

Summer 2007

# KANKAKEE RIVER RUNNING CLUB

## **A Cooling Thought (As Summer Heats Up): 2007 Winterfest 5k**

*Submitted by Rich Olmstead, Race Director*

I can't think of a better time to read about a race that had below zero weather than right now — in the good ol' summertime. So, chill out with some thoughts about the 2007 Winterfest 5k on Sunday, Feb. 4.

First and foremost, I would like to thank all of the volunteers who helped with this year's race, especially Joyce Grotevant. She worked nonstop from beginning to end.

Prior to race day, Ken Klipp and I had several discussions regarding the weather. As Feb. 4 got closer and closer, the weather forecasts got colder and colder. Of course, being the optimists that Ken and I are, we told ourselves that there was a chance (although a very slight one) that the meteorologists were wrong and that it *could* get warmer. Anything is possible, right?!

Over the years, I recall running in many winter races with 0 degree temperatures, and I can't remember one that was ever canceled due to frigid temperatures. So, I had to smile as I took several calls before the race from pre- and non-registered runners who were wondering if the race was going to be canceled.

On the night before the race, a woman from south of Champaign called to check if the race was on. She told me that Feb. 4 was her birthday, and she wanted to run a race to mark the occasion. If our race was canceled, she said she was going to keep calling around until she found one that was a "go." Now, that's determination!

Even though we had below 0 readings, 106 runners and 7 walkers crossed the finish line (which ended right at the entrance to the field house). And yes, there were a few runners in shorts. I guess they didn't want to overheat. We even had a few first-timers. What a way to start your racing career!

If you pre-registered and did not attend, I still have your T-shirt. Call me at 815-936-1088, and we'll make plans to get it to you.



**Winterfest 5k Winning Women:** (left to right)  
Judy Kilbride, Marianne Surprenant

**Madam "Point Person":** Judy Kilbride has volunteered to serve as the club "point person" through the end of the year. Send your suggestions, concerns, and questions to her at [jkilbride@sbcglobal.net](mailto:jkilbride@sbcglobal.net)

## **Thank You, Thank You, Thank You!**

Everyone in the Kankakee River Running Club is grateful to Marcia and Jeff Lonergan for their efforts to keep the club and the newsletter going over the past 11 years. You did a **GREAT** job!

Thanks to Dan Weber, too, from F. Weber Printing in Manteno for copying the newsletters and helping with the mailings.

## **Catch Up with Your Buds on Budd!**

*A Family Event and Pool Party  
with "Adult" Beverages!*

### **Your Hosts:**

Paul and Marianne Surprenant

### **Date and Time:**

Sunday, July 22, 2007

Noon: Fun Run

1 p.m.: Pool Party! (According to Ken Klipp, swimsuits are optional.)

**Place:** 1523 Budd Boulevard, Kankakee

**Bring:** A snack, side dish, or dessert (The club will provide hamburgers, hot dogs, soft drinks, and beer.)

**Donations:** Accepted!

**Be Courteous! R.S.V.P.**

815-939-2734 or

[PMS1523@comcast.net](mailto:PMS1523@comcast.net)

# Up and Coming

Here are mini apps for three summer races you won't want to miss.

## 12<sup>th</sup> Annual Kilbride Family Classic 5k Run and 2-Mile Walk for Autism

Sunday, June 17, 2007 • 8 a.m. • Cobb Park, Kankakee  
815-932-3885 (after 6 p.m.) • Register online at [www.runforautism.com](http://www.runforautism.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of 06/17/07) \_\_\_\_\_

Circle One for Each: M / F Run / Walk / Children's Run Shirt Size: S / M / L

Runners and Walkers, Age 10+: Pre-Registration: \$13 (Through June 15, 2007)

Race-Day Registration: \$15 (6:30—7:30 a.m.)

Children's Run: Pre-Registration: \$5 (Through June 15, 2007)

Race-Day Registration: \$6 (6:30—7:30 a.m.)

Waiver: I waive and forfeit all rights that I, my heirs, successors, or assigns may have to file suit against the Kilbride Family Classic 5k and/or its sponsors.

Signature \_\_\_\_\_

Check: Payable to Kilbride Family Classic 5k

Send Payment and Application to Kilbride Family Classic 5k, P. O. Box 921, Kankakee, IL 60901.

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## 15<sup>th</sup> Annual Bourbonnais Friendship Festival: 5k Run/2-Mile Fitness Walk

Sunday, June 24, 2007 • 8 a.m. • Bourbonnais Municipal Center, Bourbonnais  
815-933-4444 • Information: [www.festival-bourbonnais.org](http://www.festival-bourbonnais.org)

Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of 06/17/07) \_\_\_\_\_

Circle One for Each: M / F Run / Walk

Runners and Walkers: Pre-Registration: \$15 with Gift

Race-Day Registration: \$18 with Gift (6:30—7:45 a.m.)

Waiver: I waive and forfeit all rights that I, my heirs, successors, or assigns may have to file suit against the Bourbonnais Friendship Festival 5K Run & 2 Mile Fitness Walk and/or its sponsors.

Signature \_\_\_\_\_

Check: Payable to Bourbonnais Friendship Festival Inc.

Send Payment and Application to Bourbonnais Friendship Festival Inc., Attn: Sports Directors, 700 Main North West, Bourbonnais, IL 60914.

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## Kankakee Area YMCA: 5k Run, 5k Fun Walk, and Children's Run

Saturday, July 28, 2007 • 8 a.m. • 1075 N. Kennedy Drive, Kankakee  
815-933-1741 • Register online at [www.active.com](http://www.active.com)

Name \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of 06/17/07) \_\_\_\_\_

Circle One for Each: M / F Run / Walk / Children's Run

Adult Shirt Size: M / L / XL / XXL Youth Shirt Size: S / M / L / XL

Runners and Walkers, Age 10+: Pre-Registration: \$15 (Through July 25, 2007)

Race-Day Registration: \$20 (6:30—7:45 a.m.)

Children's Run: Pre-Registration: \$5 (Through July 25, 2007)

Race-Day Registration: \$6 (6:30—7:45 a.m.)

Waiver: I waive and forfeit all rights that I, my heirs, successors, or assigns may have to file suit against the Kankakee Area YMCA 5k Run, Fun Walk, and Children's Run and/or its sponsors.

Signature \_\_\_\_\_

Check: Payable to Kankakee Area YMCA

Send Payment and Application to Kankakee Area YMCA 5k, 1075 N. Kennedy Drive, Kankakee, IL 60901.

# Happy Birthday!

Submitted by Dave Bohlke

## June

01	Katie Dorn	21
01	Cheryl Bevis	42
09	Linda Linn	53
13	Casey Koerner	12
13	John Pool	65
14	Amy Baldwin	21
15	Robert Pool	71
17	Timber Schroeder Styck	10
18	John Meskis	40
19	Erin Bryant	22
20	Heather Morse	16
25	Dan Morse	48
27	Peter Bernsdorf	39
27	Larry Lane	59

## July

07	Ben Angelo	24
07	Leon Malone	77
08	Antonio Acevedo Hall	20
08	Paul Surprenant	60
09	Andrew Horn	56
11	Taylor Bennett	19
12	Tom Goodberlet	50
14	Erin Richey	38
16	Patricia Horn	52
17	Phil Angelo	56
19	John Vallone	50
21	Lauren Vallone	14
22	Rick Nally	38
25	Dan Noffke	23
26	Keenan Bryant	17
30	Adrienne Bryant	19
30	John Bevis	44

## August

01	John Flynn	61
09	Jessica Linn	21
11	Pat Pierce	52
12	Marla Styck	38
13	Donna Koerner	51
14	Andy Furbee	41
14	James Rattin	51
16	Nancy J. Ruda	51
19	Dee Anna Hillebrand	44
20	Sally Dorn	52
20	Michael Biernat	59
22	Doug Uribe	46
23	Sandy Lane	63
26	Pat Baldwin	50
26	Lynn Troost	61
29	Shirley Malone	76
31	Richard Manthei	60

## Jim Grace Lives!

Submitted by Ron Ruda

Jim Grace ... for those of you who are longtime club members, that name brings a very vivid picture to mind ... a tall, thin, curly-haired, mellow guy who was a relentless runner, biker, and swimmer. Jim participated in fitness events from one coast to another.

It had been a good 8 to 10 years since I last saw Jim. So, imagine my surprise as I sat in a bar\* in Bucktown on my birthday and noticed a tall, thin, curly-haired, mellow guy in a Canal Connection sweatshirt sitting at the end of the counter. No doubt about it ... it was Jim! And, he was just as flabbergasted to see my wife and me as we were to see him.

Jim is a steelworker and has been renting an apartment in Chicago as most of his jobs are in the metro area. He said that he still runs and bikes a little, but, like the rest of us, his knees and back have staged a rebellion.

The moral of the story: The next time you're in a bar in Chicago, take a look to see who's sitting at the end of the counter. It just might be Jim Grace or another club member from days gone by.

\* If you get a chance, check out the Map Room: A Traveler's Tavern at 1949 N. Hoyne Street in Chicago. They offer over 200 unique beers (36 different brewing styles) from the U.S. and all over the globe. That's 26 taps, a cask-conditioned ale, and a world-class selection of bottled beers. Brandon Surprenant, son of club members Paul and Marianne Surprenant, is the manager of the Map Room.

## "Glad" Tidings in August!

A Family Affair with "Adult" Beverages!

**Your Hosts:** Sally and Jack Dorn

**Date:** Saturday, August 11, 2007

**Time:** After the Momence Gladiolus 5k and 10k

**Place:** 12674 E. Six Mile Grove, Momence

(Directions to come in the August newsletter.)

**Bring:** A snack, side dish, or dessert (The club will provide the hamburgers, hot dogs, soft drinks, and beer.)

**Donations:** Will be accepted

**Be Courteous! R.S.V.P.**

815-472-2853 or itsallyd@hotmail.com

## Farhtleks (or Fast Facts)

Sip **coffee** after a morning workout for more energy and less muscle soreness. • Here are two more risk factors for **heart disease** that women need to know about: C-reactive protein or CRP (an indication of inflamed arteries) and whether your parents had ticker trouble before age 60. • When you lack **key B vitamins** — B6, B12, folate, riboflavin, and thiamin — your lactic acid levels rise faster and can cause longer repair time for tissue and muscle. Good sources of Bs: turkey, bananas, tuna, whole grains, low-fat milk.

## Ask da Coach!

Got a training question? Send it to Ken Klipp at [kcklipp@comcast.net](mailto:kcklipp@comcast.net), and look for an answer in the next newsletter.

## If You Have Something You'd Like to Share ...

Please send your stories, thoughts, concerns, and comments to [krcil@lycos.com](mailto:krcil@lycos.com) or to [njrmktgent@aol.com](mailto:njrmktgent@aol.com).

## See You at the Races *Submitted by Charlie Grotevant*

### June

Sat., June 16: Steamboat Classic, 15K and 4-Miler, Peoria, 309-672-6442

Sat., June 16: Old Canal Days 5K, Lockport, 815-838-1883

**Sun., June 17: Kilbride Family Classic 5k Run, 2-Mile Walk, and Children's Run, Kankakee, 815-932-3885**

**Fri., June 22: Peotone Country Festival 5K, Peotone**

Sat., June 23: Lexington Country 5K, Lexington, 309-365-8326

**Sun., June 24: Bourbonnais Friendship Festival 5k Run/ 2-Mile Fitness Walk, Bourbonnais, 815-933-4444**

Sat., June 30: Saybrook Liberty Race 5K, Saybrook

### July

Wed., July 4: Streator 5k, Streator, IL

Sat., July 7: Dog Days 5k, Lake Bloomington, 309-452-7749

Thurs., July 12: Sundowner 5k, Joliet, 815-741-7275

Sat., July 14: Fisher Fair 5k, Fisher, 217-897-1682

**Sat., July 28: Kankakee YMCA 5k Run, 5k Fun Walk, & Children's Run, Kankakee, 815-933-1741**

Sat., July 28: The BIX 7, Davenport, IA

**Sun., July 29: Wilmington Catfish Days 5k, Wilmington**

### August

Fri., Aug. 10: Wenona 5k, Wenona, 815-853-4348

**Sat., Aug. 11: Momence Glad Run 5k & 10k, Momence**

Sun., Aug. 12: Chicago Distance Classic Half Marathon, Chicago

## A Quote from da Coach

by Ken Klipp

No horse is too dead to beat.



# Pat Pierce Shares Advice from Galloway Running Clinic

Submitted by Val Pop

In January, running club member Pat Pierce attended a Jeff Galloway running clinic. Known for his run-walk method of training, Galloway (61 years old and a former Olympian) writes for "Runner's World" magazine and has authored several books, including "Running Until You're 100" (which he gave to all of the clinic's attendees).

Pat traveled to Blue Mountain, Fla., for the three-day clinic. She stayed in a home that was minutes from the beach with five other participants from the clinic. Her housemates ranged in running skill from a man who had completed a 10-miler in 36 minutes to a woman who was proud of her 13-minute miles. The clinic included trail runs, running evaluations, cooking and eating suggestions, and Q & A with Galloway.

"During each runner's evaluation, he (Galloway) checked posture, stride, bounce, and turnover," said Pat. "He told us that the key to improving speed is turnover."

Galloway advocates his run/walk method as a way to help runners stay injury-free. In a marathon, for example, he suggests walking when going through the water stops. "He believes that the run/walk method gives muscles a brief rest and increases the odds of finishing without an injury," said Pat. "And, he doesn't stretch before or after

a run. Rather, he jogs to ease into a run and to cool down after a run."

Galloway prepared the meals during the clinic. One dinner consisted of Healthy Harvest™ spaghetti with a light red sauce and angel food cake with strawberries and fat-free Reddi-Whip™.

His wife, Barbara, is a nutritional analyst and came by with fat-free brownies. (She completes marathons near the three-hour mark.)

Pat said that Galloway recommends grazing (8—10 small meals) as a healthy way to eat throughout the day. Having complex carbohydrates every two hours keeps blood sugar levels steady and energy up.

Pat had a great time at the Galloway clinic and is considering the next one in Lake Tahoe, Nev. For those of you who don't know Pat, she lives in Bourbonnais and has participated in many local 5k races and in several bicycling events.



*Jeff Galloway and Pat Pierce*

Kankakee River Running Club  
3822 Serenity Parkway  
Kankakee, IL 60901