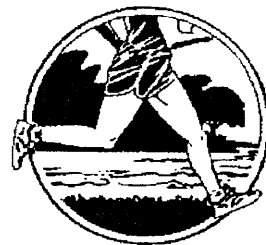


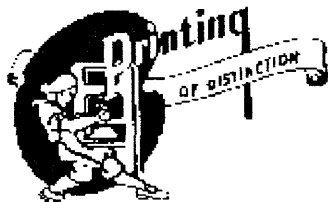


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



MAY-JUNE 2005 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 197



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F. WEBER PRINTING COMPANY

450 N. Locust St. Manteno, IL 60950 Ph. 815-468-6152 Fax 815-468-6202 E-mail: fweber@daily-journal.com

You're Invited
To the Shelly's Annual Run & Brunch
Sunday, May 22nd

Run at 9:00a.m. & Brunch at 10:00a.m.

363 N. Church St., Bonfield

Please R.S.V.P. at 933-9255 or e-mail 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 2000N Road (marked for right turn to Bonfield). 2 miles to 4-way stop. Right to Snipe Run. Left to end.

THIS IS THE FINAL NEWSLETTER FOR MEMBERS WHO HAVE NOT YET RENEWED FOR 2005. IF YOU WANT TO CONTINUE AS A KRRC MEMBER, PLEASE SEND YOUR DUES A.S.A.P.

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.

BENEFITS OF ICE THERAPY MASSAGE

When a muscle is in a shortened state and painful, it influences nerves in the area and the muscle can go into spasm (a painful contraction). Ice is used so we can return the muscle to its natural resting state without causing more pain, which will lead to more spasm, etc. it is a vicious cycle that we can break with ice.

ICE MASSAGE

Fill a 4 ounce paper cup three quarters full of water and put it in the freezer until frozen.

When ready to use, tear off about one inch of the cup so that some of the ice is showing while the bottom of the cup can be used to hold onto.

Massage entire muscle area. You may use circular or up and down strokes, but **do not hold the ice in one spot.**

THERE ARE FOUR PHASES TO THE ICE MASSAGE

1. COLD you will feel this when you first apply the ice
2. ACHE will feel after a few minutes
3. BURNING you will feel this after about 5 minutes, and it will feel like your skin is burning. At this point, remove the ice for a minute or so.
4. NUMBNESS **THIS IS THE CRUCIAL PHASE.** Return the ice and massage until all the burning disappears. This signals the end of the ice massage.

Now the ice massage is completed. The entire procedure should take 5 to 7 minutes. Do not massage more than 7 minutes for a small area or more than 10 minutes for a larger area.

An alternative to this method is to use a plastic bag filled with ice cubes. Wrap the ice-filled bag with a thin, wet towel and place it over the affected area. Keep it in place for 15 – 20 minutes, and follow the criteria listed above under the four phases to ice massage.

May-June B-days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Chris Bryant	5/06/60	45 YRS	Amy Baldwin	6/14/86	19 YRS
Theresa Burgard	5/27/57	48 YRS	Peter Bernsdorf	6/27/68	37 YRS
Randy Devore	5/26/48	57 YRS	Cheryl Bevis	6/01/65	40 YRS
Debra Dilks	5/13/61	44 YRS	Erin Bryant	6/19/85	20 YRS
Pam Dunlap	5/20/48	57 YRS	Katie Dorn	6/01/86	19 YRS
Chris DuVal	5/21/55	50 YRS	Casey Koerner	6/13/95	10 YRS
Dave Merillat	5/28/70	35 YRS	Larry Lane	6/27/48	57 YRS
Trevor Merillat	5/03/95	10 YRS	Linda Linn	6/09/54	51 YRS
Phil Newberry	5/01/62	43 YRS	Dan Morse	6/25/59	46 YRS
Drew Parsons	5/26/83	22 YRS	Heather Morse	6/20/91	14 YRS
Henry Shelly	5/13/51	54 YRS	John Pool	6/13/42	63 YRS
Dan Weber	5/14/57	48 YRS	Robert Pool	6/15/36	69 YRS
Joyce Wilson	5/11/72	33 YRS			
Nolan Wilson	5/22/98	7 YRS			

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death.

It doesn't matter whether you are a lion or a gazelle, when the sun comes up, you'd better be running.

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
 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 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!

May 7, Sat., Perry Farm Pace 4-Miler Run & 2 Mile Walk, Bourbonnais, IL (815)933-9905

May 15, Sun., Explore Joliet 8K Run, 9a.m., Joliet, IL (815)774-6066 www.jolietdowntown.com

May 15, Sun., Meteor May 5K, 7:45a.m., Mokena, IL Kim (708)790-8161 www.mokena.com/pta

May 21, Sat., Support Skin Cancer Ed. 5K, 8:30a.m., Thornton Park in Ottawa, IL (815)212-4924

May 30th, Mon., Streator YMCA 5K, 9:00a.m., 10 Oakley Ave., Streator, IL

June 2nd, Thurs., Westbrook Church 5k Run, Kankakee, IL Todd Peeler 932-3557

June 5th, Sun., 2005 Seneca Fitness Ctr. 5K Run & Walk, 8:00a.m., Seneca H.S. Juanita (815)795-4072 eves.

June 11th, Sat., Lake Mingo Trail Run 7.1 Miles, 9:00a.m., Kennekuk County Gove Park, Bub or Penny (217)431-5318

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)

July 23, Sat., Kankakee YMCA 5K Run, fun walk & children's run, 8a.m., Pat Koerner (815)932-1009

www.active.com

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

March 5, St. Paul 8th Annual Spirit Run/Walk, Valparaiso, IN

Rod Kahl 17:29.5 10A

March 12, Runnin with the Irish 5K, Chesterton, IN

Rod Kahl 17:48.1 10A

April 2, Lincoln Memorial ½ Marathon, Springfield, IL

Charlie Grotevant 1:45.27 1AG 60+

April 9, Christie Clinic 10K, Champaign, IL

Charlie Grotevant 46:09 1AG 60+

April 16, River to River, Marion, IL

Charlie Grotevant

Rich Olmstead

April 23, Starved Rock Runners 5K, Ottawa, IL

Charlie Grotevant 22:35 3AG 60-64

2005 Summer Series Fun Runs

6:00 p.m. run start time
at Perry Farm in Bourbonnais
on south side of big parking lot.

DATE

RACE DIRECTORS

Tuesday, June 14th	Chris DuVal
Tuesday, July 12th	Chuck Parsons
Tuesday, August 9th	Henry Shelly

After the fun runs, a group goes to
Chicago Dough Pizza for a buffet supper.

Everyone is welcome to join in.

FRAZZ

