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Check out our
Facebook/Instagram pages
We post lots of updates on runs, and lots of
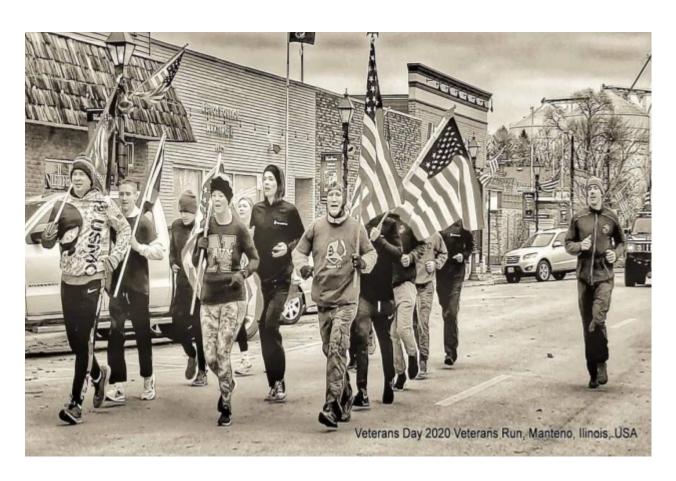members like to post in the group and chat
with one another.

Run stories

Veterans Day Run November 11th 2020
The Manteno Veterans Run
Thank you to everyone who has served our country.

Veterans Day 2020 Veterans Run, Manteno, Ilinois, USA

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Koach's Korner by Ken Klipp

Welcome back and Happy Holidays, everyone! Coach Klipp back here to confuse you with more information on the elements of training and how to put them together efficiently.

Before we get back to that, a couple of things (seems like I always have a couple of things). First, I have used the Nike Run Club App for about a year now, and have liked it. However, in the last month or two, it suddenly started "misreading" the mileage of each run. It started giving me mile splits about every 3/4 of a mile. By the time I would run 4 miles, it would be telling me I had run 5 miles. On the positive side, according to it, I am running sub-8 minute miles (Woo-Hoo!). I have called twice, and the tech people have had me empty the cache and storage, uninstall the app, and re-install it. Nothing has worked. So, I'm just asking to see if anyone else has had this problem, and if you solved it. Thanks.

Second, a friend of mine (yes, I keep telling you that I have friends), who runs in my age division (which will remain a secret), asked me about the training techniques that I have written about here, and if/how they would apply to us runners of a certain age. It is a great question. The training techniques themselves are valid, but how they are applied at different ages is a subject worthy of a newsletter article. As you can probably guess, a lot of it would be the reduction in volume and pace, but also the spacing of workouts, the use of strength training, recovery, etc need to be addressed. Hopefully, I will remember (at my age) to develop a column on the topic in the future. For right now, on to further training methods. (Last month, I said I would cover Tempo training this month, but have decided it will make more sense to put that off until next month):

I have tried to make the point a number of times, that a large portion of distance running training is dedicated to increasing the amount of oxygen that a runner can supply to his muscles. Why? Because the MORE oxygen that can be supplied, the MORE nutrients can be broken down, releasing MORE energy, allowing the runner to run MORE faster for a MORE long time (nice English, eh?).

So, here is a question: Is there a limit to the amount of oxygen that you can supply to your muscles? What do you think? I'm waiting . . . . . . The answer is obviously YES, and it will depend on what kind of shape you are in at the time. This is what you can increase over time.

Another question then: So, are you limited to the amount of energy that your oxygen supply can release? I'm still waiting . . . . . . Surprisingly, the answer is a resounding NO! There is a way that you can release energy from food WITHOUT oxygen. This can supply additional energy so that you can run faster and longer! Yippee! I don't need all that training. I'll just get my energy that way. Problem solved!

BUT! (You knew there was a BUT, right?). Here's the problem: When you breakdown food WITHOUT oxygen, it is not broken all the way down to carbon dioxide (breathe out) and water (useful). The "unbroken" down food forms lactic acid which accumulates in your muscles, interferes with their function, and slows you down. Best example: starting a race TOO FAST - getting a lot of energy without oxygen (anaerobically), building up lactic acid, having to slow way down, running a bad race. BTW, this is THE most common mistake

runners make in races. Take it from someone who tried to get his runners to slow down the first half mile for 47 years. Look at your splits. If your second mile is more than 10-15 seconds slower than your first mile, you are probably going out too fast the first mile, which is killing your second and third mile, and resulting in a slow overall time. "You can't win a race in the first 800, but you can lose it."

So, in addition to training to increase your oxygen supply, you must also increase your ability to deal with any lactic acid that is produced. BTW, working anaerobically is NOT a bad thing. It allows us to sprint. It allows us to suddenly get up out of chair, jump into the air, or any other sudden and/or intense activity - just about everything we do. It is a blessing, unless you are running a distance race

So, how do we train our anaerobic system? REPITITIONS or REPS is the most common way. These are short runs at high intensities with long recoveries. Some might call them sprints, but they are not all out.

Pace - faster than 5K race pace; technically, about 5-6 seconds/400 faster; about 800-1000m race pace will do; can be subjective - quick but relaxed??

Duration - less than 2 minutes; 30 - 90 seconds; so, about 200-600 meters

Volume - about 5% of your weekly mileage; so, if you run 20 miles a week, about 1 mile worth; if 30 miles a week, about a mile and a half; etc.

Examples: If 20 miles a week, do 8 x200 or 4 x 400; if 30 miles a week, do 12 x 200 or 6 by 400; repeat 100 meter strides will work, and should be done a few times a week (strides or accelerations)

Recovery: This is crucial - recovery should be 4-5x the time of the rep. Example: if you run a 200 in 45 seconds, the recovery is at least 3 minutes. These are intentionally long. Most people are "ready to go" before then, BUT DON'T DO IT. The long recoveries are for a reason - letting the muscle completely "reset" it's chemistry. Each rep should feel the same - not get progressively more tired. Each one should feel fresh.

One of my favorite Rep workouts is HILLS! Doubles down on all of the benefits listed below. Might as well get the biggest bang for your buck.

Warning: reps can make your legs feel "dead" the next day or two. So, don't feel like you need to do "sprints" the week of a race. When should Reps be done? During Phase 2 of training, which we will get to soon. Be patient.

What are the benefits of Rep training? There are many:

Train the body to "clear" and/or neutralize lactic acid from the muscle - increase buffers, capillaries for removing by circulation, and interestingly "burn" the lactic acid as a fuel, getting the rest of the energy out of it (requires oxygen and a long explanation)

Increase Stroke Volume of the heart - strengthens heart=more blood pumped per beat Increase Neuro-Muscular efficiency - firing more impulses to the muscles per second produces increased efficiency of that process (complicated neurotransmitter-end plate discussion)

Increase strength and thus speed - want to be faster? Run faster! Will do a newsletter on speed training down the road

Prepares the body for the next Phase of training (Intervals - last newsletter???). Helps

toughen tendons and joints, increases strength, etc = less injuries. Never want to do Reps in same Phase as Intervals - too big of a workload; can result in fatigue and/or injury.

Okay, so we have covered 3 different training modes: Long Distance, Intervals, and Reps. One to go - Lactate Threshold Training (Tempo Running). That's next time. Then I will try to put them all together in a physiologically sound sequence of training that anyone can use. Until then, any questions or comments can be directed to me at kcklipp@comcast.net. Happy Holidays, everyone!

Mind's Running While Running by Alan Toronjo

My "Why"

In previous submissions, I've written about where I like to run and what I think about when I run. I've talked about inspiration and the importance of other activity to supplement running. Now it's time to ask the all-too important question of "why" I run. I know I've mentioned that cardiovascular disease runs in my immediate family (my father survived multiple heart attacks), and I'm a solid believer that being sedentary can be just as health-debilitating as smoking. And I know that like many of us in the group, I share an inclination to go above and beyond the normal daily caloric intake, using running as a justification to do so. But it goes further than all of those rationales. For me it's something that's hard to describe and pinpoint and put into words; and that's saying a lot knowing that my lack of outright speaking is severely outdone by my written words. Nevertheless, let's continue to see if by type-written effort, I can force out a definite answer.

As before, I received the idea for this month's submission from my running calendar; a recent quote read, "We lose ourselves in the things we love. We find ourselves there too." -- Kristin Martz. I find that this quote almost perfectly sums up what running means to me. Most of us have a love/hate relationship with running or with exercise in general. I may hate taking that initial step outside or setting repeated early morning weekend alarms (my wife really hates those!) to get my body up and moving, but when all is said and done, I never look back at the movement session with distaste. No matter if that last step is across a finish line, at our driveway, at my vehicle parked at a trail head, or when pushing "Stop" or "End" on a treadmill, I never regret using my body to perform this simplistic yet challenging activity.

It started out as a way to lose weight. Dividing out my life years and going back to the time of FO4 (family of four, before 2012 when we became FO5--family of five), pounds were literally "weighing" on my mind. Running supplemented DVD (mix of Biggest Loser and P90/Insanity) and video game (shout out to Wii Active) workouts to assist in getting the scales to show a more respectful value that was more in line with my size. There may have been some breaks since then (some minor injuries, sickness, and some busy life schedules), but running has become my main activity of choice. I've trained for and completed many 5K distances up to one full marathon and I know that I have many more race distances in front of me. I've

accumulated more than my fair share of race shirts, and my assortment of outdoor active apparel is occupying almost as much space as my "normal" clothing. But it is more than a finisher's medal or assorted race swag.

I can truly say that I love running. If there is any regret at all, it's that I didn't start earlier in life. For the first time this year, I've started tracking my total miles since the first of January. I'm on track to go over 1000. As I sit here writing, I plan to run a half marathon distance tomorrow just for the heck of it. It's amazing what the human body is capable of; I understand how major name athletes (even though some are/were paid handsomely) play for their love of the game. And it just starts with taking one step or leap or stride and building upon that and more often than not you will be out of your comfort zone and dealing with difficulty.

I've learned so much about myself through running. I used to be a constant worrier. My thoughts bounce around my head and used to settle on the worst outcomes that I could think of. Now my thoughts still bounce around but I try to dedicate running time for all of their jostling movement. I've worked through countless issues and discovered solutions while on a run session. I journey down the "rabbit-hole" of my mind and get a chance to declutter and partition thoughts and ideas. My physical and mental workouts go hand-in-hand. I've always enjoyed being in the outdoors, but by being a part of the parks and trails that this area has to offer, it has brought me back to an almost child-like, wide-eyed appreciation of nature. From submitting to the heat of August close to the Kankakee River to fighting facial-hair frost in the middle of deep winter through the trees, my eyes see the beauty in the environment that becomes my running landscape. I become one with the outdoor atmosphere as the same air that envelops my surroundings is able to power me through the workout by puffing in and out of my lungs. And then there is the wonderful feeling commonly known as the "runner's high" that comes at the outset of the physical exertion. Much like how running means different things and different "whys" for each individual, the "runner's high" can also be experienced differently. For me, it is a tingling, electrical sensation that is felt from head to toe but is concentrated in the lower legs (probably due to their prolonged muscular activity). It's also a peaceful feeling where my breath and heart rate are returning back to normal and while usually sitting letting the perspiration (no matter what the temperature is, I almost always have sweat) drip to the ground, a sense of calm comes over me. Much like my "why" for running, the description is hard to narrow down.

So that sums up "why" I run. For each mover and athlete, the "why" will take on different meanings. Is it a way to relieve stress? Yes. Is it a way to improve your health? Definitely. But everyone needs to find their own "why." Here's some homework; the conclusion to this piece is up to you. Finding that "why," finding that motivation, and finding that reasoning is unique to everyone. Whatever your activity of choice, find a way to make it your passion, and you will define your "why."

Your "WHY" -- _____

Most years, we do a Christmas Lights Run, where we gather together, run through some neighborhoods and take pictures of the Christmas lights, then go someplace for some hot chocolate and other refreshments. This year, due to COVID-19 limitations on crowd size, we will not be doing that. However, Board Member Laura Loica has volunteered that if people run in their own neighborhoods and take pictures and/or video in front of the Christmas lights, she will put together a slideshow/video as a virtual Chistmas Lights Run for all to enjoy. If you want to do it, send us your pics/videos to krrclub@gmail.com

Does anyone have any fun runs planned for the 2021 year? Let's hear your story on what you have planned for the new year.

December Birthdays

12/01 Ashlyn Toronjo 14
12/02 Ric Wozniak 52
12/03 John Schimmel 71
12/03 Lori Simpson 57
12/04 Khirastin Schneider 35
12/05 Kyle Lovell 18
12/05 Melissa Zigrossi 40
12/08 Clarence Moore 8
12/08 Curt Wierket 38
12/13 Tierra Arendt 21
12/13 Russ Mcdowell 52
12/15 Daniel Hall 58
12/18 Julie Loving 52
12/28 Ryan Broom 41
12/30 Rodger Willing 62