THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979

SEPT.-OCT. 2005 KRRC NEWSLETTER, 5223 N PIN OAK TURN, BOURBONNAIS, IL 60914 ISSUE 199

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

Turkey Burn Update

Regretfully, Chuck Parsons and Andy Furbee will be unable to conduct the Turkey Burn this coming November. They would like to thank everyone for their past support of the race. They are hoping to direct another local race possibly in the spring of 2006.

Kankakee River 5K Run , October 16th 2005

It is that time of year again for the club's annual race. As always, we are in need of helpers and runners. If you are able and willing to volunteer, please contact Jeff Lonergan at (815)933-1695 or arrive at the Kankakee River State Park at 7:30 on October 16th.

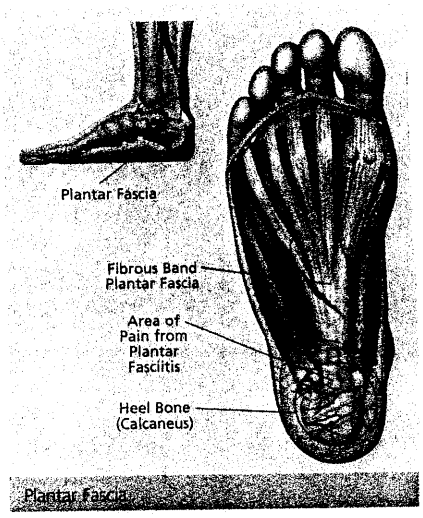
After 17 years of directing this race, Jeff has decided that this will be his last year as race director. If nobody steps up to take it over, this could possibly be the last year the club puts it on. If anybody is interested in directing the race in 2006, please contact Jeff . He is willing to help someone else get started.

Taking Plantar Fasciitis in Stride

For more than 2 million of us, the first steps out of bed in the morning, or even the first steps after sitting and relaxing, can lead to shooting pain in the heel and/or arch.*

Whether this pain is a minor annoyance or a persistent condition that keeps you from activities you enjoy, don't ignore it. With effective treatments, simple precautions, and some strengthening and stretching, it's often a problem we can easily leave behind.

*Source: American Podiatric Medical Association



Plantar Fascia

Causes

Plantar fasciitis is an overuse injury, most often caused not by a single fall or twist, but by repetitive, excessive heel pounding.

What are some of the common causes of plantar fasciitis?

- **Physical activity overload** can stress the heel bone and surrounding tissue. Examples include long-distance running, jogging, walking on uneven surfaces, stair climbing, or simply pushing yourself too far, too soon, without proper training.
- **Abnormal walking pattern**—Landing on the outside of your foot and rolling inward excessively when walking or running can cause muscles and soft tissue to become stretched or inflamed. This abnormal walking pattern is called pronation.
- **Improper shoes**—Wearing thin soles, soft soles, loose shoes, or shoes without arch support won't properly absorb shock.
- **Sports with quick turns**, such as tennis or basketball, can stress the foot.
- **Tight calf muscles** can prevent full extension, causing stress to the plantar fascia.

A Common Cause of Heel Pain

What is Plantar Fasciitis?

Plantar fasciitis is one of the most common causes of heel pain. It occurs when the plantar fascia—a band of tough tissue on the bottom of your foot that connects the heel to the toes—becomes inflamed, tight or partially torn.

The plantar fascia works like a rubber band between the heel bone and ball of the foot to support the arch. While your plantar fascia and surrounding area are uniquely designed to absorb shock, constant pounding on hard surfaces, poor fitting shoes, or an abnormal walking pattern can lead to irritation, inflammation and even micro tears in this connective tissue.

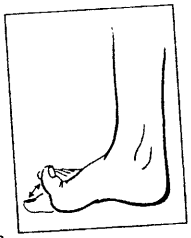
The result is a stabbing or burning pain centered under the heel, which may be mild at first, but flares up with the first steps in the morning because the plantar fascia tightens, or contracts, overnight.

Plantar fasciitis is an overuse injury that needs to be treated by a podiatrist. Plantar fasciitis can lead to heel spurs, a bony growth that develops from tension on your heel bone.

Towel Curls

Strengthen foot by grabbing at a towel with toes as if going to pick it up with foot. Repeat several times a day. Lay a hand towel on floor with heel half on the towel, half on the floor. Keeping heel on floor, curl toes, and pull towel toward you all the way to your foot's arch. Repeat 10 times.

Toe Taps



Lift all toes off the floor while keeping heel on the ground. Lift the outside four toes in air, tapping just the big toe on the floor. Reverse and tap four toes, leaving big toe in the air. Start with 10 taps and work up to 50 per session.

Seated Plantar Fascia Stretch

Sit with injured leg crossed over other leg. Using hands on injured side, place fingers across base of toes and gently pull toes back toward shin until stretch is felt in plantar fascia. This is most effective before taking the first steps of the day or after prolonged sitting or inactivity.

What are other ways I can prevent plantar fasciitis?

In addition to proper stretching exercises, you can take other precautions to prevent plantar fasciitis or its recurrence.

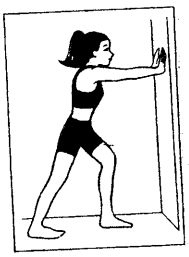
- Choose comfortable, properly fitting shoes with good arch support and cushioning.
- Replace athletic shoes every 400 miles.
- Maintain a healthy weight.
- Don't go barefoot, especially on hard surfaces.
- Trade in high heels for shoes with a low-to-moderate heel (2½" or lower).
- Warm up before any activity or sport and gradually begin any exercise program.
- Before rising from bed, stretch your calf muscles, arch and Achilles tendon by reaching for toes and flexing your foot. Stretch again before going to bed.
- Use padding on the job if standing on a hard floor or in one spot for long periods of time.

Preventing Plantar Fasciitis

Treating and preventing the recurrence of plantar fasciitis begins with exercises to stretch the plantar fascia and Achilles tendon and to strengthen lower leg muscles, which helps stabilize your ankle and heel.

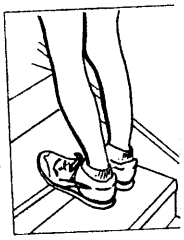
Try these stretches at least twice a day, with your podiatrist's direction. Don't bounce when stretching.

Wall Calf Stretch



With hands against the wall, place injured leg behind other leg. With injured leg straight, heel flat on floor, and foot pointed straight ahead, lean forward slowly, bending your other leg. You should feel a stretch in mid-calf. Hold for 10 to 15 seconds. Repeat 6–8 times.

Step Stretch



Strengthen leg muscles by standing on the ball of your foot at edge of a step and raise as high as possible on toes. Relax between toe raises, letting heel fall a little lower than the edge of the step.

Sept.-Oct. B-days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Karen Dannenhauer	9/09/65	40 YRS	Cynthia Bernsdorf	10/25/67	38 YRS
Marge Flynn	9/10/46	59 YRS	Greg Clodi	10/31/63	42 YRS
Michael McGuckin	9/07/52	53 YRS	Aaron Gerber	10/06/89	16 YRS
Lynn Noffke	9/08/58	47 YRS	Diane Gerber	10/04/61	44 YRS
Amanda Uribe	9/19/83	22 YRS	Steve Hartzell	10/22/49	56 YRS
			Charlene Klipp	10/10/49	56 YRS
			Keith Knepper	10/15/57	48 YRS
			Bill Linn	10/16/52	53 YRS
			Brian Noffke	10/10/60	45 YRS
			Rich Olmstead	10/12/51	54 YRS
			John Walsh	10/09/62	43 YRS

Top goal should be getting fit, not svelte

With some lifestyle alterations and attitude adjustments, fighting fat after 40 needn't be a losing battle. The first step for many women is resetting their sights on lifelong fitness, not Hollywood's version of the ideal figure. The vast majority of the female population can forget about looking like Teri Hatcher. (Fitness author Dr. Pamela Peeke is of the opinion that what Hatcher is "desperate" for is a sandwich.)

The second step is coming to terms with the fact that the rules of self-care change after 40, Peeke said.

Eat less, but eat more often. At 40, "you cannot eat the way you did when you were 20," Peeke said.

Even the fittest over-40 woman needs to adjust to eating less due to declining metabolism, she added.

Peeke advocates eating three "woman-sized" (not restaurant-size) meals interspersed with at least two healthy, low-calorie snacks every three to four hours throughout the day. A "woman-sized" serving of meat is 4 ounces, or about the size of a palm.

■ Stay off the scale. Too often, scale weight becomes an obsession with women, but it's actually a poor indicator of overall fitness, Peeke said. Pound for pound, fat is four or five times the size of muscle, yet muscle weighs more. Body composition, expressed in part as a percentage of fat, is a truer measure of fitness. Peeke's target range for over-40 women is 20 to 28 percent (although the mid to high teens are still considered healthy). Most stores that sell scales also carry body comp analyzers, she said.

■ Get up and move. Exercise is essential for cardiovascular health, stress management, and losing and maintaining weight. Like diet, exercise programs should be tailored for each individual's fitness level and goals, but Peeke generally prescribes an expenditure of 300 to 400 calories each day, which a brisk 3- to 4-mile walk generally achieves. Buying a pedometer and logging no fewer than 10,000 steps each day also should do the trick.

Fitness coach Tiffany Crate recommends three to five sessions of aerobic exercise each week (aim for 30 to 60 minutes), along with two to three sessions of weight training.

■ Put some muscle into it. Because muscle tissue raises metabolism, weight training at least two times a week is essential for over-40 women striving to stay fit. Most women lack the hormonal capacity to "bulk up," so stop using those "pencil-sized" 1- and 3-pound dumbbells, Crate said: "If you want a toned body, you have to move some serious weights around the room."

■ Set it in stone. Women need to honor their workout time as though their lives depended on it, Crate said. She has seen it time and again: Once a woman has committed to a program her spouse, family, friends and co-workers will guilt-trip her in to thinking she's indulging in a luxury.

"It's common for women to feel like they're being selfish for working out," Crate said, but actually, the reverse is true. "Exercise gives us more energy and makes us sleep better, so we're better equipped to deal with all our responsibilities."

■ Get a sense of humor. A video-exercise guru Tamile Webb pointed out, "Physical beauty fades, but a good personality is magnetic and lasts forever."

—D.I

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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!

Sept. 24, Sat., 9a.m. Fall Fest 5K, Beecher, IL Goodenow Grove Forest Preserve Terry Lorenz (815)727-8700

Sept. 25, Sun., 8a.m. Harvest Fest 5K, Plainfield, IL, Plainfield Village Green Liz Collins (815)436-4431

Sept. 25 Sun., Chicago Half Marathon www.chicagohalfmarathon.com

Sept. 25 Sun., 11a.m., Wild Wilderness 7.6 Mile Trail Run, Danville, IL Jack Foley (217)443-5452

Oct. 1, Sat., 9a.m., Fit for Life 5K Run and 1 Mile Walk, Provena St. Mary's Wellness Ctr., 21 Heritage Dr., Bourbonnais, IL (815)937-8220

Oct. 1, Sat., 9a.m. Cornfest 5K, Morris, IL Gebhard Woods State Park, (815)942-2932 ext. 1448

Oct. 1, Sat., 9a.m., Run the Woods 5K, Lake Bloomington, IL Timber Point Outdoor Ctr., Rich Beal (309)662-4014

Oct. 8, Sat., 9a.m., 5K Run/Walk for Cancer Awareness, Ottawa YMCA, Terri Jacob (815)431-5184

Oct. 16, Sun 9a.m., Kankakee River 5K Run, Kankakee River State Park, Bourbonnais, IL Jeff (815)933-1695

Oct. 22, Sat., 9a.m., Run the Beat 5K, Morris, IL, Gould Park, Steve Huetteman (815)942-2131

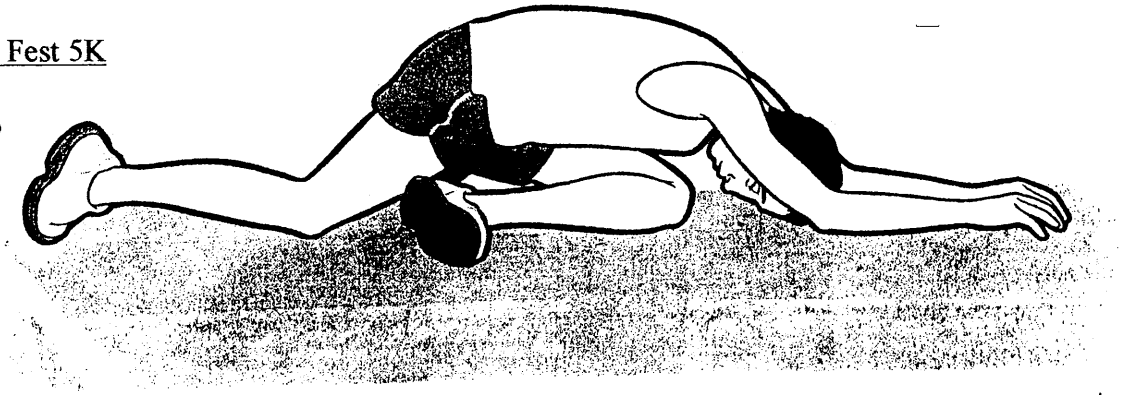
Oct. 30, Sun., 9a.m., Allerton Park 5.5 Mile Trail Run, Monticello, IL Spencer Nelson (217)202-1969 buffalofatkid@yahoo.com

Nov. 6, Sun., 11a.m., Canal Connection 10K, Utica, IL www.starvedrockrunners.com

Dec. 11, Sun., 9a.m., Jingle Bell Run/Walk for Arthritis, Kankakee, IL Shapiro Developmental Ctr., Therese Cardosi (815)937-2461

THE FINISH LINE *GET ALL YOUR LOCAL RACE RESULTS AT HTTP://RACEX.TRIPOD.COM/*

8/13/05 Blueberry Fest 5K
South Haven, MI
Rick Nally 26:48.6



ONE OF THE MOST IMPORTANT MUSCLES to stretch postrun is one you're probably neglecting, maybe because you've never heard of it. The piriformis muscle stretches from the base of your spine to the top of your thigh bone, and lies under the gluteus maximus (buttocks). It has a heavy workload, as it helps with balance, stability, and rotation of the hip and leg. Unfortunately, some runners only learn about this muscle after they get piriformis syndrome, an injury that occurs when your piriformis muscle becomes so tight that it puts pressure on the sciatic nerve. To prevent this literal pain in the butt, keep your piriformis muscle limber with this stretch.

Place the outside of your left knee on the floor roughly in line with your right shoulder. Position your left foot just in front of the right knee. Stretch your arms forward onto the floor in front of you while pressing your hips toward the ground. Your body weight should be over your left leg. As you move toward the floor, your right shoulder comes closer to your left knee. You should feel a gentle pull deep in the left hip and buttocks. Hold the stretch for at least 60 seconds, then repeat on your right leg. Do the piriformis stretch after every run.

Ever notice how tight your hips can be after taking time off from running? Your hip joint is surrounded by some of the strongest ligaments in your body, which can tighten up after just a few days of inactivity. The piriformis stretch also targets the hip joint, so use it even when you're not running.

Article by Clint Verran, from Runner's World

Training with Feeling

A Subtle But Sure Way to Improve Your Performance

by Fred Surgent, Ed. D.

There is a big difference between training physically and training emotionally for a race. Physical training concentrates on intervals of work and rest, with workouts at different intensities and distances. This type of training helps your physical body become more efficient.

Emotional training is much broader in scope. Besides improving your fitness level, training with feeling allows you to focus on every aspect of your body. You become aware of the parts of your body that are stressed during exercise, and you gain an inner awareness of the emotional feelings which arise during performance. Training with feeling allows you a greater, more well-rounded involvement in your training.

Kinesthetic receptors, or proprioceptors, are cellular bodies found in muscles, tendons, joints, and the inner ear that are sensitive to movement. These receptors provide information to the body about dynamic balance when moving, enhance orientation and body awareness in space, and accurately reproduce movement precision and muscular force during and after movement. Simply stated, kinesthesis provides you with information you feel rather than see.

For example, when you do a fast ballistic movement, such as a flip or twist in diving or gymnastics, you feel the movement, but you can't necessarily see yourself do it. To improve on this maneuver, you must use your kinesthetic receptors to purposefully alter your movement. Additionally, this information can be stored in the brain and used to modify future performances.

In running, these receptors are used to detect physiological responses of your body to the internal and external environment. Because these receptors emphasize knowing where your body parts are in relation to the environment in which you are placed, they are always feeding information to the brain and body about the surface you are running on, the efficiency of your limb movement, the myriad of sensations which present themselves during a run, and the subtle movements which either enhance or detract from performance.

Unfortunately, few people use the information produced by these receptors to improve performance. Likewise, the conscious awareness of emotional feelings during a race is also seldom used to enhance performance. If you are struggling to get a new PR, or would just like to enjoy your workout more, train emotionally as well as physically.

Training Emotionally

Typically, a runner consciously uses the major senses of sight and hearing and the automatic responses of the body to run a race, with little concern or awareness of the multitude of valuable information being produced by kinesthetic receptors and emotional feelings. It is this additional information which can make the difference between a lackluster performance and a good one.

To enhance performance with consistently good results, draw information from your internal senses as well as the emotional feelings experienced during the run. By training emotionally, you develop a clear, precise picture of your workout that will help you mentally rehearse your run prior to an important event.

Mental rehearsal entails seeing, feeling, and sensing those things which have worked for you in the past. This process works well because the brain does not distinguish between actual physical performance and mentally seeing, feeling, and sensing movement. Kinesthetic sensations and emotional feelings, along with physiological awareness of movement, provide a wealth of information for enhancing performance. Mental rehearsal should be utilized in conjunction with physical practice.

Because everyone is different, this procedure must be individualized to the runner. Besides the script (a detailed scenario of what you want to do) being individualized, when and how often this process is utilized also depends on you.

Thus, the more sensitive you are to this information, both kinesthetic and emotional, the more complete a picture you can make in your brain for future reference and use.

How to Do It

Training with feeling, then, incorporates conscious awareness of the pressures placed upon various body parts such as the feet, knees, hips, trunk, and arms while you are running. These specific pressures may be so subtle that conscious effort to detect them is almost non-existent.

However, when you experience a good run, you can feel your legs moving in harmony with your upper body. You feel the rhythm of each breath and heart beat with each stride; you feel the effortlessness of the run itself.

If these feelings are registered in the brain, they can be experienced again. There are no specific techniques for experiencing these feelings, but awareness of the purposes of the kinesthetic receptors and emotional feelings during a run will promote greater input of information for future use.

These feelings arise from the input of bodily functions, kinesthetic sensory receptors, and emotional awareness. As the body continues to progress forward, new information will bombard the runner. Not all this information is of benefit, as will be explained shortly.

To train with feeling, develop a filtering process. The filtering process involves sorting out those factors which detract from performance and clearly identifying those factors which have produced peak performances. A runner's log should provide this type of information; however, letting your body move the way it wants to during part or all of a training run may also produce some startling information.

This may sound contradictory to what has

previously been stated, as sometimes we attempt to control our bodies to such a degree that we interfere with its efficient movement. To prevent this from occurring and to gain new information for improving running, let the body go during part of a run. Don't question--just let what happens happen.

Following the run, go back over this part of the run and see if you can gather any new and exciting information which could produce better results. What makes this strategy effective is that you are not limiting yourself by analyzing and judging, but rather letting your body and mind take you to the limits of your potential. You need to experiment with this strategy during training runs and, for some, in races.

As was stated previously, not all information enhances running. In fact, if things are not going well, the mind and body tend to produce negative thoughts that interfere with performance and negate the potential benefits of training with feeling. To prevent this problem, you must selectively choose information which will aid performance. Again, this process relates to reflecting on those things in the past which have produced good performances.

To develop those brain pathways which are utilized when running, focus on how your body position "feels" when you run. Note the timing of your steps, the sequencing of your movements, and the spatial relationship of your body as it moves across the ground.

***If you are struggling to get a new PR, or would just like to enjoy your workout more, train emotionally as well as* physically.**

Additionally, feel the joy, excitement, and exhilaration of moving and performing. Be proud of your efforts and that you are overcoming obstacles such as fatigue and negative images. Maintain a positive attitude toward your workout and this "positive energy" will carry over into your performance. The more this is done, the stronger the brain trace (the image in your brain which produces peak performance). These emotional considerations fill the void left by concentrating solely on the physical aspects of running.

After several good runs during which you filter good information from all of your sensory mechanisms, you will have developed a good brain trace. Once the "blueprint" is established, it can be used as a reference point to rate future performances.

The "blueprint" can be added to, modified, or deleted depending on information provided by future runs. If, in a future run, better information related to performance is discovered, such as adjusting pace, stride length, foot strike, or better breathing technique, alterations can be made not only in the physical performance, but the mental "blueprint" as well. Hence, you can add depth and increase the specialized information from your feelings during your physical training. Along with this ability, you can use this select information for future playback, time and time again, to remind your body of what it can do.

The ultimate goal of training with feeling is to capitalize on peak performance (kinesthetic and emotional) of the body during a run so they can be etched into the brain for further practice during mental rehearsal. The more input from the senses, especially the kinesthetic receptors and effective feelings, the more realistic and believable the image will be.

Thus, the advantages of training with feeling are many. First, you get greater personal involvement physically, mentally, and emotionally in the run. And, the more input you get from internal and external stimuli, the better your performance. By training emotionally, you can develop clear, vivid, and precise images of your workout that will help later when you mentally rehearse your run prior to an important event. Finally, by enhancing your awareness of your body movements and feelings, you will get more out of your running.

AR&FA Professional Member Fred Surgent, Ed.D., competes in triathlons and track events, and has coached gymnastics and soccer. He teaches several aspects of health, fitness, and human performance, and is coordinator of the exercise physiology laboratory at Frostburg State University in Maryland.

Visual Athletics

If you'd like to try imagery to give your performance a boost, here are stepwise instructions from sports psychologist Kay Porter, Ph.D., who works with elite athletes.

1. See, hear, and feel yourself performing your event.
2. Write down all the details.
3. Begin when you arrive and continue while you are warming up.
4. Go into detail: include the weather, sights, smells, sounds, and positive feelings.
5. Imagine yourself relaxed, confident, powerful and in control of your body and mind. Include positive statements about your success and key words you can call on during your real performance.
6. Go through your whole event, thinking of each significant part. Feel yourself moving smoothly with strength and endurance.
7. Write statements about relaxation; remind yourself you have confidence, power, and mental toughness.
8. Reread your notes and edit them into a script. Dictate your script into a tape recorder.
9. Listen for flaws or points that you can improve, and rerecord the script.
10. Listen to your tape at least three or four times a week while you're in a quiet, relaxed environment.

***Visual Athletics**, by Kay Porter, Ph.D. and Judy Foster, Wm. C. Brown, Dubuque, Iowa, 1990, pp. 202, $13.95*