

Fall 2011

KANKAKEE RIVER RUNNING CLUB

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Job Opening: Newsletter Editor

Dear Kankakee River Running Club Members,

At the end of this year, I will resign as editor of your quarterly (Well, that was the goal.) newsletter. While I have enjoyed the experience and the opportunity to share your stories, it's time to hand over the keyboard and mouse to a new writer and graphic designer. The time has come for a fresh perspective and look.

If you're interested or would like to learn more, please contact Phil Hitson, the club prez, at philhitson@yahoo.com.

Thanks again and see you at the races.

Lois Lane (aka, Nancy J. Ruda)



Out and About

This year, the Kankakee River Running Club helped support these local events with a financial donation.

- Winterfest 5k
- Kilbride Family Classic 5k Run for Autism
- Warrior Walk
- Duathlon 2011
- Kankakee Area YMCA 5k



Miss America

Congratulations to Kathleen Jensen!
She has run a marathon in all 50 states!

Perfect Pumpkin Pie

from Dan Bullock, Club's Official Dessert Chef

- 1 15-oz. can pumpkin
 - 1 14-oz. Eagle Brand milk
 - 2 eggs
 - 1 tsp ground cinnamon
 - ½ tsp ground ginger
 - ½ tsp ground nutmeg
 - ½ tsp salt
- 9-inch unbaked pie crust

Preheat oven to 425 degrees. Whisk pumpkin, milk, eggs, spices, and salt in medium bowl until smooth. Pour mixture into pie crust. Bake 15 minutes. Reduce oven temperature to 350 degrees and continue baking another 35—40 minutes or until knife inserted one inch from crust comes out clean. Cool and garnish as desired.

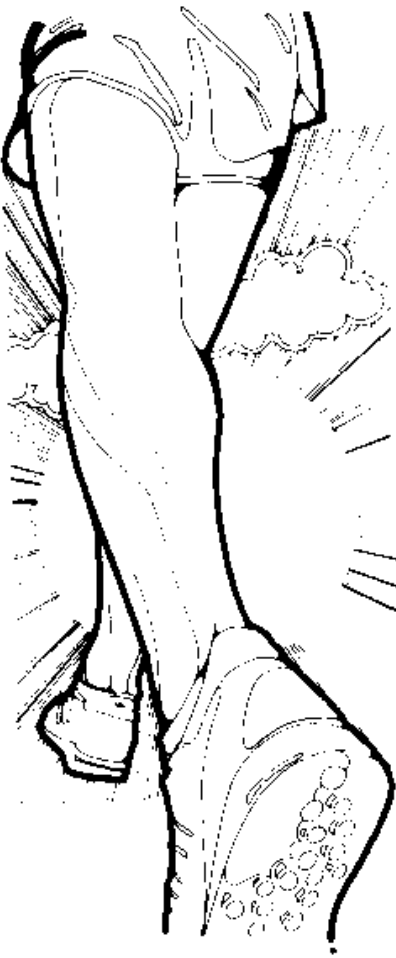


Welcome, New and Returning Members!

Craig Alberts
John Bevis/Family
Larry Bosley
Teri Boudreau
Nichole Dailor
Karen Dannenhauer
Holli Denault
Kristopher Denault
Nathan Denault
Don Gabriel/Family
Alison Gremer
Leslie Hart
Eric Helgeson
Pete Hinrich
Mike Janek
Denise Koranda
Jerry Kuntz
Kelly McCully
Alex Mombrun
Maureen Montgomery/Family
Donna Pugh
Ann Rouse
Justin Siemsen

“Dead Butt Syndrome” ... Don't Laugh, It's Real!

by Jen A. Miller, *The New York Times* (12/21/10)



I was at the finish line of the Ocean Drive 10-Miler in Wildwood, NJ. My butt, unfortunately, had died around mile 7.

“It’s dead butt syndrome,” the sports medicine doctor said to me after making me go through a series of circus-act contortions that involved swiveling my hips in all directions. His voice was very serious, his tone stern. I wondered if I should start making funeral arrangements for my rear ... maybe a big blowout or a parade? (No pun intended.)

But, Wait. Hold the tuba. My butt’s not really dead. While it can’t be revived with defibrillator paddles, but it **can** be fixed.

The technical name of the condition I have is gluteus medius tendinosis – an inflammation of the tendons in the gluteus medius, one of three large muscles that make up the butt. It’s a very isolated and painful injury that knocked me out of marathon training in January with stabbing pains in my hip.

It’s a symptom related to what running experts hammer at: the need for cross-training and strength training. I was running so much that I told myself I didn’t have time for the exercise machines or weights. So, I have no one to blame but (Again, no pun intended.) myself.

I’ve been running for five years, but I’d never heard of this problem. I ran (literally) it by a friend, a former track coach at the University of Pennsylvania, and he was baffled, too. I haven’t seen any coverage regarding the condition either, though the doctor said it’s fairly common with runners who train for half-marathons and beyond. (It took him five minutes to figure out the problem.)

“A new thought in running medicine is that almost all lower extremity injuries – whether they involve your calf, your plantar fascia, or your iliotibial band – are linked to the gluteus medius,” said Dr. Darrin Bright, a sports medicine physician with Riverside Methodist Hospital in Columbus,

Ohio, and medical director of that city’s marathon. “In the last five to 10 years, we’ve just realized how much of an important role the gluteus medius plays in stabilizing the hips and the pelvis in running.”

If you think of the pelvis as a cup, the muscles that attach to it, including the three gluteal muscles and the lower abdominals, interact in an intricate choreography to keep the cup upright when you run or walk. If these muscles are strong, the cup stays in place with no pain. If one or more of those muscles is weak, the smaller muscles around the hip take on pressure they weren’t designed to bear.

The cup still stays up, but at a price. First come muscle tears and inflammation, followed by scar tissue in the muscle. If left untreated, this process becomes a cycle.

“For people who have persistent pain, it’s healing gone wrong,” Dr. Bright said. “That gluteus medius isn’t firing the way it’s supposed to be. You’re getting an inhibition of the muscle fibers.”

Some of us run through the pain, which is what I did. And, many compensate by adjusting their strides in a way that impedes the gait and can lead to problems in the quads, hamstrings, Achilles tendons, heels, knees, calves, feet, or toes.

“Whether they’re recreational weekend runners or elite marathoners, the majority of runners I see have weak gluteus medius and gluteus maximus muscles,” said Dr. David Webner, a sports medicine doctor at Crozer-Keystone Health System in Springfield, Penn.

For about 70 percent of his patients, physical therapy that stretches the muscles in the hip and leg and strengthens the gluteus muscles, along with a temporary reduction in mileage and the intensity of running, resolves the problem. Deep tissue massage (which sends more blood to the area to break up scar tissue) along with strength training, may also help to break the cycle of inflammation and scarring.

More advanced approaches include tenotomy, which uses ultrasound to identify the affected muscles, or platelet-rich plasma therapy, which involves injections of centrifuged blood products and is what Tiger Woods underwent after his knee surgery.

Fortunately, I didn’t need to take it that far. I’m lucky – the pain ebbed with physical therapy and changing one of my weekly runs to a cross-training workout.

“Those runners who do multiple types of exercise are less prone to have weakness than runners who just run,” said Dr. Webner. “Triathletes who come into my office don’t have as much weakness as the solo runners.”

So, I'm biking. I row. I sweat through elliptical workouts at the gym.

And, I no longer have the feeling that a pin is stabbing my hip every time I drive. I can sit for than 30 minutes without pain. And last month, I ran the Amish Bird-in-Hand half-marathon and felt no more discomfort that you'd expect to endure running 13.1 miles through the hills of the Pennsylvania Dutch country.

To keep my rear alive, I must be vigilant about continuing to strengthen my lower abdominal and gluteal muscles. Last week, I slacked off, and the pain came creeping back.

Is it annoying to have to focus so much on these muscles to run? Absolutely. But if it'll revive my butt, it's worth every leg lift and crunch.

Note: Jen A. Miller is the author of The Jersey Shore: Atlantic City to Cape May.



Overheard

Two runners were looking at the application for the Turkey Trot 5k in Oglesby, Ill., on Thanksgiving morning.

RUNNER #1 We should do this 5k.

RUNNER #2 Dude, it's a 60-mile trip.

RUNNER #1 Yeah, but there's free beer at the end.

RUNNER #2 I'm in!

(Free stuffing and pumpkin pie, too!)



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Birthdays

OCTOBER

Day	Name.....	Age
1	Garrett McCue.....	15
2	John Burrell.....	17
3	Timothy McGrath.....	39
4	Diane Gerber	50
5	Daryl Meyer	52
5	Craig Alberts	55
8	Matt Marcukaitis	40
8	Dee Sarowitz.....	51
10	Brian Noffke	51
12	Rich Olmstead	60
13	Tammy Agatone	40
17	Scott Kendregan.....	42
21	Pete Hinrich	53
24	Maureen Montgomery ..	42
25	Sandy Frederick	45
27	Kelly Jensen	36
27	Elizabeth Keller	39
28	Dan Bullock	60

NOVEMBER

1	Alison Gremer	26
2	Floyd Hoffman	62
5	Bryce Baker	36
8	Donna Pugh.....	47
10	Drew Hitson.....	16
13	Nathan Denault.....	30
17	Michael Dailor	11
18	Stephanie McGrath	38
22	Kari Livesey	56
23	Linday Fetherling	27
25	Charles Balesi.....	80

DECEMBER

2	Sean Dailor	40
6	P.J. O'Connell	16
10	Mike Montgomery	45
18	Regan Kendregan	37
18	Julie Loving	43
20	Kirsten Steeves	48
23	Tracie O'Connell	44
27	Shawna Regnier.....	38