

Kankakee River Running Club Newsletter

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live to Run...
Run to live

APRIL 2012

Chuck Parsons

It's hard to pick opening topics for the newsletter but this month I thought I would give a stab at what does running mean? The answer became easier as I thought it through. Just think for a bit about what it would be like if you did not have running in your life. I really can't do it as it has meant a host of friends, a world of experiences and a way of life. If I were to erase that I think there would have been a major void that I don't know how I would have filled. Sure there are ups and downs in the training, but if you have ever hit one of those "runner highs" it is hard to explain to people what they are missing. Yet one of the greatest thrills I have had from running is when my son looked at me and said, "Thanks, Dad, for making me run!" I may have never gotten that if I had not started myself. It's all worth it so keep running!

Reminder: The next Running Club meeting is Friday, April 13th at [Legacy](#) on Rt. 50 at 6:00.



OPEN ARTICLE OPINION

Mark Steffen

Mark Steffen is the leader of the Kankakee River Bike Club. He posed the open opinion below to the board of the Kankakee River Running Club and we are running it here for you to read. We may discuss this at the next meeting.

"It seemed those at our last meeting (during the "high" from the Century) thought we should get more "club like" organized, for the purpose of leading our community to the road (or path, depending upon tire width) to the wonders of bicycle riding. I am one of those. My personal hang-up is creating another administration when we already have a running and tri club. I think there is a waste in over-lap and use of valuable resources (\$ and volunteers) for redundant activity. Many complain about the same conduct exemplified in our taxing political subdivisions. We already have a long successful running club and an up-and-coming triathlon club; do we need another administration or do we really just need another group, focused as we are, on an element of physical recreational activity. I made the pitch to the other clubs a year or two ago and got little negative feedback, but no real invite either. It seems so logical. I think most of you that show for rides or show other interest in the bike club are or were runners, and by definition Triathletes do both. We have to work to stay connected, so why not just be connected. Logical and beneficial. One administration, one tax id, one insurance, one newsletter, one organization and website to access all, but with groups of special interest and focus with natural and easy cross over and access to like persons. If money is the issue, funds

could be kept separate and earmarked to each focus group, or something. I'd like to give the idea one more chance."

SUNDAY RUNS UPDATE

Rick Loving, Social Director

Sunday morning runs at the State Park. Last Sunday was DST time change and in the past we have coordinated the start times of various runs with DST. Since DST came early this year, Chuck and I asked the group who was running last week about changing the start time to 8:00am this upcoming week or leaving it at 9:00am. The group unanimously voted on 9:00am through at least the month of Apr. Since so many runners are also reporting early to get in additional mileage for upcoming halves or fulls, it is most likely that groups will be starting at a variety of times between 7:00-9:00am.

If want to run on Sunday morning, plan on 9:00, if you are looking for something earlier, check on Facebook for anyone posting an earlier start.

As always, IF POSSIBLE, if you start earlier than 9:00am, try to plan your turnaround point to be back near the parking area around 9:00 to pick up anyone who wishes to run with you starting at 9:00am.

We can address the start times again during the upcoming April 13th club meeting and see if we want to change to 8:00am on May 6th or a different date.

Additionally, there was a suggestion last year, that was brought up again, about hanging an Arrow sign in the parking lot to tell anyone showing up late which direction the group has decided to run.

I will be picking up the signage for this and getting it up in the next couple of weeks. (unless someone else wants to take care it?)

RACE REPORT – CHICAGO MARATHON 2004

Daniel Gerber

It's an event that can strike determination and pride in most people who have participated - the Chicago Marathon. I remember waking up early every Sunday morning to head out to the Kankakee River State Park to prepare for this event. I began my training, beginning at 12 miles and gradually working up to 21 miles of continuous running. I enjoyed meeting the other runners and walkers along the bike path, seeing Jeff and Marcia's Lonergan smiling faces; hearing Rich Olmstead say he thought he'd never see me out here this early on Sunday; or seeing Kenny Klipp or Dan Gould and the rest of the KRRC doing their own Sunday ritual. Did you know that if you start at Davis Creek and run all the way to the other end- to the archery

range and back again which is 21 miles, it is possible to see 52 squirrels, 7 rabbits, and 2 deer? I did one morning when I got bored while training and decided to keep track while I ran.

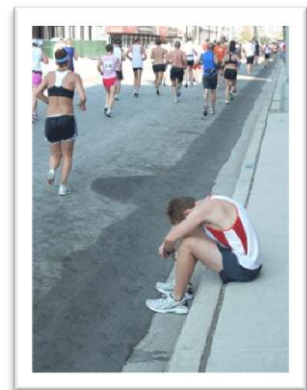
The morning of the event, I was determined not to miss the Metra train as I had a couple years before and had to run a marathon before the marathon to try to make the race on time. Two friends from work, who were also running, were waiting for me on the Metra as it left the station for Grant Park. The trip was quite eventful as the train was packed with both runners and spectators and war stories flowed like the Amazon, with yours truly adding to the flow.

It's hard to describe the feeling of exhilaration when the horn goes off to start the race and you begin to make your journey of pain and determination with 40,000 other runners over 26 miles. The first 5 miles you feel dwarfed by all the tall buildings as you wind your way through the Loop heading north towards Lincoln Park. The only thing I can say about our arrival at Lincoln Park is the race organizers need to make the Port-A-Potties look like trees because it seems most runners preferred to use a



tree to relieve themselves. Being a Cubs fan, when I do the Chicago Marathon I normally like to wear some Cubs baseball attire- not so much because I love the Cubs so much (even though I do) but as a result of the positive reaction I get from the rowdy spectators you encounter between Belmont Ave. and Addison. But countering that is the slightly less positive feedback I encounter a couple hours later when we run past U.S. Cellular Field- home of the White Sox. But any kind of feedback is good feedback while you are running 26 miles. I love all the bands and celebrations each part of Chicago has to offer the runners as they make their way through each district toward their goal at the finish line. At the beginning of the race the runners are full of energy with a lot of yelling, jumping up to touch the banner you pass under at the beginning of the race, and a lot of camaraderie. As the miles wear on, you can see and feel this energy being slowly sapped away and by mile 22 or so when

a lot of runners have hit the legendary "wall", there is nothing but stone silence and sweat and determination to complete the goal. Some people's minds play tricks on them too. My friend from work, Lemont, running in his very first marathon told me when he saw the last mile marker, even though his legs were drained, he decided to give it one final kick. He said he felt like he was flying along until he saw some girl pass him and she was walking! But the dragon at China Town, the Spanish dancers in Pilsner, Elvis on Broadway, the cheerleaders at University of Ill. Circle Campus, and of course the male cheerleaders with their hairy legs along with countless bands and the kids slapping you "five" as you run by help keep the adrenalin going.



One year while running the marathon, I especially liked the show girls along Clark Street doing a rather raunchy routine, they were starting to look pretty good until another runner beside me

noticing my interest started to chuckle and said, "They are cross dressers from the gay bars here on Clark." I think I picked up the pace very noticeably for a while after that! This year, the showgirls were absent, but we were entertained by the "Village People". I still picked the pace up anyway, nonetheless. The racecourse was slightly different this year than in years before. For one thing, it extended farther north to Addison (deeper into Cubbie land which is a good thing). We also ran the last 2.5 miles on Michigan Ave. instead of Lake Shore Drive. I kind



of missed not running through the tunnel at McCormick Place like we used to on Lake Shore Drive. When you hit the tunnel, you knew you were going to finish even if you had to crawl. The entrance to the tunnel looked like the gates of heaven opening up to me, but once in the tunnel, it was dark like I was in the other place- where bad runners go! But Michigan Avenue had many more spectators and they were very vocal about how you were definitely going to reach the finish line. Don, my other friend from work told me he

had a little over a mile left to go, but he was just plain beaten. He began to walk, with his head down and spirit broken. Some lady, who he'd never seen before, carrying a sign began to yell at him to get running and that he wasn't going to quit. He said she ran after him all the way to the next water stop with that sign ready to whack him with it if he started walking again. Don said that he ran the rest of the way to the finish line with his spirit revitalized.

Even after 7 marathons, when I cross the finish line, it seems like all sorts of different emotions try to surface at the same time. It is one of those things that I can't describe; you just have to finish one to see what I mean. I would recommend a marathon to anyone who wants to challenge his or her body, mind and sole. With my medal around my neck, I head back to the gear check tent, to reunite with my friends with my spirit feeling like William the Conqueror, ready to take on any challenge but my body saying maybe tomorrow!

If you have never attempted a marathon before, I hope this article inspires you to try one someday. If you have done a marathon, I hope that maybe you relived some memories from your own marathon, just as I have while typing this. But for now, see you at the races!

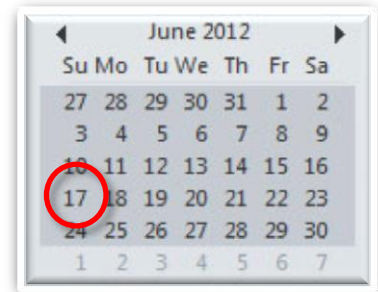


THE KILBRIDE

Gerry and Judy Kilbride, Event Co-Founders and Co-Coordinator

On behalf of the entire Kilbride family, we would like to thank the Kankakee River Running Club for your assistance and dedication to the Kilbride Family Classic over the past 16 years. We truly could not have this wonderful and meaningful event without you by our sides.

Which brings us to news about the 17th Annual Kilbride Family Classic. As sure as Father's Day comes on the third Sunday of each year, so does the record-breaking Kilbride Family Classic 5k Run and 2-Mile Walk for Autism. This year's event on June 17th will be as exciting as ever!



Cobb Park is the center of activity for the run and walk, both of which wind participants through the many beautiful streets of the Riverview Historic District. Last year, we were truly delighted to have 1,370 runners and walkers of all ages and abilities and lots of enthusiastic children for the Kids Dash. It was our largest event to date!

Most importantly, we raised over \$25,000, which was donated to the Kankakee Valley Chapter of the Autism Society of America and to the national research and advocacy organization, Autism Speaks.



Autism affects the lives of over 1.7 million children and adults in the United States. As most of you know, our grandson Scot was diagnosed with autism over 15 years ago. He

has come a long way, but he is not cured.

As a family, we have dedicated our run/walk as a tool to raise funds to help raise awareness of this spectrum disorder, to provide educational tools, and to find a cure.

We're looking forward to seeing all of you on June 17th – whether as participants, helpers, or spectators. Why not make it a family affair and organize a team?

The Kilbride family truly believes that there is a cure for autism. Together, we will find that.

HEALTHY EATING FOR RUNNERS

Originally published in the October 2011 issue of Runner's World

Strong Finish

Pastry Chef Gesine Bullock-Prado, a 4:15 marathoner

After baking cookies, cakes, and pies at her award-winning bakery near Woodstock, Vermont, all day, Gesine Bullock-Prado, 41, can't wait to lace up her running shoes. "I run my ass off, literally," she says. She



runs for more than just weight management. About 15 years ago her mother, a marathoner, was diagnosed with cancer. "I was caring for her, and one day while she was resting, I ran around the neighborhood where she trained. It was a way of connecting with that part of my mother. Somehow I just went on running."

At the time Bullock-Prado was living in Los Angeles and developing film projects for a company she started with her sister, the actress Sandra Bullock. Glamorous, yes, but she hated the job and the city. "One thing I loved to do was bake, which was also something my mother loved," says Bullock-Prado. "Running and baking became a form of escape for me."

Running emboldened her to make other changes. In 2005, she and her husband moved from L.A. to Vermont, where she started Gesine Confectionary, a commercial bakery. Since then, she's published two cookbooks and a memoir, and completed four marathons with a PR of 4:15. "I'd be a runner no matter what I did as a job," says Bullock-Prado. "But I couldn't be a baker without running. By the time I was done developing recipes for my book, Sugar Baby, I'd eaten so much sugar that I felt just bloated. I started training for the Marine Corps Marathon and ran it all off."

This year, on the heels of finishing her latest book, Pie It Forward, she's training for the ING New York City Marathon, which she'll run to raise money for the American Cancer Society in memory of her mother, who died in 2000. "My goal over time is to raise \$64,000, a thousand for every year of my mother's life," she says. "I want running to be more than just about being fit. What I cherish about running is being part of a community of people running for love and for hope."

To nourish that community, Bullock-Prado writes a food blog for runners, including recipes that are irresistible and good for you. "When you're training, you want your calories to deliver all the nutrition you need to power a run," she says.

"While some desserts depend on butter, sugar, and refined flour, others like muffins, cookies, and breads are perfect candidates for a healthy makeover." Here's how Bullock-Prado turns sweet nothings into runner-friendly fuel.

Switch to whole grain

Whole-grain flour delivers more than three times the fibre of refined and releases its energy over a longer period of time. "Start by replacing half of the refined flour in a recipe with whole-grain flour," says Bullock-Prado. If you like the taste and texture, try switching out more refined flour for whole wheat. "Whole-wheat flour sops up more moisture, so you may have to play with the liquid ratios," she says.

Go bananas (or zucchini)

To retain moisture without adding calories from fat, try replacing butter or oil with applesauce, shredded zucchini, or mashed bananas or black beans. "Bananas and applesauce are great in dessert breads," says Bullock-Prado. "Black beans are the

perfect healthy addition to brownies and fudge, since both are dense, dark, and chocolaty." In addition to being low in calories and fat, beans deliver plenty of vitamins and minerals, fiber, and protein.

Replace sugar with agave

Agave nectar, which comes from the agave plant, is sweeter than sugar, so you can use less of it in a favourite recipe. "Agave has a mild flavour profile with a lower glycemic index, so it's often a better choice than honey or maple syrup, which both have strong flavours that may change the taste of a recipe," says Bullock-Prado. "I've found that it's great for things like banana bread or zucchini bread."

Splurge on great chocolate

For chocolate desserts, buy the best chocolate you can find. "Skip grocery-store brands of baking chocolate, which are awful," says Bullock-Prado. Instead, pay a little extra for high-end brands like Callebaut or Valrhona, which are made from the highest quality cocoa and contain less added sugar and a fuller, richer flavor.

Race Ready

Gesine Bullock-Prado will turn to carb-and protein-rich foods to fuel up for the ING New York City Marathon.

Night before

"I crave a curried lentil and chicken stew. It contains chopped kale, tomatoes, garlic, whole-wheat penne, and two poached eggs," says Bullock-Prado. "It's my dinner of champions—a comforting meal that contains slow-burning carbs, just enough vegetables, and protein."

Race morning

"Since I'm often in a hotel the morning of a marathon, I bring foods I can store easily and eat quickly. Usually that means a bowl of thick, rolled oats with milk and a sliced banana. And coffee. Lots and lots of coffee."

Mid-race fuel

"I stick with the tried-and-true products, like Clif Shot Bloks, Gatorade, and Sport Beans."

Post-race fuel

"I know I've got to get some fuel in me, so I rehydrate with coconut water, which replaces electrolytes, and also have a banana for a nice shot of calories. Both are very gentle on my stomach, which is usually not all that happy with me right after a race."

Post-race meal

"Pizza and beer. Every time," says Bullock-Prado.



Day	April	Age
2	Pamela Powell	48
2	Sarah Soleall	39
4	Larry Burton	52
4	Rick Lagacy	38
6	Gail Becker	39
6	Larry Forbes	55
10	Mike McCully	38
14	Mary Kilbride	41
18	Emma Bevis	16
18	Nichole Dailor	38
18	Ryan McCully	12
18	Kibet Rono	43
18	Ron Ruda	65
20	David Bohlke	66
21	Nadine Morse	19
23	Jake Montgomery	12
24	Ellen Burrell	44
26	Ryan Loving	19
29	Kathleen Jensen	58
30	Mark DuFrain	43

Day	May	Age
1	Cameron Alden	41
1	Phil Newberry	50
5	Gena Gregoire	30
15	Rhonda Swanson	41
16	Jamie Crane	32
16	Kevin Dockemeyer	26
16	Kyle Dockemeyer	26
16	Jordan Sieling	15
16	Justin Sieling	15
19	Corinn Micheletti	41
20	Kristopher Denault	33
21	Chris Duval	57
23	Jennifer Casino	32
23	Noel Peaslee	54
24	Elizabeth Schroeder	42
26	Randy Devore	64
26	Drew Parsons	29
27	Richard Loving	42
31	Dorene Mohler	52

Day	June	Age
1	Cheryl Bevis	47
5	Cindy Gerard	48
6	Stephen McCully	15
13	Casey Koerner	17
13	Tony Swafford	33
15	Robert Pool	76
16	Jim Ferris	42
20	Justin Siemsen	9
23	Charles Navarro	32
25	Dan Morse	53
26	Tammy Hellings	32
29	Phyllis Smothers	62



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,

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](#)

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.

MEMBER SPOTLIGHT

Mark DuFrain

This is our second member highlight. It is usually hard to pick people out to put in the spotlight, but not in this case. Mark DuFrain is a new member (one who has been in the club after the year 2000) ☺, but he seems like a founder. Mark is the good looking guy on the left. This picture depicts Mark best as he is a great friend to all and I believe this picture shows that very spirit. He has a



wife, Maria and a son, Paul. Mark will travel almost anywhere to do a race with his friends. You know Mark by his sense of humor and his abilities to out eat and out laugh most of the crowd. His motto for life is seen in the picture at the left and in our masthead on our website. If you



have one of his original running club shirts you have a collector's item and should care for and cherish it. "Markie" is a most valued member. His best race is almost all of them but his worst came when he stayed up with friends drinking beer until closing and then ran a 1/2 marathon the next day not knowing if he could keep it all down. Of course the running club does not advise this training program! But we do advise getting to know "Markie!"

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