We conducted an extensive postmortem on the race and embalmed it with beer and wine. A "runner's high," good food, service, ambience and great company - life is good! A couple hours passed all too quickly. The river and downtown was a fine backdrop for our post-race pictures (Lisa was facing forward for all of them!). We said a good-bye to Jay and headed home to put another smiley face in the running log. Keep the smiley faces coming!

Dan Gould is a former editor of the newsletter of the Kankakee River Running Club and a former director of the Winterfest 5K. Now retired, he winters in Bradenton, FL. He can be reached at Dansrun@AOL.COM.

It's time! Another year has flown by! The **Manteno Women's Triathlon** is open for online registration, so move fast and register today at: http://www.active.com/event_detail.cfm?event_id=989177

Invite or challenge a friend to run the Manteno Women's Triathlon with you using ActiveInvites. Create a custom invite and e-mail it to all your friends at <http://www.active.com/community/activeinvite/>

P.S. Rumor has it that TYR is the new sponsor in place of Nike. My favorite swimsuit is a TYR!! Marcia

THE CHRONICLES

BY JOHN "THE PENGUIN" BINGHAM

Rally Cap

Finding the strength to push ahead

He had the look. I'd seen it before. It's the look you get when your will is more important than your skill, when preparation becomes desperation, when, if you're not careful, fun becomes foolishness. He was there. And we both knew it.

Those of us who pin on race numbers understand that we sometimes get a little too close to the flame. The passion that drives us to start sometimes pushes us to continue, even when we shouldn't. We confuse courage with stubbornness. We view quitting as failure, instead of as a reasonable alternative.

John Corbett was there. Actually, he had been there for some time. This was his second marathon and by mile 5 he knew this one would be different. There would be no euphoria, no riding the crest of a runner's high for 26.2 miles. This would be a battle between his body and his soul. He needed to finish. And even he didn't know why.

There's lots of help available for anyone looking to run a first marathon. You can join training programs, buy books, go online, or read this magazine. It's fun. It's new. It's unknown. Someone you know completed a marathon, so you want to give it a shot.

Family and friends will forgive this moment of insanity, this desire to run a first marathon. They'll chalk it up to a midlife crisis or a celebration of a new lifestyle—and they'll support you. They'll understand when you buy lots of neat, new gear. They'll be there for you when you need to do your long runs. They'll watch your children, water your plants, wash your car. They'll even brag about you behind your back.

It's a different story when you say you've decided to run another one. Your family and friends make themselves scarce. Suddenly, marathoning isn't a phase; it's something you actually enjoy. Worse, it doesn't look like you're going to return to normal any time soon.

During training for your first marathon you feel the excitement of new distances. Every few weeks you reach new plateaus. The numbers in your logbook astound you. Before long, you're talking about going out for a "short" 5-mile run or a "quick" 10.

Not the second time. You've been there before, so it isn't quite as exciting. It's not that the challenge isn't there, it's that the

immediate payoff isn't the same as it was the first time.

Whether people admit it or not, finishing your first marathon is mostly about bragging rights. Sure, there's tremendous personal satisfaction. But most of us, if we're honest, will admit that the greatest satisfaction comes from the reactions we get when we tell others we ran a marathon.

Finishing the second marathon, on the other hand, is strictly personal. There's no other reason to line up a second time. You've got nothing to prove to anyone except yourself. And without the support and cheering you got during the first marathon, you have only yourself to rely on.

John knew this. He knew that he had never been more alone in his life. He knew that in this pack of 20,000 runners, he was flying solo. What he did made a lasting impression on me. At mile 20 he turned his hat backward. I looked at him, puzzled. "Rally cap!" was all he said.



With that gesture, John went deep inside himself. He'd spent the better part of 3 hours rummaging through his psyche to find the tools to get him to the finish line. Then he found his rally cap. He summoned all the reserves, all the concentration, and all the focus that he had.

Somewhere around mile 25 I lost sight of him. As the brim of his cap bobbed slowly away from me, I thought about how fortunate he was. So many people live in fear, haunted by the question, Am I doing enough? Some people never know. But for John Corbett, the answer that day was a resounding yes.

Waddle on, friends. **R**

"The Chronicles" and other fun stuff can be found at www.WaddleOn.com.

"The miracle isn't that I finished....The miracle is that I had the courage to start."

APRIL B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Connie Angelo	4/12/53	49 YRS
Kyle Barrett	4/03/94	8 YRS
Emma Bevis	4/18/96	6 YRS
David Bohlke	4/20/46	56 YRS
Anna Goodberlet	4/17/58	44 YRS
Kyle Goodberlet	4/04/82	20 YRS
Greg Guimond	4/26/51	51 YRS
Connie Guimond	4/14/51	51 YRS
Chantorie Haynes	4/30/78	24 YRS
Georganne Hickey	4/09/52	50 YRS
Charles Kennedy	4/12/38	64 YRS
Patricia Kershaw	4/26/55	47 YRS
Mark McDermott	4/19/48	54 YRS
Shelby Merillat	4/07/92	10 YRS
Dee Osenglewski	4/02/56	46 YRS
James Ruberg	4/10/51	51 YRS
Ron Ruda	4/18/47	55 YRS
Ken Stark	4/02/43	59 YRS

You know you're a runner when you . . .



. . . are tired, it's late, the weather's lousy and you can't wait to get outside.

FAST-N-FIT FOODS

BY JANET SHELLY

Grilled Orange Shrimp Salad

From The Bubba Gump Shrimp Co. Cookbook

30 large shrimp, peeled and devein
 1 cup orange juice
 3 TBS. chopped fresh basil (or 1 1/2 Tbs. dried)
 1 head Bibb lettuce
 4 cups mixed baby lettuce
 Cilantro-Lime Vinaigrette
 small tomatoes, halved
 cucumber slices
 other vegetables, as desired

Cilantro-Lime Vinaigrette

1/4 cup sugar
 1/4 cup olive oil
 2 TBS. lime juice
 1 1/2 tsp. fresh cilantro, chopped (can use reg. or Italian parsley)
 1 shallot, minced
 1 clove garlic, minced

Combine orange juice and basil, add shrimp. Cover and chill 1 hour, stirring occasionally. Drain shrimp, discard marinade. Thread neck and tail of each shrimp onto 6 14 inch skewers. (If using bamboo skewers, be sure to soak them in water first!) Shrimp should lie flat. Grill covered over medium-hot coals 3-4 minutes on each side or until done. Arrange lettuces and vegetables on plates, Top with shrimp, drizzle with vinaigrette.
 This is a wonderful warm weather dinner! Serve with a crusty bread and chilled white wine. Happy Spring!

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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!

Apr. 6, Sat. Fools Run 4 Mile 4:30 pm **PSRR Circuit** Penny Ploski (708) 802-2759 119 Chestnut St, Park Forest, IL
Apr. 6, Sat. Rt. 66 Ramble 9 am Towanda, IL Ryan Finlen (309) 452-1470 rhino8@aol.com
Apr. 13, Sat. Eureka Spring Classic 4 Mile **LRC Circuit** 9:30 am (309) 467-2119
Apr. 13, Sat. Fab 4-Miler Road Race 9 am **PSRR Circuit** Lions Comm. Center in New Lenox Pat (815) 485-1737
Apr. 20, Sat. River to River
Apr. 20, Sat. Wildlife Trail Classic 4 Mile 8 am Peoria (309) 282-1600
Apr. 20, Sat. U Otter 5K Run Comlara County Park-8 miles north of Bloomington 9 am (309) 726-2022 ext. 221
Apr. 21, Sun. Spring Ahead 5K/Tellabs Trail 5K 8 am (630) 236-2200 ext. 32 Naperville scchirico@aol.com
Apr. 27, Sat. Starved Rock 3 Mile Membership Run **PSRR Circuit** 9 am (815) 795-3936 evenings
May 4, Sat. Perry Farm Spring 4 Miler 8:30 am Tom Schelling 935-5665 ext. 133
May 4, Sat. Lake Run 4.375 Miler & 12K **LRC Circuit** 9 am Lake Bloomington (309) 828-1415
May 4, Sat. Indpls. Life 500 Fest Mini-Marathon 13.1 Mile Run & 5K Run/Walk 8 am Indianapolis www.tuxbro.com
May 12, Sun. Y-Me Race 5K Run/1 or 3 Mile Walk Grant Park, Chicago 9 am (312) 294-8585 race@y-me.org
May 18, Sat. 5K Duck Dash El Paso, IL 8 am (309) 527-4250
May 19, Sun. Strawberry Fest 5K 9 am **PSRR Circuit** Patrick O'Hara (815) 741-0867 Village Green in Plainfield
June 1, Sat. Kankakee YMCA 5K Run **PSRR Circuit** 8 am (815) 933-1741 ext 232

THE FINISH LINE

March 17, St. Pat's 5K, Bloomington, IL

Phil Newberry	20:22
Larry Lane	21:11
Charlie Grotevant	21:17 2AG
Jeff Lonergan	21:55
Carol Pratt	22:02 3AG
Bob Pool	22:14 1AG
John Pool	22:38 3AG
Colin Koerner	23:46
Mike McGuckin	25:31

March 17, March Madness 1/2 Marathon, Cary, IL

Dave Merillat 1:54.00 (1,500 runners)

Jan. 19 Run With The Nuns 5K St. Petersburg

John Hickey 26.46 3rd AG
Erma Hickey 37.47 1st AG

Jan. 26 Matanzas 5000 5K St. Augustine

John Hickey 26.46 3rd AG
Erma Hickey 38.13 2nd AG

Feb. 2 MiramarOutletsScholarship Run5K Estero

John Hickey 26.11 1st AG

Feb. 24 Strawberry Classic 5K Temple Terrace

John Hickey 26.51 2nd AG

Mar. 10 Hope For Children 5K Naples

John Hickey 28.11 1st AG

Dan Gould's Florida races

1/5/02 - Zoomer's 5K, Englewood - 21:22 - 2AG
1/12/02 - Blizzard 5K, Tampa - 21:09 - 4AG
1/19/02 - Make-A-Wish 5K, Sarasota - 20:39 - 2AG
1/26/02 - Kumquat Festival 5K, Dade City - 21:10 - 1AG
2/2/02 - Miramar Outlets 10K, Estero - 44:07 - Grandmaster
2/9/02 - Gaparilla 15K, Tampa - 1:09:52 - 18/173 AG
2/16/02 - Edison Festival of Lights 5K, Ft. Myers - 20:59 - 6AG
3/2/02 - Run for the Turtles 5K, Siesta Key - 22:23
3/9/02 - Gate River Run 15K, Jacksonville - 1:10:26 - 14/265 AG
3/17/02 - Shamrock Classic 10K, Brandon - 43:50 -3AG