





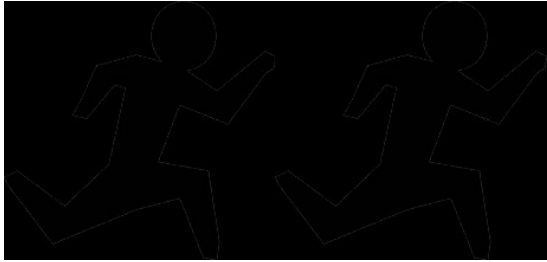
From October 1st through October 31st we will be doing the Fall Mileage Challenge. All dues-paying club members are eligible to participate. At stake for this year's contest will be a 50% discount to the December 3rd Christmas Party for active participants (at least 1 mile posted) of the team with the most mileage.

We will be grouped into two teams: the Youth team, ages 55 and under & the Maturity team, ages 56 and over. As in previous years, we will have an online spreadsheet wherein you can post your daily running or walking miles.

All miles posted should be a result of an exercise workout and not just your total walking steps for the day. There is a 3-day window of opportunity to post your miles for any given day. After that the day is locked to posting. If you are not comfortable posting the miles yourself, you can email them to krrclub@gmail.com (but remember the 3-day window, i.e. don't batch up a bunch of days, then send them in) or post them on the club facebook page. If you post on facebook, be sure to tag my name, David Bohlke, in the post so I don't miss it.

Below is the link to the spreadsheet. It is currently available for you to practice posting. Any miles posted during the practice session will be cleared out at 12:01AM on 10/1/2022. Here's the link:

https://docs.google.com/spreadsheets/d/1hqF02IXg0ocXs5ZU_kB5138_SnONXjb7aUNfHRlt8Bk/edit?usp=sharing



**2022 Jingle Bell Run
- Kankakee, IL
Sunday, December
4 at Kankakee
Community College**

**Don't forget to join
team KRRC!
[Join team KRRC !](#)**

**ON DAN'S RUN
IF IT AIN'T BROKE, DON'T FIX IT**

by Dan Gould

My aging body continues of the running life I have. The birthday column of this reported that, on the 31st be 78. I had hoped to be 78 into my 79th year, but it walk as my series of into a second year.

As experienced runners "injuries" are overuse - too hills, too much concrete, cambered roads - and the gentle stretching and gradual return to Medical advice is seldom limited value as I learned many years ago.

In 1988, six years into my running, I developed tightness on the front of my left shin just below the kneecap. Although I had read a great deal about running injuries, I didn't know what the tightness was, but its proximity to my knee concerned me and I consulted an orthopedic surgeon. He told me I had patellar tendonitis, an inflammation caused by off center "tracking" of the tendon, and there were exercises I could do along with icing. He also suggested I substitute some cross training for running. Since I experienced only mild tightness and it didn't appear to be anything threatening the integrity of my knee, I just kept on running.



to protest a continuation enjoyed for 40 years. newsletter in August day of the month, I would years young and running was just another day to running injuries extended

know, most running fast, too far, too many too many highly Rx is rest, perhaps some strengthening, and a running via a walk-run. required and may be of



March, 1991 - Dr. John J. Durkin

In 1991 the Kankakee River Running Club invited the late Dr. John J. Durkin, a podiatrist from Itasca, to speak at our Spring Social. He was the podiatrist to the Chicago area running elite and a couple of our members had consulted him. The gist of his presentation was that it all starts with the feet, that your knee, hip or lower back pain may well be caused by something going on with your feet.

Coincidentally, the discomfort level in my left patellar tendon had

graduated from tightness to soreness and I hoped he would have a solution. I made an appointment and is evaluation was that I had a leg length discrepancy which was the cause of my tendonitis. The solution was custom made orthotics which would level me out (and flatten my wallet!). I bought them and my tendonitis seemed better, but I would later wonder if it was simply the placebo effect.

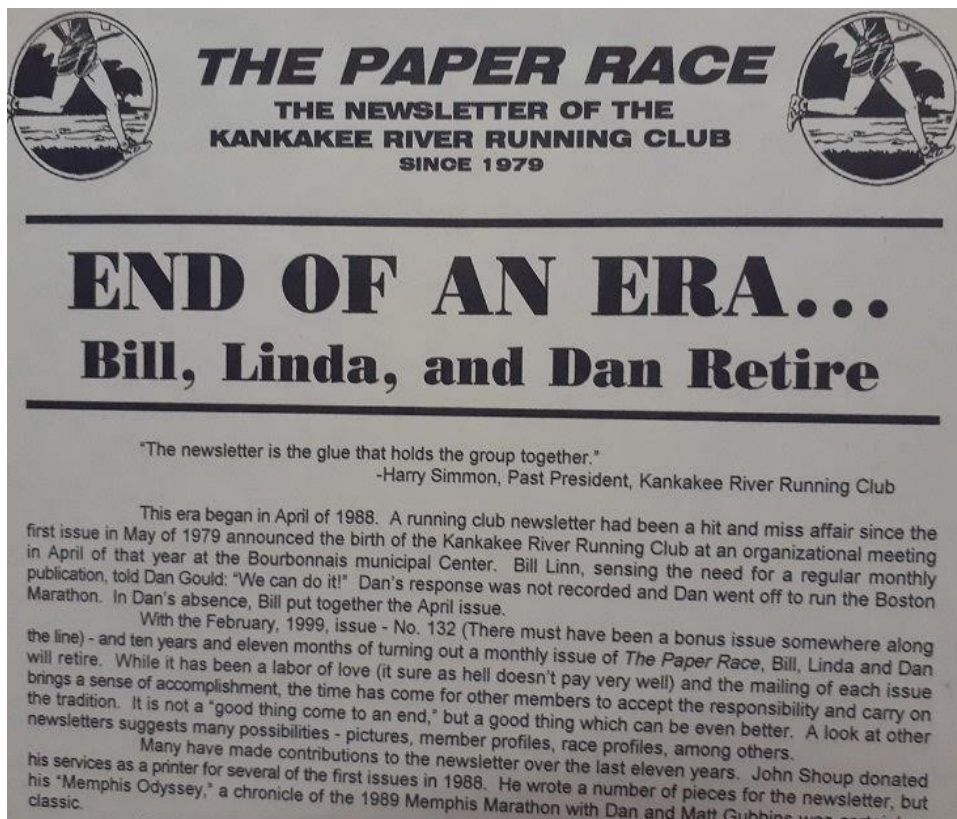
When the soreness returned a few months later, I had no enthusiasm for going back to Itasca and consulted a local podiatrist who was reputed to be good with sports' foot issues. I told him of my Itasca consultation and diagnosis. He replied: "Your body had adjusted to your leg length discrepancy years ago. He gave them to you for your mild pronation problem." Which one of these doctors knew what he was talking about and how did I know which one it was? Something triggered the "Aha!" moment and I recalled the advice I got from a young clerk in a shoe store, a bit of wisdom that applies in many situations.

I bought my first pair of running shoes from Salkeld's Sporting Goods in 1982. I had yet to learn that I should be rotating a couple pair of shoes through my training week and that repairing the wear with Shoe Goo (you can still get it) so I could get a thousand running miles out of them was not a good investment. I don't think I knew there were

neutral and stability shoes nor their function.

Some months into my first year I went to Performance Sports, then located on Henry St. in Kankakee, to buy my second pair of running shoes.

Performance Sports was founded in 1981. My first race was the Performance Sports' 5-Miler at KCC. Owner Gary Dupuis and store manager Bill Linn appear in my finish line photo, but I wouldn't get



1999 ended our years as newsletter editors and we were among the last to crank out the hard copy

acquainted with them for a year or two. Bill, his wife, Linda, and I would become the editors of the running club newsletter from 1988 - 1999 and Winterfest race directors for

most of the '90's. Bill and I would share marathon starting lines in half a dozen major cities including Boston. But I digress.



Bill, Linda and I also concluded almost a decade of directing Winterfest in 1999

The clerk that day was either Jeff Altmeyer or one of the Travis brothers, all young, fast, well-known local runners whose names graced the headlines of the newspaper's running stories. I said I wanted to buy a pair of running shoes and asked if there was anything new and exciting (probably said colorful - I've always liked colorful). The reply was yes, we

have a number of different manufacturers and many models. He asked what I had and how it was working for me. I said I had a pair of Brooks and they had been fine. To that he replied something to the effect of I'm sure we can find something that might or might not work for you. In other words, "if it ain't broke, don't fix it."

Shortly before the tightness had become soreness, I changed the model of the Saucony running shoes I had been wearing for years. If only I had remembered the pearl of wisdom from the clerk in the shoe store, I could have saved a lot of time and money. The new shoes became street shoes, I bought a new pair of the former model, and the soreness departed leaving only the mild tightness akin to the pressure of a watchband on your wrist.

I was reminded of that experience when I consulted a podiatrist in early September about my most recent injury, tingling and inflammation in the soles of my feet. My third attempt at a return to running this year ended in May when I experienced those sensations after a three mile walk-run that included a tenth of running every half mile. While the discomfort eased over the months from May to September as I walked 2-3 miles a day, they remained. Dr. Hofmeister found nothing wrong with my feet and surmised that I had a nerve or nerve fiber in my lower back that was the cause. That I would have the same symptoms in both feet simultaneously had led me to suspect something like that.

It has been a year since I raced and almost that long since I ran any continuous miles. I haven't given up, but I fear my aging body has. I would like to make some more running history, but it appears I will be limited to trips down memory lane as I play the senior citizens' version of Whack-A-Mole. Whack-An-Ailment!

Run for your life!

September 26, 2022

River Rat Races – November 13th, 8:00 AM



The KRRRC River Rat Races - 5K Run, 5K Walk, 10K Run, 10 Mile Run, will take place on Sunday, November 13th, at Kankakee River State Park. Registration & packet pickup is at the Rock Creek Shelter (the shelter nearest the suspension bridge over Rock Creek), starting at 7:15 AM. 10 Mile Race starts at 8:00 AM. All other races start at 8:30 AM. Each race is an out-and-back loop on asphalt trail. There are hills. This is the fifth and final race of the KRRRC Classic Series. Registration is open at <https://racerpal.com/races/riverrat>



October Birthdays



10/04 Diane Gerber 61

10/05 Angie McQueen 47

10/05 Craig Alberts 66

10/10 Brian Noffke 62

10/12 Rich Olmstead 71

10/13 John Martin 56

10/16 Lauren Martin 25

10/20 Denise Caparula 44



10/22 Daniel Harpin 69

10/22 Renee Whitehouse 56

10/22 Steve Hartzell 73