

Fall 2007

# KANKAKEE RIVER RUNNING CLUB

## Run for the Hungry!

Submitted by Pat & Drew Horn



On July 27, we trekked up to Milwaukee to run in the German Fest 5k. It started at 7 p.m., and participants received a cool T-shirt (in Germany's flag colors) and got free passes to German Fest, a \$5 food/drink pass, a runner's bag of goodies, and an entry in a drawing for prizes.

This was the third year for the run, and there were almost 700 participants. The race is a fund-raiser for St. Ben's Community Meals, a program that feeds over 2,000 people every week. For every participant, Usinger's Sausage donated two pounds of product to St. Ben's.

We started at the northern gate of the Summer Fest grounds, ran along Lake Michigan, and looped back along a beautiful lagoon. It was a gorgeous trail that ended with a downhill slope.

After the run, we drank our beers at German Fest and watched the German Mardi Gras parade, heard a master yodeler, and saw more men in lederhosen than one could ever imagine.

It took about 2.5 hours to drive from Bourbonnais to downtown Milwaukee. It was a great trip. We ran for a worthy cause and had a fun time afterward!

## The Joys of Running

Submitted by Sally Dorn  
from [jokesnjokes.net](http://jokesnjokes.net)

1. For every mile you run, you add one minute to your life. This enables you, at the age of 85, to spend an additional five months in a nursing home at \$5,000 per month.
2. **The only reason I took up jogging was to hear heavy breathing again.**
3. Last year, I spent \$400 to join a health club. I haven't lost a pound. Apparently, you have to show up.
4. **I have to exercise early in the morning before my brain figures out what I'm doing.**
5. I like long walks ... especially when people who annoy me take them.
6. **The advantage to exercising every day is that you die healthier.**
7. I have flabby thighs. Fortunately, my stomach covers them.
8. **If you are going to take up cross-country skiing, it helps to start with a small country.**
9. I don't run. It makes me spill my milkshake.
10. **Actually, I don't exercise at all. If we were meant to touch our toes, they wouldn't be so far away.**



## Straussenlauf auf Kirchenfest!

Judy Kilbride (right) and her daughter, Jennifer Range, ran the Straussenlauf 5k in Highland, Ill., on Aug. 25. Judy placed second in her age category.

# Saw You at the Races! Results for KRRC Members

AG = Age Group  
MST = Masters (age 40+)

## Scholastic Challenge 5k Run (Springfield), June 23, 2007:

Rick Nally, 28:22, 297<sup>th</sup> of 431 finishers, 19<sup>th</sup> of 23 AG

## Strawberry Festival Berry Big 5k (Cedarburg, Wis.), June 23, 2007:

Michael McGuckin, 27:29, 171<sup>st</sup> of 440 finishers

## Park to Park (Bloomington - Normal), July 4, 2007:

Michael McGuckin, 44:22, 314<sup>th</sup> of 513 finishers

## Brewers Charities Sausage Race 5k (Milwaukee, Wis.), July 21, 2007:

Michael McGuckin, 26:54, 426<sup>th</sup> of 1,349 finishers

## Kankakee Area YMCA 5k (Kankakee), July 28, 2007

Submitted by Dave Bohlke

Runner	Time	Overall	Age Group
Rod Kahl	17:50	4	1MST
Drew Parsons	18:05	5	1
Patrick Koerner	18:40	7	1
Colin Koerner	19:45	16	1
John Meskis	20:25	19	1
James Rattin	20:46	21	1
Daniel Hall	22:01	30	3
Charlie Grotevant	22:18	32	1
Rich Olmstead	22:19	33	1
Dan Gould	22:54	39	3
Amanda Uribe	23:05	40	1
Daniel Gerber	23:10	41	6
Chris duVal	23:21	51	4
Jeff Lonergan	23:56	51	6
Chuck Parsons	24:15	54	4
Deborah Renville	25:03	61	1
Larry Lane	25:15	62	5
John Pool	25:26	63	2
Roger Smothers	26:10	72	6
Robert Pool	26:50	76	3
Theresa Burgard	27:08	80	1
Charles Kennedy	29:02	87	4
Marianne Surprenant	29:29	90	2
Phyllis Smothers	37:40	109	4
Leon Malone	37:45	110	6

## Momence Glad 5k (Momence), Aug. 11, 2007

Submitted by Dave Bohlke

Runner	Time	Overall	Age Group
Rod Kahl	18:38	6	2MST
John Meskis	20:21	11	3MST
Jeff Lonergan	23:06	22	1
Beverly Smith	33:02	86	1

## Momence Glad 10k (Momence), Aug. 11, 2007:

Runner	Time	Overall	Age Group
Patrick Koerner	39:43	4	1GR
Ken Klipp	42:14	6	2GR
James Rattin	44:20	7	3GR
Rich Omstead	46:20	8	4
Charlie Grotevant	47:46	12	5
Chris DuVal	49:53	16	7
Larry Lane	53:55	20	9
Phyllis Smothers	?	35	6

## Blueberry Festival 5k (South Haven, Mich.), Aug. 11, 2007:

Rick Nally, 27:31, 390<sup>th</sup> of 680 finishers, 20<sup>th</sup> of 24 AG  
Julie Nally, 36:56, 622<sup>nd</sup> of 680 finishers, 40 of 41 AG

## Catfish 5k Run (Wilmington), July ?, 2007

Submitted by Dave Bohlke

Runner	Time	Overall	Age Group
Jeff Lonergan	23:10	1	1AG
Paul Surprenant	26:49	1	1AG
Randy Riegel	29:01	4	4AG

\* **More results at [krcc.co.nr](http://krcc.co.nr)!**

**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.

## See You at the Races!

Sat., Oct. 13, 1 p.m., **Perry Farm Pace 4-Miler**, Perry Farm, Bourbonnais

Sat., Oct. 20, 8:30 a.m., **Halloween Hustle 5k Run-Walk for Fathers**, Palatine, aarondelmar@hotmail.com

Sat., Oct. 20, 9 a.m., **Run the Beat 5k**, Gould Park, Morris, hoots\_00@yahoo.com

Sun., Oct. 21, 9 a.m. **Wilmington Foundation for Excellence 5k Run**, Wilmington High School, Wilmington, 815-476-2736

Sun., Oct. 28, 9 a.m., **Allerton 5.5 Mile Trail Run**, Allerton Park, Monticello, Beth\_E@illinoisalumni.org

Sun., Nov. 4, **Canal Connection 10k**, Utica, 815-223-8988

Sun., Dec. 2, 9 a.m., **Jingle Bell 5k Run for Arthritis**, Shapiro Developmental Center, Kankakee, 815-937-2461

## Welcome Back!

Here's our current list of "renewing" members (as of 09-26-07).

Phil Angelo and Family	Daniel Morse and Family
Michael Biernat	Rick Nally and Family
David Bohlke	Brian Noffke and Family
Chris Bryant and Family	Chuck Parsons
Theresa Burgard	John Pool and Family
Randy Devore	Robert Pool
Jack and Sally Dorn	Deborah Renville
Chris DuVal	Erin Richey
John and Marge Flynn	Ron and Nancy Ruda
Larry Forbes	Roger and Phyllis Smothers
Dan Gould	Dianne Strufe
Charlie and Joyce Grotevant	Paul and Marianne Surprenant
Dee Anna Hillebrand and Family	Chris Walsh
Judy and Gerry Kilbride	John Walsh
Ken and Charlene Klipp	
Pat Koerner and Family	
Larry Lane and Family	
Robert LeMaire	
Rick Livesey	
Jeff and Marcia Lonergan	
Leon and Shirley Malone	
Michael McGuckin	
John Meskis and Family	

## Welcome New Members!

Nancy Herman  
Kelly Pierson  
Rob Wendlick and Family

## 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  
and Coach  
kcklipp@comcast.net

Dave Bohlke, Treasurer  
dbohlke@yahoo.com

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

## Happy Birthday, KRRC Members!

*Submitted by Dave Bohlke*

### 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

### November

02	Rob Wendlick .....	36
04	Judy Manthei .....	60
06	Andy Baldwin .....	19
22	Kari Livesey .....	52

### December

11	Jeff Lonergan .....	53
15	Daniel Hall .....	45
21	Valerie Pop-Brandt .....	43
23	Mark Lesnya .....	56
27	Jack Dorn .....	62
30	Eric Loferski .....	37

## Just "Dues" It

Annual membership dues for new and current members are ... well, past 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, and send it to D. Bohlke, 48 Norman Street, Kankakee, IL 60901.

To continue to receive newsletters in 2008, please pay your membership dues as soon as possible.

## New Website Address

Thanks to the high-tech skills of Dave Bohlke, the club's website has been revamped and reinvented. It features the latest news about upcoming meetings and social events, race results, and links to other running-related sites. (*Who knew there was a club for people who like to run and race in the nude??!!*) Be sure to bookmark our new address as one of your favorites.



**krrc.co.nr**

## "Fall" Fun with the Flynns: The Chili Cook-Off Returns!

**Sat. Oct. 20, 2007**

3 p.m.: Meet to run, walk, or bike.

5 p.m.: Social festivities begin.

17644 W. Thornton Road, Wilmington

**More details and directions: [krrc.co.nr](http://krrc.co.nr)**



## You've Got Mail!

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

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