

Winter 2008

KANKAKEE RIVER RUNNING CLUB

Parties! Mark Your Calendars!

It's All About Dessert!

Date: Saturday, Jan. 26, 2008

Place: Knights of Columbus, 187 S. Indiana Avenue, Kankakee

Time: 6 p.m.

"Food" Donation: \$5

Drinks: Cash bar

Dessert Contest: Bring your favorite and your best homemade dessert ... cakes, cookies, pies, candies.

Cash prizes for the ones that "run away" with the most votes! R.S.V.P. (815) 932-3885 or krrcil@lycos.com

Post-Winterfest/Super Bowl Party

Date: Sunday, Feb. 3, 2008

Hosts: Pat and Donna Koerner

Place: 1224 Vantage Lane, Bourbonnais

Time: 5 p.m.

Bring: An appetizer, side dish, and/or dessert

R.S.V.P. (815) 932-1009



In Memory

Dorothy M. Baldwin

11/07/19—10/21/07

Make me a channel of your peace.

It is in pardoning that we are pardoned,

In giving of ourselves that we receive,

And in dying that we're born to eternal life.

Welcome New and Returning Members!

Pat Baldwin and Family

Taylor Bennett

Dan Bullock

Karen Dannehauer

James Faford

Dan Gerber and Family

Dan Harris

Steve Hartzell

John Hickey

Pat and Drew Horn

Rod Kahl

Keith Knepper

Bill and Linda Linn

Rich Olmstead

Pat Pierce

James Rattin

Arlene Rojo and Family

Amanda Uribe

That's a Lot of Miles!

When Pat Koerner crossed the finish line at the Oglesby Turkey Trot on Thanksgiving, he not only completed a 5k but the 50,000th mile of his running career.

Congratulations, Pat!

Note: The accounting firm, Do We Cheatem & How, is reviewing Pat's running logs to verify that his math is correct.



Happy Birthday!

Date Name Age

January

5	Paul Hillebrand	13
5	Rae Hillebrand	15
5	Dan Gerber	49
12	Rick Livesey	55
23	John Shoup	58
24	Erma Hickey	80
25	Chuck Parsons	59
28	Joyce Grotevant	66
29	Dianne Strufe	68
30	Gabriel Noffke	20
31	Randy Riegel	53

February

2	Marcia Lonergan	42
6	Gerry Kilbride	70
10	Colin Koerner	15
12	Roger Smothers	58
14	Michelle Baldwin	52
18	Charlie Grotevant	66
20	Elaine Noffke	17
21	Chris Walsh	46
24	Jim Grace	51
24	Judy Kilbride	69
26	Marianne Surprenant ...	51
28	John Hickey	80

March

2	Rasa Weber	42
2	Robert LeMaire	56
4	Rod Kahl	43
4	Dan Harris	50
5	Ann Wendlick	39
12	Theresa Morse	54
15	Micah Dorn	20
15	Tammy Furbee	43
25	Carol Vallone	45
25	Ken Klipp	59
26	Hannah Bevis	14
27	Patrick Koerner	46
29	Beverly Smith	57
30	Renee Bryant	46

Last Chance for Dues and News

If you have not paid your membership dues for 2008 and if you would like to continue to receive the Kankakee River Running Club newsletter, now is the time to get her done. Dues must be paid by Jan. 31, 2008, so that you can continue to receive this outstanding and awardless publication via regular mail or e-mail. (Only members have access to the newsletter via the club's web site.)

Individual: \$15
Family: \$25

Please make your check payable to Kankakee River Running Club, and send it to D. Bohlke, 48 Norman Street, Kankakee, IL 60901.

Saw You at the Races

AG = Age Group
MST = Masters
OA = Overall

Name	Time	Place	Group Place
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Wild Wild Wilderness 7.45-Mile Run (Danville, Ill.)

Sept. 30, 2007

Daniel Hall	1:04:41.9	65	5AG
Robert Pool	1:15:18.1	144	8AG
Beverly Smith	1:52:24.9	275	5AG

Milwaukee Lakefront Marathon (Oct. 7, 2007)

Nancy J. Ruda 5:12:45

Perry Farm Sleepy Hollow 4-Mile Run (Bradley, Ill.)

Oct. 13, 2007

Rod Kahl	23:59.6	1	1OAG
Gregory Clodi	28:40.5	2	1MST
Daniel Gerber	29:44.8	3	1AG
Dan Gould	30:40.7	5	1AG
Patricia Horn	36:23.5	10	1MST
Leon Malone	47:40.6	12	3AG

Run the Beat 5k (Morris, Ill.) (Oct. 20, 2007)

Steve Hartzell	18:58.3	7	2AG
Charlie Grotevant	22:32.4	35	1AG
Robert Pool	26:17.6	90	1AG
Charles Kennedy	28:36.9	120	2AG
Leon Malone	36:21.1	169	1AG

Wilmington Foundation for Excellence 5k Run (Wilmington, Ill.)

Oct. 21, 2007

Phil Newberry	21:16.7	4	1AG
Randy Riegel	27:08.1	27	2AG

Winterfest 5k 2008

Feb. 3, 2008

1 p.m.

Small Memorial Park, Kankakee

New Sponsor: Court Street Ford

Co-Sponsor: Riverside Medical Center



From Rich Olmstead, race director: "No matter what the weather is — even if it's as cold or colder than it was last year — this race will not be canceled. It's a go!"

From Ken Klipp, co-director: "There's no way it could be colder than last year."



Contacts:

Judy Kilbride, President: jkilbride@sbcglobal.net

Dave Bohlke, Treasurer: krrcil@lycos.com

Ken Klipp, Social Director: kcklipp@comcast.net

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

Jingle Bell 5k Run for Arthritis (Kankakee, Ill.)

Dec. 2, 2007

Patrick Koerner	17:58.1	3	3OAG
Rod Kahl	18:19.6	4	1MST
Colin Koerner	19:49.6	11	2AG
Ken Klipp	20:15.3	14	1AG
Greg Clodi	21:06.8	19	2AG
Phil Newberry	21:27.0	21	2AG
Andy Furbee	22:01.2	27	3AG
Larry Forbes	22:38.9	36	2AG
Daniel Gerber	22:53.0	42	3AG
Daniel Hall	23:31.9	50	5AG
Chris DuVal	23:56.8	53	4AG
Jeff Lonergan	24:07.1	57	5AG
Larry Lane	24:51.5	67	4AG
Dan Harris	25:00.4	71	7AG
Amanda Uribe	25:13.1	75	3AG
Chuck Parsons	25:29.2	79	6AG
Deborah Renville	26:18.4	94	2AG
Robert Pool	26:22.9	96	1AG
Dee Osenglewski	26:55.6	115	1AG
Pat Pierce	27:07.9	120	2AG
Paul Surprenantq	27:33.6	129	3AG
Randy Riegel	28:45.7	159	8AG
Mike Biernat	30:12.1	184	7AG
Patricia Horn	30:12.1	184	3AG
Marianne Surprenant	30:41.1	191	8AG
Randy Devore	31:09.7	199	8AG
Carol Vallone	31:25.8	205	4AG
Dan Bullock	32:22.9	219	9AG
James Clodi	32:48.6	226	25AG
Kelly Pierson	36:47.8	256	16AG
Judy Kilbride	37:35.8	266	1AG
Jessica Clodi	38:30.4	274	12AG

2008 Six-Pack Series

The new **Six-Pack Series** is a great way to stay motivated *and* to support local races. All you have to do is sign up, pay the entry fee, and **complete** a minimum of 6 races from the following list to be entered in a drawing for cash prizes.

Here's how the **Six-Pack Series** will work.

- The series is open to runners and walkers. All are eligible to win. You do not need to be a member of the Kankakee River Running Club to participate in the **Six-Pack Series**.
- **Complete** 6 races for one chance to enter the contest. **Your race time or placement in your age group does not matter. All you have to do is finish the race.**
- For every race you **complete** after the initial 6, you will get an additional entry in the prize drawing. For example, if you complete 8 races, you will have 3 entries in the drawing or 3 chances to win.
- When you complete a race, send an e-mail to the Kankakee River Running Club at krrcil@lycos.com with the name of the race, race date, and your name. On the Subject line, please type **Six-Pack Series**. It is your responsibility to report the races that you complete.
- The winners will be drawn at random from all entries at Winterfest 2009. (Winner need not be present.)
- Questions? Please send them to krrcil@lycos.com.
- Please submit your entry form and the \$10 entry fee by Aug. 1, 2008, in order to be registered in the **Six-Pack Series**.

The Prizes:

- **Winner #1:** Receives **40%** of total money collected.
- **Winner #2:** Receives **20%** of total money collected.
- **Winner #3:** Receives **10%** of total money collected.
- A **"Frequent Runner"** prize will be awarded to the person who completes (*and reports*) the most races on the list. Any ties will be decided in a random drawing. This prize will be determined at a later date.

The Races:

Winterfest 5k, Feb. 3, 2008: Kankakee

Kilbride Family Classic 5k, June 15, 2008: Kankakee

Friendship 5k Run, June 22, 2008: Bourbonnais

Clifton Memorial Race, July 2008: Clifton*

Beecher 4th of July, July 4, 2008: Beecher

Bonfield 5k, July 4 2008: Bonfield

Watseka 5k, July 4, 2008: Watseka

YMCA 5k Run, July 2008: Kankakee*

Wilmington Catfish Days 5k, July 2008: Wilmington*

Momence 5k and 10k, Aug. 9, 2008: Momence

Aroma Park 5k, Sept. 2008: Aroma Park*

Dwight Harvest Days 5k, Sept. 2008: Dwight*

Fall Fest 5k: Sept. 2008: Will County/Forest Preserve*

Hare & Tortoise 5k, Sept. 31, 2008: Herscher

Perry Farm Pace 4-Miler, Oct. 2008: Bourbonnais*

Jingle Bell Run 5k, Dec. 7, 2008: Kankakee

* Watch your newsletters for exact date.

PLEASE COMPLETE AND SEND TO KRRC, 48 NORMAN STREET, KANKAKEE, IL 60901,
WITH YOUR \$10 ENTRY BY AUG. 1, 2008. MAKE CHECKS PAYABLE TO KRRC.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

BIRTH DATE ____/____/____

Parent/Guardian Signature Required if Entrant Is 17 or Younger (as of 01/01/08):

Many thanks to Dee Anna Hillebrand for initiating and organizing the Summer Six-Pack Series.

The Chili Cook-Off Has Returned!

It was a dark and windy night in October when six runners/would-be chefs toed the line at the resurrection of the Annual Chili Cook-Off. They came not with watches on their wrists or PRs in their minds ... but with crock-pots in their hands and soup ladles in their pockets.

This was the ultimate — the true test of endurance — the moment that would define the runners from the DNEs (Did Not Enter). If there's one thing members of this club take seriously, it's their chili.

The crock-pots bubbled in the banquet hall-garage at the palatial country estate of Marge and John Flynn. With bowls and spoons at the ready, the tasting began. One by one, those in attendance made their way down the line, sampling and comparing the chili cuisine.

They made notes, they went back to try the vegetarian chili again, they wafted in the aroma of spices and peppers, they went through the line a third time for another taste of the jambalaya chili. Finally, all of the yellow Post-It note votes were in and tallied by Dave Bohlke, the designated balloter.

Kankakee River Running Club
3822 Serenity Parkway
Kankakee, IL 60901



1st Place: Diane Gerber: \$20
2nd Place: Sally Dorn: \$10
3rd Place: Dan Harris: \$5

The voting didn't stop there.

1st Place Cornbread: Marcia Lonergan (Recipe follows.)

1st Place Dessert: Deb Renville

It was a night that did Emeril proud.

* Many thanks to Marge and John Flynn for hosting the Chili Cook-Off; to Ken Klipp, club social director, for bringing back the event; to Dave Bohlke for sending out the e-reminders and for being the event's scorekeeper; and to everyone who attended.

Marcia's Fabulous Cornbread

- Buy Honey Butter Cornbread Mix by Calhoun Bend Mill at Jewel.
- Follow the directions. Use buttermilk and add a cup of canned or frozen corn kernels.
- Bake per package directions and enjoy!