

Winter 2010

KANKAKEE RIVER RUNNING CLUB

Happy New Year

A Note from the Pres

Happy New Year! I hope this year of running, jogging, walking, biking, and fitness is safe, healthy, and productive for all of you.

At our December 2009 meeting, these members were elected as officers for 2010.

Judy Kilbride (That's me!), President
Dave Bohlke, Treasurer
Marianne Surprenant and Nancy J. Ruda, Social Committee
Nancy J. Ruda, Newsletter Editor
Dan Bullock, Dessert Chef

Currently, the club has 60 paid members. Let's all make a resolution to bring one new member to our club this year. Remember, the Kankakee River Running Club is open to everyone — no matter what his/her passion is (running, biking, rollerblading, eating, yodeling, etc.). If you know someone who likes to get together with friends, to relax, and to have a good time, this club is for him/her. We welcome all!

Of course, a new year means that your club dues need to be paid by January 31, 2010. Unlike anything else in this economy, they remain the same as last year.

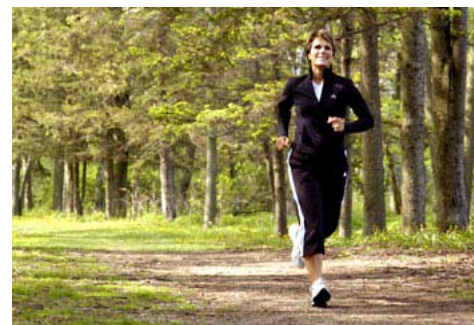
Single Membership (One Person): \$15
Family Membership (Includes Children Up to Age 18): \$25

Please send your check (payable to the Kankakee River Running Club) to Dave Bohlke, 48 Norman Street, Kankakee, IL 60901. Don't forget ... the only way to continue to receive this award-less winning newsletter is by paying your dues!

Last (but certainly not least), I would like to thank Ken Klipp for being the club's social chairman over the past two years. Ken had a lot of great ideas that (unfortunately) included running and (fortunately) featured eating. As Ken has said many times, "We're an eating club with a running problem." On behalf of the club, thanks for your efforts, Ken!

Please remember ... if you see someone without a smile today, give him/her one of yours!

Happy Feet!
Judy



Sunday Mornings at the State Park

Every Sunday, the Kankakee River Running Club meets at the Kankakee State Park (in the parking lot just past the Conservation Center off Rt. 113) at 9 a.m. All members (and friends!) are invited to join the fun.

While we start out as a group, everyone runs/walks at his/her own pace. There is no set distance. In other words, do your own thing.

This is a great opportunity to meet club members, to get tips from Coach Klipp, and to enjoy the camaraderie of friends. If you come out once, you'll be hooked! See you this Sunday!



Sign Up Now! 26th Winterfest 5k Run and Fitness Walk

Weather, schmeather. Race directors Rich Olmstead and Ken Klipp say this 5k is a "go" whether it's 60 below or 60 above!

2:07:10

Winterfest 5k Run and Fitness Walk

Sunday, February 7, 2010
1 p.m.

Small Memorial Park, Kankakee

Pre-Registration: \$17
Race-Day Registration: \$20

Two Neat Features:

1. Bring a canned food item to donate to the local Salvation Army Food Pantry.
2. The high school with the most participants — teachers, students, and staff — will win a \$200 donation for its athletic department. (Thank you, Riverside HealthCare!)

For questions and applications, call Rich at 815-936-1088 or Ken at 815-937-1958.

A "Bike" Note from Charlie Grotevant

A big hello from sunny and frigid Florida (50 degrees!).

I would like to invite all club members to consider participating in the **2010 Illinois-Agriculture-in-the-Classroom (IAITC) three-day bike ride on Sept. 7, 8, and 9.** (There is a pre-ride picnic on Labor Day evening.)

This year's ride will have Kankakee for the staging area — riding out and back each of the days. There are usually three rides each day, ranging from 40—100 miles. One-day rides are encouraged. So, if you only have one day available, you can still be a part of this experience.

This ride has had a local flavor in the past. Kankakee was the staging area in 2002. In 2000, one of the daily routes came into the northern portion of Kankakee County.

Joyce and I have participated in the event for the past 10 years; Dan Gould, the last nine years; and Leon and Shirley Malone, at least 14 years (the people responsible for my participation in the first place). Ron Ruda and Pat Pierce participated one year as well. Likewise, we have had other Kankakee County participants who are not members of the running and biking clubs.

I will be serving as one of the coordinators for this year's ride. Expect to start seeing publicity around the middle of summer. We're hoping for a great show of participants from our area.

And, you could make it a back-to-back century weekend by participating in the 100-mile local ride that is being planned on Labor Day weekend and the IAITC ride.



New Year's "Run"-solutions

Chuck Parsons: Keep it goin' and ignore any pain!

Ken Goodwin: To PR by at least 30 more seconds. (Still won't be able to keep up with the hot chicks for the whole race, but might be able to hang in there for a couple of miles instead of only for the first 1/2 mile.)

Sara Settles: To run a 5k in 21 flat.

Judy Kilbride: To do more running outside and to add a "little" distance (maybe another mile).

Arlene Rojo: To run at least 1 mile every day.

Leon Malone: As I continue to get older each year (Just like everyone else!), I really have no "run"-solution for 2010. On every run as I plod along, I tell myself that this should probably be my last one because each one seems to be a little slower than the one before. My 10-year-old knees seem to be holding up fairly well, but I just can't get in the training mileage I need to improve my running. Bicycle miles don't seem to help my running stamina. But, old habits are hard to break, and I still look forward to the camaraderie — even though I can't seem to recover my youth.

Dan Bullock: To do at least six runs to be eligible for the Six-Pack Series.

Phil Hitson: To do three half-marathons and at least 15 5ks.

Mark Dufrain: To run on a consistent schedule.

Tracie O'Connell: To increase my speed and endurance and to get my son to run with me.

Power Picks: Nutrient-Rich Foods for Runners

by Liz Applegate Ph.D.

(Condensed from Runner's World, December 2009)

You can't go wrong eating lots of fruits, vegetables, and whole grains. But, certain foods really give your diet — and your running — a boost. These nutrient-packed picks (some familiar, some unusual) provide vitamins, minerals, and antioxidants that will help you run your best.

- RAISINS:** **Mid-Run Carbs**
- MUSHROOMS:** **Post-Run Potassium**
- HEMP SEED OIL:** **Healthy Fats**
- BISON:** **High Protein and Iron**
- BERRIES:** **Inflammation Fighters**
- FROZEN WHOLE GRAINS:** **Quick Carbs**
- CANNED BEANS:** **Bargain Nutrition**
- WHITE TEA:** **Protects Skin from the Elements**
- BET JUICE:** **Improves Endurance**
- KEFIR:** **Calcium, Protein, and Vitamin D**

Frequently Asked Questions and Answers

Q: Why doesn't the club sponsor its own 5k or 10k?

A: The running club sponsored an autumn race at the Kankakee

River State Park for over 20 years. It began as the Governors 10k and regularly drew 200+ entrants. Even Joan Benoit Samuelson participated one year.

But, participation and volunteers declined steadily and significantly during the 1990-decade. Even changing the distance to a 5k and offering awesome moisture-wicking shirts didn't improve attendance. The race was discontinued in early 2000.

However, the club continues to help with the organization of other local events — including the Winterfest 5k, the Kilbride Family Classic 5k, the Bourbonnais Friendship Festival 5k, and the Kankakee Area YMCA 5k — and we encourage you to support them.

Q: Why doesn't the club have more social events like it used to have?

A: The answer again is low participation. Over the past two

years, we have held a variety of events — Chili Cook-Off, Summer Series 5k, Dessert Contest, Six-Pack Series, Scavenger Run, holiday get-togethers, membership meetings, and a pool party. We averaged the same 10 members at each event.

Also, we surveyed members last year to learn why they joined the club and what kinds of social activities interested them. The overwhelming response was that members join primarily for the newsletter and that they "are not all that interested" in social activities and probably wouldn't participate in them.

But, we are going to try some new activities this year to boost the fun-factor of being a member, and we're going to resurrect some popular ones from the past, too. Keep watching the web site, your e-mail, and the newsletter for details.

Happy Birthday!

JANUARY

Day	Name.....	Age
5	Daniel Gerber.....	51
5	Rae Hillebrand.....	17
5	Paul Hillebrand.....	15
10	Janine Lockwood.....	30
12	Rick Livesey.....	57
24	Erma Hickey.....	82
25	Joe Lyons.....	17
25	Chuck Parsons.....	61
28	Joyce Grotevant.....	68
29	Dianne Strufe.....	70
30	Gabriel Noffke.....	22

FEBRUARY

2	Marcia Lonergan.....	44
6	Gerry Kilbride.....	72
10	Colin Koerner.....	17
12	Roger Smothers.....	60
14	Michelle Baldwin.....	54
14	Nancy Hitson.....	39
18	Charlie Grotevant.....	68
20	Elaine Noffke.....	19
21	Chris Walsh.....	48
24	Judy Kilbride.....	71
26	Marianne Surprenant....	53
28	John Hickey.....	82

MARCH

2	Robert LeMaire.....	58
4	Ken Goodwin.....	51
4	Rod Kahl.....	45
12	Theresa Morse.....	56
16	Mark Walsh.....	55
25	Ken Klipp.....	61
27	Patrick Koerner.....	48
30	Renee Bryant.....	48

Something on Your Mind? Let Us Know!

Judy Kilbride

jkilbride@sbcglobal.net

Dave Bohlke

dbohlke@yahoo.com

Marianne Surprenant

pms1523@comcast.net

Nancy J. Ruda

njrmktgent@aol.com

Dan Bullock

Bullockd6@comcast.net

What I ♥ Most About Running

Ken Goodwin: It feels so good when I stop!

Sara Settles: How I feel when I'm finished: refreshed and accomplished!

Judy Kilbride: Running allows me to think and to dream without interruptions for an extended period of time. I love the feeling of accomplishment and confidence. I feel well and "young" when finished.

Arlene Rojo: It clears a lot of things off my mind.

Leon Malone: In my better years, the feeling I got after a good training run or after a PR at a 5k or a 10k gave me a great deal of accomplishment. Today, just finishing each run seems to be my real satisfaction.

Dan Bullock: The after-race food! For me, races are rated on the "food-ometer" scale. Jingle Bell is usually the hands-down winner every year!

Phil Hitson: My leisure-running friend, Mark, and chasing this fast kid named Drew on Sunday mornings. He's good conversation.

Mark Dufrain: Phil Hitson as a running partner.

Tracie O'Connell: How "athletic" it makes me feel. I have gone from couch potato to runner in just over 1.5 years, and I love the feeling.

Real French Silk Pie

from Dan Bullock's Famous Dessert Cookbook for Runners

1 cup butter or margarine, softened
1 ½ cups granulated sugar
4 oz. unsweetened chocolate (melted and cooled)
1 teaspoon vanilla
4 eggs
9" pie shell, baked and cooled

1. Cream butter or margarine and sugar until light and fluffy. Beat in chocolate and vanilla. Mix well.

2. With electric mixer at medium speed, beat in the eggs — one at a time.

(Important! For the pie's smooth and silky texture, beat each egg five minutes before adding the next one.)

3. Pour mixture into the pie shell. Refrigerate two hours. Garnish with whipped cream and chocolate curls. Enjoy with your running club friends!



Kankakee River Running Club
3822 Serenity Parkway
Kankakee, IL 60901