



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.](#)

[LINK TO FACEBOOK GROUP.](#)

Registration for the 11th Annual Mother's Day "Ashley Elizabeth Montgomery Memorial" 5K Run/2 Mile Walk/Kids Run Is Up. This is an IN PERSON EVENT. Get Registered by April 6th if you would like a Shirt. We are in need of Sponsors & Volunteers for this event. Please contact Maureen @ maureen.ashleycan@gmail.com or 815-922-4106 if you would like to Sponsor or Volunteer.

Save the Date for September 11th for our "Light The Path To A Cure" 15K/5K and our 5K Walk To Remember & Honor. We will also be Remembering September 11th 20 Years Later. Sponsors & Volunteers are needed for this event as well.

Discount code for KRRC members is ASHLEY24

<https://www.raceentry.com/ashley-elizabeth-montgomery-memorial-5k-run2-mile-walk-kids-run-on-mothers-day/race-information?fbclid=IwAR2GwBj0xRuAPndDGDfpLqWTqHEOiWqnJoxR34X6jevWWDWC1YTEYZad8l>

APRIL BIRTHDAYS

- 04/04 Diana Sorich 51
- 04/04 Larry Burton 61
- 04/04 Rick Lagacy 47
- 04/06 Alison Maddux 39
- 04/06 David Fish 39
- 04/07 Dawn Willbarger 62
- 04/08 Kelly Gradert 52
- 04/10 Christine Horn 47
- 04/10 Diane DesMarteau 66
- 04/12 Veronica Featherston 30
- 04/17 Jose Roman 57
- 04/19 Rob Ravens 58
- 04/20 David Bohlke 75
- 04/23 Brenda Whittler 53
- 04/24 Julie Nally 52

APRIL BIRTHDAYS

- 04/24 Keith Gercius 49
- 04/24 Ruth Denby 47
- 04/26 Aaliyah Lanum 12
- 04/26 Jackie Skrobot 43
- 04/29 Kathleen Jensen 67
- 04/30 Mark DuFrain 52
- 04/30 Sue Dytkiewicz 58

RUN STORIES



Club Members at the KVPD / Brickstone Beer 5K: Dan Gerber, Marianne Surprenant, Lynn McGinnis, Dan Bullock, Terry McGinnis, Valery Denby, Paul Surprenant, Taylor Harper

Koach's Korner by Ken Klipp

Hey, Everybody! Welcome back. Thanks to all of you who have hung in there as I tried to explain hows and whys of endurance training (both of you). Your patience is much appreciated. This month I will try to show you how to put it all together in an effective training program anyone can use any time.

We have talked about:

- The Most Important Thing (OXYGEN, for those who can't remember)
- Changes that have to be made in the body (to increase that oxygen supply)
- Types of workouts that accomplish that:
 1. Long Slow Distance
 2. Repetitions
 3. Intervals
 4. Lactate Threshold

How do you put all of those together in a sequence that produces the best effect?

Before we start, understand:

- There is no single correct way to train (although there are wrong ways!)
- There are other parts to training - weight lifting, racing tactics, running form, nutrition, sleep, the mental aspects, etc that are just as important

The method shown here is based on work by one of the best exercise physiologists and cross-country coaches in America, Jack Daniels (not the whiskey guy!). It is based on scientifically sound principles and proven results (national championships, All-Americans, etc). Although it may not be the ONLY way to train, it is a correct, no injury, proven method. (Refer to article in Runners World, June 1993)

The Program

The program is done in a 4-Phase Sequence, with each Phase emphasizing a particular training type:

Phase 1 - Base Building - emphasis on Long Slow Distance Training

Phase 2 - Repetition - emphasis on Repetition Training

Phase 3 - Interval - emphasis on Interval Training

Phase 4 - Threshold - emphasis on Lactate Threshold Training

Within each phase, different types of workouts may be used, but the type emphasized in that phase will be done at least 2 times per week, while other types may be done once a week or once every two weeks.

Example weeks for each Phase:

Phase 1 - Base Building

Mon: Long easy run

Tues: easy run, accelerations

Wed: lactate threshold work

Thur: easy run, accelerations

Fri: Long easy run

Sat: easy run, accelerations

Sun: easy run

Phase 2 - Repetitions

Mon: easy run, accelerations

Tues: repetition workout

Wed: lactate threshold work

Thur: easy run

Fri: easy run, accelerations
Sat: repetition workout
Sun: Long easy run

Phase 3 - Intervals

Mon: easy run, accelerations
Tues: interval workout
Wed: easy run
Thur: lactate threshold work
Fri: easy run, accelerations
Sat: interval workout (or race)
Sun: Long easy run

Phase 4 - Threshold

Mon: easy run, accelerations
Tues: lactate threshold workout
Wed: easy run
Thur: easy run, accelerations
Fri: lactate threshold workout
Sat: easy run
Sun: Long easy run

Planning the Sequence:

As you read, use the chart on the next page to plan your final sequence.

Begin by circling the numbers in the left column that correspond to the number of weeks you have before your "big race".

Next, move to the middle column, labeled "YOUR program". Starting at the top of this column and working down, write the numbers 1, 2, 3, etc in the blank spaces next to the CIRCLED numbers on the left. This guarantees that you will follow the four phases in the correct order.

The right column now tells you what kind of workouts to run during the first, second, third, etc weeks of your training program. TA-DA! You have your own personal training program!

For example: If you have 10 weeks before you want to be "ready", you would circle numbers 1 thru 10. Following that, you would plan on spending 3 weeks in Phase 1 (Base work), then 1 week in Phase 2 (Repetitions), 3 weeks in Phase 3 (Intervals), and 3 weeks in Phase 4 (Threshold).

You may want to make copies of that page, so you can use it as often as you want in the future.

Any questions, suggestions, future topics to cover, donations, etc, can get to me at:
kcklipp@comcast.com

Hopefully, there will be future columns on other topics - running form and economy, weight training, stretching, race tactics, nutrition, running for us "mature" runners, or any other topics you may have. Anyone wanting copies of the Training Program columns from before can reach me at the same email.

**The "Perfect" 6-Month
Training Program**

"YOUR" Program

**Key
Workouts**

Phase 1

1
2
3
13
21
23

Base
Base
Base
Base
Base
Base

Phase 2

10
11
12
18
19
20

Repetitions
Repetitions
Repetitions
Repetitions
Repetitions
Repetitions

Phase 3

7
8
9
14
15
16

Intervals
Intervals
Intervals
Intervals
Intervals
Intervals

Phase 4

4
5
6
17
22
24

Threshold
Threshold
Threshold
Threshold
Threshold
Threshold

Springfest 5K Run and Fitness Walk

Date

April 24, 2021 9:00am

Start Location

Manteno American Legion, [117 N Walnut St](#), Manteno, IL



Fees

	With Coffee	Without Coffee
	Mug	Mug
Through April 10	\$20	\$15
April 11 - April 23	N/A	\$15

\$2.00 discount for club members of KRRC or PSRR, or ages 18 and under.

Registration

[Register online](#) through 5:00pm on April 23rd.

[Register by mail](#) (.pdf) by April 20th.

No race day registration.

Event Information

The Springfest 5K Run and Fitness Walk will be run partly on city streets and partly on a paved bike trail. The course will be well-marked and there will be volunteers at every turn. The race will start and finish near the Manteno American Legion, [117 N Walnut St](#), Manteno, IL. Restrooms will be available at the Legion. There is some street parking near the Legion and parking lots one block to the east on Main Street. Post-race, you are welcome to enjoy the Legion's outdoor beer garden.

The start will be a wave start with waves going off every 2 or 3 minutes. Runners will be assigned a wave and notified by email of which wave they are in.

Runners will wear masks or other face covering while in the starting area and while waiting for their wave to be called to the starting area. Once they have started on the course, they may remove their masks.

Bottled water and pre-wrapped snacks such as granola bars will be available at the finish.

All participants will receive a finisher's award, a small birdhouse, with the race logo and KRRC logo. Also available, for an extra \$5 is a large coffee mug with the race logo imprinted on it. Part of the proceeds of the race will be donated to Manteno American Legion.

For More Information

For more information, please contact David Bohlke at krrclub@gmail.com.

Kankakee River Running Club Fantastic Four – 2021

Kankakee River Running Club will put on four races in 2021. If you complete all four races, you will receive a special award. There is no charge to participate, except for the race entry fees, but you must be a club member. No need to sign up, no need to send in race reports, no spreadsheet to track. The four club races are:

Springfest 5K Run and Fitness Walk 4/24/21



Bourbonnais Friendship Festival
5K Run/1.5 Mile Walk 6/26/21

River Rat Races 5K/10K/10 Mile T.B.A.



Herscher's Hare & Tortoise
5K Run/2 Mile Walk 9/5/21

In 2020 the Fantastic Four was truncated to the Trifecta due to the pandemic. Pictured is the 2020 Trifecta Award, a 5-3/4" x 7-1/4" acrylic plaque with LED lighted base with a variety of colors.

