

May Newsletter Volume 42 Issue 5



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](#)



May Mileage Challenge

by Laura Loica KRRC Board Vice-President

Hello KRRC members!

The board has been hard at work and are happy to announce that it's time for our May Mileage Challenge! Earlier in the year, the board (ok, this time it was me, Laura Loica) posted on our Facebook page asking if there was interest in changing our mileage challenge from its traditional guys versus girls format to a different format to comprise our teams. Would it be early risers versus night owl runners? Would it be Cubs versus Sox fans? Cold versus hot weather runners? Or, would guys versus girls win the poll? The results were tabulated and the answer was clear. The May Mileage Challenge will be split by age: Youth versus Experience! Now, we know we all feel youthful no matter our chronological age because we are a club filled with runners, walkers, triathloners, and cyclers! But, for this challenge, the board (er, I mean David Bohlke) crunched the numbers and to anticipate a relatively even split between the groups, Youth will consist of ages 0-52 and Experience will consist of ages 53+.

There is a spreadsheet to add your miles and track group progress. If your name is not on the spreadsheet, you have not paid your dues! What are you waiting for?!? Please pay your dues and join the challenge! We have cut our dues in half for 2021. What a great time to join the club if you were on the fence! Please go to our club website at www.kankakeeriverrunningclub.com to pay your dues or to join the club! Welcome!

Let's get outside and run (or walk)! All running miles and walking miles count. Many runners do not count their walking miles and that is okay. Use your own judgement to determine your level of fitness and add the miles for what is fair for your level of fitness. We will not ask for Garmin or photo evidence, but, we all know, if there's no picture, it never happened. Ha! Let's have fun with this challenge KRRC! I can hardly wait! Please be responsible and continue social distancing while having fun with the challenge!

Here's the link to the spreadsheet: [Spreadsheet Link](#)

Feel free to send questions to krrclub@gmail.com

Laura Loica
KRRC Board Vice-President

Koach's Korner by Ken Klipp

Hey, Everybody

Who wouldn't want to be faster? Even as little kids, we were always racing to see who was the fastest. Are there things you can do to increase your speed? No surprise, there are. One way is to improve your sprinting form. Another way is to increase your stride length by pushing off the ground with more force (NOT REACHING OUT FOR THE GROUND IN FRONT OF YOU! NEVER! THAT WILL SLOW YOU DOWN MORE THAN ANYTHING. DON'T LISTEN TO ANYONE WHO IS YELLING "STRIDE OUT!" - VERY BAD). You increase your stride length by increasing the force with which you push the ground away AND by decreasing the amount of time that you spend in contact with the ground. It's a physics equation: $Power = force / time$. You increase your power by either 1) increasing the force 2) decreasing the time in contact or 3) both.

Sprint training:

Remember: "Speed Kills" - Anyone who doesn't have it!

Need to work on speed year round, not just at one point in training program. Need to challenge the "fast twitch" muscle cells that are not used in longer, slower, running. Otherwise, they will become weaker and less responsive.

Sprint training must be done with good running form (refer to chart below):

- get up high on your "toes" - get off your heels
- move your hands as fast as you can (hands are easier to move; your legs will keep up
- especially at the end of a race)
- hammer with your hands to the waist
- pull your elbows back hard
- thumbs up
- kick butt
- high knees
- DON'T OVERSTRIDE! - PUSH the ground away behind you; DON'T reach out in front

Workout sprints should only last 5-7 seconds with long recoveries. Sounds crazy, but your muscle cells store an energy source called Creatine Phosphate. When you engage in high intensity activity, such as sprinting, CP is used first before you begin to use glucose forming lactic acid. You have enough CP to last about 7 seconds with no lactic acid formed. It then takes about 4 minutes to restore CP to its pre-exercise level. Thus the long recoveries.

Example: 8-10 by 30 meters all out with a 400 meter recovery jog between each sprint. For those who work out on a track, it's easy. You begin the sprint at the small triangle or dot that is 10 meters before the exchange zone (big triangles). Sprint all out to the end of the exchange zone (which is 20 meters long) and Voila! You have sprinted 30 meters.

Other activities that help increase speed:

one legged squats (running is a one leg at a time activity; not two)

explosive type leg exercises: jump rope, box jumping, stair running, hops, bounds (reduces contact time with the ground)

squats and toes raises (low weights, high reps: 10-15)

downhill sprints

Mind's Running While Running

Taming the Treadmill by Alan J. Toronjo

So, what do you do when you just can't make it outside for a run? Maybe your work schedule doesn't leave enough daylight and you're unsure about handling the darkness, or you open the door to one of the Midwest's weather onslaughts. I find with age that I'm less comfortable in the weather extremes so I will on occasion seek the running monotony machine during these times. The correct answer to the opening question should never be simply to skip the movement session. A staple of almost every fitness club is the infamous treadmill. If you're lucky, you may even own this device that lets you rack up distance without leaving your interior confines. It's no wonder that the history of this gadget involved prisoners grinding corn for profit as its first iteration was circle-shaped making it akin to a person-powered paddle-boat wheel. Does that mean that using one makes us "prisoners" of fitness? I'll try my best to change your opinion of the "dread"mill. I've learned to respect the treadmill and dare I say that I slightly enjoy ... okay, I won't get too carried away, but I try to tip the scales more toward endearment in the love-hate relationship.

For those who wish to supplement their activity on a motorized never-ending black belt, here are some DOs and DON'Ts for maintaining a healthy relationship with this fitness machine.

DO - start slow if you're trying a treadmill for the first time; it takes some getting used to moving and getting into a rhythm while jogging in place and even switching between different brands and models.

DON'T - try to test your or the motor's limits by setting the treadmill at its highest speed to see how long you can last at that top pace; I don't know too many who have protective gear surrounding their treadmill for a sudden mishap.

DO - try to have a fan or other cooling device directed at you while on the treadmill; it's just not the same as outside as the breeze or your self-made "whoosh" takes care of your perspiration (unless the humidity/heat is overwhelming).

DON'T - forget to have a sweat towel ready (even if you've got a flowing breeze) as your moisture will accumulate and begin to drip; as with any running partner (in this case the treadmill is your companion), it is extremely discourteous to splash all over and it can't be good in the long run for the instrument's main panel or if the belt starts cycling sweat through its rotation.

DO - bring your favorite play-list or favorite electronic device that can stream a movie or television entertainment; the repetitiveness is a big turn-off for running purists and these can assist in lessening the boredom.

DON'T - listen or watch anything which you don't find enjoyable; this will only make resentment for the treadmill increase (I myself have lately been watching stand-up comedy specials -- nothing compares to a healthy laugh while improving your overall health).

DO - start slow and gradually increase both pace and time/distance; as with running in general, improvements are seen incrementally and small percentage increases should be stepped up week by week.

DON'T - try to decide you're going to run for a full hour just to show the treadmill that you can do it; even though the treadmill can also be used as therapy to slowly get back into running, overuse and overdoing your session can cause the same injuries as road running can.

DO - challenge yourself by trying different treadmill work-outs; the internet is full of everything from "sprint-ladders" to "side-stepping" to "walk the hills & run the flats" types of work-outs that are directly tailored to this motorized machine.

DON'T - do anything that you're not comfortable with on the treadmill; pay attention to form as at times you may find yourself drifting more toward the belt edges which is where slip-ups are more common to occur. Always be aware of where and what that particular model treadmill's "kill-switch" is; there should be a direct "STOP" button or a fastener that when becomes unplugged or unattached, will immediately cease all movement.

DO - enjoy the time spent on the treadmill as you are still increasing your fitness, albeit in a repetitive way. If you're lucky enough to have one near a window, you

can still enjoy the appearance of the outdoors without succumbing to the sometimes merciless weather of the outdoors. Sometimes I'll make little games and try to extend my time by one minute or increase my distance by one-quarter mile to get one last little extra "push" in; sometimes that one extra minute will be at a faster pace or at an increased incline - the possibilities are endless and you as the user are always in control.

DON'T - think ahead of a "dread"mill session with a doom-and-gloom attitude; as with all things, a little positivity can do wonders. What can the treadmill help you with: ensuring that you keep at a constant pace for a certain time (keeping pace for a 5K without slowing down!), giving you hills (incline) in places that lack big changes in elevation (Illinois!), and yielding a softer impact (more current models even have forms of shock absorption!) than asphalt, concrete, or rocks/trails can.

I hope in summary that I've at least taken a little of the apprehension and "dread" out of the mill. I've thought of more constructive rhymes to shine a more optimistic light on this fitness contraption. Make it your "read"mill; I've used one for walks and plowed through multiple chapters of literature (some being running-based). Use it as a "shed"mill; the unwanted pounds can be dropped off from a dedicated routine. Don't let it get inside your "head"mill; remember, you are the one in direct control of the speed, time, and incline. And finally, you can use it as your "sped"mill; set your pace and up your speed for a little at a time, then up your speed more in future sessions. Think of the treadmill as a possible supplement to your usual outdoor running, just as with cross-training or strength training. Taming and ultimately taking control of the treadmill can give you one more option in pursuing and taking control of your fitness goals.

Springfest 2021

Springfest 5K Run and Fitness Walk, a new club race this year, which was started as a replacement for winterfest, had a great turnout. There were 141 total registered runners and walkers. We had a 6-wave start. Even though it was raining for a while, it slowed down to a mist by the start of the race. Heard positive comments from many people. Thanks to all who participated and the many volunteers. Here's a link to an article about the race in the local newspaper, The Manteno Vedette:

Manteno Vedette Article





MAY BIRTHDAY'S

05/01 NICHOLAS HORN 11

05/01 PHIL NEWBERRY 59

05/03 DEBBIE DYE 49

05/16 LAURA LOICA 52

05/19 CORINN WHEELER 50

05/ 19 THERESA GOLWITZER 59

05/25 RACE REED 59

05/31 BOB WELSH 70