



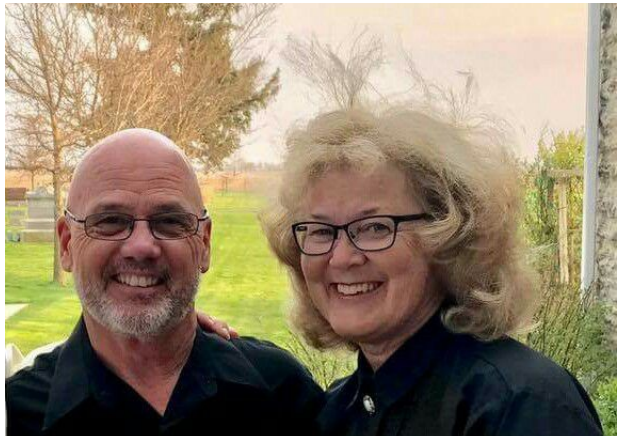
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KVPD 5K In-Person Socially Distanced Event By Michele Walsh

A special thanks and commendations to the Kankakee Valley Park District for the opportunity to participate in a socially distanced 5K. The event drew only 25 finishing runners but the Covid guidelines were followed and all had a great run. Based upon the registrations that were submitted, a running order was compiled that insured that individuals would be on start times every 5 minutes. If more than one person from a household was registered, the entire household had the same start time. We arrived earlier than our 15 minutes before check-in start time. The check-in person said that the starter was allowing earlier starts but still spaced safely. Instead of starting at 10:05, we started at 9:30 am. The course started at the softball complex on River Road and went along the river into the Shapiro grounds and back. It was fairly flat and the breeze off the river was refreshing. The weather was unusually mild for the dog days of August and very nice for running an official 5K for the first time in months. Race results were available on Webscorer.com that same day. Waters were given out at the end along with a previously ordered Jimmy John sandwich. The check-in included a shirt, bib, and finishing ribbon. Several Kankakee Running club members participated. Even though it was a low turnout, it was a good event for an in-person socially distanced 5K. Thanks to Kankakee Valley Park District for planning a great event.



Mark & Michelle Walsh

"Love Where You Run" by Alan Toronjo

I have a daily running calendar that my mom graciously gifted to me for Christmas last year. Yes, I have reached that hierarchy level of running where I have something "running" related



but yet that object does not assist in the actual act of running (think vehicle "mileage" stickers, medal/bib displays, etc.). Actually, I take that back; there is a spot each day to log that day's miles for tracking purposes so I suppose there is some assistance there in a roundabout way. Anyway, among the daily affirmations and running quotes, there was a day this month that read, "Run Your Terrain." I thought about what that meant to me and how I (and I'm sure many of you fellow movers out there) sometimes lack the motivation to get out just to get that day's activity started. I thought about how there are so many variables that encompass each run/walk/roll that it is relatively easy to concentrate on one and

use that as a mental and subsequent physical block. Who has found him or herself thinking, "It's too early; it's too hot; I'm too tired; I can wait for tomorrow," and then tomorrow uncovers a different excuse? I'm not going to lie and say it's simple to get out to get the body moving. Physical activity is demanding, challenging, and takes the utmost effort to obtain the personal rewards. I've been caught in many a slump before; it's easy to succumb to inactivity right now as the world is experiencing a pandemic that is affecting almost every aspect of our lives. In times like these now or whenever that excuse monster threatens to send those oppressive and weighty thoughts, I recommend focusing on something positive that will push that negative to the wayside. So, in this month's contribution to the newsletter, I'm going to use that calendar quote of "Run Your Terrain" and simplify it to

"Love Where You Run." Many of us have our favorite locales/areas/neighborhoods/trails that are able to distract all of our wayward thoughts and allow us to get lost in our movement. And thus, I'm going to use this month to take you readers on a written embodiment of one of those spots where I love to run. In later installments, I will feature other running/moving locations (such as Davis Creek, Limestone Park, and the Perry Farm/YMCA trail) that are in my running rotation of mental "getaways." I hope that those of you that are familiar with my featured locations share in the appeal that my words do their best to describe and then with those who are not or only slightly familiar, get inquisitive and decide to experience the spot on their own.

Loving Waldron Arboretum

I've just thought of the perfect nickname, "Nature's Track," for Waldron Arboretum, located on the east side of Waldron Road (directly across from Island View neighborhood and street) on the way south into Aroma Park. This Kankakee River Valley Forest Preserve District site (other sites include Gar Creek, Shannon Bayou, and Aroma Land and Water Preserve) according to [The Daily Journal](#), is "86 acres, ... 30 acres that were once the growing site of the old Kankakee Nursery, as well as 56 acres of farmland." I feel "Nature's Track" is such an apt fitting name for the arboretum as it is almost a perfect mile in total length (I usually use the parking lot and part of the entrance/exit road leading back out to Waldron to get the last 0.05 to 0.08 of a mile in) and its general shape is that of an oval.



Being a numbers person, I usually get in an exact number of miles while running every other lap in opposite directions. Whether running clockwise or counter, the trail starts with crushed limestone/gravel that makes appearances throughout, but most likely due to time

and sporadic upkeep, about half of the total path is dirt and mowed-down grass and weeds. The path is also full of leaves, twigs, and all other sorts of detritus that the woodscape sheds onto the ground. There are some variations in the general oval shape as there are some slight turns and one "S" shape feature near a bisection of the loop that also is the spot for some unique carvings (about a quarter mile into the trail using the northernmost entry--see picture). Are you also not a huge fan of hills? This trail is completely flat with nary a change in incline.

Much like John Muir's attraction to the "mountains ... calling," I feel the most at ease while running in nature's landscape. I attribute it to spending my younger years in Wisconsin where similar to this region, there was a plethora of parks, wooded areas, and nature centers that satisfied my scientific curiosity. While Waldron Arboretum is not a "total" forest immersion, it is enough of a natural seclusion to satisfy when one has a need to connect with



the outside world. Not to mention that for me, it is a short bike ride away from our home that allows for a quick warm-up and casual cool-down when using two wheels to arrive at the destination. I prefer early morning or early evening jaunts here as I enjoy seeing my shadow flit between those of the surrounding trees.

There are placards posted on wooden posts throughout the trail displaying the different varieties of tree that call this arboretum home. Trees range from different kinds of maple to Bur Oak to Douglas Fir to Norway Spruce to a Hackberry that is at the far end of the "oval" loop. It is at the Hackberry placard where if one felt adventurous, could leave the confines of the trail (there are strategically placed portions of wood to cross a small creek) to explore the railroad track that borders the eastern edge of the path. It is here where on an excursion with the family, we saw deer congregating further along the railroad tracks. Other animal encounters are always entirely possible as they are with other trails in the area. Since this is a relatively small area, I most often just hear the rustlings of our shy animal peers in the surrounding

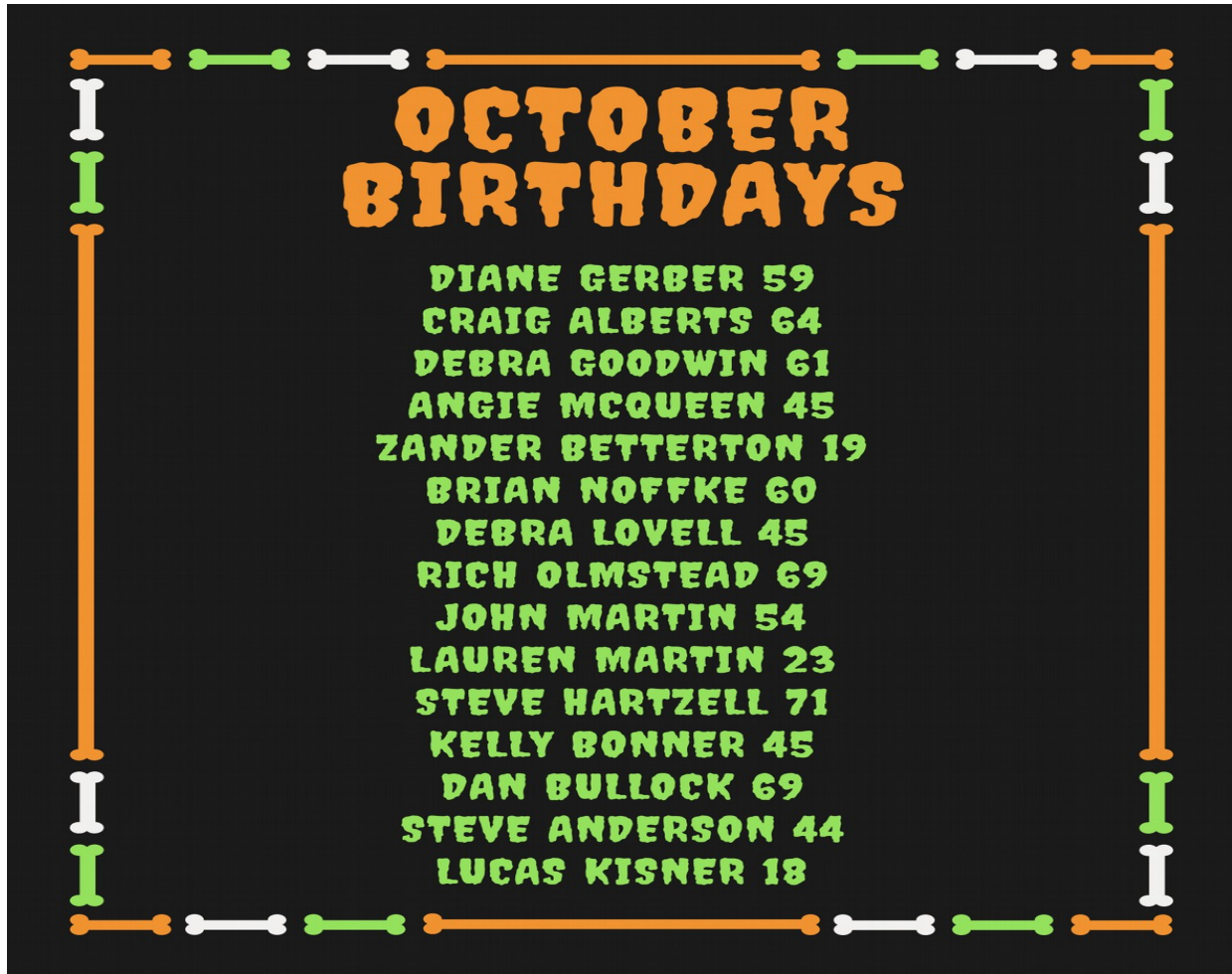
undergrowth. Birds are aplenty as well as the insect masses. As mentioned earlier, for those not quite content to run such a predictable route, there is a cross path that almost perfectly dissects the loop at the middle point and the highlight here are the intricate carvings done on the remains of two trees. There is also one very short (blink and you almost miss it)

deviation from the main path on the southern side of the route that contains additional posts with featured flora. The overall path is wide and can easily accommodate two to three runners side-by-side at some points with generous distance in between. For those needing to take breathers or



wanting to spend an anxiety-free moment while seated, there are benches situated throughout the arboretum.

Not wanting to gloss over any aspect that could detract from the appeal of this site, this area is subject to flooding as it has had its share lately with our heavy rain events. Much like we all are subject to the passing of time, this preserve is also showing its age. A lot of the placards are in bad shape, some have lost their wooden counterpart altogether that they are identifying, and much like across North America, the ash trees present have been devastated by the emerald ash borer, making a need for the clearing and removal of a portion of the natural landscape. Detractions aside, for those wanting a quick respite from our hectic and ever-increasing electronic based world, the arboretum is sure to please. Whether visiting for a short walk or engaging in multiple cyclic loops, the Waldron Arboretum remains a quiet and quaint natural area to bring together physical exercise with the relaxation of the outside world. Due to both closeness and convenience, this arboretum has become a mainstay in my running location repertoire. Loving where you run makes the act of getting out to take that first step that much easier. We'll see what, and with future entries featuring locations, and "where" my mind runs in next.



Fall Mileage Challenge

Starting October 1st, we are doing the Fall Mileage Challenge. The club will donate \$1 for every 20 running/walking miles accumulated by club members during the month of October. There is a spreadsheet to add your miles and track the group progress. The miles you post should be running or walking miles as part of an exercise session, not just your daily fitbit miles as you do chores, etc. If your name isn't on the spreadsheet either you are not yet a club member or you didn't pay your 2020 dues. Either way, go to the club website at www.KankakeeRiverRunningClub.com to join or pay your dues. There are many places you can still run/walk outside, but be responsible and maintain social distancing while doing it. If you don't feel comfortable adding your own miles to the spreadsheet, you can either post them on this page with a tag to me (David Bohlke) so I don't miss it, or send them via email to krrclub@gmail.com. Here's the link to the spreadsheet: [Spreadsheet Link](#)

Koach's Korner by Ken Klipp

Welcome back! Anyone remember what we were discussing the last time (or the time before that?)? I didn't think so. I remember that I promised to get back to the physiology of training, and what types of training do what and how to do them and how to put them together in a sequence, and how to make this sentence longer, etc.

However, before I do, I would like to address one other aspect of training. I was talking to a high school runner's mom not long ago (I really need to stop talking to other people), and she was saying that her son (who is a good runner) had ramped up his training and was dedicated to having a great season. However, so far, his times have not been improving the way that he had hoped, and we had a discussion of possible reasons. It reminded me of one the most important aspects of training - NOT TRAINING!@! Or as most runners think of it - REST! It is such a big part of the training program and needs to be monitored as closely as the workout regimen.



Ken Klipp

Hopefully, we all understand that ALL of the physiological changes that I listed that needed to be done take place WHILE YOU ARE RESTING - NOT DURING THE WORKOUT! When you finish a workout, you are NOT in better shape. As a matter of fact, you are in terrible shape. You have destroyed millions of red blood cells. You have torn the cell membranes of many muscle cells. You have altered the shape of countless enzymes, so that they can no longer do their jobs. And the list goes on. The basis of all training is that your body is an OVERCOMPENSATOR. It essentially says "I'm not going through that again. I'll show YOU. I will build back all of this damaged tissue, but I will make it "BETTER" than it was before - more red blood cells, stronger muscle cells, more capillaries, more enzymes, etc." THAT is how we get to be faster runners.

Now to get back to my discussion about REST: If a runner goes out and beats him/herself up every day, and does not give the body a chance to rebuild the tissue, then you get into a vicious cycle of continually tearing down. This will eventually lead to poorer performance and injury. How much rest do you need? A lot of runners use the Hard-Easy method - one day focused on training hard; one day of rest or easy recovery activity. That's not a bad method. Everyone is different however. Some can do two hard days and then one easy. Others (particularly we older folks) may need to go one

hard day followed by 2 easy days. In any case, understand that it's during the rest period that the magic gets done. So, don't ignore it. Put it into your training plan, and hopefully, you'll see good results.

Now, where was I in the training program? To review quickly (refer to the copies you made of the first 2 or 3 columns. You did make copies, right?): We need to increase our ability to supply OXYGEN to our muscles. Why? We use it to break down food substances to extract the energy in the food. If I want to run faster, I must supply more oxygen so that I can supply more energy for the increase in effort. Listed a bunch of things that needed to be changed in order to supply more oxygen (more red blood cells, more capillaries, more enzymes, stronger heart contractions, etc, etc - see your notes). What types of training will change those things, and how do you do that training to get the biggest bang for your buck? (Finally, back to where we left off)

The most common method of training that is used to raise oxygen carrying capacity is THE LONG RUN (as a matter of fact, a lot of runners ONLY do long, easy runs). So, what do you need to know about long runs?

First, how long is LONG? Obviously, this varies, depending on the individual runner and their capabilities, age, training volume, and so on. When I was young (yes, I was young once), I had a college season where I was running 20 miles a day (not all long runs), and my long runs were 12-15 miles. I am now 71, and a long run for me would be 6-8 miles (at this particular moment, 4 miles). So, a long run could be anywhere from 3 to 20+ miles. For serious trainers, the "preseason" might involve 2 or 3 of these a week, while during the racing season, it would go down to once a week. If someone is doing one long run a week, the general rule would be that it should be around 25% of the weekly mileage (for the math challenged among us, here's an example: if you're running 40 miles a week, your long run would be around 10 miles). Again, it has to be geared to the individual and where they are in their training program.

Second, at what PACE should they be done? This is a little trickier. If a person is anal about doing what should produce the absolute best result, then the exercise scientists would probably say about 1 minute and 30 seconds slower than your current 5K time. I have used that method with my teams a few times, and the biggest drawback is that IT'S NO FUN! Long runs are the social life of a runner. When each person is focused on their watch and running their specific pace, it really detracts from what is probably one of the biggest draws of our sport - running with friends and enjoying an easy day with no thought to pace. While I have had good results doing it the scientific way at times, I believe that you can still get most of the benefits of the long run with a "conversational" pace and a relaxed mind.

Third, what are those BENEFITS? Long runs are the heart of "Base Building". The physiological changes that are made during long runs need to be done BEFORE most of the other types of training to get the best results. Long runs are probably the best method for bringing about the following changes:

- increase in the # of red blood cells per cup of blood = can carry more oxygen (remember the math?)
- increase the number of capillaries in the muscle tissue = every muscle cell is closer to a source of oxygen and a place to get rid of waste products
- increases the number of "fat" burning enzymes = more fat burning and less "sugar" burning; really important in marathon type running (remember, burning 1 gram of sugar produces about 4 Calories; burning 1 gram of fat produces about 9 calories)
- toughens joints and tendons = preparation for harder/faster workouts = less injury
- builds confidence and mental toughness

Lastly, WHEN should long runs be the emphasis in the training program? EARLY - during the first few weeks of a training program. The changes listed above need to be done first, so that later training will have a bigger effect. Example: I have seen teams early in their training program emphasize race pace intervals and/or speedwork. This is usually not as effective. Why? Those faster workouts increase the amount of blood pumped from the heart per beat. ***BUT*** it is pumping blood with a very low red blood cell count into muscle tissue with very few capillaries to disperse it. So the end result is not as effective. The SEQUENCE of workouts in a training program is important. Patience - we will get to that down the road. Up next: Interval training - what it does, how to do it, when to do it.

Please keep in mind that there is more than one way to train. Just trying to describe ONE way that I know to be SCIENTIFICALLY sound. And, as I always say, if you are happy with what you are doing, you should continue to do it.

Questions, comments, snarky remarks, and donations can all reach me at kcklipp@comcast.net.