



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!!



RUNNERS ON RUNNING

This month, **Tina Spenard** shares her best tips for staying active outside all year long – yes, even when it's cold!

Got the "Dreadmill" blues? Well get out of that gym and hit the open road. Yes winter is creeping up on us, but it doesn't mean you have to hide indoors. Here are a few tips to have a successful winter workout. Don't let the excuses prevent you from enjoying the Great Outdoors!

Excuse - I get a cold body.

Tip # 1

LAYERS Use lots of thin layers. Start with a moisture wicking snug fitting base layer. Letting the sweat evaporate during workout is important. Most of the athletic brands have tights with added treatment for warmth without weight. My favorite is Under Armor with Infrared technology. Nike has Hyperwarm. Next is an insulating layer. Like a pair of sweats or jogging pants. I like Under Armor Storm which is warm and repels water. I enjoy the 1/4 or 1/2 zip tops so I can open my shirt during run to vent heat. On the bitter cold days, if you are brave enough you can add a shell layer. Zippers in armpits and bottom of legs help to vent sweat. Cotton is your enemy and synthetics are your friend.



Tina bundled up for the Great Outdoors.

Tip #2

Keep extremities warm. Head, hands, and feet are the most important to keep warm. They are the farthest from the heart so they get cold first. The head and feet are where we lose the most body heat. For my base layer I use a balaclava (hood), glove liners, and sock liners. For the insulating layer, I use a running beanie, gloves or flip mittens (split and top of mitten folds back) and Merino wool socks -- Smart Wool is my favorite brand. I also add a neck gaiter to help hold the body heat to your core.





Tina's brother, Marc Spenard, staying active in the cold.

Tip #3

Regulate temperature. The main point of layers versus one bulky piece is that you can add or remove as you heat up or cool down. It's not uncommon to see me stripping off a layer on the trail. I just tuck it away or tie it around my waist.

Tip #4

Work out with friends. Misery loves company, I always say. If you are out there with others it helps take your mind off of how cold it is or how miserable you might be. Besides you have a bonding moment to share.

Excuse - I don't know where to go.

Tip #5

Be aware of your surroundings. Places to run or walk are limited with snow or ice on the ground. Most local places don't plow the paths. I go out to the state park and stay on the main road. Limited traffic. Winter is not a time to work on that PR. Watch your footing, run a touch slower pace and enjoy the scenery. I have run on snow packed and icy trails and roads with no problems in my normal running shoes. They make trail or winter shoes, but they

are pricey. Be sensible about where to draw the line on whether to go out or not. Last year the coldest I went out was 12 degrees and I don't go out in sub-zero wind chills. Be smart and choose wisely. Let a friend or family member know your location and how long you will be gone if you go out solo. Hypothermia is a real thing and can become dangerous.

Excuse - Too late sunrise or too early sunset?

Tip #6

Use a headlamp. I use the Black Diamond Sprinter headlamp. It has a wide spotlight on the front of the band and a red blinky light on the back. It has a center band on top to stabilize the lamp from bouncing. You charge it by USB. You should wear bright colors with reflective accents. All major brands have this already. There are reflective running vests or leg bands that work also. Make yourself visible!

Excuse - I'm not thirsty in the cold.

Tip #7

Hydrate! Hydrate! Hydrate! - It's just as important with winter as it is during summer. I know for me it's harder in winter because the body doesn't remind me like it does in summer. If you go on those long hauls and carry water or sports drink with you, then keep them closer to your body so they don't freeze.

Don't let the excuses drive you into that gym when you can go out and explore the world! I hope this inspires you to challenge yourself and I look forward to seeing you out there! Miles and Smiles.



[Back to Home](#)



HEALTH AND FITNESS

A Product Review of Yaktrax by [Cindy Walters](#)



I first purchased my Yaktrax last year when it was particularly icy and snowy. I purchased the walker version of Yaktrax at Dick's sporting good for around \$25. They are easy to put on and after testing them all winter, they stayed solidly on my feet. There is a difference between the walker Yaktrax and the runner Yaktrax, the first being the price. The runner version is around \$40 and is designed for a midstride landing. The walker version of this product causes a little bit of instability when trying to run (of course I tried it), as the coils on the bottom seem to cause your foot to roll a bit. Overall, it is a good product. I felt very confident when walking on ice and there was not a single time that I felt like I was slipping or sliding. I recommend these for any runner who wants to continue running outside in Illinois through the winter months. Here's to hoping we don't need these at all this year.



A RACE WORTH RUNNING: Double Feature!

We are always looking for our next great race. This month, we interviewed [Laura Loica and John Vallone](#) who shared their experiences with the Taltree GLOW 5k Run and the Naperville Marathon.

Taltree GLOW 5k Run

What is your name? Laura Loica

What is the name of the race? Taltree GLOW 5k Run

What distance did you run? 5k

Where was this race held? Valparaiso, IN

Date of the event: August 14, 2015

Heat lightning briefly punctuates the sky. Long, short, short, short. A Morse code from nature telling me "You're a fool to run this race tonight." No, that can't be right. I feel electrified (hopefully not soon to be electrocuted) and no one seems overly concerned. Voices travel in and out of my consciousness and I hear someone say that rain is not predicted to start until 10:00 pm. Since the race starts at 8:30 pm, we all should be fine. As darkness takes a stronger grip, the glowing lights shimmer as runners and walkers break out the glow sticks. There will be no encompassing mist like last year when I felt like I was in some sort of serene aloneness occasionally interrupted by a fitness app's computerized voice chiming in "one point seven-five miles..." No, this year's runners seem more connected, propelled ahead faster to beat the rain while simultaneously slowed down by the gripping humidity.



[Back to Home](#)

Get your glow on! This is a review of the Taltree GLOW 5K Run near Valparaiso, IN. The race is part of their GLOW: Art after Dark three-night festival, an annual event. This was my second time running this race and I love it so much that I will likely try to make it an annual event for my family as well. Taltree is an arboretum and gardens that uses the proceeds from the run to fund their environmental restoration, conservation and education initiatives. Taltree is a public charity with 330 acre oak preserve of formal gardens, woodlands, wetlands and prairies. As a huge fan of nature, this is definitely a cause I feel good about supporting.

When I was at the March/April KRRC birthday bash, I talked to a club member who I hadn't met before and I learned that there are two different types of "glow" runs. One kind involves wearing a white t-shirt and running through areas where glow dust is thrown at you and the other kind involves lots and lots of glow sticks and other glowing materials.

Since I struggle with reactive airway disease (a fancy term for "not quite" asthma) and exercise induced asthma, I definitely need to stick to races where nothing is being thrown around in the air.

Usually for races, on-line sign up is a bit more money because of the convenience fee. The organizers of this race must have really wanted runners to sign-up on-line because the race fee was \$5 cheaper (\$20 instead of \$25) for doing so. Even with the \$2.50 on-line convenience fee, signing up online was cheaper. Also, my husband and I signed up together and that site charged a total of \$3.00 convenience fee because we signed up together instead of the no discount \$5.00 for two runners like some sites charge.

I looked at the runsignup.com site and saw that there were 200 runners who signed up ahead of time this year, seven of whom reported living in Illinois. The results page showed 215 race finishers from Indiana, Illinois, and Michigan. This was up from last year's 193 finishers.

Packet pickup was convenient and located in the "Adventure Garden" right near the starting line of the race (an improvement from last year). They had four people sitting taking names with the alphabet divided into four sections. They had more volunteers behind the table grabbing the shirts and passing them to the runners as they signed in. I did not have to wait in line and was able to get my bib and shirt in seconds. I did not see a course map anywhere at the packet pickup but my husband said he saw someone with a course map so I am not sure what to say about that.

My husband ran with me this year. This race was the first time I asked him to run with me instead of running his own race. Afterward, I felt bad because I noticed that, had he run his typical time, he would have earned a medal. He told me he had much more fun running with me.

This is a trail race that consisted of the following terrain throughout the course: mowed grass/prairie, mulch, small and large gravel, dirt, plywood bridges, and one tree root that I managed to stumble over. I remained upright so I consider that a win!

Taltree made some nice improvements to the race this year. First, improvements were made to the course lighting. Last year, glow sticks provided marking of the course. Early in that race I scratched my arm by running into a post that was not well-lit, even though I was wearing a headlamp. A mile into the race, I was thankful to find someone who was extremely familiar with Taltree's trails who helped me navigate and let me know when there was an upcoming terrain change and also kept me in the middle of the trail. This year, the course was lit with solar glow lamps. I had no problem seeing the course. Second, the course itself was more enjoyable, probably even more so for the really fast runners. Last year, the course contained a loop that the runners ran through twice. So, as I was running there were really fast runners who were passing me when I was finishing my first loop but they were on their



[Back to Home](#)

second loop. This year, there was only a short overlap on a wide part of the trail and there were course monitors on the trail waving their glow sticks and giving clear directions. Both years, I heard people advising to stay on the trail or risk getting poison ivy.

A huge blow-up arch that glowed orange was the finish line and there were cold bottles of water to drink and bananas to eat. There were also samples of healthy snacks. I didn't bring my camera because none of my pictures turned out well last year, but this year an ambulance was by the finish and I was able to take some good pictures of some runners by the finish line because of the light being thrown off from the ambulance.

My best tips for this race is to remember your bug spray and bring a headlamp. Also, gates open at 7:45 pm for people attending the festival but packet pickup starts at 7:30 pm. When you pull up between 7:30 and 7:45 pm, someone will ask you if you're running. If so, you get waved ahead. If not, you get waved to the side. They have a list of runners who are pre-signed up and cross your name off the list as you drive through the gate.

I have run two other glow runs: the ONU Tiger Tracks race and the Allerton Glow 5K that is held the night before their 10K/ Half marathon run through the beautiful Allerton Park in Monticello, IL. I would like to run both of these races a second time as well before I review them if anyone in the club is interested in hearing more about these races.

Naperville Marathon & Half Marathon

What is your name? John Vallone

What is the name of the race? Naperville Marathon & Half Marathon

What distance did you run? Half Marathon

Where was this race held? Naperville, IL

Date of the event: November 8, 2015

I know there were a lot of races to participate in the weekend of November 8th. Let me put in a good word for the Naperville Marathon and half marathon. It runs through beautiful Naperville, post race food is great and the Naperville restaurants open early on race day. My wife Carol and I were eating Lou Malnati's pizza (great deep dish!) by 9:30am. I received a second medal for running the event two years in a row. Just Sayin!!





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!



I'M A RUNNER

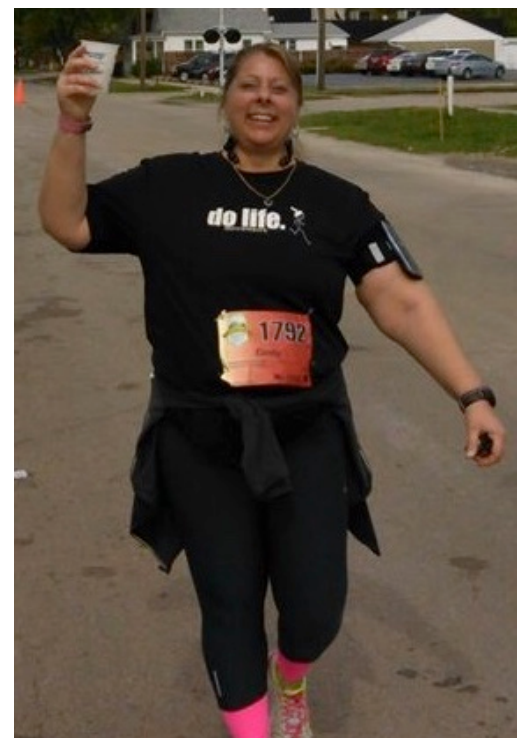
Every month, we take a closer look at one of our members. This month, we interviewed [Cindy Walters](#). Next time you're at an event and see her, take a minute to say hi!

Where were you born? I am a true southsider. I was born in Oak Lawn, Illinois.

How long have you been running? I have been running since 2010. I had my daughter in April and ran my first 5k by July.

Why did you start running? I quit smoking in May of 2009. I was looking for ways to keep myself smoke free and running just seemed to fit. I also worked with a friend of mine who totally pushed me into it. I will be forever grateful to her.

What is one thing you'd like to improve as a runner? My best running friend Julie Sieling will tell you that the one thing I strive for is consistency. I start all of these great running plans and then things get in the way and I don't hit the days I need to. If I could improve one thing, it would be to make sure that I get out to run 3-4 days a week.



Why did you join the running club? I joined the running club because I wanted to be around folks that would keep me focused. I am that person that starts things then loses interest and then comes back to it later. The running the club has given me the opportunity to stay involved in this sport.

What do you hope to get out of being a member? The only thing I hope for is I make some lifelong friends. I appreciate each and every person.

Do you have a favorite race that you have run? I have made some great and not so great memories of all my races but my absolute favorite is the Fox Valley 20 miler.

Do you have a favorite place that you like to run? My favorite place to run is the streets of Bradley. I know it sounds weird but my neighborhood is fantastic. If you run south from North Street to South Street in Bradley it is about a mile.

Do you have a bucket list dream race or run that you would like to do? I have already completed the Chicago Marathon which was on my bucket list. I think I am going to focus on triathlons for the upcoming year.

What is one crazy fact about yourself? There is really nothing that would surprise anyone. I guess I am a closet comic book geek. I absolutely love Marvel comics and am totally into all of the new movies and graphic novels that are coming out.

Is there anything else you want us to know about you? I am eternally optimistic. I will always see the glass as half full and I will always try to find the best in humanity not the worst.



ENERGY TO BURN

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 [Chris Cote Snider](#).



35 Calorie Hot Chocolate

Makes 6 cups

Ingredients

- 1/3 c nonfat dry milk
- 3 tbsp chocolate nondairy creamer powder
- 3 tbsp cocoa powder
- 1/8 tsp salt
- 1/4 c truvia (13 packets) or sweetener of your choice

Directions

Mix and store in an airtight container. Use 3 tbsp of mix to make a cup of hot chocolate.



[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** evenings at Olivet at 6:00PM. Check Facebook for a post.

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

Sunday runs at the State Park at 9:00AM.

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 events page: <https://www.facebook.com/groups/Kankakeeriverrunningclub/events/>.

December Birthdays

- 01 Mileen Joines
- 01 Jesus Gonzalez
- 02 Sean Dailor
- 03 Lorri Simpson
- 06 PJ O'Connell
- 06 Lauren Tapp
- 07 Ron Sieling
- 08 James Lopez
- 13 Janet Avendano
- 17 Michelle Francoeur
- 18 Julie Loving
- 23 Jackie Hall
- 23 Tracie Saffell
- 24 Karen Gall
- 26 Kyle Hupe
- 26 Sean Hupe
- 28 Ryan Broom
- 28 Natalie Kahl
- 31 Brice Wagner





Say Cheese



Dave Bohlke, Terri Spenard, Alison Maddux, and Tina Spenard on a Wednesday night walk at the (warm & dry!) mall

Sue Sherwood, Chris Cote Snider, David Bohlke, Rhonda Brouillette-Hubert, Dan Combs, and Kibet Rono at a Tuesday night run at Olivet



The Friendly Faces of the Kankakee River Running Club

Jen Deets Ingram and daughter, Jess, at the Turkey Trot

Valery Ybned celebrating 1st place in the Turkey Trot 10k



Chris Cote Snider, Tammy Hellings, Samantha Aspel, Julie Ader Loving, and Nena Lynn at Davis Creek



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

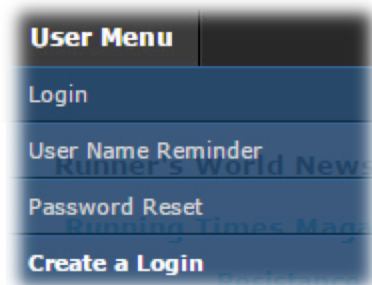
Newsletters will now be archived on the Running Club web site, but you must be an Active member and be logged into the site in order to view them. To create a user ID or to login, use the Login Form located on the front ride side of the page or the User Menu.

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](#)

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

