



Kankakee River Running Club Newsletter October 2015 Volume 37, Issue 5

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!!

	<u>RUNNERS ON RUNNING</u> <i>Running Tips</i>		<u>I'M A RUNNER</u> <i>Member Spotlight</i>
	<u>HEALTH AND FITNESS</u>		<u>ENERGY TO BURN</u> <i>Recipes and Eating</i>
	<u>A RACE WORTH RUNNING</u> <i>Race Reviews and Recommendations</i>		<u>CALENDAR OF EVENTS</u> <i>Join us!</i>
	<u>RUNNING JOKE</u>		<u>SAY CHEESE</u> <i>Photos of Club Members</i>

KRRC
Member
MaryEllen
Williams
landing her
first skydive
adventure!



Photo by
Bob Williams





RUNNERS ON RUNNING

This month, **Rhonda Hubert** shares with us how she successfully completed the Chicago Marathon in her first year of running.

The marathon is over. I finished! When I look back at this last year...wow. I didn't expect it to turn out like it has. I never thought I would even attempt a marathon in my first year of running. BUT, I did. I call it my moment of temporary insanity. I knew it would be a challenge but I was determined to give it my all.

I was a bit nervous in February it was determined that I needed shoulder surgery. I was hoping to wait until after the marathon, but my shoulder had other plans, so I had surgery in early June. It was scary missing out on all my marathon training. In August, I was able to start some activity, so I started my marathon training. Although my training miles were supposed to be in the double digits by then, the farthest I had ever run at that point was 6.2 miles! Thankfully my friend Gail Silcox (who was training for the marathon as well) helped me with the remaining training runs. Each week we ran farther and farther and surprisingly I did it every time! But let me tell you. The day we did our 20 mile run....no good. I seriously gave thought to quitting the marathon. I was so sore and exhausted that the thought of having to do another 6.2 miles on marathon day seemed impossible, but I had to try.

Before I knew it marathon weekend was here. Surprisingly I was not nervous. I just knew I was going to give it my all. Gail and I had determined we would stick together no matter what. Just knowing I had a friend beside me was comforting. When we were crossing the start line and it became real! I knew that I would not be fast. I didn't care about that. All I was looking for was my medal!

I thought it was going well, but just before mile 8 Gail told me she was having problems, so at the 8 mile aid tent she stopped to get checked out. I waited a few minutes, not wanting to go on without my friend. After all I made a pact we would stay together no matter what. But I had to go on. The next mile was a real struggle. I was alone, I had blisters, it was hot, and I was getting tired. I couldn't do this. I wanted to be done. I didn't feel good. The struggle was real. But I kept thinking about the medal. If I didn't finish I wouldn't get it. I'd have to go back to my other friends with no medal, and I couldn't do that. I just HAD to finish. So I focused on getting to the halfway point. I made sure to notice all my surroundings in order to take my mind off the task at hand. I said several prayers along my run. Anything to get me through.

I started to get nervous when I had fell behind the pace car. The water stations were being dumped into the streets right in front of me! My hydration backpack was almost empty. I knew with as hot as it was I could not finish without water. I had money with me so I could stop at a corner store to buy water if I needed. Luckily I didn't have to do that. I managed to get to a station where a guy had a little water in a gallon jug and he poured it into my pack. What a relief!

I made it to the halfway point! I was doing this! I tried not to think of how long it was taking me and just focused on finishing. There were lots of people behind me. I wasn't last. All kinds of stuff goes through your head when you are out there on your own. I had no clue "where" I was in my mileage -- they had already taken down the mile markers. I couldn't always follow the blue line and my tracker had me about a mile ahead of where I actually was. (That was depressing.) I had to keep going.



[Back to Home](#)

Then I saw the wonderful hill. The last hill. The hill right before the end! I was getting emotional. I was almost there! I was focused on the finish line. It was right in front of me. I got really close only to be diverted to the sidewalk! What?! I Just kept thinking I better get my medal. I knew I wasn't making it in the books but I did finish in under 7 hours (6 1/2 hours was the official cut off). I wanted my medal. There were lots of people behind me. So on the sidewalk I went. I turned the corner, and a lady told me that the snacks and medal were just ahead. WHEW, music to my ears. When I got there, all they gave me was a banana and water. I was saying to myself I better get my medal! Up ahead was the best sight ever! All the people standing there with the medals! So after almost 7 hours, I got the medal I was striving for! I did it! I was a marathoner!



HEALTH AND FITNESS

A Product Review of Rip van Wafels by [Nancy J. Ruda](#)

I love waffles. I often use them instead of bread for sandwiches and as our main meal for supper. Now, I'm using them as running fuel, too.

My go-to is **Rip Van Wafels**. They're available in Untapped (original) and Untapped Maple, the newest flavor.

Here's the story behind them.

Inspired by the traditional Belgian *stropwafel*, Dutchman Rip van Wafel (Yep, that's his real name!) started making his wafels in his dorm room when he was a senior at Brown University.

Rip's recipe was lower in sugar than the original stroopwafel, and he used natural flavorings and simple NON-GMO ingredients – the same kind you'd use if you made them in your own kitchen, like eggs, flour, sugar, baking soda, and salt. He added a few nutritious ingredients, too, like oats, chickpea flour, and flax seed oil for an extra dose of Omega 3s.

The result is a soft and easy-to-chew wafel that doesn't pack a lot of sugar, calories, or carbs.

So, when should you eat Rip's wafels? Any time! There really is no wrong time to have a wafel.

First thing in the morning, they go great topped with Greek yogurt, nuts, and dried fruit. Mid-morning, they make a great snack. Slap some nut butter on them, and they make the perfect sandwich.

My favorite time for a Rip van Wafel? After a good workout. I give them a four out of four running shoe review. Let me know what you think!



P.S. You can buy Rip van Wafels at Dick's Sporting Goods.



[Back to Home](#)



A RACE WORTH RUNNING: Double Feature!

We are always looking for our next great race. This month, we interviewed [Nancy J. Ruda and Dan Bullock](#) who gave us the rundown on the Bolder Boulder 10k and the Prairie State Marathon & Half-Marathon.

Seeing Stars in Boulder

Submitted by [Nancy J. Ruda](#)

As sure as Memorial Day comes each year during the month of May, so does our annual trip to the Bolder Boulder 10k. It's a fun altitude-induced challenge that has been happening for the past 37 years. Unlike two of my sisters who have participated in the 28 Bolder Boulders, this was my 13th time joining them at the starting line.

Bolder Boulder 2015 was the largest to date with 99 start waves and over 55,000 registered runners. From a participant's perspective, I'm always amazed how everything seems to work without any hitches or glitches.



**Nancy and her sisters with Nicole DeBoom
(she's the tall one in the middle)**

This year's race was exceptional in several ways for me. It was my first recovery race after foot surgery sidelined me for most of April and early May. I was really thrilled to be on my feet and back in my running shoes. As always, the view of the Rocky Mountains seemed even more incredible than last year. But, most of all, my sisters and I had the opportunity to meet several outstanding professionals who live and train in Boulder.

A few days before the race, we went shopping! We stopped in at Skirt Sports in Lyons, Col., founded by professional triathlete, Nicole DeBoom. She was an unbelievable burst of passion and fashion. Nicole grew up in Downers Grove. At age 16, she swam the 100m breaststroke in the 1988 Olympic Trials, finishing with the fifth fastest time in the nation. After college, she began triathlon racing and finished several Hawaii Ironmans.

She founded Skirt Sports in 2004 with a single goal that continues to drive her: to create a line of cute, flattering high-performance apparel with great fit and lots of style. That was the birth of running skirts.

But, Skirt Sports is not all about women. Nicole carries a line of T-shirts and caps for men – all with the “I'm a Skirt Chaser!” line.

The next day, our shopping continued with a stop at the Flatirons Running Store in Boulder, where Kara Goucher was a guest speaker. She was incredibly energetic and grounded in her training and racing philosophy.



[Back to Home](#)



Here they are with Kara Goucher and a poster of Kara Goucher!

Kara, a long-distance runner, was a three-time NCAA champion at the University of Colorado and won a bronze medal for the 10k at the 2007 World Championships. She competed in the marathon at the 2008 and 2012 Olympics and is training for the next games.

The next day, we headed back to Flatirons Running Store for a Sunday morning *fun* run with Meb. Yep, *that* Meb . . . Meb Keflezighi. He is now an American citizen and lives and trains in Boulder. Meb had endless patience as he answered questions and stopped from countless photos.

Meb won a silver medal in the 2004 Olympic marathon and won the New York City Marathon in 2009 and the Boston Marathon in 2014. I love saying that I ran with Meb – even though he was so far ahead of me, I never saw him!



The infamous day Nancy “ran with Meb”!

Not to be outdone by this star power, Ron and I took a trip to Longmont to whet

our personal passions. We stopped at Shoes and Brews – a family-owned business that is a running store upfront and a microbrewery in back! Needless to say, I shopped while Ron sampled the brews!

Prairie State Marathon & Half-Marathon

Submitted by [Dan Bullock](#)

About four months ago my daughter, Jessica, informed me that she, her husband Stoney, and two of their boys, Kurtis and Shane, had registered for the half that day and she wanted to know if I would run it with them. I’m normally a 5 & 10K runner. I’ve done exactly one half marathon and that was two years ago, but the thought of running a race with my family was too good to pass up.

For those of you who don’t know her, Jessica was a standout runner at BBCHS and Bradley University in the 1990s. She still runs to stay fit and healthy and it has inspired her family to do the same. She kept the boys on a training schedule and we all shared our workouts online.



[Back to Home](#)

The eve of the race I travelled to their home in Des Plaines and the next morning we all rode together to Libertyville, which incidentally is my hometown. The morning had a chill in the air but the wind was calm. The course was out and back thru a large park on a crushed limestone trail, not unlike our own Davis Creek trail. There were just over 1000 runners there, about 80% of which ran the half. I felt good and ran easily to the turnaround. Around mile 10 I removed my outer shirt and tied it around my waist. During the return I passed two other KRRC members, Nena Fournier and Gail Passwater. I somehow missed them before and after the race! The last two miles took a toll on my legs, but knowing my guys were there waiting for me kept me going.



Our family team all got PRs, Stoney and the boys running their first and for Jessica, a veteran of several full marathons, this was also her first official half. I clocked in at 2:14:37, six minutes better than my Ashley Can Half two years ago. While we all received finisher's medals, Shane got a third in his age group.

That evening we all went out to a restaurant and watched the Cubs beat the Cardinals while we relived the race over and over. Running with my family was the highlight of my summer. I'd do it again in a heartbeat.



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!

You Know You're a Runner When...

- you have more running clothes than regular clothes in your laundry pile.
- you have a line in your budget for "race entry fees/race travel."
- your treadmill has more miles on it than your car.
- you're not embarrassed to wear spandex.
- you spend more time researching running routes than local restaurants when traveling to a new city.
- your solution for feeling tired is to go for a run.
- your running partners know more about your bodily functions than your significant other.
- you're excited for your next birthday because it means you'll be in a new age group at road races.
- your first question to your doctor is, "When can I run again?"
- when someone passes you during a training run, you assume they're running a shorter distance than you are.

From <http://running.about.com/od/runninghumor/a/knownyouarerunner.htm>



[Back to Home](#)



I'M A RUNNER

We have many local adult athletes doing amazing things! Great training town! [Inge Warnes Clark](#) in SWIMMER magazine! [Timothy McGrath](#), [Aaron Wheeler](#), [Rende Langlois](#), [Craig Culver](#), and [Dana Wagner](#) are doing the IRONMAN LOUISVILLE! Some of our members are national triathletes -- [Jackie Skrobot](#), [Kelly Jensen](#), [Marianne Surprenant](#), [Julie Loving](#), and [Melinda Sutherland](#). [Julie Loving](#), [Ang McQueen](#), and [Jose Roman](#) all qualified and will be racing Boston marathon! [Tammy Hellings](#), [Rick Loving](#), and [Brent Long](#) also qualified for Boston. [Lauren Perry McClymonds](#) ran Boston a few years ago. We have some amazing talent in Kankakee County!

Every month, we take a closer look at one of our members. This month, we interviewed [Jill Channing](#). Next time you're at an event and see her, take a minute to say hi!

Where were you born? Plymouth, OH

How long have you been running? 22 years

Why did you start running? I was in cross-country in 7th grade.

What is one thing you'd like to improve as a runner? As a pretty recent transplant to Illinois from North Carolina, I'd like to improve my ability and desire to run in inclement weather.

Why did you join the running club? To meet like-minded people who are interested in fitness and wellness...and for the discounts.

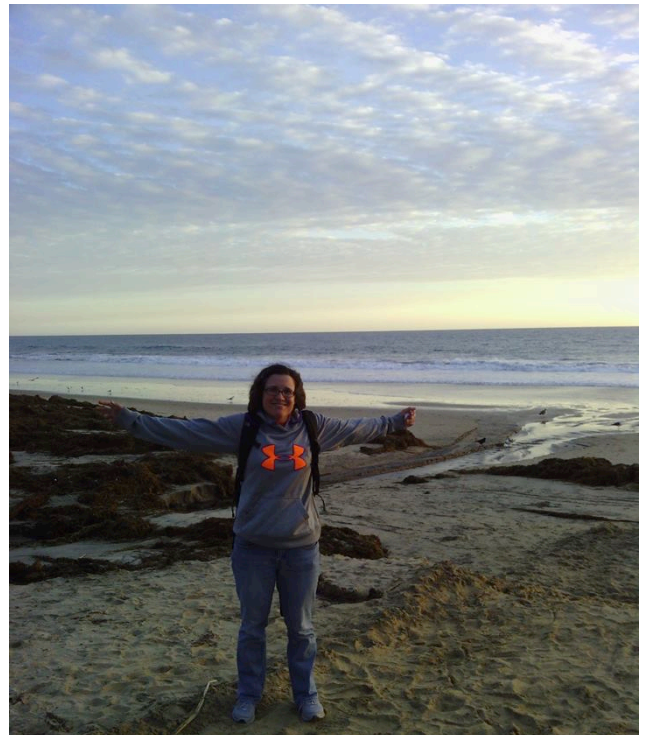
What do you hope to get out of being a member? I like the social aspect of the club since I've only been in Illinois about a year. It's nice to walk and run with the other club members, and I really like learning about all of the great places to run around town.

Do you have a favorite race that you have run? The first competitive 5k that I completed in North Carolina was my favorite race so far. I hadn't run competitively since high school, and I didn't think I did very well at the race. I left before the medals were handed out and later on found out that I won second in my age group!

Do you have a favorite place that you like to run? I love to run in parks – Perry Farm, the trail by KCC, Mac Anderson Park in Statesville, NC and anywhere else that is outside with good scenery.

Do you have a bucket list dream race or run that you would like to do? I don't do a lot of competitive races, but I love to run in scenic places. I would like to run somewhere beautiful near the Pacific Ocean in California. I'll take suggestions from anyone that has a good race that fits that description.

What is one crazy fact about yourself? I was voted class cut-up in high school and I got carded for a lottery ticket on my 32nd birthday!



[Back to Home](#)



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 [Cindy Walters](#), modified from the original at <http://www.mindbodygreen.com/0-18220/GLUTEN-FREE-VEGAN-NO-BAKE-SUPERFOODBARS.HTML>.

Raw Protein Balls

Ingredients

8 dates, chopped
¼ cup each raw sunflower seeds, raw almonds,
and shredded coconut
1 tbsp. coconut oil, softened

Dash of salt
1 tbsp. chia seeds
2 tbsp. cacao nibs

Directions

- 1) In a food processor or blender combine dates, sunflower seeds, raw almonds, shredded coconut, coconut oil and salt. Blend or process until a batter is formed about 2 minutes (more if needed).
- 2) Transfer to a bowl and stir in chia seed and cacao nibs into batter.
- 3) You can roll the batter into any shapes you want but I find forming protein balls works the best.
- 4) Line them on a baking sheet and place them in the freezer for about 10 minutes to harden.
- 5) Store in the refrigerator.



[Back to Home](#)



CALENDAR OF EVENTS

Join us!

Weekly Runs/Walks

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

Tuesday and **Thursday** 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 from Scott Pringle.

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

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



[Back to Home](#)



Say Cheese

Photo by **Bob Williams**



KRRC
President
Kibet
Rono

Holly
Schafroth

Photo by **Bob Williams**



Ashley
Wheeler

Holly
Schafroth
R.J.W Photography

Team Red White & Blue 5k October 18, 2015



Photo posted by **Dan Combs** on KRRC Facebook Group



Photo posted by **Claudia Ami** on
KRRC Facebook Group

Photo posted by
Claudia Ami on
KRRC Facebook
Group



[Back to Home](#)



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

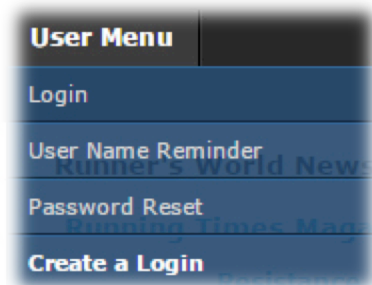
Newsletters will now be archived on the Running Club web site, but you must be an Active member and be logged into the site in order to view them. To create a user ID or to login, use the Login Form located on the front ride side of the page or the User Menu.

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.

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.



[Back to Home](#)

saucony

**RUN
HARD**

&

*Be nice
to people*

