

Kankakee River Running Club Newsletter

January 2012 www.kankakeeriverrunningclub.com Volume 34, Issue 1



live to Run...
Run to live

JANUARY 2012

Chuck Parsons

2012 is going to be an outstanding year. The Running Club has gone from life support to nearly 200 runners in a very short period of time.

We have much to be thankful for with all the great members and congratulations to the new officers and crew.

We are going to try some new things with the newsletter. We put out the word and asked for suggestions and you came back with some outstanding ideas. More health related topics, more pictures, more suggestions for beginners and recognition of our members. We will try to do just that. Since we are in a new phase, it may take a little time but be patient and we will get the job done. And, oh yea, keep running!



UPCOMING NEWS EVENTS

Don't forget the *Sunday runs at the State Park* starting at 9am for the winter months, meeting in the parking area by the pavilion at the main ranger station entrance. Groups are also running on *Tuesdays and Thursdays at the ONU Snowbarger Park Running Path* (path around tennis courts and soccer fields) at 6pm. Rick usually puts out the word on this. Keep in touch through info on www.kankakeeriverrunningclub.com as well as the Kankakee River Running Club Group page on Facebook.



Another "don't forget" is the *February 3rd kick off meeting* at Legacy Bar and Grill starting at 6:00pm. This meeting will also serve to elect the new year's slate of officers. Come join the fun and get the particulars. RSVP on Facebook or the Running Club site.

RACE REPORT CORNER

Dan Gould

Dan Gould is a famous race reporter and past editor of the Running Club News Letter. Here is one of his latest. Dan is approaching his 800th road race and still going strong in his sixties! I won't report the exact number!

December 31st, the last day of year, took me to the starting line for the 37th time in 2011. I had gotten to the finish in each of the preceding 36 and I would this day, but not without some hesitation.

The 11th Annual Manatee River 5 Mile Run is held at Emerson Point Park, 195 acres situated at the mouth of the Manatee River just north of Bradenton. For details of this beautiful resource <http://www.baysoundings.com/fall02/adventure.html>.

This Bradenton Running Club race has some complicated logistics due to the parking area which is half a mile from the staging area. Packet pick up and chips are at the parking area along with some portable toilets. If you get to the staging area and find you left something in the car, you either do without or get in a bonus mile before the start. There was a bag check at the staging area, but I'm not sure how many runners knew about it. I certainly liked the bag check.

This race has a 9:00 AM starting time would have worked very well today when we woke up to a temperature in the 40's with low humidity, but Saturday was 60's and humid. I think I felt the humidity more than the heat. Yes, that is my excuse for the ho-hum time I was about to run.

The course begins on a two lane road on which we run most of the first mile. There is about a mile of winding trail - and I mean winding - on gravel and crushed shells before coming back to the road for the final three miles. With over 600 runners this year, that first mile on the road was very much needed to get the field spread and the faster runners clear of those who don't position themselves at the start according to their pace.

Most seasoned runners know the importance of seeding themselves in the field according to their ability and are courteous enough to do so. Some novices don't know and a few veteran runners lack courtesy. There is little excuse when it is a chip race with a starting mat. Your time doesn't start until you cross the starting mat and your finished will be based on "chip time," not "gun time." Well, that is how it is supposed to work.

The starting line is about 100' before a speed bump and Race Director Tom Orehowsky noted the hazard for those assembled. It was old news to me. The speed bump is the same color as the pavement and has white markings on the right side, the side that a vehicle would cross, but nothing on the left side. The first year I ran this race, I started on the left side, stumbled, but did not fall, and repeated that the second year. In addition to the absence of any



marking on the left side, you are still in the pack and your view is obstructed. I have avoided the hazard since the second year by starting on the right side.

I had counted heads for my age group and concluded I would not be bringing home any award. This is the Florida RRCA State Championship 5 miler and it draws some of the elite as well as the snowbird elite. I walked to the starting line with Ed Morgan who attempted to make some excuse about a lingering cold. With Ed, Charlie Grotevant, Lutz Hoffman, and Frank Davis there, the top three places were taken.

Tom sounded the horn and we were off. As I cleared the speed bump, I heard a runner or runners going down on the other side. Even knowing the hazard was there, it is still hidden for some. I don't know the extent of the injuries.

The field spread nicely for me and I turned on to the trail without a problem. The trail is just wide enough for three runners abreast. Ed Morgan came by saying something to the effect that this wasn't a serious pass, but I knew better. He would finish about a minute ahead of me and place third in the age group.

The mile on the trail is rather intense with the close quarters, numerous turns, and footing that, while good, requires attention. I was happy to exit the trail a little after two miles. It may be very scenic if you're out for a leisurely walk, but it is work in a competitive run.

About two and a half miles into the race, I recognized one of my favorite pacers, Ginger Farrell. Ginger and daughter Jordan were regulars at the races in past years, but Jordan went off to college in August and Ginger hadn't raced since Bill's Beer Run in October. Ginger had told me that Jordan has found more speed since last year and we would probably be behind her. We were!

Ginger's appearance was most timely as I was beginning to struggle. I needed focus and there's nothing like a cute blonde to give an old guy focus. The first couple mile splits had been ok, but I hadn't been able to run my target pace after the first mile. Indeed, I was twenty seconds a mile off at three miles and it wasn't going to get any better.

Charlie, by the way, wasn't having a good day either and I knew that because I could, from time to time, see him. If he was having a good day, that wouldn't happen. He would run 40:17 and finish fourth in the age group.

Somewhere into the fourth mile I came alongside Ginger for a brief time, but couldn't hang on and dropped back a few seconds. It was about the same time that we witnessed a runner down on a speed bump being attended to by three others and, after we finished, an ambulance came through the staging area headed that way.

I so wanted that finish line! Ginger had moved a few seconds ahead and I was running alongside another guy when the blue mats came into view. We surged, hit the mats, and turned off the watch and the legs - and realized the finish line and more blue mats were still ahead. I didn't care enough to ask the purpose of the first mats.

Likewise, when results were posted, I didn't ask why they were using gun time and not chip time. If you look at the results, the chip time is available, but awards were based on gun time. I don't know if cost anybody an award, but having a starting mat is telling runners that their race doesn't start until they cross that mat. There is no point in having chip time if you aren't going to use it.

When I finally got to the real finish line, my gun time was 40:54, six seconds behind Ginger's 40:48 that netted her a third in her age group. Now if they used chip time, I was only two seconds behind her. For complete results

http://coolrunning.com/results/11/fl/Dec31_11thAn_set1.shtml

We socialized, ate, and applauded those whose efforts placed them in the winner's circle. There were 631 finishers and, continuing an established trend, women were the majority with 328 compared to 303 men. It's a woman's world!

I look forward to another year of this running life in 2012, my 30th running anniversary and my 800th race. I hope that all of you with whom I have shared this running life will join me in the coming year.

Run for your life! -Dan



WHAT'S IN A LOGO?

Rick Loving, Social Director

This is a long story, it's a little about the running club, a little about me, and a little about another local runner. Last year the Running Club, as a group, designed, submitted, and voted on a new logo for the club. This logo is used on our literature and is the focal point of our club shirts. Little did I know how this simple thing would make me stand out from a crowd of over 20,000 runners.

Fast forward to a dark chilly morning in Orlando FL, it was Jan 7th 5:30am and I had just started running the Disney Half marathon. It was a brisk morning and I was wearing a long sleeve throw off shirt over my Running Club Singlet. I was running alone as my planned pace put me well behind the two fastest runners from the club who was there, but I was going to be ahead of the rest of the group. I figured that I would be running alone with just the comfort of other runners around me. It was a crowded start as I left the lights of Epcot and found myself slowly warming up while we ran the dimly lit connecting roads leading to the Magic Kingdom. By mile one, I was off pace due to the heavy running traffic and fell even farther behind as I passed mile two.

I settled in and found that even though I could still see my breath, I had warmed up enough to discard my outer layer. I pulled off my long sleeve and tossed it to the side of the road. Then the strangest thing happened, I hear someone behind me shout, or kind of ask... Kankakee River Running Club???

Much to my surprise I turn my head to respond and a few runners back, I see a familiar face. Although she is not currently a Running Club member, I recognized a local runner named



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Tammy Hellings (who is the Race Director for the Momence Gladfest 5/10K). As we recognize each other and confirm, her with a “Hey Rick” and me with a “Tammy?” we ended up running side by side.

Much to my pleasure, Tammy says to me “I saw the logo on your back and thought I recognized it.”

Tammy was planning on trying to hit a 1:45 in order to beat her previous PR of 1:46 so I offered to run with her as company and as a pacer. I had a very enjoyable run, getting the chance to chat with Tammy, and help motivate her along as we encountered pockets of runners as well as the multiple overpass hills. As we churned through the miles, staying slightly ahead of pace she even had the opportunity to run right up to Chip and Dale for a photo op. There happened to be no other runners in line and it only took a couple of seconds for a quick photo and then we were right back on track running.

As we ran past the 13 mile mark, we both pushed a little harder and ran through the finish strong. It was a great run, Tammy PR'd with a 1:42:25 (chip) and I came in with a 1:42:01 based on when we each crossed the start mat.

For me, the neatest thing was being over a 1000 miles away and mixed with 22,420 other runners and having someone find me because of being a proud member of the Kankakee River Running Club and wearing our colors....

HEALTHY CORNER

Chuck Parsons

Here you go runners. Some basic tips if you want improvement and by the way, weight loss!

Go Long

The longer your run, the more calories you burn. If you're not in the habit of doing a long run, add one to your routine every other week. "For beginners, a sensible way to build up is to add five minutes at a time," says Runner's World coach Budd Coates. More advanced runners who routinely log hour-long runs can work up to runs that are 50 to 100 percent longer than their typical weekday run. But build up slowly, so your total weekly mileage doesn't jump by more than 10 percent in a single week.

Go Faster

Speedwork is a great calorie burner, since you can cover more distance in the same period of time, says Coates. Run for 10 minutes at a comfortable pace. Then alternate running hard for one minute and easy for one minute, five times (or 10 minutes total). Over time add more hard minutes, or increase the hard running to two minutes with one-minute jogs in between.

Go Up

Running takes more effort, which means it burns more calories. Scope out routes with three or four noticeable hills, and run them once a week. Or try hills on the treadmill: After every five minutes of flat running, do a two-minute hill at three-percent incline. As you increase your fitness, increase the incline or the duration of the hill.

Go Double

Start the next part of your routine, such as your core exercises or strength training, immediately after you're done running. (No stopping for a 15-minute chat with a buddy and letting your heart rate return to normal.) By doubling up, "you're extending the period of time that you're highly active," Coates says. And the calories tick off faster.

BIRTHDAY REPORT

Day	January	Age
4	Cindi Reddish	57
4	Christy Schriefer	32
5	Daniel Gerber	53
5	Paul Hillebrand	17
5	Rae Hillebrand	19
5	Ethan McGrath	17
6	Steve Harder	32
8	Steve Page	39
12	Rick Livesey	59
14	Dr Robert Martin	42
17	Kristina Borden	27
17	Matt Glenn	30
19	Brent Johnston	39
22	Kristen Swanson	14
23	Hope Regnier	15
23	Brad Swanson	48
25	Joe Lyons	19
25	Chuck Parsons	63
28	Joyce Grotevant	70
29	Eric Helgeson	39
29	Aiden Taylor	8
29	Dianne Strufe	72
31	Randy Riegel	57

Day	February	Age
6	Gerry Kilbride	74
9	Jennifer Harder	33
10	Colin Koerner	19
12	Roger Smothers	62
14	Michelle Baldwin	56
14	Nancy Hitson	41
18	Charlie Grotevant	70
19	Marlena Tharnish	32
21	Chris Walsh	50
24	Judy Kilbride	73
26	Marianne Surprenant	55
28	Holli Denault	29

Day	March	Age
2	Robert LeMaire	60
4	Jeff Chiero	59
4	Ken Goodwin	53
4	Rod Kahl	47
7	Larry Stringer	47
12	Alex Mombrun	16
12	Theresa Morse	58
13	Mark Saffell	54
14	Kyle Dailor	9
15	Linda Hodges	68
15	Michael Regnier	12
16	Melinda Sutherland	60
16	Mark Walsh	57
18	Denise Koranda	39
22	Elaina Sais	11
25	Abby Diehl	26
25	Katelyn Harder	13
25	Ken Klipp	63
26	Hannah Bevis	18



Happy Birthday all!

OTHER NEWSLETTER AND WEB SITE INFORMATION

If you have ideas or items you would like to see covered in future editions of the KRRC Newsletter, send them to info@kankakeeriverrunningclub.com.

Newsletters will now be archived on the Running Club web site, but you must be an Active member and be logged into the site in order to view them. On the site you will see the form below on the bottom left side of the front page. If you don't already have a User Name, click Create an Account. You will be required to provide a live email account where you will receive an email that you must click in order to verify the account. This additional step keeps our site clear of "internet robots". You may get a warning message until the web master has had a chance to physically verify your account request. This message is part of the system, and I promise it's not meant to be harsh, I can't change the wording. Once verified, you will have access to special user areas including newsletters and other blogs and user forums. If you have forgotten your User Name, click the link to have it reset. And in case you didn't know, you can renew your membership and pay your dues online now on the web site through your PayPal account or with MasterCard / Visa if you're not a PayPal member.

Login Form

Active KRRC club members can log in below using the User ID and password you were provided when you joined. If you need a reminder of your user ID or to have your password reset, click [here](#).

User Name

Password

Remember Me

[• Create an account](#)

MEMBER SPOTLIGHT

Board Member Phil Hitson

As we know Phil is our president. This is his best pose giving a report and leaning on a grill. We had a great summer party at his house in Manteno. Phil has a lovely wife and two sons. Not only is he a fine runner but a Tri Athlete. Thanks to Phil for helping the club grow!



BOARD MEMBERS

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