

# The Paper Race

## PRESIDENT'S CORNER

### Beat the Heat Tips

Hello Runners!

I feel like as a runner, you either love or hate running in the heat. I have always been a person who is not bothered by a hot training day. There have definitely been a fair share of very warm days this summer. A couple of weeks ago, I had a very hot training day that really got to me. After reevaluating everything from that day, I realized I did a few things wrong. Running on hot days can be a challenge, but with the right strategies, you can stay cool and enjoy your summer runs. Here are some tips to help you beat the heat and keep your performance on track.

#### 1. Time Your Runs Wisely

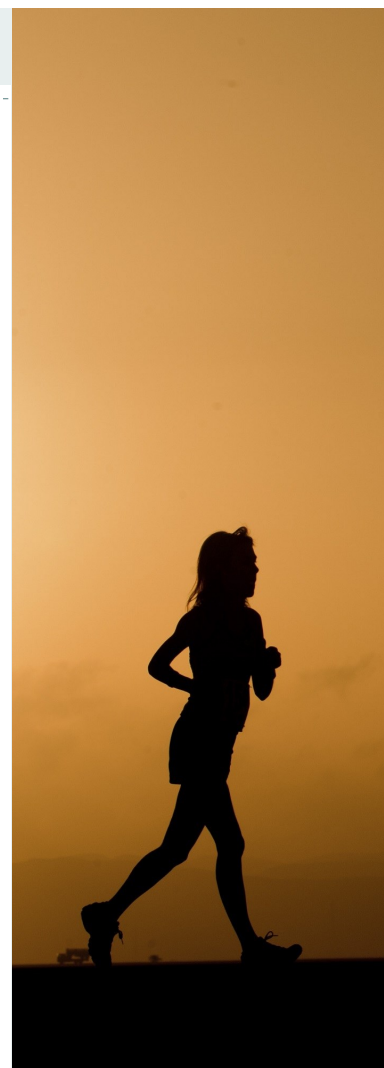
I unfortunately did not avoid the midday sun by training early in the morning or later in the evening when temperatures are cooler. It was full sun and heat with absolutely no breeze or wind. The air felt hot and stagnant.

#### 2. Dress for the Heat

While I did choose lightweight, moisture-wicking fabrics to help keep sweat off my skin and stay cool, I did not pick a light-colored outfit to help reflect sunlight. I also remembered to apply sunscreen with at least SPF 30 to protect my skin from UV rays. A sunburn can make it harder to stay cool.

#### 3. Stay Hydrated

I brought lots of water to help hydrate myself, but I failed to plan properly for the extra water I would need to handle the higher temperatures and the unforgiving sun. Needless to



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say, I ran out of hydration a little before I finished. Proper hydration is essential. Always prep by drinking water throughout the day and consider carrying a water bottle or using a hydration pack for anything over 30 minutes. For longer runs, electrolyte drinks can help replace lost minerals and keep you hydrated.

#### **4. Plan Your Route**

A great tip for a hot day is to select routes that offer plenty of shade, such as tree-lined streets or trails. I did not do this. Not only did I plan my route so that it offered absolutely no shade, but I also made it one very long loop. On a hot day, it is never a bad idea to plan loops to come back to a cooler with cold hydration, extra nutrition, and anything else you may need.

#### **5. Use Cooling Accessories**

Consider using cooling accessories like a damp neck gaiter or wristbands soaked in cold water. These can help lower your body temperature as you run. Some runners also find handheld fans or misting bottles useful for staying cool. I made it to a point in my training that day where I would have given anything for a cold rag. I was over heated. There was no shade, my hydration was warm, and I just needed something to cool me down a bit. Something as simple as a cold rag would have given me what I needed to finish my training stronger.

#### **6. Listen to Your Body**

Pay attention to how you feel. Did I get in the amount of training I was supposed to that day? No, I absolutely did not. However, I did listen to my body and came to a point where I knew I needed to turn around and make it back to the car. It was going to be a struggle to do that even, as my body was over heated. (I really should have planned out loops.) I did make it back, but it was much slower than the way out and came with some struggles.

Basically, do not do what I did. By following some of these tips listed, you can stay cool and enjoy your runs even on the hottest days. Remember, safety comes first, so listen to your body and adjust your routine as needed.

Happy running!

Khirstin Schneider  
KRRC President

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Do you have comments? Questions? Something for the newsletter? Please send all submissions to [KRRClub@gmail.com](mailto:KRRClub@gmail.com)

Find race registrations and results at [https://kankakeeriverrunningclub.com/krrc/2024\\_Race\\_Calendar.html](https://kankakeeriverrunningclub.com/krrc/2024_Race_Calendar.html)

## The Arizona Ironman and Other Running Tales

**By Charlie Grotevant**

We met Chris Seyler, the Arizona Ironman, in 2023 at the United Ostomy Associations of America National Conference in Houston.

During an early morning stretch session, I spied a man with a Tokyo Marathon shirt. We gravitated towards one another because I was also wearing a running shirt. Conversations began and we shared dinners on two occasions and have been in touch since then.

Joyce and I recently drove to Texas to visit our son and his family. Prior to relocating to Texas in 2018, Jeff participated in several KRRC events. His running continues, but the Texas running community is nearly non-existent as evidenced by Dan Bullock's recent commentary. We are very fortunate to have a plethora of running clubs and racing events within 100 miles of Kankakee.

We then motored on to Mesa, AZ to visit our widowed sister-in-law and to see Chris and his family.

This is Chris's license plate. FE is the periodic table symbol for Iron. 140.6 denotes the Ironman distance. Chris, age 66, is a semi-retired Phys Ed teacher and coach. His resume includes 3 Ironman and 4 Half Ironman completions. 7 marathons and half marathons are also in his past plus a plethora of shorter races.



He excelled in shorter distance Triathlons, namely Sprint and Olympic Distance events. Participation in 3 Olympic Distance National Championships as a ranked age group entrant is awesome from my perspective.

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Tales, Continued

Chris's wife, Coleen, is also a runner with 5K's her preference. Their son, Nathan, is a former cross country and track standout in the hot climate of Arizona. He continues competing.

My ulcerative colitis history and subsequent ileostomy surgery have been reported in this newsletter which led to improved health and the joys of running. Chris was diagnosed with ulcerative colitis in 2013 and battled flareups until undergoing ileostomy surgery in 2020. A-Fib then began interfering with his life and a 2023 electrical cardio-version shock treatment now has the heart in rhythm. He is back to competing, but much slower, with 10-12 minute per mile pace, depending on temperature, distance, and terrain factors.



Chris's enthusiasm for life continues, just as we in KRRC continue to enjoy the improved health benefits of our respective exercise endeavors. Slow walking or fast running, whatever fits a person's age, health, and available time is one of the best ways to continue a positive lifestyle that we so cherish. I always give credit and compliments to the slowest participants in the races, they are giving 100% of their body's abilities, just as the fastest runners.

Since returning from our travels, I participated in the 40<sup>th</sup> Anniversary of the Park- 2-Park 5 Miler in Normal. It was my 22<sup>nd</sup> entry in the event. Lots of small hills in Normal on a drizzly morning. I struggled to a 1:06:56 finish, 311<sup>th</sup> of the 328 finishers, but pleased with the day and the opportunity to visit with many running friends. Over the years, many KRRC runners have participated in Bloomington/Normal Lake Run events.



On July 13<sup>th</sup>, I ran the Odell 5K. Odell is the hometown for Joyce and myself from childhood days through the early years of farming. The hot and humid morning slowed my already slow running down ever more. I finished in 40:47 and 41<sup>st</sup> of 55 entrants.

However, it was certainly a good day for Jason O'Connor and daughter Kelly. A Herscher High Track and Cross competitor, Kelly was the Female winner and 4<sup>th</sup> Overall in 20:57. Jason was 3<sup>rd</sup> Overall in 20:27, behind 2 High School guys. No Age Group Awards, just 1<sup>st</sup> and 2<sup>nd</sup> for Over 12 years of age, plus kids Awards. Look out Jason, Kelly might be ahead of you in another year. I surmise that might delight both of you.

I fully realize a logbook of races such as kept by Dan Gould, Pat Koerner, myself, and others may not be the norm for all runners

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Tales, continued

However, over 40 years of running, incorporating travels for other activities, we have been in 50 states. I have run in a many of them. However, this brings a special shout-out to John Vallone, who has completed his quest to run a marathon in 50 states. Quite an accomplishment, only shared by a vast minority of runners. Way to go, John!

I also give a shout-out to Rich Olmstead who recently competed his 30<sup>th</sup> entry in the River-to-River Relay, the 80 mile race from the Mississippi River to the Ohio River. My 10 entries provide some favorite memories from days gone by. Other KRRC members have also participated over the years.

A special note as I complete this article. Steve Malone, son of Leon and Shirley recently passed away at age 69. As a youngster Steve underwent brain tumor surgery resulting in some physical limitations. While in college, Steve discovered running, which he was good at. His inspiration and encouragement prompted his parents to begin running. A few years later, I was inspired and encouraged by Leon and Shirley to begin running. The rest is history. Thank you, Steve, for your presence in my life.

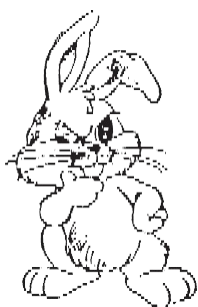
Next up for me, the Herscher 5K on September 1<sup>st</sup>.

## Happy Birthday!

8/9 Maria DuFrain 61  
8/13 Colleen Schoolman 71  
8/13 Donna Koerner 68  
8/16 Matt McQueen 48  
8/18 Jim Ferencak 50  
8/18 WhiteWolf Kelly 73  
8/19 Dee Anna Hillebrand 61  
8/19 Wayne Bisailon 57  
8/22 Alan Toronjo 47  
8/24 Adam Toronjo 12  
8/25 Terry McGinnis 57  
8/26 Jill Channing 44  
8/29 Mark Nelson 59  
8/31 Dan Gould 80



# 43rd ANNUAL RUNNING OF THE HERSCHER



# Hare & Tortoise Race

## 5K RACE & 2-MILE FUN WALK



1 FREE BEER &  
\$1 OFF Oberweiss  
\*with your bib

Sunday, September 1, 2024 | Starting time for all races: 5:30 PM

All runners and walkers should check in between 4:00 and 5:00 at the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm Street.

\*\* ONLINE REGISTRATION is available at [www.racerpal.com/races/herscher.html](http://www.racerpal.com/races/herscher.html)

### Location

Check-in and start of race will be near the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm St. All runners and walkers should check in between 4:00 and 5:00.

### Course Description

Both the 5K and 2 mile Fun Walk take place on Herscher's streets. The course is flat and mostly shaded. The course will be marked with arrows on the streets. There will be traffic on the streets, so participants need to be careful. Refreshments will be provided after the race.

### Registration Fee

5K Race And Fun Walk: Through 4:00PM on Aug. 31: \$18 per person. Race day: \$20 per person. Bunny Dash: No charge  
\* Kankakee Running Club Members get a \$2 discount! Must be registered by noon on Aug. 19 to be guaranteed a shirt. We do order extras, but no guarantee of size or availability after the cutoff date/time.

### 5K Age Divisions and Awards

Male and Female: Awards to the first, second and third place finishers in each: Overall / 14 & younger / 15-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75 & older.

### Fun Walk Awards Bunny Dash

2 mile non-competitive Fun Walk with an award to the first 10 finishers. If you enter as a walker, you must walk only. The Bunny Dash for kids 7 and under will be on the track and will start immediately after the completion of the 5K/Fun Walk. No registration is needed. They will be called down to the track after the race. There will be prize bags.

### Other Information

Race finishes near Herscher High School football field. Police traffic control during the race at major intersections, but participants need to be watchful for traffic throughout the course. Awards presented at the football field after the race.

### Race Director

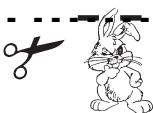
**Kankakee River Running Club** [KRRCLUB@GMAIL.COM](mailto:KRRCLUB@GMAIL.COM)

### Race Results

Computerized finish line results by Dave Bohlke and sponsored by **The State Bank of Herscher**. Race results may be viewed at [KankakeeRiverRunningClub.com](http://KankakeeRiverRunningClub.com) and [Herscher.net](http://Herscher.net)

### Have Fun!

Visit Herscher's Annual Labor Day dance in the beer tent after the race and enjoy many other fun activities! A day-long celebration begins on Monday, with Herscher's Labor Day Parade starting at 10:30 AM.



## HERSCHER'S HARE & TORTOISE RACE ENTRY FORM



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Phone \_\_\_\_\_

Gender Male \_\_\_\_\_ Female \_\_\_\_\_

Event 5K Run \_\_\_\_\_ 2M Fun Walk \_\_\_\_\_

Shirt Size Adult S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

Youth S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_

Advance Registration: Through 4:00PM Aug. 31: \$18. Race day: \$20

Kankakee Running Club Members receive a \$2 discount!



In consideration of the foregoing, I for myself, my executors, administrators and assignees do hereby release and discharge the Herscher Chamber of Commerce, Volunteer Fire Department, the Village of Herscher, the Kankakee River Running Club and all sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

### YOUR SIGNATURE

(If under 18, signature of parent or guardian is required.)

Send completed form to with check payable to KRRC:

KRRC, 202 Tiverton Rd, Kankakee, IL 60901

