



Volume 38 | Issue 10
October 2016

Kankakee River Running Club Newsletter

*Running the River
Since 1978*

Welcome to the newest issue of the Kankakee River Running Club Newsletter. If you would like to contribute to the newsletter, email your contribution to krrclub@gmail.com. Thank you!

Nomination and Election of Club Board

Every year we have an election of board members at the December meeting, which coincides with the Christmas Party. In some years, there are no contested positions so there is no actual voting. In other years, there may be more than one person nominated for a position and a ballot is presented at the meeting. You must be present at the meeting to vote.

The party/meeting for 2016 (for election of the 2017 board) is on Friday, December 9th at 6:00 pm at the Knights of Columbus in Kankakee. In any given year, all board positions are up for election. This year we have two positions being vacated by their current holders, so we are actively seeking nominations for those positions. In addition, any of the other position holders may be challenged by nominations from club members. If you want to throw your own hat in the ring, please do so. If you would like to nominate someone else, please check with them to make sure they would be willing to serve on the board. All nominations can be sent to krrclub@gmail.com.

The board positions and their current holders are:

President – Kibet Rono – will be vacating, need nominations
Vice President – Leslie Kutemeier – will be vacating, need nominations
Secretary – Mileen Joines
Treasurer – Dave Bohlke
Trustee – Dan Bullock
Trustee – Linda Curwick
Trustee – Patrick Koerner
Trustee – Chris Snider
Trustee – Cindy Walters

I'm A Runner!

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



Rhonda at the
Champaign Half
Marathon 2016

Where were you born? Age? Kankakee. 44.

Can you tell us a little about your family and where you grew up?

I am married and have 2 sons ages 23 and 21.

How long have you been running? This is my second year running.

Do you have a favorite pair of running shoes? Altras

Why did you start running or who got you into running? Chris Snider helped get me started. I started running for extra exercise and to help me lose more weight.

What is one thing you'd like to improve as a runner? Eventually I want to run a little faster.

Do you prefer morning or evening? I am a morning person but usually have to run in the evening due to work.

How do you stay motivated when you don't want to run? I just make myself go. Especially if I tell someone I'm going...then I have to go.

Do you have a favorite race that you have run? Any races that you would like to forget? I can't think of one favorite. I would like to forget the Ashley Can half last year. I was sick and attempted it anyway. It was my only race that I didn't finish.

Flat course or hills? Flat.

Do you have a bucket list dream race or run that you would like to do? No.

What is your PR in a race? I really don't know. I finish and that is what matters to me.

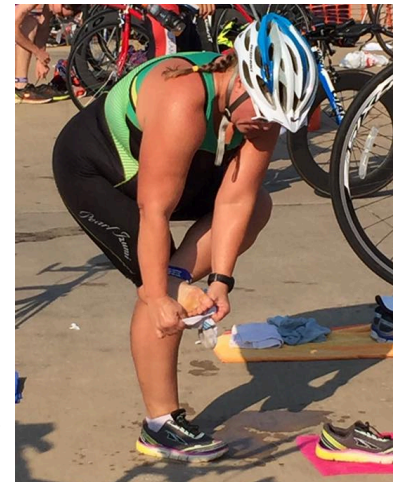
What is your typical meal the night before a big race? I don't eat anything specific. My last race I ate grilled chicken and fresh fruit the night before.

Do you have a favorite post race treat? Water. I usually eat a banana but otherwise I have no appetite for quite some time after a race. I usually have to make myself eat something.

I run for... the bling and the opportunity to say "I did that!"



Left: **Kelly Jensen, Julie Loving, Deborah Renville, Lori Everts, and Jackie Skrobot** took 2nd place out of 65 teams in the open female division at the Quad Cities Marathon Relay.



Right: **Rhonda Hubert** in transition during Tri the Illini.

Say Cheese!

Photos from the Kankakee River Running Club Facebook Group



Left: **Kibet Rono** cheering on the finishers at the Herscher Hare & Tortoise.

Right: **Tina Spenard, Terri Spenard, and Marc Spenard** with their father at the Ashley Can Half Marathon.



October Races

Fallen Heroes 5K
October 1st
Bourbonnais, IL

Prairie State 10K &
Half Marathon
October 8th
Long Grove, IL

Information for these and
other October races is on our
Facebook page and at
kankakeeriverrunningclub.com

Kankakee County Humane Foundation
Furry Fall Fest 5K Run & 3K Walk
October 9th
Kankakee, IL

Chicago Marathon
October 9th
Chicago, IL

The Great Pumpkin
5K & 10K
October 15th
Bourbonnais, IL

Rock 'n' Roll Half Marathon
October 16th
St. Louis, MO

World's Largest Corn Maze 5K
October 16th
Spring Grove, IL

Hot Chocolate 5K & 15K
October 30th
Chicago, IL

Monster Dash Half
Marathon, 10K & 5K
October 23rd
Chicago, IL

Race Review

Contributed by **Valery Denby**

If you're part of the KRRC Facebook page, you may have noticed that **Valery** takes part in a lot of races! We asked about her favorite race so far and this is what she had to say.

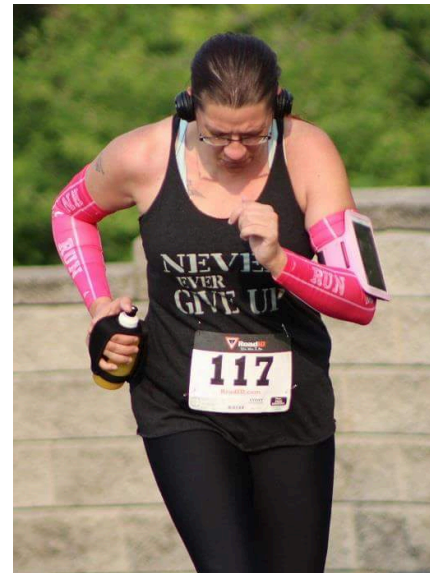


I have done so many races (regular runs, color runs, slime runs, beer runs) that it is hard to pick one as a favorite, so I will just give a little story.

In June 2014 I started with walking two mile races. When I took first place walking the Ken Klipp event a friend suggested that I sign up for the 5K part of the race, so I signed up for the Ashley Can 5K in September 2014. I didn't run the whole thing but I was happy. Momence 2015 was my first 10k. Since then I have run many events all the way through. I'm getting better and the Kilbride in June 2016 was my fastest one to date at 29:58. September 2016 I will be running my first half marathon at the Ashley Can and I will be glad to just finish.

I know I should train but I just go out and have fun. I do many races and I try to do at least two a month. I'm the person who also does virtual runs (which is any race, any time, distance, place and they give you a bib and medal) and for me they don't count unless I do an event, so they go hand in hand.

I have gotten to know a lot of people through KRRC, even though I'm shy at first, and it has been great. I also joined the Super7Series with Sidecar to help push myself more and **I have also chosen to be the team captain for the Jingle Bell Run 2016** to help me get out of my comfort zone. People from the club cheer you on when you come through the finish line because not everybody has someone at the end to cheer for them. Sometimes that is the little push you need to finish.





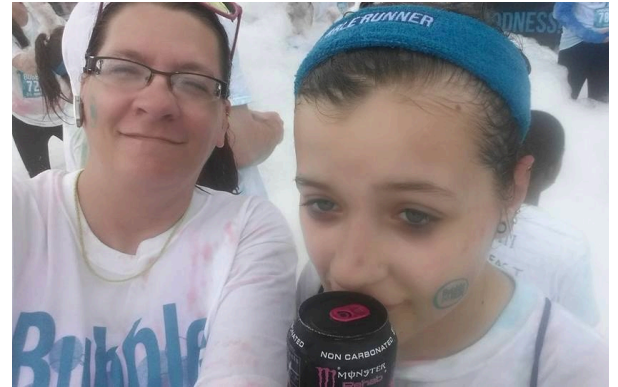
I have done races in Indiana and next year the goal is to do one or more in Wisconsin, Michigan, Tennessee, and Iowa. I want to do some more of the events in Chicago and even a trail run.

I really like the after parties with food, music and friends. The full goodie bags are also fun. I normally treat myself with something involving bacon and a Pepsi after an event.

Finish this sentence: **I run because...someone else can't.** I also want to show my daughter (who volunteers at events) and anybody who watches that they can walk or run at any age not just 45.

Join Valery on December
11th at 9am!

For race information visit
www.jbr.org/rivervalley



Health and Fitness

Introduction by **Alison Maddux**; Article from **TheMuse.com**

We all have reasons for being runners and walkers. For some of us, it's about getting or staying in shape, for others it's about relieving stress, meeting people, or enjoying our surroundings in a fun way. Did you know that running also gives your brain a boost?

Here's a New Memory Hack You Can Put to the Test Today

By *Stacey Gawronski*

A couple of months ago when I decided to work out in the middle of the workday, I wanted to both see how it worked logistically, as well as how it impacted my productivity. I found, unsurprisingly, that the lunchtime run or yoga class had a positive effect, making me feel awake and motivated, rather than sluggish and like I needed a large cup of coffee to get through the afternoon's remaining hours.

But, in fact, working out in general, before work, during it, or after keeps me on my game. And, as much has been written on the benefits of exercise, that's not a shocking summary. We exercise for our bodies, yes—but we do it for our minds, too.

A recent study reported in Quartz makes the awesome claim that, specifically, **as far as the brain is concerned, exercise aids in memory.** Researchers at a university in the Netherlands took a group of 72 people and divided them into three groups. All participants were made to memorize 90 image associations. Following the learning session, the first group exercised at a high-intensity for 35 minutes. When they were done working out, they watched nature documentaries. The volunteers in the second group did that in the reverse order: They watched the films then worked out, and the third group just watched the movies. After two days, the 72 participants were tested to see if they could recall the previously memorized image associations. Only the second group—the ones who watched the documentaries and *then* exercised—showed better memory performance.

The researchers haven't drawn any conclusions as to why that is, for now they're linking it to the chemicals in the brain that help our memories form. **When we work out, these chemicals (dopamine and noradrenaline) are produced, and apparently, they work best at helping with memory when they're produced a little while after something new is learned.**

Let's say you want to put this to the test. The next time you learn a new process or a new skill at work, what if you waited a few hours before doing something physically active? I'm not suggesting that at 2 PM, you sit down with your boss to go over the programming codes and at 3 PM you watch movies at your desk until it's time to leave the office, at which point you head to the gym. But what if, after learning something intensive, you focused on some mindless, more tedious work tasks, and *then* tacked on a workout?

Wouldn't it be cool to turn on your computer the next day and see how much you recall from what you learned the day before? Because what if this brain hack really works for you? And frankly, **even those among us who consider our memories to be pretty good could probably still use some sharpening.** So, while you make your heart and lungs stronger, build muscle in your legs, and tone your

abdomen, why not also transform into that person who never forgets anything?

Article available at <https://www.themuse.com/advice/heres-a-new-memory-hack-you-can-put-to-the-test-today>.

Kiss My Spatula!

Where recipes and running collide into a marathon of deliciousness!

Skillet Apple Chicken Thighs

From MyRecipes.com

Ingredients:

- 1 1/2 tablespoons olive oil, divided
- 4 (4-oz.) skinless, boneless chicken thighs
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 cup unsalted chicken stock
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped fresh sage
- 1 1/2 teaspoons chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced

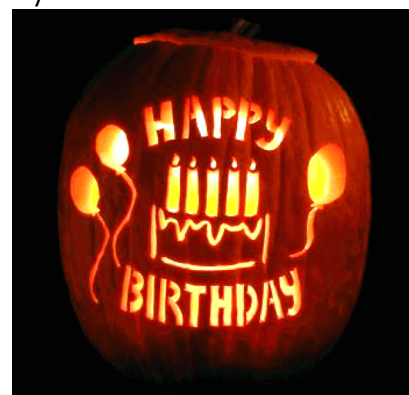
Directions:

- Heat a large skillet over medium-high heat. Add 1 1/2 teaspoons oil to pan; swirl to coat. Sprinkle chicken evenly with 3/8 teaspoon salt and 3/8 teaspoon pepper. Add chicken to pan; cook 4 minutes on each side or until chicken is done. Remove from pan.
- Combine stock and mustard, stirring with a whisk. Add remaining 1 tablespoon oil to pan; swirl. Add remaining 3/8 teaspoon salt, remaining 3/8 teaspoon pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return chicken to pan; cook 3 minutes or until liquid is reduced by half.



October Birthdays

10/01	John Avendano
10/02	Evan Sherwood
10/04	Diane Gerber
10/05	Craig Alberts
10/05	Marissa Belcher
10/05	David Joens
10/05	Angie McQueen
10/05	Daryl Meyer
10/10	Brian Noffke
10/12	Rich Olmstead
10/13	John Martin
10/16	Lauren Martin
10/16	Sue Sherwood
10/20	Angella Bylak
10/20	Denise Caparula
10/20	Chad Gray
10/21	Pete Hinrich
10/23	Adella Fiore
10/23	Mary Lou Streets
10/27	Matt Guiney
10/28	Dan Bullock
10/30	Owen Whittington
10/31	Steve Anderson
10/31	Tami Brinkman
10/31	Lucas Kisner
10/31	Soren Sherwood



Fall Birthday Party

Cake provided
by the club!

See you there!

October 28th
6 PM

Hoppy Pig
135 N Kinzie Ave
Bradley, IL 60915



Do You Have a Favorite Winter Dish?

If you've got a great winter recipe to share with your fellow KRRC members, email it to

krrclub@gmail.com.

We'd love to hear from you!



➤ Weekly Runs and Walks ⇐

Monday and Wednesday walks at 6PM at Perry Farm. Check Facebook for post by **Christine Morrical**.

Tuesday morning speed work at 7:30AM. Meet at Bishop Mac. Check Facebook for a post by **Julie Loving** or **Lori Everts**.

Tuesday and Thursday evenings at the YMCA at 6:00PM. Check Facebook for a post by **Anna Wilder**.

Saturday and Sunday morning runs. Check Facebook for a post.

Do you enjoy reading the newsletter?

DO YOU HAVE AN EAGLE EYE FOR TYPOS?

Do you want to be more involved with your running club?

If your answer is yes to any of these questions, we'd love for you to be part of the newsletter committee! We work our magic in Microsoft Word, so no fancy design experience is required.

General newsletter committee duties include reaching out to club members for race reviews and member spotlights, compiling the newsletter in Microsoft Word, and proofreading. The commitment is a few hours a month or less. Email krrclub@gmail.com to join!

