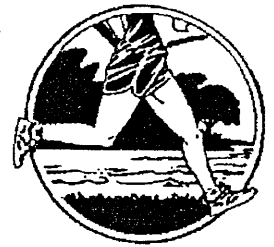


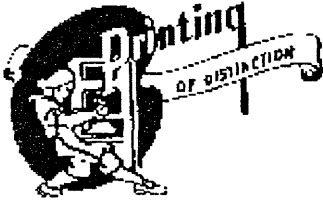


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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This year's Kankakee River 10K/5K Run will be held on Sunday, October 17th at 9a.m. Please come out to participate or to volunteer. If you'd like to volunteer, please arrive between 7 and 8a.m. If you have any questions, please call Jeff at (815)933-1695.

ON DAN'S RUN

by Dan Gould

I have met the electronic runner and I am him. Yes, I'm paraphrasing the famous person - whose name escapes me - who said: "We have met the enemy and he is us." Or something like that.

Like other electronic runners, I start the day with a weigh-in, but not just to determine my weight. The electronic runner's scale also measures percent of body fat. Am I a lean, mean running machine or a bouncing blob of Jello? The scale tells the tale! If I've been a bad boy, the electronically synthesized voice may say: "One at a time, please!"

Every electronic runner has a digital stopwatch that records 30, 50 or even 100 splits. My first "fancy" stopwatch had something like 9 splits and a detachable cable release. The cable release allowed you to record the splits without reaching over with the opposite hand and fumbling for the button. That clever device apparently didn't catch on because I haven't seen one in 20 years.

My new Timex Ironman has 50 or 100 splits, tells time in two zones, has a countdown timer, an alarm, and, with the chest belt transmitter, is also a heart rate monitor. A Casio runner's watch that had served me well for many years recently died and I had been considering a training program utilizing a heart rate monitor.

While walking through my local Sears a few days ago, I spotted the Timex and the obligatory "SALE" sign. For only a few more dollars than I would have spent on the stopwatch, I got both the watch and the heart rate monitor.

Time, however, is meaningful only when the runner knows the distance covered. The Garmin Forerunner 201 I bought a couple months ago provides that information - and much, much more! The 201 looks like an oversized runner's watch. Weighing less than 3 ounces and measuring about 3 inches wide by 1.7 inches high, the velcro strap holds it comfortably on my right wrist (the Ironman is on my left wrist). The built-in GPS (Global Positioning System) antenna gathers information from the 24 orbiting satellites and measures in feet, initially, and then to the hundredth of a mile my running progress - or the accuracy of that "certified" 5K course that produces such fast times.

The 201 stores up to 5000 laps in memory. The "HISTORY" of each run records the date and time of day, and the time, distance and pace per mile of each lap. You can download free software and the 201 comes with the cable necessary to upload each run to your computer.

I have yet to explore the Training Assistant mode that will provide you with a "Virtual Partner," "Interval Training," or "Time/Distance Alert." The Navigation mode has mapping capabilities that enable you to find or mark a location and retrace your steps. The 201 comes with a 35 page instruction book.

Finally, I clip my GPS enabled cell phone to my shorts. When the buzzards start to circle as I stagger under the weight of my electronic gear, the folks at the 911 center can pinpoint my location.

While this stuff is great fun, I regret to report that only great training will make you a faster runner. See you on Dan's run!

October B-days!

NAME	B-DAY	AGE
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David Barrett	10/28/64	40 YRS
Cynthia Bernsdorf	10/25/67	37 YRS
Greg Clodi	10/31/63	41 YRS
Steve Hartzell	10/22/49	55 YRS
Charlene Klipp	10/10/49	55 YRS
Bill Linn	10/16/52	52 YRS
Brian Noffke	10/10/60	44 YRS
Rich Olmstead	10/12/51	53 YRS
Todd Peeler	10/21/63	41 YRS
Tomiko Radford	10/21/68	36 YRS
John Walsh	10/09/62	42 YRS

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*Good-luck
 Chicago
 Marathoners!
 (P.S. We'd love to hear about your
 marathon adventure, so write an
 article for the newsletter!)*

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 OCT. 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!

Oct. 16th, Sat., Old Plank Trail 5K Run/Walk, 10a.m., Downtown Frankfort, IL

Oct. 17th, Sun., Kankakee River 10K/5K run, 9a.m., Kankakee River State Park, Bourbonnais, IL (815)933-1695 Jeff

Oct. 24th, Sun., Run the Beat 5K, 9a.m., Gould Park (across from H.S.) Morris, IL Patrolman Steve Huettemann (815)942-2131

Oct. 31st, Sun., Allerton Park 5.5 Mile Trail Run, 9a.m., Monticello, IL Spencer Nelson (217)202-1969

Nov. 7th, Sun., Canal Connection 10K, 11a.m., Utica, IL – Elementary School, Jon Bastuck (815)223-8988

Nov. 13th, Sat., Gobbler Hobbler 10K, 9a.m., Montgomery, IL Margarer Gienger (630)554-1010

Nov. 25th, Thur., Turkey Trot 3 Mile, 9a.m., Oglesby, IL John Steele (815)223-7922

Nov. 27th, Sat., Turkey Burn 5K Run, 9a.m., Kankakee Boat Club, Kankakee, IL Chuck Parsons (815)932-8003

Andy Furbee (815)584-1765

Dec. 12th, Sun., Jingle Bell Run 5K, 9a.m., Shapiro Developmental Ctr., Kankakee, IL Phil Angelo (815)933-4935(H), (815)937-3382(W)

THE FINISH LINE GET ALL YOUR LOCAL RACE RESULTS AT [HTTP://RACEX.TRIPOD.COM/](http://RACEX.TRIPOD.COM/)

For Herscher Hare and Tortoise Race Results: www.inetteacher.com teacher – Livesey school – Herscher
 Click on Hare and Tortoise Race

Charlie Grotevant's Race Results:

Sept. 4 Sweetcorn Classic 5K, Hoopeston, IL	21:13 1AG 60-64
Sept. 5 Hare & Tortoise 5K, Herscher, IL	22:05 1AG 60+
Sept. 12 ECHI Leadership ½ Marathon, Normal, IL	1:43:24 1AG 55+
Sept. 18 Harvest Days 5K, Dwight, IL	21:22 1AG 60+
Sept. 26 National Heritage 25K, Channahon, IL	2:00:18 3AG 60-64