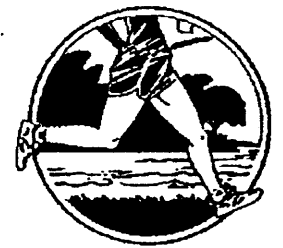




# THE PAPER RACE

## THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MAY 2004 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 189



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### You're Invited To the Shelly's Annual Run & Brunch

Sunday, May 2<sup>nd</sup>

Run at 9:00 am & Brunch at 10:00 am

New Address: 363 N. Church St., Bonfield

Please R.S.V.P. at 933-9255 or e-mail [hjshelly@keynet.net](mailto:hjshelly@keynet.net)

**Directions:** From Rt. 17, North to 4-way stop at Grade School. Continue to the first street on left, Snipe Run. Turn left and go to end of Snipe. House on right after left turn.

From 102 take Warner Bridge Road south to 2000 N Road (marked for right turn to Bonfield). 2 miles to 4-way stop. Right to Snipe Run. Left to end.

The Momence High School Girls Track Team is in need of women's running shoes. Please donate any wearable women's running shoes or any size t-shirts or running shirts that you are no longer using to the girls team. Contact Mike Hickey at (815) 472-2253 to make pick up arrangements. Thank you for helping out the team.

By Michael O'Shea

### Should a sports drink ever replace water during a workout?



Water helps you stay hydrated during exercise, but it's not the safest way to maintain the body's fluid balance if you're doing an endurance exercise that lasts more than 90 minutes. Drinking lots of water without adequately replacing the sodium you lose as you perspire may put you at risk for hyponatremia. This potentially fatal condition occurs when sodium levels in the blood drop because a large intake of water has diluted the blood.

"To stay hydrated and avoid hyponatremia, replace fluid at a rate equal to your sweat loss," says Dr. Francis G. O'Connor, co-author of *Textbook of Running Medicine*. "Drink 400ml [13.5 ounces] to 800ml [27 ounces] of fluid for every hour you exercise. And switch to an electrolyte solution [sports drink] if the workout extends past an hour." Sports drinks not only replace the

### Always replenish your body's sodium during long exercises.

body's lost sodium but also maintain the blood's electrolyte balance and provide fuel for working muscles.

"Long-distance runners, especially those who run a marathon in four or more hours, should be aware of hyponatremia," says Barbara Baldwin, programs director for the American Running Association. "Symptoms include confusion, dizziness, nausea, severe fatigue, lack of coordination, swollen hands and feet, and headache."

Michael O'Shea, Ph.D., is a fellow of the American College of Sports Medicine.

# May B-days!

NAME	B-DAY	AGE
Chris Bryant	5/06/60	44 YRS
Theresa Burgard	5/27/57	47 YRS
Randy Devore	5/26/48	56 YRS
Debra Dilks	5/13/61	43 YRS
Pam Dunlap	5/20/48	56 YRS
Chris DuVal	5/21/55	49 YRS
Dave Merillat	5/28/70	34 YRS
Trevor Merillat	5/03/95	9 YRS
Phil Newberry	5/01/62	42 YRS
Drew Parsons	5/26/83	21 YRS
Henry Shelly	5/13/51	53 YRS
Doug Steeves	5/06/69	35 YRS
Dan Weber	5/14/57	47 YRS

## Welcome New Members

The Clodi Family  
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](http://WWW.KEYNET.NET/~KRRC)  
Dave Barrett (815)937-4668

### 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!

April 17, Eureka Spring Classic 4 Mile, 9:30am, Eureka, IL Don (309)467-2119

Apr. 24, Sat. Starved Rock Runners 5K Run, Ottawa YMCA, 9am, Joanne (815)795-3936 evenings

Apr. 24, Sat. Walk/Run for Life 9am run, 10 am walk, Olivet Nazarene University crushed limestone trail around practice fields, All proceeds benefit the Crisis Pregnancy Ctr. Family event, games for kids, babysitting. Minimum \$50 in pledges to qualify for awards. Tara Smith (815)933-2207.

Apr. 25, Sun. SullivanCivicCtr, Triathlon, 1pm, 1/4 swim/13.4 mi. bike/ 3.1 mi. run [www.sullivanil.us/triathlon.htm](http://www.sullivanil.us/triathlon.htm) (217)728-4541

May 1, Sat. Lake Run 7.44 miles & 4.37 miles, 9am, Lake Bloomington Paul (309)662-0772

May 8, Perry Farm Pace 4-Miler & 2Mile Walk, 8:30am, Bourbonnais, IL(815)933-9905

May 9, Sun. Y-ME 5K Run, 9am, Grant Park, Chicago [www.y-me.org](http://www.y-me.org)

May 15, Mokena PTA Meteor May 5K, 8:00am, Mokena Intermediate School, 11331 W. 195<sup>th</sup> St. [www.mokena.com/pta](http://www.mokena.com/pta)

May 15, Sat. Explore Joliet 8K Run, 9am, Joliet City Center at Rialto Square Theatre, 774-6066 [www.jolietdowntown.com](http://www.jolietdowntown.com)

May 31, Mon. YMCA Memorial Day 5K, 9am, Streator, IL Ralph (815)672-2148

June 12, Sat. Steamboat Days 15K, Peoria, IL Phil (309)676-6378

June 17, Thurs. Short Run Long Day, 7:00pm, Main Park Frankfort, IL (815)469-9400 [www.frankfortparks.com](http://www.frankfortparks.com)

June 20, Sun. Mendota YMCA 5K, John (815)628-3022

### THE FINISH LINE

#### Charlie Grtoevant's Races

Mar. 6 Miller Park Zoo 5K 21:51 2 AG 60-64 Bloomington, IL

Mar. 14 St. Pat's 5K 21:26 1AG 60+ Bloomington, IL

Mar. 20 Mountain Goat 15K 1:15:52 Danville, IL

Apr. 3 Lincoln Memorial 1/2 Mar. 1:43:04 1 AG 60+ Springfield

#### Rod Kahl's Races

Mar. 6 St. Paul 5K Spirit Run 17:09.5 1 AG / 2 OA

Mar. 13 Runnin with the Irish 5K 17:19.8 1 AG / 2 OA

Apr. 3 Ringing in Spring 5K 16:56.5 1 AG / 2 OA

#### March 20 Mountain Goat 15K Run

Pat Koerner 56:40.3 3OA

John Pool 1:24:20.2 116OA

Robert Pool 1:26:39.4 124OA

#### Mar 14 St. Pat's Day 5k, Bloomington, IL

Pat Koerner 17:41 2AG

Jeff Lonergan 21:48

Marcia Lonergan 22:57 3AG

Bob Pool 24:10 1AG

John Pool 24:36 3AG

Paul Surprenant 26:12

Pat Pierce 28:10

Marianne Surprenant 30:23

#### Mar 6, Miller Park Zoo 5K, Bloomington, IL

Jeff Lonergan 22:20

Marcia Lonergan 22:52 2AG

Bob Pool 23:50 3AG

John Pool 25:17

## Yoga For Runners?

By Loriann Mehmel, Registered Yoga Instructor

Do runners need yoga? Try this simple test: Sit on the floor with your legs stretched out in front of you. Flex your feet. Keeping your legs flat to the floor and your spine straight, inhale and stretch your arms up to the sky. As you exhale, slowly and gently fold forward from your pelvis, bringing your abdomen toward your thighs. Keep your arms and shoulders relaxed and do not round your back. You are now in paschimottanasana, the seated forward bend.

How did you do? Were you able to keep your legs flat to the floor or did they lift as you folded forward? Did your feet stay flexed or did they have a tendency to rotate outward? Were you even able to sit tall at the beginning of the posture or did your pelvis tilt slightly, making it impossible to really sit up straight on the sit bones? Do runners need yoga? Absolutely!

Any serious runner knows that stretching is an invaluable part of the training. As you may have discovered while performing the posture above, runners often experience tightness in the hamstrings, hips and low back that can impede performance and lead to injury. The gentle physical postures of yoga can definitely help ease this tightness. But yoga is far more than a simple stretching regimen. It is an ancient holistic health science that integrates body, mind and spirit.

### THE PHYSICAL

Yoga originated in India about 5,000 years ago and consists of physical postures (called asanas), breathing exercises (pranayama) and several relaxation techniques. This type of “physical” yoga is referred to as hatha yoga. The term “hatha” means sun and moon, and the term “yoga” means union. As its name indicates, the goal of hatha yoga is to create balance – balance between the two sides and/or halves of the body, balance between the two hemispheres of the brain, balance between the masculine and feminine energies of the body. It is this balance that can give runners an extra edge. How?

Firstly, yoga helps decrease the effects of the repetitive motion of running. Any repetitive motion carries with it the risk of injury through overuse. The constant pounding of the feet on pavement can accelerate wear and tear on the joints and contribute to imbalance in the body. The gentle movements of yoga help lubricate joints and soothe overworked muscles. Also, certain muscle groups become overdeveloped through repetitive motion, leaving opposing muscle groups underdeveloped. In yoga, whatever is done to one half of the body is immediately done to the other half. Whenever there is a forward bend, it is immediately followed up with a backward bend. Whenever there is a twist to the right, there is immediately a twist to left. This utilization of opposing muscle groups allows the body to come back into a natural state of balance.

Bearing in mind the toll running takes on the lower half of the body, probably the most beneficial postures for runners are inversions like headstand (sirshasana) and shoulderstand (sarvangasana). These postures take the body weight off the legs and feet and remove stagnating blood from the lower limbs. They also require a good deal of upper body strength as opposed to the already sufficient lower body strength. In addition, they aid circulation, allowing the heart and circulatory system a much needed break as gravity (not physical effort) is used to send blood more forcefully back to the heart, stimulating it to beat more efficiently. [Caution: Inversions are contraindicated for anyone with high/low blood pressure, glaucoma, detached retina, recent head/neck injury or surgery. Inversions should only be learned under the guidance of a certified yoga instructor.]

Because of its balancing effects, yoga is very different from regular exercise. Yoga works on every part and every system of the body to bring holistic health. According to *The Sivananda Companion to Yoga* (1983), “The principle yogis have understood for thousands of years is that proper exercise is designed not to develop muscle and exhaust our strength, but to gently stretch and tone the body and above all to stimulate circulation, right down to the cellular level, so that tissues are nourished, wastes removed, vital organs returned to full efficiency, and the metabolism of health is restored.” (p. 177)

Yoga also increases flexibility, which can aid performance and avoidance of injuries. Yoga advocates “strength plus length”. Strong leg muscles are important for runners, but overly tight muscles can be a liability. Tight muscles are short muscles. Not only can short muscles pull the body (particularly the spine) out of its natural alignment, but they can become hard and brittle, increasing the risk of injury. Yoga provides the best of both worlds. Weight-bearing postures create strong muscles and bones, but the muscles stay long, the joints lubricated and flexible.

I often see runners getting in a stretch or two before heading for the track or the treadmill. I cringe as they pull themselves into an obviously uncomfortable stretch and proceed to bounce their way into an even more extreme position. Bouncing causes the nervous system to go on alert to protect muscles from injury, making it impossible to get an efficient stretch. The most efficient way to lengthen a muscle is to gently stretch the muscle, hold it in the stretched position for some time while breathing deeply, and then gently release. By working slowly and gently, you work with the nervous system, not against it, by giving the signal to the muscles that there is no reason to tense for protection. Taking deep breaths during the yoga postures also helps neutralize the lactic acid that builds up in the muscles during any sort of physical activity and allows you to relax rather than force your way into the stretch. If you are sore after a yoga class, it usually means you did not breathe deeply enough or you went too far too fast!

Runners can gain amazing benefits from postures that properly open the hips, stretch the hamstrings and the lower back. The hips will move more freely when walking and running. Standing postures such as the triangle (trikonasana) and standing forward bend (pada hasthasana) can also be beneficial in increasing stamina and endurance.

Finally, yoga teaches proper breathing, i.e., the full yogic breath. Many yogis experience a definite increase in lung capacity when they learn to breathe correctly – the way we all came into this world breathing. Stop for a moment and take a deep breath. Where did the breath go? Stress, tight clothing and an unwillingness to let the belly be soft force breathing to take place only the chest, and in the worst cases, only in the upper part of the chest. The full yogic breath incorporates abdominal, thoracic and clavicular breathing, bringing in seven times more oxygen than the normal breath. This proper breathing can be a great asset in warding off fatigue and increasing endurance because whenever you work with the breath, you are working with the body's subtle energy. With regular practice of yoga, natural healthy energy levels are maintained.

#### THE MENTAL

Even more powerful than the physical benefits of yoga are the mental benefits. In fact, yoga was originally created only as an aid to meditation. The ancient yogis found that stiffness in their bodies hindered their sitting for long periods of meditation. As their bodies became uncomfortable, their minds became agitated. So, the ancient yogis devised yoga as a way to control the body in order to control the mind. Holding yoga postures steady for extended periods reduces stiffness and makes the body more comfortable. More importantly though, the mind becomes calm. Focusing the mind on the breath and drawing the senses inward fosters an awareness of the present moment. Anxieties regarding the past and the future begin to fade away. As a runner, this means you will be better able to concentrate on the task at hand, i.e., running your best and managing those pre-race jitters!

And unlike running, in yoga, there is no competition. Students are required to listen to their own bodies, only going as far as the body wants (remember the most efficient way to stretch a muscle?) on any particular day. This philosophy teaches you to know the more subtle parts of your own body, making the mind-body connection. By knowing and accepting your own limitations, you will be better able to avoid injury. In addition, you will begin to balance the more competitive aspects of your personality.

Relaxation techniques are also helpful in teaching the body to operate at a more efficient level. These techniques teach the body to relax while the mind stays alert. Reaction time is increased as the body/mind complex becomes more efficient, again helping to decrease the risk of injury. Imagine your movements becoming smooth, effortless, and graceful like a cat, and you will have the essence of yoga.

#### THE SPIRITUAL

People who practice yoga often report spiritual benefits such as increased sense of well-being, inner peace and self-esteem. Because yoga teaches you to slow down and look within, many students find they gain a new perspective on life and are better able to deal with stressful situations at work, home, etc. Because of its "no competition" rule, yoga also teaches patience and acceptance. Yogis learn to be kinder to themselves, and in turn, to others.

Yoga, like life, is a process. There is always more to learn, and there is no hurry to reach any specific goal. For people who are always running (in more ways than one!) slowing down with yoga can be a wonderful relief.

#### HOW TO GET STARTED

A schedule of yoga classes at Riverside Health Fitness Center follows. It is highly recommended that you study with a qualified teacher either in a class situation or private lessons rather than relying solely on videotapes and books. And remember, yoga is all about balance. There is no need to stop running. Regular exercise is still necessary, but the combination of exercise and yoga allows you to mitigate the effects of repetitive motion, avoid injuries, focus the mind and find inner peace.

#### OPEN YOGA

Mondays 5:30-6:30 p.m.

Wednesdays 5:30-6:30 p.m.

Fridays 11:00-noon

Saturday 9:00-10:00 a.m. (with Glenn Schroeder)

GENTLE YOGA – Wednesdays 12:30-1:30 p.m. (with Dr. Adiga)

Beginning in January 2004, a mid-level class (between Open Yoga and Gentle Yoga) called Moderate Yoga will also be offered.

Regular 10-week beginners courses are offered regularly as well.

For more information, please contact Loriann Mehmel, RHFC, 929-1200, x228.