



Late Winter/Early Spring 2011  
**KANKAKEE RIVER RUNNING CLUB**  
www.krrc.co.nr | krrclub@gmail.com

## **A Note from Phil Hitson, KRRC President**

Hello. I'd like to introduce myself. My name is Phil Hitson, and I am the new President of the KRRC. I'm a 41-year-old husband and father of two sons. I have been running for about two years and have been a member of the club for about as long, too.

I'd like to thank Judy Kilbride for her dedication and for all that she has done in the past years for our running club. I would also like to welcome back and thank former members for rejoining the club.



*Phil Hitson (da prez!) and  
Judy Kilbride (da former prez!)*

I am looking forward to a great year of running with the fantastic resurgence the club has seen in the past weeks. We have had more people out running on Sundays than ever.

WinterFest had a great turnout with just over 300 people. I would like to thank Rich Olmstead and Ken Klipp for their awesome work on and dedication to the race and all the people who came out to support the club.

Happy Running! Hope to see you out on Sunday at 9 a.m. at the State Park!



## **Chicago Marathon: Join the Zonta Team**



Every year, Zonta International Foundation (ZIF) provides more than \$1 million for programs and projects that benefit thousands of women around the world – helping women and girls overcome gender barriers to educational and professional advancement; providing opportunities for women to earn higher wages and to achieve economic independence; ensuring that women and their children have access to quality, affordable healthcare; and striving to end violence against women while helping survivors rebuild their lives.

This year, ZIF will have an official team in the Chicago Marathon (October 9, 2011) to raise money to support its service and advocacy programs. The goal: \$21,000.

To join the Zonta team or to make a donation to its fund-raising goal, go to [www.zonta.org/ZIFoundation/ChicagoMarathonTeam.aspx](http://www.zonta.org/ZIFoundation/ChicagoMarathonTeam.aspx).

# My First Run: The 2007 Chicago Marathon

by Maureen Montgomery (English Student of Deb Renville, Club Member)



I grew up in Chicago and had been downtown more times than I can count on both hands, but I do not think that I ever looked at Chicago the way I did that day. It seemed so big and scary and at the same time beautiful and challenging.

I was nervous and excited, eager yet patient at the same time. I think the fear was more of the crowd than the challenge I was about to embark on. I knew I could do it! I knew I would finish!

After all, I trained long and hard for this day. It was not because I wanted to prove to someone or myself that I could do it. I knew I could do this because of the motivation that was driving me, the reason I was doing this in the first place. It was that motivation that has helped to shape me into the person and the runner that I am today!

In 2001, my daughter Ashley had been diagnosed with cancer. After surgery in Chicago, we had to go to St. Jude Children's Research Hospital in Memphis, Tenn. While there, I learned about the St. Jude Heroes and how they run in different races to raise money for St. Jude. That day sparked my first interest in running. I vowed that someday I would run for St. Jude. So, in January 2007, after quitting smoking in September 2006, I found a St. Jude Hero run – the 2007 Chicago Marathon.

It was an untypical October day in Chicago. It was going to be a scorching 90 degrees! As we arrived downtown, I glanced over at Lake Michigan, the sun barely in sight, and I looked at the endlessness. The endlessness that was intimidating, yet beautiful at the same time. The endlessness that I had seen many times before, but today, it was different. Today, it was symbolic of what I was about to accomplish.

I stepped out of the vehicle onto Michigan Avenue. As I looked around, I was seeing downtown as I had never seen it before. There were no businessmen and women in their professional attire; instead, it was thousands upon thousands of runners in shorts and running shoes. I made my way to Grant Park to the St. Jude Charity tent and started my stretching to prepare for the moment I had waited.

I finished my stretching, went for one more bathroom trip, and headed for the start line. As I approached, I could see what seemed like blocks of people lined up in

the street. The already existing butterflies in my stomach seemed to increase, and at that moment, all I wanted to do was see my family. I finally found them, and after some pictures and hugs and kisses, I could see that I was approaching the start line, and I waved a final time and heard their words of good luck.

Luck – it was not luck that was going to get me through this day, through the grueling heat and the 26.2 miles ahead of me. It was my preparation, my training, and my motivation.

I was not fond of crowds, so I thought being last would lessen the anxiety I was already feeling. I was finally there, everyone ahead of me. I was crossing the start line. My music in my ears, my water bottle in hand, and I was beginning the most grueling run of my life – my first run!

Through the music, I could hear the gentle pounding of the pavement made by the surrounding runners and myself. The sound echoed as I went through the tunnel and changed to a rattling, scraping noise as I ran across the metal bridge.

I was taking in the beauty of the river beside me as I crossed the bridge, and of the buildings that surrounded me. I was slowly feeling the anxiety disappear. People on the sidewalks were cheering everyone on. I was so enthralled with my surroundings that I had not even realized that I had passed hundreds and hundreds of people.

As I approached the half-marathon point, I could feel my body getting weaker and my mind as well. I was about to give in and turn my run into a walk. Then, I thought about my daughter and the reason I was running. I thought about all she had been through and all she had overcome. She had more will, strength, and determination than I had ever seen. I then felt a sense of renewal, as if someone had plugged me in and recharged me.

I said to myself, "I can do this. I will do this. I am not weak. I am strong. I am a St. Jude Hero." I continued on!

As I approached the 17-mile marker, I heard voices over megaphones calling out to the crowd, "Please stop running and proceed by walking to Grant Park. The marathon has been stopped."

This was not happening, I did not train this long and hard, and I did not overcome

the hurdle at the half-marathon point to have them tell me to stop. I was going to complete the few miles left and do so running. I was not going to stop until I crossed the finish line.

I finally approached the finish line, only in the opposite direction than I should have. Once I crossed, I had to turn around and go over it again in order to record it as a finish.

I made my way back to the St. Jude tent. Everyone cheered as they saw me approach. After hugs and kisses, I sat on a chair, my arms across my legs, my hands hanging slightly over my knees, and I thought to myself, "I did it!" I did not complete the full marathon, but I knew that I could have if they had not stopped the race.

As we were heading home with the city fading in the background, I was staring out the window, and I realized something. I realized that the St. Jude Hero singlet I was wearing and the title of St. Jude Hero that was given to me was not mine to wear, not my title to have. I was not the hero; the true hero was my daughter. It was her will, strength, and determination that carried me through the distance that I ran. It was she who inspired me to accomplish something great. It was she who made me believe I could do it. She was the HERO, not me. She was "MY HERO."

That day changed my life, and it has helped to shape me into the person I am today and into the runner I am today. I spend some of my time trying to give back in appreciation for what I have received. My family and I donate as much time to St. Jude as we can, and we have started a foundation in my daughter's honor to help other families affected by childhood cancer and to raise awareness and money for research.

Running has become a big part of my life, and I try to run for St. Jude as often as I can. I would like to believe that I always would have been the person I am today and that it did not take my daughter being diagnosed with cancer to shape me into that person. Instead, it brought out and enhanced who I already was!

## Meet Rick Loving, KRRC Social Director



I would like to introduce myself as the new Social Director for the running club. My name is Rick Loving. My wife, Julie, and I are both lifelong residents of the Kankakee area.

We are relatively new to running as we both participated in our first competitively timed run at the KCC 5k back in October 2009. Prior to that run, we were always active – biking, hiking, and cross-training at the YMCA with weights, treadmill, and elliptical workouts. But, neither of us had run a mile outdoors since high school.

Needless to say, we were hooked ... from that fall day to present we have completed 29 events – (26) 5ks, (1) 10k, (1) 15k, and (1) half-marathon. We have a full season planned for this year, along with plans for our first full marathon in January of 2012.

It took a little longer to find the Running Club than it should have for us to become members. This was one of the main reasons that I wanted to become more active in the club and accepted the role of Social Director.

Since I am completely new to the role, I hope to bring a fresh perspective to the club. I plan on looking back and working with other club members to find out what worked in the past and seeing what can be done to make improvements. I will also take a look at good ideas that didn't pan out and try to revitalize them.

I feel that active membership is the key. Creating an environment in and around the club that stimulates long-time members and attracts new ones will ensure a successful year.

I have a few summer ideas that I am currently working on. I am looking forward to talking about them in the next newsletter. Right now, the focus is celebrating a successful WinterFest, club membership, club shirts, and a club logo along with this season's running events.

## Happy Birthday!

### Day, Name, .....Age

February		
6	Gerry Kilbride.....	73
10	Colin Koerner .....	18
12	Roger Smothers .....	61
14	Nancy Hitson.....	40
14	Michelle Baldwin.....	55
18	Charlie Grotevant.....	69
20	Elaine Noffke.....	20
21	Chris Walsh.....	49
24	Judy Kilbride.....	72
26	Marianne Surprenant....	54

### March

2	Robert LeMaire .....	59
4	Rod Kahl .....	46
4	Ken Goodwin .....	52
4	Jeff Chiero .....	58
12	Theresa Morse .....	57
13	Mark Saffell.....	53
15	Michael Regnier.....	11
16	Mark Walsh.....	56
16	Melinda Sutherland .....	59
25	Ken Klipp .....	62
27	Stephanie Quiney.....	29
27	Pat Koerner .....	49

### April

2	Pamela Powell .....	47
6	Kibet Rono.....	42
18	Ron Ruda .....	64
20	David Bohlke .....	65
21	Nadine Morse .....	18
24	Julie Nally .....	42
26	Ryan Loving .....	18
30	Mark DuFrain.....	42

## WinterFest Fun: February 6, 2011



The Work Crew:  
Larry Lane, Dave Bohlke,  
Ken Klipp



(left to right)  
Tim McGrath,  
Stephanie  
McGrath,  
Dan Harris,  
Matt Marcukaitis,  
Todd Kutemeier



Rich Olmstead, race director



# Dr. Oz's 8 Tips for a Healthy Heart



## 1. Ladies, get at least seven hours of sleep each night. Guys, you need eight hours per night.

Trying to get by on less can cause metabolic changes that increase your risk for obesity and diabetes. Not to mention, fatigued work-outs.

## 2. Know your blood pressure.

What's the fastest way to age an artery? Subject it to high blood pressure – it'll harden that artery like a garden hose that's been left outside all winter. A range of 115/76 to 130/85 can make your body up to 10 years younger. Just think what it can do to your race times!

## 3. Avoid secondhand smoke.

An hour in passive smoke can cause the same amount of aging as having two to four cigarettes. If people are a-smokin', you should be a'goin'.



## 4. Exercise (well, duh!!).

Every hour of exercise during your lifetime increases your longevity by two hours.

## 5. Eat fish three times a week.

It's not just the omega-3s in the oil that will keep your heart and arteries humming along. There's also a protein in fish that provides a separate boost to cardiovascular health. Eat a variety of low-mercury fish (wild salmon, catfish, tilapia). If you're not crazy about seafood, go nuts – as in an ounce of walnuts for a good dose of omega-3s.

## 6. Take half an aspirin or two baby aspirins daily.

The evidence is strong for aspirin's ability to reduce the risk of stroke.



## 7. Don't shop till you drop.

In other words, live within your means. Feeling out of control financially (i.e., chronic stress) can affect your sleep and your miles – as in your desire and dedication to running.

## 8. Floss and brush.

Gingivitis (Yuk!) stimulates your body to protect itself against bleeding by increasing its ability to clot – a recipe for heart attack.



## Welcome, New Members!



Beth Keller and Shawna Regnier



Mark Saffell



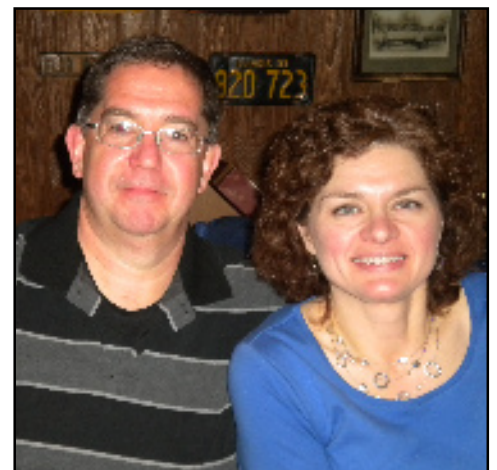
Mark DuFrain and Maureen Montgomery



Julie and Rick Loving



Tim and Stephanie McGrath



Kerry and Tracie O'Connell

## **Swim for Autism: Sunday, April 17, 2011**

The last words Mark Jackson heard his son, Eric, say were, "Higher, daddy. Push me higher." That was 17 years ago when Eric was two years old.

"I remember that day so clearly," Mark says. "We were out playing on the swings in the back yard ... we came in the house ... and Eric stopped talking – completely. All of his language and social skills were gone – just like that. It's as if someone turned off a switch."

When Eric was 8 years old, he went to live at a residential school for boys who have autism. The PACTT Learning Center in Chicago was started by Loyola Medical Center and became a state-supported entity years later.

The Jacksons are approaching an important crossroad in their lives as Eric nears adulthood. Today, due to a lack of funding and cutbacks by the state, PACTT will not be able to provide adult services or housing for Eric when he turns 22.

Jan, Eric's mom, explains, "PACTT has become Eric's home. The structure and goals that help him strive to deal with autism are in place there."

Currently, PACTT services only children and young adults who have autism, but the Jacksons, other parents, and the board of PACTT want to see those programs expanded to include adults. They believe that persons who have severe autism deserve to have a permanent place to call "home."

Jan comments, "If PACTT services are not increased, Eric and the five young men in his group home, as well as six others in a related group home, will have to be placed in facilities that serve other types of developmental disabilities.

"Autism is unique. What works for other developmental disabilities doesn't necessarily work for individuals who have severe autism."

To help this cause, the Jacksons have organized a "Swim for Autism Swim-a-Thon." There are several ways to participate in this fund-raiser – you can swim, you can adopt a swimmer, you can make a donation, you can volunteer to help at the event.



Eric Jackson and  
his sister, Elizabeth



**Sunday, April 17, 2011  
Bradley-Bourbonnais Community High School  
1–4 p.m.**

A Swim-a-Thon® is a fund-raiser in which participants earn money by swimming lengths of the pool during a two-hour timeframe. They get pledges from family, friends, neighbors, businesses, etc. prior to swimming or collect the money following the event.

"It's never easy to ask for money, but this event is truly for young men like Eric. Our son will always need supervision in every aspect of his life. PACTT has been very instrumental in helping Eric. We will do whatever it takes to help PACTT become Eric's permanent home when he becomes an adult.

We would appreciate your support!"

For more information and pledge forms, contact Jan and Mark at [jmelnikjackson@yahoo.com](mailto:jmelnikjackson@yahoo.com).





## Oreo Black Forest Pie

from Dan Bullock,  
KRRC Dessert Chef

About 25 Oreo® cookies  
2 cups cold milk  
½ stick butter  
2 packs chocolate instant pudding mix  
1 tub (8 oz) Cool Whip, thawed  
1 cup cherry pie filling  
1 square semi-sweet chocolate, melted



Cut ten of the cookies into quarters; set aside. Finely crush the rest of the cookies; mix with the melted butter; and press into the bottom and sides of a 9" pie plate.

Pour the milk into a large bowl; add pudding mixes; mix well. Spoon 1½ cups of the pudding into crust. Top with the reserved Oreo pieces. Stir 1½ cups of the Cool Whip into the remaining pudding, and spoon over pie.

Refrigerate 3 hours. Spread the remaining Cool Whip over the top of the pie. Top with the cherry pie filling. Drizzle with melted chocolate.

May substitute a pre-made Oreo piecrust.



## Making Sense Out of All Those Numbers

Not the race numbers you have pinned to the wall in your basement ... but the numbers that define your health. Here are your goals for those numbers.

**Total Cholesterol:** Below 200

**HDL (Good Cholesterol):** At least 40 for men; 50 for women

**LDL (Bad Cholesterol):** Below 130 (Less than 100 is best.)

**Triglycerides:** Below 150

## Officers

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