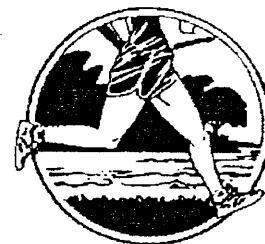
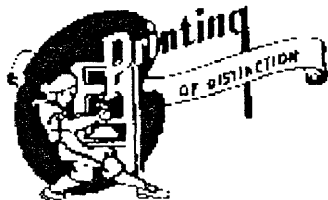


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



JAN.-FEB. 2005 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 195



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2005 Membership Dues are Due.

Single \$15 – Family \$20

(If you became a member after 8-1-04, you need not renew until 1-2006.)

In an effort to save time and paper, we are not sending out the membership forms.

Please send your check, payable to KRRC for either \$15 or \$20 to:

Marcia Lonergan, 5223 N. Pin Oak Turn, Bourbonnais, IL 60914

If any of your information has changed since last year, please include a note.

Thank you.

The KRRC newsletter will go out once every two months starting with this January – February edition. If anyone is interested in doing the alternate months of the newsletter or taking over the newsletter entirely, please contact Marcia at (815)933-1695.

RUNNING THE CARPET CAPITAL by Dan Gould

Every December I leave the balmy breezes and blue skies of Florida for a brief visit to the world of chill factors and gray skies in northern Illinois. I go home to Kankakee to celebrate the holidays and renew my acquaintance with my wife. Pat is not a runner or golfer and her affection for Florida is summed up in her view of palm trees - they remind her of toilet bowl brushes. I've often left Bradenton well before dawn and arrived home eighteen or nineteen hours and twelve hundred miles later. There is no fool like an old fool! This year I sought to avoid such a label by finding a race halfway home, giving me a reason to break up the drive and a new racing experience.

An Internet search of Georgia races produced just what I was looking for - the 17th Annual Carpet Capital 10 Miler on Saturday, December 11th. Dalton, the "Carpet Capital of the World," is located just off Interstate 75 and six hundred miles from Bradenton. Besides being halfway home and on my route, it offered a distance I wanted to run. The Carpet Capital Running Club's website answered most of my questions and had a complete entry form. I e-mailed the race director, Dave Leatherman, with a couple questions and noted that I was breaking up a long drive from Florida to the Chicago area. He promptly responded and noted that he was somewhat familiar with the Chicago area.

Small World Part I. Dave said he had graduated from Olivet College in the town of Bourbonnais in 1977. Kankakee, Bradley and Bourbonnais comprise the metro area in which I live. Olivet is now Olivet Nazarene University and the summer training home of the Chicago Bears.

I arrived at the race staging area, the Vernell Elementary School, about an hour before the 9:00 o'clock A.M. starting time. I picked up my bib number and long sleeved T-shirt (very attractive) at the pre-registration table. One of the workers pointed out Dave Leatherman and I introduced myself.

Small World Part II. Dave was raised in Eureka, Illinois. His daughter graduated from Olivet last year and is working on a master's degree at Governor's State University, a little north of Kankakee.

Back in the parking lot, I struck up a conversation with a runner parked next to me, Hoyt Brown, 56, from North Carolina. Dalton, located in northwest Georgia, is only a short distance from both the North Carolina and Tennessee borders. After a warm-up with Hoyt, we went to the starting line where we joined another one hundred and fifty ten milers and a much smaller group who were running the 5K. Hoyt pointed out Jim Duguay who he believed was in my age group and a talented runner.

Exhausted after exercising? Here are some details you need to work out

BY EUGENIE JONES

Feeling a little tired after a workout is to be expected, but something's not right if you're left totally wiped out.

If you're experiencing post-workout exhaustion, examine your workout and lifestyle to reveal potential causes, such as:

- ◆ **Not getting enough sleep.** I was in the habit of getting up at 5:30 a.m. — no matter what — to do my workout. This sometimes meant six hours sleep for a body more accustomed to seven or eight.

Sleep is our body's way of regenerating. It allows us to rest and provides the ideal opportunity for the body to recover from the muscular challenges of the previous day.

- ◆ **Inadequate recovery.** Give muscles enough time to repair and recover before working them again. That means not working the same ones on consecutive days. Limit aerobic interval training workouts to no more than twice a week and vary your type of aerobic activities to give your muscles variety.

- ◆ **Lack of fuel.** Your muscles store a limited supply of glycogen as easy-access fuel. After your

workout, that glycogen needs to be restored to avoid drops in your blood sugar levels and subsequent drops in your energy level.

The best way to counter these dips in energy is to eat a carbohydrate/protein snack after your workout. I like nonfat fruit yogurt because the fruit and sugar digest fairly quickly to replace glycogen.

The protein, which takes longer to digest, helps me maintain a more even blood sugar level throughout the day without drops in energy.

It's also important to eat every two to three hours throughout the day — while staying within your total daily calorie needs — to avoid these drops in blood sugar and to keep your body well-fueled for your next workout.

- ◆ **Dehydration.** Don't wait until you feel thirsty to drink water; your body already is dehydrated by the time thirst kicks in and a dehydrated body is a tired, sluggish body. Beyond your eight, 8-ounce glasses per day, drink one to two cups of water before your workout, and during your workout drink an extra cup for each 20 minutes of exercise.

Scripps Howard News Service

The race started under broken clouds giving us occasional peeks of blue sky and sunshine. With the temperature at forty-two and a light breeze, it was "delicious," a shorts and singlet day for me.

The opening (and closing) mile in this very rural area is dead straight and very flat. The remaining miles are a series of gently rolling hills and turns. Volunteers patrolled intersections, some areas were coned, there were ample water stations, and the "Roadkill Runners" had done their job. Roadkill Runners? Dave told me volunteers ran the course in the early morning to pick up any roadkill. Hmmmm.....The post-race chili did have an unusual flavor.

After the first couple miles, the field was spread and I ran alone, occasionally passing another runner and occasionally being passed. The miles flowed by and my pacing was unusually good. Although Hoyt had cautioned me that the second half would be slower, I ran identical times for both halves. Amazing!

My GPS watch confirmed that this certified course was a true ten miles. As with other certified courses I've run, it was about five hundredths (.05) long. I was happy with my 1:16:36 finishing time and even happier when I learned that Jim Duguay was in the 65-69 age group. He had bested me by six minutes.

The centerpiece of the quite adequate post-race refreshments was chili and its warmth was welcome. I shared a table and small talk with other runners. An outsider would call them strangers, but runners who have raced share a bond that a non-runner would never understand.

The awards ceremony moved along quickly, even with a pause to photograph the winners in each age group. A woman with a familiar face stood a few feet to my right. As I pondered how I might know her, she was announced as the winner of the 55-59 age group. Carolyn Mather is a writer for the Running Journal, a periodical that covers running in the southeast and to which I have been a subscriber for many years. Her picture appears at the top of her column.

There were only four participants in my age group and only two of us had stayed for awards. I was first and Doug Hawley was second. Doug and I chatted after our photo was taken. He is a sportswriter and long time runner who once posted a 2:36 at Boston. I wanted to linger, but there were six hundred miles to drive.

Small World Part III. A day later I was socializing at the Jingle Bell Jog in Kankakee when Dan Webber saw my Carpet Capital 10 Miler shirt. He asked if a guy named Leatherman directed the race. I responded that he did and asked with obvious disbelief if he knew him. The response was that he knew him only by reputation, having talked with Melissa Leatherman at Riverside Health and Fitness Center where she has worked while going to Olivet. Since I've been working out at Riverside for the last five years, I presume I have seen Melissa myself.

The small world is a never-ending story, but the story of this adventure in racing must come to an end. The Carpet Capital 10 Miler is a five-star race. The course is scenic, safe, accurate and challenging. The amenities - food, shirts, and awards - are first class. I have a happy memory of the rolling hills of scenic northern Georgia, of new friends made and stories shared. If it ever fits your schedule, don't miss it!

Jan.-Feb. B-days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Debbi Cox	1/01/63	42 YRS	Michelle Baldwin	2/14/56	49 YRS
Daniel Gerber	1/05/59	46 YRS	Patrick Barrett	2/02/96	9 YRS
Linda Grace	1/26/62	43 YRS	Jim Grace	2/24/57	48 YRS
Joyce Grotevant	1/28/42	63 YRS	Marshall Grace	2/10/62	43 YRS
Erma Hickey	1/24/28	77 YRS	Tony Grace	2/16/91	14 YRS
Paul Hillebrand	1/05/95	10 YRS	Charlie Grotevant	2/18/42	63 YRS
Rae Hillebrand	1/05/93	12 YRS	John Hickey	2/28/28	77 YRS
Rick Livesey	1/12/53	52 YRS	Mike Hickey	2/21/50	55 YRS
James Martell	1/25/55	50 YRS	Gerry Kilbride	2/06/38	67 YRS
Donald McCarty	1/29/71	34 YRS	Judy Kilbride	2/24/39	66 YRS
Gabriel Noffke	1/30/88	17 YRS	Colin Koerner	2/10/93	12 YRS
Chuck Parsons	1/25/49	56 YRS	Marcia Lonergan	2/02/66	39 YRS
Randy Riegel	1/31/55	50 YRS	Elaine Noffke	2/20/91	14 YRS
John Shoup	1/23/50	55 YRS	Ann Rahrig	2/04/61	44 YRS
Dianne Strufe	1/29/40	65 YRS	Janet Shelly	2/13/53	52 YRS
			Chris Walsh	2/21/62	43 YRS

Happy Running
in
2005!

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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 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!

Jan. 8th, Sat. Siberian Express 7.6 mile trail 11.00a.m., Kickapoo State Park rec. area, Danville, IL Scott Hendren (217)469-2134

Jan.22, Sat. Chilly Chili 4.37 mile, 1p.m. Lake Bloomington ,Green Gables Deb. O'Rourke (309)662-3195

Jan.23rd, Sun. Midwinter Cruise 5K, 10.30a.m. Forest Middle School 215 Wilson, Park Forest, (708)6724007 Carolyn

Feb.6th, Sun., Winterfest 5K Run & Fitness Walk, 1p.m., Small Park, Kankakee, IL Charlie and Joyce (815)949-1551 or Ken Klipp (815)937-1958

Feb.13th, Sun., Frosty Five 5 Mile, 1p.m. Pioneer Path School, Channahon (815)467-7275

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

Results from Hardcore 5K, Kewanee, Dec. 31st, 2004 360 across the finish line

6th	Pat Koerner	17:56	3AG
95	Mitch Hobbs	22:34	
98	Carol Pratt	22:41	1AG
111	Colin Koerner	23:01	
113	Dan Gould	23:06	
123	Charlie Grotevant	23:33	
139	Bob Pool	24:08	2AG
180	John Pool	25:51	
203	Pat Pierce	27:00	
215	Larry Lane	27:34	

Exercise to Keep the Weight Off

Activity	Calories Burned Per Hour
Sitting, writing, playing cards	114
Lying down or sleeping	90
Sitting quietly	84
Golf (including carrying clubs)	324
Tennis	312
Swimming (crawl stroke)	288
Volleyball	264
Light housework	246
Dancing (ballroom)	210
Walking (2 mph)	198
Bicycling (5 mph)	174
Circuit weight training	756
Cross-country skiing (5 mph)	690
Jogging (6 mph)	654
Bicycling (13 mph)	612
Aerobic dancing	546
Basketball	450
Scrubbing floors	440
Ice skating (9 mph)	384
Roller skating (9 mph)	384

Without exercise, effective weight loss can't happen. Exercise supports weight loss by balancing appetite, changing your body's composition, burning calories and reducing stress-related eating. Regular exercise works as a partner with nutritious eating to keep the weight off.

The key to achieving and maintaining weight loss is to find the kind of exercises you are comfortable with and are more likely to stick with. Be careful to stay within safe perimeters, don't overdo it. Start slow and gradually increase your activity level.

Check with your physician first to make sure your exercise of choice is right for your body. Vary your routine and mix up activities to prevent wear and tear on your body and to combat boredom.