

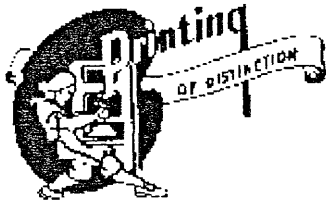


THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



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The November-December 2005 newsletter will be my final publication as newsletter editor. I took over the position in March of 1999 and have published 65 newsletters to date.

Anyone interested in the position, please contact me at (815)933-1695 or longrun2@comcast.net.

Thanks, Marcia

Tenth Annual Kilbride Family Classic Run/Walk for Autism

On a beautiful Fathers' Day morning, with the temperature at 60 degrees, our Tenth Annual Run/Walk for Autism took place at Cobb Park. God continues to bless us each year with beautiful weather for this special event.

What a successful event it was! We were overwhelmed by the turnout of 271 runners and walkers. That was an increase of 40% over 2004 when we had 193 participants. Just as exciting is that we have raised to date this year, a little over \$6000 in the battle to find a cure for Autism.

Our running club has always been and continues to be a huge supporter of our Family Classic. For this support, the Kilbride family thanks the running club and its members. A special thanks to Henry and Janet Shelly for providing a great finish line, to Dave Bohlke for such promptness in getting the results to us after the last person crosses the finish line, to Marcia Lonergan for including the distribution of our race flyer with the Club's Newsletter and to Nancy Ruda for all her marketing efforts which played a key role in promoting our Run/Walk for Autism.

Much time, energy and effort was needed to organize and run our benefit for Autism. The Kilbrides want to congratulate and thank our incredibly talented and hardworking team of volunteers who contributed to the success of our Run/Walk for Autism.

Thank you Running Club Members,

Judy and Gerry Kilbride
Race Directors

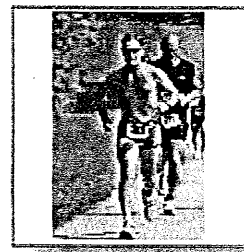
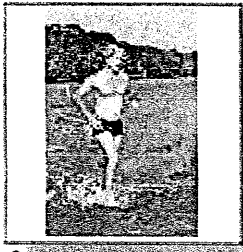
Together we will find a cure!

ON THE FIRST TRI by Dan Gould

There is no fool like an old fool. Swimming is boring. Anyone who thinks running is boring hasn't spent enough time looking at the line on the bottom of the pool. Swimming is an alternative to drowning. You swim when someone throws you into the deep end of the pool, but you don't go there voluntarily. I've survived on that philosophy for almost 61 years.

Nevertheless, on June 4th I found myself standing calf deep in Dawson Lake at Moraine View State Park near Bloomington, Illinois, watching the first four waves of swimmers in this year's Tri-Shark Triathlon cutting through the light chop like angry schools of piranha. Sent off at three-minute intervals and identified by different colored bathing caps, they negotiated the 600 yards of the triangular course under the watchful eyes of several lifeguards positioned in four or five boats. It was picturesque and I should have been holding a camera, not wearing a lavender bathing cap and swimsuit with an electronic chip attached to my ankle. How did I get here? Marcia.

Marcia Lonergan, editor of the Kankakee River Running Club newsletter, former high school track star, and part-time biking-running training buddy over the last couple years talked me into it. She and her husband, Jeff, had done the Tri-Shark before. We had to sign up five or six months in advance because the field, limited to five hundred, would fill quickly. I'm primarily a runner who does a bit of biking. Marcia and Jeff would guide me through the preparation for the tri and Marcia would give me some pointers to improve my swimming. Several months in advance, it seemed like a good idea.



I started toward the back of the wave with Jeff to avoid the thrashing arms and legs of the serious swimmers and the temptation to go out too fast. The water was cool, in the low 70's, and murky, quite a difference from the pool. Marcia had warned me that the open water swim would be different, but I wasn't concerned. I waded in and eased into my crawl stroke. The coolness and the murkiness of the water didn't consciously bother me, but I had a sense of weakness. I came up, got my bearings, and tried again.

This was not going well! I wasn't a 100 yards into the swim and I was having visions of climbing into the nearest boat. I began my version of the breaststroke, something I hadn't really worked on and isn't very efficient. My best breaststroke is something I learned in the back seat of a '56 Ford as a teenager and it wasn't going to help me here.

Jeff and the rest of my wave quickly moved away from me. I heard the next wave churning the water behind me and a sea of yellow caps came by on my right. As I *slowly* made my way around the course, I began getting acquainted with the lifeguards. They would inquire into my well being and I would reply that, while it wasn't going as well as planned, I was ok. Besides, I didn't see a lifeguard who I wanted to give me mouth-to-mouth resuscitation.

I was about half-way through the swim when Marcia swam by without so much as a "How are you?" Had she asked, I would have replied that I hadn't had so much fun in the water since Sheri Bedford tried to drown me in the Gulf of Mexico off Lido Beach three or four years ago.

continued

The beach drew near and I was happy to feel the muddy bottom beneath my feet. I had anticipated being in the water about 15 minutes, but had taken over 21 minutes. The electronic chip attached to my ankle by a velcro band would record my swim time, transition time to the bike, bike time, transition time to the run, and run time. The computer would put it all together and report my place in the field and in my age group.

The 13 miles of the bike ride went well. I passed Marcia and shouted something like "You tried to drown me!" The only heart-in-your-throat moment on the bike came when a biker in front of me swerved to avoid another swerving biker and I had to go around a photographer on the shoulder of the road. The bike course did have some rolling hills and it was a good workout.

As I switched from biking shoes to running shoes, Marcia arrived in the transition area and shouted a "Do you still love me?" Well, sure, I guess. There's some adage about what doesn't kill you makes you stronger.

Biking does something to your running muscles. I almost fell on my face with the first few strides, but gradually got my running legs. The running course was an out-and-back 3.1 miles and, like the bike course, a bit rolling. Running is what I do best and I was happy to be doing it. I saw Jeff, who was several minutes ahead of me and, most importantly, overtook a couple guys in my age group. As part of the body marking for the event, a participant's age is written on the right calf.

Apart from the swim, I was satisfied with my performance. I finished 4th out of the 7 finishers in my age group, missing one of the very attractive wood-carved Tri-Shark awards (a shark riding a bicycle) because of my swim time. I am, however, now a "Triathlete" and that can be included in my obituary as it can for John Bevis and Peter Bernsdorf who also completed their first triathlon.

The experience of this sprint distance tri gives me an even greater appreciation for those who do the Ironman distances. Jim Grace, a member of my Kankakee running club, and Sheri Weinstein, of my Sarasota running club, have both done an Ironman and seem like normal people. Well, Sheri does, anyway.

Will I try another tri? There is no fool like an old fool!

WHAT CHILDREN EAT

What do youngsters eat and drink? Junk foods, sugar rich, calorie-loaded junk foods. Who tells them (suggests) to eat these non-nutritional snacks full of refined sugar and fat? These are the foods the U.S. Government studies have verified are contributing factors to hyperactivity and irritability in children.

According to a Cornell University Professor, Katherine Clancy-Hepburn, TV ads are the

culprit. She estimated a child who is only a moderate viewer, is exposed to 5,000 ads for food per year.

Research by a graduate student from Cornell confirmed up to 70% of the ads on children's shows were for food, compared with only 26% of the ads on adult programs.

If we just tell our children three times a day to eat salads, fruits and vegetables, the television is telling them more than a dozen

times a day to eat junk foods. And guess who has their undivided attention?!

But the big question is, who is telling who to buy these junk foods advertised on TV, and why do we do it?



July-Aug. B-days!

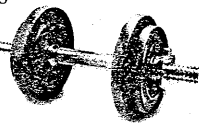
NAME	B-DAY	AGE	NAME	B-DAY	AGE
Phil Angelo	7/17/51	54 YRS	Pat Baldwin	8/26/57	48 YRS
Ben Angelo	7/07/83	22 YRS	Michael Biernat	8/20/48	57 YRS
Aidan Barrett	7/14/00	5 YRS	Sally Dorn	8/20/55	50 YRS
Taylor Bennett	7/11/88	17 YRS	John Flynn	8/01/46	59 YRS
John Bevis	7/30/63	42 YRS	Andy Furbee	8/14/66	39 YRS
Antonio Acevedo Hall	7/08/87	18 YRS	Dan Gould	8/31/44	61 YRS
Patricia Horn	7/16/55	50 YRS	Dee Anna Hillebrand	8/19/63	42 YRS
Andrew Horn	7/09/51	54 YRS	Donna Koerner	8/13/56	49 YRS
Leon Malone	7/07/30	75 YRS	Sandy Lane	8/23/44	61 YRS
Rick Nally	7/22/69	36 YRS	Shirley Malone	8/29/31	74 YRS
Dan Noffke	7/25/84	21 YRS	Richard Manthei	8/31/47	58 YRS
Erin Richey	7/14/69	36 YRS	Pat Pierce	8/11/55	50 YRS
Paul Surprenant	7/08/47	58 YRS	James Rattin	8/14/56	49 YRS
John Vallone	7/19/57	48 YRS	Nancy Ruda	8/16/56	49 YRS
			Lynn Troost	8/26/46	59 YRS
			Doug Uribe	8/22/61	44 YRS

Pump iron to lose weight

CHANCES ARE, if you're a middle-aged American, your waist is bigger than it was in high school. Our metabolism slows down as we age, increasing our belt size. The resulting weight can lead to heart disease, stroke, diabetes and several forms of cancer that are associated with obesity. That's the bad news. But here's the good news: You can do something about it. One good option is strength training.

By DR. TEDD MITCHELL

We've been told that strength training doesn't burn as many calories as aerobic exercise (running, biking, walking, swimming, etc.).



Weight lifting boosts your metabolism.

So those who want to lose weight tend to focus on aerobic activities. Although cardiovascular exercise is essential to long-term health, it's important to understand it does little to offset the slower metabolism of middle age.

Past age 30 or so, most people start losing muscle mass. Because muscle is so metabolically active (which means it requires a lot of calories to do its thing), a drop in muscle weight means your body needs fewer calories. Cardiovascular exercise, although good for burning calories, doesn't beef up muscles the way weight training can.

To implement a consistent strength-training program:

- **Do it two or three days a week**, and work the whole body.
- **Be patient.** It may take several months to see the desired effect.
- **Challenge yourself.** Use a bit more weight than you think you can handle, to make muscle tissue stronger and denser over time. Most beginners go too easy.
- **Have a qualified personal trainer evaluate your program.** You don't have to join a gym. Trainers are widely available and can set up a home program.

TEDD MITCHELL, M.D., is medical director of the Wellness Program at the Cooper Clinic.

20 USA WEEKEND - May 13-15, 2005

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THE STARTING LINE – READY, SET, RACE!

SUNDAY – Training Run– KRRC members of all abilities meet at the Kankakee River State Park at 8 AM from June thru October and 9 AM from November thru May to run and socialize. Bring a buddy, pick your distance, and run for your life!

Tuesday – July 12th – 6:00 PM – Perry Farm – Summer Series 5K Fun Run #2 followed by a trip to Chicago Dough.

Thursday – July 14th – 7:15 PM – Sundowner 5K – Barber & Oberwortmann Horticultural Center, 227 Gougar Rd, Joliet – 815-741-7275

Saturday – July 16th – 7:30 AM - Lexington Country Run 5K – Patty, 309-365-2501

Saturday – July 23rd – 8:00 AM – Kankakee YMCA 5K run, walk and children’s fun run – Pat Koerner, 932-1009

Sunday – July 24th – 9:00 AM – Wilmington Catfish Days 5K, South Island Park – Candy, 815-476-2790

Saturday – July 30th – 8:00 AM – Run for Shelter 5K – 1st Presbyterian Church, 3401 Valparaiso St., Valparaiso, IN – Kathie, 219-789-4535

Saturday – July 30th – 8:00 AM - The Tortoise and The Hare 5K Run & Walk, Urbana Free Library, Contact.: Rebecca, (217)367-4057 Register at 7 AM

Sunday – August 7th – 8:00 AM – KCTC Boxtrot 5K run and 2 mile walk, 333 S. Schuyler, Bradley – Tinker Parker, 932-4022

Tuesday – August 9th – 6:00 PM – Perry Farm – Summer Series 5K Fun Run #3 followed by a trip to Chicago Dough.

Friday – August 12th – 7:00 PM - Wenona 5K

Saturday – August 13th – 8:00 AM – Momence Glad Run 10K/5K and walks, Momence Jr. H.S., 801 W. Second St. – 472-4620

Sunday – August 14th – 8:00 AM – Shorewood Festival 5K run/walk, festival grounds behind village hall –815-744-4660

Saturday – August 20th – 7:00 AM - 10th Annual Mahomet Half Marathon & 5K, Mahomet, Illinois Contact: Joe Bails, (217) 766-9008,

Sunday – August 21st - 7:30 AM, - Abes Amble 10K, State Fairgrounds, Springfield

Saturday – August 27th – 8:30 AM – DeKalb Cornfest 10K – 815-756-6306

Sunday – September 4th – 6:00 PM – Herscher Hare & Tortoise 5K run and 2-mile walk, Village Park – Larry Lane, 815-365-2502

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

May 7, Groovin’ in the Grove 5K

Downers Grove, IL

Rick Nally 26:37

June 18, Old Canal Days 5K

Lockport, IL

Rick Nally 27:11

July 4, Lemont Freedom 5K

Rick Nally 26:42

April 30, Fabulous 4-Miler

New Lenox, IL

Charlie Grotevant 29:06 1AG 60+

May 7, Lake Run 12K

Lake Bloomington, IL

Charlie Grotevant 58:55 3AG 60-64

May 21, Just a Little Run 4-Miler

Lansing, IL

Charlie Grotevant 28:58 1AG 60-64

Steamboat

Charlie Grotevant 1:14:57

April 30, Drake Relays 8K

Des Moines, IA

Marty Klipp 27:50

Ken Klipp 32:21

Dan Gould 38:04

Chuck Parsons 40:06

Bill Linn 40:11

May 15, Explore Joliet 8K, IL

Pat Koerner 30:08

Dan Gould 36:47

Charlie Grotevant 36:57 2AG 60+

Randy Riegel 43:55

Pat Pierce 44:17

June 4, Tri-Shark Triathlon

LeRoy, IL

Jeff Lonergan 1:24:35

John Bevis 1:31:25

Dan Gould 1:33:21

Marcia Lonergan 1:33:54

July 9, Valpo Triathlon, IN

John Bevis 1:12:05

Jeff Lonergan 1:15:14

Dan Gould 1:19:03 1AG

Marcia Lonergan 1:22:09

May 30, Streator YMCA 5K

Rod Kahl 17:26 1AG

Pat Koerner 18:27 2AG

Charlie Grotevant 22:06 1AG

Carol Pratt 22:18 1AG

Jeff Lonergan 22:31

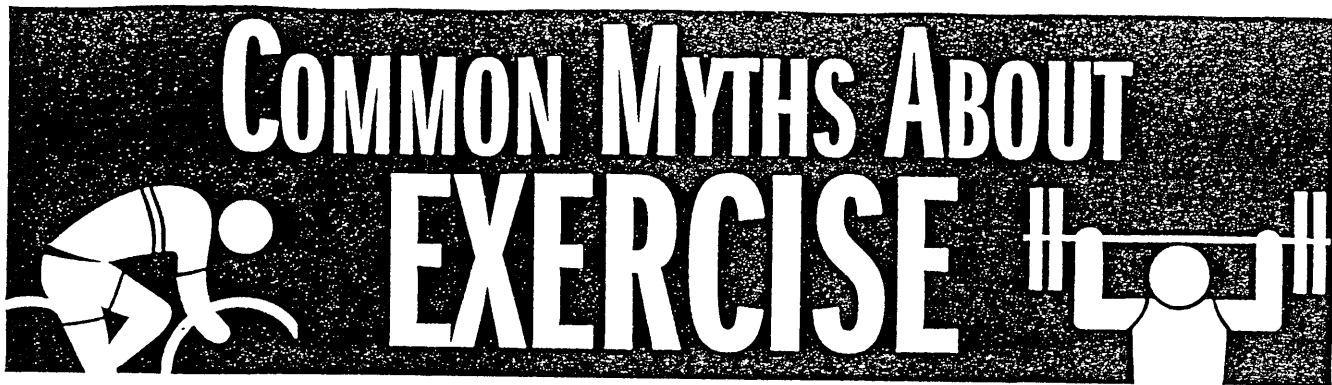
Dan Gould 22:34 2AG

Colin Koerner 23:39 1AG

Randy Riegel 28:05

Nancy Ruda 26:33

COMMON MYTHS ABOUT EXERCISE



SIT-UPS WILL HELP YOU LOSE FAT AROUND YOUR STOMACH.

When it comes to body fat, it comes off proportionately from your entire body. Sit-ups and other resistance exercises will, however, tone the muscles beneath the body fat.

IF YOU'RE EXERCISING AND YOU'RE NOT LOSING WEIGHT, YOU'RE DOING SOMETHING WRONG.

When you exercise, you burn stored body fat for energy and you build muscle. Muscle tissue is more dense than fat. So, if you're not losing weight, it may be because you're gaining muscle. The important thing is to have a greater percentage of your weight be lean muscle mass, rather than fat. And because muscle is active tissue, it burns more calories even at rest than inactive fat tissue.

WEIGHT TRAINING WILL MAKE YOU MUSCLE-BOUND.

Weight training in moderation is an excellent way to strengthen and tone muscles and is a key component to an overall fitness program. People who look muscle-bound want to look that way. They lift a lot of weight and do many repetitions to achieve that muscular look.

IT'S BEST TO EXERCISE IN THE MORNING.

It makes no difference what time of day you exercise. Exercising just before bedtime, however, may make it more difficult for you to fall asleep.

EXERCISE MACHINES ARE MORE EFFECTIVE THAN FREE WEIGHTS.

The effectiveness of both depends only on how well you use them.

YOU NEED EXTRA SALT AFTER PERSPIRING HEAVILY.

Hardly anyone perspires enough to need extra salt. The average man would have to lose one and a half gallons (that's six quarts) of perspiration in a day to lose the amount of salt he consumes in the food he eats.

EXERCISING CAN BE DANGEROUS.

People who never exercise are the most likely to get injured. If you don't exercise properly, exercise too much or overexert yourself, you'll become injured. To avoid injury, gradually increase the intensity and duration of any exercise.

WHEN YOU'RE TOO OLD OR OUT OF SHAPE, YOU LACK THE ENERGY TO EXERCISE.

As long as you check with your doctor in advance, you can begin exercising. Regular exercise increases your energy level and stamina. Always begin slowly and gradually work up to your fitness goals.

EXERCISE TURNS FAT INTO MUSCLE.

One type of tissue can never turn into another type. Exercise requires energy, which your body provides by burning fat. At the same time, exercise improves existing muscle tone. Instead of weak, flabby muscles covered by a thick layer of fat, you'll have stronger muscles covered with a thin layer of fat.

YOU SHOULD EAT MORE PROTEIN IF YOU'RE TRYING TO INCREASE MUSCLE MASS.

Most people eat too much protein, and excess protein can damage your kidneys and rob your body of calcium. Even serious exercise won't exhaust most people's supply of protein.

STRETCHING AFTER EXERCISING CAN PREVENT MUSCULAR SORENESS.

Stretching helps maintain flexibility, prevent stiffness and injury and increase strength gains, but it has little effect on muscle soreness.

PEOPLE WITH HIGH BLOOD PRESSURE SHOULDN'T LIFT WEIGHTS.

Most people who suffer from high blood pressure can benefit from weight training as long as the weight isn't excessive, they switch types of weights frequently and they breathe properly. That means exhaling during the workout or weight lifting and inhaling during the resting phase. Never hold your breath when exercising or lifting weights. Always consult your doctor before beginning an exercise program, especially when you suffer from high blood pressure.

NO PAIN, NO GAIN.

Physical pain is your body's urgent signal to change or stop a dangerous activity. Always avoid serious discomfort or strain when exercising.