

Spring & Summer 2010

# KANKAKEE RIVER RUNNING CLUB

## Winterfest 2010 Is a Success

from Rich Olmstead, Race Director

This year's Winterfest 5k was blessed with another fine day for running. We had a great turnout with 263 runners and 25 walkers crossing the finish line.

Our overall winners were Bryce Baker (17:26) and Chris Walsh (21:04) – her third consecutive win. Our masters winners were Clark Anderson (17:45) and Jona McDermaid (22:20).

Thanks go out to all of the runners and walkers and especially to all of the volunteers who make this race a success each year.



Dan Harris helped out with registration by "running" out race-day applications for Dave Bohlke to enter into the computer.



(left to right) Paul Surprenant, Marianne Surprenant, Ken Goodwin, Judy Kilbride



Ken Klipp, co-director of the Winterfest 5k, gives some pre-race directions.



## 15<sup>th</sup> Annual Kilbride Family Classic for Autism

- 5k Run
- 2-Mile Walk
- 200-Yard Dash for Children

Join the fun on **Sunday, June 20, 2010, 8 a.m.**, at Cobb Park in Kankakee. Proceeds from this event are donated to the Kankakee Valley Chapter of the Autism Society of America and to Autism Speaks. Teams are encouraged.

For more information, visit [www.runforautism.com](http://www.runforautism.com).

## Sunday Mornings at the State Park

Every Sunday at 8 a.m., the Kankakee River Running Club meets at the Kankakee State Park (in the parking lot just past the Conservation Center off Rt. 113). All members (and friends!) are invited to join the fun.

While we start out as a group, everyone runs/walks at his/her own pace. There is no set distance. In other words, do your own thing.

This is a great opportunity to meet club members, to get tips from Coach Klipp, and to enjoy the camaraderie of friends. If you come out once, you'll be hooked! See you this Sunday!



## 2010 Six-Pack Series

The Six-Pack Series is back for another run (Pardon the pun!) with an expanded schedule of races. Many thanks to Phil Hitson for coordinating this year's series.

### Here's the scoop in six easy steps.

1. The series is open to any runner or walker. Participants do not have to be members of the Kankakee River Running Club.
2. All you have to do is complete six races (i.e., cross the finish line) from the schedule by the end of the year. Your time and placement in your age group do not matter.
3. Download the schedule of races and the application at [www.krrc.co.nr](http://www.krrc.co.nr). Please send questions to [www.krrc.co.nr](http://www.krrc.co.nr).
4. Send your name and the title and date of the race to [krrclub@gmail.com](mailto:krrclub@gmail.com). (On the Subject Line, please indicate Six-Pack Series.)
5. At Winterfest 2011: Participants who have completed six races will receive a Kankakee River Running Club shirt. Awards will be given to three runners who have completed the most races.
6. The entry fee is \$15 for club members and non-members. Note for new members: Save \$5 when you join the Kankakee River Running Club and sign up for the Six-Pack Series (\$15 + \$15 = \$30 - \$5 = \$25). All entries must be received by August 1, 2010.

## X-Training Events to Put on Your Calendars

### Two Rivers Century Bike Ride

Distances: 22, 45, 62, and 100 miles (You choose!)  
Sunday, August 8, 2010  
[www.kvpd.com](http://www.kvpd.com) (Go to Special Events.)

### Run-Bike-Run Duathlon

Saturday, October 2, 2010  
Sponsored by Tri Club of Kankakee  
For more information:  
[suth17dishmail.net](mailto:suth17dishmail.net)

## News You Can Consume



### Coffee Helps Lung Function

**HOW:** The results of a study published in the American Journal of Epidemiology show that people who drink four or more cups of coffee a day have better pulmonary function than those who rarely or never drink coffee.



### Milk Controls Hunger

**HOW:** According to a study in the American Journal of Clinical Nutrition, drinking fat-free milk at breakfast (instead of a fruit drink) significantly reduces the number of calories eaten at lunch and also leads to feeling more satisfied.



### Beets Improve Exercise

**HOW:** Participants in a study drank 500 millimeters of beet juice or a placebo for six days and then completed a cycling test. The results, published in the Journal of Applied Physiology, show that drinking beet juice can help you exercise 16 percent longer.



### Apples Boost Endurance

**HOW:** A study in the International Journal of Sports Nutrition and Exercise Metabolism reported that taking 1,000 mg of quercetin daily can increase endurance by 14 percent. Apples are among the best food sources for quercetin.

### Frozen Coffee Tiramisu

from Dan Bullock's Famous Dessert Cookbook for Runners

- 2 pkgs. soft ladyfingers or vanilla wafers
- ½ cup strong coffee
- 6 oz. choc chips, melted
- 14 oz. sweetened condensed milk
- ¼ of a ½-gallon of coffee-flavored ice cream, softened
- 8 oz. cream cheese, softened
- 2 Tablespoons sugar
- 1 teaspoon vanilla
- 1 cup Cool Whip®
- 1 teaspoon unsweetened cocoa



Line the bottom and sides of a 9-inch spring-form pan with the ladyfingers or vanilla wafers. Brush with coffee. Freeze at least 20 minutes.

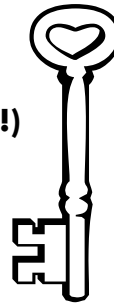
In a small bowl, combine the melted chocolate with the sweetened condensed milk. Chill for 20 minutes.

Scoop ½ of the ice cream into the prepared pan, pressing to form an even layer. Evenly top with the chocolate mixture. Spread the remaining ice cream over the chocolate mixture. Cover and freeze overnight.

To serve, remove the ring from the pan, and arrange the cake on a platter. In a mixing bowl, beat the cream cheese, sugar, and vanilla. Fold in the Cool Whip. Spread mixture over the cake, and sprinkle with cocoa powder.

# Dr. Schutt's Keys to a Healthy Body

- 1 oz. of water for every 2 pounds of body weight
- .7 grams of protein per pound of body weight
- 30 grams of fiber per day (Keep your pipes clean!)
- **Anti-Inflammatory Diet**
  - Red wine
  - Lean meats
  - Dark Chocolate (minimum 85% cacao)
  - Vegetables and fruits
  - Garlic
  - Spices (ginger, turmeric)
  - Almonds
- **Nutritional Supplements**
  - Fish Oil (an anti-inflammatory)
  - Grape Seed Extract (to clean out the blood vessels)
  - Glucosamine (to regenerate cartilage)
  - Coenzyme Q-10 (for the heart and immune system)



The human body is a complex organism that requires a full complement of essential vitamins, minerals, and antioxidants for optimal performance. When taken together in balanced amounts, these nutrients provide the bricks and mortar to build a strong foundation for long-term health. Leave out any nutrient or provide it in insufficient quantities and the strength of that foundation is weakened.

For that reason, it's imperative that the supplement you choose provides an essential nutritional foundation. A quality nutritional product should comprise the complete range of vitamins, minerals, cofactors, and trace elements, as well as a diverse group of potent antioxidants. It must also supply these nutrients in the correct balance and at potencies shown to promote good health for a lifetime.

Avoid nutritional fads. Insist on balance, completeness, and quality. Your health depends on it.

Dr. Jeff Schutt, D.C., is a doctor of chiropractic and a certified chiropractic sports physician and a certified strength and conditioning coach. He is a co-founder of Don Beebe's House of Speed, the head varsity coach for boys and girls track at Aurora Christian High School, and an instructor for the National Strength and Conditioning Association.



Thanks, Dr. Schutt!

## Need a Reason to Run? Just Ask!

*"It gives you the chance to be a kid again."*

Charlie Grotevant

*"You get to meet great people."*

John Flynn

*"Beer."*

Ken Klipp



## Happy Birthday!

### APRIL

2	Pamela Powell	46
6	Larry Forbes	53
18	Ron Ruda	63
20	Dave Bohlke	64
21	Nadine Morse	17
24	Julie Nally	41
26	Keith Moss	46
28	Ben Moss	18
30	Mark DuFrain	41

### MAY

6	Chris Bryant	50
13	Thomas Fosnaugh	27
21	Chris DuVal	55
24	Melissa Kahoun	34
26	Randy Devore	62
26	Drew Parsons	27
27	Theresa Burgard	53

### JUNE

2	Arnold H. Rojo	54
9	Linda Linn	56
10	Janine A. Rojo	13
13	Casey Koerner	15
13	John Pool	68
14	Amy Baldwin	24
15	Robert Pool	74
20	Heather Morse	19
25	Dan Morse	51
29	Phyllis Smothers	60

# Summer Series Returns!

## What's it all about?

1. Three no-hassle, no-frills, no-entry-fee 5k events that are held on the second Tuesday of June, July, and August. Meet at 6 p.m. at Small Memorial Park in Kankakee (same place as the Winterfest 5k, same route, too!).
2. Fun for runners and walkers of all ages and abilities. (You do not need to be a member of "the Kankakee River Running Club" to participate.)
3. Drawing for prizes, including "a non-existent" trip to Hawaii.

### **Tuesday, June 8, 2010** **Traditional 5k**

### **Tuesday, July 14, 2010** **Team Event**

Grab a partner who is at least 10 years older or 10 years younger than you. Don't have a partner? No problem ... we'll find you one!

### **Tuesday, August 11, 2010** **Relay Event**

Team up with a biker-dude or biker-gal from the Tri Club or from the Kankakee River Bike Club for this one. You'll run 1.5 miles and tag your biker to pedal six miles (2X around the course). He/she will tag you to run the final 1.5 miles.



After each event, please join us for socializing and great food at Chicago Dough Company in Bourbonnais.

Questions? Send them to [krrclub@gmail.com](mailto:krrclub@gmail.com).



## **Training Camps**

June 17: ..... Running Drills  
..... 6 p.m., \$5/person  
July 22: ..... Strength Training  
..... 6 p.m., \$5/person

Watch our website and your e-mails for more information!

Kankakee River Running Club  
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Kankakee, IL 60901