



Late Fall 2008

KANKAKEE RIVER RUNNING CLUB

The Annual Chili Cook-Off... That Almost Wasn't!

Members got together at the dance hall in Marge and John Flynn's home on Saturday, Nov. 1, for the club's annual Chili Cook-Off. There were several moments of panic, however, as party-goers began arriving with everything *but* chili in hand. Social director Ken Klipp was about to take a vote to rename the event the "Annual Cornbread and Dessert Bake-Off" when Dave Bohlke showed up with his crock-pot of chili and saved the festivity. He was followed by fellow crock-potters Paul Surprenant, Sally Dorn, and Judy Kilbride. (Still, the desserts outnumbered the chili!)

When all of the votes were tallied, the million dollar prizes and trips to Hawaii went to these winners.

Chili

1st Place: Paul Surprenant
2nd Place: Sally Dorn

Cornbread

1st Place: Nancy J. Ruda
2nd Place: Marianne Surprenant

Dessert

1st Place: Nancy J. Ruda
(Pumpkin Squares)
2nd Place: Marcia Lonergan
(Peaches and Cream Cake)

Couple Who Traveled the Longest and the Farthest from Kankakee

Judy and Gerry Kilbride

Much to the disappointment of Shirley Malone, there were no entrants in the Potsie Weber Look-Alike Contest.

New Event Coming in January 2009: Pasta Cook-Off

(Also Known As "The Official Pre-Winterfest Carbo-Loading Party") Watch for details online and in the Winter 2009 newsletter.



As the footprints of this club reach far and wide, it was no surprise that the attendees included a star-studded crew of celebrities who — much to the amazement of all! — came dressed as their favorite members of the Kankakee River Running Club. Obviously, they thought that the event was "The Day-After-Halloween Costume Party."

Marge and John Flynn costumes were quite popular this year. In addition to Cindy Crawford and Richard Gere, Garth Brooks and Faith Hill also showed up as the event's hosts!



(back row, standing, left to right) Robert Redford as Dan Bullock; Brad Pitt and Angelina Jolie as Dan and Diana Gerber; Tina Fey as Judy Kilbride; Julia Roberts as Marianne Surprenant; Clint Eastwood as Jack Dorn; Jerry Seinfeld as Gerry Kilbride; Ben Affleck as Dave Bohlke; Richard Gere as John Flynn; Cindy Crawford as Marge Flynn.

(second row, seated, left to right) Reba McIntyre as Shirley Malone; Alec Baldwin as Jeff Lonergan; Jennifer Anniston as Sally Dorn; Sylvester Stallone as Paul Surprenant.

(front row, seated, left to right) William Shatner as Leon Malone; Keifer Sutherland as Rich Olmstead; Robin Williams as Ken Klipp; Kate Hudson as Marcia Lonergan; and Lance Armstrong as Ron Ruda.

Running Against the Wind

by Gary Cohen, Runner and Triathlete

There are many factors that contribute to the joy of running — such as our fitness level, sleep, nutrition, and stress. Weather — specifically, wind — plays a major part also. Unfortunately, its part is usually negative.

My first memory of running and wind was when I ran for Miami Carol City High School. We did many training runs that went out and back. In our face, the cool Atlantic sea breeze was refreshing. With it at our backs, however, it felt like we were running in an oven.

Conversely, while at Appalachia State University in North Carolina, my wind memories are of cold, wintry days. One time, during my freshman year, a group of us ran a 13-mile loop that went out past the small airport east of town. The weather was great, and I didn't notice cold or wind during the first half of the run. Everything changed on the way back. With the wind in my face, my wet clothes froze solid, and icicles formed on the temples of my glasses. That day, I learned to start long runs *against* the winter wind.

No matter where you live, windy days will impact your running. Try to minimize discomfort by using the wind positively and to your advantage.

- On cold days, start out *against* the wind, and you'll be warmer during your finishing miles.
- When temperatures are hot, run *with* the wind when you start out, and the wind will cool you off on your final miles.

As Bob Seger sang, "I'm older now but still running against the wind." Just make sure it's *against* you on the way out.

Happy Birthday!

November

2	Rob Wendlick	37
6	Andy Baldwin	20
19	Megan Wendlick	10
22	Kari Livesey	53

December

7	Arlene V. Rojo	41
11	Jeff Lonergan	54
27	Jack Dorn	63

January

5	Paul Hillebrand	14
5	Rae Hillebrand	16
5	Dan Gerber	50
10	Janine Lockwood	29
12	Rick Livesey	56
24	Erma Hickey	81
25	Chuck Parsons	60
28	Joyce Grotevant	67
29	Diane Strufe	69
30	Gabriel Noffke	21
30	Sandy Duffield	48

We Asked: What Is the Best Running- Related Gift You Have Ever Received? You Answered:



- A Garmin Forerunner (Dr. Keith Moss)
- The friendship of ever so many who share my passion for running (Dan Gould)
- Garmin Forerunner 305 GPS Watch (R. Keith Knepper)
- My Garmin Forerunner (Erin Richey)
- I swapped race T-shirts with a friend in New York City who ran a race on the same day and at the same time that I did. (Sandy Duffield)
- When I was at the race expo for the 2001 Chicago Marathon with Dave Barrett, I noticed the lanyards (the necklace-like thing-ies for keys or name tags) that the workers were wearing. They were decorated with neat Chicago Marathon graphics, and I really wanted one as a memento. Unfortunately, they were only for the expo workers and weren't for sale.

A month later, we were at a school auction (Dave's children and mine attend the same school.) and were sitting with a group of eight friends, when I noticed that Dave was wearing the lanyard from the marathon. When I asked him about it, he said that he got it through his connections at work. That really yanked my chain. He knew how badly I wanted one of those lanyards, and I started giving him grief about it.

All of a sudden, he took off the lanyard and presented it to me as a gift! All along, he had gotten the lanyard for me and was just razzing me for a laugh. I was the only one at our table who wasn't in on the joke.

The gift wasn't big or expensive (And, it didn't improve my racing times!), but I will always cherish the thought of how he went out of his way to get it for me. (John Bevis)

- That's easy. A medal — from someone else, or from myself — after running in a half or full marathon and treating myself to a new pair of running shoes at the beginning of the running season. (Dan Harris)
- My husband gave me a GOR-TEX™ running suit for Christmas. It is just fabulous. Especially last year when it was below zero for the Winterfest Run. (Judy Kilbride)
- Not to mention my good health, I would have to say all the great (and somewhat crazy) friends I have acquired through the Kankakee River Running Club and area races ... people whom I would have never met otherwise. (Daniel Gerber)
- Running shoes ... keep them coming! (Pat Horn)
- GOR-TEX™ running suit (John Flynn)
- Socks, stocking caps, and maybe a couple of gift cards. (Leon and Shirley Malone)

Every Dog Story Should Have a Happy Ending

by Dan Gould

While this is not a running story, I would not be telling it had I not become a runner. My running has led to biking, swimming, strength training, and the confidence to attempt a rescue effort (like the following one) with minimal risk to myself. While the focus of our training is on speed, distance, and running the best race, I discovered that the fitness we achieve serves us well when we find ourselves at the starting line of some of life's other events.

A little background: First, my route to the fitness center on Sept. 15, 2008, took me by Cobb Park in Kankakee only because I was dropping off a couple of race applications at a friend's house.

Second, the Dan Gould of 27 years ago — an overweight, cigarette-smoking couch potato — would not have been fit enough to attempt a rescue effort in a fast-flowing river.

The Kankakee River was running fast and rising swiftly on Monday morning, Sept. 15, 2008. Its current was being fueled by seven inches of rain that had fallen over the weekend. I was driving around the river's side of Cobb Park on my way to the fitness center in Bourbonnais for coffee, newspaper, conversation, and, eventually, a workout.

As I neared the north end of the park, my attention was drawn to two southbound vehicles parked at the curb. I saw a woman standing in the grassy area between the road and the river with a cell phone pressed to her ear and a second woman looking in the direction of the river. The object of her attention was a dog about 30 feet from shore. He was attempting to paddle in a small circle, but the current was in control and carrying him away. Its plaintive cry left no doubt as to its plight.

I parked behind the women's vehicles and joined the group that now included a teenage boy. Even though one of the women called repeatedly for the dog to come to her, it couldn't,

and none of us were eager to test our swimming ability against the river.

I followed one of the women along the shore and into the backyard of a house where there was a boat and a dock. They were separated from the shore by 20 to 30 feet of water and secured by large ropes that were tied to trees. I guessed that the dog was about the same distance from the shore as the dock and, if he stayed afloat, the current would carry him up against it.

I calculated my risk. I could use the rope as a hand-over-hand guide to walk out to the dock. Once there, I would be immersed in the river from about the chest down. I could grab the dog, lock him between my legs, and return the way I had come. This way, I wouldn't have to challenge the river with my limited swimming ability.

I began to peel off my clothes. (The two women — whom I didn't know — now know what it means when a judge "disrobes." Mother would have been proud. There were no holes in my underwear.)

While my plan seemed perfect, the timing sucked. As I started for the rope, the dog arrived at the dock, turned one or two quick circles, and went under. While I knew he was probably gone, I gambled that he would resurface. So, I grabbed the rope, executed the plan, and quickly reached the dock. There was no sign of the dog. I swept the water with my legs and feet hoping for the feel of fur — but without success. Finally, I retreated to the shore.

Back in the yard, one of the women said, "You're bleeding," and pointed to a vertical gash about two inches long across my left shin. Apparently, I had made contact with something sharp in the water, but my adrenaline had blunted the pain.

Someone retrieved a couple of towels and a first aid kit. One of my unknown benefactors did a good job

of coating my wound with antiseptic and bandaging it.

I put on my windbreaker, gathered up my clothes, and headed for my car — with none of the dog's would-be saviors exchanging names. I spoke briefly to a fire department official who had arrived on the scene. Then, I headed home to dry off and to resume my trip to the fitness center.

Later, my friend Linda and I arrived at the fitness center parking lot at the same time, and I told her about my misadventure in the river. Seated in the café with our coffee, I realized that blood was oozing from under the bandages on my leg.

Linda, who is an RN, looked at my gash and told me that I needed stitches. "I'm a guy," I replied. "Guys don't do stitches." She responded by getting up and walking down the hall to my doctor's office. She returned quickly and said that my doctor was expecting me. Down the hall I went.

I ended up getting six stitches, a tetanus shot, and a prescription for an oral antibiotic. In the next two weeks, the wound became infected. I saw the doctor five more times, got two antibiotic shots, and was given another prescription. My physical activities were put on hold for 10 days, and the doctor's bills substantially reduced the balance in my checking account. Yes, no good deed goes unpunished!

I have, of course, replayed that morning's events in my mind many times. I see myself arriving at the dock just before the dog gets there, grabbing him by the back of the neck with one hand, locking my legs around him, and hauling the two of us out of the water where, as I set him back on terra firma, he licks my face in gratitude.

Like I said, every dog story should have a happy ending, and this is the one that I'm keeping.



A Winning Recipe: Peaches and Cream Cake

from Marcia Lonergan

Ingredients:

3/4 cup self-rising flour
1 pkg. cheesecake or vanilla instant pudding mix (3.4 oz.)
3 Tbsp. butter, softened
1 egg
1/2 cup milk
1 can (28 oz.) sliced peaches, drained
8 oz. cream cheese, softened
1/2 cup sugar
1/4 tsp. cinnamon mixed with 1 1/2 tsp. sugar



Preparation:

Mix first 5 ingredients together. Spread in lightly greased (deep) pie plate or casserole dish. Arrange peaches over the batter. Beat the cream cheese, sugar, and 3 Tbsp. peach juice for about 2 minutes. Spread over the peaches, leaving a 1-inch border. Sprinkle the cinnamon-sugar over the cream cheese mixture. Bake for 35 to 45 minutes in a 350-degree preheated oven. Cool and refrigerate.

(Note from Marcia: Fresh or frozen peaches can be substituted for canned peaches.)

More winning recipes in the Winter 2009 newsletter and online!

Dues for News

Membership dues for 2009 are (ahem!) due. Payment of your dues guarantees that you will continue to receive the outstanding and awardless Kankakee River Running Club newsletter via regular mail or e-mail.

Individual: \$15

Family: \$25 (Includes spouse and children under the age of 18)

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



25th Annual Winterfest 5k Run and Fitness Walk

**Sunday, Feb. 1, 2009 • 1 p.m.
Small Memorial Park, Kankakee**

**Kankakee River Running Club and Prairie
State Running Club Members: Save \$2!**

Pre-Race Registration: \$15

Race-Day Registration: \$18

Applications available at www.krrc.co.nr. Winners of the "2008 Six-Pack Series" will be announced at this event!



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