

Kankakee River Running Club Newsletter

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live to Run...
Run to live

JANUARY 2013

Letter from the editor - Chuck Parsons

We made it to 2013 and we now have a new president in Rick Loving and we wish him the best of luck. We know he will be enthusiastic. But first we have to give a big thanks to our past president Phil Hitson who almost single handedly pulled the club out of the doldrums. Sure, others helped but you can't minimize Phil's contribution. It seemed like each weekend at the State Park brought out about four die hard runners and we would decide the date and location of the Christmas Party with a phone call from Ken Klipp on Tuesday that it would be Thursday at such and such location; "be there or be square!" Look at where we are now. Trail running groups, large numbers at the Park not to mention the Tuesday and Thursday night run groups. It is a fact that the club impacts the lives of many of you and that we have accomplished much.

How about the Running for Randy Race that helped a fellow runner with a donation of more than \$4000! That my friends is inspiring in itself. I hope we can keep up that effort in the future. As you know Randy was a regular at the State Park for many years and suffered an unfortunate stroke. He is deeply appreciative of the clubs efforts and knows what can be done when we stick together. The Club is very involved in at least three races that help support the financial backbone of the club and support great causes that include; Winter Fest, Ashley Can, and Pause for Patriotism. Please put them on your calendar for 2013. Come out and run knowing that you are not only helping yourself but are supporting others!



See you out there running!

Chuck Parsons
Vice President/Editor
KRRC

CLUB DUES

Hey members don't forget that your 2013 dues are now payable. A single membership is \$15 and family memberships are \$25. You can pay your dues on line at the KRRC website or mail them to: Dave Bolhke at 833 S Leslie Ave., Kankakee, IL.

SPORTS NUTRITION

By Leslie Bonci

*Originally published in the August 2012 Ask The Sports Dietitian section of Runner's World online
<http://www.runnersworld.com/nutrition-runners/alternatives-gels-and-sports-drinks-during-marathons>*

Alternatives to Gels and Sports Drinks During Marathons

I used to do fine with gels and sports drinks during marathons, but recently they have begun to disagree with me. Are there any alternatives I can carry during a marathon so I don't throw up?

– Nancy

Great question, Nancy. Nothing worse than GI distress during a race. One of the things I tell my athletes is that LESS is MORE.

Sometimes it is not the gel or drink, but the quantity consumed. So you may want to try reducing the amount to see if that helps.

Also, a sports drink is a dilute carbohydrate—15 grams per 8 ounces of liquid, whereas a gel is more concentrated—28-30 grams of carbohydrate in 1 ounce. So you may want to have more water when you have the gel and see if that helps.

Second- What NOT to pair. A little carb during a marathon is good thing, but too much may be a recipe for GI disaster. Rule of thumb: 30-60 grams of carbohydrate every hour AFTER THE first hour, and you can try 30 grams, not 60. However, I would definitely experiment during training runs.

So, if you really want to try something else, here are some suggestions.

New research on raisins during workouts shows that they compare well to commercial carbohydrate supplements.

You could also try a little packet of honey or honey wands, or even a few sugar cubes instead of the gel.

Do be aware that the sports drinks and gels provide carbohydrate and electrolytes. So if you choose raisins, honey or sugar cubes, you may need to supplement with a sports beverage for the fluid and electrolyte, OR water and some salt. A little package of sea salt can be eaten as is, or added to water.

One other thing to consider: Sometimes, the taste of sweet is not as appealing during the race, so consider something more savory instead. You could try a few oyster crackers or Goldfish and see how they sit, or even a savory-flavored gel (GU has several).

And even though raisins were used in the study, you could experiment with other dried fruit: dried mango (sweet/tart), tart cherries, and dried cranberries may be options.

Bottom line: There is no one right way to do this, and you really should work on knowing your gut in training runs. You will come up with the list of keepers, and throw-aways, and then become a member of the GOOD GUT CLUB on race day.

– Leslie

Have a question for Leslie? [E-mail her](#). (Please write "Ask the Sports Dietitian" in the subject line.)

NOTE: Due to the volume of mail, we regret that Leslie cannot answer every e-mail

KNOW YOUR MEMBERS

By *Tracie O'Connell*

Ok folks. Here is some inspiration for you and at the same time you can get to know who we have in this outstanding group!

In May 2008, the Kankakee County Health Department had a program to promote heart health in women. It was a one day seminar & during the seminar we were given the opportunity to put our names in a drawing to be part of a biggest loser competition. 6 teams of 6 were drawn and assigned to various gyms around town. I was lucky enough to have my name drawn & was assigned to a team at the YMCA. It was a 6-week competition, and at the end of the competition, the winner from each team would get a 1-year free membership to their gym. Wanting to be the winner was the spark I needed to get me on the path to weight loss. I won on my team & received my membership to the Y. I continued to go to the Y and even enrolled in a more biggest loser contests there. The competition was good for me - it made me accountable and gave me a drive to keep going.



At my first weigh-in in May 2008, I weighed 298. By January 2009, I was down 100 pounds, and by August 2009, I was down 140 at 158. This is the weight I maintained (within 5 pounds) for the next couple of years. When I started losing weight, I thought it would be so cool to get to 149 pounds, so that I could say I had lost 1/2 myself. In September 2011, Mark helped me reach that goal.

The first night of the biggest loser competition we had to walk 1 mile as fast as we could as part of a fitness test. I remember leaving that night thinking I was going to die - from WALKING a mile, Don't get me wrong, I walked fast (again wanting to win), but still, a mile should not have killed me. 15 minutes of aerobic activity and I was done.

I joined the KRRC in the spring of 2010 wanting to get more involved in running. I had never been thin or athletic in my life, and, that's what I love about running, it makes me feel like an athlete. I didn't do much with the club in 2010 other than attend a meeting and walk at the park on a Sunday morning once. I decided to attend the Christmas party in December of 2010, not knowing that my running routine was about to change big time! Along with some other great people, I met Mark Saffell at that meeting. I found out that he too was interested in doing triathlons, something I was interested (yet terrified) in giving a try. We decided to start training together right away & off we went.



It had been a goal of mine to finish a 5k in 28 minutes. I had finished one in under 30, but usually hung around the 32 minute area. I remember telling him that if he could help me get to a 28 minute 5k, he'd have a friend for life. In 2011, I finished 2 5ks under 29 minutes and 1 in under 28! So, guess what, poor Mark is stuck with me! Along with many 5ks, we have completed 2 half marathons and many triathlons and duathlons since our meeting in December 2010 (and I can't believe I'm saying this), we've registered for a marathon later this year. Running does not come naturally to me, I will never be fast, and I can't say that I love it while I'm doing it. But, I do love how I feel when I finish a race & accomplish a goal.

RACE REPORT

By Chuck Parsons

Each month we try to get someone to put a report about one of the races that they have run. We have had reports from Dan Gould and Kathy Jensen just to name a couple. I did not receive any this month and would encourage you to e-mail your experience to the Running Club. So I am forced to report one of my races which is not an attempt to control the topic here but to get you thinking about other venues.

In January I ran the Naples Half Marathon. For you non-snowbirds that is on the West Coast of Florida in a rather upscale neighborhood right on the gulf. It is ranked as one the top 1/2 Marathons in the country by Runners World and it draws world ranked runners. Do you recognize the names Kiprano Kurgot and Kibbiebe? Well they were there. This is a very flat course running through neighborhoods with multi-million dollar homes, banyan trees and water views.



Last year I did Disney and the entry was more than \$150 while this year the Naples run cost me \$35. What a contrast. Long runs such as this are not my forte so I refuse to mention my time. You smart guys will figure it out.

It was rather warm this year and the humidity was high so the following picture says it all. You will notice the two water bottles being thrust at me and the one in my hand. They figured there was so

much pain there that they were needed. The race was won by Kiprano Kurgot in a time of 1:03:37. I don't think I was far behind but can't swear to that.

Would I do this race again? You bet and there are already plans working for next year. The beast in my age group won in some ungodly time of 1:34:00 I think? So if you have aspirations that you will come down to get an age group award you had better do your best training. Oh, there were well over 2,000 runners in this race which made it large but not overwhelming. I still have mental tattoos going through my head of the houses passed along with the ornate surroundings. Perhaps I should run slower so I could have taken them all in.



You should consider this race if you are ever in the neighborhood.

Lastly, Dan Gould and Cindi Reddish were local runners also in the race. I had old (emphasis added) Dan for the first 11 miles and then his superior training for this distance took over. He was just showing off for all the people he knows in this race as he has done it for over 10 years. That says something.

RACE TRAINING

By Alex Hutchnson

Originally published in April 2012 at Runner's World online at <http://www.runnersworld.com/race-training/surge-protector>

Back in 2008, Galen Rupp set a record that doesn't show up on his USA Track & Field bio. He ran a workout alternating 200 meters in 30 seconds with 200 meters in 40 seconds, and completed 24 laps. The previous record for the "30-40" session, according to Oregon legend, was 18 laps by Steve Prefontaine. For a runner of Rupp's caliber, a 200 in 30 seconds (roughly mile pace) doesn't present much challenge. What makes the workout so special is the speed of the "recovery."



Photo by AP Images

Even for Rupp, 40 seconds is no jog. This form of brisk recovery run is sometimes called a float workout.

By keeping the recovery quick—but below threshold—you'll maintain very high lactate levels throughout the run, without pushing it so high that you have to stop. As Krista Austin, Ph.D., a physiologist who works with elite runners, explains, the body responds by learning to move lactate more quickly out of your muscles and into your bloodstream, where it can be disposed of or reused as fuel. The payoff: You'll recover from midrace surges without slowing down.

Float workouts can include intervals ranging from 100 meters to several miles, making them a useful tool for anyone racing distances between 5-K and the marathon. The workouts repeatedly take you across your lactate threshold, which means the recovery is always slower than tempo pace. Do one float workout a week for three weeks, then scale back to doing one every two or three weeks. Here are a few ways to build your surge protection.

MONA FARTLEK

Steve "Mona" Moneghetti, a four-time Olympic marathoner for Australia, used to run this fartlek workout every week or two. By tweaking the float pace, he could focus on endurance (quicker float) or speed (slower float) at different times in his 26.2 buildup. Run the effort between 5-K and 10-K pace and the recovery at marathon pace or slightly faster.

RUN IT

2 x 90 seconds with 90 seconds recovery
4 x 60 seconds with 60 seconds recovery
4 x 30 seconds with 30 seconds recovery
4 x 15 seconds with 15 seconds recovery

CANOVA K'S

Italian coach Renato Canova, who coaches top Kenyan athletes including Chicago Marathon champ Moses Mosop, uses this workout to develop endurance at marathon pace. Run it every two weeks during a marathon buildup. Be realistic about the paces corresponding to your fitness, and focus on increasing the pace of the recovery as your fitness improves.

RUN IT

1000 meters at half-marathon pace, followed by 1000 meters at marathon pace. Repeat three to six times.

OREGON 30-40s

First introduced by Oregon coach Bill Dellinger in the 1970s, this workout is a rite of passage for runners. It's ideal preparation for a 5-K but can also fit into mile and 10-K preparation. Once or twice a season at most, use this workout as a mental and physical test. Don't cheat: Once you fall off pace on either the fast or slow section, you're done.

RUN IT

200 meters at mile pace followed by 200 meters at 10 to 15 seconds slower than mile pace. Aim for six to eight laps.

OUR NEW SOCIAL COORDINATOR

Stephanie Rogers

I want to take a moment to introduce myself as your new Social Coordinator. My name is Stephanie Rogers, I am a 4th grade teacher here in the area and have recently found a love for running. Actually, on January 1st, I celebrated my 2 year anniversary as a runner. I never would have imagined ever calling myself a runner. I want to share with you this thrill I have for running and show you what you can accomplish in this sport. I want my passion to become yours! I started in one place as a runner and have literally worked my butt off to get to a new level which I talk about in my blog <http://journeytobeme-stephanie.blogspot.com/>.

I want you all to know that running is a great way to make the best friends, work out, and be pushed to be better than you ever imagined. The great thing I have found in this sport is that it really comes down to me; it is always my choice if I run, if I push myself, and how far I go. I look forward to sharing with you my story and learning yours. I look forward to the many miles to come and the memories ahead. Remember we all started somewhere and we want you to come at the level you are at! The only thing I ask is that you come with an open mind and positive attitude! Here is to a great year to come!!

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit." – George Sheehan

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about." - Patti Sue Plumer, U.S. Olympian

2012 6 PACK SERIES

Rick Loving – KRRC President

Congratulations to all the participants of last year's 6 Pack Series. We had 29 club members' sign up for the competition to see how they could score against each other. The purpose of the challenge is to promote the running club, support the running community, and support its members. For 2012 members got credit for being at the event, the distance associated with it whether they ran it, volunteered to work it, or were there in club attire supporting the event or fellow runners. Since this challenge was open to any and all running events, we tried making certain local races worth more "points" by allowing key events to score more by multiplying the event points or distance points.

FEMALE PLACE	NAME	SCORE	CATEGORY	MALE PLACE	NAME	SCORE	CATEGORY
OVERALL FEMALE	Kathleen Jensen	89	Event Points	OVERALL MALE	David St Peter	74	Event Points
		533	Mile Points			342	Mile Points
1st Place Events	Diana St Peter	73	Event Points	1st Place Events	Kibet Rono	65	Event Points
2nd Place Events	Julie Loving	54	Event Points	2nd Place Events	Ken Goodwin	60	Event Points
3rd Place Events	Tami Brinkman	54	Event Points	3rd Place Events	Dan Bullock	49	Event Points
1st Place Miles	Teri Putnam	356	Mile Points	1st Place Miles	Rick Loving	358	Mile Points
2nd Place Miles	Jessica Prentowski	292	Mile Points	2nd Place Miles	Mark Dufraim	298	Mile Points
3rd Place Miles	Deb Renville	185	Mile Points	3rd Place Miles	Rick Lagacy	297	Mile Points

If a participant scored 25 events or more they qualify for a free T shirt and if they rank as Overall, 1st, 2nd, or 3rd place finish they get to pick from an assortment of prizes. This allowed for some serious competition. Overall there were 193 different events supported and more than 3,829 miles logged. You can see the all the stats and events at www.KankakeeRiverRunningClub.com under the 2012 6 Pack Series link.

The awards are choices of \$15 Gift certificates from the following vendors... Dicks Sporting Goods, Tern of the Wheel, The Ride, Chicago Dough as well as choice of 1 Year Free Individual KRRC membership or \$15 in KRRC Credit for Apparel.

Overall winners get to pick four awards, 1st place gets three awards, 2nd place gets two awards and 3rd place gets to pick one award.

Winners of KRRC Shirts are ..

Dave and Diana St Peter, Rick and Julie Loving, Mark and Michelle Walsh, Tami Brinkman, Dan Bullock, Mark Dufraim, Matthew Glenn, Ken Goodwin, Pete Hinrich, Kathleen Jensen, Mileen Joines,

Rick Lagacy, Tim McGrath, Tracie O'Connell, Rich Olmstead, Chuck Parsons, Jessica Prentowski, Terri Putnam, Deb Renville, Kibet Rono, Mark Saffell, and Mike Sonnevile.

2013 CIRCUIT CHALLENGE

Rick Loving – KRRC President

You are being invited to participate in a uniquely different club event for 2013! Over the last few years, the previous 6 Pack Series has grown and changed in order to accommodate the changes that we have been pursuing as a club. The NEW and improved 2013 Club Circuit Challenge has a bunch of things that are the same as last year, but just as many new and exciting changes to help promote the Kankakee River Running Club. It has been designed to support races that support our club through KRRC Membership race discounts, support member directed local races, and allow EVERY club member to be competitive, regardless of your race frequency or distances raced.

ALL IT TAKES IS PARTICIPATION TO WIN!!!

Awards will be..

\$35 in prizes for Overall Male/Female

\$30 for 1st Male & Female – in both Events and Miles division

\$25 for 2nd Male & Female- in both Events and Miles division

\$15 for 3rd Male & Female- in both Events and Miles division

Getting credit for at least 12 events will qualify you for a FREE club T Shirt, additional prizes and awards will be given for top scores in Event Scoring and Mileage Scoring. There will be 8 awards presented at the end of the Challenge. Ties in a single category will be ranked based on total number of AG place awards for the listed events.

There will be a registration fee of \$10.00 to join the KRRC Club Circuit Challenge payable via Paypal thru the link on the Website (Register online here), mailed or turned into any Board Member. See details at: <http://www.KankakeeRiverRunningClub.com>

Races will still be submitted via email or mail, same as last year and tracked on a spreadsheet accessible through our website at <http://www.KankakeeRiverRunningClub.com>

* You DO NOT have to RUN in the Event to get credit for the event!!!

You can turn in the race to get credit for the event as part of the Circuit if you....

- Are the Race Director or Asst. race director at a listed event on the website.
- Volunteer as Split timer, water station, or timing chute at a listed event on the website.
- Volunteer for registration work or other specific race duty at a listed event on the website.
- Submit a picture of yourself at the race wearing KRRC apparel like a club shirt, jacket, hoodie, or other item with a KRRC logo. This can also be validated by other club members and is subject to approval.
- Once part of the Challenge, any volunteer or club support entries must be submitted in a timely manner, and no old events can be submitted past 9/1/13. Please review your standings in the event by visiting the club website and email any updates to KRRCclub@GMAIL.com or turn them in to a board member at an event or meeting.
- Must join the KRRC Circuit Challenge before 9/1/13 to qualify for Awards.
- You get credit for one or the other, as a registered participant OR volunteer/documented club support. You cannot claim the event in both participant and volunteer on events in the same

day/venue unless you are multi-registered participant and actually run both events and have a verifiable race result. As a volunteer/club support you will only get the credit for one event during a same day multi-event . (ie work a 5K/10K event, you would get credit for the 5K, the KRRC Board will make final decisions on all submitted events).

- Registered runners with verifiable race results will get credit for the event and miles raced. Volunteers and documented club support will get credit for the event but 0 miles.
- The KRRC Board of Directors will update all results for registered runners after each event. A participant only has to submit their events if they were a volunteer or documented club supporter wearing KRRC apparel.

* Races MAY BE ADDED/REMOVED/UPDATED from this list any time. We will send out an email to all Circuit Challenge participants as soon as we add/or remove an event to the Circuit.

See races currently listed by clicking here: [KRRC Circuit Race List](#)

There are situations that could possibly arise that would require the board to modify, change, or interpret details listed in the above statements. This would be in an effort to improve or correct any adverse situation discovered during the course of the Club Circuit Challenge. The KRRC Board reserves full discretion for any changes that may occur without prior notification to participants based on decision of the acting Board of Directors.

BIRTHDAY REPORT

Day	January	Age
2	Kellie Alden	43
4	Cindi Reddish	58
4	Christy Schriefer	33
5	Daniel Gerber	54
5	Ethan McGrath	18
6	Steve Harder	33
12	Rick Livesey	60
14	Robert Martin	43
17	Kristina Borden	28
17	Matt Glenn	31
22	Kristen Swanson	15
23	Brad Swanson	49
25	Chuck Parsons	64
27	William Uelman	33
28	Joyce Grotevant	71
28	Brian Werner	43
29	Eric Helgeson	40
29	Dianne Strufe	73
31	Randy Riegel	58

Day	February	Age
6	Gerry Kilbride	75
8	Andé Wegner	34
9	Jennifer Harder	34
10	Colin Koerner	20
10	Jennifer Rodgers	33
12	Roger Smothers	63
14	Nancy Hitson	42
14	Kati Rainbolt	37
18	Jenna Brooks	28
18	Charlie Grotevant	71
19	Barb Southard	47
19	Marlena Thamish	33
21	Chris Walsh	51
24	Jackie Hernandez	54
24	Judy Kilbride	74
26	Marianne Surprenant	56
27	Teri Gamino	43

Day	March	Age
3	Ayden Aldrige	10
3	John Varvel	27
4	Jeff Chiero	60
4	Ken Goodwin	54
4	Dan Harris	55
4	Rod Kahl	48
5	Matthew Brooks	30
7	Larry Stringer	48
11	Tiffany Dummer	29
12	Alex Mombrun	17
12	Alicia Stone	42
13	Mark Saffell	55
14	Kyle Dailor	10
14	Katie Swafford	33
15	Linda Hodges	69
16	Scott Pringle	41
16	Melinda Sutherland	61
16	Mark Walsh	58
18	Diana St. Peter	44
22	Aidan Stringer	15
24	John McGarey	44
25	Katelyn Harder	14
25	Ken Klipp	64
26	Hannah Bevis	19
26	Meggin Wilson	31
27	Pat Koerner	51
27	Stephanie Quiney	31

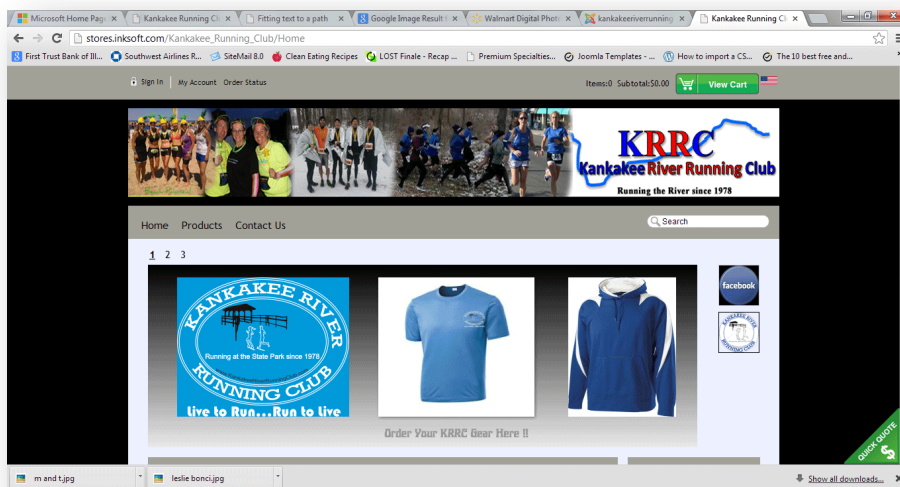


OTHER NEWSLETTER AND WEB SITE INFORMATION

Mark Saffell, website manager

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.

You can now order clothing online through our partnership with Premium Specialties. If you are logged into the website (see information below for login instructions), you will see the new option in the Hot Stuff menu for KRRC Logo Clothing. Once there you will see the new store where you can shop and place orders in a number of categories with our logo.



Thanks to Dave O'Connell at Premium Specialties and Mark Dufrain's hard work in getting this done (and for pushing me to get it done on our site).

LOGIN INFORMATION

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](#)

UPCOMING EVENTS

The next KRRC club meeting will be held at Beef O'Brady's on Feb. 22nd, at 6:00 PM.
All are welcome.



BOARD MEMBERS

Rick Loving, President: ral1963@comcast.net
Chuck Parsons, Vice President: capdrew@comcast.net
Drew Parsons, Secretary: dcplawman@gmail.com
Dave Bohlke, Treasurer: dbohlke@yahoo.com
Stephanie Rogers: blonchic9@aol.com
Mark Saffell, Website Manager: mark@KankakeeRiverRunningClub.com
Mark Dufrain, Trustee: dufrain225@yahoo.com
Matthew Glenn, Trustee: matthewglenn5@gmail.com
For general club questions: krclub@gmail.com



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