

Summer 2010

KANKAKEE RIVER RUNNING CLUB

www.krrc.co.nr | krrclub@gmail.com

Kilbride Family Classic: Another Record Year

A Note from Gerry and Judy Kilbride, Event Co-Directors

WOW! On the beautiful Sunday morning of June 20, many members of the Kankakee River Running Club participated in the Kilbride Family Classic 5k Run/2-Mile Walk for Autism. Your participation and financial support helped to make the 15th annual Kilbride Family Classic **the most successful event yet**. Thank you so much!

We were proud to recognize three KRRC members who have participated in all 15 Kilbride Family Classics: John Pool, Charlie Grotevant, and Dan Gould. Thank you for your ongoing support.

Once again, the Shapiro Clock Tower and the Kankakee River offered a beautiful setting for the start of the race. A record 1,169 runners, walkers, and children gathered to raise awareness of autism; to show their support for the 1.7 million families with a child, teen, or adult who has autism; and to donate to find a cure.

Prior to the start of the run, we heard the genuine and endearing words of 13-year-old Joe Franco. He told us, "I have autism. It is not easy to make friends because it can be hard to communicate. The thing that helps me the most is my family." Joe is the son of Dr. Joseph and Jacqui Franco from Burr Ridge and the grandson of Joe and Mary Franco from Kankakee.

Financial gifts totaled \$25,000. They came from area businesses, families, friends, and organizations like the Kankakee River Running Club. The contributions will be presented to the Kankakee Valley Chapter of the Autism Society of America and to Autism Speaks, the national organization for education, research, and advocacy.

Keeping with tradition, our grandson, Scott, led the start of



They're off!



The start of a Kids' Dash

the 2-mile walk on his recumbent bike, with his mother, Jennifer, at his side and cheering him on.

On behalf of the Kilbride family, thank you, Kankakee River Running Club. Together, we will find a cure.



Gerry Kilbride during the singing of the National Anthem

5k Run

Overall Male: Bryce Baker (Bourbonnais), 0:17:24:1

Overall Female: Rachel Gaddis (Barrington), 0:21:35:1

High School with Most Participants

Bradley-Bourbonnais Community High School

Raised the Most Money

Team Rudy (Manteno): \$2,458

Don't Forget: 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, non-members, friends, and family are invited to join the fun.

Everyone runs/walks at his/her own pace. There is no set distance. In other words, you 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 on Sunday!

Apple Crisp

from Dan Bullock,

Our Very Own Dessert Chef



- 3—4 peeled and sliced apples
- 2 eggs
- 1 cup sugar
- 2 Tablespoons melted butter
- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon vanilla

Place apple slices in pie dish. For the topping: Beat the eggs. Add the sugar and melted butter. Beat well. Sift flour with baking powder and salt. Fold flour mixture into egg/sugar/butter mixture. Stir in vanilla. Spread mixture over the apples. Bake at 350 degrees for 45 minutes.

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 (Go to Special Events.)

15th Anniversary for IAITC (Illinois Agriculture in the Classroom)

A cross-country style ride that takes cyclists to schools along each day's route; frequent stops to teach children about the importance of agriculture in today's world and of bicycle safety

September 7—9, 2010

You can register for one, two, or all three days. www.iaafoundation.org

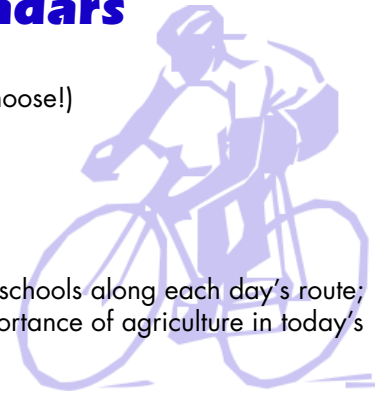
Run-Bike-Run Duathlon

3-Mile Run, 14-Mile Bike, 3-Mile Run

Saturday, October 2, 2010

Sponsored by Tri Club of Kankakee

Contact: Chuck Parsons at capdrew@comcast.net



Friendship Festival 5k

Photo by Dan Gould

(left to right) Drew Parsons, Dan Bullock, Marianne Surprenant, and Paul Surprenant enjoy post-race refreshments after the hot and steamy Friendship Festival 5k on June 27, 2010.



The Infamous Once-a-Year "Athletic Apparel Salesman's Sample Sale"

Brought to You by Bill and Linda Linn

"Early Bird Special" for KRRC, Friends, Family, and Co-Workers
Thursday, August 5, 2010, 6—9 p.m.

Regular Sale Hours

Friday, August 6, 2010, 8 a.m.—5 p.m.

Saturday August 7, 2010, 8 a.m.—Noon

The Place

1226 Vantage Lane , Bourbonnais

What You Can Get

New Brand Name Merchandise for Women, Men, and Kids
Dodger, Antigua, Pro Celebrity, Camp David, and More
Sweatshirts, T-Shirts, Golf Shirts, Shorts, Caps, Warm-Ups



Club Shirts: An Update

from Mark DuFrain and Rich Olmstead

We haven't been moving very quickly on this project. I won't bore you with excuses. Prices of shirts will be between \$25 and \$30 and are dependent on the number ordered. The more shirts that we order, the lower the price per shirt.

Our next step is to get an idea of how many people are interested in purchasing shirts and shirt preferences.

Please send the following information to krrclub@gmail.com. Please respond by **August 15, 2010**. Thanks!

Your Name

Please Indicate Your Preference for Shirt

Type with a 1, 2, and 3. ("1" Is First Choice; "3" Is Last Choice.)

___ Cotton-Blend T-Shirt

___ Moisture-Management T-shirt

___ Moisture-Management Singlet



Au Naturel?

Article from the Editor of www.hungrygirl.com

I eat a lot of "whole foods" – fresh fruits, vegetables, lean meats, etc. – and recommend that you eat these foods as well. But, there are some misconceptions about natural foods, and I think it's important to address them.

I used to assume that if something was labeled as "all natural," it meant that the product was automatically low in fat and/or calories and good for my diet. That is simply **NOT** the case.



All-natural cookies, cakes, cheeses, etc. can be just as high in calories and fat as the not-so-natural versions. So, if you just focus on filling your grocery cart with these things, you're not necessarily doing yourself any favors.

If you're trying to lose weight or to maintain your current number, it can be **EXTREMELY** helpful to find ways to enjoy foods you crave without taking in too many calories or fat grams. Why? Our supermarkets are filled with processed and packaged foods.

It would be next to impossible to eliminate them completely from your life.

Luckily, there are solutions and swaps you can make that are **BETTER** than others. It's all about **BALANCE**. For example, if you love Oreos® but can easily consume a whole sleeve of them, a portion-controlled pack of Oreo Thin Crisps is a good alternative.

Sure, there might be all-natural, crème-filled chocolate cookies out there, but they're probably still high in calories and easy to overeat.

The bottom line? Eat natural and clean when you can. But, if you have to choose between a 1,000-calorie slice of cheesecake from The Cheesecake Factory® or a 360-calorie Sara Lee® Cheesecake Bite, guess which one is almost **ALWAYS** going to be the better choice?

Happy Birthday!

JULY

Day	Name.....	Age
7	Leon Malone	80
8	Paul Surprenant	63
9	Andrew Horn	59
12	Paul DuFrain	16
14	Erin Richey	41
16	Patricia Horn	55
22	John Benjamin Rojo	6
22	Rick Nally	41
25	Dan Noffke	26
26	Keenan Bryant	20
26	Phil Hitson	41
28	Mitchell Kahl	15

AUGUST

1	Jennifer M. Palacio	30
1	John Flynn	64
9	Maria DuFrain	47
13	Donna Koerner	54
14	Sarah Settles	28
14	James Rattin	54
16	Nancy J. Ruda	54
19	Dee Anna Hillebrand ...	47
20	Michael Biernat	62
26	Pat Baldwin	53
26	Lynn Troost	64
29	Shirley Malone	79
30	Kelly Pierson	32
30	Mike Girdwain	44
31	Dan Gould	66

SEPTEMBER

1	Leanne Panozzo.....	44
2	Kyle Hitson	13
4	Kelsie Kahl	17
7	Michael McGuckin	58
8	Lynn Noffke	52
9	Karen Dannenhauer	45
10	Marge Flynn	64
21	Michelle Walsh	57
26	Kathy Meyer	50

Something on Your Mind? Let Us Know!

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What You Need to Know About Hydration and Dehydration

by Coach Ken Klipp



1. Why is water so important?

- Makes up 50—60% of our body (equivalent to 120 soda cans of water!)
- Helps get rid of heat (sweat)
- Heat “denatures” enzymes (changes their shape) = Stops chemical reactions. - - Heat causes blood to be directed to the skin for cooling = Less blood for physical activity.
- The loss of fluid through sweat thickens blood = Blood is harder to pump.
- All of the chemical reactions of our cells take place in water.
- Water is solvent for other materials such as sodium, glucose, wastes, etc. So, a change in water concentration throws these materials out of balance.

2. Body water is contained within 4 “compartments.”

GUT BLOOD TISSUE FLUID CELLS

- Water moves from high to low concentrations between compartments.
- The bigger the difference, the faster the diffusion.
- Fluid intake in the gut can increase water in all four compartments.
- Fluid output through sweat, urine, or bleeding can decrease fluid in all four compartments. (You can lose 1—1.5 quarts of fluid per hour in hot conditions.)

3. Hydrating – With What, How Much, How Often

With What

- If the activity is *less than one hour*, drink *water*. It is absorbed the fastest and does not upset the balance of “other” materials. (Remember: The bigger the difference between compartments, the faster the absorption of water.)
- If the activity is *longer than an hour*, you may want to use a *sports drink* because it can help keep “other” materials balanced.
- Do not use fruit juice or soda. Their sugar concentration is too high and can actually slows down the absorption of water.
- Stay away from anything with caffeine or alcohol. Both are diuretics (They increase urine output.) causing further dehydration.

How Much and How Often

- How much you drink and how often depend on your physical size, your fitness level, your diet, genetics (Some people perspire twice as much as others.), and the weather.
- Do not “water-load” (like you might carbo-load before a race). If you do, you’ll just urinate it out.

- You want to start your activity with a “full tank.” Drink about 16 oz. an hour or two before you begin.
- Acclimatization takes about two weeks.
- The general rule: Drink 5—12 oz. every 15 minutes during activity. But, the only way to know for sure is to monitor your own personal hydration under different conditions.
- Note: Perceived desire (thirst) does not keep up with need. If you wait until you are thirsty to drink, that will not be enough!
- After exercise, you need to replace both water and other substances, such as carbohydrates and electrolytes (sodium, potassium, etc.).
- Monitor urine color. It should be pale yellow. (Urine in your toilet bowl is diluted and paler than it really is. Also, many multiple vitamins will darken urine a few hours after being taken.)

4. Other Notes

- Wetting the skin doesn’t work very well during exercise.
- Bottled Water vs. Tap Water: Safety regulations are tougher for municipal water supplies than they are for bottled water.
- Glycerol plus water taken two hours before activity has been found to help. It lessens urine output, keeps body temperatures lower, and decreases heart rate.
- Can you overhydrate? Yes, but only in unusual circumstances. If your activity lasts several hours and you only hydrate a lot with water, your body becomes low in sodium (a condition called hyponatremia). Higher water concentration = Lower sodium concentration. A low-sodium diet in conjunction with the other conditions mentioned can add to the problem.
- The effect of humidity: Sweat only cools the skin **when it evaporates**. As humidity increases, less water evaporates (i.e., there isn’t as big of a difference between the air and the sweat). The result is far less cooling.
- It is possible to overheat without dehydrating. It is also possible to dehydrate without a lot of noticeable sweating (especially in dry climates and altitude) or overheating.
- A loss of 5% or more of body weight due to sweating will affect performance and becomes a risk factor.