



Late Summer/Fall 2007

# KANKAKEE RIVER RUNNING CLUB

## Enjoy a Post-Race Party, and Stay for the Parade!

*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 from Momence Junior High School: Go east toward Dixie Hwy. (Turn right when leaving the school's parking lot.) At the stoplight, turn left or north. Go 2.5 miles; turn right or east onto country road 5500. Go .9 miles. You'll see large stone pillars marking the driveway to the Dorn compound. Turn in.

### Bring:

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

### Donations:

Gladly accepted!

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

815-472-2853 or itsallyd@hotmail.com

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## Do the Dues!

Annual membership dues (August 2007—August 2008) for new and current members are ... well, due! Payment ensures that you will continue to receive the bimonthly newsletters and your participation in the club's social events.

**Individual (age 18+): \$15**

**Family: \$25**

When a family member turns age 18, he/she must pay the Individual rate in order to continue his/her membership in the club.

Make your check payable to: Kankakee River Running Club.

Send your check to: D. Bohlke, 48 Norman Street, Kankakee, IL 60901.

Everyone is encouraged to pay their club membership dues as soon as possible.

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

Please send your stories, thoughts, concerns, and comments.

Judy Kilbride, President  
jkilbride@sbcglobal.net

Ken Klipp,  
Social Coordinator  
kcklipp@comcast.net

Dave Bohlke, Treasurer  
krcil@lycos.com

Nancy J. Ruda,  
Newsletter Coordinator  
njrmktgent@aol.com

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## Oops!

In the last newsletter ...

- Dan Gould's name was missed on the birthday list. You're on the list in this issue, Judge!
- In the Pat Pierce/Jeff Galloway story, it was stated that a camp attendee completed a *10-mile run in 36 minutes*. Since this translates to 3.6 minutes per mile (YIKES!), Val Pop must have meant a **10k in 36 minutes**.

# Saw You at the Races!

## Results for KRRC Members

### Commit To Be Fit 5K Run (Downers Grove): June 10, 2007

Rick Nally, 27:04, 33rd of 123 finishers, 2AG

### Kilbride Family Classic 5k Run for Autism: June 17, 2007

Name	Time	Overall Group	Place
Rod Kahl	17:50	7	1AG
Drew Parsons	18:13	9	1AG
Patrick Koerner	19:13	17	2AG
Greg Clodi	19:52	20	4
Ken Klipp	19:55	21	1AG
Colin Koerner	20:57	29	1AG
John Bevis	21:20	35	7
Phil Newberry	22:02	42	3AG
Daniel Hall	22:12	44	8
Micah Dorn	22:16	45	9
Dan Gould	22:42	50	1AG
John Walsh	22:57	52	9
Charlie Grotevant	23:17	56	1AG
Chris DuVal	23:27	60	2AG
Rich Olmstead	23:36	62	3AG
Chuck Parsons	23:41	65	4
John Pool	24:23	81	3AG
Larry Lane	25:44	100	6
Jack Dorn	26:03	108	2AG
Robert Pool	26:56	125	1AG
Nancy J. Ruda	27:17	129	1AG
Jessica Clodi	27:28	134	3AG
Paul Surprenant	27:33.2	137	8
Renee Bryant	27:33.9	138	1AG
Erin Richey	27:35	139	2AG
Theresa Burgard	27:48	143	2AG
Randy Riegel	29:06	159	9
Deborah Renville	29:46	167	6
Marianne Surprenant	32:48	194	4
Beverly Smith	33:58	203	2AG
John Hickey	34:56	212	2AG
Judy Kilbride	35:59	217	1AG
Leon Malone	37:27	220	3AG

### Kilbride Family Classic 2-Mile Walk for Autism: June 17, 2007

Name	Time	Overall
James Clodi	26:41	10
Michelle Baldwin	31:42	37
Patrick Baldwin	31:54	41
Emma Hickey	37:16	87
Joyce Grotevant	41:25	135

### Bourbonnais Friendship Festival 5k: June 24, 2007

Name	Time	Overall Group	Place
Rod Kahl	17:54	3	1MST
Drew Parsons	18:24	6	1AG
John Bevis	21:06	22	1AG
Jeff Lonergan	22:11	28	1AG
Charlie Grotevant	22:32	33	1AG
Dan Gould	22:39	35	2AG
Rich Olmstead	23:26	39	2AG
Chuck Parsons	23:59	42	3AG
Chris DuVal	24:26	46	4
Robert Pool	26:23	55	3AG
Paul Surprenant	27:00	59	5
Erin Richey	27:02	60	1AG
Deborah Renville	27:18	63	1AG
Theresa Burgard	27:31	66	1AG
Charles Kennedy	27:36	67	5
Randy Riegel	28:46	74	5
Marianne Surprenant	29:41	77	2AG
Bev Smith	32:24	89	1AG

### Bolder Boulder 10k (Boulder, CO): May 28, 2007

Nancy J. Ruda, 57:36, Overall place: 11,652 out of 47,646 finishers

### Bill Linn's Annual Sample Sale

T-Shirts • Sweatshirts • Caps • Golf Shirts • Jackets

Thurs., Aug. 2, 6—9 p.m.

Fri., Aug. 3, 8 a.m.—5 p.m.

Sat. Aug. 4, 8 a.m.—2 p.m.

**1226 Vantage Lane, Bourbonnais**

# Thank You, Thank You, Thank You

Submitted by Gerry and Judy Kilbride, Directors, Kilbride Family Classic 5k Run and Walk

High temperatures and humidity didn't affect the turnout at this year's **Kilbride Family Classic 5k Run and 2-Mile Walk for Autism** on Sunday, June 17, at Cobb Park in Kankakee. We had our best year ever with 235 runners, 250 walkers, and 65 children under age 8.

Importantly, we had our best year ever in terms of donations. With the support of our community, we raised more than \$10,000 for research, education, public awareness, and advocacy for individuals who have autism and for their families. These funds will be donated to the local chapter of the Autism Society of American and to Cure Autism Now Foundation/Autism Speaks.

Autism is a neurobiological condition that impedes an individual's ability to communicate and to interact with others. It affects each person differently and to varying degrees of severity.

Today, one out of every 150 children is diagnosed with autism. In other words, every 20 minutes, a family learns that their child has this disorder.

Our grandson, Scott Range, has autism. As a family, we are dedicated to supporting area and national organizations in their efforts to find a cure for autism and to help families.

We are ever grateful for the support that we receive each year from the local business community, families, friends, and athletes. It is with heartfelt appreciation that we embrace your generosity.

On behalf of our grandson and the entire Kilbride family, thank you one and all. Together, we will find a cure for autism.

*\* Winners of the Chicago Bulls tickets: Harry and Jaymie Simmon and Mayor Don Green (Kankakee)*



Judy Kilbride congratulates Phil Newberry.



Ken Klipp placed first in his age group.



Bev Smith placed second in her age group.



Scott and Jennifer Range get ready to start the Kilbride Family Classic 2-Mile Walk for Autism.

# 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.

# Happy Birthday, KRRC Members!

Submitted by Dave Bohlke

## 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
31	Dan Gould .....	63

## September

07	Michael McGuckin .....	55
08	Lynn Noffke .....	49
09	Karen Dannenhauer .....	42
10	Marge Flynn .....	61
19	Amanda Uribe .....	24
27	Leah Meskis .....	30

## October

04	Diane Gerber .....	46
06	Aaron Gerber .....	18
09	John Walsh .....	45
10	Charlene Klipp .....	58
10	Brian Noffke .....	47
12	Rich Olmstead .....	56
12	James Clodi .....	13
15	Keith Knepper .....	50
16	Bill Linn .....	55
22	Steve Hartzell .....	58
25	Cynthia Bernsdorf .....	40
31	Greg Clodi .....	44

## You've Got Mail!

If you'd like to receive the club newsletters via e-mail (rather than via snail mail), please send your e-address to **krccil@lycos.com**. As a cost-saving measure, we encourage as many members as possible to opt for e-mail delivery of the newsletter.

## Stuff-Holders

*Submitted (Humbly) by Sally Dorn*

Holders ... whatever in the world would we do without them? Our cars have cup holders for the morning java; we carry fobs to hold our important keys; and there's the all-important TP holder (faithfully by our side when duty calls).

Today, I'd like to bring your attention to the under-appreciated, but always devoted, *stuff-holder*. You know not what but *whom* I mean — the runner's non-running pal. The mother, sister, or boyfriend who has never owned a pair of Sauconys. That constant companion who awakens (willingly or not) at 6 a.m. to travel with you to the next town for that 10k with all the hills. The guy who stands along the road holding your bag of goodies, your new fuchsia T-shirt, water bottle, and warm-up pants.

Well, I confess that I am one of those reliable stuff-holders, and I'd like to make all of you athletes aware that it is not always easy being stationary. No siree. I have gotten very hot standing by the curb in the sun holding all that stuff. Once, I was so sweaty that a lady asked me if I had run the race!

Worse yet are those sub-freezing "winterfest" races. My toes have gotten so cold that I've had to abandon my cheering post to go inside for hot cocoa before "he" crossed the finish line.

I have had my proud moments though. Whenever one of "my guys" wins an award, I achieve a certain status by association; and I get to hold the trophy, Oh, what delight.

And, PRs? I have my own. Yes, I'll never forget the 2005 Kilbride Family Classic. Our high school cross-country team was there to help me achieve the apex of my career: clutching more stuff than I had dreamed possible: 10 T-shirts, four jogging pants, five jackets, three stocking hats, a purse, two sets of keys, one bottle of blue Gatorade, and a little Shih Tzu named Quincy. I'm sure that I set some kind of stuff-holding record. What a marvelous experience.

So, the next time you see one of those faithful grippers, give him/her a pat on the back for these stuff-holders are your loyal "comrades on the curb."

Kankakee River Running Club  
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