

This is it for 2010!

KANKAKEE RIVER RUNNING CLUB

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

The First Social Event of 2011

It's the one you've been waiting for! Yes, back by (un)popular demand, there will be another drawing for a trip for four to Paris* and for a computer* at "The-Most-Fun-You've-Had-in-2011" event. (Winners must be present to not claim their prizes.)

Date: **Saturday, January 15, 2011**

Place: **Chicago Dough Co., Bourbonnais**

Time: **6 p.m.**



Adults only./Spouses and significant others are welcome.

The club will provide the food. Please bring a dessert. (And, we're not talking leftover fruitcake here!) You are responsible for the cost of your libations.

If you're new to the club, this is a great opportunity to harass Chuck Parsons about his inability to stay upright when running and to actually see the faces of those runners whose backsides you came to know so well last summer.

Headlights of the Event:

(Some people might call them "highlights.")

Election of Officers

(As in club officers – not Hawaii Five-O police officers)

These positions are "open" for 2011.

- **President**
Responsibility: Telling others what to do
- **Social Director**
Responsibility: Party planner
- **Fashion Coordinator**
Responsibility: Advice on what-to-wear and what-not-to-wear when running



Note: These are non-paying positions.

Please make every effort to attend Social Event 2011. Club members who are not in attendance will be elected unanimously to an officer's position.

* That would be Paris, Illinois – not Paris, France. The computer? It's a circa 1990s machine that Dave Bohlke has donated to the club – because it blew up and doesn't work.

Runners' Wish Lists

Traci O'Connell: A Garmin® Forerunner

Kirsten Steeves: A pedometer

Dee Anna Hillebrand: A new pair of running shoes

Jeff Chiero: Running pants

Chuck Parsons: A nice pair of warm mittens!

Mark Walsh: A new pair of Asics running shoes

Doug Pickett: A heart rate monitor to go with my Garmin®

Judy Kilbride: A pair of running pants that come to my knees and a pair of custom-made running shoes



New Year Run-solutions

Traci O'Connell: To improve my 5K time

Kirsten Steeves: To run six races

Dee Anna Hillebrand: To run at least 10 races

Jeff Chiero: To get back to my pre-surgery times

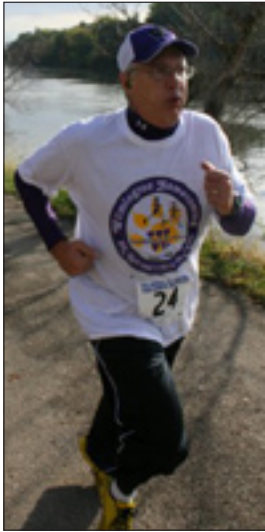
Chuck Parsons: Don't fall down again on a trail run!

Mark Walsh: To run three half-marathons

Doug Pickett: To run less, but faster

Judy Kilbride: To run five days each week and to be grateful for every day that it happens!





My Quest for the 23s

by Ken Goodwin

I have been a Kankakee River Running Club member for the last two years. I started running in 2004 when my daughter,

Danielle, got an infection from a foot surgery. It has forever impacted my entire family.

My daughter was casted after what was to be her final clubfoot surgery. On the follow-up visit a week later, we found out that her left foot was completely black, and infection had reached the bone. We were rushed over to Loyola, and the first doctor scheduled an amputation surgery without our knowledge. We learned about it when the hospital called to confirm the date. After firing that doctor, we proceeded on a journey of 20 surgeries, including a process with a wound vac to regenerate the skin tissue.

I will only say that my daughter (who was 17 years old at the time), and my wife, Debra, went through a hell that no one should ever have to witness. My daughter had to regenerate about 1/3 of her foot. Just as the skin was healing, a dressing would have to be changed, and the new skin was ripped off.

My wife stayed at the hospital around the clock. I would stay all day and after supper with our daughter, Kristyn (who was 11 years old at the time), I went to my office in Morris since I am self-employed.

Danielle home-schooled herself for her senior year of high school. Meanwhile, I went from being a fit guy to being a 243-pounder – all due to stress and poor eating habits. I knew something had to be done, and running was my answer.

I would like to start by telling you that I'm a below-average runner who has tried really hard to be, well, average or even better. David Bohlke has posted my entire six-year career on the club's website to prove this statement. The time for my

first 5k was 32:16, but last year was a breakthrough at 24:28. So, I decided to do the unthinkable and declared to everyone I knew that in 2010, I was going to be in the 23s.

I joined three running clubs and set a goal to complete the circuits of the Kankakee River Running Club, Prairie State Runners, and the Starved Rock Runners. At the end of November 2010, I had completed 36 races.

(My workout routine also includes a tennis match on Saturdays whether I have run a 5k or not. I have been playing tennis for 20 years and can't leave a buddy hanging.)

I had never won an age group award before this year. I had to fight through my first injury this year when I wrenched my knee playing tennis. But, I didn't let the knee or calf cramping stop me from running. Every time I considered walking, I thought about the courage my daughter has demonstrated in her young life. She will never be able to run a race, but she is always with me when I'm running. The day will probably come when I will have to walk during a race, but I refused to let it be this year.

After my knee got better, somehow my times improved, too. I'm not sure if I ran faster because I was feeling healthy or because the brutal heat of the summer had finally broken. I ran six races last summer in 90+-degree weather. I ran many races on the Starved Rock circuit with hills that rival those on each side of Warner Bridge Road at the Kankakee State Park.

(A special thanks to my inner circle of friends who helped to push me to reach the 23s. I couldn't have done it without your competition and supportive comments.)

The first time that I achieved my goal was at the Bodyworks' Run\Kick 5k in Bradley. The field was mainly women and about 10 men. The man who won the race was so far ahead of me that I lost sight of him at the one-mile mark. But, I was in second place from start to finish. There was a group of female runners who were hunting me down the entire race.

This was my first experience being in the front of the pack. I give you fast guys a lot of credit. It's very stressful up there!

After the 5k, we did an hour of kickboxing. I was the only guy to hang on for the entire hour.

My best legitimate PR of 2010 came at Wilmington: 23:39.

What I have learned and taken from this year is absolute enjoyment. Running is like anything else in life – business, religion, relationships. It will give back more than what you put into it.

I have met the most fantastic people. I have traveled as far as 70 miles to do a race this year. I've made friends in towns that I didn't know existed.

Runners aren't judgmental. I have equal respect for the runners at the front of the pack (due to the work they have to put in to achieve and to maintain their fitness levels) and for those who are the last to finish (because they had the courage to try). At every race, they work as hard as they can for 50 to 60 minutes.

One thing for sure about running is that it's so humbling. You can never tell before a race who will beat you. It may be a 12-year-old girl or a 70-year-old man.

Thank you for letting me tell you my story. I'm happy to note that Danielle graduated from college this year and got married. Her future is bright, to be sure.

As for me, I'm keeping my fingers crossed that 2011 brings a legitimate 22! If you can imagine it, you can achieve it. If you can dream it, you can become it. But, the most important thing is to be able to continue to meet more runners and to cherish the gift of their friendship.

Look me up at your next race. I love to hear what people are doing to improve themselves.

Life is definitely good!!!



Danielle (bride) and Kristyn (third from left)

Take a Guess ... How Much of Your Running Performance Is Nutritional?

by Dr. Jeff Schutt



If you guessed 80 percent, you're right on the mark. Yes, 80 percent of your running performance is fueled by the kinds and amounts of food that you eat.

On first thought, this may seem like a bold statement, and I have even had friends debate it with me. They say that performance is based mostly on physical skills – strength, speed, and the athlete's understanding of the game or sport. I tell them that they're right – to a point. Why? Because skills such as strength and speed are dependent on what the athlete eats and drinks.

For example, if an athlete is one percent dehydrated, this condition can affect his/her strength and speed by 10 percent! Let's say a college football player needs to run a 4.4 second 40-yard dash in order to get an invitation to a pro training camp. But, he runs a 4.5 second 40-yard dash. Guess what? No invitation.

If that athlete knew how much drinking enough water means to his performance, it's a sure bet that he'd hydrate properly. Unfortunately, most athletes don't know or realize that the little things make the big difference in the long run.

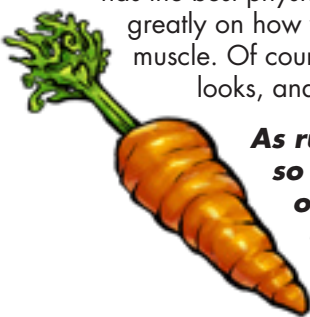
(Speaking of long runs, think about how improperly fueling and getting fluids into the body can affect a marathon runner. The longer the distance, the more the little mistakes are compounded.)



Muscles are made up of nutrients – which come from the foods you eat. Donuts, candy, pop, and processed foods lack the nutrients that the body needs to operate optimally. A racecar with bad fuel will gum up and stop going. The same thing happens to the athlete who doesn't eat properly – he/she is headed for an injury or a breathing problem and probably downtime.

Think of your athletic training as being similar to a body builder. The body builder can lift the right way and get his/her muscles balanced and proportioned correctly, but if there is a layer of fat over the muscles, he/she will not win the contest.

The judges need to see the muscles in order to determine which contestant has the best physique. And, how well the body builder looks depends greatly on how well he/she has used his/her food intake to build muscle. Of course, running is different in that we're not going for looks, and we're not starving ourselves right before a race.



As runners, we need to control our food intake so that our bodies can achieve maximum output of power in a short period of time or maintain that output of power for a long period of time depending on the distance.

Dr. Jeff Schutt: Doctor of Chiropractic, Certified Chiropractic Sports Physician, Certified Chiropractic Rehabilitation Doctor, Certified Strength and Conditioning Coach, Co-Founder of Don Beebe's House of Speed, Head Varsity Coach at Aurora Christian High School, and Advisory Council Member for USANA Health Sciences.

Happy Birthday!

DECEMBER

6	P.J. O'Connell	15
7	Arlene V. Rojo	43
13	Doug Pickett	37
18	Julie Loving	42
20	Kirsten Steeves	47
23	Tracie O'Connell	43
28	Natalie Kahl	46

JANUARY

4	Christy Schriefer	31
5	Paul Hillebrand	16
5	Rae Hillebrand	18
5	Daniel Gerber	52
10	Janine Lockwood	31
12	Rick Livesey	58
24	Erma Hickey	83
25	Joe Lyons	18
25	Chuck Parsons	62
28	Joyce Grotevant	69
29	Diane Strufe	71
30	Gabriel Noffke	23

FEBRUARY

6	Gerry Kilbride	73
10	Colin Koerner	18
12	Roger Smothers	61
14	Nancy Hitson	40
14	Michelle Baldwin	55
18	Charlie Grotevant	69
20	Elaine Noffke	20
21	Chris Walsh	49
24	Judy Kilbride	72
26	Marianne Surprenant	54
28	John Hickey	83



Don't Miss the Winterfest 5k:

Sunday, February 6, 2011

Awards for the 2010 Six-Pack Series will be announced.

"Snow" Humor

What do you call a snowman on rollerblades?

A snowmobile.

What do snowmen eat for lunch?

Ice-bergers.

Where do snowmen go to dance?

Snowballs.

What do snowmen eat for breakfast?

Snowflakes.

We're Legal!

Thanks to the diligent efforts of Ken Goodwin and Dave Bohlke, the Kankakee River Running Club is now a registered non-profit organization. This step required the composition of bylaws and the establishment of a board of directors.

The bylaws are posted on our website (www.krrc.co.nr). The directors are Judy Kilbride, president; Chuck Parsons, vice-president; Drew Parsons, secretary; Dave Bohlke, treasurer; and Nancy J. Ruda and Phil Hitson, directors.

Kankakee River Running Club

Judy Kilbride, President
Dave Bohlke, Treasurer and Website Guru
Nancy J. Ruda and Marianne Surprenant, Social Activities
Nancy J. Ruda, Newsletter

Contact us at www.krrc.co.nr.

Apple Squares

from Dan Bullock,
Kankakee River Running
Club Dessert Chef

1 cup sugar
1 egg
½ tsp baking soda
½ tsp cinnamon
½ cup oil
1½ cup flour
½ tsp salt
1 cup peeled apples
¼ cup chopped nuts (optional)
Caramel topping or honey (optional)



Combine sugar, oil, and egg. Mix well. Add flour, soda, salt, and cinnamon. Stir in apples and nuts. Spread evenly in a greased 8x8 pan. Bake at 350° for 40 minutes.

Drizzle with caramel or honey. Serve warm with ice cream.

A Helping Hand

During 2010, the Kankakee River Running Club gave back to our community and was proud to support these worthy causes with donations or in-kind gifts.

15th Annual Kilbride Family Classic 5K Run/Walk for Autism
Riverfront Trailways
Provena St. Mary's Hospital
Maternity BVM School
Salvation Army Food Pantry
Kankakee Area YMCA 5K

Basket donated to the
Silent Auction for Provena
St. Mary's Hospital

