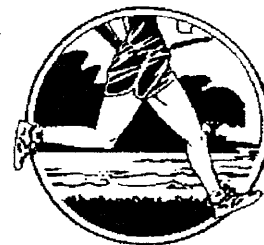


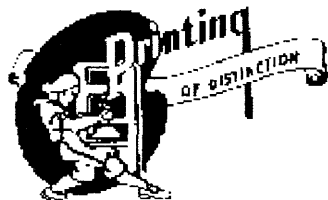


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MAR.-APR. 2005 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 196



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KRRC CABIN FEVER PARTY!

6:00PM – 11:00PM

Saturday, March 19th, 2005

Kankakee Boat Club – Cobb Blvd., Kankakee, IL

Free for members 21 years of age and spouse or one adult guest.

Must be at least 21 years old to attend.

Chicago Dough Pizza and 2 drinks per person included.

(Drinks include pop, beer and wine. Additional drinks, cash bar.)

If you want, bring an appetizer or dessert.

Hope to see you there. No R.S.V.P. required. No exchange game this year.

If you have not yet paid your 2005 dues, please pay them at the party. Thank you. Marcia

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.

Mar.-Apr. B-days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Christine Barrett	3/15/67	38 YRS	Connie Angelo	4/12/53	52 YRS
Hannah Bevis	3/26/94	11 YRS	Kyle Barrett	4/03/94	11 YRS
Micah Dorn	3/15/88	17 YRS	Emma Bevis	4/18/96	9 YRS
Tammy Furbee	3/12/65	40 YRS	David Bohlke	4/20/46	59 YRS
Rebecca Horn	3/28/83	22 YRS	Larry Forbes	4/06/57	48 YRS
Rod Kahl	3/04/65	40 YRS	Anna Goodberlet	4/17/58	47 YRS
Ken Klipp	3/25/49	56 YRS	Georganne Hickey	4/09/52	53 YRS
Pat Koerner	3/27/62	43 YRS	Charles Kennedy	4/12/38	67 YRS
Robert Lemaire	3/02/52	53 YRS	Mark McDermott	4/19/48	57 YRS
Theresa Morse	3/12/54	51 YRS	Shelby Merillat	4/07/92	13 YRS
Beverly Smith	3/29/51	54 YRS	Nadine Morse	4/21/93	12 YRS
Diana Uribe	3/16/59	46 YRS	Julie Nally	4/24/69	36 YRS
Rasa Weber	3/02/66	39 YRS	Dee Osenglewski	4/02/56	49 YRS
Carol Vallone	3/25/63	42 YRS	Ron Ruda	4/18/47	58 YRS
			Andrea Uribe	4/14/86	19 YRS
			Mike Wilson	4/11/72	33 YRS

Welcome New Members

The John and Carol Vallone Family
Of Bourbonnais

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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ACTIVITIES DIRECTOR

John Bevis (815) 935-0470

KRRC WEBSITE

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

By Michael O'Shea

Q Does strength training have cardiovascular benefits?



Yes, regular strength training lowers your percentage of body fat and adds muscle tissue, both of which can help guard against heart disease. In fact, a study released last month reported that 104 adults aged 55 to 75 reduced their rate of metabolic syndrome by 41% after six months by adding 20 minutes of weightlifting to their aerobic routine. (Metabolic syndrome is a collection of risk factors for heart disease and diabetes, including obesity.) According to the researchers, losing weight around the abdomen and increasing muscle are central to lowering the rate.

Circuit weight training—in which you move from one exercise to the next with little rest in between—is a good way to combine a strength workout with aer-

obics, because the rapid pace keeps your heart rate up. "While the gains in aerobic fitness that result from circuit strength training are less than those from traditional aerobics, it's still an efficient and effective method for enhancing heart health," says Avery Faigenbaum, a professor of exercise science at The College of New Jersey in Ewing, N.J.

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

HALF A STRAWBERRY! By Dan Gould

The Strawberry Classic 5K-10K has long been one of my favorite Florida races. It often coincided with my February vacation trips and I looked forward to my annual visit to Plant City. The course was good, the shirts creative, and the post-race refreshments including fresh strawberries and hot dogs outstanding. I have many happy memories of the event excluding, of course, the year I was passed by a woman running her dog and a guy pushing a baby stroller. The race is now run in the Tampa suburb of Temple Terrace.

I arrived at Ben Clark's a few minutes before the agreed upon hour of 6:15 A.M. on race day. We've been carpooling to races for eight or nine years and Ben has always been punctual. When the dashboard clock read 6:20, I became concerned. Was Paula getting him "warmed up" or "stretched out" for the race? Probably not. I couldn't see much of the house from the driveway, so I quickly exited the van and looked for lights. Only darkness greeted me. I hoped that the single ring of the doorbell would wake only Ben, but it set off a security system known as "Charlie," a Golden Retriever. Sleeping through Charlie's alert was not an option and Ben was quickly at the door with apologies for oversleeping. This was the first in a series of events that would make this my most memorable Strawberry Classic.

As we turned from Fowler Avenue onto Gillette, I noted that our drive from Bradenton was shorter than expected and we had arrived at our destination with time to spare – or had we? A parking lot, in which we regularly parked, a couple blocks from the staging area, was devoid of cars and people. Two blocks and one turn later we were looking at the school we knew so well minus the starting line banner, vendors' booths, and runners! There was obviously no race here today. There were a few cars in the parking lot and we hailed one woman walking toward the school. While she didn't know where the race had moved, she pointed out a couple women nearby who she thought might. They, happily, not only knew, but also were passing out maps to the school from which the race was now being staged. A drive of perhaps two miles south and west brought us to the new location.

I registered for the 10K that was scheduled to start at 8:15 A.M. and Ben for the 5K that was scheduled for 8:00 A.M. With 5K races being the proverbial "dime a dozen," I opt for the 10K when I get the chance.

We returned to the van that was parked in a nearby strip mall lot where we put on the racing bibs and warmed up. I wished Ben well as he headed for the start of his race while I put on the racing flats and did a couple more loops around the lot. With my Garmin GPS unit booted up, I was ready to race on this perfect day in paradise. The sky was clear, the temperature in the upper 40's, and the wind, if any, was not noticeable in this tree-lined residential area.

As I jogged to the start, a volunteer directing traffic responded to another runner's inquiry that the 5K had started. Coming around the corner of the school, I saw a large group of runners gathered at the starting line and wondered if I had lingered too long with my race preparations. Drawing closer, I was relieved to hear the sounds of the national anthem and knew that I would have time to get in position. When the anthem concluded, the starter told us..... Well, I don't have a clue as to what he told us or if he knew that his sound system was cutting every word he said in half. We weren't even getting every other word!

I think he discarded the microphone for the start, as the command to "GO" was clear. We went through a couple of early turns without incident and the crowd thinned. The pace felt good, but when the split-caller at mile one called "6:42," I didn't need the GPS to tell me it was a short mile. A call of "14:13" at mile two suggested that the first two miles had averaged out.

In the third mile I began to suspect that something was amiss. While I had recognized part of the first couple miles as part of the 10K course from prior years and knew that the new staging area would modify it in part, the course was now taking us in the direction of the start. Secondly, I was troubled that Silky had simply run away from me. We've been competitive over the years and I couldn't believe that I had totally lost contact with him.

The reality of what had happened came when I recognized Ben's black and yellow cap ahead. *I was running the 5K!* The volunteer on the corner only thought the race had started, but, as I later determined, it started almost ten minutes late. Now late in the third mile, we met the outbound throng of runners in the 10K.

I quickened my pace although I realized it would make little difference. I crossed the finish line a few seconds behind Ben where we were both welcomed with cheers and smiles by volunteers Don and Carolyn Roberts. What could I do but laugh? Half a Strawberry was better than none at all!

The fresh strawberries, by the way, were absolutely delicious and the hot dogs, pop and other refreshments as good as ever. The long sleeved tee was colorful, but too much real estate sponsor and too little running motif to rate as one of the great shirts. A race director has to keep the sponsor happy or there is no race.

We basked in the sun that had quickly brought the temperature from the 40's at race time to the 60's, enjoyed the refreshments and socialized until the awards were announced. Ben and I each picked up one of the handsome coffee cups for placing third in our respective age groups. Ben was happy to have done so well on marginal training and I was pleasantly surprised to have placed while running a 10K pace.

The drive home was unremarkable, but Ben put the exclamation point on this memorable day when, as I pulled into his driveway, he took out his keys, grasped the remote control door lock fob for his truck, pointed it at the garage door and squeezed. We could only laugh as Ben mentioned something about a "senior moment." It was, apparently, time to fill those new coffee cups with some strong Java!

The Strawberry Classic 2005 was one for the memory book, another happy running memory!

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!

Mar. 13, St. Pat's Day 5K, Bloomington, IL 1p.m., Bill Read (309)663-0355

Mar. 19, Mtn. Goat Hill Runs, Danville, IL 5K, 10K, 15K Kickapoo State Rec. Area west of Danville.

Call Tom Marriage (217)267-3595 www.kennekuk.com

Mar. 20, March Madness 1/2 Marathon, Cary, IL Michelle Idstein (815)444-6804 www.hillstriders.com

Apr. 3, LaSalle Bank Shamrock Shuffle 8K, 9:30a.m., Grant Park, Chicago (312)904-9800 www.shamrockshuffle.com

Must pre-register.

Apr. 10, Race That's Good For Life, Oak Park 5K, 9a.m., Geri Bensen (708)476-8252 <http://race.oprc.net>

Apr. 10, Naperville Spring Ahead 10 Mile and 5K runs, 8a.m., Jan (630)305-3283 www.ncospringahead.com

Apr. 23, Starved Rock Runners 5K, 9a.m., Ottawa, IL Joanne (815)774-2078 www.starvedrockrunners.org

Apr. 30, Fabulous 4 Miler, 9a.m., Lions Comm. Ctr., New Lenox, Linda (815)485-1737 ldettmann@newlenoxparks.org

May 7, Perry Farm Pace 4-Miler, Bourbonnais, IL

May 15, Explore Joliet 8K Run, 9a.m., Joliet, IL (815)724-4046

June 19, 10th Annual Kilbride Family Classic 5K Run and 2 Mile Walk for Autism, 8a.m., Cobb Park, Kankakee, IL Gerry Kilbride (815)937-4200 days (815)932-3885 after 6p.m.

June 26, Bourbonnais Friendship Fest. 5K run & 2 Mile Walk, 8a.m., Municipal Ctr., Bourbonnais, IL Larry (815)933-0057 (leave message)

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

Dec. 26, 2004 Maratee River Run 5 Miler, Palmetto, FL

Mike McGuckin 44:08 155/255 overall 8/13 M 50-54

Charlie Grotevant's races

Jan. 8 Charlotte Run for Peace 10K Charlotte N.C. 49:16

Jan. 16 St. Pete Beach Classic 10K St. Petersburg, FL 46:54

Jan. 23 Midwinter Cruise 5K Park Forest, IL 24:38

Feb. 6 Winterfest 5K Kankakee, IL 21:57 2AG 60-64

Feb. 13 Frosty 5 Miler Channahon, IL 37:59 1AG 60-64

New advice for athletes: Drink water, but not too much

BY ALICIA CHANG

Bob Irving downed so much water in the Half Ironman competition he made himself sick. During the last phase of the race, he vomited and had to walk most of the 13.1-mile run because his leg muscles cramped up.

Irving had read about the dangers of overdrinking but figured it was all a myth. Now, after his bad experience in 1998, he avoids drinking excessively.

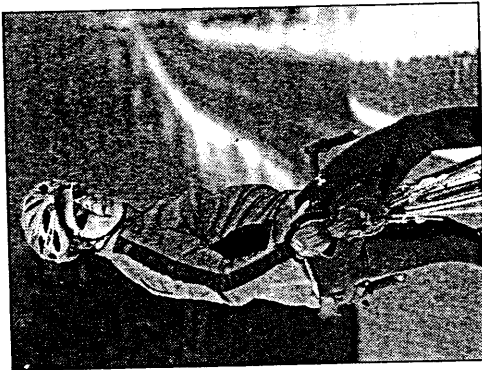
Three decades ago, the top warning sounded by race officials was dehydration. Athletes were told to constantly hydrate after several studies found a link between dehydration and a rise in body temperature, which can lead to heat stroke.

But now researchers are taking a second look at the risks of drinking too much fluid during exercise.

Death in Chicago Marathon

Hyponatremia, or water intoxication, was thrust into the spotlight after the back-to-back deaths of two female runners in 2002. In both cases, the women drank excessive amounts of fluids. In 1998, a 43-year-old woman died in the Chicago Marathon because she apparently drank too much water.

Hyponatremia happens when the body's sodium level falls below normal. People lose salt through



Bob Irving drank so much water for an Ironman event that he threw up. —AP

their sweat, and overdrinking dilutes the sodium in the bloodstream, causing the brain to swell.

The American College of Sports Medicine fears an emphasis on overhydrating may cause athletes to ignore drinking.

"We shouldn't focus on the problems associated with overdrinking to the exclusion of the problems associated with not drinking enough fluids," said W. Larry Kenney, a professor of physiology and kinesiology at Penn State University. —AP