











Welcome to the next issue of the Kankakee River Running Club newsletter. With this issue, we launch a new format. To keep these newsletters coming quickly, **we need your input**. It's easy to contribute. Just go to the website and click on Newsletter > Contribute. There are easy to fill out forms for each of the new sections. You can also send us pictures there. Thanks!!

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RUNNERS ON RUNNING

Running techniques, etc.

By Susan Paul contributed by Nena Fournier



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This month we continue with some great tips for those just starting out and those that are increasing their runs.

RULES TO RUN BY

1. **WELCOME TO THE STARTING LINE** - this might be your [first try at running](#), or a return visit, or an attempt to improve on what you already do. The less running you've done recently, the more you can expect to improve your distances and speeds in the next 10 weeks. On the other hand, the less you've run lately, the more likely you are to hurt yourself by doing too much running, too soon. That's why it's so important to set two related goals as you start or restart your running program: maximize improvements and minimize injuries. You win by improving. You lose by getting hurt.
2. **BUY THE RIGHT SHOES** - They are the biggest equipment expense for runners, so it's important to get it right. Spend wisely by buying well-made shoes from a major brand. Search out a model that fits you properly, and is designed for the surface you'll run on most often—roads, tracks, or trails. If you're not sure which shoe will work best for you, shop at a running-specialty store staffed by veteran runners and shoe experts. After you buy your shoes, remember that even the best have a limited lifespan. Plan to replace them after about 350 to 500 miles of wear.
3. **MAKE A PLAN** - The two basic raw materials of a running routine are time and space. And the two main reasons given by those who don't run? "I don't have time for it," and "I don't have anywhere to do it." Let's dissect those excuses. You can run well and get in great shape with as little as a 30-minute session every other day. Think of it as the time you won't waste by watching a sitcom rerun. As for finding places to run: Anywhere that's safe for walking is also fine for running. Off-road routes (parks, bike paths, high school tracks) are better than high-traffic streets, and soft surfaces (grass, dirt) are better than paved ones, but any choice is better than staying home. Major suggestion: [Map out the best courses](#) in your immediate neighborhood. www.mapmyrun.com can show you routes that people have already ran that may not know about or to help you plan a route. . That saves time, solves the "place" issue, and makes it much more likely that you'll actually do your planned runs.
4. **TAKE THE MILE TRIAL** - Friends who hear that you've begun running will soon ask, "What's your best mile time?" so you might as well get used to it. Before long, you'll be calculating your pace-per-mile on longer runs, but you should begin with a simple 1-mile test run (four laps on a standard track) to determine your starting point. Think of this run as a low-key test, not a race. Run at a pace a little beyond easy but less than a struggle, and count on improving your mile time in later tests as your fitness improves.
5. **GET F-I-T** - Kenneth Cooper, M.D., a giant in the fitness field, long ago devised a simple formula for improving as a runner: Run 2 to 3 miles, 3 to 5 days a week at a comfortable pace. It's easier to remember as the F-I-T formula: frequency (at least every other day); intensity (comfortable pace); and time (about 30 minutes). Even with walking breaks, you can cover 2 miles in 30 minutes, and you might soon be running 3 miles in that time. It's important to run these efforts at an easy, comfortable pace. Think of yourself as the Tortoise, not the Hare. Make haste slowly.

6. **FIND YOUR PACE** - Okay, so I've told you to make it comfortable. Sounds simple. The problem is that most beginning runners don't know what a comfortable pace feels like, so they push too hard. Result: They get overly fatigued and discouraged, or even injured. Here are some more guidelines. A comfortable pace is 1 to 2 minutes per mile slower than your mile trial time. Or you can use a heart-rate monitor and run at 65 to 75 percent of your maximum heart rate. (Note: Max heart rate is 205 minus half your age). Or, my favorite because it's so simple: Listen to your breathing. If you aren't gasping for air, and you can talk while you're running, your pace is just right.
7. **REMEMBER TO WARM UP AND COOL DOWN** - Don't confuse a little stretching with a good warmup. Stretching exercises generally don't make you sweat or raise your heart rate, which is what you really want from a warmup. A proper warmup begins with walking or running very slowly to ease your body into the session.

My recommendation: Walk briskly for 5 minutes (about a quarter-mile), then break into your comfortable running pace. (Don't count the warmup as part of your workout time or distance.) When you finish your run, resist the urge to stop suddenly. Instead, walk another 5 minutes to cool down more gradually. Then comes the best time for stretching—after your run when your muscles are warm and ready to be stretched a little.

8. **DON'T HESITATE TO WALK** - Walk is not a four-letter word for runners. Pausing to walk during a run is not a form of cheating, but a common practice among experienced runners. It is a form of interval training that breaks a big piece of work into smaller pieces, making it more doable. Mix running and walking in these ways: when you're starting to run for the first time; to regain fitness after a long layoff, injury, or illness; to warm up before a run, and to cool down afterward; to make your fast running faster, which is the classic use of interval training; to make long runs longer; and to make easy runs easier. You'll find that walk breaks work best when you walk for at least 1 minute but no longer than 5 minutes.
9. **RUN SAFELY AT ALL TIMES** - The biggest threat you'll face as a runner on the road, by far, is the car. Traffic zips past you at just about a yard away. A moment's attention lapse from either you or the driver can bring disaster, and you'll be the one to suffer, not the well-protected driver.

The best way to lower this risk is to avoid running on roads. But for many of us, this is a near-impossibility. Or it's an approach that adds time and complexity to our routine (if we have to drive to a park, for example). So most of us just learn to be extremely cautious when we run on the roads. We try to find low-traffic roads with wide shoulders; we run on the left side of the road, facing traffic; we obey traffic signs and signals; and we follow every road rule our parents taught us by the time we were 7. Every runner should run as if every car is a lethal weapon. Because it is.

10. **USE PAIN AS YOUR GUIDE** - Runners get hurt. Of course, we rarely hurt ourselves as seriously as skiers and linebackers, but injuries do happen. Most are musculoskeletal, meaning that we recover rapidly when we take days off or other appropriate action (like ice treatment). And most are self-inflicted. We bring them on by running too far, too fast, too soon, or too often. Prevention is often as simple as a change of routine. Use pain as your guide. If you can't run steadily without pain, mix walking and running. If you can't run-walk, simply walk. If you can't walk, bicycle. If you can't bike, swim. As you recover, climb back up this fitness ladder.

Next month, we'll continue this series with more RULES TO RUN BY.



HEALTH AND FITNESS

article about health and fitness



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Yes. We have lots of information about eating in this newsletter. But most of us love to eat almost as much as we love to run... almost. Whenever we're together, we talk about running. And food. So, here is a great article on the top 7 best foods for runners to eat. Enjoy.

For runners, food does more than just squelch hunger. It also fuels your muscles and keeps you healthy.

"Runners need quality foods that provide a 'spark plug' for their energy," says Nancy Clark, RD, MS, and author of the *Food Guide for Marathoners*. These seven "elite" foods for runners will help you feel your best — and keep you up and running.

Small Bagel with Peanut Butter

If you're a morning runner, you know it can be tough to hit the road on an empty stomach. It's been several hours since your last meal the night before, and your energy stores are low. Eating a 100- to 300-calorie snack before your morning run can give you energy and staying power, says Clark. This quick-and-easy snack has carbs and protein, plus it's easy to digest.



Bananas

If you need a carb-packed energy-booster before an afternoon run, it's hard to go wrong with a banana. A bonus: Bananas contain loads of potassium, which regulates blood pressure and reduces the risk of stroke.



Berries

Your legs can take a pounding from high-impact activities like running; soreness you feel after a hard run may be caused by micro-tears in the exercised muscles. That's why, in addition to their high fiber content, berries are a good option for runners: the vitamin C and potassium they contain help the body repair itself.



Broccoli

This nutritional powerhouse has vitamin C, potassium, fiber, and phytochemicals, all key for peak performance and health, says Clark.



Low-Fat Yogurt

Running and other weight-bearing exercise can help you improve your bone density. But calcium is essential part of the equation, and many runners don't get enough. One cup of yogurt contains a third of your recommended daily intake of calcium. Plus, yogurt has protein— important for building muscle and recovering from tough workouts.



Lean Beef

In addition to being a quality protein source, beef is high in iron, an especially important element for runners. (Iron deficiency can lead to fatigue.) For vegetarians, beans, peas, green leafy vegetables, and iron-fortified cereals are good sources of iron.



Wild Salmon

In addition to being a good protein source, salmon contains loads of heart-healthy omega-3 fats, which can counteract inflammation and fend off disease.





A RACE WORTH RUNNING

Race review / Race recommendation

Submitted by Dan Bullock



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We are always looking for our next great race. This month, we interviewed Dan Bullock who gave us the rundown on a favorite race of his.

What is your name? Dan Bullock

What is the name of the race? Quad Cities Marathon

What distance did you run? Full Marathon Relay

Where was this race held? Moline, Illinois



Why did you choose this event? I ran the marathon relay. For the past four years I have been part of a marathon male masters relay team. I really enjoy relays; not being a marathon runner myself, I like the excitement and festive atmosphere of a big marathon and being a part of a team gives me the chance to experience it. It is easy to get to, there is lots of close free parking, plenty of bars and restaurants nearby, an expo, and there is a John Deere Museum directly across from the start.

What was the packet pickup / Expo like? This past year our team consisted of Mike Montgomery, Rich Olmstead, Jimmie Joines, Brian Pritchard and myself. We arrived the night before, toured the expo, and picked up our packets. The expo has all the usual booths of vendors selling running gear and other races advertising themselves.

Tell us about the race day, corral, and pre-start. The main reason I like the QC marathon is it's a well-run, safe, fun race to do and very organized. It covers two states, four cities, a military base on an island, and there are five bridges to cross. The views include crossing the Mighty Mississippi twice, passing through a golf course, several downtowns, a cemetery, and the Rock Island Arsenal. The relay legs vary from 3.3 to 6.6 miles. Our team likes to switch them each year so we can see a different part of the course.

Alright, now tell us what the race was like. There are loads of stations for water, Gatorade, GU Energy Gels, wet towels, and fruit all along the route. There are also street performers, bands, and other entertainment scattered along the way. The relay exchange areas on race day are also well organized. Instead of a baton to carry, they use a slap bracelet. Its light and you don't even notice it. The anchor leg wears a chip. There are buses taking team members right to their respective exchange points. They will then take the other runners back to the start. The team then meets up a few blocks before the finish line to await the anchor runner. As he passes we all jump in and cross the finish line together.

Was there a post-race event? There is a big after-race party with a live band, lots of food, drinks and beer. The finisher's medals are large and heavy and they change slightly from year to year. The members of the top three teams also each get a plaque. Our team earned a second place last year. I haven't run a lot of relays, but of those I have, this is the best!





RUNNING JOKE

a joke about running



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Runners are a funny bunch! Each month we'll try to bring some of that humor into the newsletter. We'd love to hear your favorite running / runner jokes. Head to the website and click on Newsletter > Contribute and show us how funny we are.

Q: If runners get athlete's foot what do astronauts get?

A: Mistletoe

Q: Why did the vegetarians stop running cross country?

A: They didn't like meets!

A runner asks his wife: "What do you love most about me? My tremendous athletic ability or my superior intellect?" "What I love most about you," responded the man's wife, "is your running sense of humor."

Q: Why is a marathon race 26.2 miles long?

A: Read Psalm 26:2 of David: "Test me, o Lord, and try me / examine my heart and my mind

Q: What do you get when you run in front of a car?

A: Tired.

Q: What do you get when you run behind a car?

A: Exhausted.

Q: Did you hear about the marathon runner who ran for three hours but only moved two feet?

A: (He only had two feet)





I'M A RUNNER

Member spotlight
Julie Loving



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Every month, we take a closer look at one of our members. Helps us to get to know people a little bit better. This month, we interviewed Julie Loving. Next time you're at an event and see her, take a minute to say hi.

Where were you born? Kankakee

How long have you been running? Since the fall of 2009, my first race was the United Way 5K at KCC.

Why did you start running? My sister wanted me to run some fun races in Chicago with her, so she talked me into running a local 5K. I didn't want to, I wasn't a runner, but I tried it anyway.



What is one thing you'd like to improve as a runner? I would like to continue to improve my overall speed and endurance.

Why did you join the running club? To meet other runners, socialize, and learn more about running.

What do you hope to get out of being a member?

Making new friends, meeting other runners and hearing their running stories.

Do you have a favorite race that you have run? The Huff 50K, it is a beautiful scenic trail run with some of the best aid stations of any race.



Do you have a favorite place that you like to run? My favorite place is a run or trail that I have never run before. I love to be out on a run and explore new paths and not know what is coming up.

Do you have a bucket list dream race or run that you would like to do? Boston, any marathon in Hawaii, and complete my first Ironman Tri.

What is one crazy fact about yourself? As a runner, I didn't run track in school. After I ran the mile in 8th grade, the track coach called and asked my mom to try to convince me to join the track team. I told her no, as I hated running the mile and didn't want to run track. I never realized how much I eventually ended up enjoying running and how it has become part of my life. I wish I could have seen what the coach saw in me back in 8th grade. I couldn't see it in myself back then. Since I've started running, I have progressed from single miles on the treadmill, to 5K's and nearly every race distance up to 50K's. My goal for the past couple years was to increase my speed and qualify for the Boston Marathon. I finally qualified on my 8th marathon and plan on registering for the 2016 Boston Marathon.





ENERGY TO BURN

recipes and eating



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In this section, we will cover some recipes made for runners. As we all know we love to eat. For some of us our motto is Run Hard. Eat Hard. So, each newsletter we try to bring you some yummy, yet healthy recipes. Have a favorite recipe of your own, click Newsletter Contribute on the web site and tell us about it.

Easy Crockpot Chicken

Runner Brent Long recommends this easy-to-create crockpot chicken and says *"This is a great post-run dinner. Not only is it clean eating so it's very healthy; it's also so delicious and doesn't take much time at all."*

TOTAL TIME: 8 hours

Ingredients:

- 4 to 5 boneless skinless chicken breasts
- 1 can black beans
- 1 can pinto beans
- 1 pound of frozen corn
- 2 cans of fire roasted tomatoes
- 1 jar of your favorite salsa

- Combine all ingredients in a crockpot.
- Cook on low on crockpot for 6 to 7 hours
 - (can cook longer if needed).
- Serve and enjoy. So simple!



Recipe contributed by Brent Long

Just when you think you can't run another step...



You remember you're still 4 miles from home.
So you suck it up, because that's where the food is.

runnersworld.com



CALENDAR OF EVENTS

Join us!



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Come join the Kankakee River Running Club on our weekly runs.

Tuesday and Thursday mornings. Check Facebook for a post by Samantha Aspel.

Tuesday and Thursday nights at the YMCA at 6:00.

Saturday morning runs – Check Facebook for a post from Scott Pringle.

Sunday morning runs – 8:00 at the State Park

June Race highlight - Just a reminder that the 20th Annual Kilbride Family Classic 5K Run & 2 Mile Walk for Autism is coming up this Sunday, June 21st at 8:00 am. There is also a 200 yard dash for children ten and under.

For all details and to register, go to <http://www.runforautism.com/>

For a complete list of all upcoming local races including registration and results, head to our website at www.kankakeeriverrunningclub.com and click on Upcoming Races or Race Results under the Hot Stuff menu on the left.

June club event

We will be having our next birthday party on Saturday June 27th at 6:00 pm at Aurelio's in Bourbonnais.

At the party we will also have an election for a Board Trustee position which has been vacated by Scott Pringle. The nominees for the position are, in alphabetical order:

Linda Curwick
Karen Dannenhauer
Cindy Walters

Please join us in celebrating the birthdays and in this election. If you do plan to attend, please let us know if you haven't already, so we can plan accordingly.

For other up-to-the minute events including people looking for running partners, head to our Facebook page. <https://www.facebook.com/groups/Kankakeeriverrunningclub/> .

Click below to join us.





Say Cheese

Photos of Club Members



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Dan Combs, Jill Beth Minton Davis, Lori Hill Everts



Dan Gerber



Mary Arellano, James Lopez, Cindy Beck Walters, Leslie Kutemeier



Chris Cote Snider, Tia Poole, Scott Pringle, Carol Villegas, Marc Spenard



< Alita Hill

June 9th Group Run



Linda Curwick, Rick Loving, Julie Ader Loving, Nena Fournier, Chris Cote Snider, Gail Passwater



The Running Club web site

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

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. To create a user ID or to login, use the Login Form located on the front ride side of the page or the User Menu.

Login Form
Active KRRC club members can log in below using the User Menu or you were to you need to have your User Name Password Remember me
User Menu
Login
User Name
Password
Remember me
User Name Reminder
Password Reset
Create a Login
• [Create an account](#)

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.

Run with your legs to be fast,
Run with your mind to be faster,
Run with your heart to be
UNSTOPPABLE



SALOMON 

