



March Volume 42 Issue 3

Winterfest Update – Winterfest delayed becomes **Springfest**. We will have a live race on Saturday, April 24th at Manteno American Legion. Details are still being worked out. We will send a separate email and post it on facebook once registration is open.



2021 Running Log

For those who like to track their running throughout the year, here is a link to a printable Running Log. If you prefer an electronic version that

automatically totals the monthly and yearly miles, here is a spreadsheet on Google Docs that you can copy to your own Google Docs and be able to update from either a computer or a phone.

Spreadsheet Link

Don't forget to join our facebook group to get all updates on group or club runs.



<https://www.facebook.com/groups/Kankakeeriverrunningclub>



Mind's Running While Running

Foundationally Fit Feet by Alan Toronjo

The literal *dictionary* definition of foundation is “the basis or groundwork of anything.” Whether a building is fabricated to stand the test of time or initializing a framework for physical activity that will last for years, that “basis” must be firmly rooted. For us runners, walkers, and movers, that “basis” starts with that portion of the body that comes into direct contact with the ground. Unless you have accustomed yourself to complete barefoot running, you need to rely on a good enclosure that protects, supports, and ultimately provides that structural “foundation” for your feet to enjoy years and years of moving. Note: your perfect footwear will not be perfect for someone else, even if that person shares your same mileage, foot size, and regularly-used pace. I am even willing to bet that you could take two identical twins who are runners and they would not share the same preference and ability in athletic shoes.

I’m going to take it back briefly to the early months of March and April 2016. After getting notice that I was awarded one of the much sought after “lottery” entries to the Chicago Marathon, I then got anxious about finding that “perfect” training shoe to start logging some much-needed miles. I had just bought a new pair of shoes for work that I believed would be extra comfortable since they had a plush memory foam on the insole. Little did I know that this was going to exacerbate a condition that I had begun having (and officially doctorly diagnosed) with plantar fasciitis. I somewhat attribute this meddlesome irritating heel pain to switching between more or less “plain” running shoes and also using shoes at work during the day that

did not fit me correctly. With diagnosis in hand and the knowingness that I was going to need a shoe that would work with my feet (slightly wide and flat with a low arch) for those multiple double-digit long running days, I set off to get professionally foot fitted.

I am not here to promote a certain brand of shoe or fitting store as reputability spans across shoe makes and models and athletic stores alike (sadly the store I was fit in is no longer in business up in Frankfort). I could swear by a certain shoe that may fit someone else terribly. There is always the easily accessible running club advice also; I have posted several times with thoughtful and informative guidance received. The best way to find your “fit” is to try, run, walk, move, stretch, and watch (with recordings—slow-motion is even better) how your feet move, and more importantly feel, in different types of shoes. If you are able to achieve this on your own at one of the more run-of-the-mill sporting stores, that is perfect.

Fast forward to a few years later while we were visiting my sister in Texas and we happened to find a local runner-group operated and oriented athletic shoe store. Our oldest, who I have previously mentioned in articles, an avid cross country runner, was having difficulty finding his best “fit” shoe. Throughout the sporting season and as meets and practices were held multiple times during the week, he was finding himself prone to leg pain; and shin splints were his medically assigned infliction. It was his turn to be fit into footwear.

Being professionally placed into a pair of athletic shoes usually involves a number of steps. Just as if you were in school and didn't understand an instructor presenting a lesson, questions are key in every step of the process. There will undoubtedly be back and forth discussion. The store personnel will begin by measuring your foot size, then will ask general questions about your activity/mileage/goals, and will most likely perform a gait analysis while walking or running (and this could be done barefoot) on a treadmill. "Gait" is such a short, direct word, yet its meaning involves a whole lot more. Gait is the way in which your body moves while transitioning from foot to foot. It is as unique as a fingerprint, as minute differences in coordination and balance cause shifts in muscle movement and overall form. Once all pieces of the movement puzzle are put together, the shoe store worker will grab several pairs of footwear for you to slide your "hooves" into. It's time to try all of those things listed previously but above all else, move those feet with the same gusto and excitement as you would in the same activity that brought you to get fitted in the first place. Usually, the final

step is deciding between one of two pairs that give you the same level of comfort. Don't be afraid to put those shoes to the test: run, skip, hop, run up and down the aisles, if there are any, and traipse on the treadmill. Take your time, switch between using one of each shoe on each foot, and hopefully narrow down (or if not, maybe you brought enough for a multiple purchase) the selection to the best fit foundation for you.

I found that once I was professionally fitted and started upping my mileage, I was able to get a feel for what shoes worked best for me. And it turns out that as I get older, my shoe "style" has changed. I'm working on strengthening my feet and have found that they are less "tired" in a more minimal shoe and my toes delight in a more spacious, wider toe box. Then again, when I'm putting in double digit mileage, I may still use a wider shoe but will ensure that it contains some slight (yet still firm) cushion. Unsure of the first "step" to take? Reach out to ask about professional running stores; reach out to the running club, as we have a wealth of information and encompass a multitude of experience; reach out to a podiatrist if you have more serious medical issues. Start with your feet as they are your movement "foundation."

Koach's Korner by Ken Klipp

Hey, Everybody! Did you miss me? I know - no column in the last newsletter. Hey, it was the holidays! Since no one contacted me to complain, I assume no one is reading this anyway. But, on the outside chance that anyone has been following from the beginning, I will soldier on.

I hope that many of you have followed along this primer on training from the beginning, because it will all tie together eventually. If you need copies of any of the previous columns, email me, and I can email them to you.

Quick Review - What are we trying to do?:

- 1. Raise our ability to supply OXYGEN (so we can supply more energy = run faster)**
- 2. Increase our ability to deal with LACTIC ACID (so it doesn't slow us down)**
- 3. Increase our ECONOMY (don't waste energy unnecessarily - future column)**

Types of training that help with above:

- 1. Long Slow Distance (covered)**

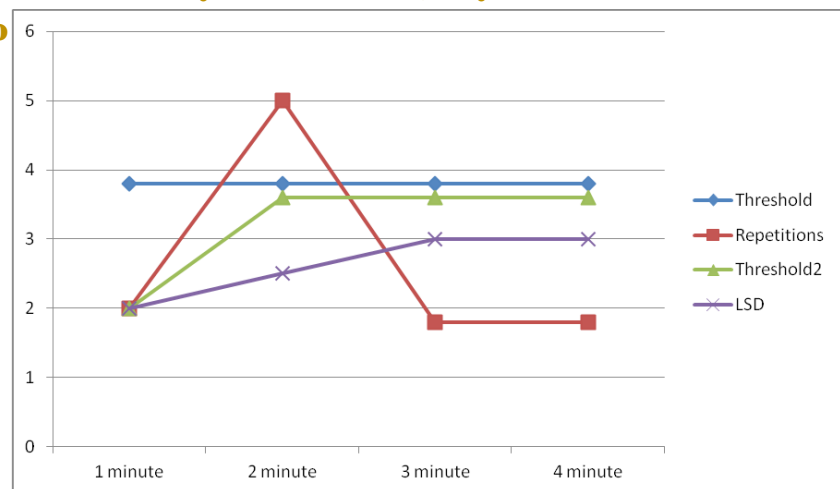
2. Intervals (covered)

3. Repetitions (covered)

*4. Lactate Threshold Training

What is that? - Running at an effort level right at the point before you would have to start getting some of your energy without using oxygen, and therefore start producing lactic acid that would slow you down. A lot of people call these "TEMPO" runs, or just plain "hard" running.

The chart below shows your THRESHOLD pace in blue (or diamonds if this is black and white). Your LSD (long slow distance) is in purple (or X) - you can see that when running slower, you do not approach your threshold pace (where you would begin to make lactic acid). The red line (squares) is an example of Repetition running - your pace is much faster than your threshold, so you must slow down or rest between repetitions to clear the lactic acid from your muscles. The green line (triangles) illustrates the correct pace for Lactate Threshold Training - just below the Threshold line. So, faster than LSD, but slower than Repetition (and Interval) pace.



So, how fast is that? It is 5K pace plus 20-30 seconds per mile. So, if your 5K pace is 8:00 minutes per mile, then your Lactate Threshold pace would be 8:20-30. If unsure (or after gaining experience with it), it should be "annoyingly uncomfortable" - I can maintain this pace for the duration, but I don't like it. The pace is important, so don't overdo it.

What is the duration of the workout? Lactate Threshold training can be done in two ways - as a continuous run or broken up into segments. If it is a continuous run, 3-5 miles is sufficient, depending on your level of conditioning. Our teams start with 3, work up to 4, and our best can do 5. You can also break it into segments of 800-1600 meters (half mile to a mile). The key here is the "rest" can be no longer than 60 seconds. Essentially, you are trying to do the run continuously,

but fooling your mind into thinking you are resting. In reality, your motor keeps running about the same.

What are the benefits of Lactate Threshold Training:

- 1. Raises your Lactate Threshold (the blue line in the chart) - now you can run faster without building lactic acid = faster race times**
- 2. Increases your ability to "handle" lactic acid - more acid buffers in your blood, clearing it from your muscles with the circulatory system, and using the lactic acid as a fuel (get the rest of the energy out of that unfinished glucose molecule)**
- 3. Helps mental toughness - must sustain an effort over a longer period of time**

Okay, we've covered the 4 crucial "paces" to use in training - Long Slow Distance, Intervals, Repetitions, and Lactate Threshold Training. The next question is: HOW DO YOU PUT THEM TOGETHER IN A TRAINING PROGRAM TO GET THE BIGGEST BANG FOR YOUR BUCK? That's next. Stay tuned. Questions, comments, donations, etc can be sent to kcklipp@comcast.net. Stay safe.

BOB POOL'S FINAL FINISH LINE by Dan Gould & Charlie Grotevant

There are runners who are passionate about our sport and there are runners who are passionate about our sport. Bob Pool was, clearly, one of the latter. Bob, 84, years young, sprinted across life's final finish line on February 4, 2021, at the Prairieview Lutheran Home in Danforth, Illinois, where he resided since November, 2017.

Bob was introduced to this running life in the mid-80's by brother John. John had started in 1978 to lose some weight when he feared his waistline was turning into a wasteland and continued to run until 2010 when his knees said no more. He would log 670 races, many of them with Bob. They gave new meaning to the word car-Pool and many of us learned there was a village in Iroquois called Thawville (Pop. about 240)

Unlike John, Bob didn't keep track of his miles or races, but he embraced the world of road racing with hundreds of 5K's, 10K's, and half marathons in his approximately 35 years of

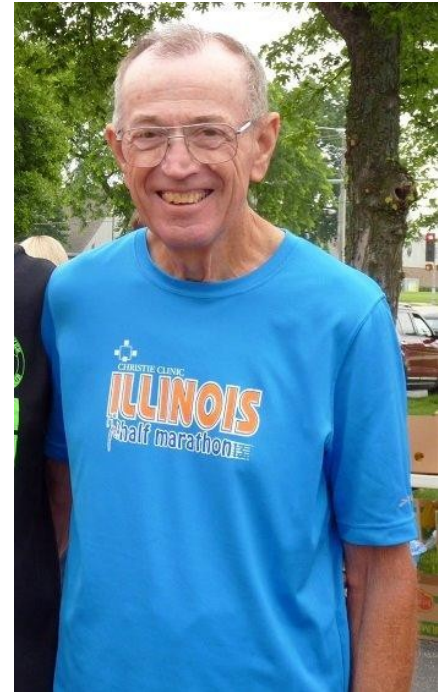


Bob with brother John 1999

running which ended in 2017. His name was on the membership list of numerous running clubs including the Kankakee River Running Club, the Kennekuk Road Runners, the Lake Run Club, the Starved Rock Runners, the Vermillion Valley Striders, and the Second Wind Running Club. Bob was the Second Wind Running Club's Runner of the Year in 2000.

While Bob never identified a favorite race, he spoke fondly of the River-to-River Relay in southern Illinois, an 80 mile race from the Mississippi River to the Ohio River which Bob ran several times. Each of the eight members of the team runs three legs of about 3 miles. A team event is rare in road racing and River-to-River is a day long bonding experience that begets some lasting friendships. Bob thoroughly enjoyed these shared opportunities to run and socialize.

The Kilbride Family Classic 5K on Father's Day was also, apparently, one of Bob's favorites. In 2010, Bob was one of three runners recognized for having participated in all of the first fifteen races.



In his Illinois Half Marathon shirt

When Bob retired from farming in 1998, he discovered golf and it became another passion, an every day event. Golf became his "cross-training " as he walked the golf course while carrying his bag, sometimes 54 holes after a morning run. He disdained golf carts and resented having to ride in one for his golf league. As John had introduced Bob to running, Bob introduced John to golfing when John put the tractor in the barn for the last time in 2003. They shared starting lines and tee times for many years.



*Charlie Grotevant - Bob Pool - Dan Gould
2010 Kilbride Classic 15 year perfect
attendance plaques*

a kind word. Bob, we will miss you. Thanks for the memories!



MARCH BIRTHDAYS

03/01	Jesse Shearin	59
03/01	Darcy Welsh	69
03/04	Ken Goodwin	62
03/04	Rod Kahl	56
03/06	Stephanie Piacenti	49
03/13	Mark Saffell	63
03/15	Linda Hodges	77
03/16	Hannah Thiele	14
03/16	Mark Walsh	66
03/19	David Aardsma	34
03/22	Gavin Kempf-Kutemeier	16
03/25	Ken Klipp	72
03/25	Wesley Sproul	28
03/25	Carol Vallone	58
03/26	Rachel Simington	38
03/26	Debra Walters	65
03/27	Pat Koerner	59



Pi Day Run - Sunday, March 14th, 11:00 AM

Come out and run 3.14 miles with us to celebrate Pi Day. And yes, there will be pie waiting for you at the finish. We will be running an out and back along the river trail starting at the bottom of Challenge Hill , past the Indian Caves, and running towards the YMCA then back. When you finish, there will be pie waiting for you under the large gazebo. We hope to see you there!

Please RSVP by clicking “going” to the event on the Facebook event, so we know how much pie to buy. Go to event page by clicking [HERE](#). You may also RSVP by email to krrclub@gmail.com