

# Summer 2011 KANKAKEE RIVER RUNNING CLUB

[www.krrc.co.nr](http://www.krrc.co.nr) | [krrclub@gmail.com](mailto:krrclub@gmail.com)



Here is some exciting news about a new venture that will enable KRRC to thrive like never before!

We have recently partnered with Kenosha-based Community Sports Desk (CSD), a national sports software and service company that helps sports organizations and teams across the country gain the visibility they desire, the coverage they deserve, and the fan network of their dreams.

Through CSD, KRRC is now directly connected to the tdjSportZone, a multimedia platform through which athletes, coaches, parents, and sports organizations can report, publish, and share stories, scores, stats, announcements, photos, and videos. It's an innovative way to spread the word about who we are and how we operate. The result is more exposure than ever for KRRC.

### ***But, it will only happen with your participation.***

If you have race results, photos, or information that you would like to post to [www.tdjSportsZone.com](http://www.tdjSportsZone.com), please send them to [philhitson@yahoo.com](mailto:philhitson@yahoo.com). Tell your friends and family about the website and encourage them to register to "Become a Fan" of the KRRC team. Fans can post "High Fives" and "Cheers" to their favorite runners and can upload photos and videos from any races they've attended.

There's more! KRRC stories and photos will be added to the new page in The Daily Journal that's dedicated to community sports. The tdjSportsZone page is published on Fridays. The more we all participate, the more quarterly advertising dollars KRRC can earn from tdjSportsZone's Community Share program.

Set up your free account at [www.tdjSportsZone.com](http://www.tdjSportsZone.com) today by contacting Renee Hawley, CSD Sports Marketing Manager, at [rhawley@communitysportsdesk.com](mailto:rhawley@communitysportsdesk.com).

## **Ashley Can 5k: September 11**

Maureen Montgomery is putting together a race for her daughter's charity, "Ashley Can." The date is September 11, 2011. This is a great opportunity to volunteer and make a difference. Course marshals, timers, water station workers, and more are needed. Come on, club, let's do our part! Watch for more news in the next newsletter and on the website.

## **Some of Our Newest Members**

Tammy Agatone	Todd Kutemeier
Charles Balesi	Betty Peters-Lambert
Bryce Baker	Matt Marcukaitis
Gail Becker	Dr. Robert Martin
Colleen Borbely	Garrett McCue
Kristina Borden	Corinn Micheletti
Jamie Crane	Amy Nuxoll
Melinda Devenouges	Steve Page
Abby Diehl	Noel Peaslee
Marybeth Dummer	Pat Pierce
Jim Ferris	Jessica Prentkowski
Lindsay Fetherling	Terri Putnam
Cindy Gerard	Randy Riegel
Matt Glenn	Stephanie Quiney
Gena Gregoire	Cindi Reddish
Linda Hodges	Shawna Regnier
Floyd Hoffman	Jocelyn Robinson
Kelly Jensen	Mark Saffell
Brent Johnston	Jack Sarowatz
Scott Kendregan	

## **Pool Party and Cookout**

**Saturday, July 9, 2011**

1174 Fawn Circle, Manteno  
(The pres' house  
- as in Hitson  
not Obama!)

**2 p.m.**



The rib-meisters (known in modern society as Chuck Parsons and Kibet Rohno) will be grilling ribs, hot dogs, and burgers! Bring your own libations and a side dish or a dessert to share. A sign-up sheet will be posted soon at [www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com).

Be sure to bring your swimsuit.  
(Guys, please remember club rule  
# 5647389298576403 (clause b) ...  
No Speedos are allowed at pool parties.)

## App Happy

There's an app for pretty much everything these days. Here are a few healthy ones to check out.



### FitClick Mobile

If you're looking for help with your weight management endeavors, go to [www.fitclick.com/iphoneapp](http://www.fitclick.com/iphoneapp). You can create your own eating plans; log your meals, snacks, and exercise (The built-in database tracks your calories.); view fitness demos; and lots more.

### GoodGuide

Who doesn't want groceries that are good for you and good for the environment? With [www.goodguide.com/about/mobile](http://www.goodguide.com/about/mobile), you can scan product barcodes at the store (using your phone's camera feature) and get instant ratings on the food's ingredients and on the environmental impact of its packaging.

### Weber's on the Grill

It's summertime, and the grilling is easy with [www.weber.com/onthegrill](http://www.weber.com/onthegrill). It has a guide with cook times for popular on-the-grill foods, recipes, a timer, and even a grocery list.

## Assault on Sodium! (Get It? A Salt?)

Wanna get down with the recent sodium-slashing trend that's popular these days? Here are some of the latest companies getting in on the reduced-salt fun. (Yes, **FUN**.)



Subway has been making moves to offer foods with lower fat and calorie contents for a while, but the sodium has remained on the high side – which is not surprising, considering that deli meat, cheese, and bread all have significant amounts of salt. But, the chain recently exceeded its goal of reducing the sodium in its Fresh Fit sandwich line by 25 percent and cut the sodium in all sandwiches by 15 percent. Nice!

Pepperidge Farm has announced that 83 percent of its products are at least 25 percent lower in sodium than standard bread items, surpassing its initial goal as well.

And, one of the nuttiest companies around – Planters – is scaling back on salt, too. All of the Planters products are getting an average sodium reduction of 10 percent by 2012. Plus, there are light-in-sodium products in its NUT•rition line, including the Heart Healthy Mix (50 percent less sodium than standard Planters mixed nuts), Bone Health Mix, and Omega-3 Mix (no sodium at all)!



## Summer Birthdays

### JUNE

Day	Name.....Age
2	Arnold H. Rojo..... 55
5	Cindy Gerard..... 47
8	Paul Surprenant..... 64
10	Janine A. Rojo..... 14
13	Casey Koerner..... 16
15	Robert Pool..... 75
25	Dan Morse..... 52
29	Phyllis Smothers..... 61

### JULY

3	Terri Putnam..... 54
7	Jessica Prentkowski..... 25
7	Leon Malone..... 81
10	Deborah Renville..... 46
11	Marybeth Dummer..... 49
12	Paul DuFrain..... 17
14	Erin Richey..... 42
16	Patricia Horn..... 56
18	Jocelyn Robinson..... 33
22	John Benjamin A. Rojo.... 7
22	Rick Nally..... 42
26	Phil Hitson..... 42
28	Mitchell Kahl..... 16
29	Jen Rono..... 31
31	Colleen Borbely..... 26

### AUGUST

1	Jennifer M. Palacio..... 31
1	John Flynn..... 65
9	Maria DuFrain..... 48
11	Pat Pierce..... 56
13	Donna Koerner..... 55
14	Sarah Settles..... 29
14	Jack Sarowitz..... 47
14	James Rattin..... 55
16	Nancy Ruda..... 55
19	Dee Anna Hillebrand.... 48
20	Katie Hodak..... 33
20	Michael Biernat..... 63
24	Betty Peters-Lambert..... 53
26	Pat Baldwin..... 54
28	Kyle Kraetzer..... 33
29	Shirley Malone..... 80
30	Kelly Pierson..... 33
31	Teddi Steeves..... 12
31	Dan Gould..... 67

# Summer Is Here: 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 causes blood to be directed to the skin for cooling. The result is less blood for physical activity.
- The loss of fluid through sweat thickens blood = Blood is harder to pump
- 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 the compartments.
- 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

- If the activity is **less than one hour**, drink **water**. It's absorbed the fastest and doesn't upset the balance of other materials.
- If the activity is **longer than one hour**, use **a sports drink** to help keep other materials balanced.
- Do not use fruit juice or soda. Both have a high sugar concentration that can actually slow down the absorption of water.
- Stay away from anything with caffeine or alcohol. Both are diuretics (They increase urine output.) and cause 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.” If you do, you'll just urinate it out.
- Begin your activity with a “full tank.” An hour or two before you start your workout, drink about 16 oz. of fluid.
- The general rule: Drink 5—12 oz. every 15 minutes during activity. But, the only way to know for sure the amount of fluid that is right for you is to monitor your personal hydration under different conditions.
- Note: Perceived desire (thirst) does not keep up with need. If you wait until you are thirsty to drink, you've waited too long!
- 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.
- Acclimatization takes about two weeks.

## 4. You Also Need to Know

- The effects of humidity: Sweat only cools the skin **when it evaporates**. As humidity increases, less water evaporates, and 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.

# The Purr-fect Prescription “fur” Good Health

Sure, pets are great company, but research shows that they can also aid in recovery from heart attacks, help lower blood pressure and cholesterol, and improve emotional health.

So, if you want to improve your health, a pet might be just what you need. The Kankakee County Humane Foundation has many dogs and cats that need loving homes and are available for adoption. For more information, call Gayle at (815) 932-0182.

## Officers

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# Espresso Shortbread with Irish Whiskey Glaze

from Dan Bullock

## CAKE

- 2 sticks unsalted butter
- ¾ cup sugar
- ½ teaspoon coarse salt
- 2 cups flour
- 1 Tablespoon ground espresso or coffee

Heat oven to 325°. Stir butter, salt, and sugar. Mix in about half of the flour. Stir in the coffee and the remaining flour. Press into two buttered 8" cake pans.

Bake until golden brown, about 30 minutes. Remove from oven and immediately cut each pan into 8 wedges – but leave the cake in the pans. Cool completely.

## GLAZE

- ¼ cup sugar
- ¼ cup Irish whiskey
- 2 Tablespoons butter

Pour sugar and two tablespoons whiskey into a small saucepan and heat to boiling. Boil rapidly for one minute. Whisk in butter. Whisk in remaining whiskey. Let the mixture set to thicken slightly, about one minute. Spoon the glaze over the shortbread. Cool. When the glaze is set, remove the shortbread from the pans.



# Da Pres Says ... Have a Great Summer!

With summer here in full swing, here a few reminders.

1. Stay hydrated before and during your runs.
2. Get out and do some local races.
3. Have fun.

Be sure to include the club picnic in your activities. It's all happening on July 9 at my house in Manteno. We'll be e-mailing a reminder in a couple of weeks. And, don't forget to go to the "Club Picnic" page on our website ([www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com)) to let us know if you will be bringing a side dish or a dessert. We don't want to end up with 25 pounds of potato salad!

We are no longer shirtless! The new club shirts have arrived, and they look great. Many thanks to Rick Loving and the Shirt Committee.

Last but not least, a special thanks to Mark Saffell for his awesome design of the club's new website. Be sure to check it out at [www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com).

Have a great summer!

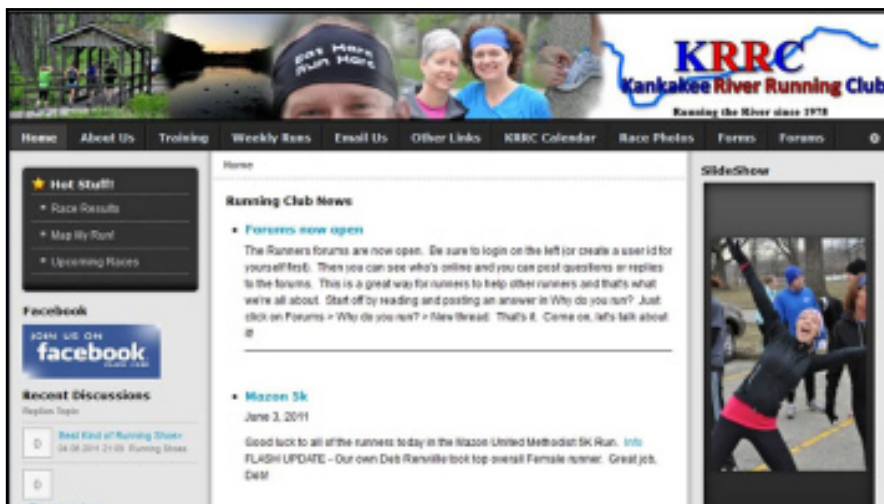
Phil Hitson  
KRRC President

# Our New Website Is Up and RUNNING!

Thanks to club member, Mark Saffell, the Kankakee River Running Club website has been completely overhauled and redesigned. Check it out at [www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com), and fill out a user ID so that you can post questions or comments in the newsgroup.

Mark says that some of the website's features will help new members "get to know" the club and bring all of us together. Here's a brief list of some of those new features.

- Short news updates (blogs)
- Training plans
- Interactive calendar of events
- Information about the weekly runs (Glut Hill and State Park)
- Race photos with links to race results
- Map My Run!
- Interactive user groups (forums) where you can ask questions and post your thoughts on common topics such as Why I Run, Good Vacation Runs, Running Shoes, and more.



Of course, there will still be links to Dave Bohlke's race results and upcoming race information.

Plus, Mark is working on adding online payment for memberships and dues and order forms for club shirts.

If you have any questions or comments, please contact Mark at [mark@kankakeeriverrunningclub.com](mailto:mark@kankakeeriverrunningclub.com).