

Kankakee River Running Club Newsletter

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Live to Run...
Run to live

OCTOBER 2012

Letter from the editor - Chuck Parsons

OK the marathon is over and we are rushing towards winter. *When is the time change and can I still get my runs in before the sun goes down? I hate the cold weather and having to get out the winter gear. Should I just hang it up for now and pick it up in the spring?* Absolutely not! Don't forget how much fun can be had with "winter runs"! There is the Hot Chocolate Run, the Chicago Perfect Ten, Turkey Trots abound and don't forget the Jingle Bell! The fun continues. And if you really like winter runs just continue to come to the State Park on Sundays!

The October 12th meeting was held at Chicago Dough. We were afforded the main floor of the dining room and Glenn opened the buffet just for us. He always puts forth an effort for the runners in the community and we should support his business in return.



We have a first in the history of the running club as there is a contested race for the president next year. If you are interested you should come to the December meeting and vote for the candidate you favor. Each individual is a known strong supporter of running in our club and would do the most to further our cause. It was also voted on to have the club pay for your dinner if you are currently an active member. The benefits of being in this club just keep piling on. We are glad you are with us.

Don't forget to pay your dues. We have initiated a new policy whereby if you are not paid after three notices you are placed inactive and would not derive the benefits of the club. No one wants that to happen.

Watch for the running time changes at the State Park and on Tuesdays and Thursdays. They will be coming to you by e-mail.

See you out there running

RACE REPORT - CORY BLANCHETTE

Daniel Gould

Almost 300 of us gathered at Manteno High School on Sunday morning for the Cory Blanchette Memorial 5K Run & Walk. None of us wanted to be there. We wanted Cory Blanchette to be celebrating what would have been his 38th birthday with his wife and four children, but a pre-dawn run on a country road last November 1st ended with the death of this inspirational coach and teacher. So we came to celebrate and remember his brief life, to keep the fire of his inspiration burning, and to offer some financial aid to his family.



Although a series of 100 degree plus days had ended, this day dawned with 75 degrees and high humidity, humidity boosted by a light rain fifteen minutes before the start. That, of course, may have been the clouds crying for Cory.

We gathered in the gym for the national anthem and noted the 38th anniversary of Cory's birth with the traditional singing of happy birthday, his spirit a very real presence for those who knew, loved, and were inspired by him.

We walked out into the parking lot, dodging puddles, and moved to the street for the start where I sought out Ken Goodwin. We've had some good competition and I hoped he would be my pacer for the day. Ken, however, was doing his third race of the week and would not be kicking by me at the finish line this day. I passed him in the first mile and looked for a pacer with no success. I did see Mark Dufrein, but he was over thirty seconds ahead of me.

This was a loop course and the terrain around Manteno is pancake flat. Rebuilding from the lost training with my calf issues, I had gotten under twenty-six minutes at Kilbride and today's goal was to get under twenty-five thirty. The two mile split suggested I was on track to do that and the finish line clock welcomed me with a 25:17.

The age groups topped out at 65+. With Charlie in Colorado for his annual camp counseling duties, I was first in age group. Paul Surprenant, who was second, wanted to know when I was going back to Florida.

Post-race, I chatted with Wendell Provost and his daughter, Neeley. Wendell, six or seven years my junior, is a fierce competitor with whom I once had some great competition, but I'm too slow for him now. His 22:47 was good for third in the 60-64 age group. Neeley is a young lawyer who is going to marry the son of a lawyer. Yes, I know the inbreeding is a terrible thing.

I got back to the staging area in time to make my contribution to the "Cash for Cory" that the Kankakee River Running Club had collected. I found more lawyers in the form of First Assistant State's Attorney Bill Dickenson and Jeff Grotevant engaged in solving the world's problems. They were 1-2 in the 45-49 age group with Bill's 19:34 and Jeff's 22:19.

For complete results <http://racetime.info/wp-content/uploads/2012/07/COREY-BLANCHETTE-5K-RUN-AGE-GROUP-RESULTS.htm#12>

I worked my way around the crowd looking for memory book pictures. My "memory book" for 2011 with thirty-seven races weighs about thirteen pounds. I have thirty years of memory books. If you ever want to trip down racing's memory lane, I'll be happy to be your tour guide.

The crowd was pretty thin by the time they got to my age group. I encourage race directors to start with the senior citizens, but few do. Another challenge in the northern states is to get race directors to realize there are senior citizens who run and we would like to have our age group competition. I don't care if the prize is a discount coupon for a package of Depends, but I want to run against those in my age group, not the "kids" ten or twenty years my junior.

As we departed, I got to stand next to women's overall winner Stephanie Jepsen for a picture. Stephanie ran 20:33 while the men's winner, Kevin Dockemeyer, posted a 16:22. Ken Klipp, one of the "old guys," ran 20:50 for first in the 60-64 age group. Ken is 63.

The only remaining question was the venue for breakfast and, while the first choice was downtown Manteno, the group waiting outside Yannis Restaurant dictated we drive to Bradley's Family House where there was more that adequate room to accommodate the group. We run to eat!

Run for your life!

-Dan

RACE REVIEW II

By *Kathleen Jensen*

[Editor's note: Kathleen ran three races in three days in Quebec, Canada on August 24th-26th]

The Friday night race:

Course des Etoiles (or Race Under the Stars) started at 8pm. This race started on Levis Island which is across the St. Laurence River from Quebec City. All the runners had to take a ferry across the river to the start staging area. Very Cool!!! This race was an 8K, it was a 2 km loop (which we ran 4 times) on the St Laurence River banks. We started at dark and everyone had a tear off on their bib and as we went thru the chute to line up for the start of the race someone tore off the tab on our bibs and gave us a black runners cap with an LED light on the brim. We were all supposed to wear our caps throughout the race. It was very awesome to see over 1000 runners running in the dark with those twinkling star caps. We ran four laps of the 2K loop.



I knew that they spoke French in Quebec, but I was surprised that there were so few people outside the tourist areas and hotels who spoke English. Everyone was very helpful and friendly but sometimes they would have to ask 4 or 5 other people before they found someone who could answer my question in English.

As you may have noticed, I always wear red, white and blue when I run a race. When I ran this race I wore my USA flag shorts. On my second lap I was suddenly joined by a woman from the crowd who ran out to run with me. She said that she was a reporter for an English speaking newspaper in Quebec. She said that she was having a hard time finding someone who spoke English to interview. So, when she saw my outfit she figured I was from the US and could speak English. She ran the whole lap with me interviewing me. I was honored. At the end of the race she was there to greet me. She had her photographer and wanted several photos of me. She said that they had tried to take pictures of me during the race but she said that I was running too fast. I laughingly told her to be sure to put that in the article!! :)

During the race they had a really excellent band playing energetic songs from the 70s in English!!! You kept passing the band stage on each lap. Very motivating!! Oh, and the finisher's medal was huge with flashing LED lights and a thick, custom ribbon. Afterward everyone enjoyed refreshments at a park on the banks of the St. Laurence River and watched an amazing fireworks display over the water.

The Saturday race:

On Saturday the 5K de la Sante (5K for Health) started at 4pm. It started in front of the Parliament Building. There were 2000 adults and 500 children in this race. It started on a road in front of the Parliament Building by a gorgeous fountain that was a gift from France for the 400th anniversary of Quebec in 2008. We ran through some very beautiful parks in Quebec. After the race we all got big spin medals again with custom ribbons. We then stood in line where someone tore off our "food" tag from our bibs and gave us one ear of cooked corn...that was it!!! But it was delicious!!!!...(maybe a good idea for Hoopston). I wore a different red, white and blue outfit in this race and stuck little American flags in my hair so as not to be confused with the large contingent of runners from France (France's colors are also red, white and blue) who were also running all 3 weekend races. A lot of people recognized me from the race the night before and chatted with me as well as they could. Runners are the friendliest people as we all know SO well.



The Sunday race:

The Marathon des Deux Rives (Marathon on Two Shores) started at 8:30 on Sunday morning. There was also a Half marathon and a 10K. I had to walk about 10 minutes from my hotel to the spot where we caught a shuttle to the start. It was a point to point marathon. One of the greatest things about this race is that there were separate buses for each



race. The 10K started 6.2 miles from the finish line. The Half started 13.1 miles from the finish line and of course the Full marathon started 26.2 miles from the finish line. We all shared the same finish line, but we did not all start together, so it was not so congested. !!! We never had to weave around 10Kers and Half Marathoners!!! There were 2000 who started the Full Marathon, 5000 in the Half and 4000 in the 10K.

Once at the starting point for the Full I had over an hour and a half to wait to the start. I was photographed stretching by a different newspaper (again because of my USA outfit) I was also interviewed for one of the Quebec TV stations. They wanted to know where I was from and why I was running in Canada. I told them that I had run a marathon in all 50 US states and DC and during the time I was doing that I met some Canadians who were doing the same thing. Those Canadians told me that there is also a club for running all of the Canadian Provinces so I thought that that might be a neat goal to strive for. It was very fun getting interviewed and photographed again!!! :)

It was hot Sunday...86 degrees....WAY too hot for a Full marathon, (and full sun no cloud cover) but that was about 26 degrees above their normal temp on race day (it has been hot everywhere this summer). So, I knew I would need to run slow to finish. It was also a very hilly course. It was my first marathon where all the distance was marked in kms only. So, I definitely know that a marathon is not only 26.2 miles, but also 42.2 kms.!! :) Also different from the states is the fact that the kilo markers were in reverse of what we are used to...in other words after we ran our first .2 km the sign said "only 42 km to go". So instead of seeing how far you had run, you got to see, each km, how far you still had to go. I was glad to finally see the 10K mark and really thrilled to see the 5K Sign!! :)

As I said it was VERY HOT. They had a lot of people out with hoses, they were more than happy to get you personally as wet as you wanted.. very refreshing. They also had water and sport drink every 2km. They had 4 spots where they handed out wet sponges!!! Yippee!!! Another unique thing was the "gel" at the 4 gel stops. They handed out a liquid gel. They gave out about an inch of it in very small cups. It was some sort of dark red colored berry flavored strong liquid. It tasted good to me and it was a lot better than thick, sometimes gagging goo (in my opinion). I took 2 at each opportunity. They also had cups of water to wash it down. They also handed out bananas and oranges at other stops.

I had a rather slow finish time, but I was glad to finish...nearly half of the entrants dropped out and a good percentage of those who did finish went over the required 6 hour finish time. I was able to finish under 6 hours.. thank God !!!!

They had a lot of medics riding bikes and they kept asking everyone if they were OK. I also passed many people who were walking. I also saw the "sag" buses picking up a lot of people (something I had never witnessed before).

So, I was SO thankful to reach the finish in under the cut off time and get my ENORMOUS flashing LED light medal (again with a custom printed wide ribbon). It truly is all about the medals for me.

In conclusion, in my over 660 career races, including a marathon in every state and DC, a marathon in 3 different countries and 2 continents, this is one of my very favorites and I would recommend these races and Quebec City in general to everyone. I have been in Quebec for a week and could easily stay for another week, there is SO much to see and do here.

I cannot believe that I forgot to tell you my favorite thing about the Quebec Marathon, which is, that in spite of the heat and hills I kept smiling the whole way. It was hard not to when the streets are lined with French Canadians applauding loudly and shouting out "Bravo Madame!!!" I felt compelled to wave and thank each and every one of them!!! :) There is definitely something very motivating about the French language.

Kathleen Jensen

TRAIL RUNNING STRENGTH TRAINING

By Charlie Merrill, Alta Physical Therapy

5 EXERCISES THAT'LL MAKE YOU FASTER

These moves target the muscles needed for your fastest, strongest, best trail running outings ever, whether you're racing or just wanting to feel better on the trail. 07/15/2011

Trail running enlists different muscles than road running, which creates different needs for strengthening. The uneven nature of a trail, the ups and downs, and the challenges created by the varied terrain all call for different sources of power. Whether you're an elite-level trail runner, or someone who just likes to get out on the dirt once in a while, these five exercises recommended by Boulder, Colorado-based physical therapist and accomplished trail runner, Charlie Merrill, can make you stronger, faster, and more comfortable on the trail.

Merrill recommends doing each of these moves two to three times a week, and stopping each exercise when good form is no longer being achieved, or to the point of fatigue, before moving on to the next set.

#1 - Ass to Grass Overhead Squat (OHS)

WHY: Trail runners need a lot of power—through a large range of motion—to run fast and efficiently. This is especially true when the terrain heads uphill or is very technical, requiring maximum agility. The overhead squat is a time-tested exercise requiring full-body range of motion. It takes some practice to get the OHS right, but there is no better exercise to encourage maximal gluteal and hamstring activation. You will gain strength and neuromuscular power you could never hope to achieve on a squat machine or with a typical half-depth standing squat.

HOW: Do this with a partner to help analyze your form, if possible. Stand with heels as wide as shoulders, toes pointing slightly out, and arms overhead, elbows locked. Squat down as low as you can, encouraging gluteal contraction, and keeping your back as straight as possible.

If you can't do a full squat at first, hold on to something stationary at shoulder height. Start by doing three sets of 10 this way, and work up to doing three sets of 10 with your arms overhead.

PAY-OFF: You'll notice yourself flying up large steps and steep climbs, and, your ability to do this movement well also predicts a much lower injury risk.

#2 - Single-Leg Half Squat

WHY: Running is a series of jumps from one leg to another. There is never a time when both feet are on the ground at the same time (unless the hill is very steep or you are very tired and, therefore, walking). Each time you land, one leg absorbs multiple times your body weight at impact. So, small deviations in your biomechanical alignment can add up to big performance losses and even pain.

HOW: Pay close attention to your form and use a mirror to monitor your alignment. Standing on one leg at a time, keep your pelvis level, your spine vertical, and your knee tracking slightly wider than your foot. Initiate movement from your hip as you sit back into the squat. Your shoulders will lean forward a bit, but keep your back straight.

Start off doing three sets of five, and work up to three sets of 10.

PAY-OFF: When you can do these movements well, every step will be more predictable, more powerful, more accurate, and will propel you further with less chance of soft tissue strain.

#3 - Single-Leg Balance

WHY: Trail running is a dance. Watching a runner negotiate a rocky trail without faltering is a beautiful sight. Graceful trail running requires excellent proprioception (a sense of where the body is in space), coordination of foot placement, and accuracy of each step. On the trail, our eyes are two to three steps ahead of our feet. That means our feet need to step where we looked seconds earlier. At that point, our eyes are already looking down the trail seconds into the future. So, learning how to "feel" where you are in space, rather than see it, is an important trail running skill.

HOW: The starting stance is similar to that of the single-leg half squat. Stand on one leg, keeping your pelvis level, your spine vertical, and your knee tracking slightly to the outside of your foot.

Start off standing on firm ground with five sets of 30-seconds per leg, and work up to five sets of 60-seconds per leg. Advance to an unstable surface, like a soft mat, inflated disc, or BOSU ball, first for five sets of 30-seconds per leg, then five sets of 60-seconds per leg. Advance to doing this on the unstable surface with your eyes closed, again for 30 seconds at first, then for 60 seconds.

PAY-OFF: Doing most balance or agility exercises with your eyes closed can provide benefit to a runner hoping to improve trail agility and prevent dreaded ankle sprains. It will also help you negotiate technical sections faster.

#4 - Pull Ups/Push Ups

WHY: While most runners (and endurance athletes in general) avoid upper body strength like the plague for fear of lugging around a bunch of useless muscle, the reality is that our arms are a critical piece of our strength in running. This is especially true when running uphill or over technical terrain. The trunk and arms act as a counterbalance to our legs and also provide much needed power transfer down through our core to our legs. If you can gain strength in your upper body without gaining appreciable mass, you will be faster. The goal is to get functionally strong while staying light. Pull ups work your forearms/hands, biceps, posterior delts, lats, back muscles, and scapular and shoulder stabilizers with one exercise. Push ups, in turn work your triceps, anterior delts, pecs, abdominals, and scapular and shoulder stabilizers.

HOW: Using a pull-up bar or assisted pull-up machine at the gym, place hands facing away from you. Tighten your abs to keep your back from arching too much. Focus on setting your shoulder blades down and together, and pull up so your chin is over the bar. Lower slowly, and repeat.

Even starting off with just one pull up is beneficial. Work up to three sets to fatigue (as many as you can do). Three sets of 10 is a great goal for some.

For push ups, start off on your knees, if necessary. Start fully extended through your elbows and reach with your shoulder blades so that your trunk lifts as far away from the ground as possible. Slowly lower until your nose touches the ground, then push up, remaining in a straight plank position.

Do three sets to fatigue. Work up to three sets of 10, not on your knees.

PAY-OFF: These two "old-school" exercises are an efficient way to improve your functional upper body strength. This will help you run with more balance, and faster, overall.

#5 - Foam Roller Pectoral Stretch and Thoracic Mobilization

WHY: Posture and flexibility of the upper body and trunk are often overlooked parts of a runner's performance plan. Strong, but relatively flexible legs can help your running. But you may not know that poor posture and stiffness in the upper body and trunk can translate into decreased breathing and lung capacity, poor core muscle function, and ultimately, performance losses below the waist in the legs. With a simple 6-inch foam roller, you can undo much of the damage caused by extended sitting, computer work, and years of slouching.

HOW: Pectoral Stretch—Lie down so your head and hips are supported on the foam roller. Knees are bent with feet on the ground. Slide your arms up overhead, dragging your fingers along the ground. Stop at tight spots and hold.

Thoracic Mobilization—Lie with the roller at your neck, and your feet on the floor with your legs bent. Support your head in your hands, and let your head drop back toward the floor. With hips just off the floor, push with your legs to roll out your back from your neck to halfway down your spine.

PAY-OFF: Your running form will look better and be more efficient. And improved posture will help you feel better day-to-day. Plus, the bonus is that you'll likely set a PR up your favorite local peak, or in your next race.

Special thanks to Charlie Merrill and Alta Physical Therapy of Boulder, Colorado, for this article.

MINT POTATO SALAD

Contributing chef Patricia Wells remakes an American picnic classic (saving flavor, losing the fat)

By Patricia Wells (From the July 2012 issue of Runner's World)

Potatoes are rich in potassium, which helps lower blood pressure. "Serve the salad as part of a summer buffet with grilled fish or chicken," says Wells.

1 pound Yukon Gold potatoes
1 quart water
1/4 cup extra-virgin olive oil
2 tablespoons freshly squeezed lemon juice
1 tablespoon French mustard
6 small spring onions or scallions, white part only, trimmed, peeled, and thinly sliced
1/4 cup jarred capers, drained
Fine sea salt to taste
1/4 cup fresh mint leaves, cut into thin strips



Scrub the potatoes but don't peel.

Bring the water to a simmer in a steamer. Place the potatoes on a steaming rack over the simmering water, cover, and steam until fully cooked, about 25 minutes. (Alternatively, boil the potatoes.)

Meanwhile, in a large salad bowl, whisk the oil, lemon, and mustard. Add the spring onions and capers, and toss to blend. Add salt to taste.

Once potatoes are cooked, cut them crosswise into thin slices. Add potatoes directly to the dressing while they are still warm (so they will absorb the dressing). Toss to thoroughly coat the potatoes with the dressing.

Add the mint and toss again. Taste for seasoning. Serve warm. Serves four.

Calories Per Serving: 235

Carbs: 25 g

Fiber: 3 g

Protein: 3 g

Fat: 14 g

With 13 books and one iPhone app (The Food Lover's Guide to Paris) to her name, Patricia Wells spends lots of time on the road to promote her latest projects and lead cooking lessons. Traveling allows her to explore new locales her favorite way: "I strap on my running shoes and go," says Wells, who's training for the 20 Kilometres de Paris, a race she's run almost every October since 2000. For more, see patriciawells.com.

MEMBER SPOTLIGHT

Kibet Rono

What do you say about this man of speed and charm? Not a historical member but his impact on the club is undeniable. Who can deny he is infectious with his desire to congratulate every runner who comes across the line. He supports everyone with a just cause and runs a damn good Fourth of July celebration.

Not to mention he has joined yours truly in developing the **Pause for Patriotism** that helps support your club. He gets my vote as the man of the year. When asked what his best race is he responds with; "***the one I win!***" The club salutes you--Kibet Rono



UPCOMING EVENTS

Rick Loving – Social Director

Mark your calendar for Saturday Nov 17th 7:00pm !! Time to celebrate!! Let's get together and have some fun toasting our members with birthdays and for some, a new age group!

Dinner is on your own but birthday cake will be provided. This is to celebrate KRRC club members who celebrate birthdays in the months of August through December! It's their birthday party and everyone is invited!! Please RSVP to your host, emc_schroeder@yahoo.com (Elizabeth Schroeder) by Nov 1 so she can get a count to Beef O'Bradys. <http://www.beefobradys.com/mybeefs/bourbonnais.aspx>.



We have the back room reserved...see ya there!!



The Kankakee River Running Club is hosting a Thanksgiving Day Run/Walk in honor of Club member Randy Riegel. Randy suffered a massive stroke on September 1, 2012. Randy has a long road ahead of him but is a strong and determined man and we have no doubt he will be running with all of us again very soon. Please join us at this event. All proceeds will be donated to Randy to help with his medical expenses. You can register on-line here: <https://www.signmeup.com/site/online-event-registration/88012>



It's that time of year again!

We will holding our annual **Christmas Party** on December 15th at 6:00 p.m. at the Manteno Golf Club.



Election of officers will take place at that time by members in attendance. There will be a \$5 per person charge for members and families. For guests of members, there will be a \$20 charge.

BIRTHDAY REPORT

Day	October	Age
2	John Burrell	18
3	Clayton Aldrige	11
3	Victoria Grogan	46
3	Timothy McGrath	40
4	Diane Gerber	51
5	Craig Alberts	56
5	Daryl Meyer	53
5	Lesley Robinson	42
8	Jeremy Aldrige	36
9	William Harder	8
10	Brian Noffke	52
10	Lyndon Walton	51
12	Rich Olmstead	61
16	Ryan Marion	23
17	Scott Kendregan	43
19	Kristi VanEtten	41
20	Noah Emerson	18
20	Daniel Hall	48
21	Pete Hinrich	54
23	Cassandra McCulloch	40
24	Maureen Montgomery	44
27	Elizabeth Keller	40
28	Dan Bullock	61
31	Tami Brinkman	42

Day	November	Age
1	Rhiannon Stringer	17
5	Bryce Baker	37
9	Tiffany Winterringer	20
10	Drew Hitson	17
13	Mallory Dummer	23
17	Michael Dailor	12
18	Samuel Hall Hall	16
18	Stephanie McGrath	39
19	Jeremiah Crouch	35
19	Liz Mitchell	46
22	Elizabeth Navarro	7
22	Tom Meents	58
23	Lindsay Fetherling	28
25	Charles Balesi	81
27	Rob Mitchell	45

Day	December	Age
1	Mileen Joines	56
1	William H Mohler	56
1	Joseph "Joey" Stringer	12
2	Sean Dailor	41
4	Khirstin Schneider	27
6	P.J. O'Connell	17
7	Ronald Sieling	43
9	Bill Yohnka	37
10	Mike Montgomery	46
15	Daniel Hall	50
16	Jeff Snedecor	43
17	Michelle Francoeur	40
17	Michael Montgomery	19
18	Regan Kendregan	38
18	Julie Loving	44
19	Becca Garst	22
23	Jackie Hall	48
23	Tracie O'Connell	45
23	Jacqueline Reick	32
28	Natalie Kahl	48
30	Amy Bertrand	41
31	Brice Wagner	17



OTHER NEWSLETTER AND WEB SITE INFORMATION

If you have ideas or items you would like to see covered in future editions of the KRRC Newsletter, send them to info@kankakeeriverrunningclub.com.

Newsletters will now be archived on the Running Club web site, but you must be an Active member and be logged into the site in order to view them. On the site you will see the form below on the bottom left side of the front page. If you don't already have a User Name, click Create an Account. You will be required to provide a live email account where you will receive an email that you must click in order to verify the account. This additional step keeps our site clear of "internet robots". You may get a warning message until the web master has had a chance to physically verify your account request. This message is part of the system, and I promise it's not meant to be harsh, I can't change the wording. Once verified, you will have access to special user areas including newsletters and other blogs and user forums. If you have forgotten your User Name, click the link to have it reset. And in case you didn't know, you can renew your membership and pay your dues online now on the web site through your PayPal account or with MasterCard / Visa if you're not a PayPal member.

Login Form

Active KRRC club members can log in below using the User ID and password you were provided when you joined. If you need a reminder of your user ID or to have your password reset, click [here](#).

User Name

Password

Remember Me

[Create an account](#)

BOARD MEMBERS

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