



Winter/Spring 2009

# KANKAKEE RIVER RUNNING CLUB

## SIX-PACK

### Six-Pack Series Returns

Due to popular demand, all seven people who entered the 2008 Six-Pack Series have requested that this unbelievable program return in 2009. Not to disappoint them, here it is.

- The series is open to runners and walkers. All are eligible to win. You do not have to be a member of the Kankakee River Running Club to participate.
- Just **complete** 6 races for one chance to enter. **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.
- The winners will be drawn at random from all entries at WinterFest 2010. (Winner need not be present.)
- Questions? Please send them to [krccil@lycos.com](mailto:krccil@lycos.com).
- Entry forms are available at [www.krcc.co.nr](http://www.krcc.co.nr).
- Please submit your entry form and the \$10 entry fee by June 1, 2009.

### 2008 Six-Pack Winners

- 1) Robert Pool: \$40
  - 2) Marianne Surprenant: \$20
  - 3) Charlie Grotevant: \$10
- "Most Races": Robert Pool (\$10 Gift Certificate to Chicago Dough Co.)

### Have a Question? They've Got the Answers!

**Judy Kilbride, President**  
[jkilbride@sbcglobal.net](mailto:jkilbride@sbcglobal.net)

**Dave Bohlke, Treasurer**  
[dbohlke@yahoo.com](mailto:dbohlke@yahoo.com)

**Ken Klipp, Social Director**  
[kcklipp@comcast.net](mailto:kcklipp@comcast.net)

**Nancy J. Ruda, Newsletter Editor**  
[njrmktgent@aol.com](mailto:njrmktgent@aol.com)

### The Prizes:

- **Winner #1:** Receives **30%** 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 the most races on the list. Any ties will be decided in a random drawing for a prize to be determined.

### The Races

**WinterFest 5k**  
Feb. 1, Kankakee

**Kilbride Family Classic 5k**  
June 21, Kankakee

**Friendship Festival 5k**  
June 28, Bourbonnais

**Beecher 4<sup>th</sup> of July 5k**  
July 4, Beecher

**Watseka 4<sup>th</sup> of July 5k**  
July 4, Watseka

**Clifton Memorial Race**  
July 2009, Clifton

**Kankakee Area YMCA 5k**  
July 25, Kankakee

**Wilmington Catfish Days 5k**  
July 26, Wilmington

**Momence 5k and 10k**  
Aug. 8, Momence

**Hare & Tortoise 5k**  
Sept. 6, Herscher

**Aroma Park 5k**  
Sept. 2009, Aroma Park

**Dwight Harvest Days 5k**  
Sept. 2009, Dwight

**Fall Fest 5k**  
Sept. 2009, Goodenow Grove Forest Preserve

**Perry Farm 5k**  
Oct. 2009, Bourbonnais

**Manteno Oktoberfest 5k**  
Sept. 20, Manteno

**Jingle Bell Run 5k**  
Dec. 13, Kankakee

# Gotta Run Now!

by Chris Walsh

As I laced up my running shoes to head out the door and face another frigid, windy, icy run, I began to ponder all of the crazy things that I have done to get in my runs. I don't really think I became obsessed with my workouts until faced with the competitive atmosphere of a college distance running program. There, you did what the coach said — even when it didn't seem to make sense.

Probably the coldest run I have ever been on came during college. At practice, the temperature hovered around 20 degrees below zero. The ROTC was using the armory for practice so the indoor track wasn't available. Our coach sent us out for a 45-minute run. We later found out the wind chill was 70 below. The only casualties were several frostbitten ears and toes. Not too bad for our group of about 15. (Note to anyone with multiple piercings — don't wear a line-up of earrings if you intend to run in very cold weather!)

Another time, shortly after I got engaged, my sister and I were spending the night at my future in-laws' house, knowing we would have to leave early the next morning to make it to work/class on time. Of course, we had to get in our run before we left, too.

When we got up at 4:30 a.m., we were greeted by a raging thunderstorm. Did that stop us? No! We slogged through our 40 minutes using the lightning to help illuminate our way. It was so dark and the rain was beating down so hard, we could barely make out where we were — even running around the tiny town of Campus! I'm sure we made a drippy, muddy mess when we returned. I was just waiting for Tom's parents to talk him out of marrying that crazy runner!

We did end up marrying and having kids, but that didn't stop my obsession. One early morning while we were in the process of building our new home, I awoke to another rainy day. Being Sunday and my day for a long run, I went next door to the unfinished



house and began running loops around the basement, around the garage, around the main floor, and (finally) around the upstairs — repeating them until I had completed my 80-minute run.

(In the middle of it all, our painter

showed up and witnessed my endless looping. To this day, he still talks about them and shakes his head.)

For those of us who have kids, running creates an entirely different set of challenges: You need a babysitter or you bring the kids with you. I was lucky enough to have a double-running stroller for my twins, but it was still quite hard pushing the extra 50+ pounds. So, I only took out the stroller when my husband couldn't watch them.

One morning when he was out of town, I strapped them in and headed outside. Unfortunately, it was incredibly windy (as it so often is around us). Needless to say, the babies were not very happy to have the wind blowing straight into their faces.

Being the practical mother that I am (and the obsessed runner!), I tied a blanket across the front of the stroller, which blocked the wind to some degree for them. But, it also felt like I was pushing the stroller against a brick wall. I ended up running one mile against the wind, turning around, and running one mile with the wind for eight miles. Luckily the twins fell asleep. To this day, that run remains one of the hardest I have ever done.

Being a bit older now (and hopefully a bit wiser), I don't do as many crazy things to get in my runs. (Maybe it just seems that way because I have a treadmill now!)

I would like to encourage all of you to share some of your stories about things you have done to make your mileage goals. What is the earliest or latest

you've gone out? The hottest or coldest day? Maybe there's something you did to make sure you didn't miss a day. Send your stories to [krcil@lycos.com](mailto:krcil@lycos.com).

I'm sure we would all like to hear that we are not alone and that we are not so crazy after all!

## Happy Birthday to All!

### January

Date	Name	Age
5	Paul Hillebrand	14
5	Rae Hillebrand	16
5	Daniel Gerber	50
10	Janine Lockwood	29
12	Rick Livesey	56
24	Erma Hickey	81
25	Chuck Parsons	60
28	Joyce Grotevant	67
29	Dianne Strufe	69
30	Sandy Duffield	48

### February

2	Marcia Lonergan	43
6	Gerry Kilbride	71
10	Colin Koerner	16
12	Roger Smothers	59
14	Michelle Baldwin	53
18	Charlie Grotevant	67
20	Elaine Noffke	18
21	Chris Walsh	47
24	Judy Kilbride	70
26	Marianne Surprenant	52
28	John Hickey	81

### March

2	Robert LeMaire	57
4	Dan Harris	51
4	Rod Kahl	44
5	Ann Wendlick	40
12	Theresa Morse	55
15	Tammy Furbee	44
25	Ken Klipp	60
26	Hannah Bevis	15
27	Patrick Koerner	47
30	Renee Bryant	47

### April

6	Larry Forbes	52
12	Connie Angelo	56
18	Emma Bevis	13
18	Ron Ruda	62
20	Dave Bohlke	63
21	Nadine Morse	16
24	Julie Nally	40
26	Keith Moss	45
28	Ben Moss	17



## From Rich Olmstead: A Note About WinterFest

I knew by the number of pre-registered runners that we were going to have a good turnout for this year's WinterFest. But, I never imagined it would be as large as it was — 265 runners and 31 walkers crossed the finish line. (In the four years that I've been the race director, the largest turnout was 220 participants. We always prepare for 250.) With



Dave Bohlke's assistance, things ran quite smoothly. This year, Oliver's ROTC joined the race for a "ruck run" (in fatigues and boots; some with backpacks) which added a bit of color and excitement. A special thanks to all of the volunteers who helped make the 2009 WinterFest the most successful one ever. Let's do it again in 2010. Hope to see you there!

---

## We Asked: What's Your Favorite Race and Why? You Answered ...

**Rick Nally:** The **Blueberry Fest 5k** on the second Saturday of August in South Haven, Mich. It's a beautiful course and a great place to take a weekend vacation. They hand you a small cup of blueberries right after you finish the race. I have run the last five Blueberry Fests and plan to make this year's race #6.

**Chris Walsh:** **Steamboat** in Peoria. I am from East Peoria, and Steamboat was the first road race I ever did — way back when I was in high school and before it became an elite event. It has beautiful shirts and good post-race food. The course is fast, too.

**Keith Moss:** **The Westchester Veteran.** Why? The best shirts (performance fabric mock Ts), the best after-race food, and a great atmosphere (even when it's 17 degrees — which it has been at times!).

**James Faford:** **The Howl 8-Hour Ultra** in Danville, Ill.

**Leon Malone:** **The Kilbride Family Classic 5k.** It is well organized, has great shirts, and has age groups for us older guys. And, it's for a really good cause.

**Pat Baldwin:** **The Kilbride Family Classic 5k** — mostly because Gerry and Judy are great people, and they and their family are dedicated to helping people who have autism. The course is great, and they always have nice T-shirts, goodies, and door prizes. And since Michelle and I have moved to the Riverview area, we don't have any excuses for being late!

**Greg Clodi:** **The Kilbride Family Classic 5k.** I always try to make this race due to the cause. It's a day where I can give something back to others and maybe make their Father's Days down the road a little better.

**Nancy J. Ruda:** **The Kilbride Family Classic 5k** — for very personal reasons. One, the event is on Father's Day. So, it's a way for me to honor my dad. He inspired a love of fitness and exercise — especially running — in my brothers, sisters, and me. After he retired from the St. Louis Cardinals minor league baseball team, running remained an important part of his fitness regiment. In the summer, we would ride our bikes to the high school track to meet him after he finished work to run "loops." It's one of my best memories of time with him. Two, the cause of this event — to raise money for research, education, and advocacy for autism. My nephew was diagnosed with autism 26 years ago. (He is nonverbal.) Over the years, I have watched my sister fight tirelessly for inclusion in education, for government support for therapy, and for appropriate social activities. About 10 years ago, a former coach of world-class runners began training a team (called "Beyond Limits") of persons who have disabilities to run the Bolder Boulder 10k. My nephew was accepted on the team and has run every Bolder Boulder since then (with my sister as his aide). Today, my sister and Jason are regular participants at running and biking events throughout the state of Colo. The Kilbride Family Classic is my small way of helping my nephew and individuals who have autism and their families.

**Dan Harris:** **The Banco ½-Marathon in Chicago.** It's where I ran my fastest ½-marathon time, the course is well organized, and you can't beat the sights.

**Dan Gerber:** **The Morocco, Ind. 10k Run** with its turtle stew at the end and T-shirts which read Morocco Beaver Chase always draws a smile. I also enjoy the **Will County Fall Fest 5k** at the forest preserve near Beecher. It is an off-road race that has great shirts, unique wood-carved medals, and awesome food at the end — chicken, pizza, fruit, pastries — too much to mention. They also give away more door prizes than any race I've ever seen. I like **WinterFest**, too. Everyone you know turns out for this one. The **Kankakee Area YMCA 5k** with the Kids Dash is a favorite, too. Hell, all of the local races are good, and I try to make as many of them as I can.

## Pasta-Pasta Party

So far, all we have is a date: **Sat., March 28, 2009.**  
Keep checking [www.krrc.co.nr](http://www.krrc.co.nr) for more details.

## "New" News About Dues

Dues will now be collected according to the traditional calendar year (Jan.—Dec.). If you have already paid your dues through June 30, 2009, you will not be charged for the remainder of this year. In other words, you are **paid in full** through Dec. 2009.

If you haven't paid your dues, now is the time to do so. Dues must be paid by March 31, 2009, to guarantee that you will continue to receive this outstanding and awardless publication via e-mail (preferred method of delivery) or snail mail.

**Individual: \$15**  
**Family: \$25**

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

Kankakee River Running Club  
3822 Serenity Parkway  
Kankakee, IL 60901

## More WinterFest 2009

Colin Koerner



Rich Olmstead, Race Director,  
and Ken Klipp, Co-Director

