



Volume-41 Issue 08 August 2019



**Facebook Group**

**Instagram**





You can use the discount code RUNCLUB to get a 20% discount.

The race is Saturday, August 31st at Small Memorial Park in Kankakee the link is below for registration:

[voyageur-clavoyageur-classic-5k-runwalk](#)

Prior to race day you can pick your race packet up as follows:

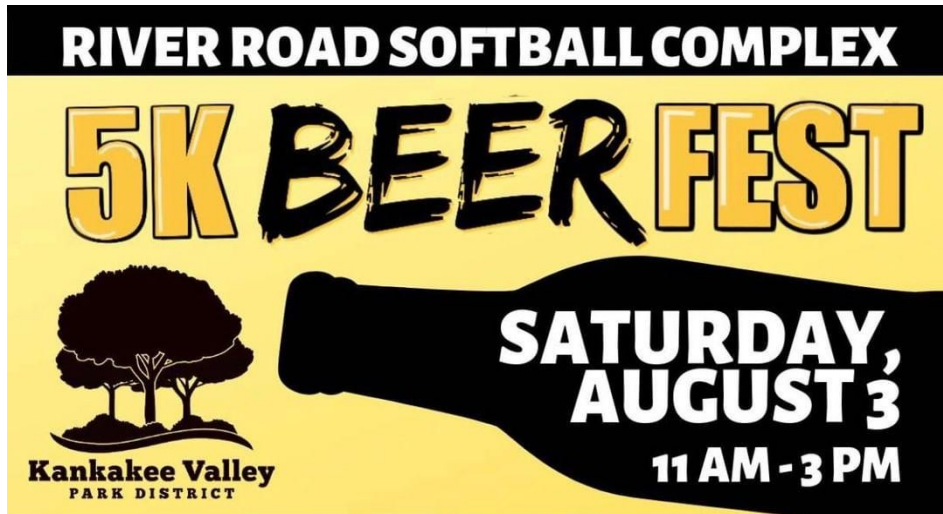
Friday August 30th between 11:00 AM and 6:00 PM at:

Kankakee County Museum  
801 South 8th Avenue  
Kankakee, IL

You can also pick it up on race morning beginning at 7:00 AM

August 31 7:00 AM CDT - On Site Check in and Registration

August 31 8:00 AM CDT -  
5K Run/Walk Start



Join the Kankakee Valley Park District for the 5k Beer fest!  
Saturday August 3rd 11am-3pm  
This is also a timed run, after you sign up you will get 4 beer tokens.  
[5k Beer Run sign up](#)

# Run Stories

## KRRC Members at the Liberty Run in Morris



*Diane DesMarteau, Rich Olmstead, Lynn McGinnis, Craig Alberts, Dan Bullock, Ken Goodwin, Valery Denby, Terry McGinnis, Terri Putnam, Jen Ingram, Taylor Harper,, DeeAnna Hillebrand, Darcy Welsh*

## Live and Learn On the Long Run

By Chris Walsh



*Chris Walsh crossing the finish line at  
Pause for Patriotism*

I've been running for a long time – 45 of my 57 years. I've run tens of thousands of miles, raced in just about every distance from 50 yards to half marathon, trained under some very good coaches and even been a professional coach for more than half of those years. So you would think after all that, I would have learned just about everything there is to learn about running. This spring I realized you can still teach an old dog new tricks!

I have always loved running, but have never really been able to do it on my own terms. It always seemed like those things we call “life” would get in the way. In the beginning I had coaches telling me what, where and when to run. After I graduated and began a stressful job, my training was limited to what I could fit into early mornings and weekends. Marriage, pregnancies and the inevitable responsibilities and activities that come with having four kids made it impossible to be consistent. If I couldn't find a babysitter, or someone was sick or had an all day tournament, I would not be getting a run in that day. Throw in the fact that I am somewhat injury prone, and I could never dream of any kind of a running streak. Somehow, despite what I would call *minimal training*, I was able to race competitively through it all – running some very good times and winning a lot of those races.

Last year was particularly busy for us because our oldest daughter got married in Texas. I spent the year before flying back and forth to Austin to wedding plan. (And yes that was probably me you saw power walking through Midway Airport at 4:30 am on more than one occasion!) We followed that with a huge outdoor party at our home which meant we were working frantically to make sure our house and yard was perfect. My running ended up being whatever I could pencil into my seemingly never-ending to do list. Somehow, I was able to squeeze in three races. The first race, I was second woman and ran my best 55-59 age group time. The second race was the Lake Run, a large very competitive race and I not only won my age group, but set a new age group record. The third race was very hot, but I still managed to be first woman. Not too bad for someone doing *minimal training*. Do you see a pattern here? Not me. I didn't have a clue!

When January 2019 arrived, I realized that I might finally have the time to train however I wanted. There were no looming deadlines or major life events filling the calendar. Two kids were living on their own and although the other two were still at home, between school and work, I barely saw them. In the back of my mind, I was thinking I might be able to break 22 minutes for a 5K again since I had come close in 2018. I was also intrigued by the masters track meets that I had seen some friends compete in and do well. I had started out as a track runner so I thought it might be fun to hop into one of those just to see what I could do.

My training started out innocently enough. I decided to add a short warm up and cool down walk to my runs. That wasn't so hard, so I kept adding on until I was up to an extra mile before and after. Then I thought our dogs might like to do the cool down walk with me so I would stop at the house after my run, get them leashed up and head out again. It was cold, and I figured I could stay warmer and get done faster if I ran with them. Of course they loved it, so our one mile walk/run became a two mile run. On my off days I cross train, and this trend continued. It was easy to add twenty and sometimes thirty minutes onto my elliptical time and ten or twenty extra laps in the pool. My son had started a weight lifting program, so I did the same, but what started out as a few reps a couple times a week escalated into a full 20 to 30 minute additional workout. For awhile, everything was going fine. On the outside, I looked like I was getting very fit but on the inside my body was slowly breaking down. This became apparent when the weather started to get nice and I began to work outside in the yard.

We have a large property with multiple gardens that need near-constant tending. But the repetitive lifting, bending, squatting and kneeling has always wreaked havoc on my back, hips and knees. Pretty soon I was sore all over and feeling exhausted. Of course I just thought I needed to get in "yard work shape" and I would feel better soon. I just popped a few ibuprofen, and continued what I was doing. But instead of feeling better, I started to feel worse. Even the simple act of walking up the stairs or carrying a basket of laundry seemed like a herculean task. And my typically "yoga flexible" hamstrings felt like they would snap with the slightest excess movement. It never occurred to me that I might need to drop my mileage or decrease my cross training. It really should have been a red flag when my training times started getting slower, but I was oblivious. So what does a running obsessed crazy person do when they are feeling exhausted and their training is going terribly? They sign up for a race of course!

The Pause for Patriotism Race happened to fall on a weekend we didn't have any plans plus I wanted to support a club sponsored race and great cause as well. Even though I felt terrible, I reasoned that "maybe it was all in my head" and my competitive spirit would push me through. Race day dawned sunny and pleasant compared to the cold, rainy days we had been experiencing. I felt "okay" warming up, but was still unsure what to expect so I started

conservatively. Good thing I did because, despite the beautiful, gently rolling course that I would normally excel at, by mile two, my body was screaming in pain and I wanted to walk. By mile three, all I could think of was how much I wanted to lay down on the side of the road and not move for a few hours. But I've never had a DNF in a race before, so I finished what I can only describe as the most painful (and slowest!) race I have ever run in my life. So what does a running obsessed crazy person do the next day? Go for a long run of course because that's what I do.

As I slogged through mile after painful mile, a nagging thought kept creeping into my head. Could this be what overtraining feels like? As soon as I got home, I started researching and it slowly started to make sense. When I read "when normal everyday activities such as going up the stairs become difficult, you know you are overtraining." Bingo! So I took some time off from running. I wasn't completely lazy, however. I did yoga, went for walks and even did some easy swimming – just nothing that felt in any way strenuous. By the second week, I was feeling better. I started easing back into running on my regular days but being mindful of how my body was feeling.

This experience taught me several things:

1. Develop a training plan that includes long distance, speed work and most importantly rest! More, more, more running is not the best plan for everyone.
2. Listen to your body. If something doesn't feel right or you just feel unusually tired, back off. If you are doing additional strenuous activities, you might have to adjust your training as well. Better to take a day off here or there when you really need it rather than be off for weeks or even months with an illness or injury.
3. Ibuprofen is not always a runner's best friend. In May, I had routine blood work done, and my kidney function was on the low side of average. Turns out long term NSAID use can harm your kidneys, something no other doctor had ever told me. Instead, with every injury, I was always advised to take mass quantities to combat the inflammation. Not anymore! Ice and the foam roller will now be my new best friend.
4. Lastly my husband wants me to mention my Apple watch. I've never really kept track of time or mileage before but I will admit I'm a bit obsessed with the watch. I like closing all those little rings, and have been known to hop on the treadmill late at night just to get my steps in! All the extra workouts could have contributed to my over training, but it did also let me know that my training times were getting slower. It can definitely be a training aid if used properly.

So whether you are a seasoned runner or a newbie, we all have things we can learn. Over the years, I guess I had completely forgotten about having any kind of a training plan. I vow to do better because I hope to be running and competing for many more years to come. I'm in it for the long run!

## A WANNABE RUNNER

BY DAN GOULD

What a difference a year makes! Last year was one of running milestones. I celebrated 37 years of running on March, 1st, half my life. In August, Ken Klipp, Larry Lane and Chuck Parsons joined me for a training run in which I ran my 50,000th mile. In December, I ran my 1,000th road race, staged from the Kankakee Community College. My first race, May 30, 1982, was staged from KCC. This year I am just a wannabe runner.

The beginning of the end of running as I knew it was a Christmas Day training run. The family festivities concluded, I began what I expected to be a four mile run in the sunny mid-afternoon with a temperature in the 40's. It was unremarkable until the 3-mile mark when my right illiotibial band suddenly and very painfully complained. This wasn't pain I could run through. Happily, the pain stopped when I stopped.

The illiotibial band is a thick band of fascia that begins iliac crest in the pelvis, runs down the lateral or outside part of the thigh, and crosses the knee to attach into the top part of the tibia or shinbone. It may be the most common cause of lateral knee pain in runners, but it was a first time for me.

As I walked the half mile home, I considered the possible causes. In recent years, I have been running four days a week which only requires running consecutive days once a week. Primarily because of post-Christmas travel plans, my Christmas Day run was a fourth consecutive day. Since I was only running 3-4 miles a day, "maintenance miles," I hadn't worried about the consecutive days. A contributing factor may have been that I run my neighborhood streets, many of which are significantly crowned and I always run on the same side of the street.

I've had many "overuse" injuries in my years and recovery has always been just a matter of time. Rest, stretching, ice and / or heat are the remedies, but I should note the experts don't agree on the ice and heat. Some injuries need a week and some a couple months. This injury was very activity specific and that was good news. If I didn't run, I was virtually asymptomatic. I could maintain fitness walking and biking. The bad news was I had to go for a run to determine if I was healed.

The first rest period was easy. I had two more days in Illinois and then three days on the road to Florida. My first test of the I-T was six days later, New Year's Eve, and there was no "Happy New Year!" I had the same result eight days into the new year.. I had a no symptom 2-miler on January 18th and began running every other day, but experienced some tightness on the subsequent runs. I jogged through a 5K on January 26th and ran 4 miles on January 28th. Then life started getting complicated.

The I-T band was not happy with the 4-miler. I began a head cold that would last 17 days. Rest was not an option. It was mandatory! Twelve days of rest later and the head cold starting to wane, I ran a couple miles without any issues. Two days later I had a new and more serious health issue.



Sunday, February 10th, was a sunny day in Bradenton as are most Florida days. I ran three miles, remarkable only in that I had no I-T issue. During my post-run cool down and stretching, I noticed that my heart rate wasn't coming down as quickly as it usually did. My Garmin has a pulse sensor and, combined with an app on my phone, provides detailed information about my heart rate on my runs. After showering, Linda and I settled in for a relaxing Sunday afternoon, but I noticed my resting heart rate about 10-15 beats per minute above normal and I had mild pain in the backs of my upper arms. When there had been no change after three hours, my resident nurse decreed we were going to the ER.

After almost four hours in the ER, a couple blood tests and a chest x-ray, I was released with directions to see a cardiologist. There were no cardiac enzymes in my blood which would indicate heart damage and the x-ray was good. What the ER doctor didn't tell us and I learned on my first appointment with the cardiologist: my BLOOD PRESSURE was 190+ / 110+. They call it the silent killer and I saw firsthand why.

Since I didn't know about my high BP and there was no suggestion that I was in imminent danger, I ran a couple days the following week. My heart rate had returned to normal the day following my ER visit and a brisk walk didn't generate any warning signs. The tightness / low grade pain in my triceps remained unchanged. I wasn't sure I had anything worth the time of a cardiologist and emailed my situation to my primary in Illinois, Dr. Dayhoff, who urged me to see a cardiologist without delay.

I stopped running and became a 3-mile a day walker for the next couple months while the doctor put me through a battery of tests. I expected I would be diagnosed with something like A-fib which a number of my running buddies have, but the bottom line was just high blood pressure. I say "just" because it was probably the happiest answer I could have gotten. One in three American adults have high blood pressure and, like most of them, I take one pill a day to control it.

My I-T band got two months and five days off from running. I began rebuilding my running, again, on April 19th with a walk-run of about 3 miles. My first continuous run was May 4. I ran 8-9 miles each of the two following weeks. On May 21, the I-T shut my running down again. I resumed on June 3rd, got in a couple 10 mile weeks, and came to another screeching halt on June 18. I was usually asymptomatic within a day or two, but the I-T failed a test run each of the following two weeks.

Today is the seven month anniversary of the beginning of my life as a wannabe runner. I am two weeks into a rebuild in which I am running every third day. This morning was encouraging, my fourth 3-mile run. My loss of conditioning means a lot of leg fatigue. I have no idea how much or how fast I can rebuild running every third day. Will the I-T complain if I run 4 miles? Have to try it one of these days.

I've walked about 350 miles this year and my buddy Charlie Grotevant, now 77, has recently switched to walking which he finds less painful, at least for some parts of his body. Note that I didn't say "just" walking because one of his recent walks was 7 miles in less than 2 hours (16:35 pace?). I'm also biking 2-3 times a week and there are some nine hole walks with my golf clubs. I'm getting to the gym a couple times a week. I can stay fit without running, but I don't want to write the obituary of my running life. I want to run for my life!

Run for your life!

# August Birthdays

08/04 Bernie Hinrich 62  
08/09 Maria DuFrain 56  
08/13 Donna Koerner 63  
08/13 Madison Bylak 17  
08/15 Cara Wheeler 54  
08/16 Matt McQueen 43  
08/19 Brian Alberts 34  
08/19 Wayne Bisailon 52  
08/19 Dee Anna Hillebrand 56  
08/19 Amber Sproul 27  
08/20 Abigail Betterton 14  
08/21 Lucas Skrobot 7  
08/22 Alan Toronjo 42  
08/22 Jana Sheely 42  
08/22 Trey Pritchard 19  
08/24 Mark Nelson 54  
08/25 Rhonda Hubert 48  
08/25 Terry McGinnis 52  
08/25 Wesley Sproul 26  
08/25 Glenn Tuuk 50  
08/26 Jill Channing 39  
08/29 Amy Sluis 43  
08/31 Anna Dabrowski 38  
08/31 Dan Gould 75