













Kankakee River Running Club Newsletter

August 2014

Volume 36, Issue 2

Welcome to the next issue of the Kankakee River Running Club newsletter. With this issue, we launch a new format. To keep these newsletters coming quickly, *we need your input*. It's easy to contribute. Just go to the website and click on Newsletter > Contribute. There are easy to fill out forms for each of the new sections. You can also send us pictures there. Thanks!!

	<p><u>RUNNERS ON RUNNING</u> <i>Running techniques, etc</i></p>
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	<p><u>BOARD MEMBERS</u> <i>doing our best to serve the club members</i></p>



**live to Run...
Run to live**



RUNNERS ON RUNNING

Running techniques, etc.



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Here is a good and simple article (*with pictures*) that shows good form. This was part of a larger article at the website <http://www.goodformrunning.com/>

4 SIMPLE STEPS TO GOOD FORM

#1 POSTURE




- * Feet straight ahead, knees soft.
- * Head level with eyes looking forward.
- * Stretch and reach to the sky, elongating spine.
- * Relax arms to sides at a 90° angle.
- * Keep arms & shoulders relaxed.
- * Use compact arm swings, avoid crossing the body's center line.

#2 MID-FOOT



- * Contact ground midfoot first.
- * Entire foot lands softly and under hip line.
- * Run light, avoid pounding.
- * Landing on midfoot promotes a balanced running position minimizing friction (braking).

#3 CADENCE



- * Cadence target = 180 steps/min.
- * To find cadence: Jog for 1 min. counting number of times your right foot hits the ground. Goal is 90 foot strikes per foot (180 total).
- * 180 cadence promotes short, quick strides and midfoot strike.

#4 LEAN



- * Lean from the ankles without bending at the waist.
- * Keep weight slightly forward and flex at the ankles.
- * Use gravity to help generate forward momentum.
- * Reset posture, then lean tall into a jog.

VS

COMMON RUNNING FORM



Slouching posture, heel striking, overstriding & bending from the waist lead to inefficient effort and many common injuries.

GOOD RUNNING FORM



Tall body alignment, midfoot strike, high cadence & a forward lean ensure an easier run, increased efficiency, and greatly reduce the chance of injury.



HEALTH AND FITNESS

article about health and fitness



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Nine Surprising Ways Running Helps Your Body

You know running is healthy, but do you know all the good it does?

By [Kit Fox](#) Published July 9, 2013 [Runner's World online](#)



GROWS CARTILAGE

Ignore the naysayers—running isn't necessarily bad for your knees. Research from Australia's Monash University suggests that the impact of running can increase cartilage production, which can safeguard your joints from arthritis.



SHARPENS HEARING

Research from Bellarmine University found that very fit women were six percent more likely to have better hearing than less-fit women. Exercise improves circulation to the ear, which provides a greater supply of nutrients to help preserve hearing.



SAVES YOUR SKIN

Rutgers researchers found that mice who drank caffeinated water and then ran had fewer skin-cancer tumors than rodents who either just got caffeine or just ran. The caffeine-exercise combo caused fewer damaged cells to develop.



BEATS MIGRAINES

Put down the painkillers. A study conducted at the University of Gothenburg in Sweden found that migraine sufferers experiences fewer head pounders when they worked out for 40 minutes three times a week over three months.



REGENERATES MUSCLE

Muscles mass declines over time—or does it? University of Illinois researchers found that exercise triggers a type of stem cell (mesenchymal stem cells) to spur other cells to generate new muscle. That process could prevent age-related muscle loss.



EASES ANXIETY

Feeling panicky about an upcoming work presentation? Go for a run. Researchers from Southern Methodist University near Dallas found that people had significantly milder reactions to stress if they engaged in regular intense aerobic exercise.



PREVENTS CANCER

Finnish researchers studied 2,560 middle-aged men over 17 years and found that the most active men were the least likely to die from cancer, especially in the gastrointestinal tract or lungs. The more intense the exercise, the better.



INCREASES BRAINPOWER

To see how exercise stacks up against other mental stimulants, University of Illinois researchers exposed mice to three types of brain boosters—savory foods, new toys, and exercise wheels. The wheel was the only tool that improved cognitive function.



STRENGTHENS BONES

Weight-bearing exercise increases bone density, which guards against fractures and osteoporosis, according to researchers from the University of Missouri. High-impact exercise, like running, appears to offer the greatest protective benefit.



A RACE WORTH RUNNING

race review / race recommendation

Mark Saffell / Tracie Saffell



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2013 was the year of the marathon for Tracie and me. Having run a few half-marathons and slews of 5Ks and 10Ks, Tracie nonchalantly mentioned one night that she might want to do a full marathon. Being the analytical researcher I am, I began a quest to find the best beginner marathon in the US. I knew we wanted a fall marathon because not only would we need time to train, but we were getting married in October, so wanted to use this marathon to help us get into our best shape for the wedding. There are a number of marathons in October as it's a popular month for marathons. Here are the ones that come up most often as the top fall marathons in the US that were before our wedding date:

1. US Air Force Marathon, Dayton, OH
2. Jackson Hole Marathon, Jackson Hole, WY
3. Medtronic Twin Cities Marathon, Minneapolis and St. Paul, MN
4. Portland Marathon, Portland, OR
5. Wineglass Marathon, Corning, NY
6. The Under Armour Baltimore Marathon, Baltimore, MD
7. Bank of America Chicago Marathon, Chicago, IL

We didn't want to do Chicago partially because it always sells out fast, and also because a number of our friends would be running it and we didn't want anybody to see us in case we were embarrassed about how we ran the marathon. Of the others, the ones that come up on most lists for great beginner marathons are Portland and Medtronic Twin Cities Marathon. Portland always gets great reviews as a fun, friendly and well-organized race with a great medal. But someone else had recommended Medtronic to me and it's hailed as the "most beautiful urban marathon in America". One of the things we liked is that it's 12,000 participants and 300,000 spectators. It's close to Illinois and I liked that it's not an out and back, it's a race that finishes in a different place than it started. Plus being in Minneapolis, it would allow us to have a good weekend and spend some time loosening up our muscles by walking around the Mall of America.



**MEDTRONIC
TWIN CITIES
MARATHON**

So, being the good fiancé that I am, I gave her a birthday package consisting of the marathon, flight, hotel, and pasta party.

We got into town Friday night and went to packet pickup and Expo on Saturday. Packet pickup went smooth and there was a great store to purchase Marathon goodies. The Expo was massive as you would expect from this large a venue.

We arrived at the race early. Start time is 8:00 a.m. Our hotel was about 10 miles away, so we got dressed, parked in a nearby parking garage, and headed to the starting line about 6:30. The starting line was in downtown Minneapolis near the Metrodome. Weather was scheduled to be perfect, but at that time of the morning, in Minneapolis, it was downright cold. We were dressed appropriately, but still it was cold. The Metrodome was open where we huddled with thousands of others until it got a little closer to start time. Eventually it was time to go and we moved into our corral (very near the back as we expected this to be a slow event for us. We trained using the Jeff Gallway walk / run

method, wanting to finish our first marathon without injury (since the wedding was less than 2 weeks after the race. The packet pickup and start were very well organized. Very easy to find our spot and prepare to take off with the other participants. Eventually we heard the start (probably 20 minutes ahead of when we actually started due to our placement) and we were off!

There were times during the training that I didn't know if we would make it. The 18 and 20 mile runs were challenging. Part of the difficulty is finding appropriate places to train. We didn't want to just run around town for 4 hours. So, we went up north and ran along some of the glacier trails. Good, but flat and treeless. So, before you start your long, long trainings, reach out to some club members and discuss long run trails and courses.

But after months and months of training, we were finally starting off on our full marathon. Everyone we came across was so friendly. It was beautiful. Going through the residential areas of Minneapolis and St. Paul, through the tree-lined neighborhoods, crossing rivers, it truly was we believe the most beautiful marathon in the US. There were spectators everywhere. There was never a spot in the whole 26.2 miles that there weren't spectators cheering you on. We had put our names on the front of our shirts and for the entire run, we heard Go Mark and Tracie! It was amazing.

Click this image if you would like to see the entire race course.



You can see by the race, that we ran through 6 lakes and across the Mississippi River. You can also see that we never doubled back. Never ran the same part of the course twice. That part was great. And to have spectators throughout that 26 miles is truly remarkable.

The course was overall flat. A few slight hills (mostly near the end during the last 3 miles). The course kept us entertained. We had brought appropriate items to snack on and there was plenty of water and Gatorade throughout the course – 12 to be exact. Every 2 miles. They also had runner checkpoints, so if people were tracking you at home, they would be able to easily track your progress via their web site. Very professional. And just in case you were needing medical assistance, there were 12 Aid Stations through the course.

I won't tell you this was easy. We had trained appropriately, and the course was beautiful, but it was our first marathon and my legs began to hurt at about mile 15. Tracie was doing good throughout. But my biggest problem was my feet. They began to severely hurt at about mile 18. Normally you would think, well, that's not too bad. Mile 18, almost done. But the sheer scale of a marathon is daunting. At mile 18, you still have 8 miles to go. That's a long ways!

Now, I will take full credit for having made the brilliant choice of this marathon. When all is looking bleak at 18 miles in or so, the course changes at mile 19 and crosses the Mississippi River. Beautiful tree lined roads and then crossing the big river is very motivating. I'm sure they did that on purpose. Once you cross the river, you start to think you might make it. Mile 20 is just ahead.

There are people everywhere cheering you on, and now all of a sudden you're in the 20's. Piece of cake now.

Well, Mile 23 is where it goes uphill. Not too steep, but after 23 miles, a 1 inch incline makes you say "Come On!!!". But we pushed on. Both of our feet at this point are screaming for relief. We push on slowly, achingly. And get to Mile 25. Almost there now, gang and you KNOW we're going to make it. We clear the last hill and there it is. The FINISH line. And it's downhill! And there are hundreds of thousands of people cheering you in. And you're running right towards the capital building. It was breathtaking.

During our training, at the end of each and every run, we practiced our finish. I didn't want to finally do this marathon and have the pictures look like we hated it or were in pain. So, during every training run, we held hands, and held them in the air and then we would say "Head up. Eyes open. Smile." To make sure that the pictures came out good. So, now that we were actually here, we held hands, lifted them up, and we said "Head up. Eyes open. Smile." Here's the proof:



Now. We cross the finish line and get our medals. Glorious. We get in line to have our pictures taken. It goes very organized and very quickly. Again, a well run race. Now we want something to eat, and to figure out how to get a bus back to the starting line. Those of you that know us know we're not the kind of people to



hang around afterwards. We're in. We're out. So, as a cruel joke that the race people played on us, we see the buses up at the foot of the capitol building steps. This is both good and bad. Good: we could see the buses easily. Bad: They're about a half-mile away. UPHILL! But, we managed to get to the bus, and we didn't have to wait there a long time before they started it up and drove us back.

So. Overall, the Medtronic Twin Cities Marathon was amazing. You couldn't ask for better weather, nicer people, a better course, a better run event, a night before pasta party, and a great Expo.

Okay. Now that you've heard about this great event, I have to wrap up this story with the final chapter. Post-race. After the bus dropped us off at the Metrodome, we hobble back to the parking garage... and our car is gone. We walk around and around and around trying to locate it. I don't have the keys with us to honk the horn, because I typically leave them in a hidden place so I don't have to carry them. So, no keys. No car. Tracie is very unhappy with me at this point. She just wants it to be over. So, I finally head out to find somebody that works there and figure out if we need to call the police and then I realize that when we pulled into the lot in a pre-marathon 6 am fog, I had gone DOWN, not UP. Not initially realizing when we walked back in that there was both

an UP and DOWN in this garage, so we weren't on the first floor up, but the first floor down. We locate the car and manage to get back to the hotel. Crisis averted. Note to all. Pay really close attention to where you park your car as your mind will be on other things if this is your first marathon.

Second. We get to the hotel and we're freezing – normal after your body puts that much adrenaline out for so long. When we get to the hotel, we get some coffee and prepare to go up and not move for the rest of the day. I tell the front desk we're going to order pizza to be delivered now and I don't care whether they bring it up or they send Domino's up, we are NOT coming down to get this pizza, somebody is bringing it to us. So, next note to yourself: We were unbelievably sore and achy and just knocked out – felt like we were drugged the rest of the day. Maybe it's just us.

I hope you have enjoyed two runners review of our first marathon.



RUNNING JOKE

a joke about running



live to Run...
Run to Live

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Runners are a funny bunch! Each month we'll try to bring some of that humor into the newsletter. We'd love to hear your favorite running / runner jokes. Head to the website and click on Newsletter > Contribute and show us how funny we are. Here's a couple of things to get you started.

YOU KNOW YOU'RE IN A RUNNER'S HOME WHEN...

TRUE RUNNER



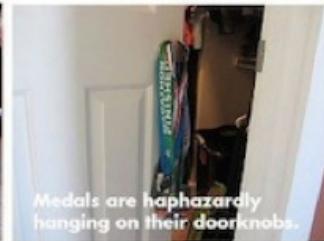
The furniture has been moved aside for rolling.



The garage looks like the shoe department of a running store.



Running clothes are pouring out of their drawers.



Medals are haphazardly hanging on their doorknobs.



Hydration bottles are drying all over the kitchen counters.



The laundry room looks like a gym locker.



Gu is found in bulk in the pantry and next to snacks.

RUNNERS



WHAT MY FRIENDS THINK I DO



WHAT SOCIETY THINKS I DO



WHAT IDIOTS THINKS I DO



WHAT MY CO-WORKERS THINK I DO



WHAT I THINK I DO



WHAT I ACTUALLY DO



I'M A RUNNER

Member spotlight



live to Run...
Run to live

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Who are you?

We want to know. Just who are you? As the club has grown to nearly 200 members, we don't all know each other as well as we might like. So, let's fix that. Head over to our web site and fill in a quick form. We'll pick a few each month to highlight in the newsletter so we can all get to know each other a little better. If you're so inclined, add a picture, too! Running or just hanging out.

Here's what we want to know.

Where were you born?

How long have you been running?

Why did you start running?

What is one thing you'd like to improve as a runner?

Why did you join the running club?

What do you hope to get out of being a member?

Do you have a favorite race that you have run?

Do you have a favorite place that you like to run?

Do you have a bucket list dream race or run that you would like to do?

What is one crazy fact about yourself?



ENERGY TO BURN

recipes and eating



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In this section, we will cover some recipes made for runners. As we all know we love to eat. For some of us our motto is Run Hard. Eat Hard. So, each newsletter we try to bring you some yummy, yet healthy recipes.

Raspberry Energy Booster Smoother

Recipe

- 2 Frozen Bananas
- ½ Cup Frozen Raspberries
- 1 tbsp. Chia Seeds
- 1 tsp. Maca Powder
- 1-2 Cups of Coconut
- Water or Nut / Seed Milk



Fresh Fruit Scones

While some scones taste more like supersweet cake, these contain just a small amount of added sugar and get a boost of natural sweetness from the fresh fruit (you can use whatever fruit is in season). Adding some whole wheat flour provides long-lasting energy, while the all-purpose flour helps the scones retain their tender texture. The result is a satisfying treat with plenty of nutritional merit. Enjoy one before a run or as an afternoon snack along with a cup of coffee or tea.

TOTAL TIME: 1 hr 10 min

SERVINGS: 8

- 1¼ c all-purpose flour
- ½ c whole wheat flour
- ½ c sugar
- 1½ Tbsp baking powder
- ¾ tsp baking soda
- 6 Tbsp cold unsalted butter, cut into pieces
- ¾ to 1 cup buttermilk
- 1 tsp vanilla extract
- 1 c fresh fruit, such as diced peaches, whole blueberries, chopped cherries, or diced mango



- 1. PREHEAT** the oven to 350°F. Line the bottom of a 9"-round cake pan with parchment paper or coat the bottom with cooking spray.
- 2. COMBINE** the all-purpose flour, whole wheat flour, sugar, baking powder, and baking soda in a large bowl. Cut in the butter using a pastry blender, fork, or two butter knives (moving the knives in the opposite direction), until the butter pieces are pea-size and coated with flour. (This creates a flakier scone.)
- 3. COMBINE** ¾ cup of the buttermilk and the vanilla extract in a small bowl. Pour it into the dry ingredients. Stir until combined. If the mixture seems dry, add more buttermilk. Add the fruit and mix until combined.
- 4. TRANSFER** the dough to the prepared cake pan and gently pat it into the pan. Using a butter knife, gently score the top of the batter into 8 pieces (like a pie), without cutting all the way through. Bake for 35 to 40 minutes, or until the scones are golden brown. Let them cool for about 15 minutes, then cut into 8 pieces.

NUTRITION (per serving) 277 calories, 44 g carbs, 2 g fiber, 5 g protein, 9 g total fat, 6 g saturated fat, 454 mg sodium
Recipe by the Rodale Test Kitchen



CALENDAR OF EVENTS

Join us!



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Tuesday nights – Intervals
Thursday nights – Long Run

Brief note about the weekly runs from our President, Rick Loving:

Come join the Kankakee River Running Club on our Tuesday and Thursdays group run.

We meet behind the YMCA as a group at 5:55pm and take off at 6:00. From there, it is little over a ½ mile warm up down to the Riverfront path. Once there, we normally break up into small groups according to planned pace or distances and run from there.

The main loop goes down along the river and over to Riverfront Park and back but anyone can turn around at any point to get what-ever distance they need.

Here is a quick link to the normal run via a map I created in runningmaps.
<http://www.runningmap.com/?id=690965>

For a complete list of all upcoming local races including registration and results, head to our website at www.kankakeeriverrunningclub.com and click on Upcoming Races or Race Results under the Hot Stuff menu on the left.

For other up-to-the minute events including people looking for running partners, head to our Facebook page. <https://www.facebook.com/groups/Kankakeeriverrunningclub/>.

Click below to join us.



2014						
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MEMBER BIRTHDAYS

Let's have cake!



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Congratulations on all upcoming Club Member birthdays for September, October, and November. And since, we didn't have a newsletter recently, we didn't want the summer birthdays to feel slighted, so they are listed here. Happy Birthday!!!!

Day	June	Age
4	Katie McNally	20
8	Jim Borschnack	47
8	Nicholas Borschnack	6
10	Krista Borschnack	43
13	Casey Koerner	19
13	Matthew Wenzel	46
15	Robert Pool	78
23	Charles Navarro	34
24	Tony Solis	42
26	Tammy Hellings	34
26	Michael McNally	21
29	Phyllis Smothers	64
30	Gail Passwater	45

Day	July	Age
3	Terri Putnam	57
7	Leon Malone	84
7	Jessica Prentkowski	28
8	Teri Boudreau	54
8	Tia Poole	50
8	Paul Surprenant	67
9	Bill Burrell	48
10	Linda Curwick	52
10	Deborah Renville	49
11	Brian Pritchard	47
12	Paul DuFrain	20
13	Brenda Ravens	??
15	Rodney Spiezio	52
15	Crystal Rose	30
16	Taryn Brinkman	17
16	Patricia Horn	59
28	Mitchell Kahl	19
30	John Bevis	51
30	Holly Schaforth	27
31	Colleen Edmonson	29

Day	August	Age
3	Alison Borschnack	12
4	Bernie Hinrich	57
6	Melanie Meents	25
7	Brandon Reyes	21
9	Jill Davis	67
9	Maria DuFrain	51
10	Amanda Hicks	33
10	Grayson Solis	4
13	Donna Koerner	58
15	Rhonda Swanson	43
16	Matt McQueen	38
16	Nancy Ruda	58
19	Dee Anna Hillebrand	51
25	Glenn Tuuk	45
27	Christopher Borschnack	14
28	Martha Vana	63
31	Dan Gould	70

Day	September	Age
1	Mike Sonnevile	43
6	Lori Everts	46
7	Kim Alberts	52
7	Michael McGuckin	62
9	Karen Dannenhauer	49
10	Kalie Alberts	24
11	Chip Fountain	38
11	Jeanette Gall	42
12	Richard Vana	64
13	Skyler Aldrige	9
13	Larry Bosley	68
13	Mike Janek	32
16	Todd Kutemeier	43
17	Deb Caspary	49
18	Amy Stroo	33
21	Amy Fountain	39
21	Leslie Hart	38
21	Brian Shreffler	44
21	Michelle Walsh	61
22	Lilly Aldrige	3
22	Ryder Aldrige	3
23	Jerry Kuntz	59
26	Kathy Meyer	54
29	Kerry O'Connell	52
30	Kim Aldrige	37

Day	October	Age
3	Clayton Aldrige	13
3	Victoria Grogan	48
4	Diane Gerber	53
5	Craig Alberts	58
5	Angie McQueen	39
5	Daryl Meyer	55
8	Jeremy Aldrige	38
8	Trudy McNally	45
8	Gwyneth Stroo	7
10	Brian Noffke	54
10	Lyndon Walton	53
12	Rich Olmstead	63
13	Jen Johnson	43
13	Dave Smith	40
14	Avery Hicks	15
17	Tracy Stogsdill	41
20	Denise Caparula	36
21	Pete Hinrich	56
22	Renee Whitehouse	48
28	Dan Bullock	63
31	Tami Brinkman	44
31	Lucas Kisner	12

Day	November	Age
2	Lin Grotevant	45
2	Lynne Utter	42
5	Bryce Baker	39
5	Scott Hicks	34
8	Trevor Edmonson	26
9	Lori Chong	26
17	Michael Dailor	14
21	Kelly Martin	38
22	Elizabeth Navarro	9
22	Tom Meents	60
24	Shaun Brav	37
25	Brent Long	44
27	Gary Freedlund	37
28	Lucas Huseman	31





YOU ASKED FOR IT!

Questions and comments from club members



Live to Run...
Run to live

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These questions were submitted on our Facebook page. "Like" us and track interesting posts, questions, and what is happening with your fellow runners. Below are some of the questions asked and answered recently by our member community. If you have a question, you can ask it on our Facebook page or on the website under Newsletter > You Asked For It!

Matt Wenzel

Looks like I'll be running my first true "rain race" tonight. So, any suggestions? So far, I am wearing a dry-fit shirt (no cotton, because I know cotton will become heavy when wet) - I am wearing my older running shoes (so as not to ruin my new ones) - I plan to wear one of those \$1.99 rain ponchos until the race starts - and I brought a change of clothes for gear check and after. Any suggestions?

[Kirsten Pieper](#) – Be careful about the old running shoe thing – if you are used to your newer shoes, don't risk injury or a bad race by wearing the old ones. Water won't hurt the shoes, I've soaked mine many times. Make sure you aren't wearing cotton socks! Cotton socks are like cotton shirt, they will hold water and increase the risk of blisters. You can get non-cotton socks at any sports store if you don't already have them. I wouldn't go the no socks route unless you have trained that way and know you are comfortable.

Shawn Brav

Looking for advice from the group. I didn't get my long run in this last weekend. I did 9 miles this morning and was thinking about finishing the miles tonight as a long run split. Would you recommend this as I'm doing 8 tomorrow and have 17 scheduled for Saturday. Or should I be happy with the 9 this morning and let the other 4 or 5 miles go.

- [Amy Gibson Wordlaw](#) – let it go... let go...
- [Michelle R. Francoeur](#) – I would let it go.
- [Kellie Drazy](#) – Sollis – I would let it go.
- [Andé Wegner](#) - Don't worry about it. One missed long run won't affect anything.
- [Patrick Koerner](#) – Banana Split? Go for it. Long Run Split? Skip it! Save yourself for this weekend's 17 miler. Good luck.

Anonymous

Great Question Today By A Runner - "What is the Wall?"

- [Dino Pappas](#) - My condensed response. It's the point where your mind says go and your body says no where you want to continue at the same pace or find another gear and you can't respond. From a medical and physiological standpoint, it has a tendency to occur when your body switches from quick energy burn (carbohydrates first, muscle and liver glycogen (storage form of glucose) second, and proteins/fats third) to other sources for energy to fuel your workouts. Your energy and caloric demands exceed your capacity to fuel your workout leaving an energy gap that runners and endurance athletes report as the wall.
- [Michelle R. Francoeur](#) - I think a lot of it depends on how your run is going. If you are having a fantastic run you may never see it. It is a mental barrier that you need to be able to climb over. I

have seen very seasoned runners hit the wall and not so experienced runners be fine during a race. At any race and at any given mileage could you experience it. I think a lot of factors play in to this also. The race, time of year, health, and most of all the runner.

- [Kevin Dockemeyer](#) - I've ran 7 total marathons! It took 4 to realize that I need to boost my intake during the race multiple times! I went from a 2:44 and down to a 2:36 and 2:33 the following years! The year I ran 2:36 I hit the wall at mile 23, Chicago last year (2:33) I never hit a wall! Boston 2014 (2:35) I sorta hit a wall at 25 in the sense my legs were just beat from the hills! Since I've increased my intake I've felt tons better during the last several miles

[Jim Schrader](#)

I am looking for a long steep hill to run on. I've done the Canterbury Lane hill at the entry to the Riverfront Park trail. Is there anything longer and steeper up there? I have a trail ultra in September that I need to get prepared for. The interstate overpass down here isn't cutting it. Thank you.

- [Laura Anderson](#)
 - Davis Creek: there's a hill that runs uphill from the river to the parking lot (before the trail even starts)
 - Poop Hill (*the hill in Bradley behind the water treatment plant*).
- [Jeff Snedecor](#) - Pilot hill southeast of Herscher. It's not steep but it seems like you can get quite a long run on it. Probably not a mile but at the top it goes down a little then back up. If you go to the intersection of 9000 (north south road) and 6000 (east west road) get out and look in all 4 directions. There are long hills each way. The one looking south goes down, then at the bottom there are 2 lakes with some good parking. The hill goes back up 1/2 mile to the top. Looks like either way you can get a little over 1/2 mile of hill.

[Jackie Skrobot](#)

Favorite 5K speed workouts...go!

- [Andé Wegner](#) - Tuesday night track sessions with the club!
- [Julie Ader Loving](#) - My favorite is .25 warm up with 4-200 @ a 6 to 6:30 pace then right after 5-400 @ a 7 to 7:10 pace then a .25 cool down. And we add on each week.
- [Kyle Dockemeyer](#) - 10-400s or ladders like 200, 400, 600, 800, 1200, 1600 & back down



BOARD MEMBERS

doing our best to serve the club members



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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 Malones 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 KRRC 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.

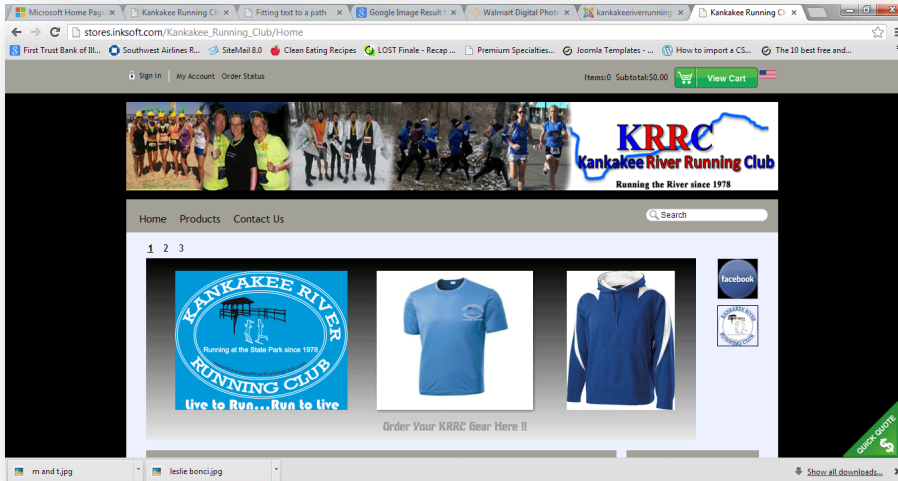
Mark DuFrain- I am a Trustee for the running club and a member of the apparel committee. Have been in the club for approximately four years and have enjoyed the new friendships that I have acquired. Crazy running moment? Consuming alcoholic beverages until 2 am with friends, eating some very greasy pizza 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? 😊

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.

A screenshot of the website's login form. It is titled 'Login Form' and contains the following elements: a text box for 'User Name', a text box for 'Password', a 'Remember Me' checkbox, a 'Log in' button, and a link for 'Create an account'.