



Kankakee River Running Club Newsletter

Running the River since 1978

Winter Greetings Club Members!

January 2016
Volume 38, Issue 1



Winterfest 5K Run & Fitness Walk - Sunday, February 7th

Please join us for the Winterfest 5K & Fitness Walk! Click on the event link to sign up or for more information. <https://www.signmeup.com/site/online-event-registration/111158>



I'M A RUNNER

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

Where were you born? I was born in Champaign, Illinois.

How long have you been running? I ran on and off as a kid, but really grew to love it in 2010 and ran a half marathon as my first race.

Why did you start running? I had a Corgi that was very aggressive and I read somewhere that running him would help calm him down. Of course I didn't realize that running would benefit me more than it would him!

What is one thing you'd like to improve as a runner? I need to improve my speed through speed work. I thrive on running long distances at a comfortable speed; however, tempo runs and fartleks make my heart thump so I have been avoiding them!

Why did you join the running club? I ran a race in Hoopston and afterwards asked Dave Bohlke for results. Dave told me about the running club website. I remember feeling so amazed when I was talking with Dave because he made my husband and me feel so welcome. I joined the face book page and became a member. I always feel so included!



ANG MCQUEEN & GIZMO,
Boston Marathon 2015



What do you hope to get out of being a member? To continue the friendships and encouragement of one another. I love how there's not a lot of competitiveness among the group. It's one of the reasons I will travel so far to be with the best bunch of running peeps!!

Do you have a favorite race that you have run? I will have to say the Chicago Marathon is the best race - the crowd and support is unbelievable!

Do you have a favorite place that you like to run? My favorite place to run is my neighborhood with my dogs. I don't like running in places unknown for the fear of loose doggies.

Do you have a bucket list dream race or run that you would like to do? I would love to run the Hawaii Marathon - any marathon in Hawaii really because I love the heat and ocean!

Tell us one crazy fact about yourself. A crazy fact about me is that I own 5 dogs. I have pure love for dogs and bought my last dog on Valentine's Day for \$14.00! I told my husband it was deal and that we couldn't pass her up, ha!

Is there anything else you want us to know about you? I dislocated my toe training for the Boston Marathon and unfortunately surgery was the only way to fix it. I actually waited until after Boston to have it because running this race was very important to me. I had surgery in May 2015 and I'm very happy to be out running again! I also brought my dog, Gizmo, to Boston with me because we both get separation anxiety!



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.

February Birthdays

02	03	Kimberly Blair
02	04	Chris Betterton
02	06	Gerry Kilbride
02	08	Ande' Wegner
02	10	Colin Koerner
02	12	Roger Smothers
02	14	Mikayla Brandon
02	14	Nancy Hitson
02	15	Bob Williams
02	15	Gail Silcox
02	17	Bailey Carruthers
02	18	Charlie Grotevant
02	19	Valery Denby
02	21	Chris Walsh
02	24	Judy Kilbride
02	26	Marianne Surprenant
02	28	Carson Solis



SUPER 7 SERIES **WITH SIDECAR**



2 options this year!

1. Super7Series option
2. Sidecar option

SUPER 7 SERIES requirements:

- 2 club races
- 5 random races
- Participant receives a t-shirt with series logo.

SIDECAR requirements:

- 4 club races
- 3 random races
- Participant receives a t-shirt with series logo AND a hoodie

Cost: \$10.00

4 Club races are: [Winterfest 5K](#), Pause for Patriotism 5K, Hare and Tortoise 5K, and Bourbonnais Friendship Festival 5K.

Random Race: Any race that is timed and has published results from Jan 1st thru Dec 31, 2016.

RAFFLE: We are raffling off a weekend getaway at the Hampton Inn Bradley. If you sign up for the series by February 7th, your name will be entered in the raffle. We will have a booth to register at Winterfest or you can sign up online with the following link. [Super7Series Sign Up](#)



*If you choose the **SIDECAR** option and are unable to meet the full requirements, you can still earn a t-shirt by completing at least 2 club races and 5 random races. You must be an official finisher at each race. **Open to dues paying members only.** You can renew your membership at the Winterfest booth or sign up with the following link. [KRRRC Membership Sign Up](#)



January/February Birthday Party

Friday, January 22 - 6:00 p.m.

Aurelio's Pizza, Bourbonnais

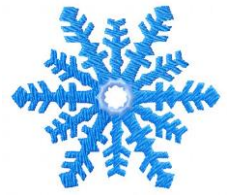


We will be celebrating birthdays and a new year! We will also take a quick poll on topics you would like to hear on from Dr. Nims and hear about the new social calendar. There will also be a split the pot to fund the KRRRC Social Club. Maybe even a door prize....hmmmm! Please let us know if you will be attending so we can get a head count.

HOPE TO SEE YOU ALL THERE!



A Race Worth Running



We are always looking for our next great race. This month, we interviewed **Lori Everts** who shared her experience with the *The Huff 50K Trail Run*.

Your name: Lori Everts, **MARATHON MANIAC!**

Name of the race & Distance: The Huff 50K Trail Run

Location of the race: Albion, Indiana

Date of the Event: December 19, 2015

Why did you choose this event?

After registering for Chicago, I decided that if I was ever going to attempt an **ULTRA-MARATHON**, now was the time! I would have all the training under my belt for the marathon, and would go from there. It also worked out logistically once I decided I wanted to qualify for the **MARATHON MANIACS!** Got three marathons done in three months!



Left: Lori Everts, Santa Clause (duh), Greg Burress

What was the packet pickup/Expo like? Were there any vendors or races to sign up for? Was it organized? Did you pay for parking to get to the Expo?

There was no Expo. Packet pickup was the night before at a nearby restaurant with an option for a pasta dinner. You could also pick up your packet the morning of the race.

Race day/corral/pre-start? Was it well organized? Wave start? Did the race start on time? How hard was it to find parking for the race? Race day started with a big warming tent set up to hang out in until the start of the race. There were no wave starts or corrals. It was a nice small chip-timed race that started on time. There seemed to be **PLENTY OF PARKING** and no issues. Easy access in and out.

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

I hadn't had a lot of experience running trails, but the **COURSE** was in **GREAT CONDITION** as we had lucked out with nice, **DRY WEATHER** leading up to the event. It got a little muddy and slick as the day went by and the sun came out. There weren't a lot of aid stations, but the ones they had were **AWESOME**, and were worth the wait! Everything from **HOMEMADE SOUP**, boiled potatoes, PB & J sandwiches, an array of **SNACKS** from pretzels to **M&M'S**. The last aid station was hosting **SANTA FOR PHOTO OPS** and the infamous **COMFY HUFF COUCH**.



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

No organized post-race party. Just back to the warming tent stocked with several **SOUPS** and **MORE MUNCHIES!** However, I had **MY OWN GREAT POSSE** that came to **SUPPORT** me, which was better than any event-sponsored party - the **GIZZARD GIRLS**, Sam Aspel and fellow **MARATHON MANIACS** Greg Burress (who paced me for all my qualifying events) and Tammy Hellings (who put in training miles and tons of great ultra-advice). **THANKS GANG!**



Just as an added note...HUGE THANKS to so many of **KRRC PEEPS** for all the **SUPPORT** and **ENCOURAGEMENT** along the way! A lot of you knew of my marathon maniac quest and put in miles, offered **ADVICE**, and **CHEERED** me on. **I LOVE THIS CLUB** and the **FRIENDSHIPS** I've gained from it!

I hope to see you out on a run soon!



Lori Everts



Left: Samantha Aspel, Tammy Hellings, **LORI EVERTS: MARATHON MANIAC**, Gregg Burress, Chris Snider, Kathy Figuierras, and Linda Curwick

More “cool” races to add to your calendar in February!

Click on the link for more information or to sign up.

Charleston Challenge Mid-Winter Classic 5K, 10K, 15K Saturday, February 6 - Charleston, IL



Cost: \$20.00 – per race

Race start: Staggered starts: 10:00...10:15...10:30 a.m.

Will it rain? Will it snow? You never know...**shorts or snow!** Raffle and **awards ceremony** afterwards.

<http://www.active.com/charleston-il/running/distance-running-races/charleston-challenge-mid-winter-classic-2016?int=>

37th Annual Frosty 5 Mile Sunday, February 14 - Channahon, IL



Cost: \$30.00

Race start: 11:30 a.m.

Pizza and refreshments can be enjoyed by all participants. **Age group awards** and **overall awards** will be given.

<https://www.signmeup.com/site/reg/register.aspx?fid=DC2VMH7>

NorthShore Cupid's Love Dash 5K Run/Walk Sunday, February 14 - Highland Park, IL



Cost: \$30.00

Race start: 8:15 a.m.

Run or walk the beautiful streets of Highland Park! For braving the cold runners will receive a **medal**, fleece **beanie hat**, Valentine's Day **candy** on the course and **hot chocolate** afterwards!

<http://carpediemraces.com/northshore-cupids-love-dash/>

Mardi Gras Chaser 5K/10K Saturday, February 20 - Chicago, IL



Cost: \$35.00

Race time: 10:00 a.m.

Shake the winter blues and join the most **festive race** to ever hit Montrose Harbor in Chicago! Wear your **mask**...Flash your speed...Earn your **beads** in a whole new way! Click on the link for more information or to register.

<http://www.backonmyfeet.org/event/chi-mardi-gras-chaser-5k10k>

Happy TRAILS to you...

When I think **WINTER RUNNING**...I think **TRAIL RUNS!** Are you looking to blast through the trails of the Kankakee State Park (or any trail) this winter, but don't have trail shoes? Our members have a few suggestions for you this month! Ultra-marathoner, **RICK LOVING**, reminds us that there isn't a one-type-fits-all trail shoe. The kind of shoe you use will depend on the type of terrain you are running on. Rick also suggested buying a pair from a store that has a good return policy so you can try them out first. **GREAT ADVICE!**

Check out these suggestions from our club members!

New Balance 481v2 – worn by Matthew Wenzel



The rugged, durable, lightweight 481v2 has an aggressive outsole for off-road traction and a midsole that provides superior cushioning and support.

I like them because the tread pattern on the bottom is not very extreme - so I can use them for paved surfaces also - and even perfect when switching from pavement to grass/gravel in the same race. But they also provide enough grip to run off-road trail races as well. I have worn them in the muddiest/wettest conditions and also in 10 inches of fresh snow. So, I have the same pair for all my running - same feel on my foot at all times...no adjusting between events. - Matthew Wenzel



Salomon Speedcross 3

Worn by Kibet Rono, Rick Loving, Julie Loving and Todd Kutemeier

Salomon Speedcross boasts a sensifit design that envelops and cradles your feet for a precise fit that minimizes foot slippage inside the shoes. Nylon forefoot plates stabilize and protect feet on uneven terrain. Salomon Speedcross are the perfect shoes to keep your feet warm in cold, wet, and snowy conditions.

I don't run trails much, but when I do, I run in Salomon Speedcross 3. Very comfortable, superior grip and impressive drainage. Light weight, superior race lacing and usable on all surfaces. - Kibet Rono

I love my Salomon Speedcross 3! Rick and Julie Loving suggested these to me and I absolutely love them. They have arch support, outstanding traction, and are a very sturdy shoe. I have the Gore-Tex version so they keep my feet warm and dry. I also have narrow feet and they hug them perfectly! - Todd Kutemeier

I like Salomon Speedcross 3. They are lightweight with a little bit of padding. The traction is unbelievable for uphill and downhill climbing or running. The colors are awesome, too! Just a good trail shoe all around!
- Julie Loving

I like my Speedcross trail shoes because of the awesome tread grip, quick lace feature, and lace storage pouch in the tongue. -Rick Loving



Inov-8 Roclite – worn by Ande Wegner

The all-new Roclite 295 is a high-mileage trail running shoe that now possesses a new and improved fit. Its durability and deep cleats make it perfect for long training runs and adventure races. This **female specific fit** has a patented Fascia Band technology that replicates the anatomical position of the plantar fascia ligament.

Inov8 is my shoe of choice - if I'm on really muddy, technical terrain then I love my Roclites. For drier, varied terrain, the Trailroc is my go-to. And for long distance trail races, the Race Ultra is what I wear. All have a generous toe box so you have freedom of movement in your forefoot, but still give you a close contact feeling with the ground so you know where your feet are landing. They're all rugged enough to last for several hundred miles (I've got over 400 miles on one pair with no sign of breakdown!) Love them! - Ande Wegner



Brooks Ghost 8 Gore-Tex – worn by Linda Curwick

The Ghost 8's GTX women's running shoe takes the Ghost 8's killer combination of balance, cushion, and lightweight materials and wraps them in a high-performance GORE-TEX membrane. Get the same sweet fit and feel but with a waterproof, breathable upper.

Love, love, love my Brooks Ghost GTX. They keep my feet dry and warm. Some people are opposed to them stating they are not breathable, but they are DEFINITELY MY PREFERENCE! - Linda Curwick



Asics GT 2000 – worn by Leslie Kutemeier

Asics GT 2000 have a Guidance Line and Guidance Trusstic System that complement the comfortable and supportive Dynamic DuoMax to provide overpronators smooth support over a variety of terrain.

These shoes have a generous toe box (they come in wide width) and I overpronate so it's nice that there is a stability trail shoe that is made for someone like me. The grip isn't aggressive like the Solomon Speedcross, but this shoe does the job and I do have Yaktrax if I need more grip on my shoes - Leslie Kutemeier



New Balance Leadville – worn by Jim Shrader

It's the shoe high-mileage trail runners wished for, with a Vibram outsole that provides maximum surface contact, and odor-resistant technology helps make you maximally approachable. Designed with input from ultra-runners, these shoes have what it takes.

My new favorite is the New Balance Leadville, version 2. It is great for technical terrain and you can use them for short or long runs. It has decent cushion, but it's still a firm shoe. The sole has a gripped surface instead of a spiked surface and it also has a very sturdy toe guard. - Jim Shrader



KISS MY SPATULA

Where recipes and running collide into a marathon of deliciousness!

Live  Laugh  Run  Eat



RUNNER'S BEER CHILI

Submitted by **Todd Kutemeier**

I make it the night before and store it in the fridge overnight - right in the crockpot. If you do this, be sure to **add the beer the next morning.**

Ingredients:

- 2 cans of chili beans
- 1 can of diced, roasted tomatoes
- 29 oz. can tomato sauce
- 12 oz. can tomato paste
- 1 tbs. cumin
- 1 tbs. chili powder
- 4 oz. can diced green chilies
- 16 oz. jar salsa
- 12 oz. bottle of Miller Lite (*optional*)
- ½ medium yellow onion, diced
- 1 red pepper & 1 orange pepper, diced
- 2 tbs. Worcestershire sauce
- 2 lbs. ground beef, cooked

Directions

1. Combine all ingredients into a crockpot.
2. Set crockpot on low.
3. Cook for 8-10 hours.
4. **It's a perfect meal after a run in the cold!**

BUTTERFINGER DESSERT

Submitted by **Linda Curwick**

This tastes so amazing – I promise you can't tell it's a light desert!

Ingredients:

- 1 large box fat free, sugar free instant vanilla pudding mix
- 1 ½ cups fat free skim milk
- Angel food cake
- 16 oz. fat free Cool Whip topping
- 8 ½ ounce Butterfinger candy bar

Directions

1. Spray a 9x13 pan with cooking spray.
2. Tear angel food cake into bite sized pieces.
3. Prepare one large box of fat free, sugar free instant vanilla pudding mix with 1 ½ cups of skim milk.
4. Add one 16 oz. fat free Cool Whip topping to the vanilla pudding mix.
5. Crush an 8 ½ oz. Butterfinger candy bar or equal amount of smaller bars.
6. Layer ½ cake, ½ mix, and candy.
7. Repeat layering of cake, mix, and candy.
8. Cover and refrigerate for at least an hour or overnight.