



THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



AUGUST 2002 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 174



Kankakee River Running Club Newsletter Published Compliments of
F. WEBER PRINTING COMPANY

450 N. Locust • Manteno, IL 60950 • Ph. 815-468-6152 • Fax 815-468-6202 • E-mail: fweber@daily-journal.com

On Dan's Run (The Other Dan)

By Dan and Rasa Weber

Tuesday, July 2nd, 7a.m. Rasa and I finished packing, "Greenie" (our truck), double check the lights are off, the windows are shut, etc., etc., hop in "Greenie" and away we go. We had been looking forward to this trip for almost a year. "What trip is that?" you might be wondering. Our 3rd annual pilgrimage to Frankenmuth, Michigan, also known as "Michigan's Little Bavaria". Having a taste for German food and drink, we find that Frankenmuth fits the bill. This year we decided to coincide our trip with their annual 4th of July Celebration, The Volkslaufe. That's German for "The People's Race." Actually, it is four races and a race walk - 8:00 a.m. 10K and 8:15 a.m. 20K, 10:00 a.m. 5K, and 10:02 a.m. 5K race-walk, and 11:15 a.m. 2K run for runners 12 and under. We chose the 5K. This allowed us to watch the starts of the 10K and 20K, which had approximately 700 & 400 participants respectively. It took over 2 minutes for the 10K to go past. Altogether there were well over 2000 people involved.

So after being motivated by watching the start of the 10K & 20K, it was our turn to go. All timing and scoring was done by chip, so it wasn't necessary to start too close to the front. By the way, 10 a.m. probably isn't the best time of the day to start a race in July. It was hot and humid! Not much shade on the course. It felt like running on a frying pan. Did I mention it was hot? There was plenty of water on the course. Twice we passed a fire truck with an aerial hose showering down water on part of the course. The local people were thoughtful and had their lawn sprinklers out along the course. Their hearts were in the right place, but unfortunately, not their sprinklers! Most of the sprinklers were placed on the long parts of the curves. I suppose if a runner was hot enough, it didn't matter. The 5K course was a little hilly, somewhat like the Bourbonnais Friendship Festival 5K course. We did not explore the 10K or 20K courses, but maybe we will next year. Considering the conditions, we were pleased with our efforts. Rasa was 512th out of 606 and I was 50th.

The awards were unique: German beer steins for the overall winners and age groups. Very nice indeed and I only missed winning one by one place, I was fourth in my age group. On the day before the race, the local Lion's Club put on an all you can eat spaghetti dinner including salad, garlic bread and beverage (lemonade or water) for \$7.00. It was a good pre-race meal and a good value.

Packet pick-up was available that evening and there was a huge tent full of running related merchandise being sold by merchants from all over Michigan, and at 10:00 p.m. a very nice fireworks display. Post-race treats included fruit, Popsicles, bagels, Allsport drinks and a wet towel. There was also a chicken barbecue, but we didn't drive five and a half-hours to eat chicken in Frankenmuth (we went to eat schnitzel) so I don't have any particulars, although it did smell good.

I highly recommend a trip to Frankenmuth for this event and to stay on a few days to experience everything this modest town has to offer. For instance, they are home to and proud of the largest covered bridge built in the U.S. in the 20th century. They also have a huge Christmas store, Bronner's Christmas Wonderland, open all year round. Cute little gift and souvenir shops are all around town. Lodging is plentiful, 2 hotels within 1/2 mile of the starting line (a nice warm-up jog) and a third hotel at the starting line. It is a tourist town. If you decide to take a trip up and like German cuisine and beverage, I recommend going several blocks north of the tourist area to try the food at a nice, little local's restaurant called Eck's, located on the corner of Main Street and Genesee Street. The selection of schnitzels on the menu put the other eateries to shame. Although, I would also recommend a trip to them, the Bavarian Inn Restaurant and Zehnder's of Frankenmuth. Also a must try is red cabbage, potato pancakes and the black beer. Save room for dessert because they make the best apple strudel you will ever eat!

By the way, there is a nice jogging path along the Cass River (approximately 1 mile long) located next to the Bavarian Inn Lodge. You can use the jogging path to run off all the good but heavy food. I gained 5 pounds this year.

This is a trip you'll be glad that you took. For more information you can phone the Frankenmuth Chamber of Commerce at 800-FUN-TOWN or go on-line at www.frankenmuth.org. Hope to see some of our club members in Frankenmuth next year.

The Thrill of Victory & the Agony of De Feet

By Chris Duval

Pronation, supination, what's the difference? Who cares? I know I didn't until a series of injuries made me figure out what was going wrong and come up with a way I could fix the problem. Pronation and supination are a normal part of the mechanics of running. They only become an issue when someone does too much or too little of one or the other. The medical dictionary defines pronate as, "turning face down, ie: turning the palm of the hand or sole of the foot down, toward the ground." The opposite is supinate, "turning face upward, ie: turning the palm or sole up toward the ceiling."

Normal pronation of the foot during running begins just after the heel strike when our weight shifts from the lateral/outside area of the heel to the medial/inside area of the forefoot. Normal pronation helps to absorb impact and adjust to variations in terrain. We're so used to hearing about pronation as a bad thing, ie: "He had to give up running because of his pronation problem," but a normal amount of pronation is a good thing.

Normal supination begins right after pronation has absorbed the impact of the step and the foot and ankle turn outward to move the forefoot into a solid base position to push off on the next mighty stride.

Over pronation is more common among people with low arches of their feet and results in an unstable foot. When the foot doesn't provide a solid base, the lower leg has to compensate and work harder. The result, over use injuries such as shin splints, knee pain and plantar fasciitis.

Over supination is more common among those with higher than normal arches and results in hip and back pain to sprains and stress fractures in more severe cases. Someone running, "pigeon toed", would be an example of significant over supination.

Now comes the part where many sources describe the , "paper towel test", so you can figure out your foot type, diagnose your problem and be on your way. But my advice, if you're having any problems, is to go to someone who knows what they're talking about. Seek out a health care provider and/or shoe store that has experience with runners. If you don't know of any providers with this experience, other runners are the best bet for recommendations.

When going to some one for a consultation, bring along any and all of your running shoes, inserts, orthotics and a list of symptoms. Even if you haven't had any major problems yet, but are noticing some things that just don't feel right, it's better to check it out and make minor changes now rather than a long recovery later. True, you'll lose some macho points.

Thank you to **Linda Linn** for reserving the BBCHS swimming pool and for being our lifeguard at the KRRC Pool & Pizza Party. We appreciate your time and energy watching over all of us. Also, thank you to **Glen Grant** of **Chicago Dough Pizza** for giving us a great deal on the delicious pizzas for the party.

We had a great turn out, especially a lot of little ones. Everyone had a great time swimming, diving off the high-dive, and eating. We had plenty of great food and fun. Thanks to everyone who attended and added to the enjoyment of the evening. Marcia Lonergan

JULY B-days!

HAPPY BIRTHDAY TO...

Name	Birthdate	Age	
Pat Baldwin	8/26/57	45	YRS
Kate Batkiewicz	8/03/63	39	YRS
Michael Belletete	8/05/46	56	YRS
Michael Biernat	8/20/48	54	YRS
Bonnie Brown	8/26/65	37	YRS
John Flynn	8/01/46	56	YRS
Karl Goodberlet	8/06/85	17	YRS
Dan Gould	8/31/44	58	YRS
Kathy Gremer	8/22/61	41	YRS
Shamor Haynes	8/12/82	20	YRS
Bernie Hinrich	8/04/57	45	YRS
Carrie Hinrich	8/27/83	19	YRS
Jessica Horn	8/25/80	22	YRS
Scott Kelson	8/31/55	47	YRS
Jacob Kershaw	8/23/93	9	YRS
Donna Koerner	8/13/56	46	YRS
Sandy Lane	8/23/44	58	YRS
Jessica Linn	8/09/86	16	YRS
Shirley Malone	8/29/31	71	YRS
Richard Manthei	8/31/47	55	YRS
Pat Pierce	8/11/55	47	YRS
Tyler Rahrig	8/06/88	14	YRS
James Rattin	8/14/56	46	YRS
Nancy Ruda	8/16/56	46	YRS
Teddi Steeves	8/31/99	3	YRS
Kathy Steffen	8/18/51	51	YRS
Matthew Steffen	8/23/83	19	YRS
Michael Steffen	8/18/86	16	YRS
Marla Styck	8/12/69	33	YRS
Lynn Troost	8/26/46	56	YRS
Doug Uribe	8/22/61	41	YRS

FAST-N-FIT FOODS BY JANET SHELLY

NO DRIP POPSICLES

Ingredients:

- 1 cup boiling water
- 1 (3 ounce) pkg. fruit flavored gelatin mix
- 1 banana
- 1 cup plain yogurt

Directions:

Combine boiling water and gelatin in a blender and pulse until gelatin is dissolved. Blend in banana until smooth, then blend in yogurt. Pour mixture into popsicle molds or small, plastic drinking cups and freeze until hard. (If using drinking cups, freeze until firm, insert popsicle sticks, then freeze completely.)

- Prep time: 15 mins.
- Ready in: 30 mins.
- Servings: 8

GOOD-LUCK TO ALL THE FEMALE KRRC CLUB MEMBERS PARTICIPATING IN THE TYR TRIATHLON IN MANTENO ON AUGUST 11TH. HOPE YOU HAVE A GREAT RACE.

THE TRIATHLON STARTS AT THE MANTENO SPORTSMAN'S CLUB AT 8:00 AM. COME ON OUT AND CHEER FOR YOUR FELLOW KRRC MEMBERS AS THEY COMPETE IN THE TYR TRIATHLON. THERE WILL BE ATHLETES FROM ALL OVER THE U.S. PARTICIPATING.

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 MEMBERS

**JANET EARLEY
OF BOURBONNAIS**

**LARRY FORBES
OF BOURBONNAIS**

**MICHAEL WOLFE
OF BOURBONNAIS**

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!

- Aug 4, Sun. 4th Annual KCTC Boxtrot 5K/2 Mile Walk 333 S. Schuyler, Bradley, IL 8:00 am (815) 932-4022 Dan
Aug. 9, Fri, Wenona 5K, 7p.m. Dave Busken (815)853-4348 Ext. 232
Aug. 10, Sat. Momence Glad Run 5K & 10K Momence High School 8:00a.m. Janet Rosenbrock (815)472-2535
Aug 11, Sun. Manteno Women's Triathlon Manteno Sportsmen's Club 8 am (503) 617-4644 www.pmevents.com
Aug. 11, Sun. Shorewood Festival 5K run/walk, 8:00am, Festival Grounds behind Village Hall
Aug. 13, Tues. Summer Series 5K, Small Memorial Park, Kankakee 6p.m.
Aug. 17, Sat., I Run/Walk for Autism Mary Higinbotham (708)798-0923
Aug. 17, Sat. City of LaSalle 4 Mile Race, 6pm, (815)223-1389 or (815)224-0327 Hegeler Park, LaSalle
Aug 24, Sat. Corn Festival 10K, 8:30 am --3K Walk/Run 8:25am, DeKalb, IL (815) 756-6306 Alicia
Aug. 24, Sat. Miles for Miracles 5K Twilight Run/Walk, 5:30pm, Ottawa, IL Linda Taglia (815)795-6148
Aug. 31, Sat. Sweetcorn 5K Classic 8:00a.m. & 1 Mile fun run/walk 7:30a.m., Bill Orr (217)283-6696
Aug. 31, Sat. Hog Day Stampede 4 mile/ 1mile, 8a.m., Kewanee, IL (309)852-2175 www.kewanee-il.com
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 REG. (708)748-2005 www.signmeupsports.com
Sept. 3-5 7th Annual Ag in the Classroom Bike Ride, IAA Foundation (309)557-2230 jets@ilfb.org
Sept. 8, Sun., Chicago 1/2 Marathon, 7:30am, Museum of Science&Industry Lake Shore Dr. & 57th, (312)347-0233 chicagohalfmarathon.com
Sept. 14, Sat. Two Rivers Festival 5K Race/3K Fun Walk, 9:00a.m., Aroma Park, IL Jeanna Cross (815)933-7939 jjcross@famvid.com
Sept. 15, Sun. Kankakee River 10K Kankakee River State Park 9 am (815) 933-1695 Jeff Lonergan (815)933-1695
Sept. 22, Sun. National Heritage Corridor 25K Channahon, IL 8 am (815) 467-5935 www.psrr.org
Sept. 28, Sat. Fall Fest 5K Run/Walk x-c trail run, 9 am, Goodenow Grove Forest Preserve, (708)946-2216
Sept. 29, Sun. Plainfield Harvest 5K Fun Run, 9am, (815)436-4431 pacc@uti.com www.signmeupsports.com
Sept. 29, Sun. Cornfest 5K 9am Firehouse Resturant, Morris, IL (815)942-2932 ext. 1448
Sept. 29, Sun. Wild Wild Wilderness 7.6 Mile Trail Run, Danville, IL www.kennekuk.com
Oct. 6, Sun. DARE/ Katie McGuire Memorial 5K Denny Erswell (309)626-2139
Oct. 13, Sun. LaSalle Bank Chicago Marathon Carey Pinkowski (312)904-9802
Dec. 8, Sun. Jingle Bell Run for Arthritis, 9:00a.m., Shapiro Developmental Ctr, Kankakee, IL (815)937-2461

THE FINISH LINE

May 26 Run Thru The Jungle 5K Tampa Fl

John Hickey 27.49 2nd AG

Erma Hickey 35.16 1st AG

June 8 Great Tent Event 5K Decatur IL

John Hickey 27.28 3rd AG 60+

June 29 Race For The Cure 5K Decatur IL

Erma Hickey 36.06 2nd AG

John Hickey 36.06 No Awards for Men

July 6 Maroa Youth League 5K Maroa IL

John Hickey 27.56 1st AG 60+

Erma Hickey 35.14 1st AG

CHARLIE GROTEVANT'S RACE RESULTS

July 4 Park to Park 5 Miler Bloomington, IL 37:03 1AG 60-64

July 13 Dog Days 5K Lake Bloomington, IL 21:59 2AG 60-64

July 20 Heart of the Matter 5K Kankakee, IL 21:54 1AG 60-64

July 20 Lexington Country Run 5K Lexington, IL 21:47 2AG 60-64

July 25 Sundowner 5K Joliet, IL 21:56 1AG 60-64

July 28 Catfish Days 5K Wilmington, IL 21:46 1AG 60+

July 28, Catfish Days 5K, Wilmington, IL

Pat Koerner 18:07 1AG Ken Klipp 19:40 1AG

Dave Merillat 21:21 2AG Larry Lane 21:33

Dan Gould 21:50 2AG Bob Pool 22:37

Jeff Lonergan 22:51 John Pool 24:09 3AG

Marcia Lonergan 25:15 1AG Paul Suprenant 25:50

Randy Riegel 25:55 Pat Pierce 27:06 1AG

Lorraine Carpita 28:51 Marianne Suprenant 29:02

Mike Burnett 30:55 Dick Manthei 32:35

July 7, Sandwich Freedom Days 5k

Pat Koerner 17:29 1AG

Colin Koerner 6:52 2 OAMale (1 mile)

July 10, Friendship 5K., Highland, IN

Pat Koerner 17:33 2AG

July 13, Wyanet 5K, IN

Pat Koerner 17:43 1 OAMasters

Colin Koerner 6:48 PR 1AG 9-10 (1 mile)

Casey Koerner 10:51 3AG 7-8

July 14, USA Fest 5K, Balmoral Park, IL

Paul Suprenant 26:10 2AG

Marianne Suprenant 31:02 2AG

July 21, BIX 7 Miles, Iowa

Randy Riegel 68:00

Lorraine Carpita 75:17

July 25, Sundowner, New Lenox, IL

Pat Koerner 18:06 2AG

Dave Barrett 18:54 3AG

Phil Newberry 21:04

Charlie Grotevant 21:56 1AG 60-64

Jeff Lonergan 22:41

Carol Pratt 23:10

John Pool 23:55 2AG

Randy Riegel 25:16

July 27, Mattoon Bagel Fest 5K, IL

John Pool 23:10 2AG

Bob Pool 22:24 1AG