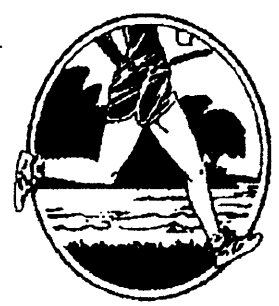
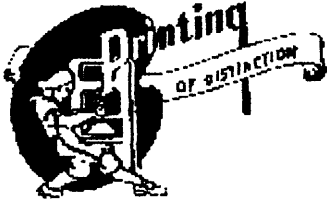


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JULY 2002 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 173



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POOL & PIZZA PARTY!

SATURDAY, JULY 20TH 5:30 TO 7:30PM

AT THE BBCHS SWIMMING POOL

SWIM & EAT CHICAGO DOUGH PIZZA!

FREE FOR MEMBERS!

THIS EVENT IS FREE FOR SINGLE MEMBERS AND FOR FAMILIES HAVING "FAMILY MEMBERSHIPS." THOSE HAVING SINGLE MEMBERSHIPS WILL BE CHARGED \$3 PER ADULT GUEST AND \$1 PER CHILD GUEST. ANY QUESTIONS, CALL LINDA LINN AT (815)935-0815.

DESSERTS APPRECIATED IF YOU WISH TO BRING SOMETHING TO SHARE!

HOPE TO SEE YOU THERE!

BILL LINN'S ANNUAL SALESMAN'S SAMPLE SALE

THURSDAY, AUGUST 1ST - - 6PM TO 9PM - - PREVIEW FOR RUNNING CLUB MEMBERS

FRIDAY, AUGUST 2ND - - 8AM TO 5PM

SATURDAY, AUGUST 3RD - - 8AM TO 2PM

BILL & LINDA LINN 1226 VANTAGE LANE, BOURBONNAIS (815)935-0815

A Day to Remember

After almost ten years I had the pleasure of seeing Judge Gould for the first time in something other than running attire; and fortunately for me it wasn't in a courtroom. The two most important words a person can say in a lifetime is "I do" and it was under these circumstances that me and my wife to be (Diane) met up with Dan Gould at the Kankakee State Park on May 25th. I must admit that I was perhaps a little disappointed, but a little bit relieved too that he wasn't wearing running shoes under his robe, or had bare legs- the tell tale sign of running shorts on underneath ready to go on a run after the festivities! It was a beautiful day, all our friends were there, the tree we were under was in full blossom and everything went off very well. The only hitch was I couldn't quite manage to get the "obey" part into Diane's part of the vows without her noticing and Dan Gould couldn't quite come up with an idea for that either! Diane and I and some of the wedding party also managed to get a police escort part of the way to our reception at Manteno American Legion and a little present from them to! It seems in our jubilation of just getting married, we ran a stop sign (actually we just plain didn't see it) and got pulled over a few blocks from our reception! The officer approached our vehicle without a trace of a smile and said "Looks like somebody just got married." Well, here's my wedding present to you- next time be sure and stop at that stop sign!" Well, I am happily married now to Diane and have inherited two sons, a daughter in law and a grandson. I want to thank Judge Gould for an outstanding job performing the ceremony and Marcia Lonergan for putting me in contact with him. We will all see you at the races!---Dan Gerber

GREAT COMEBACKS AWARD by Charlie Grotevant

Some in the running community are familiar with my history of chronic ulcerative colitis during the 1970's and early 1980's through running club newsletter profiles and through publicity of Joyce and my activity with the Kankakee Ostomy Association. To the many unfamiliar with this history, I wish to share the message I have given to hundreds during the past 18 years: "An ostomy appliance is only an inconvenience to be used as a tool to help a person continue their life".

My new life began on November 10, 1983 with the ileostomy surgery at Carle Foundation Hospital in Urbana, IL. A life free of illness and prescription drugs! A life I celebrate with vigorous physical activity in addition to the lifting and shoveling and spading and all the other activities of our farm.

How does this relate to running? In many ways! Without the ostomy, I probably would not have discovered the "joy of running" I use as a celebration of life. The self-confidence and self-esteem gained from competing in hundreds of road races have enabled me to handle responsibilities and situations not possible in years past. God has blessed me with 18+ years of good health since my surgery. I attempt to share my love of God and love of life with others as my life continues.

This bit of individual history leads into the telling of the adventures Joyce and I have coming into our lives. On June 3rd, in Las Vegas, NV, immediately preceding a private presentation of "Lord of the Dance" given for the WOCN (Wound, Ostomy and Continence Nurses Society) national conference, I was announced as the recipient of the 2002 Great Comebacks Award.

Former San Diego Chargers All-Star place kicker Rolf Benirschke made the announcement from the stage of the New York, New York Hotel Theater. This was the 19th annual Great Comebacks Award give by CCFA (Crohn's and Colitis Foundation of America) and Bristol-Myers Squibb (makers of ConvaTec ostomy products) in recognition of comebacks from debilitating intestinal or urinary disorders. Rolf and pro golfer Al Geiberger were co-recipients of the first award.

Development of a healthy lifestyle following the ileostomy surgery in 1983 was the basis for this award. Working in the heat and dirt of the farm in addition to running more than 32,000 miles and competing in more than 650 road races including 11 marathons since 1984 were the cited examples.

The formal presentation of the 2002 Great Comebacks Award will be at the Lou Groza Awards ceremony (honoring the outstanding collegiate kickers), to be hosted by Rolf Benirschke, in Palm Beach, FL on December 10, 2002. Bristol-Myers Squibb will also send Joyce and myself to the United Ostomy Association national conference in Philadelphia during August. As I noted previously, this will be quite a series of adventures for us this year.

Rolf Benirschke, who we had become acquainted with at the 1993, 1994, and 2000 United Ostomy Association national conference, is very easy to visit with. He has a genuine interest in the lives and health of others. Rolf has contracted hepatitis C, probably from one of the many blood transfusions he endured during his multiple surgeries during and after his football career. He no longer has the energy to run on a regular basis. Rolf's urging, at the UOA conference in St. Louis in 2000, prompted me to submit an application for this award. Rolf is the Chairman of the Great Comebacks Award committee for CCFA and Bristol-Myers Squibb. He and his committee have selected a varied assortment of prior recipients in regards to age, occupation and other interests. Farming, running and bicycling make for a unique mixture this year.

In March of this year, Rolf called to congratulate me on being one of three finalists for this year's award. He asked if we would give time commitments for June, August, and December events. After deliberation regarding our possible farming timetable situations, we agreed we would make ourselves available at those requested times. He then asked "Would I be comfortable making a few remarks to the audiences at the appearances?" "I don't know", I replied. "Bristol-Myers will furnish someone to help prepare your remarks and to help you prepare to deliver them." "I can give it a try", I replied. (I figured, why not, I'm 60 years old and it really isn't going to interrupt my life if I completely mess up in front of an audience.)

On May 4th, after returning home from the Lake Bloomington Lake Run, we discovered a message from Rolf congratulating me on being selected as this year's Great Comebacks Award winner. Bristol-Myers Squibb personnel then contacted us in regards to travel arrangements to Las Vegas, hotel arrangements while there, and proper dress attire while at company functions. Many phone calls and e-mails were exchanged over the next month.

The week prior to our travel to Las Vegas, we received an e-mail from Linnea Carlsen, introducing herself. Linnea was assigned to assist in the preparation and delivery of my remarks to the WOCN attendees. She asked "do you remember your ET (enterostomal) nurse? This is a nurse's convention and they love to hear other nurses given recognition." I included

remembrances of the help from my ET nurse along with appropriate thank you's in my return e-mail to Linnea. My nurse was the one who encouraged me to run after recovery from surgery. How could I ever forget her?

Linnea called the Friday before our departure for Las Vegas, saying my remarks needed no changes, only a little altering of the phrasing. "Oh, by the way, I'm a runner, too! My 5K times are similar to yours", she added. "Would you be able to run with me on Monday morning?", I asked in a hopeful tone of voice. "Yes, we can fine tune your remarks while running." This trip was taking on a little added excitement.

Our Monday morning run went so well we ran again on Tuesday morning. 90 degrees at 8:00 AM as we visited and became acquainted. Linnea will move into the 45-49 age group later this year and her pace is a perfect match for mine. She's been running for 30 years. Linnea, a delightful lady easy to talk with, is a former television news writer, reporter, producer, and anchor woman. She left the television world, and her job as weekend news anchor and producer for Fox News, for the advertising and communications world 4 years ago, when her boss at Fox News decided women over 40 should not be before the camera. What a Jerk! I keep daily company with a 60 year old and she remains very photogenic.

We met many wonderful nurses at this conference. Nearly 1800 were registered. The hospitality afforded us by Bristol-Myers Squibb and ConvaTec was extraordinary. Limousine service was furnished to take us to the airport and return as well as at Las Vegas. The suite at the Paris Hotel was fabulous. The meals were great! My ostomy, which has become "no big deal" to us is being made into a "big deal" by BMS and CCFA.

I attempted to put this award in perspective as I concluded my remarks to the attendees in Las Vegas by relating "my running accomplishments pale in comparison to the lives of thousands and thousands of others in this great country. People who go about their daily lives, providing for their families after life-altering medical problems, are the real heroes. My self-renewing compulsion of running another road race to earn another age group award is really insignificant in the whole scheme of life. I hope to be an able and effective recipient of this award in the tradition established by prior honorees".

We runners enjoy many benefits in addition to physical fitness. I thrive on the competition and camaraderie of the many races I enter. Becoming acquainted with other runners, such as Linnea, when we travel is an added bonus. She and I are looking forward to working and running together in Philadelphia in August. Hopefully, we can find a race that weekend and Joyce can catch a picture of us in a photo finish. With me winning by a stride, of course!

May all your runs be filled with fun. See you at the races.

TO: THE KANKAKEE RIVER RUNNING CLUB

JUNE 25, 2002

On a beautiful June Sunday - Father's Day - the Kilbride Family Classic completed it's 7th Annual 5K run and 2 mile walk. One hundred eighty-eight participants came out to get some exercise and while doing so increased the awareness for Autism, a disease that affects children. In the process the group raised over \$1,000 for this cause.

We feel this event was the best of our seven years. It was well organized, we had a great core of volunteers and we had the largest turn out ever. Many thanks to the **Kankakee River Running Club** for supporting this event. Special thanks go to **Henry and Janet Shelly**, who handle the finish line and to **Dave Bohlke**, who tabulates the results and has them available minutes after the last participant has crossed the finish line.

On a special day like this - Father's Day - we think it is important to conclude all activities on a timely basis so everyone has the opportunity to spend the day with their families.

We look forward to seeing everyone on Father's Day, June 15th, 2003.

The Kilbride Family

Breathing and Running

By Chris DuVal

Breathing has been found to be important for runners. How's that for an exciting new break through in medical science?

I tend to think about breathing a lot because I'm asthmatic and occasionally have trouble breathing. I've noticed some things in myself and other runners and cyclists that might be helpful.

Being able to visualize what happens when you breathe can help you breathe better. So, here's what happens. There are three muscle groups responsible for respiration, the intercostal, abdominal and diaphragm. The intercostal muscles between the ribs expand the chest area. The abdominal muscles move the stomach out, allowing the lungs to expand downward. And the diaphragm, a dome shaped muscle separating the chest cavity from the abdominal cavity, moves down for inhalation, up for exhalation. Together, these muscles expand the lungs allowing air to enter. When these muscles relax and return to the neutral position, air is pushed out.

The air inhaled travels down the trachea (wind pipe), through the bronchi (3 on the right, 2 on the left) and on through the smaller and smaller branches, ending in microscopic elastic balloons called alveoli. In the alveoli, oxygen catches a ride with the hemoglobin in red blood cells. This is also where carbon dioxide is dumped, to be expelled when we exhale. The heart pumps the oxygen rich blood to the muscles where it combines with glucose or fat to produce the compound causing muscle contraction.

When you're huffing and puffing and feeling fatigued, it's not lack of oxygen as much as too much carbon dioxide in the blood. The lack of oxygen in the muscles results in anaerobic fuel burning and lactic acid build up.

Training improves the system but not the lungs themselves. Thank your parents for your lungs, they're all you're going to get. But other aspects can be significantly improved through aerobic exercise. The efficiency of the system in processing oxygen, or VO2 max, can be improved in three areas, the heart, blood vessels and the muscles. The heart gets better at pumping blood. The blood vessels get better at performing the oxygen-carbon dioxide gas exchange more efficiently. And the muscles get better at extracting oxygen from the blood.

Keeping all of this in mind, here are some things that can help you to breathe better:

#1) Open up the system. For the runner, this means running tall, with good posture. It's tempting to slouch when you're fatigued, but this just makes it harder to breathe by decreasing the amount the lungs can expand and increasing the resistance to movement of air in the system.

For the cyclist, this means avoiding hunching your shoulders over the handlebars. Some riders, seeking better aerodynamics, end up with a riding position that decreases their ability to breathe efficiently. Ideally, the handlebars should be as wide as your shoulders and no more than two inches below the saddle.

#2) Diaphragmatic breathing, or belly breathing, as practiced in yoga. Our lungs are larger at the bottom. Breathing in by pushing out the stomach with each inhalation, sucking that gut in with each exhalation. Breathing by only expanding the chest-shoulder area takes in less oxygen. A good way to practice belly breathing is to lay on your back on the floor, put your hand on your stomach and feel your stomach rise with each inhalation and fall with each exhalation (many poor breathers do just the opposite). Once you're comfortable with this, check for the same movement when walking and running.

#3) When coming up on a hill or sprint, take a few deep breathes to flush some of the carbon dioxide out of your bloodstream. Just don't over do it and hyperventilate.

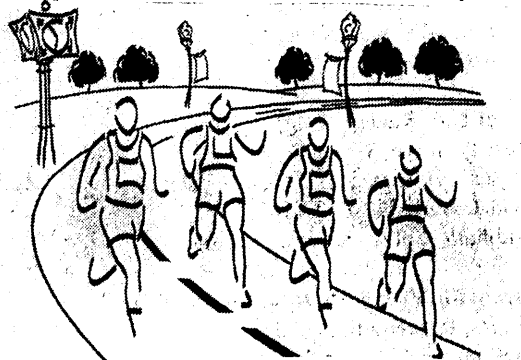
#4) Give up that 3 pack a day smoking habit.

#5) Don't forget to exhale. Some people breathe in more than they breathe out, or hold their breath, when they're nervous or excited.

#6) Avoid running, or any kind of exercise, outside when air quality is poor. One study suggested that if the choice is between exercising outside in polluted air, or not exercising at all, the healthier choice would be no exercise. Luckily, we don't have to make that choice. That's why we have indoor gyms and pools.

#7) And finally, use breathing in your post run stretching. Another yoga approach. Take a normal breath and then slowly exhale as you move into each stretch. As you hold the stretch (not your breath) try to go a little deeper with each exhalation. Go slowly and only as far as comfortable.

Don't forget now, breathe in, breathe out, breathe in, breathe out, repeat as needed!



JULY B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Phil Angelo	7/17/51	51
Ben Angelo	7/07/83	19
Taylor Bennett	7/11/88	14
John Bevis	7/30/63	39
Kenneth Brock	7/31/49	53
Tom Goodberlet	7/12/57	45
Antonio Acevado	7/08/87	15
Krista Hickey	7/12/81	21
Patricia Horn	7/16/55	47
Andrew Horn	7/09/51	51
Leon Malone	7/07/30	72
Dan Noffke	7/25/84	18
Deb Renville	7/10/65	37
Nicholas Renville	7/12/94	8
Erin Richey	7/14/69	33
Lisa Shelly	7/24/79	23
Mark Steffen	7/12/53	49
Paul Suprenant	7/08/47	55
John Vallone	7/19/57	45
Lauren Vallone	7/21/93	9

KRRC OFFICERS

President, Chris DuVal (815) 929-1631
V.P. Dave Barrett (815) 937-4668
Treasurer Marcia Lonergan (815) 933-1695

KRRC NEWSLETTER EDITORS

E-MAIL RUN4FUN@DAILY-JOURNAL.COM

Marcia Lonergan (815) 933-1695
Pat Pierce (815) 937-1484

ACTIVITIES DIRECTOR

John Bevis (815) 935-0470

KRRC WEBSITE

WWW.KEYNET.NET/~KRRC
Dave Barrett (815) 937-4668

WELCOME NEW MEMBER

**ANTON LUMPKINS
OF BOURBONNAIS**

FAST-N-FIT FOODS BY JANET SHELLY Broccoli Delight Salad

3-4 strips bacon, cooked, drained and crumbled
 5 c broccoli, cut into bite sized pieces
 1/4 c red onion, chopped
 1 c raisins
 1 c sunflower seeds

Dressing

6 TBS. sugar
 1 c mayonnaise
 2 TBS. red wine vinegar

Mix dressing, pour over rest of ingredients. If making ahead leave out bacon and sunflower seeds. Add just before serving. To make lighter, use less bacon or leave it out completely. You can also use lite mayo.

This would be a great addition to your 4th. of July Picnic. Enjoy! Janet

Hints for Eating Smart with Fruits and Vegetables

- Add up your servings each day. A serving is considered one medium-sized piece of fruit; 1/4 cup of dried fruit; 6 oz of 100% fruit or vegetable juice; 1/2 cup canned or cooked vegetables; or 1 cup of raw vegetables.
- Fruits packed in their own juice, frozen fruits and vegetables, and low-sodium canned vegetables provide the same healthful benefits as fresh produce.
- Try dried fruits as a tasty and energizing snack you can take anywhere.
- Try dipping fresh fruit in a low-fat yogurt and pudding dip.
- Add zip to fresh vegetables by dipping in low-fat sour cream mixed with a dry mix salad dressing.

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 JUNE THRU OCTOBER AND 9A.M. FROM NOVEMBER THRU MAY 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!

July 9, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
July 13, Sat. Dog Days 5K Lake Bloomington 6:30 pm Mitch Hobbs (309) 452-7749
July 14, Sun. USA Fest 5K Run/Walk& kid's runs 8:30am kid's/ 9:00am5K, Balmoral Park, 26435 S. Dixie Hwy, Crete, IL (708)672-1767
July 20, Sat. The Heart of the Matter 5K Run/Walk St. Mary's Hospital, Kankakee, IL 8:00am Patty Kershaw (815)936-3256
July 20, Sat. Metlife Duathlon 8am run 2 mi/bike 10 mi/ run 2 mi. Tinley Park, IL ghannon@metlife.com (708)429-4207
July 21, Sun. LIVE Foundation 5K to fight cancer, 8:30am, Lincoln Park <http://www.livefoundation.org> (312)409-4468
July 25, Thurs. Sundowner 5K Joliet Park District Barber & Oberwortmann Horticulture Ctr 7:15 pm (815) 722-1029 Jeff
July 27, Sat. Run for the Bagel 5K and 10K, Mattoon, IL Mattoon YMCA 7:45 am (217) 258-6286 www.mattoonillinois.org
July 28, Sun. Wilmington Catfish Fest 5K, South Island Park, Wilmington, IL 9:00am McGann Assoc. (815) 476-2079
Aug 4, Sun. 4th Annual KCTC Boxtrot 5K/2 Mile Walk 333 S. Schuyler, Bradley, IL 8:00 am (815) 932-4022 Dan
Aug. 10, Sat. Momence Glad Run 5K & 10K Momence High School 8:00a.m. Mike Hickey (815) 472-2253
Aug 11, Sun. Manteno Women's Triathlon Manteno Sportsmen's Club 8 am (503) 617-4644 www.pmevents.com
Aug. 13, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
Aug 24, Sat. Corn Festival 10K, DeKalb, IL 8:30 am (815) 756-6306 Alicia
Sept. 1, Sun. Herscher Hare & Tortoise 5K/2 Mile Walk Herscher, IL 5 pm (815) 939-0719 Rick Livesay
Sept. 2, Mon. Scenic 10 Mile & 5K, 8:00am, Park Forest, IL NO RACE DAY REGISTRATION www.signmeupsports.com
Sept. 15, Sun. Kankakee River 10K Kankakee River State Park 9 am (815) 933-1695 Jeff
Sept. 22, Sun. National Heritage Corridor 25K Channahon, IL 8 am (815) 467-5935 www.psrr.org
Sept. 29, Sun. Plainfield Harvest 5K Fun Run, 9am, (815)436-4431 pacc@uti.com www.signmeupsports.com
Sept. 29, Sun. Cornfest 5K 9am Morris, IL (815)942-2932 ext. 1448

THE FINISH LINE

May 29, Bolder Boulder 10K, CO

Nancy Ruda 57:15 61st out of 441 females in age group

June 8 Steamboat Classic 4-miler, Peoria, IL

Charlie Grotevant 28:01 3AG 60-64

June 22 Lincoln-Douglas 8 Mile Road Race, Metamora, IL

Charlie Grotevant 1:01:12 1AG 60+

June 29 Gridleyfest Rock & Roll 5K, Gridley, IL

Charlie Grotevant 21:25 1AG 60+

Walter Payton's Sweetness 10K

Randy Riegel 57:14

June 20 Short Run/Long Day

Randy Riegel 26:04

July 4 Park to Park, Bloomington,IL

Dan Gould 36:59 2AG
Charlie Grotevant 37:03 1AG
Bob Pool 37:27 2AG
John Pool 38:30 2AG

July 4 Volkslaufe (The People's Race) 5K

Frankenmuth, MI

Dan Weber 19:57 4AG out of 61 males in age group
Rasa Weber 33:48

July 4, Run For Glory 5K, Streator, IL

Jeff Lonergan 21:06 2AG
Larry Lane 21:20
Marcia Lonergan 25:21 3AG
Pat Pierce 26:50 2AG