



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!!

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RUNNERS ON RUNNING

Running techniques, etc.

By Susan Paul contributed by Nena Fournier



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We've had a lot of new members join the club and a fair amount of us are new to running, or are looking to increase our running distances. Below is reprint of an article from Susan Paul. Good ideas for all of us to heed.

TOP 10 NEWBIE TRAINING TIPS-

1. **GET A SHOE FIT-** Schedule a professional running shoe fit and purchase the right shoe for you. Do not base your choice on the color of the shoe or a style you like. You will not be thinking about what your shoes look like when you cross the finish line!
2. **PICK A RACE-** Picking a race establishes your targeted distance and defines your training. The race date gives you a deadline and helps provide motivation and commitment.
3. **FIND THE RIGHT TRAINING PLAN... FOR YOU!**- Begin at the beginning. Find a plan that is compatible with your *current* fitness level. Don't start above your head. Your training plan should reflect your targeted race date, the distance you are training for, and your present fitness level.
4. **SLOW DOWN-** Run slow or even walk first before running. Keep a conversational run pace for at least three months as you develop your running base. Take walk breaks as needed. Focus on increasing your run time or your distance in gradual increments rather than your run pace.
5. **MAKE RUNNING FRIENDS-** Running friends will help support your new sport and lifestyle and may help encourage you to train. Meeting up with others for runs makes you accountable too. Making training a "social event" can make it fun and safer too!
6. **RUN AT LEAST THREE DAYS A WEEK-** Training plans that are three or four days a week allow you recovery time between runs while still providing enough training stimulus to promote health and fitness benefits. Don't skip workouts; try to do each and every workout on your training plan. If you miss one, don't try to make it up by squeezing it in, just pick up where you left off. Rest days are part of the training process too. We need down time to adapt to training. This is when we become stronger, fitter, and faster. Take at least one day a week completely off.
7. **CROSS-TRAIN-** Enhance your running by cross-training two days a week. Focus on muscular strength and flexibility activities like weight training, yoga, pilates, core exercises, or calisthenics rather than aerobic cross-training activities.
8. **EAT CLEAN-** Change your diet to support your newfound sport and healthy lifestyle. Eating healthy will help fuel your runs, repair your body, make you feel better, and improve your performance.
9. **HYDRATE WELL-** Increase your water intake. Start drinking more water, whether you feel thirsty or not, every day.
10. **FOLLOW THE 10 TO 20 PERCENT WEEKLY VOLUME INCREASE-** Increase mileage or time gradually. Sticking to the 10 to 20 percent increase rule helps you avoid doing too much, too soon, and too fast. A slow, gradual build reduces the risk of injury.

For more tips for beginner runners and to find the right training plan for you, check out The Starting Line, the beginner's program from Runner's World.



Stretching for Runners

Stretching can get confusing. Here is a simple article that was originally posted at ACTIVE.com.

PRE-RUN

Both these dynamic stretches loosen up and activate all your leg muscles—inner and outer thighs, hips, hamstrings, calves and quadriceps—through full range of motion.

Leg swings: Hold onto a sturdy object, stand on one leg and swing the other leg forward and back. Do 20. Then swing that same leg side to side 20 times. Each swing should build until your leg is close to its full range of motion.

Walking lunges: Take a large step forward with your right leg, and bend the knee until your thigh is parallel to the floor and knee is aligned with your ankle. Push back upward, draw your left foot even with your right and step forward with the left. Try to keep your walking lunges fluid, and focus on proper form. Do 20 (10 per leg).

POST RUN

The following stretches target the major leg muscles to maintain healthy flexibility and range of motion. Hold all stretches for 30 seconds to two minutes.

Kneeling hip flexor and hamstring: From a kneeling position, plant the right foot on the ground in front of you, so the leg is bent 90 degrees, with the knee and ankle aligned. Keeping your back straight, press forward into your right hip while keeping your left knee pressed into the ground, stretching your left hip and right hamstring. To increase the stretch to the left hip flexors, squeeze and contract the glute muscles of your left hip.

Standing quad: Stand with legs together. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your left hand. Press your shoelaces into your hand, so that your leg does the stretching instead of pulling up with your hand.

Standing calf: Stand facing a wall with your hands on the wall at about chest level. Placing the ball of your right foot up against the wall, heel touching the floor, gently lean into the wall until you feel a stretch in your calf while keeping your leg straight.



A RACE WORTH RUNNING

Race review / Race recommendation

Submitted by Kellie Solis



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We are always looking for our next great race. This month, we interviewed Kellie Solis who gave us the rundown on a favorite race of hers.

What is your name? Kellie Solis

What is the name of the race? Women Rock Half Marathon, 10K, and 5K

What distance did you run? Half-Marathon

Where was this race held? Chicago, Illinois

Why did you choose this event? I really liked the website and energy of the race.

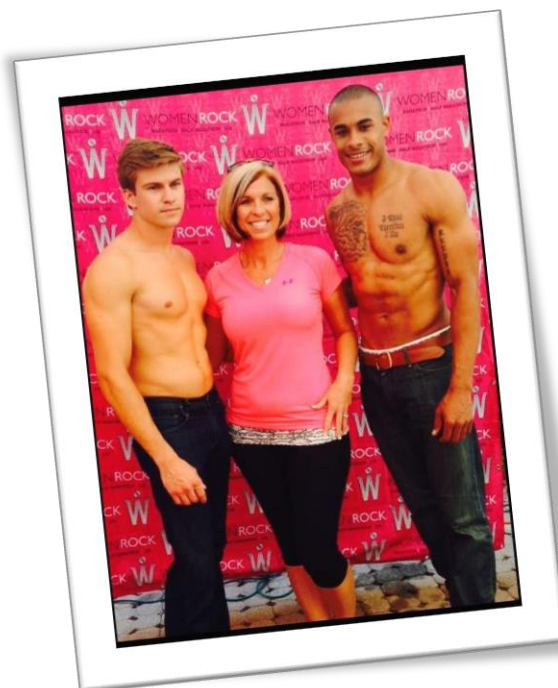
Other races you considered? I've done a lot of races and I have already signed up for this one again for this September 2015. My friend, who is a brand new runner, has agreed to train for 1/2 marathon for Women Rock in September.

What was the packet pickup / Expo like? Loved the expo! So many fun activities and unique products. Very organized and lots of sale items to choose from.

Tell us about the race day, corral, and pre-start. The race day was easy and parking was close and convenient and free. Corrals were well posted and started right on time.

Alright, now tell us what the race was like. The course was beautiful. Most of it was along the waterfront. Water stations seemed limited, but I rarely take advantage of them, so I may not have noticed as much.

Was there a post-race event? Post race party is HUGE. Tons to do. Women Rock Men greet you at finish with your diamond pendant and are available to take pictures with you. They also give you a MEN of Women Rock calendar and there are lots of give-aways! There is a champagne station and you get to keep the champagne flute of Women Rock as a souvenir. Music and girlie cars - a really good time!





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.

Q: Did you hear about the race between the lettuce and the tomato?

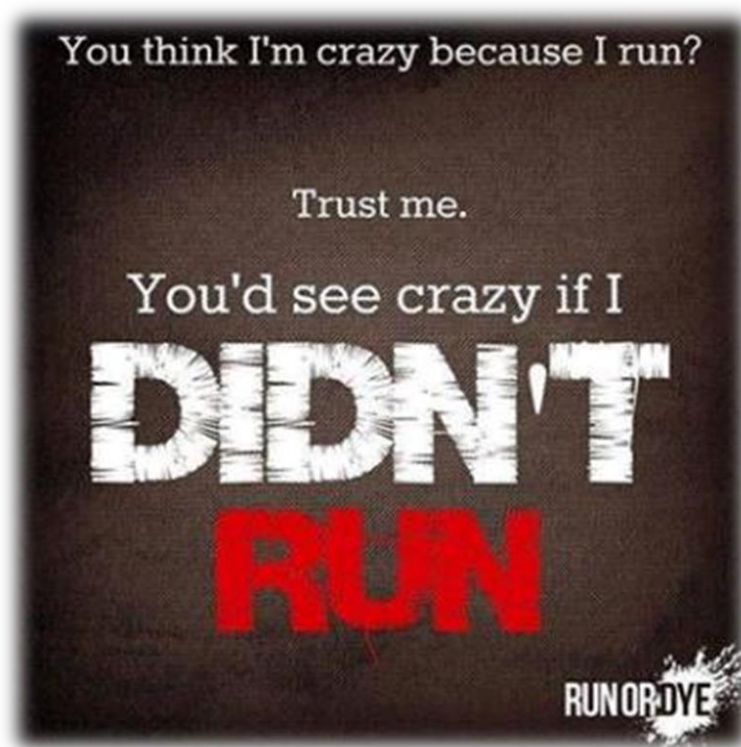
A: The lettuce was a "head" and the tomato was trying to "ketchup"!

Q: How do crazy runners go through the forest?

A: They take the psycho path.

Q: What do runners do when they forget something?

A: They jog their memory





I'M A RUNNER

Member spotlight
Andè Wagner



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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 Andè Wagner. Next time you're at an event and see her, take a minute to say hi.

Where were you born? Kankakee

How long have you been running? 12 years, give or take.

Why did you start running? Because I can. Because I was told I couldn't and I wanted to prove them wrong. When someone tells me it's impossible, it just makes me want to push myself until it becomes possible.

What is one thing you'd like to improve as a runner? I think most people want the same thing - to be faster and more efficient. I'm no different, but I'm actually pretty ok with my current level of fitness!

Why did you join the running club? For the camaraderie of running with others, and to just have some fun.

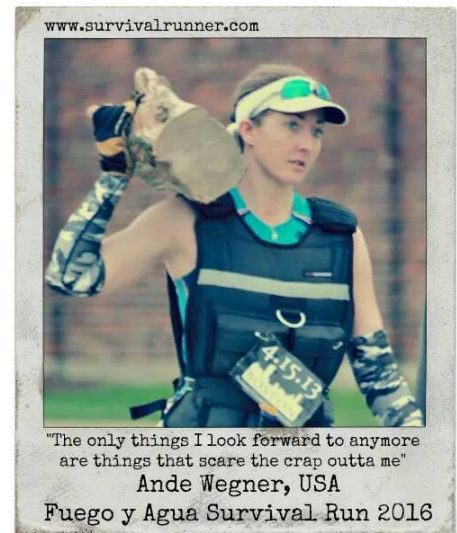
What do you hope to get out of being a member? More knowledge - running tips, races that aren't as well-known to the public, and friends of course!

Do you have a favorite race that you have run? Milwaukee Marathon, Beach to Battleship Ironman, Kilbride Classic

Do you have a favorite place that you like to run? Locally would be the trails at the Kankakee State Park. My favorite run spot ever is Mount Liamuiga on the island of St. Kitts, however!

Do you have a bucket list dream race or run that you would like to do? I have a yearning to run all of the marathon Majors!

What is one crazy fact about yourself? At the age of 18 I was told I would never be able to run again - I had a heart condition and very bad knees from too many softball and horseback injuries. For several years, I believed the doctors and fell into a bit of a void, as running/sports had always been a part of my life. Finally, I couldn't take it anymore and began running again, along with taking joint supplements and strengthening the muscles around my knees. Within a year, I was running virtually pain free and without any heart tics that I used to get. 12 years later, I'm happier and faster than ever! I even have other marathons to do on my "bucket list" as well. I've knocked Chicago and Tokyo Marathons off the list so far! Another desire is to run a marathon on every continent. Comrades Ultra in South Africa has been on my radar for many years, as is the Great Wall Marathon.



Who are you? Andè Wagner



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.

Zucchini Bread

Whether you are a runner or a walker, you know you need the right fuel to help you have the strength to keep going and ensure that your body recovers after a grueling run. Knowing just what to make, however, can be a bit more complicated. If you're a morning runner or walker, use this healthy recipe to power up before you exercise. Zucchini bread is a summertime classic and a great morning meal for runners and walkers alike!

TOTAL TIME: 25 minutes

YIELD: 2 loaves or 24 muffins

- 3 large eggs
- 1 cup olive or vegetable oil
- 1 3/4 cups sugar
- 2 cups grated zucchini
- 2 teaspoons vanilla extract
- 3 cups all-purpose flour
- 1 tablespoon cinnamon
- 1/8 teaspoon nutmeg
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon table salt
- 1/2 cup chopped walnuts or pecans (optional)
- 1 cup dried cranberries, raisins or dark chocolate chips or a combination thereof (optional)



- Preheat oven to 350°F.
- Grease and flour two 8x4 inch loaf pans, liberally. Alternately, line 24 muffin cups with paper liners.
- In a large bowl, beat the eggs with a whisk. Mix in oil and sugar, then zucchini and vanilla.
- Combine flour, cinnamon, nutmeg, baking soda, baking powder and salt, as well as nuts, chocolate chips and/or dried fruit, if using.
- Stir this into the egg mixture. Divide the batter into prepared pans.
- Bake loaves for 60 minutes, plus or minus ten, or until a tester inserted into the center comes out clean. *Muffins will bake far more quickly, approximately 20 to 25 minutes.*

Recipe reprinted from <http://smittenkitchen.com/blog/2007/07/summer-of-the-bats/>

Recipe contributed by Leslie Kutemeier



CALENDAR OF EVENTS

Join us!



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Upcoming club dates

May 15th - Nite Lite 5K Run and 2 Mile walk for Harbor House. Perry Farm, Bourbonnais. Friday, 5/15 at 7:00 pm. ...[See More](#)

May 16th – Pause for Patriotism – 12 p.m. at River Road Park

May 19th – Foam Roller Class by Dr. Scott Nims – Hampton Inn @ 6:30

Also, come join the Kankakee River Running Club on our weekly runs.

Tuesday and Thursday mornings. Check Facebook for a post by Samantha Aspel.

Tuesday and Thursday nights at the YMCA at 6:00.

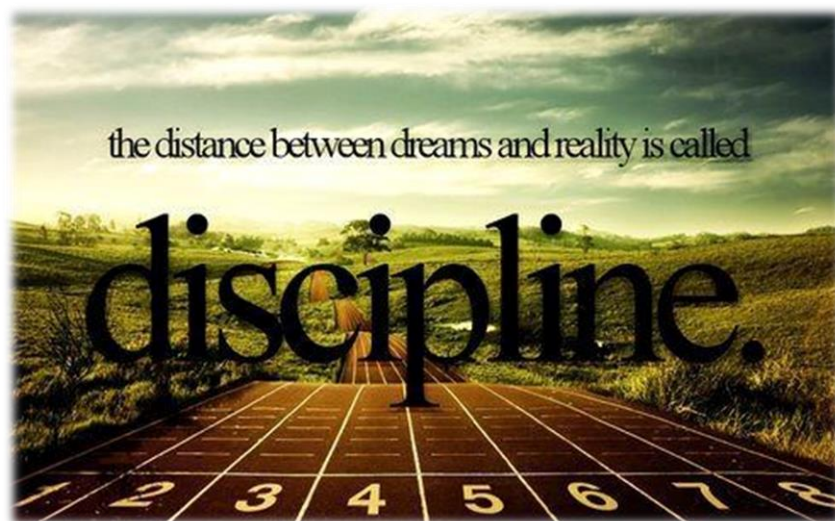
Saturday morning runs – Check Facebook for a post from Scott Pringle.

Sunday morning runs – 8:00 at the State Park

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.





Say Cheese

Photos of Club Members



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Jan Deets Ingam



Kellie Drazy-Solis



Dan Gerber



Kalie Alberts



Dave Bohlke, Leslie Kutemeier, Glenn Tuuk, Kalie Alberts, Scott Pringle, more...



Dena Jo Lovell, Andè Wagner, Rick Legacy



Samantha Aspel, Tammy Hellings, Dan Combs, Ann Hendrix, Jill Beth Minton Davis



Denise Caparula



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

Vice-President: Leslie Kutemeier leskute35@gmail.com

Secretary: Mileen Joines mileenj@yahoo.com

Treasurer: Dave Bohlke dbohlke@yahoo.com

Social Director: Maria DuFrain butterflies963@gmail.com

Website Manager: Mark Saffell mark@kankakeeriverrunningclub.com

Trustee: Scott Pringle imlost22000@yahoo.com

Trustee: Michelle Francoeur connorandkatelyn@att.net

Trustee: Pat Koerner 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.

Leslie Kutemeier – I am the Vice President of the club. I joined the club with the purpose of promoting the sport of running for fun and fitness. I have a genuine love of this sport and want all levels of runners and walkers to feel comfortable joining the club.

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.

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 its beginning in 1989. I am just looking to help keep the running club going strong.

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.

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 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 given. **User Menu**
you need a User Name and Password to have your account. **Login**
User Name:
Password: **User Name Reminder**
 Remember Me **Password Reset**
Create a Login
• [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.



"Run when you
can, walk if you
have to, crawl if
you must;

just never give up."

-Dean Karnazes

