

Summer 2009

KANKAKEE RIVER RUNNING CLUB

June 21, 2009: Kilbride Family Classic Run/Walk for Autism

A Note from Our Family to Yours

The Kilbride family invites you and your family to participate in the **14th Annual Kilbride Family Classic 5k Run/ 2-MileWalk and Children's Run for Autism.**



Scott Range starts the 2-Mile Walk at the 2008 Kilbride Family Classic.

In the Long Run

The miracle isn't that I finished.
The miracle is that I had the courage to start.
- John (the Penguin) Bingham,
Runner and Writer for Runner's World

Kilbride Family Classic 5k Run/ 2-MileWalk and Children's Run for Autism

Sunday, June 21, 2009

6:30 a.m.: Registration

8 a.m.: Start

Cobb Park (Riverview Historic District), Kankakee

NEW! Pick up pre-registered packets at 1182 S. Wildwood Avenue, Kankakee, on Sat., June 20th, from noon to 4 p.m.

Some 12 years ago, our beautiful grandson, Scotty, was diagnosed with autism. Now nearly 15 years old, Scott has come a long way in his development, but he is not cured.

As a family, we decided to use our running event as a tool to raise awareness and funds to help find a cure for autism and to offer support to the 1.7 million children and adults who have been diagnosed with autism and to their families — the people who face the challenges of this disorder every single day.

Last year, the Kilbride Family Classic had 651 participants (and our first rain storm!), including 80 children. We raised over \$15,000, which was donated to the Kankakee Valley Chapter of the Autism Society of America and to Autism Speaks.

The local chapter of the autism society uses our funds to bring speakers to the area, to provide grants for teachers to enhance their classroom programs for children who have autism, and to purchase videos to instruct emergency providers how to respond to children and adults who have autism.

Autism Speaks is dedicated to increasing awareness of autism spectrum disorders; to funding research into the causes, prevention, treatments, and cure for autism; and to advocating for the needs of affected families.

Please join us. Together, we will find a cure.

An Experience: Christie Clinic Illinois Marathon

by Daniel Gerber



At about mile 5, I heard heavy breathing coming up behind me. I commented to the runner beside me that it sounded like Darth Vader. I took a look and saw that it wasn't Darth Vader at all ... but a fireman wearing a full facemask and air tank and attempting to run the Illinois Marathon.

That was just one of the interesting things that occurred at the Christie Clinic Illinois Marathon on Sat., April 11, 2009. In its first year, the Champaign/Urbana event featured a 5k run, a half marathon, a marathon relay, and (for those of us who like to abuse ourselves) a marathon. This all took place at or near the University of Illinois football field. There was plenty of free parking, and the running shirt and medal that I received were the most awesome ever (and at about half the price of registration for the Chicago Marathon).

The night before the race, my wife and I had the pleasure of meeting up with some members of the Kankakee Tri Club at the Olive Garden for carbo-loading and quite colorful conversation. We were supposed to meet Melinda Sutherland in front of the restaurant. The problem was that I couldn't remember what Melinda looked like, and she thought that I was Dan Harris! Much to the amusement of everyone, Melinda and I passed each other several times while talking on our cell phones as we tried to find each other! This was just one of several crazy moments to come!

On the morning of the race, I met a fellow runner named Brian. He told me that this was his first marathon and that he was pretty scared. He said that he did a 20-mile training run, but he didn't know if he could do the whole thing. As a veteran of 11 marathons, I told him that if he could run 20 miles, he would be fine — just be sure to drink water at all of the stops, not to take off too fast in all the excitement at the beginning, and to relax and have fun with the rest of us. Little did I know I would be seeing Brian later!

The marathoners and half-marathoners ran the first 10 miles together (which was kind of cool). Then, the half-marathoners broke off and ran back to finish at the football field while we kept going.

I loved the course! We ran through or past just about every park in Champaign/Urbana, through business districts, and through lots of residential areas. The spectators were pretty excited to see us, and we passed many homes where people were sitting in their front yards with coolers and cheering us on. There was good traffic control and plenty of water (even though it was in bottles instead of in cups at some water

stations). My brother-in-law, John, works in Champaign, and he said that the marathon was the talk of the town for about two weeks before and after the event.

In the meantime, my wife was running a marathon of her own. She lost her wallet after the start of the race, but a Good Samaritan turned it in at the fire station. She had to get to the station to retrieve it without a map or GPS ... plus navigate around all of the closed roads. Since this was the first time that she had seen me run a marathon, she was worried that she wouldn't make it back in time to see me finish. (We wish we knew who turned in her wallet so that we could thank him/her.)

At about mile 16, I met up with a runner in a red cap and shirt. It was Brian — the first-time marathoner. He was sweating profusely and looked beat, but was determined to finish. I was worried about him and prayed that he would make it.

I could slowly feel myself starting to fade, and I'll admit that by mile 21, I was looking for something to motivate me. That's when I saw the fireman whom I had seen at mile five (minus the facemask but still wearing the tank and still chugging along). That was the spark I needed.

All of the races finished at the 50-yardline in the U of I football stadium. As I rounded the final turn to enter the stadium, I saw something that brought tears to my eyes — an angel. My wife was waiting by the entrance of the stadium to see me finish, and she had a "there was no doubt" look in her eyes.

After a quick hug, I ran into the stadium and got an idea of what football players feel when they run onto the field. There were spectators in the bleachers, and I watched myself finish on the big screen TV as they announced my name on the loudspeaker. WOW!

To put the frosting on the cake, I saw a familiar face working the finish line handing out medals — Charlie Grotevant from the Kankakee River Running Club. He was grinning from ear to ear when he saw me. My mind was a little disoriented, and I wish I could have found the words to tell him how much I appreciated seeing him and the rest of the people who had volunteered their time.

After my wife found me, we took some photos and relaxed a little bit. Then, I had another surprise that brought tears to my eyes for the second time that day — Brian was crossing the finish line. His pain and fatigue were evident, but he had a great big smile on his face.

I hope that this article inspires you to run or to volunteer in next year's marathon/half marathon/5k at the University of Illinois. It was such a memorable experience for me. My wife and I especially enjoyed meeting with the Tri K Club members. I heard that almost all of them set PRs. We even discovered that Daryl (one of the Tri K Club members) and his wife live a couple streets away from us!

Until next time, see you at the races!

American Cancer Society: Charity Runner Program

from Erin Bergeron-Richey

As a fellow runner and club member, I would like to promote the Charity Runner program for the American Cancer Society. It is a wonderful opportunity, the minimums are less than those of similar charities, and the benefits to runners are invaluable.

Here is the website to learn more about the variety of Charity Runner events in Illinois:
www.charityrunner.org. If you have questions or need more information, please let me know.

The ACS Charity Runner program is a wonderful opportunity to make your miles more meaningful, especially for those of us who have been personally touched by cancer. Thanks for your consideration!

Erin Bergeron-Richey
American Cancer Society
Director, Mass Markets/IL Division
(815) 933-2467

**For cancer information 24 hours a day/7 days a week,
call 1-800-ACS-2345
or go to www.cancer.org.**

Dash for Trash

by Chris Walsh

In honor of Earth Day on April 22, I decided to write about all of the weird and unusual things that I have found when I've been out running. After the snow thaws, I am always amazed and appalled at the quantity of trash along the sides of the roads.

The majority of this trash is fast food containers and liquor bottles and cans. I actually counted over 100 pieces of trash on a one-mile stretch, and that was just one side of the road! The unusual things that I see surprise me as well — clothing (even underwear ... yuck!), dirty diapers, broken CDs, cassettes, 8-tracks (Yes, I am that old!), and cell phones (including one that still worked and that I returned to the owner).

Do people just throw these things out of their car/truck windows without a thought?

There are always seed bags and cemetery flowers around, too. I have a hard time believing that people litter on purpose, and considering how windy it is around us, I'm surprised that we don't have even more miscellaneous trash along our roads. One morning, I actually found a wine bottle, a pack of cigarettes, and a package of condoms less than two miles from our house. I didn't realize we lived on "Lover's Lane"!

(Sorry about the ranting, but we live in an area that is still pretty unspoiled, and I hate to see careless people ruining it for those of us who are trying to enjoy it every day.)

On a more positive note, my two boys have actually benefited from some of the treasures that I have brought

home. My youngest still uses the safety glasses, tools, and bungee cords that I have found. And, I have brought home a new roll of yellow "caution" tape, several antlers (including one with part of the skull attached), and (probably my best find) a kitten!



I was about 5.5 miles into an 8-mile run when I heard meowing coming from a cornfield. I figured that it was a wild tomcat, but I slowed down to check it out anyway. A beautiful little gray kitten ran out and tried to crawl up my leg. I debated about leaving her and coming back with the car, but I figured I would probably never find her again. So, I picked her up and ran the rest of the way home. (I had to hold her extended in one hand. Boy, was my arm tired the next day!) The kids named her Pearl. Unfortunately, we only had her for a year. I guess she had used up most of her nine lives before I found her!

I have found a gold pendant, a wallet (again, returned to the owner but I did get a reward!), miscellaneous coins, and some dollar bills. Once, my sister found a \$10 bill while I was running with her.

I would like to encourage our running club members to do two things.

1. Tell us about any unusual or special things that you have found on your runs. Send them to krrclub@gmail.com.
2. Let's all do our part to save the world. Take a bit of time to pick up the trash on your favorite route.

Happy Birthday #60, Coach!



The club got together on March 28 to celebrate Ken Klipp's 60th birthday. (Well, we used da coach's birthday as an excuse to get together to eat mountains of pasta!) Ken has been teaching biology and coaching track and field at Bishop McNamara High School for the past 30 years. Here are some other things you may not know about Coach Klipp.

Born in Chicago: "Even though my family lived in Manteno at the time. After college, I moved to Kankakee."

Brothers and Sisters: "Jeannie, 64; Fred, 62. We all have birthdays within the same week — March 25, 29, and April 1."

First Job: "A paper route. Then, I worked maintenance at Manteno Beach. My first job out of college was teaching biology at my alma mater, Manteno High School."

"Dream" Job: "Playing centerfield for the Cubs or being a famous country and western singer/guitar player."

Cubs or White Sox: "I grew up a White Sox fan, but, at EIU, you were either for the Cubs or for the Cardinals. I've been a Cubs fan ever since."

Favorite Movies: Memento, Electric Horseman, Gone Baby Gone, Alien, Field of Dreams

Favorite TV Show Ever: M*A*S*H

Favorite TV Show Now: CSI

If You Could Walk Beside One Person for a Day, Who Would It Be? "Tough call — my parents, of course; Jesus Christ, of course; President Obama. (Maybe Bill Clinton or Bill Gates, too.)"

Person You Admire the Most: "There are two: Dr. Tom Woodall (my college coach and advisor) and my son Danny (who has autism). He's the toughest person I know."

First Race: "One-mile run at Manteno vs. Wilmington track meet. My first road race was the Panther Pant (20k in Charleston, Ill.)."

Favorite Running Shoes: "Just about anything from Asics. Right now, I'm wearing the Asics Gel Cumulus."

Philosophy on Life: "Relax. Don't sweat the small stuff. Find the positives. God loves you unconditionally."

"Best" Running Advice You've Received: "I was about to quit running as a college freshman. My mom told me to hang in there for two more days. I did, I won a race, and I have been running ever since. How different would my life have been if I had given up running???"

Favorite Pre-Race Meal: "I don't eat anything on the morning of a race. The night before, I'll have pasta or steak — both work for me."

Favorite Post-Race "Treat": "Anything sweet — cake, cookies, pancakes with syrup, ice cream, etc."

Happy Birthday!

May

Date	Name.....	Age
6	Chris Bryant.....	49
21	Chris DuVal	54
26	Randy Devore	61
26	Drew Parsons.....	26
27	Theresa Burgard.....	52

June

1	Katie Dorn.....	23
1	Cheryl Bevis	44
2	Arnold H. Rojo.....	53
9	Linda Linn	55
10	Janine A. Rojo	12
13	Casey Koerner	14
13	John Pool.....	67
14	Amy Baldwin	23
15	Robert Pool.....	73
18	John Meskis	42
20	Jenna Wendlick.....	7
20	Heather Morse	18
25	Dan Morse	50
27	Larry Lane	61
29	Phyllis Smothers.....	59

July

7	Leon Malone.....	79
8	Paul Surprenant.....	62
9	Andrew Horn.....	58
10	Deborah Renville.....	44
11	Taylor Bennett	21
14	Erin Richey	40
16	Patricia Horn	54
17	Phil Angelo.....	58
22	John Benjamin A. Rojo....	5
22	Rick Nally	40
25	Dan Noffke.....	25
26	Keenan Bryant	19
30	John Bevis	46

My Favorite Shirt

We asked: What's your favorite race T-shirt and why?
You answered ...



Daniel Gerber: Kankakeeland River Trot

This shirt is pretty much retired because I don't want to wear it out. It's a

faded purple shirt made the way shirts were made in the "old days of running." It has a huge runner on the front and large letters on the back that read, "Sponsored by Salkelds: For All Sports." This race was a 10-miler, and it finished at the Kankakee County Courthouse (which I thought was pretty cool). Even though this race was only my second one, it made me realize that I was hooked on running forever.

Greg Clodi: Kankakee River Run 5k and 10k

I love the running T-shirts from these races especially because they truly support and encourage future running. I truly miss these races. Marcia and Jeff Lonergan did a great job with them!

John Flynn: Kankakee Area YMCA 5k

My favorite T-shirt was the one I received when I completed my first 5k. It was in the early 1990s at the Kankakee Area YMCA, and the shirt was pink — not exactly what a macho

new runner (who had lost 50 lbs.) expected. I continue to wear this shirt proudly for another reason, too. I shared that first race experience with my good friend Denny Blais. I got him into running, and this was our first race. Sadly, Denny died in 1996 (after a training run), but the memory of our first race lives on with that pink shirt. Happy trails.

Judy Kilbride: Y-Me 5k Run

My favorite running shirt was a gift from our daughter, Chris, and our son-in-law, Kevin. I am a cancer survivor — 24 years — and have participated in the Y-Me Run in Chicago with my family for many years.

In 2003, Chris and Kevin designed "survivor shirts" for all of our family members who were participating in that year's run. The girls' shirts were pink, and boys' shirts were gray. Each shirt had my photo on it and a description of how the person wearing it is related to me.

Gerry's shirt said, "My wife is a survivor." Our grandchildren wore shirts that read, "My grandma is a survivor." Our children's shirts said, "My mom is a survivor." My shirt said, "I am a survivor." I have worn my shirt in every Y-Me race since 2003 and hope to continue to do so for many years to come.

It is difficult to articulate my feelings for their thoughtfulness and for the many blessings that I have had in the past 24 years.

From the Oven of KRRC's Very Own Dessert Chef: Dan Bullock Sweetie Pie Surprise

- 2/3 cup powdered sugar
- 1 pkg cream cheese, softened
- 1/2 tsp almond extract
- 1 egg
- 1 3/4 cup Bisquick™ Original
- 2/3 cup miniature chocolate chips
- 21 oz can cherry pie filling
- 1/4 cup vanilla chips
- 2 Tsp shortening

1. Heat oven to 400 degrees. Mix the powdered sugar, cream cheese, almond extract, and egg in a medium bowl with a spoon. Stir in the Bisquick. Pat the dough into a 12" circle on an ungreased cookie sheet or pizza pan. Flute the edges, if desired.
2. Bake at 400 degrees for 8 to 10 minutes or until the crust is a light golden brown. Sprinkle the chocolate chips over the hot crust. Bake 1 minute longer or until the chips are melted. Spread the melted chips evenly over the crust. Cool for 5 minutes.
3. Spread the pie filling over the crust. Heat the vanilla chips and shortening over low heat until smooth. Drizzle over pie filling.

Makes 8—10 servings.



Note from the President Regarding Dan's Desserts

Dan debuts his desserts at our social activities. That's another good reason to join us at these events!

Tell Your Friends: The Summer Series Is Back!



June 16

Governor Small Memorial Park, Kankakee

July 14

Perry Farm, Bourbonnais

Aug. 18

Governor Small Memorial Park, Kankakee



Time: 6 p.m.

Distance: 5k

Mark your calendars. These no-hassle, no-stress 3.1-mile runs/walks are for “fun” only. So, if you’re coming for a cool T-shirt, great post-run refreshments, and awesome trophies, change your plans. There are no T-shirts, no entry fees, and no refreshments. Just the friendship of your fellow runners and walkers! There will be a random drawing for two small and insignificant prizes from all of the entrants at each event.

(We might have a timer. We might not. Like I said, no-stress.)

Everyone — club members and non-members, friends, family members, runners, and walkers — are encouraged to participate.

After each event, we’ll gather at Chicago Dough Co. in Bourbonnais.

Kankakee River Running Club
3822 Serenity Parkway
Kankakee, IL 60901