



Kankakee River Running Club Newsletter September 2015 Volume 37, Issue 4

Welcome to the newest issue of the Kankakee River Running Club newsletter. To keep these newsletters coming regularly, **we need your input**. It's easy to contribute -- just go to the website (<http://www.kankakeeriverrunningclub.com>) and click on Newsletter Contribute. There are easy to fill out forms to send in updates, articles, and pictures. Thank you for your contribution!!

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MaryEllen Quinn-Williams



Photos by Bob Williams
Herscher Hare & Tortoise 5k
9/13/15



Craig Alberts



Lori Everts





RUNNERS ON RUNNING

This month, **Holly Wood** shares with us the importance of stretching as part of our running routine.

Proper stretching can easily be overlooked, especially as a newer runner. I found myself continuously skipping stretching before and even after runs. Once I started running consistently I immediately felt the repercussions of not stretching. I found myself doing basic hamstring stretches that I learned from high school track but it wasn't enough. With every year passing I began to feel running more and more in my joints.

Shortly after I began getting serious about running I joined Barefoot Yoga Loft. Joining yoga complemented my running and taught me many new stretches. One wonderful pose I learned is the half pigeon pose. When I first started this pose I thought it was pure torture. I soon found myself craving this pose and even doing it in my own home nightly.

As I continued running and training for longer distances I realized that I needed more than yoga. After conversing with my personal trainer she explained that before running I should be doing high dynamic stretches. She explained that I needed stretches that would take my joints through their full range of motion before I worked them. She suggested that I do stretches that worked my hip flexors such as knee raises and lunges.



Half Pigeon Pose

http://brigiddineen.com/wp-content/uploads/2011/02/eka_pada.jpg

Knee Raises



Lunges



Photos from: <http://tinyurl.com/qabwetn>

She also made it very clear that I needed to stretch after the race as well. (This was another running sin I was guilty of.) After running I now complete several stretches such as lower back stretches, calf stretches and of course hamstring stretches. According to an article by Runner's World one form of stretching is not as beneficial as using multiple stretching routines.

At my last half marathon I tried a number of these stretches and felt a huge difference. My body felt loose and prepared for the distance. When I passed the finish line and took three minutes off my time, I swore I would never run another race without stretching!



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HEALTH AND FITNESS

Roger Smothers, Marathon Man(iac)

When you ask people who **Roger Smothers** is, you usually get the same response: He's that guy who runs a lot of marathons. While most recognize his name and equate it with "marathons," few knew much more about him. In reality, though, that's all you need to know.

Roger has the unprecedented distinction of being the only member of the Kankakee River Running Club who has completed *52 marathons (1,336.2 miles) in 51 weeks*. What would prompt a husband/father/grandfather/retired ironworker to take on such a feat of the feet? Here's his story.

"In 2004, I ran a couple of 5ks and got hooked on the sport. I like to be challenged, and I like competition."

"When I reached a peak at 5ks, I moved on to 10ks and half marathons. Then, I needed something more, and I became interested in the challenge of running marathons."

"My first marathon was the Rock and Roll in Nashville, and I knew I wanted to do more. So, I reached out to the 'Marathon Maniacs' website and read about the 'Insane Asylum,' which is a list of different levels of marathon challenges. Right away, I knew I wanted to achieve the Titanium status – 52 marathons in one year. "

"To complete this goal, I also got involved with 'Mainly Marathons,' an organization that schedules marathon series. A series is five marathons in five consecutive days in five states or seven marathons in seven days in seven states. This was the perfect way for me to compete, to achieve a goal, and to stay challenged."



#	MARATHON	DATE	LOCATION	TIME
1	Med City Marathon	5/26/14	Rochester, MN	4:29
2	Heartland Series Day 1	6/4/14	Niles, MI	4:12
3	Day 2	6/5/14	Anderson, IN	4:50
4	Day 3	6/6/14	Bloomington, IL	4:52
5	Day 4	6/7/14	Clinton, Iowa	5:09
6	Day 5	6/8/14	Monroe, WI	5:07
7	Sagnapmit Marathon	7/19/14	American Fork, Utah	4:32
8	Eagle Creek Trail Marathon	8/2/14	Indianapolis, IN	5:25
9	Pike's Peak	8/17/14	Manitou Springs, CO	9:03
10	Center of the Nation Series Day 1	9/17/14	Baker, Mont.	4:20
11	Day 2	9/18/14	Bowman, ND	4:49
12	Day 3	9/19/14	Belle Fouche, SD	4:47

“There have been many special events and moments along the way. The Pike's Peak Marathon and the first seven-in-seven Riverboat Series that I completed (Ill., Mo., Ken., Tenn., Miss., Ark., and La.) were the ultimate challenges for me. Qualifying for Boston at the Chicago Marathon in 2006 was beyond words, too.”

#	MARATHON	DATE	LOCATION	TIME
13	Day 4	9/20/14	Sundance, WY	5:16
14	Day 5	9/21/14	Chadron, NE	5:18
15	Quad Cities Marathon	9/28/14	Moline, IL	4:20
16	Appalachia Series Day 1	10/11/14	Bluefield, WV	4:41
17	Day 2	10/12/14	Bluefield, VA	5:13
18	Day 3	10/13/14	Morgantown, NC	4:52
19	Day 4	10/14/14	Seneca, SC	5:18
20	Day 5	10/15/14	Unicoi, GA	5:38
21	Screaming Pumpkin	10/25/14	Peoria, IL	5:02
22	Naperville Marathon	11/09/14	Naperville, IL	4:05
23	White River Marathon	11/22/14	Cotter, AK	3:59
24	NCR Trail Marathon	11/29/14	Sparks, MD	4:14

“Then, I ran a marathon in sunny Florida in January, which was great, followed by one in a snowstorm in Grand Rapids in February. Thankfully, I have a very supportive wife (Phyllis).”

#	MARATHON	DATE	LOCATION	TIME
25	Rocket City Marathon	12/13/14	Huntsville, AL	4:08
26	Otter Creek Trail Marathon	12/20/14	Otter Creek, KY	5:44
27	Run for the Ranch	12/27/14	Springfield, MO	4:29
28	Mississippi Blues Marathon	1/10/15	Jackson, MS	4:24
29	1 st Light Marathon	1/11/15	Mobile, AL	4:43
30	Celebration Marathon	1/25/15	Celebration, FL	4:15
31	Groundhog Day Marathon	2/1/15	Grand Rapids, MI	5:28
32	Last Chance Boston Marathon	2/22/15	Dublin, Ohio	4:22
33	New Mexico Series Day 1	3/7/15	Ute Lake, NM	4:48
34	Day 2	3/8/15	Conchas, NM	5:20
35	Dust Bowl Series Day 1	3/25/15	Dalhart, TX	4:35
36	Day 2	3/26/15	Guyman, OK	4:56



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“Once I started, there was no training per se. It was run, recover, and run. The more I ran, it seemed the stronger I became. I had no real injuries, but there was pain involved. I went through about six pairs of shoes and logged roughly 400 miles per pair.”

“A lot of people have asked me if I have a lucky charm. Not really. The closest thing that I have to one is a wooden cross that I wear every day.”

“I only flew two times to marathons on my schedule. It was an adventure to travel by car, and we enjoyed seeing the country.”

#	MARATHON	DATE	LOCATION	TIME
37	Day 3	3/27/15	Ulysses, KS	4:58
38	Day 4	3/28/15	Lamar, CO	5:13
39	Day 5	3/29/15	Clayton, NM	5:18
40	Riverboat Series Day 1	4/13/15	Vienna, IL	4:25
41	Day 2	4/14/15	Cape Girardeau, MO	4:35
42	Day 3	4/15/15	Columbus, KY	5:07
43	Day 4	4/16/15	Millington, TN	4:40
44	Day 5	4/17/15	Hollandale, MS	4:37
45	Day 6	4/18/15	Lake Village, AK	4:43
46	Day 7	4/19/15	Winnsboaro, LA	4:47
47	Independence Series Day 1	4/29/15	Elkton, MD	4:38
48	Day 2	4/30/15	Bear, DE	4:50
49	Day 3	5/1/15	Birdsboro, PA	5:17
50	Day 4	5/2/15	Clinton, NJ	5:19
51	Day 5	5/3/15	New Palz, NY	5:12
52	Chicagoland Spring Marathon	/518/15	Schaumburg, IL	4:16

“I’ve told my sons that I’ve been spending their inheritance on marathons, and when I’m gone, they can divide up my medals!”

Run, Roger, run.



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A RACE WORTH RUNNING

We are always looking for our next great race. This month, we interviewed **Tammy Hellings** who gave us the rundown on the New York Marathon.

What is your name? Tammy Hellings

What is the name of the race? The New York Marathon

What distance did you run? 26.2

Where was this race held? New York City, New York (it is run in all 5 boroughs)

Date of the event: November 2, 2014

Why did you choose this event? NY is a World Major Marathon, and the largest marathon in the world. It is also a great city 😊

Other races you considered: I am trying to do all of the World Majors so this was one that had to be done.

What was the packet pickup / Expo like? The expo is huge but the line to get in is just as big! We waited in a line around the building for at least 30-45 minutes. Once inside, it didn't seem very crowded. You pick up your packet and shirt first and then go around and enjoy all of the vendors, free samples, etc. I signed up online before the expo to get a customized pace band from Asics. Since I already had done it online, that was a very short wait. There was a lot of clothing to buy, other races to sign up for, and even a few elites around for photo ops.

Tell us about the race day, corral, and pre-start. Runners think that the Chicago Marathon is super busy the morning of the morning of the race. Wow, NY is completely whole new level! First, you have to pick your transportation months before the race. The race starts on Staten Island and there are multiple ways to get there. I had heard that taking the Staten Island Ferry was the best way to go (for scenery). So the morning of the race I headed out of my hotel and walked about 2 blocks to the nearest underground station. There were lots of runners all congregating waiting for the train. We had about a 30 minute train ride to the Staten Island Ferry stop. We got off the train and came above ground and rode the ferry to the bus stop. I then hopped a school bus which took us to the corrals. Nothing was quick about getting from my hotel all the way to the corrals. The corrals were like little mini villages. Everyone is separated into three separate colors, then letters and numbers. There are actually three different starting lines depending on your color. Each wave started about 15 minutes apart or so. The corral villages had bagels, Powerbars, hot chocolate, tea, water, and donuts to eat. I was surprised to see so much food! It was a really long wait before my corral started.

Alright, now tell us what the race was like. When you run Chicago, the beginning is very crowded and doesn't really clear out until around the 10k point. NY, on the other hand, seemed completely empty in the beginning. Around the 10k point is where some of the corrals start to join so the streets started to get busier. I remember seeing all of the spectators finally, after we got into Brooklyn. There were tons of Fire Fighters there watching (who were not officially working the race). I loved seeing that. Everyone was just so happy and proud. For some reason mile 17 is stuck in my head. I remember running one of the bridges over to Manhattan and then making a round turn and running on 1st Ave. There were so many runners! There is a slight uphill this part of the course and you could finally truly see the magnitude of the largest marathon of the world. I think that I got caught up with this and all of the spectators that were there as well because I had wicked fast times on 1st street. The finish line is in Central Park. There were country flags lining the barriers to





keep the spectators off the route. I saw that finish line and just booked it. I was running this race as a training run but did it strong and had an absolute blast!

Was there a post-race event? After the race we are given our medals and had our photos taken. Then we wait in more lines! Heat blankets, water, food bags. We then made (at the time) a long walk back – we were not allowed to sit or anything because they needed to keep the flow of traffic moving. Eventually we were separated into two separate groups, baggage or no baggage. They encourage the no baggage option saying that it will take less time and you get a cool NYRR fleece lined poncho. I was getting colder and colder coming down from the running high. The volunteers put it around me and my NY Marathon was now complete. I kept walking until I could get out of the barriers and headed back to my hotel. They do not have a party similar to Chicago's 27th mile party. That's ok, because I was cold and hungry and wanted a hot bath!



RUNNING JOKE

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.

How do crazy runners go through the forest? They take the psycho path.

What do you get when you're running in front of a car? Tired.

What do you get when you're running behind a car? Exhausted.



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I'M A RUNNER

Every month, we take a closer look at one of our members. This month, we interviewed **Daniel Gerber**. Next time you're at an event and see him, take a minute to say hi.

Where were you born? Watseka, IL

How long have you been running? If you mean long distance running, 37 years....

Why did you start running? When I was younger, I loved sports and I loved to party. I always ran track all through school; (sprints and middle distance) and after I graduated from high school, I found out about a 10K run in Kentland, Indiana so I decided to train for it and try it. Back in those days it was a lot different than it is now. No 5Ks...only 10K runs; no power gels, Gatorade, sweat resistant shirts; always a keg of beer at the end of the race and you just put on your Converse tennis shoes and go! Sometimes I really miss those days! Anyway, I figured these runners would be a bunch of health nuts - they'd be about healthy clean living and be kind of boring. I crossed the finish line and much to my delight, there was a big ole keg of Michelob, Led Zeppelin music blaring, and a big bunch of drinking, partying runners who were celebrating like they'd just won the Boston Marathon or something. I was hooked after that- had the best of both worlds!!!

What is one thing you'd like to improve as a runner? At this point, I try not to take running too seriously; just have fun with it and maintain my good health. I ran my fast times in my younger days!

Why did you join the running club? I thought it was a drinking club with a running problem.....

What do you hope to get out of being a member? A newsletter every month:) Ha! Ha!

Do you have a favorite race that you have run? Beast Marine Corp Boot camp 5K and Chicago Marathon for the difficulty but the awesome crowd support; Run With the Horses 5K at Balmoral Race track for its uniqueness and BrewHaHa and horse racing afterwards; in the winter: the Jingle Bell 5K Run for Arthritis because I can be creative with the costumes that I wear in the run; and as the old timer runners can tell you- any race that Dave Hinderliter used to direct in Watseka was a five star in every category because he was way ahead of his time!

Do you have a favorite place that you like to run? My all-time favorite place to run is on the flight deck of the USS Forrestal aircraft carrier when I was in the Navy. When we were out at sea, in between flight ops. Captain March (who was a runner himself) would open up the flight deck for jogging! Nothing else ever came close to the experience of running amongst chocked and chained F-14 Tomcats, FA-18 Hornets, A-6 Intruders, A-7s, etc 60 feet above the Atlantic with nothing but you, and the smell of the ocean!

Do you have a bucket list dream race or run that you would like to do? May want to try a John Hancock stair run or some of the runs the Hash House Harriers and the Corn Fed Spartans do.



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What is one crazy fact about yourself? Since I'm older and married, I don't do Toga Parties like when I was in college, or some of the other rather corrupt activities that I will leave unmentioned, while in a foreign port in the Navy. I have now moved on to participating in the Manteno Polar Plunge 4 times; dressing up in bizarre costumes and hats for some 5K runs; and I have a pet potbellied pig named Porky who is house broken and likes to watch the Cubs baseball game with me on TV!



ENERGY TO BURN

In this section, we will cover some recipes made for runners since we all know that we love to eat. For some of us our motto is "Run Hard. Eat Hard." so each newsletter we will bring you some yummy, yet healthy recipes. If you have a favorite recipe that you want to share, let us know!

This month's recipe is contributed by Alison Maddux, from <http://www.food.com> ([click for recipe](#)).

Tamale Pie is a recipe I have been making for years! It's an old favorite from Weight Watchers, and you can easily customize it to your taste. Use whatever meat and beans you like and add your favorite toppings. My favorites are sour cream and avocado! Tamale pie is filling, healthy, and perfect for this time of year!

Tamale Pie

Serves 8

Ingredients

1 cup yellow cornmeal	1 teaspoon salt
2 1/4 cups cold water	1 dash pepper
1 chicken bouillon cube	1 (6 ounce) can tomato paste
1 lb lean ground turkey	14 1/2 ounces Ro-Tel tomatoes
1 onion, chopped	1 cup whole kernel corn
1 green pepper, chopped	14 1/2 ounces dark red kidney beans, rinsed
4 teaspoons chili powder	2 cups low-fat cheese
4 garlic cloves	

Directions

- 1) Preheat oven to 350 degrees. Spray a 9 x 13" casserole pan with cooking spray.
- 2) Bring 2-1/4 cups water plus bouillon cube to a boil.
- 3) Stir in cornmeal, and whisk until fairly thick and most lumps are gone (just a few minutes). Spread into bottom of casserole pan and set aside.
- 4) Brown beef, onion, and green pepper.
- 5) Add chili powder, garlic, salt and pepper, and mix well. Add tomato paste, Ro-Tel, corn (with juice; do not drain), and kidney beans.
- 6) Spread over the cornmeal crust and top evenly with cheese.
- 7) Bake 20-25 minutes at 350 degrees.



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CALENDAR OF EVENTS

Join us!

Weekly Runs/Walks

Monday and **Wednesday** walks at Perry Farm, 5:30PM. Check Facebook for a post by Alison Maddux.

Wednesday and **Friday** mornings. Check Facebook for a post by Samantha Aspel.

Tuesdays and **Thursdays** at the YMCA, 6:00PM.

Saturday morning runs. Check Facebook for a post announcing the run.

Sunday runs at the State Park, 8:00AM.

Upcoming Races

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.

Upcoming Club Events

September-October Birthday Party

We will be having our September-October birthday party on Friday, October 16th at 6:00 pm at Aurelio's in Bourbonnais. All members are invited. There will be cake. Please let us know if you plan to attend so we can give Aurelio's an estimate of number of attendees. Also, please note that the members in attendance will be voting on a proposed amendment to the club bylaws as detailed in an email previously sent out on August 31st and September 25th.

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



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Say Cheese

Herscher Hare & Tortoise 5K September 13, 2015



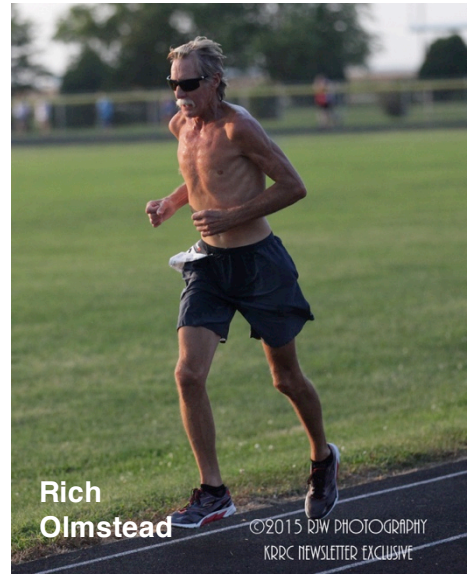
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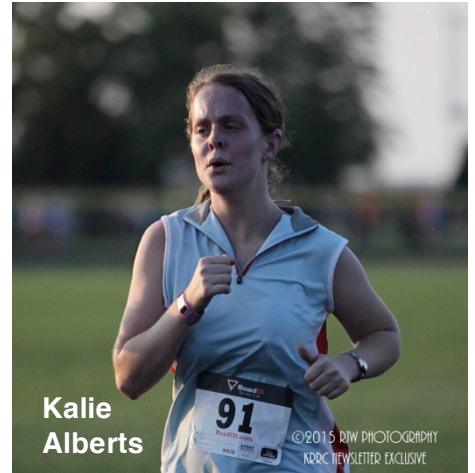
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Bob Williams



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KRRC Web Site

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 krrclub@gmail.com.

LOGIN INFORMATION

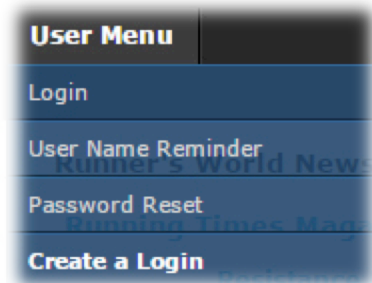
Newsletters will now be archived on the Running Club web site, but you must be an Active member and be logged into the site in order to view them. To create a user ID or to login, use the Login Form located on the front ride side of the page or the User Menu.

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.

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**NEVER GIVE UP
ON A DREAM
JUST BECAUSE
OF THE TIME IT
WILL TAKE TO
ACCOMPLISH IT.**

**THE TIME WILL
PASS ANYWAY.**

-Earl Nightingale

Women'sHealth

