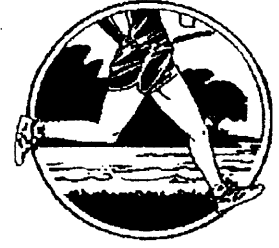




THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MAY 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 180



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YOU'RE INVITED TO THE SHELLY'S ANNUAL RUN & BRUNCH

Sunday, May 4th--Run at 9am/Brunch at 10am

Please R.S.V.P. to Janet or Henry Shelly at (815) 933-9255 or hjshelly@keynet.net

Bring the whole family! Hope to see you there!

Relay For Life

Dear Fellow Running Club Members:

As you may or may not know, last year I was diagnosed with breast cancer. I have not yet returned to running but I'm slowly working up to it. A goal I have set for myself is to walk and/or run in the American Cancer Society's Relay for Life of Kankakee County.

On June 14, 2003, I will be part of a team of breast cancer survivors that will participate in this local event.

Relay For Life is the American Cancer Society's national signature activity where teams honor cancer survivors and remember those who died from the disease while taking turns walking or running around a track in the hope that cancer will one day be eliminated.

The goal of Relay is to raise awareness about cancer-related issues while raising money to help fight the disease through research, education, advocacy and services.

Will you help me take up the fight? If so, please send me your donation in the form of a check, made payable to the American Cancer Society before May 20, 2003. This donation is tax-deductible. Your cancelled check will serve as your receipt. My address is 5165 Northridge Drive, St. Anne, IL 60964.

In addition, I would like to invite you to attend the Luminaria Ceremony, which will take place at Kankakee High School at 9:00 p.m. on Saturday, June 14, 2003. Luminaria will be lit to honor cancer survivors and to remember those who have lost the battle.

Thank you in advance for your support! If you have questions, or would like to be a part of this exciting event, call me. My phone number is (815) 937-5789.

Sincerely,

Dee Osenglewski

ON DAN'S RUN - Beach to Bayou 5K - by Dan Gould

There were at least three races in the Tampa area on April 5th and my choice was the Beach to Bayou 5K in Tarpon Springs. I was joined by Ben Clark and Tom and Sheri Bedford.

There was a new course and a new attraction this year. This year the race started on Dodecanese Boulevard along the Sponge Docks. Around 1905 Greek sponge divers were brought to Tarpon Springs to harvest sponges and a large Greek community evolved. The Sponge Docks are a tourist area offering boat rides, souvenir shops and numerous Greek restaurants whose windows are often filled with mouth-watering pastries. This year's attraction was a Seafood Festival and Boat Show. Last year, when the race was staged from a park a few blocks to the South, the attraction was an arts festival. For a couple reasons, I think we would vote to bring back the arts festival and the old course.

Ben, Tom, Sher and I car pooled in Tom's new wheels. The old wheels were stolen from the Siesta Key Beach parking lot a couple months ago while Tom was on a training run. Tom no longer hides the key under the gas filler cap when he runs. Ironically, he took delivery of the new wheels a day or two after the Orlando P.D. notified him they had recovered the old wheels in the possession of a fellow with a substantial track record. The old wheels belong to the insurance company.

The starting time weather was a bit warmer than seasonal - 70+ - sunny and humid. It was a loop course starting on Dodecanese just west of Alternate 19 and running the length of the business/tourist district before taking us off into a residential area. There were some turns, some bricks, and some short hills, but the major problem was the starting stretch. The starting area is almost three lanes wide and then immediately narrows to two lanes (two traffic lanes, no parking lanes). A couple blocks down, the right lane was closed for the boats and vendors in the seafood festival. Funneling 478 participants into that narrow gap just didn't work if you were back in the pack.

I had positioned myself about four rows deep and managed to avoid the bottleneck. I watched Tom and Ben move away from me, as expected. I stayed as close to them as possible, hoping they would pull me to a good time. When Tom is running the race, I know I will be no better than second in the age group unless he is the Grand Master. That's OK! He trains harder and is about two and a half years younger. Ben is simply more talented. Happily, he is not in my age group!

The miles were marked and there might have been a split-caller at the second mile. I clicked my watch at each marker and focused on keeping the guys in sight - and I did. Well, I kept Ben in sight, anyway. He crossed the line at 21:07 and I at 21:19. Tom was almost a minute ahead of me.

We walked the refreshment line - why do they cut bananas? Nature's perfect food in a protective container and somebody opens it to bugs and bacteria! Maddening! Water was limited to one bottle per runner. I'm not going to get upset about that, but re-hydration on a day like this takes more than one bottle. If a sponsor doesn't donate enough, go buy some!

The shirts were great and the awards unique. Designed by local artist Ken Hogle, the design this year had geese in flight on the front. The age group awards - four deep - are lithographs by Hogle showing the place and age group - and were handed out by Hogle who was also signing the T-shirts.

We came, we saw, we conquered! Tom was first and I was second in our age group. Every elite runner within 100 miles in Ben's age group was there so Ben had to settle for third. (Sher's time and place upon request.) Other area runners in attendance were Dave O'Meara who was second overall and first in age group, Ron West, Lisa Goodrich, Nancy Gentry, and Candace Yelton (3AG - way to go!). Tom, Sher, Ben and I had breakfast and walked the shops. One restaurant had a guy in front with three trained Macaws who could be posed for pictures sitting on your arm or head or cradled in your arms like a baby. Thus we took pictures of Tom and Sher "going to the birds."

We then headed for the car. Over 30 years ago I fell for Pat and I haven't stopped falling since. I walked across the street and the curb jumped up and grabbed my left toe. As I "double-clutched" and got the left leg under me with hands on the sidewalk, I ballistically stretched the right calf. I'm now walking like Chester Good (Dennis Weaver, Gunsmoke). I love retirement, but hate being retarded. A week later I would still be walking with a limp, unable to run or play golf, and having renewed my acquaintance with the swimming pool. Bah!

It could have been worse! I could have been running the St. Louis Marathon with my friends Gary and Barb House. His e-mail began.....

"We will make this short and sweet... At the start of the race the temperature was 35 degrees, with a 15 to 20 mile per hour wind out of the East and a steady rain was falling."

Gary, no part of that is SWEET! You should have rolled over, rumped the sheets with Barb, and ordered up coffee, donuts and a newspaper. You're a veteran! I thought only a rookie goes to the starting line on a day like that. You might go to the finish line three hours later to see the carnage, but you know there will be other marathons.

It could have been worse! I could have been running the Kids for Kids Community 5K at Ft. DeSoto with Neil Longhurst. A week earlier, Neil, Al Meyer, Ben, Rachel Pritchard and I were among the many who ran off course and long at the Run for Your Life 5K in Tampa. For the second week in a row, Neil went "long." It seems the fellow who was supposed to be at the turn around wasn't and the 5K became a six mile plus race. Gives new meaning to the "long" in Longhurst!

In truth, of course, I would trade places with Gary or Neil in a heartbeat. It has been five or six years since I've been sidelined by injury. I can feel the fitness fleeing and the fat globules gathering around my mid-section. Life is not fair, but this too shall pass.....I hope! Hope to see you on Dan's run!

RUNNING WITH SCOTT AND DAVE by Charlie Grotevant

E-mail from Kennebec Road Runners told of two young men, Dave Bronfenbrenner and Scott Schon, running across the USA without the aid of a support vehicle. Word of mouth and the internet were bringing forth offers for overnight lodging for the duo as they made their way from the start in the frigid ocean waters at Sea Bright, New Jersey on February 24th.

We logged onto their website: runtheusa.com. They were in Wabash, IN overnight on April 1st and would be following Route 24 across the remainder of Indiana and for a good portion of Illinois. The schedule listed an overnight at Gilman, IL on April 8th and Forrest, IL on April 9th. Lodging accommodations had not been secured for April 9th.

After reading more about these runners from their web log, I became interested in meeting them and, maybe running with them on April 9th, somewhere on their journey from Gilman to Forrest. Their credentials seemed outstanding. They were former cross-country runners at Bucknell University in Pennsylvania. Dave had recently learned of his acceptance into the Material Service Engineering Ph.D. program at the University of California, Berkeley. And they weren't shabby as runners, either. On February 2nd of this year, Dave had won the Las Vegas Marathon and Scott was 5th.

It became apparent to me these weren't vagrants wandering around the country looking for handouts. I made some inquiries regarding their overnight needs for April 9th. By then Lake Run Club members had come forward to entertain them in Bloomington that evening.

I found it easy to communicate with them. They answer e-mails nearly every evening when they have computer access and they both have cell phones with them, which are used frequently throughout the day as they run. Actually, a ringing phone gives them pause from the running to walk and talk a bit. And they welcome fellow runners to run with them on their journey. "8:30 pace", Dave told me. "That's doable for this old man. Is it okay if I invite runner friends to join in with you at Gilman on the 9th to run for an hour or so?" "Yes, come on, we enjoy company", Dave replied.

Mike Lyons, the Kankakee Daily Journal writer whose primary assignments focus on the agricultural scene, lives in Piper City and is always eager to promote activities in the southern portion of the Journal circulation area. I gave Mike a call. He was enthused about a story regarding running through farm country.

I called John and Robert Pool, Warren Monk, and Pat Koerner with invitations to join in the run. John, Bob, and Warren said yes. Pat gave a maybe, due to a potential scheduling conflict regarding his son, Colin. I got back to Mike Lyons with the tentative lineup of four runners and the possibility of Pat being the 5th. The overnight hosts for Dave and Scott would have them at Gilman McDonald's at approximately 9:00 AM on the 9th and we would run west at that time.

Mike Lyons called on Tuesday AM, saying they were very shorthanded in the newsroom for Wednesday, and that he would not be able to be at Gilman, nor could he shake anyone else free at that time, not even a photographer. Mike had indicated he was going to focus the story with an agricultural slant and that he had logged onto the runtheusa website to get pertinent information on the cross-country duo. He suggested I ask Chad Miller or David Treece, Farm Bureau managers for Kankakee and Ford-Iroquois counties, respectively, to get some photos of the run. They were both willing and joined us on the 9th at Gilman.

Dave and Scott arrived, courtesy of their overnight host, shortly after 9:00 AM. They unloaded their gear, and after friendly greetings and picture taking, we crossed I-57. Both backpacks were strapped onto the baby jogger along with a few additional items they had accumulated during the journey.

Their web log had showed them starting in New Jersey with backpacks on their backs. After 5 days of running with the packs, and because of the unnatural strains on their bodies from the 20-25 miles per day schedule they had established, a baby jogger was purchased to carry the load. And yes, they have a lightweight tent to sleep in when warmer weather arrives.

John and Bob, Warren and I, and Scott and Dave found running easy that morning because of the very strong northeast wind helping us along the busy Route 24. Conversation was easy as we talked of many things. Their website had indicated the Las Vegas Marathon victory for Dave. I had a recent conversation with a fellow runner who told of the horrible conditions for this year's race. Las Vegas is a one-way course, from the desert into the city. The runners ran into 35-45 mph winds accompanied by sand and dust for the entire marathon. No wonder Dave was unhappy with his 2:33 winning time. Scott's 5th place finish was in 2:41. I wonder what they can do in Chicago this year? I hope to find out because it's in this year's running plans for them.

"Do you guys run 15:00 minute 5K's?", I inquired. Scott replied, "Yes, but we usually like to be in the 14's". Dave's PR is 14:20 and mine is under 15 minutes." "Wow!", I thought.

Bob ran 4 ½ miles and then got in the van with Joyce. John, Warren, and I continued with Dave and Scott into Piper City where they lounged, made a few phone calls, and ate at the convenience store after we said our goodbyes. Route 24 had been very busy that morning, and Dave and Scott followed my suggestion to run on the rural road paralleling Route 24 on the north edge of Piper to Forrest. Joyce took us local runners back to the respective vehicles at Gilman.

Mike Lyons called me that afternoon, asked me few questions about our run, and wrote the story that appeared in the Sunday Journal. How many of you Journal readers asked "Where's Pat Koerner?" while reading the story. Pat is either a

(continued pg. 4)

(cont'd from pg. 3)

"phantom" in Mike Lyons imagination running so fast that the photo didn't catch his image, or he was with Colin that morning. You be the judge.

I invite any who read this article with internet access to log onto runtheusa.com to follow the cross country adventures of these two young men. Interesting things happen each day. They nearly stepped on a rattlesnake sunning itself while running southwest from Peoria earlier this week. They stopped and took pictures and then went on with the run. Their camcorder is being well used whenever they encounter unusual situations. The plans are to incorporate their web log and the filmed footage into a documentary for publication. More about this in the future after they reach the Oregon coast in early August.

Joyce and I had an additional running adventure last week when we journeyed to Southern Illinois last weekend for the 16th River to River Relay. It was our 4th River to River, but we will never recapture the extra thrill of our first one in 1993 when the Buckingham Beefeaters included Dan Gould, Larry Lane, Mike and Georgeanne Hickey, Shirley Malone, Gary and Barbara House, and myself. Joyce, Sandy Lane, and Leon Malone were our support crew that wonderful day. The memories of that occasion are still with us.

This year I was a replacement runner for a fun-loving Lake Run Club team called "Washed Ashore". We were "armed and crazy". That is, armed with a water bazooka, water balloons, and foam string. And nobody apprehended us as we left our calling cards on many occasions while leapfrogging across the state. Career road and trail race #699 for me. Unless farming duties conflict with Saturday's Eureka Spring Classic 4 Miler, #700 will be entered in my running log by the time this newsletter is published.

I'm writing this the morning of April 17th while the drizzle curtails our outdoor farming activities, hopefully for a few days because the rain is needed for our dry subsoils and for our fall-seeded wheat crop. And this is the day Dan Gould plans to return to his Kankakee home from the winter hiatus in Florida. Welcome home, Dan!

May all your runs be fun! We'll see you at the races!

RUNNING AND YOUR FEET

The warming of the weather creates new incentives to resume your regular jogging routine. Basic preparation of your feet will enhance the quality and performance of the run and ward off any foot, ankle, knee, or low back pain. ***Athletic shoes are a must and can determine how hard, fast, and how long you will continue to run.***

Many people keep their shoes for years because they still look good. There is a misconception; shoes that appear reasonably nice must still be good for your feet. The fact is athletic footwear tends to break down fairly quickly when placed under a lot of stress and abuse. We recommend replacing shoes every 4-8 months depending on the amount of wear and tear placed on the feet. Alternating shoes day-to-day will allow them to have a

longer running life. When buying the shoe, make sure to have a strong heel cup, large toe box, arch support, cushy sole, and material that allow the feet to breathe. Make sure to have your doctor evaluate your feet to see if an arch support or orthotic is needed.

Do not run cold. Have a quick warm up routine consisting of a short beginning walk and light warm up stretch. Then, after your run do the same with a cool down routine. Running paths are important, since most asphalt roads are crowned for water drain off, and create an awkward "unlevel" position for your legs and hips. Try to switch running routines to run on both sides of the road. Your feet are your foundation and transmit feeling to the rest of the body, so make sure they are up to the task. ■



MAY B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Theresa Burgard	5/27/57	46
Randy Devore	5/26/48	55
Pam Dunlap	5/20/48	55
Chris DuVal	5/21/55	48
Dave Merillat	5/28/70	33
Trevor Merillat	5/03/95	8
Drew Parsons	5/26/83	20
Henry Shelly	5/13/51	52
Doug Steeves	5/06/69	34
Dan Weber	5/14/57	46

GET moving

LIFESTYLE CHANGES FOR A HEALTHIER HEART

By Beth Howard

Making changes in your everyday life can reduce your chances of developing cardiovascular problems by as much as 80 percent, according to the Harvard School of Public Health.

- **Pump It Up.** Aerobic action improves your body's ability to use oxygen and lowers blood pressure, while weight training helps control insulin levels by increasing your body's lean muscle mass. Exercise also helps you shed excess pounds and improves your cholesterol levels. To reap these benefits, some experts advise working out at least 30 minutes on most days, while others suggest 30 to 45 minutes, three to five days a week.
- **Kick Butts.** You may not be aware that a year after giving up cigarettes, your risk for heart attacks and coronary heart disease is slashed in half. The U.S. Surgeon General's Office recommends that you prepare yourself to quit by setting a firm quit date and then removing ashtrays and lighters after your last cigarette. One study found that those who don't smoke at all on their quit date are more likely to still be cigarette-free six months later. You're most likely to succeed at quitting for good if you use a combination of strategies, including medications, new behaviors and support.
- **Make Over Your Menu.** Rehabbing your diet is one of the best ways to help your heart, and researchers have identified several effective ways to do it: replace saturated and trans fats with unsaturated fats; increase consumption of omega-3 fatty acids found in fish and fish oil; eat a diet high in fruits, vegetables, nuts and whole grains and low in refined grains, such as white bread; opt for dishes that are broiled, steamed, grilled or roasted, rather than fried.
- **Stress Less.** When you are under stress, your blood pressure rises and the adrenal glands pump out cortisol, a hormone that helps galvanize your body's energy reserves. Occasional stress is normal, but when it's unremitting, these physiological responses can take a toll on your ticker. Fortunately, there is much you can do to lighten up. Yoga, meditation, mental imagery, deep breathing, exercising and such behaviors as having a good laugh and cultivating friends may all help. ■

Banana Raisin Wheat Muffins (American Dietetic Assoc. www.eatright.org)

- 1 1/4 cups flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup shredded wheat cereal
- 1 cup skim milk
- 1 egg
- 1 cup mashed ripe bananas (2 large)
- 1/3 cup firmly packed brown sugar
- 2 tablespoons margarine, melted
- 1/2 cup raisins

Heat oven to 400 degrees F. Mix flour, baking powder, and salt in a large bowl. Mix cereal and milk in another large bowl; let stand for 5 minutes.

Stir in egg, bananas, brown sugar, and margarine. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in raisins. Spoon batter into muffin pan that has been sprayed with non-stick cooking spray, filling each cup 2/3 full.

Bake 20 minutes or until golden brown. Serve warm.

Welcome New Member:

**Todd Peeler
of Kankakee**

KRRC OFFICERS

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

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KRRC WEBSITE

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

SUMMER SERIES 5K FUN RUNS-6PM
SMALL MEMORIAL PARK, KANKAKEE

<u>DATE</u>	<u>RACE DIRECTOR(S)</u>
TUESDAY, JUNE 10 TH	CHRIS DUVAL
TUESDAY, JULY 8 TH	HENRY & JANET SHELLY
TUESDAY, AUG. 12 TH --STILL NEEDED--PLEASE CALL	
JEFF AT 933-1695 IF YOU WANT TO DIRECT THIS FUN RUN.	

TOM SCHELLING OF THE BOURBONNAIS PARK DISTRICT IS IN NEED OF A RACE DIRECTOR FOR THE BOURBONNAIS FRIENDSHIP 5K RUN ON JUNE 29TH. IF INTERESTED, CALL TOM AT (815)933-9905

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!

Apr. 26, Sat. Starved Rock 5K, 9am, Ottawa YMCA, Joanne Kammerer (815)795-3936 eves. www.starvedrockrunners.org

Apr. 27, Sun. Batavia Fox Trot 5K, 8am, Laurie (630)761-9584 huiiz@mindspring.com

May 3, Sat. Perry Farm Spring 4-Miler & 2 Mile Walk, 8:30am, Perry Farm, Bourbonnais, IL

Tom Schelling (815) 935-5665

May 3, Sat. Lake Run 4.375 Miler & 12K, 9am, Lake Bloomington, IL (309)828-1415

May 4, Sun, Great Western 8k & 30k, 8:15am/8am, Gary Moss (630)208-6677 gw30k@aol.com

May 4, Sun. Eiche Turner 5K, Tinley Park

May 10, Sat. Groovin in the Grove 5K, Downers Grove, 8:30am, veronica.tencate@mwumail.midwestern.edu.

May 10, Sat. Re-Run 2003 2M 4M, Homewood, 8:30am, Karen (708)799-1323 ext. 65 bugabo9061@yahoo.com

May 11, Sun. Y-ME RACE AGAINST BREAT CANCER, 9am, Grant Park, Chicago, www.y-me.org 1-877-YME-RACE

May 17, Sat. Meteor May 5K run & walk, Mokena, 8am, Kim (708)790-8161 perscorpio@att.net

May 26, Mon. Streator Memorial Day 5K Run 9am

June 7, Sat. WESTBROOK 5K RUN AND FUN WALK - 9:00 A.M., WESTBROOK NAZARENE CHURCH, 900 W. JEFFREY, KANKAKEE, IL 60901 Jim Ferris (815)933-2869 JAFERRIS24@JUNO.COM

June 10, Tues., Summer Series 5K Fun Run, 6pm, Small Memorial Park, Kankakee \$1 non-members

June 14, Sat., Lake Mingo Trail Run 7.1 Miles, 9am, Kennekuk Cove Co. Park, (217)431-5318 or (217)431-4243

June 15, Sun. KILBRIDE FAMILY CLASSIC 5K RUN/2 MILE WALK, 8AM, COBB PARK, KANKAKEE, IL, JERRY KILBRIDE (815)932-3885(H) (815)937-4200(W)

June 29, BOURBONNAIS FRIENDSHIP 5K RUN AND FITNESS WALK, 8AM, MUNICIPAL CTR.

THE FINISH LINE

Mar. 9 Delavan Panther Frostbite Classic 1/2 Marathon

Pat Koerner 1:21:43 1AG

Phil Newberry 1:39:53

Pat Pierce 1:58:42 3AG

Lynn Troost 2:20:59

Mar. 16 St. Pat's 5K, Bloomington,IL

Pat Koerner 17:30 2AG

Chris Walsh 19:33 1AG

Phil Newberry 19:50

Charlie Grotevant 22:06 2AG 60+

Carol Pratt 22:36

Jeff Lonergan 23:13

Robert Pool 23:55 1AG

Pat Pierce 25:30

Paul Surprenant 26:56

Marianne Surprenant 29:36

Mar. 22 MOUNTAIN GOAT HILL RUNS

10K

Doug McWilliams 50:27 20th Overall Male

Pat Pierce 53:35 12th Overall Female

15K

Charlie Grotevant 1:12:44 64 out of 176

John Pool 1:17:44 #86

Robert Pool 1:25:30 #109

Chris DuVal 1:37:29 #157

Bev Smith 1:48:13 #172

Apr. 5 Lincoln Memorial 1/2 Marathon, Springfield, IL

Charlie Grotevant 1:42:39 1AG 60+