

Fall 2008

KANKAKEE RIVER RUNNING CLUB

The Wheels of the Bike Went Round and Round

True, this story isn't about running. But, club member Dan Bullock wanted to share some thoughts about his 475-mile RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa) experience.

"The RAGBRAI is a seven-day bicycle trip across the state of Iowa. This year's event (July 20—27) began along Iowa's western border on the Missouri River and ended along the eastern border of the Mississippi River. There were up to 15,000 participants. I was accompanied by my daughter Jessica. (This was her third RAGBRAI.)



"We had one day with rain, but it wasn't very much. Otherwise, the weather was excellent. I learned that Iowa is *not* flat. There are lots and lots of hills.

"Overall, it was hard ... I was sore ... but I really enjoyed it."

RAGBRAI is sponsored by The Des Moines Register newspaper. It is the *longest, largest, and oldest* touring bicycle ride in the world. (RAGBRAI XXXVII begins on July 19, 2009.) Riders average 68 miles per day through the Iowa countryside. Great job, Dan!

A Movie for Runners and Families

If you're a runner ...
If you know a runner ...
If you live with a runner ...

"Saint Ralph" is for you. This comedy/drama will change the way you look at the sport of running, at the Boston Marathon ... and at life. Be sure to put this PG-13 movie on your rental list!



YAHOO!

Club Info:

We Will Survive!

- To date, the Kankakee River Running Club has 64 members. Six new members have joined the club in the past year.
- The majority of members (68%) receive their newsletters via e-mail — which is a great savings for the club. If we don't have your e-mail address, please send it to Dave Bohlke at krccil@lycos.com.
- Based on last year's survey and on information shared at the club meeting on Aug. 6th, members indicated that ...
 - The newsletter is the primary reason that they belong to the club. It's "the glue" that holds the club together.
 - Social events are not a high priority. Due to personal, professional, and family responsibilities, members said that they are not interested in or are unavailable to participate in social activities at this time.
 - They would like the club to resume the Summer Series (5k runs on the first Tuesday of June, July, and August followed by pizza at Chicago Dough Company).
 - Swimsuits are optional at all pool-related social events.
 - We need to publicize the club in an effort to attract youth, teens, and young adults (i.e., anyone under the age of 50!) to the sport of running and to becoming members.
 - We are a running club with an eating problem.
 - Meetings will be held in conjunction with social activities — not as separate events.
 - We should scale back running/social events to a maximum of four for the 2008–2009 membership year (possibly October 2008 and January, April, and July 2009).
 - Some people think that we should train ... i.e., run ... at social events. (The names of these individuals will not be made public.)
 - A sponsor who can contribute financial support is needed for Winterfest 2009.

Six Important Foods ... for Everyone

by Gary Cohen, Runner and Triathlete

Turn on your television, talk with friends, or check the Internet and you'll find a myriad of suggestions to help improve your diet. When I say "diet," I'm not referring to one of those crazy schemes to "lose 30 pounds in 30 days" or to "eat what you want and still melt away the pounds." I'm talking about your daily nutrition and about foods that are beneficial to your health and part of a well-rounded eating plan.

As a child, most of us heard our moms say, "Eat your vegetables. They're good for you." Cereal, fresh fruit, and milk were pushed as *the* healthy choices. And, all of us recall hearing, "An apple a day keeps the doctor away." But, does any of this make sense?

On a daily basis, we need a mix of protein, carbohydrates, and fats to support our bodily functions. Typically, our digestive systems handle grains, fruits, and vegetables more easily than animal proteins (which can be high in saturated fat). So, what are some important food choices to include in your daily diet?

Whole Grains — Rich in complex carbohydrates, whole grains provide a slow release of energy and lots of fiber to aid digestion. They can help lower cholesterol, too.



Green Leafy Vegetables — Broccoli and spinach are excellent choices. They're high in vitamins and aid in digestion.



Fresh Fruits — They provide many different vitamins, minerals, and trace elements and, with their high amount of water, can help in hydration. Fruits are low in calories and can fill you up (which helps restrict unnecessary eating).

Nuts and Seeds — They're loaded with the good omega-3 fatty acids and with antioxidants. Good choices — in moderation, of course — are almonds and walnuts.

Antioxidants protect your cells from free radicals (the molecules produced when your body breaks down food) that can damage cells and may play a role in the onset of heart disease, cancer, and other illnesses.

Low-Fat Milk and Yogurt with Natural Cultures — Protein, calcium, potassium, and vitamin D are a few of the important nutrients that are found in dairy products. If you can't tolerate milk, opt for lactose-free products.



Green Tea — It's very rich in antioxidants. So, a few cups each day can help with overall health.

This list only scratches the surface of the healthy foods that are out there. Sure, the best training plans and hard work are extremely important. But, they won't help you achieve your optimum performance unless you fuel your body properly.

Good Luck, Chicago Marathon-ers!

On Sunday, Oct. 12, give a cheer for these club members who are running the Chicago Marathon.

- Daniel Gerber
- Deb Renville*
- Erin Bergeron-Richey*
- Roger Smothers

* Erin and Deb are Charity Runners for the American Cancer Society.

Happy Birthday to You!

Date Name Age
August

1	John Flynn	62
11	Pat Pierce	53
12	Jessica Clodi	15
13	Donna Koerner	52
14	Andy Furbee	42
14	James Rattin	52
16	Nancy J. Ruda	52
19	Dee Anna Hillebrand ...	45
20	Michael Biernat	60
20	Sally Dorn	53
23	Sandy Lane	64
26	Pat Baldwin	51
29	Shirley Malone	77
30	Kelly Pierson	30
31	Dan Gould	64

September

7	Michael McGuckin	56
8	Lynn Noffke	50
9	Karen Dannenhauer	43
10	Marge Flynn	62
19	Amanda Uribe	25
23	James Faford	45
27	Leah Meskis	31

October

2	Robert Yoder	47
4	Diane Gerber	47
6	Aaron Farley	19
9	John Walsh	46
10	Charlene Klipp	59
10	Brian Noffke	48
12	James Clodi	14
12	Rich Olmstead	57
15	Keith Knepper	51
16	Bill Linn	56
22	Julie A. Rojo	14
22	Steve Hartzell	59
28	Dan Bullock	57
31	Greg Clodi	45

The Flynn's "Everything in One" Get Together: Coming in October

Can't attend a bunch of social activities? No problem. John and Marge Flynn have combined all of them into one mega event. It's the ...

Chili Cook-Off/Bonfire/Hayride/2019 Olympic "Donut Eating" Trials/Movie Night/Dessert Contest/"Duct Tape" Craft Show/Gospel Concert/Jump Rope and Hop-Scotch Duathlon/"Oldest Race T-Shirt Contest"/Try-Outs for "Are You Smarter Than the Average Runner"/Cornbread Bake-Off/Pinewood Derby/Totem Pole Carving/Potsie Weber Look-Alike and Yodeling Contest/Free Kissing Booth/Garage Band Showdown/Trip to Hawaii Give-Away/Story Time with Uncle Gerry/Pet Parade (Ferrets Only)/Kankakee River Running Club Beauty Pageant

Bring a crock-pot of your favorite chili, a dessert, and/or your best cornbread. Prizes will be awarded to winners in each category.

Will all of that other stuff really happen? You'll have to attend to find out! Watch for details (date, time, place) in September.

Another Record-Breaking Kilbride Family Classic 5k Run/2-Mile Walk for Autism on June 15

from Gerry and Judy Kilbride, Event Co-Founders and Co-Directors

Thanks to your support and participation, the 13th annual Kilbride Family Classic 5k Run and 2-Mile Walk for Autism continued its streak of record-breaking attendance and fund-raising.

- This year's Father's Day event drew 651 participants: 290 runners, 281 walkers, and 80 children. (In 2007, we had 545 participants: 230 runners, 250 walkers, and 60 children.)
- More than \$15,000 (A 50% increase over last year!) was raised and donated to the Kankakee Valley Chapter of the Autism Society of America and to the national research and advocacy organization, Autism Speaks.

High winds and rain did not deter the stellar performances of our athletes. The top three male finishers in the 5k run were Adam Piaskowy, Crete (16:16.1); Kevin Dockemeyer, Custer Park (16:40.1); and Cody McCullough, Manteno (16:42.9). The top three female finishers in the 5k run were Kelly Jensen, Kankakee (23:00.4); Amanda Uribe, Bourbonnais (23:12.0); Leslie Bull, Los Gatos, CA (23:38.0).

Thanks to Cody Gindy, we have a wonderful video recap of the event at runforautism.com. Be sure to check it out!



Each year, our grandson Scott leads the start of the 2-Mile Walk.

Autism affects the lives of over 1.7 million children and adults in the United States, including our grandson Scott. We believe that there is a cure for autism. Together, we will run and walk to find it.

**Mark Your Calendars:
14th Annual Kilbride Family
Classic 5k Run/2-Mile Walk**
Sunday, June 14, 2009
8 a.m.
Cobb Park, Kankakee

Race Results

Kilbride Family Classic 5k ...
Bourbonnais Friendship
Festival 5k ... Kankakee Area
YMCA 5k ... Wilmington
Catfish Days 5k ...
Momence Gladiola 5k/10k ...
See these race results and
more at www.krrc.co.nr.

Do the Dues!

(07/01/08-06/30/09)

Don't miss any of the thrills and excitement of membership in the Kankakee River Running Club. Renew your membership *now* for the inside scoop on Judy Kilbride's upcoming run (No pun intended!) for the presidency (Can she beat the incumbent?), on Shirley Malone's marathon search for "happy days" and Warren Potsie Weber, and on the next hit show, "Running with the Stars."

**Individual Membership
(age 18+): \$15**

Family Membership: \$25

When Junior or Susie turns age 18, he/she qualifies for an "Individual Membership" (i.e., no longer covered under mom and dad's "Family Membership") and must pay \$15 to continue participation in the club.

Please make your check payable to Kankakee River Running Club. Send it to D. Bohlke, 48 Norman Street, Kankakee, IL 60901. (Checks or gold coins only, please. Box tops and Campbell" soup can labels cannot be accepted.)



[Navy SEAL] FITNESS CHALLENGE

How Do You Compare?

Ever wonder how you stack up against America's elite athletes? Only one way to find out: the Navy SEAL Fitness Challenge.

Saturday, Sept. 6, 2008
At the University of Illinois in Chicago
Open to Individuals, Age 13+
No Charge

It's a series of physical fitness events that challenge individual athletes and teams in tests of strength and endurance. The components of the event mirror the initial physical screening test that is given to SEAL wanna-bes.

	Standard	Competitive
500-Yard Swim	12:30 Minutes	10:00 Minutes
Push-Ups: 2 Minutes	42	80
Sit-Ups: 2 Minutes	50	80
Pull-Ups	6	11
1.5-Mile Run	11:00 Minutes	10:00 Minutes

All participants are scored and ranked against each other and receive a commemorative T-shirt and dog tag. For more information and to register, go to sealfitnesschallenge.com. (Participation is limited.)

Kankakee River Running Club
3822 Serenity Parkway
Kankakee, IL 60901