

Kankakee River Running Club Newsletter

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live to Run...

Run to live

JUNE 2013

Letter from the editor - Chuck Parsons

I'm always trying to find things to keep you folks interested in what we put down here so this may be some random thoughts this month;

Try to support local races first! That has become my mantra. Why go to Chicago and pay for parking, sometimes twice, when you have packet pickup. You are usually supporting a local charity when you race local. I

remember when the races were sparse in our area and now we seem to have one every weekend. Try to keep them going.

Don't forget the Kilbride Family Classic. A great event, a great charity and it's LOCAL!



I would like to report that Good Shepherd Manor will hold a 5K Trail Run in September for all you trail run enthusiasts. It will be the 15th at 1pm. I know there are awesome hills and some on-road too. It is the day after their festival and I hear the food will be grand.

At the end of the letter is the basic information about the Friendship Festival 5K which will be organized by the Running Club and the membership will benefit from its profits, So make sure to come out and support this event. It's LOCAL!

Chuck Parsons
Editor
KRRC

Post-Race Must Dos
Runners World

1. Keep walking letting your heart rate gradually return to its resting state--rather than stopping abruptly---helps flush lactic acid from your muscles to jump-start the repair process.
2. Use tools: a 10- minute cold water bath, compression tights, and a foam roller that can help reduce inflammation. (Watch a tutorial).
3. Resist the road--Though you might be itching to run the next day, tame that temptation. If you must do something, cross-train. After that, test the waters with an easy run.

Doing too much too soon can lead to injury!

Overdoing it on Exercise

January 30, 2013 – Julie Deardorff, Tribune Newspapers

Most people who exercise find a way to work it into their lives. Robert Silvers of Marshfield, Mass., organizes his life around his exercise.

When Silvers recently told his wife that, sorry, he didn't have time to help fix her computer, she reminded him that he had just spent an hour and a half at the gym after running 10 miles. "But that's non-negotiable," he replied. "It's fixed into my schedule."

Exercise is something most people don't get enough of. But for some dedicated fitness enthusiasts, working out can turn addictive.

Though there's no formal diagnosis, therapists consider compulsive exercise a behavioral disorder, one that can cause lasting physical harm or interfere with daily life. Excessive exercising is difficult to identify and treat because it's easily rationalized as a healthy behavior. The symptoms, however, are the opposite of what an athlete strives for: increased fatigue, injury, irritability and problems with work and relationships.



Too much exercise may also be surprisingly hard on the heart. A recent study published in Mayo Clinic Proceedings suggests that while moderate exercise prevents many common diseases and improves health and longevity, extreme endurance exercise, such as marathons and Ironman distance triathlons, can cause structural changes and damage to the heart and large arteries.

"Physical exercise, though not a drug, possesses many traits of a powerful pharmacologic agent," said James O'Keefe, a cardiologist with Saint Luke's Health System in Kansas City, Mo., and lead author of the study. "A safe upper-dose limit potentially exists, beyond which the adverse effects of physical exercise, such as musculoskeletal trauma and cardiovascular stress, may outweigh its benefits."

Silvers, 44, who stabilizes his Type 1 diabetes with exercise, says he's not an addict. Instead, he's goal-driven and works hard, qualities that serve him well in his professional life.

To get his body fat down to 4 percent — his latest goal — Silvers recently logged 70 miles of running over a week, lifting weights on four of those days for at least an hour. He wears an activity tracker called a FitBit, weighs every gram of food and keeps a log to make sure he burns more calories than he eats.

Silvers' wife, Chris, sees his compulsion a little differently. "It's great to have the ambition, drive and perseverance to stick with a regimen, but if it takes you three hours a day and you don't have time to hang out with your family, then you have to look at your priorities and make adjustments," she said. "He exercises an excessive amount for the time we have as a family."

Experts say that if exercise is disrupting normal areas of your life, such as your relationship or work, and you experience withdrawal symptoms when you stop working out, you could be overdoing it.

"There's a rigidity to exercise addiction," said Adam Naylor, the lead consultant at Tella Sports Psychology Coaching and a clinical assistant professor at Boston University. "The aura around the person has edges if they are not able to go for a run today or are not willing to bump it to later in the day. It's linked closely to disordered behavior; one continues to do it even though there is a physical detriment."

Addicts may bike or run through injuries, miss important events to fit in a workout or find unique ways around a doctor's order to stop. Compulsive exercise is also closely linked with disordered eating habits. One recent study showed approximately 39 percent of people with anorexia and 23 percent of people with bulimia have an exercise addiction.

Those with an extreme fear of weight gain may compulsively exercise and eat according to their workout levels, a condition sometimes called "anorexia athletica," said Indianapolis-based sports dietitian Lindsay Langford. Or it can be used as a form of purging, playing the same role as bulimia.

One of Langford's clients was wrestling with body image issues. When an injury made it impossible to bike or run on a treadmill, the athlete began running in place for up to an hour. "This was perceived to have less impact on the joints and would still allow for healing," said Langford, a nutrition coach at St. Vincent Sports Performance. "It was actually acceptable for the healing of the injury, but definitely an odd and obsessive behavior."

Still, identifying a problem can be tricky because "the addiction comes in the form of a healthy habit," said Holly Parker, a personal trainer, psychologist and psychotherapist at Harvard University. Or, they may join a culture that thrives on overdoing it. Ironman triathlons, for example, involve completing a 2.4-mile swim, a 112-mile bike ride, followed by a 26.2-mile marathon. Athletes training for these events often don't think twice about working out twice a day or topping off a 100-mile bike ride with a 4-mile run.

While there's nothing inherently dangerous about training for an Ironman race if you're healthy, "The marker is whether there is enough rest and recovery in between," said Naylor.

"If you're resting smart it shows you truly get the nuances of the sport." If you've got to keep going 'or else,' it's a warning sign," said Naylor.

Silvers has no plans to let up. He's determined to reduce the 4.5 millimeters of fat on his abdomen — at one point it was over 10 millimeters — the fat most people call "stubborn".

"Let's see how stubborn it really is," he said. "I am confident it cannot survive my current routine."

Do you have a problem?

Exercise is such a healthy and important part of a vibrant lifestyle that it's often difficult to see how and when a line is crossed into exercise addiction, said Holly Parker, a Harvard-based psychologist who specializes on the impact of exercise on mental health and exercise-based treatments.

But if the following five descriptions ring true, this "strongly suggests that the relationship with exercise is destructive and help to break this pattern may be needed," said Parker. Therapists can help. Also consider seeing a health and fitness professional, such as a certified personal trainer, to learn more about healthy levels of exercise, Parker suggested. "Social support is also a very important for coping and making healthy changes," she said.

- 1) Exercise starts taking away from other parts of your life, such as relationships, work, etc. and/or you spend an excessive amount of time thinking about exercise and planning around it, such that it markedly interferes with your ability to focus on other parts of life.
- 2) You feel extremely anxious and upset whenever your workout is interrupted or you can't exercise.
- 3) You are spending several hours (3 plus) at the gym on an almost daily basis and you're not a professional athlete.
- 4) You continue to exercise even when you're very sick or injured.
- 5) The people you care about are expressing concerns about how much you exercise.

Julie Deardorff

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NUTRITION FOR RUNNERS

Runner's World October 2012

Matthew G. Kadey, M.Sc., R.D.

Originally published in the October 2012 edition of Runner's World online

Every time you walk into a grocery store, you face a daunting task: picking the healthiest, most nutrient-packed foods to fuel your running from thousands of choices. Supermarkets today carry an average of 38,718 items, according to the Food Marketing Institute. Colorful packaging, deceptive claims, and hidden ingredients confuse even the savviest shopper. Who wants to waste precious running time dithering over yogurt? This aisle-by-aisle guide tells you exactly which nutritious (and delicious!) foods you should toss into your cart and

which health-food impostors you should run away from. Our expert tips will help you shop smarter, so you can get in, get out, and get back to running—fast.

STOP 1: THE PRODUCE SECTION

GOOD FOR YOU: LOTS OF COLOR

"Fruits and vegetables are loaded with vitamins, minerals, and antioxidants runners need to support training," says Tara Gidus, M.S., R.D., an Orlando-based sports dietitian and marathoner. "In general, the more color in your shopping cart, the more antioxidants and nutrients you're going to get."

RED

Beets: Nitrates found in beets can make your muscles work more efficiently during exercise by reducing the amount of oxygen they need.

Raspberries: Eight grams of fiber in a single cup. "Higher fiber foods help runners maintain a healthy body weight and digestive system," says Gidus.



GREEN

Kale: Jam-packed with vitamin C, vitamin K, and vision-protecting beta-carotene. Add it to soups, saute it for a side, or add to salads and sandwiches.

Avocado: Nearly 70 percent of its fat is monounsaturated, "The same kind that makes olive oil heart-healthy," Gidus says. Half an avocado also delivers seven grams of fiber.

YELLOW AND ORANGE

Sweet potato: One potato provides more than three times your daily need for immune-boosting vitamin A. "It's full of complex carbohydrates," Gidus says, "which helps keep your energy stores topped up."

Mango: High vitamin C intake may reduce upper-respiratory-tract infections, as well as help lower your heart rate during exercise. One cup of mango delivers 75 percent of your daily need for C.

BLUE AND PURPLE

Eggplant: Eggplant, which has just 20 calories per cup, contains antioxidants with heart-protective qualities.

Plums: A study from Texas AgriLife Research found that plums contain as much antioxidant power as blueberries. "Consuming plenty of antioxidants," says Gidus, "may reduce postworkout muscle-tissue damage, speed recovery, and boost immune function."

WHITE

Banana: It brims with potassium and quick-digesting carbs. "Potassium plays a key role in muscle contraction, with low levels linked to muscle cramping," Gidus says.

Tofu: Usually located in the produce department, tofu is an inexpensive and low-fat protein source. Add it to stir-fry, chili, or even pasta sauce.

SHOP SMART!

Not sure when to buy organic? If you're peeling or removing the rind (avocado, bananas, or onions), conventionally-grown produce is fine. If you're going to eat the exterior (apples, peaches, bell peppers), buying organic will limit your pesticide exposure.

HEALTH-FOOD IMPOSTORS

Presliced packaged fruit: Slicing ahead of time exposes more surface area, raising the risk for nutrient loss from oxygen exposure. And the packages are more expensive than whole fruit.

Iceberg lettuce: One of the most popular vegetables is also one of the least nutrient-dense. In general, the darker the leafy green, the bigger the nutritional bang.

Bottled smoothies Many are sweetened with sugar or nutritionally poor juices like apple or pear. Plus, they almost always cost much more than making your own.

STOP 2: THE MEAT, FISH & DELI COUNTERS SHOP SMART!

iPhone users can download apps to help them choose sustainable seafood with low contaminant levels. The FishPhone app from Blue Ocean Institute ranks fish choices, as does the Seafood Watch app from the Monterey Bay Aquarium, which also provides regional recommendations.

FROM THE FARMYARD

Good for You: HAPPY MEAT

Organic meat costs more but limits your exposure to the antibiotics and growth hormones used in conventionally raised livestock. "Free range" means only that animals have access to outdoor spaces. Grass-fed beef is a smart choice: A 2010 California State University study found that, compared to conventionally raised cattle, it's lower in saturated fat and richer in heart-healthy omega-3s and vitamin E.

Best Buys! Good News! Avoid Bad News Beef

Eye, top, and bottom round; sirloin; flank steak; 90 or 95 percent lean ground beef contain about 18 grams of protein per 3-ounce serving and no more than 6 grams of fat. Rib-eye, porterhouse, and T-bone steaks; 80-percent lean ground beef: "These cuts have the highest fat-to-protein ratio," says Marni Sumbal, M.S., R.D. Three ounces pack 12 to 18 grams of fat.



Poultry: Skinless chicken thighs; turkey legs: A 3-ounce thigh contains 18 grams of protein and 3 grams of fat, just one more gram than breast meat. Remove the skin, and turkey legs have the same protein-to-fat ratio as chicken thighs. Ground turkey; enhanced chicken breast: If it includes skin, ground poultry can have as much fat as ground beef. Enhanced chicken is injected with saltwater to keep it moist; 3 ounces can pack more than 300 mg of sodium.

Pork: Pork tenderloin; boneless pork loin chops contain 3 grams of fat and 18 grams of protein per 3 ounces, making them nearly as lean as chicken breast. Pre-marinated cuts;

pork blade chops: "Pre-marinated meats have tons of sodium," says Sumbal. Pork blade packs about 21 grams of fat per 3 ounces.

FINS, SCALES & SHELLS

GOOD: Eat these two to three times a month.

Tilapia: Protein-rich and inexpensive, U.S.-farmed tilapia is virtually free of saturated fat and is farmed in an environmentally sound way; but it's relatively high in omega-6 fats, which promote inflammation in the body.

Sea scallops: Populations are abundant and contamination risk is low, but harvesting methods can be harmful to the ocean. Farmed bay scallops are a more eco-wise option.

BETTER: Eat these two or three times a week.

Rainbow trout: Less expensive than wild salmon, trout is rich in omega-3 fatty acids, which may help lower your risk for diabetes and heart disease and relieve achy joints. Almost all U.S. rainbow trout available in supermarkets is grown at inland farms that follow environmentally responsible production methods.

Wild smoked salmon: More sustainable than farmed varieties, wild smoked salmon is an easy way to add brain-boosting vitamin B12 and inflammation-reducing omega-3s to your meals.

Mussels: Inexpensive mussels are full of iron, vitamin B12, and selenium, an antioxidant that may ease postexercise oxidative stress. They're farmed using eco-sound methods with little toxin risk.



BUST: **Eat rarely or never.**

Imported shrimp: Overseas shrimp farms have destroyed coastal forests and often rely heavily on antibiotic use. Try U.S. farmed or wild shrimp.

Farmed Atlantic salmon: Ocean pens can pollute surrounding waterways, and contamination from PCBs may be a concern. Splurge on wild.

Bluefin tuna: This pricey tuna is overfished and high in mercury. Domestic, line-caught skipjack or yellowfin tuna have lower contaminants.

SLICED & CURED

Turkey breast: It's virtually fat-free and a good source of protein. Fresh roasted tastes better and usually contains less sodium.

Roast beef: A two-ounce serving contains just three grams of fat, 110 calories, and 19 grams of protein.

Canadian bacon: One ounce of this lean cut contains about a third of the calories of regular bacon and 11 fewer grams of fat.

STOP 3: THE PANTRY AISLES

PASTA POWER

THE PERFECT PASTA

Whole grains, whole wheat, brown rice, buckwheat, spelt, or other types of whole grains should appear first in the ingredient list.

5 grams of fiber. Look for at least this much fiber per two-ounce serving. "Choose a 100 percent whole-grain product and it won't be hard to reach this mark," says Janis Jibrin, R.D., author of *The Supermarket Diet*.



6 grams of protein per two-ounce serving. Whole grains naturally contain some protein, which helps keep blood-sugar levels steady.

Best Buy Barilla Whole Grain Linguini has a dense, chewy texture - and provides runner-friendly minerals, including phosphorus, magnesium, and iron.

THE PERFECT SAUCE

400 milligrams of sodium No more than this per half-cup serving. "Some brands can pack more than 600 milligrams," Jibrin says.

4 grams of sugar or less Per half-cup serving. "Ideally, there should be no added sugar in the ingredient list," says Jibrin. "The only sugar should come from the tomatoes themselves."

2 grams of fat or less Per half-cup serving. Skip the creamy white sauces, like alfredo, which pack the most saturated fat, says Jibrin.

Best Buy Made with vine-ripened organic Roman tomatoes, extra virgin olive oil, and organic basil, oregano, and garlic, Eden Organic Spaghetti Sauce has an ingredient list even an Italian grandma would respect.

GOOD & BAKED

Toss out Multigrain bread

Toss in 100% whole grain

Multigrain bread is often made of enriched flour or wheat flour - which lacks the fiber and vitamins of 100 percent whole-grain flour. "The first item should be a whole grain," says Bonnie Taub-Dix, M.A., R.D., author of *Read It Before You Eat It*. Look for three grams of fiber and no more than 200 milligrams of sodium per slice."

Best Buy One slice of Arnold 100% Whole Wheat has 150 milligrams of sodium and three grams of fiber.



Toss out Spinach wraps.

Toss in Corn tortillas.

Made mostly of refined white flour, many spinach wraps contain a scant amount of the actual leafy vegetable. Six-inch corn tortillas made with whole corn flour are higher in fiber and lower in calories.

Best Buy La Tortilla Factory Fiber & Flax Corn Tortillas provide five grams of fiber along with omega-3 fatty acids found in flaxseed.

Toss out Bagels.

Toss in Whole-wheat English muffins.

100 percent whole-wheat English muffins contain less than half the calories of and more fiber than most bagels.

Best Buy Thomas' 100% Whole Wheat English Muffins provide three grams of fiber per muffin and six grams of protein.

SHOP SMART!

"Grocery shopping when hungry can set the stage for unhealthy impulse buys," says Taub-Dix. With its high-fat doughnuts and pastries, the bread aisle can be particularly dangerous. Fortify your healthy resolve by eating before you leave home.

HEALTH-FOOD IMPOSTORS

Yogurt-covered nuts and pretzels: This fake yogurt covering is made with added sugars and unhealthy fats.

Salted nuts and seeds: Eating too many will put you into calorie and sodium overload.

Sweetened dried fruits: Some dried fruits (e.g., cranberries) are bathed in extra sugars.

Scoop unsweetened.

HEALTH-FOOD IMPOSTORS

Fat-free dressings: "Fat is often replaced with sugars or other fillers," says Taub-Dix, "so these dressings may contain nearly as many calories as regular versions." Plus, you need some fat—it helps your body absorb vitamins and antioxidants."

Vegetable oils: Made from corn, soybean, or cottonseed, these heavily refined oils are high in inflammation-causing omega-6 fatty acids.

DRESSING UP

Choose vinaigrette. "You're more likely to get good-for-you fats in oil-based dressings than creamy ones," says Taub-Dix.

Keep it simple. Look for a short ingredient list with real foods, like olive oil, herbs, and vinegar.

Count calories. "Some dressings contain a lot more calorie-dense oil than vinegar," says Taub-Dix. It should contain no more than 70 calories per two-tablespoon serving.

Check sodium. Keep it below 200 milligrams per serving.

Best Buy Bolthouse Farms Olive Oil Classic Balsamic Vinaigrette hits all the key criteria.

MUSTARDS & MORE

Dijon mustard: Mustard seeds are a source of omega-3s and the antioxidant selenium. For few calories, Dijon adds tons of flavor to sandwiches, salad dressings, even mashed potatoes.

Keep it healthy. Look for brands without sugar and no more than 120 milligrams of sodium per teaspoon.



Ketchup: Rich in lycopene, an antioxidant that helps protect skin from sun damage. Keep it healthy Splurge on organic, which has up to 60 percent more lycopene than conventional. Keep it under five grams of sugar and 180 milligrams of sodium per tablespoon.

Horseradish: This spicy root contains glucosinolates, compounds that can detoxify carcinogens. Use it to add kick to dips, sauces, and fish. Keep it healthy. Brands with the word "sauce" in the name often contain sugar and low-quality oils. An ideal ingredient list includes only grated horseradish, vinegar, and salt.

Sriracha: The chile sauce adds low-calorie punch to scrambled eggs, soups, and pasta sauce. It gets its spice from capsaicin, a compound in chile peppers that may boost metabolism and curb appetite. Keep it healthy. Avoid versions with more than 100 milligrams of sodium per teaspoon or with food coloring in the ingredient list.

Mango chutney: Use it on fish, chicken, or cooked rice. Mangoes provide a kick of vitamin C and vitamin A. Keep it healthy Choose brands that list mango before sugar in the ingredient list.

OILS & VINEGARS

Best for Salads. Best for Cooking

Extra virgin olive oil contains an antioxidant called oleocanthal, a natural anti-inflammatory that helps soothe sore muscles. Dark bottles preserve flavor. **Canola oil:** This inexpensive oil has a high smoke point, making it ideal for stir-frys, and provides healthy amounts of omega-3 fats.

Hemp oil: Pressed from hemp seeds, this nutty-tasting oil adds artery-friendly omega-3 fats to your diet. Try it in tomato sauce and pesto. **Avocado oil:** Buttery tasting, it provides an abundance of "good" monounsaturated fat. Use it to sauté vegetables. It's also delicious drizzled over pasta.

Balsamic vinegar: With just 14 calories per tablespoon, it adds a rich, intense, and slightly sweet flavor. **Rice vinegar:** It's a low-calorie way to punch up the flavor of stir-fry, marinades, and vegetables.

SEEDS, NUTS & STAPLES

Quinoa: A fast-cooking whole grain loaded with fiber, B vitamins, and magnesium, a mineral that may improve muscle strength.

Pumpkin seeds: A quarter cup of pumpkin seeds provides 30 percent of your daily need for iron.

Prunes: Research from Oklahoma State University shows that dried plums contain polyphenol antioxidants that may fight bone loss.

In-shell pistachios: High in protein, fiber, and vitamin B6. A 2011 study in the journal *Appetite* shows you eat fewer if you shell them.

Brown rice: Harvard scientists found that adults who eat two or more servings of brown rice a week reduce their risk of developing type 2 diabetes by about 10 percent.



Walnuts contain more inflammation-fighting omega-3s than other nuts.

SHOP SMART!

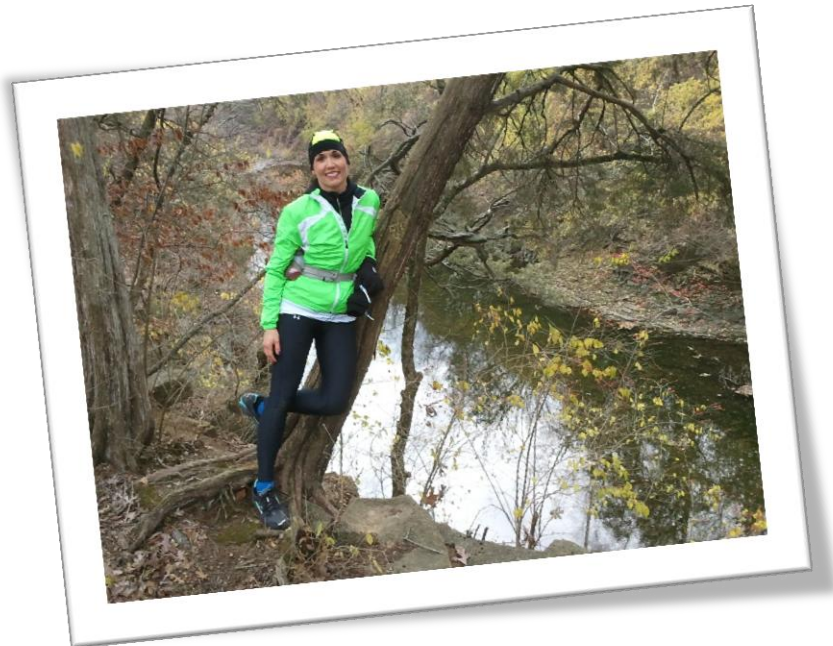
Bulk bins offer pantry staples like whole grains, spices, and nuts at lower prices than their prepackaged counterparts.

KNOW YOUR MEMBERS

By Elizabeth Schroeder

I was never an athlete. I am not a natural born runner. I am not the fastest or the strongest. I will never win races.

I started running in college, just as a way to keep those Freshman 15 from finding me. I enjoyed running but never did any races and two miles was the farthest distance I could handle. In early 2010, I started getting a bit more serious about running and signed up for the Hot Chocolate 15k. Honestly, it was the lure of chocolate at the finish line that made me sign up. Why else would I actually run 9.3 miles for my very first race?!



Well those 9.3 miles hooked me, or maybe it was the chocolate. I enjoyed racing. Not racing to see who I could beat, but racing to see how far I could push myself. So I signed up for some 5k's, an 8k, and a 10k. I was having fun and I'll admit it, getting a medal at the end was icing on the cake! (Chocolate, of course! ;) It seemed the natural progression from there was a half marathon. I knew I needed to run the Chicago half since I was only doing one and I had no desire to ever run any farther than 13.1 miles. Running a full marathon would just be downright crazy!! My goal was to finish. I did and that was the beginning of my love for long-distance running.

I do not enjoy the first 4 miles of any run, but get me past 4 and my mind and body settle in to enjoy the ride. I went full crazy and ran the Chicago Marathon in 2012, again with the goal to just finish. What an amazing experience it was. I trained for 18 weeks with the incredible people of KRRC. The bond we formed while putting the miles on our shoes will forever be the best part of the Chicago Marathon for me. I'd heard that the crowds in Chicago are the best of any marathon. Millions of people making you feel like they are there just for you. Around mile 24 the crowd thinned out, the screams and shouts of fans and friends were few and far between and there was just quiet. The streets of Chicago actually seemed empty. It was here that I listened to my breathing, my foot falls and my thoughts. In that moment I

realized that I absolutely LOVED what I was doing. With 2.2 miles to go to finish my marathon, I knew it would in no way be my last. The next day I signed up for the Illinois Marathon.

At mile 26.3 of the Huff 50k last December, I crossed into the world of ultra-running. It was an amazing experience to cross that finish line with some great friends by my side. As my first official 'belt buckle' was placed around my neck for running 31 miles, I couldn't help but think about how 2 and half years earlier, it was a struggle for me to run 3 miles. Never tell yourself you can't do something. If you can dream it, you can do it!!

When the run gets tough, two people inspire me to keep going. My son Mitchell is 9 and has autism. There is no cure for autism as it is not a disease but a condition that a person must live their whole life with. Mitchell ran his first 5k with me last year at the River Road run. It was cold, windy and did I mention, VERY cold!! I asked him a few times if he wanted to turn around and go back. Honestly, I wanted to, it was cold, windy and VERY cold!! Every time I asked, he gave me a resounding NO! He didn't even want to turn around when we had to at the half way point. I knew right then that I would never, ever give up in a run or let my mind tell me I couldn't finish. Seeing our KRRC family and the other racers waiting for us at the finish line is a sight we will never forget. My father is also inspiration to me. After being diagnosed with stomach cancer, the doctors told him he had 3 months to live. He proved them all wrong and lived 18 months longer. He never quit fighting and he never asked 'why me?' I know he is my biggest cheerleader and sees me cross every finish line.

I enjoy pushing past my running limits and my next goal of 50 miles will be done at the Des Plaines River Trail run in October. I plan to venture into triathlons next year. My ultimate goal is to run Badwater 135. Perhaps after they place that belt buckle around my neck, I will hang up my running shoes.....nah, I'll find that next mileage goal.

I have become an athlete. I am a runner. I have been blessed with the speed and strength I need to complete my goals. I will never quit, and to me that is winning!

I can do everything through Him who gives me strength – Phil 4:13

Liz

RACE REPORT

By Dan Gould

I usually send out a race report within three or four days of the event so this report of the Pause for Patriotism 5K in Kankakee on Saturday, May 18th, is ancient history. I create these in my email program and start with the pictures and captions. I started this report in that fashion in the usual time frame and had the pictures and captions when I got the message "Program is Not Responding." Then it all went away I had to start over. Then, in the throes of my terrible addiction, I had to play 99 holes of golf last week and there just wasn't enough time to get everything done.

The shirt and dog tag reflected the spirit of the event.

The River Road Park area west of Kankakee Community College was the venue for the race this year. It was part of other Pause for Patriotism activities in the area. Last year the events were at the Bourbonnais Park District's Perry Farm.

The staging area along a road that leads to the river was a bit awkward and functional only because of the small field. Since there was no adjacent parking lot, cars parked along the road. It was even more awkward for motorists wanting to use it during the race when it was shut down.

Race Director Chuck Parsons (white hair) confers with timer Dave Bolke.
A true road race - parking, registration, timing, running were on the road!

The day dawned warm and humid with a little early morning fog and upper 60's, not a great race day. Six days earlier, I woke up to 40 degrees and wind. I had



pre-registered for the AshleyCan 5K, but, when I saw the temperature and wind, I set up the thermostat and went back to bed. Yes, I'm getting to be a wuss in my advanced age.

An out-and-back course, it starts on the road with a slight downgrade to the river for about two tenths of a mile and then accesses the riverfront trail which is crushed stone for a short distance before connecting to a beautiful, wide asphalt segment that goes west on the river side of the college and Shapiro Developmental Center. There is a pylon turn on the trail.

Gathered at the line for the 8:00 AM start, race director Chuck Parsons asked for a moment of silence in memory of those patriots who paid the ultimate price in service of their country before sending us on our way.



Melinda Sutherland, Linda Hodges, Diana Parsons.
Diana's enthusiasm knows no bounds!

The legs haven't felt fresh or strong since the Illinois Half Marathon and, three weeks later, they weren't any better. While it certainly wasn't my idea of racing weather, the beauty of the course along the river should have been inspiring. Maureen Montgomery's call of the split at the one mile mark gave me some reason to be optimistic, but, in my heart, I knew it was too good to be true. I would later learn that the one mile mark was short.

I hadn't seen Charlie Grotevant after the start, but, shortly after the turn, he came alongside me, offered words of encouragement, and gradually pulled away. The frequency of Charlie's heart rate / breathing episodes have substantially reduced his training days and, consequently, his pace. He would be episode free this day and finish in 26:28, good for second in age group, but not a good time for him.

As I slogged (that's the way it felt) through the second half of the race trying to keep Charlie in sight, I met the first of at least two inspiring running stories of the day. James Lopez, 38, known as "JLOW," is a newbie in the running world. Thirteen months ago, he tipped the scales at 427 pounds. Tipped? Crushed is more like it. Thirteen months later, he has had bariatric surgery, is a healthy eater and dedicated to exercise. Now he "tips" the scales in the neighborhood of 207 pounds. A golfer, he has gotten off the cart and walks the course. Some of the returning snowbirds at the country club hardly recognized our friend, but we are thrilled for him. He has a new life, a new life expectancy. JLOW would run 30:53 and finish second in his age group.



James "JLOW" Lopez & Rick Loving
New member & club president

The other inspiring story is not new, but a continuing one. Leon Malone, 82, a retired farmer, has long been part of the running world, but it appeared that it would end a dozen or so years ago when he had to have both knees replaced. Biking became his primary exercise, but his passion for running continued. Based on his biking fitness, he began running 5K's and those somewhat ancient artificial knees are still getting him to finish lines



. I think Leon told me that his 44:15 was a personal worst, but just getting to the finish line at 82 makes him a winner in anyone's book.

Running is so much a part of the Malone world that Leon and Shirley began the celebration of their 61st wedding anniversary with the Pause 5K. Sixty-one years of marriage is inspiring in anyone's book. Shirley, by the way, was not just a dutiful wife being dragged along to indulge her husband's passion for running. Twenty years ago, when Shirley was still lacing up the running shoes at age 62, she completed the Chicago Marathon. She may have hung up the shoes, but she still enjoys the fellowship of this running world.

Meanwhile, I found my way to the finish line as did 70 other participants. My not so awesome time was 26:57, but it was good enough for first in age group. I was, of course, the only one in my age group.



Where do you take your bride to celebrate a 61st wedding anniversary? Leon Malone took Shirley to the Pause for Patriotism

As if my pathetic time wasn't bad enough, Dave Bohlke, the race timer, said: "Dan, I don't know how to tell you this, but you're too old to run without a shirt." What?! It's not like I have one of those ugly, muscled, hairy chests like my friend Alan Meyer. I need to bare as much skin as possible for evaporative cooling. I think Dave's just jealous that I can still give the girls a little thrill. What does a non-runner like Dave know?



Julie Loving was 1st OA in
24:09

If you're wondering who in a field of only 71 finishers would finish ahead of Charlie in the 70+ age group, the answer is Ken McMillen. When Charlie was running his best, he and Ken had some great races to the finish the line with the margin of victory as little as a fraction of a second (Charlie won). Ken ran 24:04 on this too warm humid day.



Dan Gould, Charlie & Jeff

We gathered at the park for refreshments, awards, and fellowship.

One of the joys of the small field is that almost everyone brings home an award. When the last award was handed out, those of us who had gone lightly on the refreshments adjourned to the Family House Restaurant for brunch.

The Kankakee River Running Club was well-represented!

As I have done many years, I went to Streator on Memorial Day for the YMCA 5K. This year was the "20th Annual," but it was amateur hour at the starting line when someone decided to start the race at 8:53 A.M. instead of 9:00 A.M. - with no warning of the early start. I was in the parking lot, Barb House had just come out of the restroom, and Carol Pratt was off to the side of the road in conversation. Drew Parsons, who was at the starting line, said there was no "runners to your mark" and all were taken off guard. I jogged to the street, arriving just as the back of the pack went by. I decided I would run the distance, but I had no heart for the race under the circumstances. I took no pictures and this is the extent of a race report. I did not and have not heard any explanation for the circumstances of the early start. On a positive note, I got the exercise and fellowship. About 14 of us had breakfast at Chippers. Run for your life!

-Dan

BOURBONNAIS FRIENDSHIP FESTIVAL INFORMATION

What: 5K Run or 1.5 Mile Fitness Walk.

When: Saturday June 29th 7:30am Race start (Packet pickup and onsite registration from 6:30-7:15)

Description: The Bourbonnais Friendship Festival and the Kankakee River Running Club will be hosting the 2013 Friendship Festival 5K.

The race start will be near the Bourbonnais Municipal Center located at 444 William Latham Drive in Bourbonnais. Water on course and 1st mile split timer provided, post-race refreshments also will be available before and during awards.



Tech Shirts guaranteed for 1st 50 registrants and 50/50 blend T Shirts for the next 100 registrants, sizes will be assigned as individuals are registered, so no guarantee of size availability unless you register early.

Online registration is available here:

<https://www.signmeup.com/site/reg/register.aspx?fid=WM2V7J7>

BIRTHDAY REPORT

Day	April	Age
1	Jimmy Joines	57
2	Sarah Soleau	40
3	Tyler Stroo	33
4	Larry Burton	53
4	Rick Lagacy	39
6	Stephanie Rogers	28
10	Mike McCully	39
11	Mark O'Connell	22
18	Nichole Dailor	39
18	Ryan McCully	13
18	Kibet Rono	44
18	Ron Ruda	66
19	Rob Ravens	50
20	David Bohlke	67
26	Ryan Loving	20
29	Kathleen Jensen	59
30	Mark DuFrain	44

Day	May	Age
1	Cameron Alden	42
1	Phil Newberry	51
2	Mitchell Chappel	10
3	Debra Dye	41
5	Kevin McNally	17
10	Chris Taggart	40
13	Jeni Goodwin	29
16	Amy Beilke	40
16	Kevin Dockemeyer	27
16	Kyle Dockemeyer	27
16	Jordan Sieling	16
16	Justin Sieling	16
17	Daniel McNally	14
20	Trisha O'Brien	38
21	Chris Duval	58
22	Andrew Lagacy	16
23	Jennifer Casino	33
24	Elizabeth Schroeder	43
26	Randy Devore	65
26	Drew Parsons	30
27	Richard Loving	43
30	Tobie Brinkman	19
31	Dorene Mohler	53

Day	June	Age
3	Kelly Duke	44
4	Katie McNally	19
6	Stephen McCully	16
13	Casey Koerner	18
13	Tony Swafford	34
15	Robert Pool	77
21	David St. Peter	45
23	Charles Navarro	33
26	Tammy Hellings	33
26	Michael McNally	20
29	Phyllis Smothers	63



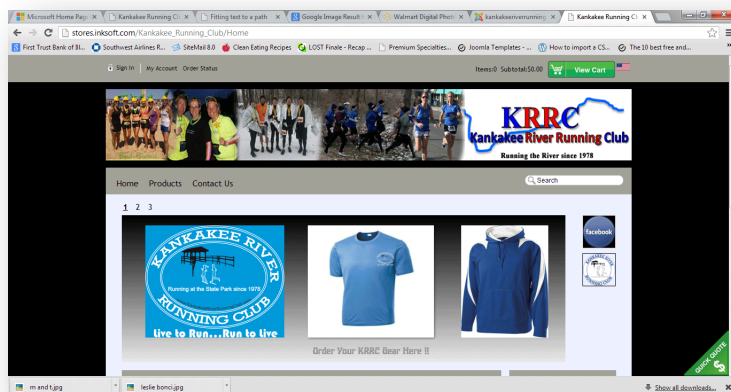
Day	July	Age
3	Terri Putnam	56
5	Jackson McCully	7
7	Wayne Lee	43
7	Leon Malone	83
7	Jessica Prentkowski	27
8	Teri Boudreau	53
8	Tia Poole	49
8	Paul Surprenant	66
9	Bill Burrell	47
9	Hamish Seegers	27
10	Deborah Renville	48
11	Marybeth Dummer	51
11	Brian Pritchard	46
12	Paul DuFrain	19
13	Dana Wagner	31
15	Rodney Spiezio	51
15	Kevin Douglas	41
15	Chuck Gowler	48
15	Crystal Rose	29
16	Taryn Brinkman	16
16	Patricia Horn	58
17	Jessica Drozda	28
17	Don Gabriel	49
19	Julie Sieling	42
21	Lucas Chisausky	20
28	Mitchell Kahl	18
29	Christian Gabriel	15
29	Patrick Gabriel	15
29	Jen Rono	33
30	John Bevis	50
31	Colleen Borbely	28

Day	August	Age
1	John Flynn	67
4	Bernie Hinrich	56
4	Kim Patrick	48
6	Kim Gabriel	47
6	Melanie Meents	24
6	John Warren	58
9	Jill Davis	66
9	Maria DuFrain	50
11	Pat Pierce	58
13	Donna Koerner	57
13	Jacqueline Randolph	16
14	James Rattin	57
15	Rhonda Swanson	42
16	Matt McQueen	37
16	Nancy Ruda	57
17	Ashley Outhouse	29
19	Dee Anna Hillebrand	50
20	Katie Hodak	35
24	Betty Peters-Lambert	55
25	Glenn Tuuk	44
28	Kyle Kraetzer	35
29	Shirley Malone	82
30	Kelly McCully	35
31	Dan Gould	69
31	Brad Kuntz	35

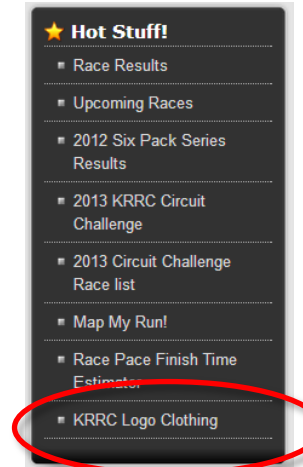
OTHER WEBSITE INFORMATION

By Mark Saffell

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](#)

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: krrclub@gmail.com



live to Run...
Run to live