



# THE PAPER RACE

THE NEWSLETTER OF THE  
KANKAKEE RIVER RUNNING CLUB  
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### Notes from the Editors:

Greetings fellow runners and a Happy New Year to all! O.K. call me crazy, fresh meat or what ever but some how I find myself as the new editor of the KRRC Newsletter. First a big THANK-YOU to Marcia Lonergan for all of her dedicated effort over the past eons to keep this baby alive. While she has assured me that this job is "really no problem at all" I am sure that given the hectic pace of our life styles these days it was still difficult to undertake at times. And if this is more than you said Marcia...I know where you live! I intend to leave a good thing alone and thus you will see very little change in this publication as I transition. I will try and introduce a few new ideas here and there that I hope you will find interesting, and I certainly would welcome your comments and ideas.

Please feel free to contact me at [bryantfam5@comcast.net](mailto:bryantfam5@comcast.net).

### WEEKEND RUNS

Remember that many of your fellow KRRC runners turn out on Sunday mornings at the Kankakee River State Park at 9am from November thru May to enjoy a social run together. This is a great way to get that LONG RUN in and meet other runners.

### WEB RESOURCES

Here are a few sites on the Internet that I have found helpful in obtaining information on races/runs and general advice on fitness and running:

- <http://www.cararuns.org/> Chicago Area Runners Association
- <https://www.signmeupsports.com> Great Site to Find Races and Sign-up at the same time
- [http://www.teamintraining.org/hm\\_tnt](http://www.teamintraining.org/hm_tnt) Run for a Purpose!
- <http://www.windycitysports.com/> What's going on in the Chicago area...Good fitness tips.
- <http://www.runnersworld.com/home/> The magazines web site.
- <http://www.humanracesports.com/> A store in Orland Park specializing in runner and tri-athlete gear

# The ABCs of Planning Your Race Season

By **Matt Russ** For Active.com

This is an excellent time to consider what you'd like to accomplish athletically in the upcoming year. As with many things, planning is the key to accomplishment for your race season.

## Recreational athletes

If you're a recreational athlete and your goal is simply to complete your events, then you only need to train one aspect of fitness: endurance. This entails planning enough time to slowly build your mileage to within about 10 to 15 percent of the distance of your goal race. Note that many overuse injuries are caused by too much mileage too quickly. Don't increase your duration more than 10 percent a week and take at least every fourth week as a rest and recovery week. During a rest and recovery week, you should cut back your mileage by at least 25 percent, reduce your overall training volume, and add in an extra rest or active recovery day. If you're a runner, take a day of non-impact cross-training in place of a run.

## Competitive athletes

Competitive athletes, however, must take a different approach. A competitive athlete, by my definition, is any athlete who sets a specific performance goal. This may be as simple as a personal record. You don't have to win races to be competitive. If you'd like to set a personal record or race placement goal this season, it will require more careful planning and organization of your race events. Start by prioritizing races into A, B and C events.

### A events

Your "A" events are those that you'll direct your training efforts towards. For best results, all of your A events should be similar or of the same format (ex. sprint triathlon). These are your main goals for the season and your training should gradually progress towards these races or events. Put these on your calendar first. Note that A races take time to train for. Plan on spending at least 12 weeks of specific and directed training for an A race; this is called "peaking." Schedule your A races in four-week clusters or separate them by at least 10-12 weeks. Your training should ramp up in intensity and specificity as you approach your A races. Your last workouts prior to your A race taper should closely mimic race intensity and format. What is a "taper?" Tapering means reducing training volume prior to a goal race in order to facilitate total and complete recovery. You should incorporate a taper a week or two prior to A race(s). The length of the taper will depend on the length of your event; the longer the event the longer the taper. There's nothing you can do the week of a goal race to physiologically increase performance, but there are many opportunities to reduce it. After completing an A race, plan on taking a week of active rest and recovery.

### B events

"B" events are training events that you'd like to do well at, but aren't goal races. B events are excellent warm ups for A events. They're an opportunity to test and hone your race skills without the pressure of an A event. B events don't have to be the same format as an A event, but should help contribute to your A race performance. You still want to give 100 percent for a B event. An example would be a 10k race prior to an Olympic-distance triathlon. You should rest or reduce your training load a few days before a B event, but don't taper as you would for an A event.

### C events

"C" events are fun events you enjoy doing, but aren't goal related. These are good events to leave the heart rate monitor at home. You don't have to push yourself physically during these events or have any performance objectives. I like my athletes to schedule C events during their base training to keep up their enthusiasm. C events can be completely different from your A events. If you're a runner, you could do a 50-mile cycling event for charity. C events keep you active and interested in training. A good place to start is with a 12-month planning calendar. Put your A races on first and then add B and C events. It's important not to schedule C events close to your goal events. This time is reserved for more specific and directed training. Not only does prioritizing your races help with your training, it also helps identify what you'd like to accomplish as an athlete. Don't let your races sneak up on you!

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*Matt Russ has coached and trained athletes for over 10 years around the country and internationally. He currently holds licenses by USAT, USATF, and is an Expert level USAC coach. Matt has coached athletes for CTS (Carmichael Training Systems), and has been certified by Joe Friel's Ultrafit Association. Matt's fitness articles can be found online and magazines such as Inside Triathlon. Visit [www.thesportfactory.com](http://www.thesportfactory.com) or e-mail him at [info@sportfactory.com](mailto:info@sportfactory.com) for more information.*

# Jan-Feb-Mar B-Days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Rae Hillebrand	Jan 5	13	Michelle Baldwin	Feb14	50
Gabriel Noffke	Jan 30	18	Janet Shelly	Feb13	53
Erma Hickey	Jan 24	78	Jim Grace	Feb 24	49
Paul Hillebrand	Jan 5	11	Chris Walsh	Feb 21	44
Joyce Grotevant	Jan 28	64	Rod Kahl	Mar 4	41
Dianne Strufe	Jan 29	66	Pat Koerner	Mar 27	44
Chuck Parsons	Jan 25	57	Carol Vallone	Mar 25	43
Daniel Gerber	Jan 5	47	Ken Klipp	Mar 25	57
Randy Riegel	Jan 31	51	Bev Smith	Mar 29	55
Rick Livesey	Jan 12	53	Robert Lemaire	Mar 2	54
Marianne Supernant	Feb 26	49	Micah Dorn	Mar 15	18
Elaine Noffke	Feb 20	15	Theresa Morse	Mar12	52
Marcia Lonergan	Feb 2	40	Hannah Bevis	Mar 26	12
Charlie Grotevant	Feb 18	64	Diane Uribe	Mar 16	47
John Hickey	Feb 28	78	Renee Bryant	Mar 30	44
Gerry Kilbride	Feb 6	68	Tammy Furbee	Mar 15	41
Colin Koerner	Feb 10	13	Rasa Weber	Mar 2	40
Judy Kilbride	Feb 24	67			

## Winter Running Tips -

Runners not only need to protect themselves from suspicious characters on the trail, but from the cold chill in the air as well. Besides investing in a set—or two—of reflective clothing and increasing your visibility in the dark by strapping on flashing clip-on lights, you need the gear and a layering system to prevent you from running back to the fire in the living room.

Some ideas to keep you safe in the cold:

- Stay dry with technical wicking fabrics
- Use a hydration system—whether it's a belt, fanny bag or bottle holder.
- Dress in layers—you'll start cool and gradually grow warmer
- Avoid wearing cotton which absorbs sweat and will make you damp and cold
- Avoid overheating after your warmup by dressing as if it's actually 10-15 degrees warmer than what the thermometer reads.
- Remember, your body will generate a lot of heat. If you are warm at the start of your run, chances are you'll be too hot after a mile or so. Another good reason to dress in layers.

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## THE STARTING LINE – READY, SET, RACE!

- Frosty 5-Mile Sunday, February 12 @ 1:00pm Pioneer Path School, Channahon, IL
- Lifestart Wacky 5K Sunday, March 5 @ 10:00am Plumbers Union Hall, Chicago, IL
- Miller Park Zoo 5K Sunday, March 5 @ 10:00am Miller Park Zoo, Bloomington, IL
- Mountain Goat Run 10K/15K Saturday, March 18 @ 10:30am Kickapoo State Park, Danville, IL
- St Paddys Leprechaun Leap 5K Sunday, March 19 @ 10:00am Diversy Harbor, Chicago, IL
- Lincoln Memorial ½ Marathon Saturday, April 1 @ 9:00am Springfield, IL
- Shamrock Shuffle 8K Sunday, April 2 @ 9:30am Grant Park, Chicago, IL
- Lakefront 50K Saturday, April 8 @ 8:30am Foster Ave Beach House, Chicago, IL
- Valpo Mini-Marathon Sunday, April 9 @ 7:30am The Human Race, Valparaiso, IN
- Race to Wrigley 5K Saturday, April 15 @ 8:00am Wrigley Field, Chicago, IL
- Cowboy Dash for Dreams 10K Saturday, April 22 @ 8:30am Busse Woods, Schaumburg, IL
- Starved Rock 8K Saturday, April 29 @ 9:00am I&M Canal, Ottawa, IL
- Ravenswood Run 5K Sunday, April 30 @ 8:00am Hermitage and Wilson, Chicago, IL
- Loop the Lakes 5K Saturday, May 6 @ 9:00am Vernon Hills, IL
- Explore Joliet 8K Saturday, May 13 @ 9:00am Rialto Theater, Joliet, IL
- Lake Geneva Marathon Saturday, May 13 @ 8:00am Lake Geneva, WI
- Quad Cities Distance Classic Sunday, May 14 @ 7:30am Augustana College, Rock Island, IL
- QuarryMan 10mi Challenge Saturday, May 20 @ 7:30am Lemont, IL
- Fleet Street Soldier Field 10mi Saturday, May 27 @ 7:30am Soldier Field East Lawn, Chicago, IL
- The Ridge Run 5K/10K Monday, May 29 @ 8:00am Ridge Park, Chicago, IL
- Sunburst Races 5K-Marathon Saturday, June 3 @ 5:45am South Bend, IN
- United Run for the Zoo Sunday, June 4 @ 8:00am Lincoln Park Zoo, Chicago, IL
- Band on the Run Sunday, June 11 @ 8:00am Palos Fitness Ctr., Orland Park, IL
- North Shore ½ Marathon Sunday, June 11 @ 8:00am Wolters Field, Highland Park, IL
- MetLife Duathlon Sunday, June 25 @ 8:00am Oak Park Train Station, Oak Park, IL
- Lincolnshire 4<sup>th</sup> of July 5K Tuesday, July 4 @ 8:00am Spring Lake Park, Lincolnshire, IL
- Bastille Day 5K Thursday, July 13 @ 7:30pm West Loop, Chicago, IL
- Twilight 5K Saturday, July 15 @ 6:00pm Cancer Support Ctr., Homewood, IL
- Oak Brook 5K/10K Sunday, July 23 @ 8:00am Oak Brook Post Office, Oak Brook, IL
- Fleet Feet Women's 5K/10K Sunday, July 30 @ 8:00am Montrose Harbor, Chicago, IL
- Elvis is Alive 5K Saturday, August 12 @ 6:00pm Lincoln Park, Chicago, IL
- Chicago Distance Classic Sunday, August 13 @ 6:30am Chicago Hilton, Chicago, IL
- Firefly 5K Thursday, August 17 @ 6:30pm Heritage Crossing Field House, Channahon
- Flossmoor 5K Saturday, September 9 @ 8:30am Flossmoor, IL
- Underground RR 5K Saturday, September 9 @ 8:00am Princeton, IL
- MMRF-Race for Research Sunday, September 10 @ 10:00am Lincoln Park, Chicago, IL
- Harvest Days 5K Saturday, September 16 @ 8:30am Renfrew Park, Dwight, IL
- Fall Fest 5K Trail Run Saturday, September 23 @ 9:00am Beecher, IL
- Pumpkins in the Park 5K Saturday, October 14 @ 4:00pm Lincoln Park, Chicago, IL
- Indianapolis Marathon Saturday, October 21 @ 8:00am Ft. Benjamin Harrison, Lawrence, IN
- Chicago Marathon Sunday, October 22 @ 8:00am Grant Park, Chicago, IL

Tell others about your favorite race I'll post them for you ([bryamtfam5@comcast.net](mailto:bryamtfam5@comcast.net))

## THE FINISH LINE:

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