













# Kankakee River Running Club Newsletter

January 2015

Volume 37, Issue 1

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!!

|   |  |
|---|--|
|    | <b><u><a href="#">RUNNERS ON RUNNING</a></u></b><br><i>Running techniques, etc</i>                 |
|    | <b><u><a href="#">HEALTH AND FITNESS</a></u></b><br><i>article about health and fitness</i>        |
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|  | <b><u><a href="#">BOARD MEMBERS</a></u></b><br><i>doing our best to serve the club members</i>     |



**live to Run...  
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## **RUNNERS ON RUNNING**

*Running techniques, etc.*

Matt Wenzel



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This section is usually used for various running techniques, but we had a great contribution from Matt Wenzel, so we're going to use this section for his article. It goes towards running in general, the comradery we feel while running, and we appreciate his contribution.

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### **The benefits of running clubs.**

I happen to belong to the [Kankakee River Running Club](#), but there are tons of running clubs (NWI Striders, Park Forest Pancake & Running Club, Frankfort New Lenox Club, and so on and so forth). The club I belong to is filled with wonderful people, who are competitive, motivating, encouraging, helpful, and just flat out friendly. I am sure this applies to any running club you can think of.

But what is the point of joining a running club? There are many, which I will list (because I am a list maker) - but the KRRC President (Kibet Rono) really said it best - and I paraphrase here - "*The 5k is only 30 minutes long, but the event is hours long. The 5k is only part of the event, the reason for being there, but the socializing before and after is what makes the event great*". (I did paraphrase, I can't remember everything, ya know). You can substitute 5k and 30 minutes for any distance and time - the point is the same. But it's not just the before/after on that very day - but the days/weeks/months leading to the race and after the race.

I think the greatest element of a good running club is that it is made up of people who are willing to give and give more and give more than they take. For example, a group of people from the KRRC Club raised a ton of money for St. Jude's Children's Hospital. They fundraised together, they drove down to Memphis together, and they ran together. In addition, members of the club contributed to the fund raising.

THIS is what a running club is really about. People, with a common passion that unites, working together to do great things, to promote great things, and to be friends. After all, when it comes down to it, isn't that what LIFE is all about?

Now, for some more tangible benefits :

- 1) Discounted entry to many races
- 2) A resource for running tips (mechanical and mental)
- 3) A pool of competition AND cooperation
- 4) Tons of encouragement
- 5) People to run with between races (in the evenings, mornings, weekends)
- 6) People to train with
- 7) Opportunity to give back to the community or charity as a group
- 8) A social club

There is nothing more fun than having someone you know near the finish line area yelling "good job" or "finish strong" or those who meet you with 1/4 mile to go and run in with you. Having people you know pushing you, helping you achieve YOUR best. People willing to give you tips, mechanical and mental, to make you faster - even if that means you could beat them in a race.

A running club provides excellent friendly competition, but more importantly it provides an amazing amount of support.

It's not about winning or being the fastest - it's about being YOUR best and reaching YOUR goals, no matter what clock time those goals are, and of course HAVING FUN. THAT is where a running club provides value!

It's about the people!!

Personal note: I joined the Kankakee River Running Club about a year ago - and I immediately felt welcome and was making new friends on day one - friends who I can look to for advice, competition, and just general social fun!

If you run - I suggest finding a running club (or 2 or 3) in your region and join up. It has brought my already huge enjoyment of running to new high!

Thanks  
Matt Wenzel

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Thanks for the contribution Matt. It's great to hear from you.

If you have a similar story on running – either technique, or a great running story, let us hear from you. Go to the running club web site and click on Newsletter Contribute.





## HEALTH AND FITNESS

article about health and fitness



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### Cold weather running

We've already had some brutally cold weather, but it's only January in the Midwest. Winter is not over, it's barely just started. So, sometime the weather can be tough for proper outdoor running due to the severely cold weather.

Here are a few pitfalls to watch out for....

1. Keep exposed skin to a minimum, frostbite sets in quickly at these temps and the cold can numb the skin quickly so you don't feel the frostbite setting in. Avoid the wind where ever possible as the wind chill dramatically drops the temps, especially if you are running into it.
2. Seek immediate shelter and warmth as soon as you are done running, the body heat you generated while running will drop quickly and the layer of sweat you generated will accelerate your body temp loss. Bring a change of dry clothes and change everything you can as soon as possible.
3. Take a longer warm up period before settling into your training pace. Your muscles will be cold longer and running on cold muscles does not allow them to stretch or function properly due to reduced blood flow. This increases post run soreness as well as increases the chances for running injuries.
4. Before your run, check the weather forecast, if possible plan a route that will keep you protected from running into a headwind or sheltered from the wind completely. If it is snowy or icy, try to plan a route to reduce the risk of slipping and falling. Modify your planned pace accordingly...
5. If you do find that "the weather outside is fright full" and bring your work out indoors, an indoor track or treadmill workout is a suitable replacement. If running on an indoor track, alternate your miles different directions if possible as well as slow down for the corners to reduce strain on your knees.
6. If running on the treadmill, be sure to change the incline setting to 2-3% (don't leave it flat) to better simulate running in real word conditions. The 2-3% will offer a slightly more challenging workout and be more like outdoors where wind resistance and subtle elevation changes are part of running.



Regardless of where you are running...be safe....

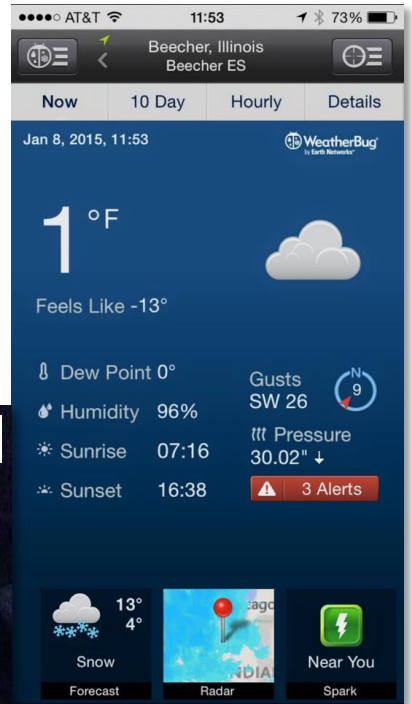


Here are some pictures we captured of our fearless KRRC members braving the cold so far this

winter.



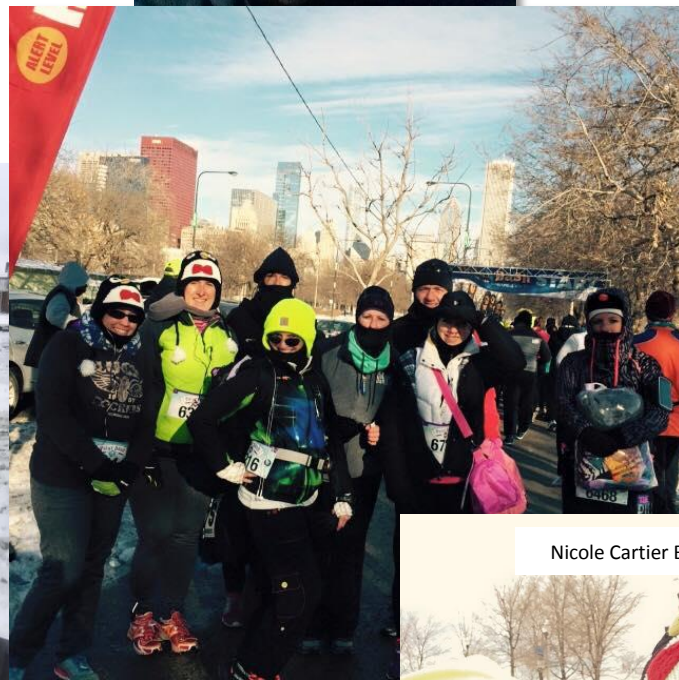
Linda Curwick and masked friends



Lori Hill Everts and Linda Curwick

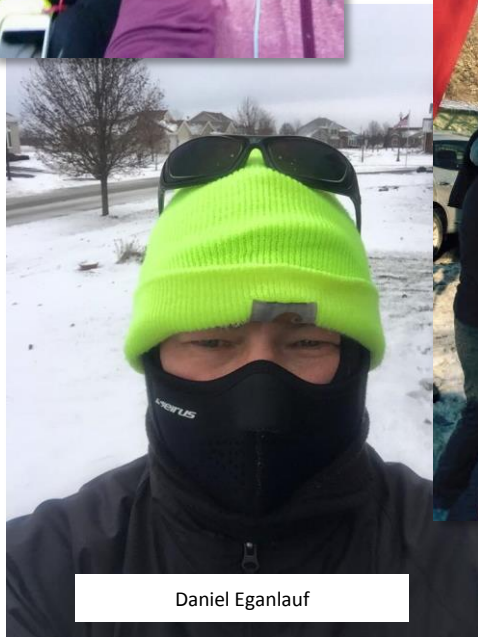


Jim Schrader

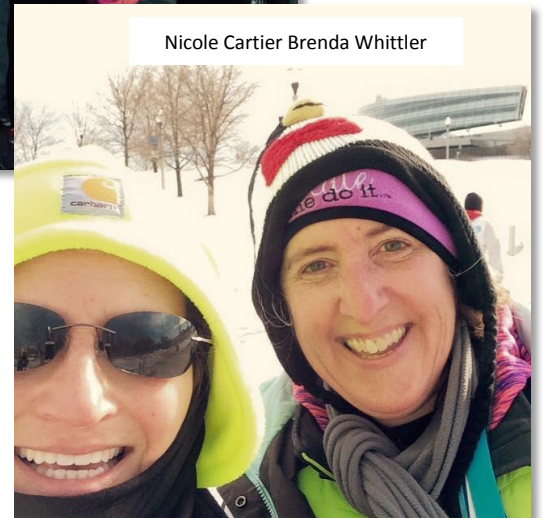


Polar Dashers and YETIs

- Nicole Cartier
- Julie Ader Loving
- Todd Kutemeier
- Tosha Hoadley
- Chris Cote Snider
- Netty Gail
- Brenda Whittler
- Leslie Kutemeier



Daniel Eganlauf



Nicole Cartier Brenda Whittler



## A RACE WORTH RUNNING

race review / race recommendation

Dee Anna Hillebrand



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### KRRC Saves the Day

This year was the 33<sup>rd</sup> annual [Herscher Hare and Tortoise race](#). The weather was warm and a little humid on September 1, at 5:50pm, when Ryan Marcotte, Herscher High School graduate, sang the National Anthem at the starting line. After a few words from 2014 KRRC President, Rick Loving, the alarm sounded and over 140 walkers and runners hit the streets of Herscher.

Earlier this year, the Herscher Chamber of Commerce approached Rick Loving and Dave Bohlke. They needed a race director and wanted to know if the Kankakee River Running Club would be interested in the job. After a few meetings, an agreement was reached and Rick and Dave were on board to co-direct the 5k race in County West.

The starting line would still be on Elm Street by the high school and the finish line would still be on the track in front of the bleachers. The route, however, would need to be changed. The baseball parking lot now had extra poles in it to mark "Bus Only" parking slots and could not be part of the route. Rick Loving came up with the idea of heading west on 5000 South for ¼ mile and then turning back towards Herscher and going north on Main Street.

Rick Loving and Dave Bohlke asked the Kankakee River Running Club members to volunteer on race day and the members answered the call. Joyce Grotevant stepped into her familiar position at the Registration table. Rick Lagacy, Ande Wegner and Lori Chong assisted Joyce. Melinda Southerland handled the Pre-Registration table with help from Herscher High School students. Leon Malone was the mile split timer. After they finished helping at Registration, Rick Lagacy and Ande Wegner went to a water station to help out Nichole and Sean Dailor. This was the far water station that had water AND music. Lori Chong went out on 5000 South and directed the runners at the orange cone turn around. Dave Bohlke set up the chute, race clock and camera at the Finish Line. Pat Koerner lined up the awards on the Awards table and also collected the bib tags as walkers/runners crossed the Finish Line. John Shoup was in charge of clicking the time button at the Finish Line.

Ken Klipp did a phenomenal job announcing awards with his color commentary on his former students or long-time running friends.



There was a small glitch when Julie Loving was awarded the “Master’s Female” award. After receiving her award, she walked back to her seat in the bleachers, but was asked to return the award because it was given to her in error.

The crowd responded with a loud “Awww”. When it was decided that Julie WAS the correct winner, the crowd cheered and applauded.

We held a post-race “meeting” at the Herscher Restaurant and Pub on Main Street to review the race. It seems like everyone is happy with the parking and location of the race. It was suggested to have music at the football field while walkers/runners are coming onto the track towards the Finish Line. The refreshments need to be moved closer to the bleachers and there needs to be more water bottles at the Finish line. Someone asked about getting grapes and pizza for refreshments next year.

So, all in all, this year’s race was a huge success thanks to the collaboration of Herscher’s Chamber of Commerce, Rick Loving, Dave Bohlke and KRRC. THANK YOU to all the KRRC members that came to Herscher on Labor Day Sunday to help out and to participate in the race. See you in 2015!

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We want to hear your race story, too. Go to <http://www.kankakeeriverrunningclub.com> and click on Newsletter Contribute and tell us your story.



Kacie Brown, a Herscher Princess candidate, helped hand out awards with her blonde curls and winning smile.





## **RUNNING JOKE**

*a joke about running*



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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.

### **Two Hikers**

Two hikers on a trail came around the bend to find an enormous brown bear about 75 yards up the trail. The bear spies them and begins running toward them at a full gallop. One hiker drops his backpack, sits down, throws off his boots, and starts lacing up a pair of running shoes.

The other hiker says: "What are you doing? You will never outrun that bear!".

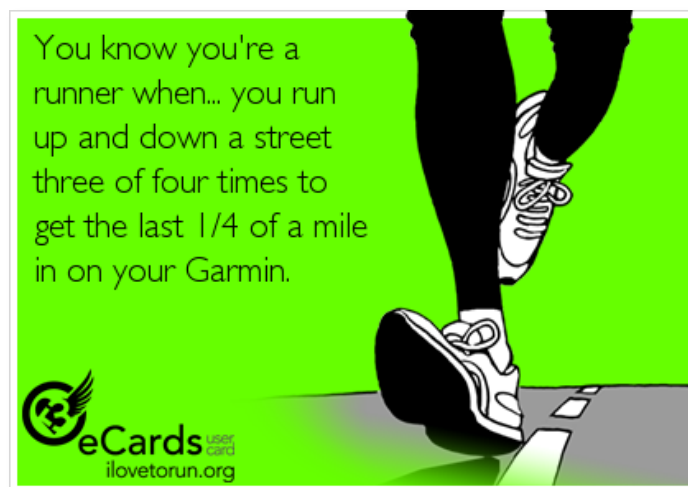
The first hiker replies: "I don't have to outrun the bear...".

### **Running Shoes**

Deciding to take up jogging, the man was astounded by the wide selection of jogging shoes available at the local sports shoe store. While trying on a basic pair of jogging shoe, he noticed a minor feature and asked the clerk:

"What is this little pocket thing here on the side for?"

And the clerk: "Oh, that's to carry spare change so you can call your wife to come pick you up when you've jogged too far."







## **I'M A RUNNER**

*Member spotlight*  
Nicole Cartier



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Every month, we take a closer look at one of our members. Helps us to get to know people a little bit better. This month, we interviewed Nicole Cartier. Next time you're at an event and see her, take a minute to say hi.



**Who are you?** Nicole Cartier

**Where were you born?** Kankakee

**How long have you been running?** Since Dec 1, 2013. I dabbled in it years ago but never did anything with it.

**Why did you start running?** My friend Casie and Katie Campbell were running. Katie said she was going to do a Half Marathon for 2014. I figured if she could do it, I could do it. I saw Nena Fournier posted something to the KRRC Facebook page. I told her I think I want to run and she told me I could totally be a runner. So I went a club holiday run that night. That was Dec 17, 2013. I met some of the best people ever that night!

**What is one thing you'd like to improve as a runner?** Speed of course!

**Why did you join the running club?** On that first run, people were dressed in lights and costumes. We stopped to sing Christmas carols. I thought, oh yeah, this group is totally where I belong!

**What do you hope to get out of being a member?** Nothing more than I have already really. Friends, running company, and a great group who are all motivating in different ways. A great feeling of inclusion!

**Do you have a favorite race that you have run?** Well, I worked the hardest for my first Half Marathon, "Get Lucky", but I love the Polar Dash. Something about conquering that challenge in either flooded paths or sub-zero temps.

**Do you have a favorite place that you like to run?** Umm, I run in my neighborhood, or through Briarcliff. Mostly I just like to run where there are other people!

**Do you have a bucket list dream race or run that you would like to do?** No, I don't look that far ahead. One day at a time.

**What is one crazy fact about yourself?** One??? I like to schedule meetings and parties at weird times. Like 6:16 or 7:42.

**Anything else you'd like to share about running, runners, or yourself?** Well. I think "always encourage yourself to do your best no matter what". Life's too short to beat up on yourself. You do have to be your own cheerleader and it's ok. After all, every race is really just you seeking out the finish line.

Nicole Cartier, MA, LCPC, RN, NHA, MSN

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We want to know YOU too. Go to the running club web site ([www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com)) and click on Newsletter Contribute and then I'm a Runner. It's easy and fast and maybe we'll highlight YOU in an upcoming issue.



## **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. Have a favorite recipe of your own, click Newsletter Contribute on the web site and tell us about it.

### **Coconut Almond Energy Bars**

These hearty treats, adapted from The Bakery in New Paltz, New York, have powered runners, bikers, and climbers for 30 years. The oats, dates, and honey provide quick fuel, while the nuts and seeds offer enough fat and protein to fend off hunger for a good few hours. Enjoy one as a hearty snack whenever you need a boost of energy.

TOTAL TIME: 25 minutes

SERVINGS: 20

2 c old-fashioned rolled oats  
1 c unsweetened shredded coconut  
½ c whole raw almonds  
½ c whole raw cashews or peanuts  
½ c sesame seeds  
½ c raw sunflower seeds  
½ c chopped dates or raisins  
1½ c tahini (sesame seed paste) or natural peanut butter  
1 c honey (you'll need an entire 16-ounce bottle)  
1 tsp vanilla extract



1. **PREHEAT** the oven to 350°F. Generously coat a 10" x 15" baking sheet with cooking spray.
2. **COMBINE** the oats, coconut, almonds, cashews or peanuts, sesame seeds, sunflower seeds, and dates or raisins in a large bowl.
3. **COMBINE** the tahini or peanut butter and honey in a microwaveable bowl and heat on high for 1 minute. Add the vanilla extract and mix well. Add to the oat mixture. Stir until well combined.
4. **POUR** the mixture onto the prepared baking sheet and, with wet hands, pat into a rectangle about 1" high (your rectangle will be about 10" x 12"). Bake for 15 minutes, or until the edges of the bars turn golden brown. Do not overbake. The bars will still feel tacky in the center but will firm up as they cool.

**NUTRITION** (per serving) 311 calories, 30 g carbs, 5 g fiber, 8 g protein, 20 g total fat, 5 g saturated fat, 26 mg sodium

*Recipe by David Santner*



## CALENDAR OF EVENTS

Join us!



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### Upcoming club dates

**February 1** – Winterfest

**February 13** – Jan-Feb Birthday celebration – 6:00 PM at Bourbonnais Beggars Pizza

Also, come join the Kankakee River Running Club on our Tuesday and Thursdays group run.

Tuesday nights – Intervals

Thursday nights – Long Run

Both runs usually begin at ONU Snowbarger Field. Check in on Facebook to see if weather has changed the plans.

For a complete list of all upcoming local races including registration and results, head to our website at [www.kankakeeriverrunningclub.com](http://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.







## MEMBER BIRTHDAYS

Let's have cake!



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Congratulations on all upcoming Club Member birthdays for the first half of 2015

| Day | January           | Age |
|-----|-------------------|-----|
| 02  | Kellie Alden      | 45  |
| 04  | Cindi Reddish     | 60  |
| 05  | Daniel Gerber     | 56  |
| 07  | Jessica Betterton | 39  |
| 07  | Jen Ingram        | 41  |
| 09  | Frank St. Paul    | 59  |
| 12  | Rick Livesey      | 62  |
| 14  | Avery Fountain    | 14  |
| 14  | Carter Longtin    | 11  |
| 16  | Griffen Kisner    | 42  |
| 16  | Kevin Tuuk        | 43  |
| 18  | Nena Fournier     | 47  |
| 20  | Chad Gray         | 36  |
| 22  | Kristen Swanson   | 17  |
| 23  | Brad Swanson      | 51  |
| 25  | Chuck Parsons     | 66  |
| 29  | Jay Freundt       | 46  |
| 29  | Dianne Strufe     | 75  |
| 30  | Cassie Brieske    | 38  |

| Day | February           | Age |
|-----|--------------------|-----|
| 04  | Chris Betterton    | 43  |
| 06  | Gerry Kilbride     | 77  |
| 08  | Ande Wegner        | 36  |
| 10  | Colin Koerner      | 22  |
| 12  | Roger Smothers     | 65  |
| 14  | Nancy Hitson       | 44  |
| 18  | Charlie Grotevant  | 73  |
| 18  | Mindy Randazzo     | 44  |
| 21  | Chris Walsh        | 53  |
| 24  | Judy Kilbride      | 76  |
| 26  | Marianne Surprenan | 58  |
| 28  | Carson Solis       | 16  |

| Day | March              | Age |
|-----|--------------------|-----|
| 02  | Amie Byrne         | 33  |
| 03  | Ayden Aldrige      | 12  |
| 04  | Jeff Chiero        | 62  |
| 04  | Ken Goodwin        | 56  |
| 04  | Rod Kahl           | 50  |
| 06  | Bailey Lovell      | 17  |
| 07  | Nicole Cartier     | 40  |
| 08  | Darren Woods       | 47  |
| 10  | Kellie Solis       | 44  |
| 11  | Casey Fountain     | 11  |
| 11  | Rachel Myers       | 12  |
| 12  | Alex Mombrun       | 19  |
| 12  | Erik Wheeler       | 50  |
| 13  | Mark Saffell       | 57  |
| 14  | Kyle Dailor        | 12  |
| 15  | Linda Hodges       | 71  |
| 16  | Scott Pringle      | 43  |
| 16  | Melinda Sutherland | 63  |
| 16  | Mark Walsh         | 60  |
| 21  | Benjamin West      | 40  |
| 22  | Ellen Burrell      | 47  |
| 22  | Jessi Hayes        | 38  |
| 22  | Christine Snider   | 47  |
| 24  | John McGarey       | 46  |
| 25  | Ken Klipp          | 66  |
| 25  | Jesse Wordlaw      | 43  |
| 27  | Pat Koerner        | 53  |



| Day | April              | Age |
|-----|--------------------|-----|
| 01  | Jimmy Joines       | 59  |
| 01  | Cal Mulder         | 12  |
| 03  | Guido Marchetti    | 77  |
| 03  | Tyler Stroo        | 35  |
| 04  | Larry Burton       | 55  |
| 04  | Rick Lagacy        | 41  |
| 06  | Stephanie Rogers   | 30  |
| 07  | Dawn Willbarger    | 56  |
| 11  | Mark O'Connell     | 24  |
| 18  | Nichole Dailor     | 41  |
| 18  | Kibet Rono         | 46  |
| 18  | Ron Ruda           | 68  |
| 19  | Rob Ravens         | 52  |
| 20  | David Bohlke       | 69  |
| 22  | Diana Caise        | 47  |
| 23  | Brenda Whittler    | 47  |
| 28  | Elizabeth Jennings | 35  |
| 29  | Kathleen Jensen    | 61  |
| 30  | Mark DuFrain       | 46  |
| 30  | Joann Myers        | 43  |

| Day | May                | Age |
|-----|--------------------|-----|
| 01  | Cameron Alden      | 44  |
| 02  | Mitchell Chappel   | 12  |
| 03  | Debbie Dye         | 43  |
| 04  | Aria Wordlaw       | 11  |
| 05  | Kevin McNally      | 19  |
| 06  | Sydney Johnson     | 18  |
| 09  | Scott Walters      | 42  |
| 10  | Hunter Solis       | 13  |
| 13  | Jeni Goodwin       | 31  |
| 16  | Kyle Dockemeyer    | 29  |
| 16  | Laura Loica        | 46  |
| 16  | Jordan Sieling     | 18  |
| 16  | Justin Sieling     | 18  |
| 17  | Daniel McNally     | 16  |
| 19  | Jamie Freedlund    | 35  |
| 19  | Corinn Wheeler     | 44  |
| 20  | Trisha O'Brien     | 40  |
| 21  | Chris Duval        | 60  |
| 21  | Tom Jernberg Sr.   | 60  |
| 22  | Andrew Lagacy      | 18  |
| 24  | Elizabeth Schroede | 45  |
| 26  | Randy Devore       | 67  |
| 26  | Drew Parsons       | 32  |
| 26  | Carol Villegas     | 39  |
| 27  | Richard Loving     | 45  |
| 29  | Jeff Grotevant     | 52  |
| 31  | Scott Wright       | 50  |

| Day | June                | Age |
|-----|---------------------|-----|
| 04  | Katie McNally       | 21  |
| 08  | Jim Borschnack      | 48  |
| 08  | Nicholas Borschnack | 7   |
| 10  | Krista Borschnack   | 44  |
| 13  | Casey Koerner       | 20  |
| 13  | Matthew Wenzel      | 47  |
| 15  | Robert Pool         | 79  |
| 23  | Charles Navarro     | 35  |
| 23  | David Snider        | 66  |
| 24  | Tony Solis          | 43  |
| 26  | Tammy Hellings      | 35  |
| 26  | Michael McNally     | 22  |
| 29  | Phyllis Smothers    | 65  |
| 30  | Gail Passwater      | 46  |



## YOU ASKED FOR IT!

Questions and comments from club members



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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!

### Terry Garvey, Jr.

Hello, I'm new to this group and have a few questions. I've run a handful of 5k's and am "running" a half on April 25th. What do you use to train, do you use any outline like Higdon? What do you do for cross training as to not get injured or over doing it while training? Are there any good running stores in the area?



**Kibet Rono:** Welcome to our group and please pose all the questions you have without hesitation. You are well covered with the responses. All the running stores are up north or south unfortunately. Human race is in Orland Park, Naperville running Co is another, Body 'n Soul in Champagne is another.

**Lori Hill Everts:** I use Galloway's Book on Running. This is the plan "to finish" and you aren't concerned with speed. He has other plans for different goal finish times. It's a great book.

**Terri Putnam:** I have used Galloway, it does work. The walk/run method makes you faster and you don't get as tired as fast.

**Melanie Mahoney Boudreau:** I use Runkeeper and it has a training plan on there. I like Galloway, so I'm going to compare the two and see how they look.

**Mark Salkeld:** Two other excellent training plans are Hanson's Half Marathon plan and Pete Pfitzinger's great new book Faster Road Racing 5k to the half marathon

### Susan Sherwood

**Does the inability to breathe when running get better?**

**Kellie Bear-anowski:** Yes. Take it easy but start slow. If you need to walk to catch your breath, do it. Getting out there is the hardest part. But it does get better! You'll be running a marathon in no time!

**Heather Jean:** I'm in the same boat. I run for about a minute and then I walk until I can catch my breath again. I think I have to train my lungs and heart rate as well as the legs.

**Kirsten Pieper:** It absolutely gets better! (And then you start pushing yourself to run faster/farther, and it gets harder again) If it was easy, everyone would do it! Remind yourself that the pain is temporary, and then you get to spend the rest of the day reveling in your accomplishment. Also, don't push yourself too hard at first. Keep it fun!

**Scott Pringle:** You'll find your natural rhythm and it gets almost effortlessly.

**Chris Cote Snider:** Always seems so hard in the beginning but hang in there because it truly does get better and before you know it you will be addicted.

### **Jeff Snedecor**

**Has anybody dealt with a stress fracture in the foot? Did you get a MRI or bone scan to know for sure? I am thinking I have one. I take a few days off running and it completely feels fine. One short easy run and hours later or the next day I can hardly put weight on it. It hurts on the top to the side of my foot. No bruising.**

**MorningSun Kelly:** Yes, it sounds like it. Go have it checked out. Don't leave it! I have seen people in denial and made it worse, and ended up in a boot for 9 weeks!!! A simple Xray will show.

**Amy Carlson DeLong:** I had one. There was no bruise but I knew I did something to it. I could pinpoint the exact location. I tried icing 20 minutes on and 20 minutes off the rest of the night but it did not help. I went to the Dr. the next day and an X-ray confirmed it. I could not do my 2nd marathon and I was in a boot. I'm sorry this happened to you.

**Jackie Skrobot:** Bone scan will give you definite answer or CT scan. X-rays some times miss it.

**John Bevis:** I had a stress fracture in my shin. Same type of symptoms. Few days off seemed ok, then run.. OW! Run.. OW! I had to find via a dye test. 6 weeks off. Haven't had a problem since. Good luck.

**Wayne Bisailon:** John Bevis, when you started back, what was your intensity, and mileage?

**John Bevis:** Usually a few weeks of building mileage then after confidence back and no reoccurrence of injury added some speed work. I was off a total of 8 weeks then. Took that long to get back

**Ang Mcqueen:** X-ray won't show stress fracture for 2 weeks. MRI will definitely show right away. I work as X-ray tech.

**Jackie Skrobot:** Unless you have a really good orthopedic that knows what to look for....ask for the CT scan or bone scan



## **BOARD MEMBERS**

*doing our best to serve the club members*



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**We, the board of KRRC, are here to serve you and help build a club that grows with you. Here is your 2015 Board.**

President: Kibet Rono [kibetrono@comcast.net](mailto:kibetrono@comcast.net)

Vice-President: Nicole Cartier [Nascartier@yahoo.com](mailto:Nascartier@yahoo.com)

Secretary: Mileen Joines [mileenj@yahoo.com](mailto:mileenj@yahoo.com)

Treasurer: Dave Bohlke [dbohlke@yahoo.com](mailto:dbohlke@yahoo.com)

Social Director: Maria DuFrain [butterflies963@gmail.com](mailto:butterflies963@gmail.com)

Website Manager: Mark Saffell [mark@kankakeeriverrunningclub.com](mailto:mark@kankakeeriverrunningclub.com)

Trustee: Scott Pringle [imlost22000@yahoo.com](mailto:imlost22000@yahoo.com)

Trustee: Michelle Francoeur [connorandkatelyn@att.net](mailto:connorandkatelyn@att.net)

Trustee: Pat Koerner [tallcornac@aol.com](mailto:tallcornac@aol.com)

**Kibet Rono** – I am proud to be the President of the Kankakee River Running Club. I believe my job is to be an ambassador for the club to the community. To extol the benefits of socializing through running and other forms of exercise. I have been a member since 2010.

**Nicole Cartier** – I am the Vice President of the club. I have been with the club for 1 year.

**Mileen Joines** - I am the Secretary of the club. My position tracks and records all official Board and public meetings in accordance with the bylaws of our corporation.

**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.

**Maria Dufrain** – Social Director. I joined the Running Club 3 years ago. I will be heading up the social part of the club and arrange for functions and parties along with special activities at particular races throughout the year.

**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.





live to Run...  
Run to live

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**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.

**Michelle Francoeur** – Trustee.

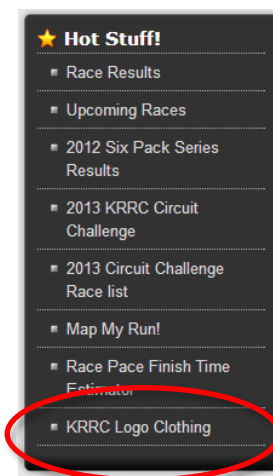
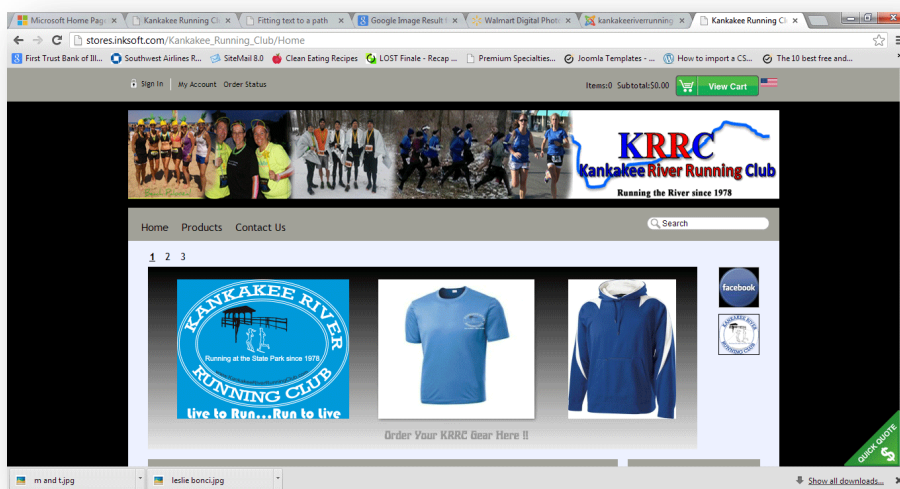
**Pat Koerner** – I am a trustee and joined the running club in 1985. I have lived in the area all my life. I started running in 1982. I have served as race director or assistant race director for the Kankakee YMCA race since it's beginning in 1989. I am just looking to help keep the running club going strong.

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## The Running Club web site

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](mailto: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. To create a user ID or to login, use the Login Form located on the front ride side of the page or the User Menu.



**Login Form**

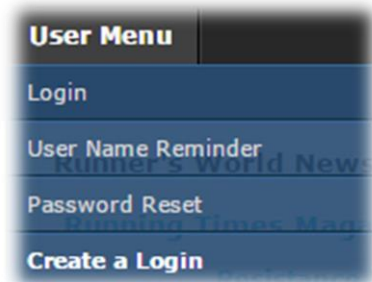
Active KRRC club members can log in below using the User ID and password you were provided when you joined. If you need a reminder of your user ID or to have your password reset, click [here](#).

User Name

Password

Remember Me

[• Create an account](#)



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.