

Kankakee River Running Club Newsletter

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live to Run...
Run to live

It's 2014! Welcome to the Kankakee River Running Club. This newsletter is published quarterly. Electronic copies are available on the web site if you log in. If you have any suggestions for this newsletter or have something you'd like to submit (like a Gear or Race review), feel free to send it to us: mark@kankakeeriverrunningclub.com

OBSTACLE COURSE RACING

Everything you ever wanted to know (*and maybe some things you don't!*)

By *Ande Wagner*

We runners are a hardy breed. We're often found running through treacherous conditions such as in rainy downpours, on slippery trails, or – commonly seen during this time of year – through snow and ice. Many of us have an innate thirst for thrill-seeking or adventure that can sometimes be quenched with a challenging road race or on the single track of a trail race...but what do you do when you become a bit bored with the same old thing?

If you find that you are asking yourself that question, then perhaps an obstacle course race is in your future! **What is Obstacle Course Racing (OCR)?** Simply stated, OCR involves participants navigating a course that has various obstacles staged along the route. The course length and the style of obstacle will vary among the many races that have become popular in recent years, and most of these races cater to both the polished athlete as well as the weekend warrior. Among the more popular obstacles that trend in OCR are wall climbs, balance beams, low crawls, rope climbs, fire-jumps, and the ever-famous mud pit. It is a rarity for a participant to finish a race in clean attire!

So why is OCR so much fun to do, and why should YOU try one? The reasons are many:

1. OCR involves using your core and arms just as much as your legs. It will make you a more well-rounded athlete and you will surely be impressed with your newly developed abdominal and arm muscles!
2. OCR is often less about winning the race as it is about camaraderie and teamwork. While some races do offer "elite" heats for those that are thirsting for a podium finish, the vast majority of OCR participants are all about the thrill of completing a task or an obstacle together. It is a common sight to see teams of people all running the course together and helping each other through each part of the race.



3. OCR is a good excuse to feel like a kid again – who doesn't want a reason to play on monkey bars, climb a cargo net, or crawl through mud?
4. You will make some pretty amazing new friends while out on the course or during the after party!
5. And speaking of after parties...OCR's have top-notch ones! Most have live bands, beer tents, amazing food, and fun games to challenge yourself with (such as hatchet throws, rock tosses, and tire flipping).
6. Most OCR events have amazing medals as the reward for your finish...Bling junkies, unite!

So, now that you're considering doing an OCR, what should you do...and what shouldn't you do?

1. **DO** wear old clothes and shoes that you don't mind throwing away. Chances are good that the mud and barbed wire will have done a number on your duds by the time you cross the finish – but many races will take those old shoes, clean them up, and donate them to the needy. It's a win-win!
2. **DON'T** wear anything that might get you disowned for losing. Wedding rings, while nice to look at as a reminder of your better half, are not fun to search for after the mud has inadvertently pulled it off of your finger.
3. **DO** make sure that the clothes you wear are quick-drying and that the shoes you have on have some ability to drain. Technical fabrics are ideal as they wick away moisture from your skin and help prevent chafing, whereas cotton will feel heavy once it's wet. Shoes that have good meshing will lighten the weight on your feet after you've trudged through water and mud.
4. **DO** wear shoes that have good traction. Racing flats are generally not a good idea as most OCR terrain involves a lot of slippery surfaces. Spikes are also not recommended as they will not provide traction on many of the obstacles (such as anything that is made from plywood and happens to be wet).
5. **DON'T** wear sunglasses. While this in theory sounds like a good idea, most pairs of sunglasses get lost or broken somewhere along the course. It's best to leave them in the car to use during the after party.
6. **DO** make sure you have some clean, dry clothes for after the race! While it is cool to look like the victor of a gloriously muddy battle, staying that way for too long can predispose you to possible skin infections. It's best to get hosed down and into some dry garb so you can enjoy that frosty beer and giant turkey leg that you earned!
7. **DO** expect to have a few cuts, scrapes, and bruises. But don't worry, you can show them off to everyone you know as a testament to your awesomeness.
8. And finally, **DO** expect to make some amazing memories – and SMILE for the camera!

SOME GOOD OCRs

www.warriordash.com
www.spartanrace.com
www.gladiatorassault.com
www.hardcharge.com
www.ruggedmaniac.com
www.badassdash.com
www.muddybuddy.com

QUIRKY INDOOR RUNNING TIP

By Jeni Goodwin

This weather has many runners stuck inside.

Do you hate the treadmill but counting laps is making you loopy?!

“Was that lap 27 or 28????”

Try my “tech-free,” mostly fool proof lap counting trick.

1. Get your son/daughter, niece/nephew, or neighbor kid to make you 5 rainbow loom, bracelets.
2. Start with all bracelets on one wrist. (I always start with bracelets on my right wrist)
3. Each time you reach the starting spot on the track pass a bracelet to your opposite hand. Each time all your bracelets are back on your right hand you've run a mile (on a 10 lap track)
4. Run happy without having to constantly think of the lap number.

*** Adjustments should be made if your track is bigger/smaller ***

WHAT IS THE “B” GROUP?

By Scott Pringle

For those of you that do not know me I am a trustee in the KRRC and a local runner. I began running 18 months ago to lose weight after complications from a shoulder injury made it difficult to swim with any regularity (my preferred cardio at the time).

I was looking for a way to get back into shape when a friend of mine in the club convinced me to do the couch to 5k program with the Morning Mayhem group. It was not long after that I completed my first 5k in 35:30 (*little under 12 min miles*).

Feeling like I was ready to run with the club on the Tues-Thurs runs, I looked for a post on the club Facebook page. I found a post that read something like "*A group of runners will be running 5 miles at an 8:00 mile/min pace*", way beyond my ability level.

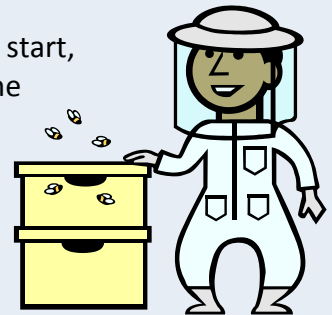
I'd come so far I felt I could not let this stop me. I didn't want anyone waiting for me and knew I could push myself but did not want to run alone, in case anything happened. I felt if someone knew where and when I was running that would be enough. So I responded in my unique way "*The B group will be running three 12 minute miles*." half kidding but also filling my other two requirements (the where and when), and the response was humbling.

Following my comment the people that responded, most I did not know or had briefly met, left their comments stating they would like to run that pace and that distance.

Recovering runners. People returning from injuries. Others who were coming back to running. Runners just like me. And so the B group was born. Many of the people who ran with me that night have gone on to run half and full marathons, branched off to do speed work, or participated in obstacle course races. Many of the B group runners are training for their first marathon in Champaign in April.

If you are new to running, returning to running or are looking for a place to start, leave a comment and see what happens. Like me, you may be surprised. The strength of the KRRC is the networking and support. Sharing miles, goals and achievements of others is a powerful thing. Nothing ventured, nothing gained.

See you soon. Scott Pringle, The "B"eeman



RACE ETIQUETTE REMINDER

The following etiquette points were taken from the CARA website,

Below are some basic guidelines to adhere to if you're running along a multi-use path, trail or on the road as well as some race etiquette.

ON THE PATH, TRAIL OR ROAD

- Always stay to the right unless you are passing someone.
- Be very careful merging left into a passing lane. A cyclist, another runner or roller blader could be passing you and you don't want to get run over from behind. Never run more than two abreast when you are with a group.
- Do not force other runners, pedestrians or cyclists off of the path. If you are in a particularly busy area, run single file.
- Never stop suddenly in the middle of a run.
- Always look both ways—at least twice—before entering or exiting a path, when you are approaching intersections and at drinking fountains.
- Never litter.
- Be considerate of those around you and remember that others may be using the same path, trail or road that you are.

AT A RACE

- Do not run in a race if you are not officially registered. It can take away from the resources of paid participants, create unnecessary traffic and pose insurance risks. Just don't do it.
- Similarly, unless a race allows it, do not buy another's bib number and consider yourself entered. Unless you registered and signed the waiver yourself, you are not registered.

- Line up according to the pace you plan to run. If you are a slower runner, that's OK, just don't stand right in the front of the pack.
- Follow the instructions of course marshals.
- Don't wear headphones. You reduce your awareness of your surroundings, which is particularly dangerous in a high-traffic race environment. It may also prevent you from hearing instructions from course marshals. Many races ban them and will ask you to remove them prior to entering the race course.
- Use caution and control approaching the finish line. Don't cut off other runners and don't stop suddenly right after crossing the finish line.
- Do not bring dogs, strollers, inline skates, bicycles, or other similar items to a race if the race instructions forbid them. They pose safety hazards to other participants and may violate insurance coverage. Also, it's not a great idea to try to use your cell phone during a race so ask your friends and family to come out and watch you or call them when you're done.

RACE REPORT

By Kyle Dockemeyer

Pikes Peak Marathon

<http://www.pikespeakmarathon.org/index.htm>

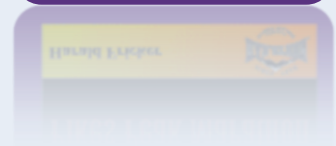
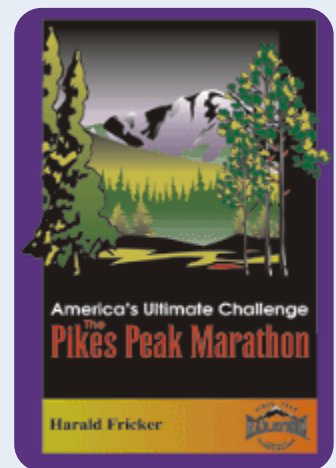
Pikes Peak I would say is my favorite race I have done in my life and by far the toughest race or even run I ever have done! The race starts out at 6,300 ft and oxygen at this level is already at 80%!

If you go out too slow you will get caught up behind a lot of runners when you get onto single track Barr Trail! Go out too fast and... you will burn yourself out for the rest of the race! A fine line between the two that can determine rest of your race!

Locals a few days before, suggest you walk certain portions of trail as it is too steep and will burn yourself out! Walking isn't my thing to do but in this race I followed their advice and walked the steep sections and ran the rest!

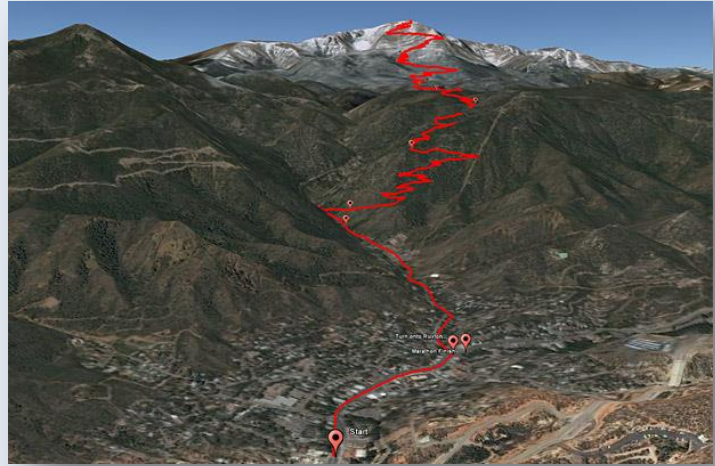
Once you're on trail, you head up Mt Manitou for first 3 miles of the race known as The W's! Most people will walk entire switchbacks and save themselves for later part of race once they head up Pikes Peak!

After the W's you actually get a slight break and head slightly downhill and evens out before the main climb up Pikes Peak! Once you start heading up Pikes Peak it becomes extremely steep and rocky and air starts to become cooler, a lot of sections where you would have to walk the steep sections and run portions that were fairly flat. At this point there are occasional glimpses of the



Pikes Peak itself as the trees become smaller approaching tree line! It can be depressing to see how tall Pikes Peak still towers over you at this point!

Tree line finally gave way to the open rocky fields of Pikes Peak at 11,500ft, at this point after A frame (tree line) it's fairly flat on trail with only 3 miles to go! By now the lack of oxygen made me walk about 50% or more of the time! With 1.5 miles to go I started to run more with my adrenaline pumping as summit is getting close! Of course I would stumble a lot like a drunk person as I'm not getting enough oxygen! With 1 mile to go I reach the trail known as The 16 Golden Stairs! This part of trail is extremely steep as you are heading up a near vertical face of Pikes Peak!



Climbing up rocks (stairs) and barely running on portions that were fairly flat as oxygen at this level is only 57%! At 3hrs 20min I summited and a whole new race began! Put on my gloves in case I fell and started running down the technical trail! Felt like a whole new runner heading down but it's the most dangerous part of the race as you speed down quickly stepping over and around rocks all over! Fell once about 2 miles down but gloves saved my hands and quickly got back up and continued down! It can be a mental drain constantly looking where your next step will be and getting water or gels can get a little dangerous as you're taking your focus off the trail itself! My lower back was starting to hurt on the way down with all the pounding and seemed like it took forever going down but a lot less energy than heading up though. Heard one clap of thunder just before the W's on Manitou.

Finally getting back to the W's of Mt Manitou I took advice of locals and grabbed onto the fence posts that are along the edge of the trail and whipping myself around the turns on the switchbacks! With about a mile to go and you're finally on first paved road in town off the trail and descending down a 20% grade, I can feel more pain on the legs hitting the hard pavement but I managed to stay 6:30-6:50 pace through town into finish line in 5hr 16min.

RACE BRIEFS

By Nichole Dailor



Race: NYD5K (New Year's Day 5K)

- WHERE: Chicago, Start line south end of Lincoln Park
- WHEN: New Year's Day. 11 am
- SWAG: Long sleeve t-shirt/tech shirt. This year was tech, previous years have been t-shirts
- YEARS RUN: Since 2009
- Reasons I like it:

1) Great way to start a new year and get 3 miles under my belt.

2) The course is a nice little loop that starts slightly south of the zoo and then runs past the zoo a bit and back along the lakefront bike path made of combo dirt/paved path (when you can see the path below any snow or ice)

3) Other runners are friendly, people are in good moods. Some are still celebrating from the night before

4) Post-race meal at O'Briens in Old Town (ask Stephanie about their Eggs Benedict) [bib includes tab for complimentary drink]

5) Race benefits Lake View Citizens' Counsel, a non-profit neighborhood organization

- Downfalls

* Run for BIG FUN – not the best race for speed – course conditions are certainly weather dependent and because of the width of the path – it can be difficult to pass people

EDITOR'S NOTE: *Do you have a perennial favorite race you want to tell us about? Send it to Stephanie Rogers (contact information on the last page).*

GEAR CORNER

This is a new column. Each quarter we'll give you some guidelines for our favorite gear. Please let us know either by emailing us or on our Facebook page what your favorite gear is.

WINTER MUST HAVES

- Mittens
 - o Saucony Run Mitt (about \$30)
 - o Brooks Adapt Glove II (about \$45)
- Hand Warmers
 - o HotHands (about .75 each)
- Wool Socks
 - o SmartWool is the most popular brand with the Running Club
- Ear warmer



Saucony Run Mitt
(about \$30)



Brooks Adapt Glove
II (about \$45)



HotHands
(about .75 each)



- Ear warmers run from about \$9 - \$25 depending on the brand and how much head coverage they provide.
- North Face is popular
- Winter running hat
 - Nike Performance Knit Beanie (about \$22)



SPRING WEAR

Spring is just around the corner. FINALLY! Here's some tips from Runner's World on WHAT to WEAR during the rainy season. Here's the link to a great tool that Runner's World provides to help you dress appropriately regardless of the weather. <http://www.runnersworld.com/what-to-wear>

Here's what they recommend going for a normal run on a 40 degree, rainy day with light wind. You should use a bit of common sense with these results and adjust to personal taste. These gear picks are meant to be a guideline, not a steadfast rule.



Winter Cap

A warm hat that covers your ears is a must on cold days, especially windy ones, and can be one of the best steps you can take to keep warm. Merino wool, fleece, and technical-fiber options are available at specialty running stores.

Light Jacket

A jacket, usually a polyester blend, serves to keep you warm, keep off wind, rain, and snow, and manage your perspiration. It's an essential piece of equipment on cold, windy and/or rainy days. Use the zipper as a "thermostat" – zip up or down on the run, as needed, to stay comfortable.

Long-Sleeve Shirt

A long-sleeve shirt made of high-tech polyester will pull moisture away from your skin, keeping you from getting clammy and cold on a cooler day.

Gloves

When in doubt, wear gloves or mittens; if you get too warm, they're easy to tuck into your shorts or tights. Gloves keep your hands warm on a cold day, but mittens are an even warmer option when temperatures plunge below freezing.

Tights

The first level of insulation for your legs. "Classic" tights are generally a polyester and spandex blend. Looser running pants (also stretchy, but not as form-fitting as tights) are another option here. In extreme cold, tights under pants is a good layering strategy. Underwear under the tights is a good idea; just try to avoid cotton.

Running Shoes

Choose a pair of running shoes with the cushioning and stability appropriate for your biomechanics. Or go barefoot (weather permitting, of course). If wearing shoes, a good pair of moisture-wicking running socks can help prevent blisters.

THE MORNING MAYHEM GROUP!!!

By Trisha O'Brien

Morning Mayhem started as an informal group of people who wanted to do the couch-to-5K program but couldn't attend the regular KRRC club runs due to scheduling conflicts.

We meet Mondays, Wednesdays, and Fridays at 5:00am at the ONU Snowbarger track.

Whether you're walking, doing couch-to-5K, or just need to get your miles done early in the morning and don't want to be the only person on the track, you're welcome to join us any time! We're currently on winter hiatus, but we'll start again when the weather is warm enough for the track to be clear of ice and snow.

Join the Morning Mayhem group on Facebook for updates!

MARATHON MANIAC

By Stephanie Rogers

This title does not do this person justice. He is not only a marathon manic; I would venture to say that he is CRAZY! I have heard of the Marathon Maniacs group and people running two marathons in a week or a month but never in my life have I met anyone who has run five in five days (reread that- yes, five in five days!!).

Roger Smothers is a crazy man that is full of inspiration. He was an athlete in high school and always very active. At the age of 55 he realized he had gained some weight and did not recognize himself so he thought running would be a great place to start. He was hooked the moment he started running. In 2006 he qualified for Boston but was unable to run because of plantar fasciitis. He has since put his Boston dream on hold to continue to run multiple marathons in a year. Last year He ran five marathons in five days. He ran the Center of the Nation series- it was five marathons in five states in those five days; North Dakota, South Dakota, Wyoming, Montana, and Nebraska. He ran all five marathons in under five hours! What an amazing accomplishment!!

Roger said "I met amazing people that I spent five days with, the course is an out and back twelve times, so you see each other and cheer each other on!" This year he has set his sights much higher; this year's goal is thirty marathons. He is planning to complete three of the Five Marathons in Five Days series: Heartland in June, Center of the Nation in September, and the Appalachian in October. If you are interested in any of these series check out their website

<http://mainlymarathons.com/home>.

Roger says that "his biggest inspiration is his amazing wife who is always supportive and his biggest fan." I asked Roger what has been his favorite marathon to date and he said "Los Angeles! A perfect 64 degrees! I look forward to a follow up next year!!!" Good luck Roger we are all cheering for you!!!

MEET YOUR 2014 BOARD MEMBERS

Rick Loving- I am the current President of the Kankakee River Running Club. I joined the club in 2010. My goal is to continue to spread the passion for running to as many people as possible and support the existing running community. The strangest fact I can think about for myself is that I didn't start running until the fall of 2009. I wasn't a runner in school in either track or cross country, nor did I do any type of distance running. Prior to the fall of 2009, the last time I ran a whole mile was high school PE in 1988. I am now working on my 3rd 50K...

Amie Byrne- I am Vice President of the club. I joined the club a year ago after running on my own for a year and at many local races seeing everyone and then talked with a member who told me about the club. I love running and it's become a huge part of who I am. One crazy fact about myself, I used to HATE running and would be the first to complain if we ever had to run in HS and college softball and basketball practices, to the point my coaches made me run more for complaining the entire time. I now run 4-5 days a week AND love it! So when I decided to run my first marathon my HS coach sent me a card telling me how the tables have turned and to thank her for all the running I did it made me like it in the long run!

David Bohlke- I have been a member of the club since about 1990 and Treasurer since 2007. I joined because a lot of my friends were members and I went to a club party at the Maliones in Kempton and had a good time. Back then the club dues were \$10, so at only \$15 today, it's a bargain. A couple of weird facts about me: 1) I am not and have never been a runner and 2) I still have records of what the cost of membership was in 1990.

Stephanie Rogers- I have been running for a little over three years. I started running to help lose weight and my crazy friend Nichole asked me to run a 5k. I fell in love with the idea of beating myself. I then heard about the local running club, I quickly fell in love with this group and amazing people I had met. Running has helped me lose 100 pounds and continues to be my workout of choice. I love to plan and have a good time so social director just seemed fitting!

Mark Saffell- I am the webmaster for the running club and also help with the newsletter. I was born and raised in this area before spending most of my adult life in Colorado. I moved back to the Kankakee area in 2008 and during 2009, I met a few members of the club at local races. They were good club ambassadors and that made me think that this might be a fun club. I decided to join, but had some trouble locating a web site for the club and didn't want to have to "write a check" for my dues. So, I volunteered to register the domain, build the website and introduce electronic payment options for dues, parties, and more. I joined in 2010 have been an active member since then, happily paying my dues electronically each year. At the annual KRRRC Christmas party in 2010 - where approximately 15 people attended - I was lucky enough to meet the woman who I am now married to. The club has given me more than I could ever give in return

Scott Pringle- I am a trustee and joined the club in 2012. I am very extroverted and outgoing even among people I don't know very well. As such it was told to me that I connect very well with new runners and was encouraged to continue to encourage new runners to run with us and participate in club functions. I am unique to say the least I have many interesting qualities. I can ride a unicycle. I have 20/15 vision. I started college as a Marine Biologist and found out later I have shark phobia. I caught myself on fire as a teenager trying to light the grill with gasoline.

Brad Swanson- I am a newly appointed Trustee to the running club. I look forward to helping grow the Club as a team and meeting new members. I have been a member of the Club for two years. My

wife initially met and ran with some of the club members. Not long after that time she was hooked so, we joined as a family. Two years later I have to say that we have met some wonderful people that we now call family. I am not an avid runner but one of my crazy running moments was running my first half marathon with no training, never a good idea!

Mark DuFrain- I am a Trustee for the running club and a member of the apparel committee. Have been in the club for approximately four years and have enjoyed the new friendships that I have acquired. Crazy running moment? Consuming alcoholic beverages until 2 am with friends, eating some very greasy pizza and then ran a half marathon that morning. Never again!

Nicole Dailor – My job in the club: currently secretary - I write stuff down. I joined a couple of summers ago after the Kilbride 5K because I wanted to meet other runners and really liked watching Kibet run people in and wanted to be a part of that. I wanted to meet people outside of my job too - expand my social circle. One crazy fact about me? Um, Ms. Rule Follower doesn't have too many crazy facts... I have lived in 4 different states... but didn't move out of state 1 until after college...? Does that count? 😊

RUNNING CLUB MEMBERS SPOTTED!

KRRC runners run in the rain, the snow, the heat, and the mud whenever and wherever they can! We run on the trail, the road, the snow, or the dirt. We run for ourselves, others, fun, and to be healthy: Every one of us has something in common- our love of the run! We don't care who you are, what your journey has been, or where it is taking you, we just want to share our love or running with you!



Some runner enjoying the snow! Love you Bee group!



Playing in some more snow!



The group representing at the Chicago Half this summer



Miles for Mitchell at Kilbride



Run for Randy 2013. We love you, Randy!



Christmas party, 2013



Polar Plunge!



CORNFED MANIACS!

WHY DID YOU JOIN THE RUNNING CLUB?

Why did our members join KRRC??

Leslie Hart: *"To lose weight and meet people who loved running like I did."*

Nichole Dailor: *"Always liked to run - ran track in high school - got fat - started to lose weight - and running was part of that process - enjoyed running races because it gave me a reason to work out (ok - really because of the shirts...and people...and bling)"*

Amy Stroo: *"Running is a tough sport! It's much easier with support. I never would have made it thru my marathon training without KRRC. Also, I like being able to ask questions to more experienced runners and to runners going thru the same struggles as me."*

Rhonda Landry-Swanson: *"I quit smoking in September 2011 and 3 weeks after I quit, decided I needed something to fill my time, so started the couch-to-5k. At the first race I ever went to (Jingle Bell 5k), I saw a group of runners dressed alike and realized they were a local running club. Looked them up on facebook and the rest is history. Best decision I ever made and some of the closest friends I have ever had."*

Jim Schrader: *"I mostly run with nothing around but farm dogs, chickens, possum and the occasional coyote. While nature is lovely company, but you guys are much better conversation."*

Nena Fournier: *"It's an outlet that has helped me make changes and connections with amazing people...Love the motivation and support!"*

Gail Passwater: *"After I got hooked on running I wanted to meet some new friends who I could run with. And, voila, here you all are! I love the motivation and support. I've met some great people! Jenni Goodwin- I found running later in life (mid 20s ha) and joined the club to connect with others that also enjoy the sound of feet on the ground."*

Nicole Cartier: *"Now I've met some fabulous friends! I have running goals, I have learned a ton. I check the group's fb page daily! Love the motivation!"*

Mark DuFrain: *"Wanted the motivation and support of others runners."*

RUNNING CLUB BIRTHDAYS

March, April, & May

Day	March	Age
2	Amie Byrne	32
3	Ayden Aldrige	11
3	John Varvel	28
4	Jeff Chiero	61
4	Ken Goodwin	55
4	Rod Kahl	49
7	Nicole Cartier	39
10	Kellie Solis	43
12	Alex Mombrun	18
12	Erik Wheeler	49
13	Mark Saffell	56
14	Kyle Dailor	11
15	Linda Hodges	70
16	Scott Pringle	42
16	Melinda Sutherland	62
16	Mark Walsh	59
18	Diana St. Peter	45
21	Benjamin West	39
24	John McGarey	45
25	Ken Klipp	65
26	Meggin Wilson	32
27	Pat Koerner	52

Day	April	Age
1	Jimmy Joines	58
1	Cal Mulder	11
2	Sarah Soleau	41
3	Guido Marchetti	76
3	Tyler Stroo	34
4	Larry Burton	54
4	Rick Lagacy	40
6	Stephanie Rogers	29
10	Mike McCully	40
11	Mark O'Connell	23
17	Carol LeBeau	70
18	Nichole Dailor	40
18	Ryan McCully	14
18	Kibet Rono	45
18	Ron Ruda	67
19	Rob Ravens	51
20	David Bohlke	68
28	Elizabeth Jennings	34
29	Kathleen Jensen	60
30	Mark DuFrain	45

Day	May	Age
1	Cameron Alden	43
1	Phil Newberry	52
2	Mitchell Chappel	11
3	Debra Dye	42
5	Kevin McNally	18
10	Hunter Solis	12
13	Jeni Goodwin	30
16	Amy Beilke	41
16	Kevin Dockemeyer	28
16	Kyle Dockemeyer	28
16	Laura Loica	45
16	Jordan Sieling	17
16	Justin Sieling	17
17	Daniel McNally	15
19	Jamie Freedlund	34
19	Corinn Wheeler	43
20	Trisha O'Brien	39
21	Chris Duval	59
22	Andrew Lagacy	17
23	Jennifer Casino	34
24	Elizabeth Schroeder	44
26	Randy Devore	66
26	Drew Parsons	31
27	Richard Loving	44
29	Jeff Grotevant	51
30	Tobie Brinkman	20

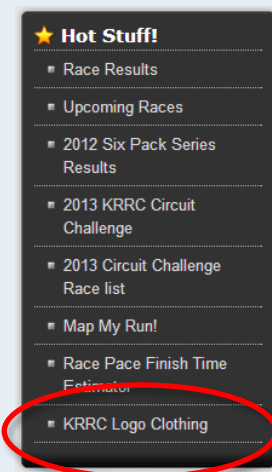
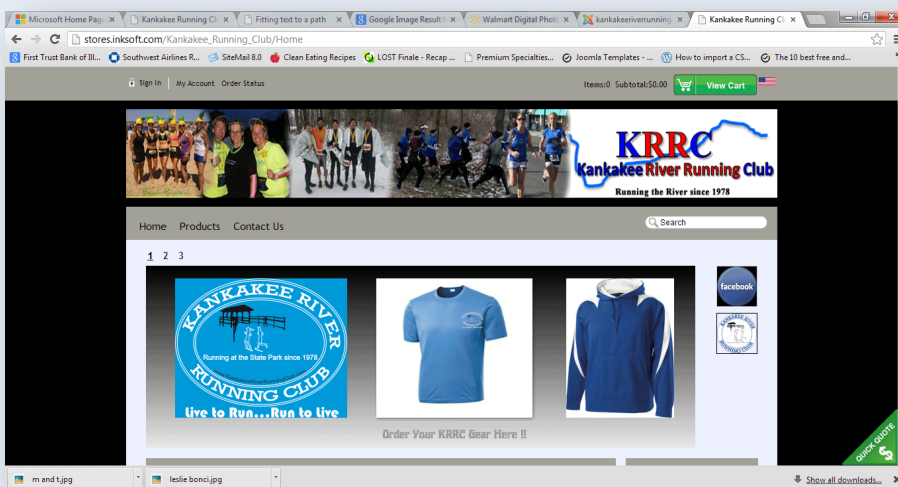


OTHER NEWSLETTER AND WEB SITE INFORMATION

Mark Saffell, website manager

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

You can now order clothing online through our partnership with Premium Specialties. If you are logged into the website (see information below for login instructions), you will see the new option in the Hot Stuff menu for KRRC Logo Clothing. Once there you will see the new store where you can shop and place orders in a number of categories with our logo.



Thanks to Dave O'Connell at Premium Specialties and Mark Dufrain's hard work in getting this done (and for pushing me to get it done on our site).

LOGIN INFORMATION

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

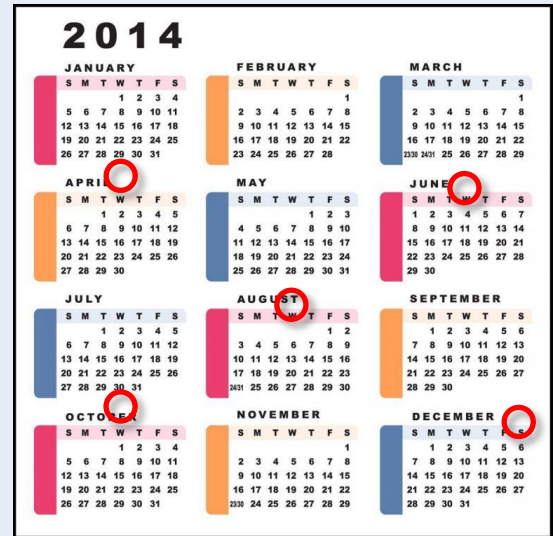
Remember Me

[Create an account](#)

UPCOMING EVENTS

Upcoming KRRC Meeting Dates:
Mark your calendars.

- April 2nd WEDNESDAY
- June 11th WEDNESDAY
- August 6th WEDNESDAY
- Oct 1st WEDNESDAY
- Dec 13th – CHRISTMAS PARTY



BOARD MEMBERS

Rick Loving, President: ral1963@comcast.net
Amie Byrne, Vice President: softballamie@gmail.com
Nichole Dailor, Secretary: dailorn@hotmail.com
Dave Bohlke, Treasurer: dbohlke@yahoo.com
Stephanie Rogers: blonchic9@aol.com
Mark Saffell, Website Manager: mark@KankakeeRiverRunningClub.com
Scott Pringle, Trustee: imlost22000@yahoo.com
Brad Swanson, Trustee: swanson1007@gmail.com
Mark Dufrein, Trustee: dufrain225@yahoo.com
For general club questions: krrclub@gmail.com



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Run to live