

Fall 2009

KANKAKEE RIVER RUNNING CLUB



KFC for Autism Has Record Year for Participants and Donations

What began as a get-together to celebrate Father's Day has evolved into one of Kankakee County's largest and most cherished traditions: the Kilbride Family Classic 5k Run and 2-Mile Walk for Autism.

This year's event, held on June 21, proved to be the most successful on all fronts ever — including the weather — as over 900 participants of all ages and abilities gathered at Cobb Park in Kankakee's historic Riverview District for the 8 a.m. start. This record number of participants was eclipsed only by the donations raised for the Kankakee Valley Chapter of the Autism Society of America and for Autism Speaks — nearly \$17,000.



"Each year, we are thrilled by the support that we receive from the individuals and families who participate in the Kilbride Family Classic, from the Kankakee River Running Club, and from our sponsors," said Gerry Kilbride, who co-founded the three-pronged event with his wife, Judy. "It is inspirational to see such dedication to the genuine desire to help the 1.7 million families in this country who face the challenges of this disorder every day."

The Kilbrides turned the event into a fund-raiser after their grandson Scott was diagnosed with autism at age three. (He is now 15 years old.) "There are so many families like ours who have a member who has autism and who go through the daily ups and downs regarding the care, education, and recreation for their children," Judy explained. "The Kilbride Family Classic became a way to raise awareness for autism and funds for a cure."

The breakdown of participants was almost evenly matched with 368 runners and 379 walkers. The children's dash had 154 pint-sized athletes, all sporting the #1 on their race bibs.

For more information and race results, go to www.races.co.nr and www.runforautism.com.



Happy Birthday!

Date Name.....Age September

2	Kyle Hitson	12
7	Michael McGuckin	57
8	Lynn Noffke	51
9	Karen Dannenhauer	44
10	Marge Flynn	63
19	Amanda Uribe	26
21	Michelle Walsh	56
27	Leah Meskis	32

October

2	Robert Yoder	48
4	Diane Gerber	48
6	Aaron Farley	20
9	John Walsh	47
10	Charlene Klipp	60
10	Brian Noffke	49
12	James Clodi	15
12	Rich Olmstead	58
15	Keith Knepper	52
16	Bill Linn	57
22	Steve Hartzell	60
22	Julie A. Rojo	15
25	Sandy Frederick	43
28	Dan Bullock	58
31	Greg Clodi	46

November

2	Rob Wendlick	38
6	Andy Baldwin	21
10	Drew Hitson.....	14
19	Megan Wendlick	11
22	Kari Livesey	54

December

7	Arlene V. Rojo.....	42
11	Jeff Lonergan	55
27	Jack Dorn	64



An Awesome and Inspiring Message from Charlie Grotevant

My trigger was tripped recently when I read a story in the March issue of *Runners World* that had negative references to an ostomy (<http://www.runnersworld.com>. Click on Motivation, Runners Stories, Featured Articles, A Second Life. I responded by sending the following message to the magazine. I doubt if my remarks will ever see the light of day, but I got it off my chest.

Dear Editor,

The March 2009 story by Charles Butler entitled "A Second Life" relating the story of Matt Long's near fatal injuries and subsequent comeback to a level of activity enabling him to complete the 2008 New York Marathon is a most extraordinary story of survival and a testament to the ability of this incredible man to focus beyond pain and disabling injuries in making this great comeback. The extraordinary fitness level of Matt at the time of his accident is certainly a factor that contributed to his body's recovery throughout the ordeal.

I hesitated in writing this letter because I don't want to detract in any way from Matt's story of survival. But, the author did a disservice to the nearly 700,000 Americans living with an ostomy appliance by using negative connotations in referring to the colostomy bag. This disservice extends to the many service personnel who have been disemboweled in Iraq and Afghanistan in recent years. US Armed Forces are now allowing a return to active duty for those who wear ostomy appliances providing they can fulfill the physical obligations of their job descriptions.

An ostomy appliance is a tool that not only helps a person continue to live but to live an active life. **OSTOMIES SAVE LIVES, OSTOMIES IMPROVE LIVES!** Matt would not have lived without the ostomy appliance because body wastes must be eliminated from any living person for life to continue.

The page 92 reference to being "tethered to a colostomy bag" is completely inaccurate. A person cannot be "tethered" because a colostomy bag is taped or strapped to one's abdomen and moves with him/her at all times.

The page 94 reference to the "smelly bag hanging around" is also inaccurate unless there has been no seal established with the bag faceplate and a person's skin. No mention is made in the story of non-adhesion of the ostomy appliance; therefore, there is no smell coming from an appliance on a person's body. The only time odor is present is when the person living with an ostomy is emptying the pouch in the privacy of a bathroom (or for us runners, in a porta-john on a race course).

The reference on page 95 "might need the colostomy bag forever" is also very negative, but I presume it indicates the attitude of Matt at the time. It is an attitude I held at one time in my life while suffering from ulcerative colitis. This attitude results from negative connotations regarding ostomies — a truly unwarranted reference as evidenced by the hundreds of thousands of people who wear ostomy pouches.

A bit of personal history ... I underwent ileostomy surgery on Nov. 10, 1983, to cure ulcerative colitis. For many years, I had fought the disease unsuccessfully with medications (some with serious side-effects). The decision I made was the beginning of my new life — a life free of disease and drugs. I wear an ostomy appliance 24 hours a day. Fitness running began for me as a celebration of good health. Since that time more than 25 years ago, I have logged over 42,000 running miles and competed in more than 950 road and trail races — all while wearing an ostomy bag. Yes, I had poop oozing down my leg at the conclusion of the 85-degree Boston Marathon in 2004, but that is the exception and not the norm for my years living with an ostomy appliance.

Now at age 67, I'm still racing and running, with my last three weekend races (while wintering in Florida) consisting of a 5k in 22:26, a half-marathon in 1:46:16, and a 10k in 46:24. My running career includes 15 marathons (six in Boston with a PR of 3:12:20 in 1991). I'm able to run and compete for age-group awards **BECAUSE OF THE OSTOMY BAG**, not in spite of the ostomy bag.

Thousands more wearers of ostomy bags also engage in vigorous exercise, including triathlons, trail hiking, and swimming. I have a personal friend, Rob Hill, who has climbed the highest peak on six of the seven continents while wearing an ostomy bag. I have other friends who have biked across the continental United States while wearing ostomy bags. I have two friends who have completed Ironman-distance tris while wearing ostomy bags. Another friend competed in the Miss Wisconsin Beauty Pageant while in college, finishing as high as third runner-up — all while wearing an ostomy bag taped to her abdomen 24 hours a day.

The page 96 reference — "the colostomy bag was more troublesome as the rehab continued" — sheds a negative tone to the ostomy situation as well. I contend that Matt's need for an ostomy bag was the most insignificant part of the physical rehabilitation that he underwent. The mental toughness that enabled Matt to have the will to live when most mortals would have given up was evidently overridden by whatever negative thoughts regarding wearing an ostomy bag that had been instilled in his mind by previous experiences or by friends, caregivers, and the press.

This letter began as a short commentary on the incredible story of Matt Long with the hope that it would be published in the "Running Commentary" section of an upcoming issue of *Runners World*. Needless to say, I have so much

(continued to the right)

Reflections on My First Half-Marathon

by Chris Walsh

Last April, I participated in the inaugural Illinois Half-Marathon. It was also my first half-marathon and my longest race to date. The only other long race was the Steamboat 15k several years ago.

I had been pondering trying a half-marathon for some time, but most of them are in the fall. With all of our yard work, vacations, etc., it always seemed that I got injured before I would get close to the race date.

When I saw the ad for the Illinois Half-Marathon and realized that I would be running through my old college stomping grounds, I figured it would be one to try. I really didn't decide to do it until about mid-March. I knew that I had enough time to do one 10-, one 11-, one 12- and one 13-miler on the Sundays leading up to the event, and I really wouldn't need to change my training during the rest of the week. I finally sent my race entry in a couple days before the deadline when I felt confident that I could go the distance.

My last-minute entry caused me several days of worrying because when I checked the website, it said both the marathon and the half-marathon were full. I sent off a frantic e-mail extolling my running virtues, and I was one of the lucky lottery winners to get accepted.

The race was on Easter weekend. There were many phone calls to my mom and sister to coordinate the weekend so that we could fit in everything. My sister was nice enough to come and stay the night in town with her family so that she could be my support crew in the morning.

She was lucky to get a hotel within running distance of the start. We met in the Assembly Hall parking lot (Thank goodness for cell phones!), and she did a quick warm-up with me. It was sunny with a slight northeast breeze and in the 30s at the start, which I am sure the marathoners appreciated.

I really didn't know what I could do for this distance.

So, I set my goals conservatively, hoping to get 1:40 to 1:45. I started with the 8-minute pace group and lasted about 1.5 miles with them before I started moving up. My sister saw me at around the three-mile mark and told me to relax. I felt great. I quickly caught up to the 7:40 pace group and just kept going.

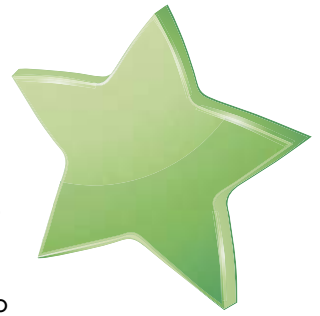
It was so much fun running on all of the streets that had so many good memories for me. The crowd support was amazing as well. The streets were lined with cheering people, extra water stops, and even the Easter bunny!

When my sister saw me at around the nine-mile mark on Green Street in the center of town, I gave her a big thumbs-up and just kept going faster. I don't think a single person passed me after the first couple of miles — which is something that doesn't really happen in many races.

For those last few miles, I kept keying on the women I could see and trying to catch up to them. For the finish, we ran into the tunnel at Memorial Stadium, made a short loop around the field, and finished on the 50-yard line. Charlie Grotevant was at the finish to put on my medal, and Joyce gave me a big hug.

I have to say that this race was probably the most fun (and maybe easiest) race that I have ever done. I don't know if it was because I was so familiar with the course or if it was one of those days when everything clicks. I ended up with a time of 1:36, and I'm sure that I could have gone even faster.

I really don't know if I should sign up for another half-marathon because this kind of experience can probably never be duplicated. Who am I kidding? I'll sign up again next year, but I won't wait until the last minute!



(Inspiring Message, cont.)

to share on the issue of living with an ostomy appliance that I could not contain my thoughts to a few lines. As a longtime subscriber to your magazine, as a promoter of running (Yes, I have served as a race director.) and of all types of vigorous exercise, and as someone **LIVING SUCCESSFULLY WITH AN OSTOMY** for more than 25 years, my desire is for this message to be shared with Matt Long and author Charles Butler.

I truly salute Matt Long, and I will continue to share the message of **OSTOMIES SAVE LIVES AND OSTOMIES IMPROVE LIVES.**

Sincerely,
Charlie Grotevant
charliegrtvnt@gmail.com

Welcome New Members

DuFrain Family: Mark, Maria, Joe, and Paul
Sandra Frederick
Mike Girdwain
Ken Goodwin
Hitson Family: Phil, Nancy, Drew, and Kyle
Melissa Kahoun
Janine Lockwood
Mark Walsh
Robert Yoder

From the Recipe Box of Dan Bullock

(Official Dessert Chef of the Kankakee River Running Club)

Apple Crisp

- 3 or 4 apples
- 2 eggs
- 1 cup sugar
- 2 Tbl melted butter
- 1 cup flour
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp vanilla



Peel and slice the apples (enough to fill the dish you want to use). Topping: Beat the eggs. Add the sugar and the butter. Beat well. Sift the flour,

baking powder, and salt. Fold into egg/sugar/butter mixture. Stir in the vanilla. Spread mixture over the apples. Bake at 350 degrees for 45 minutes.

Kankakee River Running Club
3822 Serenity Parkway
Kankakee, IL 60901

Summer Series Fun: Come and Gone

June 16,
2009

Cancelled: Due to Rain

July 14,
2009



Aug. 18,
2009

