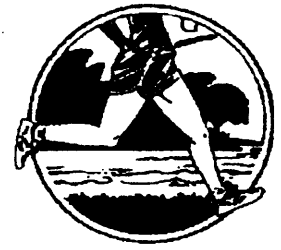




THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JUNE 2003 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 181



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: fwcber@daily-journal.com

Tai Chi and Running By Chris DuVal

A new season is a chance to rethink where you want to go with your running and other activities. Sometimes a completely different perspective can help to decide what it is you really want to do.

Part of looking at the world from a different point of view is acquiring the vocabulary to describe that view. People living in arctic regions have 20 words for snow for a reason. I have found some Chinese concepts that have been helpful in learning and teaching Tai Chi that have applications to running. The words qing, ling, man, yuan, yun, and song, describe the optimum way to practice Tai Chi, an ancient Chinese exercise system with health and martial arts applications.

Qing - lightness and ling - agility go hand in hand. There are people in many sports who are agile, but their agility is based on excessive force / tension. This leads to a quick plateau or decline in progress. The runner who doesn't combine lightness with agility wonders why s/he isn't improving, forces things even more and the downward spiral begins. Tai Chi recommends using qing / lightness to develop ling / agility. There's a scene in *Chariots of Fire* (a great running movie) where a coach is telling his student to step lightly like he is running on hot coals. This is ling developed from qing.

Man - slow practice, helps you to develop awareness of your motions and promotes correction of bad habits. Anyone who has ever watched a slow motion video playback of their golf or tennis swing, skiing or swimming technique, usually has come away with some new insights. A man running drill would involve running faster until your form starts to break down, then running slower until your form breaks down. This can be combined with fartlek / speedplay to help you discover your optimum rates for jogging, running and sprinting.

Man combines naturally with yun - constant rate, smooth pace. A helpful piece of advice I received when I started doing races a couple of years ago was to accelerate at a steady even pace and not waste energy with quick speed ups and slow downs through the entire race. This is yun strategy.

To round off the rough edges, throw in some yuan - circular motion. This is especially applicable in bicycling, think uniform power through the pedal stroke vs. mashing away, up and down. In running, yuan will make you more efficient and also cut down on the chance of injury.

Last but not least, a frequently misunderstood, mistranslated term, song. Song roughly translates from Chinese to English as - relax, but there is a subtle difference. Song means to relax only the unnecessary muscles and excess tension during an activity, not to flop on the couch and fall asleep. For example, you relax the tricep when doing a bicep curl, you don't let the entire arm relax. For runners song means getting rid of excess tension in your body that is not contributing to running (ie: upper body, face, etc.) I've found this to be a process of elimination developed by experimenting with qing, ling, man, yuan and yun during runs.

Tai Chi has no connection in current practice with any particular religious belief. Considering and applying these concepts doesn't mean you buy into the whole philosophy, though some do. Take what works for you and throw out the rest. Hopefully, some of these ideas will give you a fresh way of looking at your running and help you develop inspiring goals for the new season.

This material is provided for information purposes only. Consultation with your physician is always recommended before beginning or modifying an exercise program.

JUNE B-days!

HAPPY BIRTHDAY TO...

NAME	B-DAY	AGE
Amy Baldwin	6/14/86	17
Sara Batkiewicz	6/06/84	19
Erica Batkiewicz	6/06/84	19
Peter Bernsdorf	6/27/68	35
Cheryl Bevis	6/01/65	38
Jim Ferris	6/16/70	33
Casey Koerner	6/13/95	8
Larry Lane	6/27/48	55
Linda Linn	6/09/54	49
Dan Morse	6/25/59	44
Heather Morse	6/20/91	12
John Pool	6/13/42	61
Bob Pool	6/15/36	67
Jay Scroggins	6/19/73	30
Mike Stluka	6/27/61	42

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Perry Farm 4-miler 5-3-03

Race Results BY OVERALL FINISH

AgeGroup	Ovrall	GrpPlace	Time	Bib#	Name	City/ST	Pace/M
M 35 - 39	1	1 OA	0:21:48.7	50	Rod E Kahl	Bradley IL	05:27.2
M 25 - 29	2	1 AG	0:23:39.8	69	Alan Standley	Bourbonnais IL	05:55.0
M 25 - 29	3	2 AG	0:23:56.0	68	Preston J Provost	Manteno IL	05:59.0
M 35 - 39	4	1 AG	0:24:30.7	66	David A Barrett	Bourbonnais IL	06:07.7
M 45 - 49	5	1 AG	0:24:45.4	45	Dan F Weber	Manteno IL	06:11.4
M 40 - 44	6	1 AG	0:25:25.7	59	Phil Newberry	Bourbonnais IL	06:21.4
F 40 - 44	7	1 OA	0:25:55.3	57	Sandy Stefanski	Crown Point IN	06:28.8
M 30 - 34	8	1 AG	0:26:25.5	67	David K Merrillat	Kankakee IL	06:36.4
M 50 - 54	9	1 AG	0:26:44.4	75	Jack Chaplinski	Bradley IL	06:41.1
M 35 - 39	10	2 AG	0:27:10.3	56	David W Cagle	Bradley IL	06:47.6
M 35 - 39	11	3 AG	0:27:34.5	65	John J Bevis	Bourbonnais IL	06:53.6
M 15 - 19	12	1 AG	0:27:52.6	79	Ryan Hickory	Bourbonnais IL	06:58.2
M 15 - 19	13	2 AG	0:27:52.9	78	Kevin Fischer	Bourbonnais IL	06:58.2
M 40 - 44	14	2 AG	0:28:36.0	74	Daniel R Gerber	Manteno IL	07:09.0
M 45 - 49	15	2 AG	0:28:39.7	62	Jeff P Lonergan	Bourbonnais IL	07:09.9
M 50 - 54	16	2 AG	0:28:42.2	40	Kurt Huddleston	Lisle IL	07:10.6
M 30 - 34	17	2 AG	0:28:44.9	63	Robert Bast	Bourbonnais IL	07:11.2
F 30 - 34	18	1 AG	0:29:13.2	61	Marla J Styck	Bourbonnais IL	07:18.3
M 30 - 34	19	3 AG	0:30:45.9	60	Dana L Swisher	Bourbonnais IL	07:41.5
M 40 - 44	20	3 AG	0:31:06.7	72	Daniel E Hall	St. Anne IL	07:46.7
M 45 - 49	21	3 AG	0:31:25.4	42	Chris L DuVal	Bourbonnais IL	07:51.4
F 45 - 49	22	1 AG	0:31:49.4	76	Theresa C Burgard	Kankakee IL	07:57.4
M 50 - 54	23	3 AG	0:32:16.5	58	Pio Villegas	Brook IN	08:04.1
M 55 - 99	24	1 AG	0:32:40.9	80	Phil Standley	Bourbonnais IL	08:10.2
M 30 - 34	25	4	0:32:47.2	53	Jim Ferris	Kankakee IL	08:11.8
F 30 - 34	26	2 AG	0:32:56.6	54	Jennifer K Parris	Bradley IL	08:14.2
M 30 - 34	27	5	0:33:30.1	71	James Soucie	Bradley IL	08:22.5
F 45 - 49	28	2 AG	0:33:57.8	43	Patricia A Horn	Bourbonnais IL	08:29.4
M 45 - 49	29	4	0:34:02.2	64	Larry A Forbes	Bourbonnais IL	08:30.6
M 35 - 39	30	4	0:34:07.2	47	Todd Peeler	Kankakee IL	08:31.8
M 50 - 54	31	4	0:34:16.2	39	Drew Horn	Bourbonnais IL	08:34.0
F 30 - 34	32	3 AG	0:35:00.1	73	Janet Earley	Bourbonnais IL	08:45.0
F 35 - 39	33	1 AG	0:36:24.6	48	Heather Kohout	Bourbonnais IL	09:06.2
F 30 - 34	34	4	0:36:24.9	77	Jennifer Jackson	Bourbonnais IL	09:06.2
F 50 - 54	35	1 AG	0:40:34.4	38	Beverly A Smith	Kankakee IL	10:08.6
F 35 - 39	36	2 AG	0:41:52.7	51	Rasa Weber	Manteno IL	10:28.2
F 35 - 39	37	3 AG	0:42:49.1	49	Cindy Bakkom	Park Forest IL	10:42.3
M 45 - 49	38	5	0:42:49.8	46	John Harn	Park Forest IL	10:42.4
F 55 - 99	39	1 AG	0:47:04.7	70	Shirley A Malone	Kempton IL	11:46.2

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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 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!

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 19, Thur. Short Run on a Long Day 5K run & walk, 7pm, Frankfort, IL Ryan (815)469-9400 www.frankfortparks.org

June 21, Lockport Canal Days 5K, 8am, Lockport Park Dist., (815)838-1183

June 21, Sat. Beecher Dixie Dash 5Krun/walk and 2 mile fun walk, 5pm, Beecher Depot-corner of Penfield St.&Reed St. Tom (708)946-2318

June 22, Band on the Run 5K run/walk, 8am, Orland Park (773)868-3010 www.chicagoevents.com

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

July 4, Fri., All-American 8K, Lincoln Park, Chicago 8am, www.caprievents.com free picnic

July 4, Fri, Park to Park 5M, 7:30am, Ron (309)828-9243

July 10, Thurs., Sundowner 5K, 7:15pm, Barber & Oberwortmann Horticultural Ctr. 227 Gougar Rd. Joliet Jeff (815)722-1029

July 26, Kankakee YMCA 5k run/walk and kid's run, 8am, Pat (815)932-1009

July 27, Sun. Catfish Days 5K, 9am, Island Park, Wilmington, IL (815)476-2079

Aug. 8, Fri., Wenona Evening Run 5k, 19:00

Aug. 9, Sat. Howl at the Moon 8 Hour Run & Walk, 7am, Kennekuk Cove Country Park, www.kennekuk.com (217)431-4243

Aug. 23, Sat. DeKalb Cornfest 10K 8:30am

Sept. 21, Sun. National Heritage Corridor 25K, 8:00am www.psrr.org

Oct. 12, Sun. The LaSalle Bank Chicago Marathon, 8am, www.chicagomarathon.com

Nov. 2, Sun. Utica Canal Connection XXI, 11am

THE FINISH LINE

March 9 Hope For Children 5K Naples FL

John Hickey 27.22 1st AG

Erma Hickey 38.36 2nd AG

March 16 Shamrock Classic 5K Brandon FL

John Hickey 27.10 1st AG

March 23 Springfest 5K Port Charlotte FL

John Hickey 27.19 1st AG

Erma Hickey 44.12 1st AG

Mar 29 RunForThe Children5K Safety Harbor FL

John Hickey 26.42 1st AG

Apr 8 Harvey's Fest ofStates 5K St Petersburg FL

John Hickey 39.50 1st AG

Erma Hickey 39.52 1st AG

April 12 Seminole Stampede 5k Seminole FL

John Hickey 27.17 1st AG

April 19 Easter Beach Run 4M Daytona Beach FL

John Hickey 37.10 2nd AG

Erma Hickey 50.40 1st AG

May 17 Meteor May 5K, Mokena, IL

Rod Kahl 16:50 10A

Pat Koerner 17:40 40A 1AG

Jeff Lonergan 22:07

Collin Koerner 23:24

Dan Gould 23:25

May 3 Lake Run 4.375 Miler & 12K, Lake Bloomington, IL

4.375 Miler

Bob Pool 32.42 2AG

12K

Pat Koerner 42.42 Masters

Charlie Grotevant 56.05 2AG

Carol Pratt 57.28

John Pool 57.42 3AG

Pat Pierce 1:06.01

May 26, Streator Memorial Day 5k

Rod Kahl 17:06 10A

Pat Koerner 17:34 1AG

Dave Merillat 20:52 1AG

Larry Lane 21:20

Charlie Grotevant 22:22 1AG

Carol Pratt 22:22 1AG (AG course record)

Colin Koerner 23:01

Dan Gould 23:03 3AG

Paul Supreenant 26:00

Pat Pierce 26:37

Marianne Suprenant 30:57