

Kankakee River Running Club Newsletter

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live to Run...
Run to live

JULY 2012

Chuck Parsons

Now I don't want to sound like your mother but we have to talk a little about running safely. Do you run in the dark? If you do, do you wear a light reflecting vest. Shame on you! Are you females running in isolated places alone? What colors do you wear on high traveled roads? Think about what you are doing and how you can improve on your overall safety. If you run in a new setting do you go with someone who knows the territory? These are issues that don't always come to mind but should.

Here are some general rules to ponder:

- ✓ Run against traffic to see what is going on
- ✓ Don't wear headphones
- ✓ Wear bright clothing
- ✓ Look both ways
- ✓ Carry identification
- ✓ Carry a cell phone
- ✓ Buy Road ID
- ✓ On long runs carry water or stash it

BIG RULES! When running if you become dizzy, nauseated, or stop sweating - STOP RUNNING!

OK those are some quick thoughts. Now get out there and BE SAFE!

RACE REPORT – ILLINOIS HALF MARATHON / MARATHON / 10K

Daniel Gould

There was nothing in the foreplay for Saturday's Illinois Half Marathon that led me to believe I would cross the finish line shouting "YES, YES, YES!" My training had been inconsistent and mileage minimal, but I did not expect to be walking parts of the last couple miles, baby-step jogging my way across the finish line, so distracted that I had failed to make my bib visible which got the immediate attention of a finish line marshal. I should have slept in!

This was the 4th annual running of the Illinois Marathon / Half Marathon / 10K / 5K at the University of Illinois in Champaign-Urbana. The 5K was run on Friday evening and there were

over 5,000 finishers. The marathon and half marathon started in waves at 7:00 A.M. on Saturday morning and the 10K started at 7:45 A.M. All the events finished on the field in Memorial Stadium. Charlie and I did the half last year and thought it was a quality event with room for improvement.



Wave starts for the 8,643 half and full marathoners eased the congestion.

Chuck and Diana Parsons and Linda Hodges and I had driven down on Friday morning for packet pick-up and the race expo. This race has the chip-in-the-bib technology so all we had to do on race day was get to the starting line on time.

The race day forecast was not good and my 4:00 A.M. check of TWC confirmed the forecast. There was a line of T-storms moving across central and northern Illinois. This could be a long drive for breakfast. My morning weigh-in was equally discouraging. After a 4-5 pound weight loss in six weeks, my first week back in Illinois had me up a couple pounds. Every pound is a few seconds per mile. Phooey!

With Charlie's move from the farm to Pontiac late last year, we did not connect for the drive to the race. Chuck and Drew Parsons were my traveling companions this year and I was at their door at 4:45 A.M. for the ninety minute drive.

After getting through the rain, wind, thunder and lightning, we were in the parking lot west of the Assembly Hall 45 minutes prior to race time. The rain had stopped and the temperature was 45 degrees. I reluctantly donned a shirt and had enough active brain cells to put band aids on the nipples. Bloody nipples take away so much of the pleasure of running. I debated at length before deciding I would also wear a windbreaker. Although most of the race is in an urban area and there are ample wind blocks, the wind was up and we would be exposed for a couple miles about six miles into the race.

After a short wait for the port-a-pottie, I made my way to the starting line thinking how fortunate Cindi Reddish was to be looking at the starting line from her window at the I Hotel and not having any wait for the bathroom. She also had husband Dennis and son Mark as support crew on their bikes.

Drew, also running the half, and Chuck, running the 10K, had gone ahead and I didn't see them until after the race. As I made my way to the corral for my wave, I encountered Charlie talking to a neighbor and was introduced. Charlie was seeded in the wave ahead of mine.

Charlie, who has had a number of "breathing episodes" this year, has been wearing a monitor / transmitter since his first week back in Illinois. The good news - bad news is that he hasn't had any episodes and certainly didn't want one this day.

He told me that he had seen Coach Carol and gotten a good luck kiss. That is SO Carol! I was the one who needed the kiss! If Charlie can breathe, he is awesome! A kiss from Coach Carol, of course, might take my breath.

My first six miles were very comfortable, running about nine minute pace. Miles 7-10 were a little slower, but still good. Somewhere in those miles I felt the right calf began to tighten and at 12 miles I started walking. After walking most of the 12th mile, I tried "baby-step" jogging which didn't put a lot of strain on the calf. I took a couple walking breaks, but managed to jog across the finish line in 2:11:50, a personal worst. I suffered the humiliation of being beaten by Barbara House.

For those of you who like numbers, the four events had 15,904 finishers of which 9,224 were female and 6,680 were male. Only in the marathon were there more men than women.

After getting some refreshments (food line moved well this year), I made my way to the Dan van where Chuck and Drew were playing with their electronic devices - and starving. I shagged them out of the van while I changed clothes and we went in search of "breakfast." Chuck doesn't like breakfast food and I must say I wished I still burned calories as I did in my youth when I saw the shake that Drew got. While the 45 degrees worked well for running, the damp chill had my hands around a coffee cup. We found something for everyone at Steak N Shake.



Chuck, the 10K Kid, and Drew after 'breakfast'

The Lake Run 12K this Saturday was on my calendar, but, if I'm there, it will probably be as cheerleader / support crew / photographer. Someday the calf will heal - AGAIN! - and I will race again.

Run for your life!

-Dan

HOW MUCH TO RUN

From Running 101 by Matt Fitzgerald



Here's how to choose the right number for you.

Frequency—or *how often you run*—is one of three fundamental variables of training. The other two are duration (*how far you run*) and intensity (*how fast you run*). Research shows a person needs to run at least a couple of times a week to get any progressive benefit from it. Many elite runners run as often as 14 times per week. How often should you run?

There is no single right answer to this question. While considerations such as your goals, life schedule, and running experience can and should be used to establish boundaries of too much and too little running frequency for you, within these boundaries you can choose any of a number of different running frequencies based on personal preferences and needs and get the results.

The Minimum

Let's first consider the boundary on the bottom end. The most important piece of advice I can give you in this regard is that it is necessary to do some form of exercise almost every day to optimize your general health. Every man, woman, and child on earth, whether a competitive or recreational runner, whether a runner at all or a non-runner, should aim to exercise every day. The research is very clear on this score. If you exercise daily you will have lower risk of chronic disease, be leaner, and live longer than if you exercise just a few times a week.

This doesn't mean you have to run every day, however. If you care about running enough to seek some form of progress, you need to run at least three times per week. On the other days you can swim, do yoga, lift weights, whatever. However, if you choose to run only three times per week—and if, again, you care enough about your running to want to improve—you need to make those runs really count. Most weeks those runs should be a tempo run to develop intensive endurance, a speed workout to build speed, and a long run to increase raw endurance. The popular FIRST marathon training program developed at Furman University prescribes a weekly training schedule comprising the three types of runs just mentioned plus two cross-training workouts. In my opinion this system defines the minimum effective training protocol for runners.

The primary reason to run only three times per week is to minimize injury risk. As we all know, running has a high injury rate, and the rate of injury increases with running volume. Many runners cannot run every day without getting injured. If you are such a runner, or if you simply fear getting injured if you run daily, then stick to a schedule of three to four purposeful runs plus a few cross-training workouts per week and feel confident that you are not sacrificing any of the performance you would get from running daily (presuming you actually could run daily without injury).

The most common running frequency for non-elite competitive runners is six to seven times per week (that is, daily with one scheduled day off or daily with rest days taken only as needed). I don't know of any research addressing the matter, but my experience-based belief is that some runners are better off running daily and not cross-training, others are better off running three or four times a week and cross-training on non-running days, and many runners are able to fare equally well on either schedule. Use factors such as your durability (can you handle daily running?) and your personal preferences (would you rather chew glass than do any form of exercise besides running?) to set your personal routine.

Running Twice Per Day

Only the most serious runners habitually run more than seven times per week, which necessarily entails a certain amount of doubling, or running twice a day. Personally, I think more runners should consider it, as some magical things can happen when you push your running volume beyond the amount you can practically squeeze into one run a day.

There's a simple rule that runners can use to decide whether or not they should double: If you plan to consistently run more than 70 miles per week, double at least once or twice a week. The rationale behind this rule is that every runner's training schedule must include some easy runs, and if you try to pack more than 70 miles into just six or seven runs each week, none of those runs can be very easy. You can double if you want to on a schedule of fewer than 70 miles per week, but it only really becomes necessary when you run more.

As you continue to add mileage to your weekly schedule, continue to add doubles as necessary to keep your average run distance from creeping above 10 miles. So, for example, if you run 100 miles a week you should run at least 10 times.

Ease into doubling by inserting one or two very short, easy runs into your schedule. Gradually increase the distance of these runs and add more doubles until you reach your weekly mileage target, but keep the pace easy in all of these extra runs. Never try to perform two hard runs in a single day.

Some runners do an easy run in the morning and a longer and/or faster run in the evening. Others do the opposite. It's a matter of personal preference.

TAPER TIME

Jennifer Ward Barber, originally published in the November 2011 issue of Runner's World

After three or more months of hard marathon training, you'd think runners would embrace the R&R of the taper. Not always. Both veterans and newcomers often find it difficult to scale back their mileage, kick up their feet, and coast into race day. "Runners have to understand that they won't be fat by Thursday or lose their fitness by Sunday," says Janet Hamilton, M.A., C.S.C.S., an exercise physiologist at Running Strong in Atlanta. "One of the best gifts you can give yourself is well-rested legs on race day." To get those rested legs, coaches typically recommend a taper of

two to three weeks. Whether you're aiming simply to finish your first 26.2 or to nail a time goal, here's how to navigate those final weeks so you arrive at the starting line raring to go.

THREE WEEKS OUT

Because the taper follows a fatigue-inducing period of high mileage, you'll likely welcome these first days of cutting back. Reducing your total weekly volume by 20 to 25 percent during this week gives your body a chance to recover from all that hard work by restocking depleted glycogen supplies and repairing tissue damage. The combination of decreased mileage and increased rest can be invigorating—expect to feel excited, anxious, or both, says Cindra Kamphoff, Ph.D., associate professor of sports psychology at Minnesota State University.

RUN IT: Reduce the distance (or time) of each of your runs by 20 to 25 percent—so, for example, if you were running five miles during your shorter midweek runs, run four; if you ran 20 miles for the previous week's long run, run 16. Perform most of your runs at an easy pace. "If you run everything at or near race pace, you're bludgeoning your body," says Hamilton. Runners targeting a time goal should do three to five miles at goal pace during a long midweek run—key workouts like this will keep your body and mind tuned into race pace. Rest two days.

TWO WEEKS OUT

Welcome to no-man's-land—with 14 days to go, both your training gains and race goal may seem distressingly far off. During week two of your taper, you'll reduce your mileage an additional 20 to 25 percent, which gives you plenty of free time to fret. "You might start doubting your ability this week," says Kamphoff. Counter it by looking through your training log to see how far you've come, and how much your fitness has improved.

RUN IT: Reduce each of your weekly runs by an additional 20 to 25 percent. Run everything easy. If you're targeting a time goal, do the following key workout during one of your longer midweek runs, says Jesse Kropelnicki, head coach at Your262.com. Warm up for 10 to 15 minutes, then run one mile at 30 seconds faster than marathon race pace, followed by one mile at 30 seconds slower than race pace. Repeat two to four times. "During the final two to three weeks, it's important that any speed work be as race-specific as possible," says Kropelnicki. Chill out for two days.

HEALTHY EATING FOR RUNNERS

Originally published in the June 2012 issue of Runner's World

Portobello Mushroom and Asparagus Pasta

Phillipe Forcioli

Mushrooms and asparagus provide B vitamins, and pesto contains heart-healthy, unsaturated fat. "*The pesto will keep in the refrigerator for a week*" says Forcioli.

2/3 cup pine nuts



20 large, fresh basil leaves
2/3 cup parsley
1/2 cup extra-virgin olive oil
1/4 cup Parmesan cheese
4 whole, peeled garlic cloves
Kosher salt and black pepper to taste
1 1/2 pounds shell or bow-tie pasta or tortellini
32 medium asparagus spears, chopped into bite-sized pieces
1 tablespoon olive oil
2 large portobello mushroom caps, sliced (remove gills with a spoon)
4 teaspoons chopped parsley

Make the pesto by pureeing the first seven ingredients till medium smooth.

Boil a pot of salted water. Add pasta.

Five minutes later add asparagus. In a saute pan, heat olive oil over medium heat. Add portobello; cook till tender [seven minutes].

When pasta is cooked, strain it and asparagus, reserving 1/2 cup of the cooking water.

Transfer pasta and asparagus back to the pot along with half of the reserved water. Mix in pesto. Drizzle with remaining water, and top with portobello and parsley. Serves six.

CALORIES PER SERVING: 763

CARBS: 92 G

FIBER: 8 G

PROTEIN: 21 G

FAT: 35 G

PHILIPPE FORCIOLI, 48, executive chef at Cliffbreakers Riverside Resort in Rockford, Illinois, ran the Los Angeles Marathon in 5:09 in March. It was his 25th 26.2. "I love the continuous dialogue you need between body and mind to have a successful race," says the French-born chef. Up next? November's New York City Marathon. He's finished it 13 times. "If I can run my 15th by 2015, I gain entry for life!"

RUNNING CLUB PICNIC

Phil Hitson

Now set for July 28th at 2PM at Phil Hitson's House (same as last year) 1174 Fawn Circle, Manteno, IL. The club will supply meat. *Please bring a side dish and whatever you want to drink.* There will be a raffle for a bean bag game.



MEMBER SPOTLIGHT

Ken Klipp

OK, who invented the Kankakee River Running Club?

That's right, Ken Klipp. Now what do you say about this legend? A very hard job so let's start with the easy stuff. He has a wife, Charlene and two sons Dan and Marty. I have run with Ken more Sundays than I can count with he and Rich Olmstead at the State Park even at eight degrees when it was not popular. I think we can safely say 20 plus years. Consequently, I know him enough to say he is one outstanding guy *even though he leans left.*

He has coached at Bishop Mac for enough years to have coached my son and countless others who hold him in high esteem. A role model extraordinaire!

But don't forget his running accomplishments. They are extensive and are too many to delineate. How about the fact that he was an NCAA champion for Eastern Illinois University and competed at the Drake Relays? If you ask him his greatest running accomplishment try this one on for size; he has run six consecutive miles at a sub 5 minute pace. Who else have you met that can throw that stat in your lap!

Don't hold it against him that he loves Country Western. I'm told his favorite song is; *It's Hard to Kiss the Lips that Chewed My Butt all Day.*" Thanks Ken Klipp for be a runner and a friend!



KNOW YOUR MEMBERS



Maureen Montgomery



Rich Olmstead



Club Members at Pause for Patriotism

MEDICAL DEVICE FOR RUNNERS

The CryoCup is a state of the art Ice Massage tool for the treatment of strains, sprains, muscle spasms, pain and inflammation of osteoarthritis and other musculo-skeletal conditions. The **CRYOCUP™** - a patented simple-to-use ice applicator - reduces the time it takes for soothing cold to penetrate into muscles and begin relieving the aches and pains of muscle strains, sprains and tendinitis. **Costs \$13, available at cryocup.com. Great for applying ice exactly where you need it.**



BIRTHDAY REPORT

Day	July	Age
3	Terri Putnam	55
5	Jackson McCully	6
7	Leon Malone	82
7	Jessica Prentkowski	26
8	Teri Boudreau	52
8	Paul Surprenant	65
9	Bill Burrell	46
9	Hamish Seegers	26
10	Deborah Renville	47
11	Marybeth Dummer	50
11	Brian Pritchard	45
12	Paul DuFrain	18
13	Ann Rouse	42
13	Dana Wagner	30
15	Kevin Douglas	40
16	Patricia Horn	57
17	Jessica Drozda	27
17	Don Gabriel	48
18	Jocelyn Robinson	34
19	Julie Sieling	41
26	Phil Hitson	43
28	Mitchell Kahl	17
29	Christian Gabriel	14
29	Patrick Gabriel	14
29	Jen Rono	32
30	John Bevis	49
31	Colleen Borbely	27

Day	August	Age
1	John Flynn	66
4	Kim Patrick	47
4	Patrick Quiney	29
6	Kim Gabriel	46
6	Melanie Meents	23
9	Maria DuFrain	49
11	Pat Pierce	57
13	Donna Koerner	56
14	James Rattin	56
14	Jack Sarowatz	48
16	Nancy Ruda	56
19	Dee Anna Hillebrand	49
20	Katie Hodak	34
24	Betty Peters-Lambert	54
26	Pat Baldwin	55
28	Kyle Kraetzer	34
29	Shirley Malone	81
30	Elizabeth Sais	10
30	Kelly McCully	34
31	Dan Gould	68
31	Teddi Steeves	13

Day	September	Age
1	Leanne Panozzo	46
1	Mike Sonnevile	41
2	Kyle Hitson	15
4	Kelsie Kahl	19
5	Ashley Montgomery	21
6	Melinda Devenouges	39
7	Michael McGuckin	60
9	Karen Dannenhauer	47
10	Marge Flynn	66
13	Skyler Aldrige	7
13	Larry Bosley	66
13	Mike Janek	30
15	Elyse Sais	9
16	Todd Kutemeier	41
18	Mia Steeves	11
18	Amy Stroo	31
21	Leslie Hart	36
21	Brian Shreffler	42
21	Michelle Walsh	59
22	Lilly Aldrige	14
22	Ryder Aldrige	14
23	Jerry Kuntz	57
26	Kathy Meyer	52
28	Nick Rodgers	33
29	Kerry O'Connell	50
30	Kim Aldrige	35
30	Ellen Stringer	47



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](#)

BOARD MEMBERS

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