

Kankakee River Running Club Newsletter

Holiday Edition

Running the River since 1978



Merry Christmas Club Members!

December 2015
Volume 37, Issue 7

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 (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!!



I'M A RUNNER

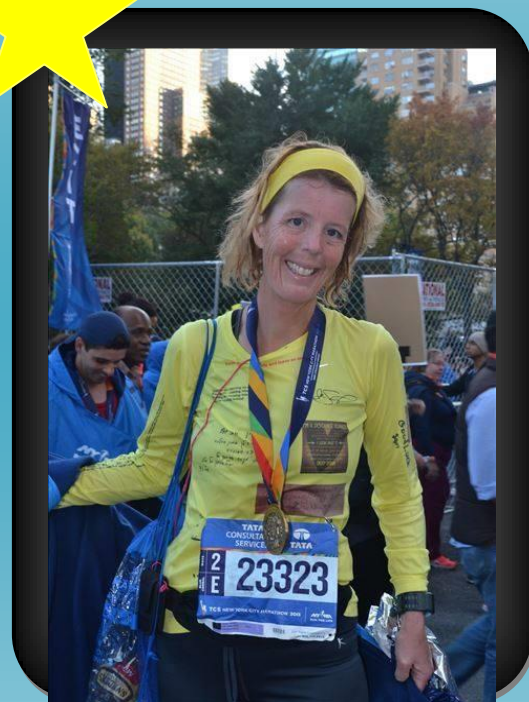
Every month, we take a closer look at one of our members. This month, we interviewed **Jen Ingram**. Next time you're at an event and see her, take a minute to say hi!

Where were you born? I was born in Sterling, IL on January 7, 1974.

How long have you been running? I started running in the Navy. I had to do it in order to pass physical readiness AND I HATED TO RUN. Once I got out of the Navy I didn't start running again until I was 35 and actually started to like it. I had not run for about 13 years until ran my first competitive 5k when I was 36 and survived so I just kept doing them.

Why did you start running? I started running again because someone told me I would never be able to finish a race. So I did it to prove them wrong. Boy, have I ever and that is my main motivator to this day!

What is one thing you'd like to improve as a runner? I would like to improve my pace per mile as a runner. My goal right now is to achieve an 8 min mile pace and finish a 5 k in about 24 minutes... give or take.



NEW YORK CITY
MARATHON, 2015

Why did you join the running club? I joined the running club to get discounted race entries... However, I have gained much more! I have gained friends that help *not just me*, but *everyone*! The camaraderie is outstanding!

What do you hope to get out of being a member? I already have it.... friends and support!!!!

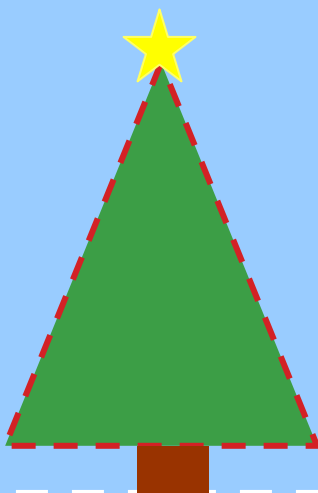
Do you have a favorite race that you have run? I think my favorite is New York City Marathon with Marine Corps Marathon as a close second.

Do you have a favorite place that you like to run? I like to run along the Rock River in Rockford where I grew up or the Bike trail in Poplar Grove, IL where my mom lives. It is peaceful and quiet in those spots and I treasure running there as I don't get to do it often.

Do you have a bucket list dream race or run that you would like to do? My bucket list dream race is to run the Boston Marathon. I am working on qualifying!

Tell us one crazy fact about yourself. One crazy fact about me... I love music and I love to dance... I also love to run... I have been known to put all three together and break out my dance moves in the middle of the road while on a run... don't care who sees.... :)

Is there anything else you want us to know about you? Let's see I love the city, I love to travel, love to run, and love my kids Sam and Jess.



CALENDAR OF

EVENTS

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 from **Sue Sherwood** or **Kibet Rono**.

Saturday morning runs. Check Facebook for a post.

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

Upcoming Club Events

Winterfest 5K Run and Fitness Walk on *Sunday, February 7, 2016*. Click on the link to sign up or for more information.

<https://www.signmeup.com/site/online-event-registration/111158>

JANUARY BIRTHDAYS

01	02	Kellie Alden
01	04	Cindi Reddish
01	04	Ashley Wheeler
01	05	Daniel Gerber
01	06	Sydney Brooks
01	07	Jessica Betterton
01	07	Jen Ingram
01	08	Lynn McGinnis
01	09	Frank St. Paul
01	12	Megan Brooks
01	12	Rick Livesey
01	14	Carter Longtin
01	16	Griffen Kisner
01	17	Matthew Glenn
01	18	Nena Fournier
01	20	Chad Gray
01	24	Jason Kramer
01	25	James Martel
01	25	Chuck Parsons
01	29	Jay Fruendt
01	29	Dianne Strufe
01	31	Mia Brav





A Race Worth Running



We are always looking for our next great race. This month, we interviewed **Matt Wenzel** who shared his experience with the **Rosehill Cemetery Crypt Run**.

Your name: Matt Wenzel

Name of the race: Rosehill Cemetery Crypt Run

Race Distance: 5k

Location of the race:
Rosehill Cemetery, Chicago's North Side

Date of the Event: October (usually early October)

Why did you choose this event?

- 1) I love Halloween!
- 2) What can be more Halloween/spooky than a race that is 100% in a cemetery at night!

Other races you considered?

There are so many good Halloween themed races in October: Resurrection Mary 5k, Tombstone 5k, Muddy Monk Thriller 5k Trail Race, JJC Haunted 5k, The Great Pumpkin Race, The World's Largest Corn Maze race, Pumpkins in the Park, and probably many others. I try to run as many Halloween/Fall themed 5ks in October as possible, sometimes three in one weekend.

What was the packet pickup/Expo like? Were there any vendors or races to sign up for or nothing at all? Was it organized? Did you pay for parking to get to the Expo?

There wasn't an expo. Packet pickup was at RoadRunner Sports in Chicago's Goose Island district. It was very well organized and very easy to manage. Parking is free – or travel via the "L".

Race day/corral/pre-start? Was it well organized? Wave start? Were the corrals organized? Did the race start on time? How hard was it to find parking for the race?

The race was very well organized, but no true corrals. Walkers were asked to start near the back – everybody started at the same time. Chip start/chip finish. The starting area was blocked off and very well organized, 99% of the runners/walkers put themselves in the right starting area. It started on time. Plenty of pre-race Halloween Party themed music (Werewolf in London, Monster Mash, etc.), gear check, a few vendors, and a glow-stick tent. Parking is all neighborhood street parking, the earlier one arrives the better, but there is plenty.



What was the race course like? Was there adequate water/Gatorade or if it was a longer race, were goo or salt packets provided?

The race starts at 7:00pm – **total darkness!** The course itself was very cool. Participants start outside on the neighborhood streets, and then enter the cemetery running through **giant castle-like gates**. The rest of the race was **100% inside the cemetery** on the driving paths. There was giant water station around the midpoint of the race which was all lit up in **eerie red and green lights**. The paths were also lit with little electric tea-light candles. It was very well marked with candles on both sides and 1 every foot. Various parts of the cemetery, especially the more **Gothic tombstones**, were lit in eerie red, green, or blue lights. With the city lights, a bright moon, candles, and eerie-lights – everything is very well lit. The **finish line was aglow with an eerie red light** and Halloween themed music played in the background. Plenty of Gatorade, bananas, chips, breakfast bars, etc. at the end of the race. **If you are into spooky/eerie Halloween stuff** - this is the race to do! There is also an untimed walk for those who want to **savor the eerie/spooky atmosphere of one of Chicago's oldest cemeteries at night!**

Was there a post-race event or party? What was it like? Any music, food, beer given out?

The post-race party was at a bar/restaurant just across the street from the gates of the cemetery. Some years they have a band, some years there is a DJ. When the weather is reasonable it's outside in the small parking lot/patio next to the bar. Crowded - but fun. It's also a great way to meet other runners. Very fun Halloween party! Each runner received one free beer.



KISS MY SPATULA



Live  Laugh  Run  Eat

Peanut Butter & Banana Overnight Oats

(Vegan and Gluten Free)

Submitted by Cindy Walters and eaten every day for 2 months!

Ingredients:

- 1 large ripe banana, mashed (about ½ cup)
- ¼ cup creamy peanut butter
- 1 cup gluten-free rolled oats (Do not use quick cooking oats!)
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds (optional)
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 teaspoon light agave or honey (You may use more if you like sweeter oatmeal. Duh.)

Preparing your Peanut Butter and Banana Overnight Oats:

1. In a medium bowl, mash your banana with a fork.
2. Add the remaining ingredients to the bowl and mix until well combined.
3. Pour the mixture into two airtight containers and refrigerate for at least 3 hours or overnight I use mason jars and lids
4. When ready to eat, give the oats a good stir, add toppings of your choice, and dig in!

Runner's Christmas Morn' Casserole

Submitted by Leslie Kutemeier

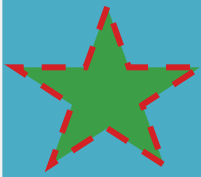
This breakfast dish is a favorite at our house! *(And a great after a run, too!)*

Ingredients:

- 20 oz. pkg. of frozen hash browns, thawed *(I like to buy the kind with peppers and onions already added.)*
- 4 cups shredded mild cheddar cheese *(or any cheese of your choice.)*
- 2 cups of diced ham or sausage
- 10 eggs
- 1 cup milk
- ½ teaspoon salt
- ½ teaspoon ground mustard

Directions

1. Place hash browns in a greased 13"X9" baking dish.
2. Sprinkle with cheese and add ham or sausage; set aside. *(Sausage is my fav.)*
3. Beat together eggs, milk, salt, and mustard; pour over ham or sausage.
4. Bake, covered, at 350 degrees for one hour.
5. Go out and enjoy a **Christmas morn' run/walk with a loved one!**
6. After an hour, uncover and bake for 5-10 minutes or until golden.
7. Makes 8 servings.



KRRC Christmas Party 2015



By Alison Maddux

As Jill Channing and I walked up the steps of the Knights of Columbus building for our first KRRC Christmas party, we didn't quite know what to expect. This wasn't our first KRRC social event, but the guest list for the evening was confirmed at over 80 people. Eighty hungry runners. Would there even be food for us? Having only been members for about a year, would we know anyone? There was only one way to find out!

First stop was the bar. We waved hi to the Alberts family on our way in, ordered our drinks (great prices at the KOC!), and then crossed the hallway into the main room. Dave Bohlke was at the door greeting! Across the room we spied Tina and Marc Spenard. We almost didn't recognize them dressed in their Christmas finery. Lo and behold, right by the Spenard siblings were two of my fellow Newsletter Committee members, Leslie Kutemeier and Cindy Walters.

The tables were beautiful and festive, courtesy of the Social Committee. We reserved two nearby spaces and mingled. When the caterers began bringing out big trays of delicious-smelling food, there were murmurs of curiosity and delight from the room. Who had catered? (The Country Table) What were they bringing out? (Prime rib, fried chicken, cheesy mostaccioli, mashed potatoes and gravy, steamed vegetables, salad, and bread.)

As we waited to make our descent on the buffet, we talked to our running club friends (some we had just met that evening) about running, the history of the club, and what costumes we had planned for the Jingle Bell 5k the next morning.



(left) Marc Spenard, Kibet Rono, Tina Spenard





We filled our bellies, talked to our new friends, and then from the corner of our eyes, we noticed a gradually increasing trickle of people headed toward the much-anticipated dessert table. By the time I made my way over, I could tell what all of the fuss was about. The big table was filled with treats from Bonnie Pinnow and they were some of the most beautiful and creative cupcakes I had seen! After at least two or three minutes of deciding which cupcake would be mine and which one I would bring back for Jill, I selected a cherry reindeer for her and a chocolate cupcake with green frosting and two gummy candy canes for myself. They were every bit as delicious as they were cute.



As the evening drew to a close, we were full of good food and great memories, made a few new friends, and were very grateful to have found a home in the KRRC. We're already looking forward to the new races we'll run, new records we'll beat, and new friends we'll make in 2016!





It's hard to believe we're nearing the end of another year. Seems like yesterday it was the end of summer and fall was in the air. Reality check: it's December, a time where many reflect back on accomplishments. We polled our KRRC members to find out... **what were your big accomplishments this year?**

KRRC YEAR END REVIEW

Jackie Skrobot

"Finishing my first Olympic distance triathlon and finally breaking 24 minutes for my 5k."

Ang Mcqueen

"Running Boston after 4 years of trying to qualify, woot!"

Dan Bullock "24 Races: twenty 5k's, one 8k, two 10k's, one half-marathon."

Lori Everts "Will be attempting to qualify for Marathon Maniacs next weekend with the finish of The Huff!"

Chris Snider

"Running my first marathon. Actually my first 10k in Jan., then first 1/2 in April, and first marathon in Oct."

MaryEllen Williams

"Running my first Hot Chocolate 15k."

Jen Ingram

"Running the NYC Marathon."

KRRC YEAR END REVIEW



Marc Spenard "My first 10k - Braidwood Route 66 run! Now to do another 10k to compare it! Last two miles going into wicked winds! Oiy!"

Sue Sherwood "Took my first steps as a runner in January of this year. Completed my first 15K in November."

Matthew Wayne "My "big accomplishment" wasn't all that big. I ran my first race longer than a 5k - the Get Lucky 7k. Ask me in February, because I'm running my first 10k - and it's a trail race in January (The Frozen Gnome)."

Daniel Gerber "My big accomplishment was to try to spread awareness and excitement for my two biggest loves; the Veterans and physical fitness by organizing a Veterans School Jog on Veterans Day. Me and other Veterans jogged to the 3 Manteno schools and were met by a large group of students and teachers at the high school who I believe were inspired by our physical fitness and patriotism."

Gail Passwater "Running my first marathon, the Indianapolis Monumental"

Leslie Kutemeier "Finishing the Chicago Half Marathon and the Illinois Marathon Relay."

Alison Maddux "I signed up for my first competitive 5k in years and finished with a smile!"