



Spring 2008

# KANKAKEE RIVER RUNNING CLUB

## Sign Up for the Six Pack!

If you haven't signed up for the Six Pack Series, now's the time! All you have to do is pay a \$10 entry fee and **complete** a minimum of 6 races this year from the following list to be entered in a drawing for cash prizes.

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

**Friendship 5k Run**, June 22, 2008: Bourbonnais

**Clifton Memorial Race**, July 2008: Clifton\*

**Beecher 4<sup>th</sup> of July**, July 4, 2008: Beecher

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**Bonfield 5k**, July 4, 2008: Bonfield

**Watseka 5k**, July 4, 2008: Watseka

**YMCA 5k Run**, July 2008: Kankakee\*

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**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

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For more information and an entry form, write to [krrcil@lycos.com](mailto:krrcil@lycos.com).

\* Exact date to be announced.

## Club Meeting:

**April 9, 2008**

**Where:** Chicago Dough Co., Bourbonnais

**Time:** 6 p.m.

All members are encouraged to attend.

## Sunday Mornings

Want to run with other club members? Looking for a scenic route and a soft surface for your long runs? Prefer to run solo but wouldn't mind socializing with club members before and/or after your workout? Go to the Kankakee River State Park on Sundays, and you'll find all this and more!

Sunday morning runs at the park are a longstanding club tradition. The get-togethers are casual and fun — no rules, no stress. Why not give it a try!

The club meets in the lot off the second entrance to the park (on Rt. 113), just past the Nature Center. Time: 9 a.m. through April. In May, the start time changes to 8 a.m. to accommodate the warmer weather. Come one, come all!

## Rich's New Business

After many years of gutting, wiring, and plumbing, I am in the process of opening an art gallery and bookstore. I am looking for artists to show their work and for recommendations for books. The majority of my inventory will probably focus on health and fitness, but all suggestions are welcome.

I will be starting out small and will be open by chance or by appointment (since this is track season). The gallery is located at 1154 E. River Street in Kankakee.

My e-mail address is [talkinglvs1@aol.com](mailto:talkinglvs1@aol.com). I can be reached at 815-928-8300 or 815-936-1088.

Thanks!

Rich Olmstead

## How Sweet It Was!

The Kankakee River Running Club held its first dessert-a-thon on Jan. 26. It was such a *sweet* time, our social director vowed to make it an annual event. (That may be due in part to the fact that his dessert was one of the winners!) Here are the recipes for the winning desserts.

### First Place: Creamy Poppy Seed Tart

Submitted by Dan Bullock

#### TART

- 1 pkg Lemon Poppyseed Quick Bread Mix
- 1 cup water
- 2 tablespoons oil
- 1 egg

#### TOPPING

- 1 tub whipped cream cheese (8 oz)
- 1 can lemon pie filling
- Fresh fruit such as raspberries, kiwi slices, blueberries, etc.

1. Preheat your oven to 350 F. Grease a 12" pizza pan. Mix tart ingredients until smooth. Spread in pan evenly.
2. Bake for 25 minutes or until the tart is golden brown. Cool completely.
3. Spread the whipped cream cheese to within 1 inch of the edges of the tart. Spread the lemon filling over the cream cheese. Garnish with fresh fruit in a decorative pattern. Chill 30 min or more before serving.



### Second Place: Cherry Cheesecake

Submitted by Ken Klipp

#### BOTTOM LAYER

- 2 pkgs graham crackers
- 1 stick of butter

#### MIDDLE LAYER

- 1 pkg cream cheese (8 oz)
- 2 cups powdered sugar
- 2 pkgs Dream Whip topping

#### TOPPING

- 2 cans pie filling (any flavor)

1. Crush both packages of graham crackers. Melt the stick of butter, and mix it into the crackers. Press into the bottom of a cake pan.
2. Use a fork to beat the cream cheese until smooth. Add 2 cups of powdered sugar, and mix until smooth. Prepare 2 packages of Dream Whip according to the directions.
3. Fold the cream cheese/powdered sugar mixture into the whipped topping and spread evenly over the graham cracker mixture.
4. Spread fruit over the top. Cover and refrigerate overnight.



## No Foolin'! A Social Event That Actually Includes Running

On Saturday, April 19, we'll meet at the gazebo (next to the Exploration Station) at Perry Farm in Bourbonnais at 4 p.m. for a "foolishly fun" running activity — that is yet to be determined by our social director. After this activity, we'll head to the Chicago Dough Co. for pizza and refreshments *and* for the official end-of-winter/welcome-spring "death of the snowman" ceremony — also yet to be determined by our social director. Join us for either or both activities. There will be a slight charge per person for pizza — yes ... yet to be determined by our social director. Watch for more info via e-mail.

## Happy Birthday!

### Date Name ..... Age 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

### April

6	Larry Forbes .....	51
12	Connie Angelo .....	55
18	Emma Bevis .....	12
18	Ron Ruda .....	61
20	David Bohlke .....	62
21	Nadine Morse .....	15
24	Julie Nally .....	39

### May

6	Chris Bryant .....	48
21	Chris DuVal .....	53
26	Randy Devore .....	60
27	Theresa Burgard .....	51

# A Recap of the 2008 Winterfest 5k

Submitted by Rich Olmstead, Race Director

Once again, our race was a success as 212 runners and walkers completed the 5k course at Governor Small Park in Kankakee.

Weather is always a factor for this race. Luckily, we missed a snowstorm by two days and frigid temperatures by a week.

Thanks to all the volunteers who help make this race happen year after year. Please support our sponsors: Court Street Ford, Riverside Medical Center, Chicago Dough Co., and the Kankakee Park District.

Next year will be the 25th anniversary of the race, and we have talked about making it a special event — possibly raising money for a worthy cause. There are many area organizations that can always use our help. If you have any ideas, please let me know.

Thanks again for all your help and participation. I hope you all had a good time. Race results are included in this newsletter and can be found at [www.krrc.co.nr](http://www.krrc.co.nr).



## Saw You at the Races

**AG = Age Group**  
**MST = Masters**  
**OA = Overall**

Name	Time	Overall Place	Group Place
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### Siberian Express 7.45-Mile Trail Run (Danville, Ill.) Jan. 5, 2008 417 Finishers

Robert Pool	1:22:23.7	255	
Deborah Renville	1:24:20.6	272	
Roger Smothers	1:32:11.7	320	
Phyllis Smothers	2:10:32.6	414	

### Naples Half-Marathon (Naples, Fla.) Jan. 20, 2008 1,192 Finishers

Charlie Grotevant	1:42:50	4AG	250
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### Ringling Bridge Run 4-Miler (Sarasota, Fla.) Jan. 26, 2008 890 Finishers

Charlie Grotevant	29:45	3AG	98
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### Run for the Paws 6k (Naples, Fla.) Feb. 2, 2008 376 Finishers

Charlie Grotevant	27:49	3AG	34
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### Riverside Winterfest 5k (Kankakee, IL) Feb. 3, 2008

162 Finishers

Rod Kahl	18:05.4	5	1MST
Patrick Koerner	18:38.4	10	1AG
Colin Koerner	18:58.5	11	1AG
James Rattin	20:07.1	18	3AG
Chris M. Walsh	20:43.0	23	1OA
Gregory Clodi	22:06.6	29	2AG
Larry A. Forbes	23:21.2	40	9
Jeff Lonergan	23:55.5	47	10
Chris DuVal	23:58.4	48	11
James P. Faford	24:08.3	50	5
Daniel Gerber	24:45.7	55	7
Dan Harris	25:15.1	59	8
Robert Pool	27:38.1	86	5
Pat Pierce	28:22.5	94	1AG
Paul Surprenant	28:28.4	97	5
Theresa Burgard	29:12.1	106	2AG
Erin C. Richey	29:55.8	113	3AG
Patricia Horn	30:09.9	115	3
Marianne Surprenant	30:44.9	122	4
James Clodi	31:55.1	130	4
Arlene V. Rojo	35:24.3	147	3
Jessica Clodi	41:09.8	155	2AG
Julie Rojo	41:25.8	156	3

### Gasparilla Classic 15k (Tampa, Fla.) Feb. 9, 2008

3,918 Finishers

Charlie Grotevant	1:12:28	574	
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# Save the Date: June 15, 2008

A Message from Gerry and Judy Kilbride

**ODDS OF A CHILD  
BECOMING A  
PROFESSIONAL  
ATHLETE:  
1 IN 16,000**

**ODDS OF A  
CHILD BEING  
DIAGNOSED  
WITH AUTISM:  
1 in 150**

As many of you know, our grandson Scott has autism. As a family, we are dedicated to raising awareness and understanding of this spectrum disorder and to finding a cure. From firsthand experience, we recognize the many needs and issues that individuals who have autism and their families face.

Once again, we are asking for your support of the **Kilbride Family Classic 5k Run/2-Mile Walk for Autism**. Thanks to the generosity of friends, families, and area businesses, our event raised over \$10,000 last year — which was donated to the Kankakee Valley Chapter of the Autism Society of America (ASA) to assist area families and to Autism Speaks (a national organization) for advocacy and research.



We'll look forward to seeing you at this year's event. Together, we **will** find a cure.

**Kilbride Family Classic  
5k RUN and 2-Mile Walk for Autism**

A Beautiful Course Through Kankakee's Historic Riverview District

**Sunday, June 15, 2008**

8 a.m.

Cobb Park

**New This Year: Online Registration. Go to [www.runforautism.com](http://www.runforautism.com).**

Kankakee River Running Club  
3822 Serenity Parkway  
Kankakee, IL 60901