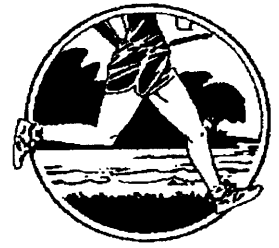




THE PAPER RACE

THE NEWSLETTER OF THE KANKAKEE RIVER RUNNING CLUB SINCE 1979



APR-MAY

~~2006~~ 2006 KRRC NEWSLETTER, 3155 TOULOUSE, BOURBONNAIS, IL 60914 ISSUE 201



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Notes from the Editors:

I would like to thank all of you whom provided constructive feedback on my first attempt to put this newsletter together. Practice makes perfect so I am trying to keep up the pace by sending out the next edition not too long after the last. I have refocused the Race Calendar on local events and hve tried to include contact information for races where possible.

As we move from spring towards the height of the race season it is an oppotune time to revisit and or establish personal goals that you hope to achieve during the course of the year. An article by Gale Bernhardt (winter 2006/USA-Triathlon newsletter) offers 6-steps toward goal setting: (1) Write your goals down; (2) Dream Big-list all your goals no matter how grandiose they may seem; (3) establish a time-frame within which you would like to achieve each goal using the following years – 2006, 2008, 2012, 2016 or later; (4) Select one dream that you are serious about for 2008 and write a short statement of why you want this dream to become a reality; (5) translate the dream in to a goal where goals are best stated in positive terms which are challenging, achievable, under your control, and are specific and measurable; (6) from your 2008 goal work your way backwards and list what you need to do in 2007 and 2006 in order to accomplish your goal by 2008.

OK so for 2006 it is my hope to run my first marathon! I am currently using Hal Higgdons 18-week "Intermediate I" program and have completed my first 15 mile run. I hope to participate in the Sunburst Marathon in South Bend, IN on June 3rd (Peter Bernsdorf says it is a great race). My wife Renee will also take part in the 10K that same day. So if you see me on Career Center Road, Rt. 45 or thereabouts...wave!

Please feel free to contact me at bryantfam5@comcast.net.

2006 Membership Dues are Due

Single \$15 – Family \$20

(If you became a member after 8-1-05, you need not renew until 1-2007.)

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.

April - May B-Days!

NAME	B-DAY	AGE	NAME	B-DAY	AGE
Dee Osenglewski	April 2	50	Rick Nally	April 24	37
Larry Forbes	April 6	49	Phil Newberry	May 1	44
Charles Kennedy	April 12	68	Chris Bryant	May 6	46
Connie Angelo	April 12	53	Henry Shelly	May 13	55
Andrea Uribe	April 14	20	Dan Weber	May 14	49
Emma Bevis	April 18	10	Pam Dunlap	May 20	58
Ron Ruda	April 18	59	Chris DuVal	May 21	51
Mark McDermott	April 19	58	Randy Devore	May 26	58
Dave Bohlke	April 20	60	Drew Parsons	May 26	23
Nadine Morse	April 21	13	Theresa Burgard	May 27	49

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.

Kankakee Area YMCA 5K race Saturday, July 22

Entry forms will be mailed out by the first April. You may register on line at www.active.com as of right this moment if you want to register now.

We have added a few extra adult divisions due to some suggestions after last year race and they are:

- Men's 60 – 64
- Men's 65 & over
- Women's 55 – 59
- Women's 60 – 64
- Women's 65 & over

A few of you after the race last year e-mail be some pretty good suggestion and we appreciate all suggestions and will be implementing some of those, such as:

- Will have a water station closer to the finish line
- The change of placement of the water stations on the course
- Hold back some refreshments for those coming in later and for the kids after the kids race

For more information contact:

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Fitness and Wellness Director
Race Director
Kankakee Area YMCA
815-933-1741 ext. 232
fitkymca@k3ymca.org

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Fueling for peak marathon performance

By Kim Mueller, M.S., R.D.

Have you ever started a long run feeling amazing only to suffer tremendously towards the end of the workout? Perhaps your muscles felt like they were experiencing a migraine headache and every slight incline in the road felt like you were climbing Mount Everest. Even those typical downhill blessings felt horrible, almost as if someone were hammering your legs into the ground or stabbing your muscles with a blade.

Most runners have had at least one or two less-than-desirable long training runs throughout a marathon-training program. Fortunately, these "bad" days can be minimized through careful planning of dietary and fluid needs during longer training bouts. Below, I provide three essential fueling tips to help you on your way to peak marathon performance.

1. Load your fuel tank before starting.

While runners can get away with not eating before moderate-intensity training bouts lasting less than an hour, performance tends to decline if food is neglected prior to exercise lasting longer than an hour -- especially if the exercise occurs in the morning after a prolonged fasting state.

The food consumed prior to longer training bouts will restock liver glycogen stores (helping to stabilize energy levels during the initial stages of training) and increase fuel efficiency due to sparing of muscle glycogen. Runners who fail to fuel prior to long training will "bonk" and start depleting their muscle glycogen stores prematurely and most likely fall prone to the performance declining "wall."

As a general rule, for every hour prior to exercise, athletes should consume about two calories per pound of lean body weight, aiming at one gram of protein for every four grams of low-to-moderate glycemic-index carbohydrate.

For example, a 150-pound runner with a body composition of 15 percent (85 percent or 127.5 pounds of lean tissue), requires approximately 255 calories one hour prior to training, which would be equivalent to consuming an energy bar.

In addition, athletes should drink approximately 16-24 ounces of fluid in the one to two hours prior to starting to help aid in digestion. A salty beverage (e.g., sports drink) provides additional anti-cramping benefits for the marathoner. High-glycemic carbohydrates, which include most sport drinks, are appropriate for consumption within an hour prior to starting, but should not make up the majority of a meal eaten more than one hour prior to starting a workout.

Foods rich in fiber (>5 grams per serving), protein (>15 grams) and fat (>3 grams per serving) should be avoided in the pre-workout meal since these nutrients cause a diversion of blood, oxygen and water flow to the stomach to aid in digestion, thereby leading to a "dead-legged" feeling and a frantic search for a restroom.

Runners should try several different pre-workout meals during training to determine which helps them perform and feel their best. New foods should **NOT** be experimented prior to important races. My personal pre-race fueling regimen includes a Pure Fit Bar (www.purefit.com), coupled with eight ounces of 100 percent fruit juice, two hours prior to race start. Then I'll sip on 16 ounces of my customized sports drink (www.infinutrition.com) as a means to salt load and top off my glycogen tank before I take off running.

2. An hour into training, start refueling your tank.

The goal on longer training runs, as well as marathon race day, is to preserve glycogen and tap into the ever-so-abundant amount of fat stores within the body. Remember that "fats burn in a carbohydrate flame."

Picture carbohydrates as kindling under a fire and fat as a big log. Without an adequate amount of kindling or carbohydrate, the body fails to burn fat and starts to deplete precious muscle glycogen stores until the fuel tank is empty, leading to that ugly "wall" and mind-boggling "bonking" that generally occurs between mile 18 and 20 in a marathon (and even sooner if pre-race fueling is inadequate).

In order to prevent "the wall" and "bonking" and increase fat burning capabilities, it's essential to start refueling the body's fuel tank after about 60-90 minutes of moderate-to-high intensity exercise.

The following equation can be used to determine hourly calorie needs following 60-90 minutes of exercise: $2 \text{ calories} \times \text{lean body weight in pounds}$

High-glycemic carbohydrates (e.g., energy gels, sports drinks) should make up the majority of calories ingested during a marathon, but inclusion of smaller amounts of protein during a marathon may help enhance endurance performance by as much as 24 percent.

As a means to reap the potential benefits of protein, athletes engaged in prolonged training or racing (more than three hours) should aim at consuming up to 1/8 gram of protein per pound of lean body weight or approximately one gram of protein for every 4-7 grams of carbohydrate ingested.

Personally, I mix my customized formula into a concentrate or paste and place it into a Fuel Belt or gel flask with water. Beyond 60-90 minutes of racing, I'll take shots from my flask along with course-provided water every 15 minutes, which allows my fueling to occur at a steadier rate. It also helps prevent unwanted stomach issues that can arise when too many calories are ingested in a bolus dose.

This is my customized InfinIT Nutrition Formula (per 20-ounce serving): 192 calories, 42 grams carbohydrate, 6 grams protein, 480 mg sodium, 138 mg potassium, 60 mg magnesium, 30 mg calcium

3. Drink up!

The human body can last a lot longer without food than it can without water. In fact, dehydration (or loss of fluids) can have a profound effect on marathon performance. Runners who blow by the initial marathon water stops tend to be reeled in during the later stages of the race as the onset of "thirst" can trigger an approximate 15 percent decline in their performance capability.

Besides thirst, symptoms of dehydration include muscle cramping, muscle fatigue, nausea, vomiting, diarrhea and chills. In the most severe cases of dehydration, the body's core temperature may increase to 108 F, which if prolonged, will lead to kidney failure and death.

To avoid severe cases of dehydration, runners should aim to replace 0.5-1 liter of fluid each hour during runs, implementing an electrolyte-rich beverage (e.g. sports drink) after 60 minutes of running.

A sports drink should contain the following approximate concentration of electrolytes per 8-12 fluid ounce serving:

- Sodium: 150-250 mg
- Chloride: 45-75 mg
- Potassium: 50-80 mg
- Magnesium: 20-30 mg
- Calcium: 10-15 mg

Those vulnerable to muscle cramping will also benefit from ingesting a sodium-rich food or beverage as part of their pre-race nutritional plan.

Want more tips to help improve your marathon performance? Kimberly Mueller (formerly Brown), M.S., R.D., is a registered sports dietitian and competitive endurance athlete who provides nutrition counseling and customized meal planning to athletes worldwide. More information on Kim's services can be found at www.kbnutrition.com, or you can reach her at (858) 337-3612 (cell) or e-mail kim@kbnutrition.com.

Reprinted, courtesy of Competitor Magazine. For more articles and information for Competitor, please visit www.competitor.com.

THE STARTING LINE – READY, SET, RACE!

- | | | |
|---|-----------------------------------|--|
| • 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 |
| • Kilbride Family Classic | Sunday, June 18 @ 8:00am | Kankakee, IL (see insert for details) |
| • MetLife Duathlon * | Sunday, June 25 @ 8:00am | Oak Park Train Station, Oak Park, IL |
| • Lincolnshire 4 th 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 |
| • Kankakee YMCA 5K | Saturday, July 22 @ 8:00am | Kankakee, IL YMCA |
| • 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 |

* Register @ Active.com

Tell others about your favorite race I'll post them for you (bryantfam5@comcast.net)

THE FINISH LINE:

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