

Kankakee River Running Club Newsletter

Volume 38 | Issue 2
February 2016

*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 go to the website (<http://www.kankakeeriverrunningclub.com>) and click on Newsletter Contribute or email your contribution to krrclub@gmail.com. Thank you!

I'm A Runner!

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

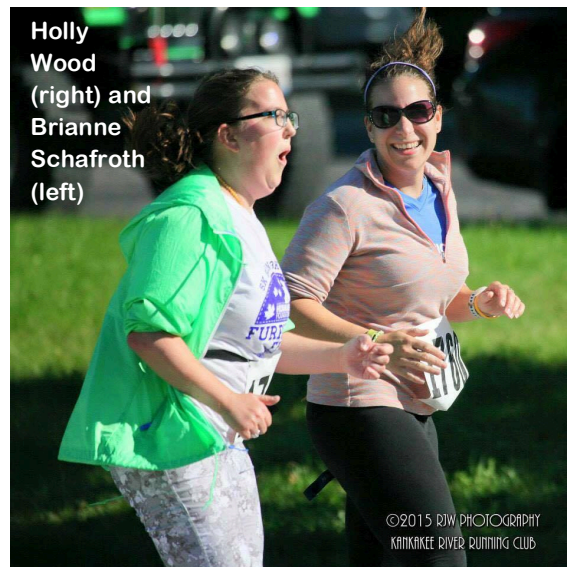
Where were you born? Kankakee

How long have you been running? My first triathlon was when I was 8. I was always very active but picked up running again in high school. I ran off and on but became serious again about 2 years ago.

Why did you start running? I started running for the health benefits.

What is one thing you'd like to improve as a runner? I'd like to improve my technique as a runner.

Why did you join the running club? I love running with other people and I knew it would be hard to stay motivated on my own, so I joined the club for support.



What do you hope to get out of being a member? From my short time with the club, I have met some wonderful people and made awesome friendships. I hope to continue meeting people.

Do you have a favorite race that you have run? I love the Christie Clinic Illinois 1/2 marathon. There were tons of people lined up the entire race cheering.

Do you have a favorite place that you like to run? I love exploring new places to run. My favorite places are country roads. I love the peace and quiet.

Do you have a bucket list dream race or run that you would like to do? I would love to qualify for the Boston Marathon one day!

Tell us one crazy fact about yourself. I haven't eaten a cheeseburger in 11 years.

Is there anything else you want us to know about you? I hate treadmills!!

FOAM ROLLING CLASS with DR. SCOTT NIMS

Saturday 3/19 * 9AM-10AM

Kankakee Township Fire Protection District * 2215 S Kensington Ave, Kankakee

Please join us for a foam rolling class on how to hit specific pain points. You may want to bring a towel or mat as the floor is not carpeted. There will be some foam rollers there but if you have one you may want to bring it. Meeting for breakfast at **Family House Restaurant** after class. We would love to see you there!

Midwinter Cruise 1/24/2016

Left to Right:
John Warren, Kibet
Rono, Mark Dufrain,
Kelly Martin, Dan
Bullock, Phil Hitson,
Rob Ravens



Adams – Quincy
Bridge the Gap to Health Half Marathon

Alexander – Cairo
Cairo Levee 10K

Bond – Greenville
Panther 5K

Boone – Caledonia
Fall Classic 4 Mile Trail Run

Brown – Mt. Sterling
Heart and Sole 5K

Bureau – Princeton
Conquer the Hill Half Marathon

Calhoun – Hardin
Holler Hustle 5K

Carroll – Lanark
Say No to Snow 5K

Cass – Beardstown
Pat Cowen Memorial 5K

Champaign - Champaign-Urbana
Illinois Marathon

Christian – Stonington
Stonington Summerfest 5K

Clark – Marshall
Race for the Heart 5K

Clay – Flora
Beta Sigma Phi Half Marathon

Clinton – Carlyle
Body by Boyd Half Marathon

Coles – Mattoon
Run for the Bagel 10K

Cook* - Chicago
Lake Front 10 Mile Run

Crawford – Hutsonville
Tough Enough to Wear Pink 10K

Cumberland – Neoga
Blake's Shooting Star 10K

DeKalb* - DeKalb
Cornfest 10K

De Witt – Clinton
Clinton Lake 10 Mile Trail Run

Douglas – Arcola
Arcola Broom Corn Festival 10K

DuPage* - Downers Grove
Downers Grove 10 Mile Run

Edgar – Paris
Shawna Morrison Honeybee Festival 5K

Edwards – Albion
Back to School 5K

Effingham – Effingham
Heartland Half Marathon

Fayette – Vandalia
Race to Downtown 5K

Illinois Cross Country Running

Contributed by David Joens

Recently, I completed a goal of running a race in **every one of Illinois' 102 counties**. I began the goal in 2008 and finished in October of 2015. Illinois is a great state but I have learned that Illinois is also a great running state.

I live in Springfield, where I have run in many great races, including the Lincoln Memorial Half Marathon, the Frostbite Classic 10 Miler, and Abe's Amble 10K. But, central Illinois has a lot to offer too. In Decatur, the Shoreline Classic 15K is a challenging September race along the hilly shore of Lake Decatur. Peoria's Steamboat Classic 15K is a June race that also has a challenging hill.

I tried to run in longer races in the counties. For central Illinois, that meant the Illinois Marathon in Urbana-Champaign, an extremely flat course that ends in Memorial Stadium on the U of I campus, and the Bridge the Gap to Health Half Marathon in Quincy, which takes runners across the Mississippi River into Missouri. Similarly, the Quad Cities Half Marathon (I didn't run the marathon portion of this race) also takes runners across the Mississippi River, but in this case it goes into Iowa.

Southern Illinois has a number of great races. The best is the River to River Relay, an eighty mile course that crosses three counties and goes through the scenic Shawnee National Forest. There are 24 sections to the race, with each member of an eight-person team taking turns running three separate sections of about a 5K each. This is the only relay I've done but it was certainly memorable.

Along with running a relay as part of this goal, **I ran in several trail runs**. I had never run a trail run before and my first was the 7.5 mile Pere Marquette Trail Run in Grafton, near Alton. This race bills itself as the toughest trail run in the

David Joens' 102 races are listed to the right as:

**County – City
Race**

* Denotes a county in which David has completed multiple races.

Ford – Paxton
Knights of Columbus 5K on the 4th

Franklin – Christopher
Bearcat Turkey Tourney Trot 5K

Fulton* - Canton
Trotting for TaTa's 10K

Gallatin – Equality
Mop N' Up Forever Family 5K

Greene – Greenfield
Go Play in the Streets 5K

Grundy – Morris
Liberty 5K

Hamilton – McLeansboro
Firecracker 5K

Hancock – Carthage
Strawberry Strut 5K

Hardin – Rosiclare
Get Moving for Health 5K

Henderson – Stronghurst
Henderson County Fair Fun Run 5K

Henry – Kewanee
Run Your Ice Off Hard Core 5K

Iroquois – Clifton
Race to Remember Dawn Schafer 5K

Jackson – Carbondale
Grace Race 5K

Jasper – Newton
Nick's Race 2.85 Mile Trail Run

Jefferson – Mt. Vernon
YMCA 10K

Jersey – Grafton
Pere Marquette 7.5 Mile Endurance Trail Run

Jo Daviess – Galena
Midwest Health and Fitness Sprint to Spring
10K

Johnson – Johnson County
River to River Relay (Leg 16)

Kane – Hampshire
Coon Classic 10K

Kankakee – Kankakee
Winterfest 5K

Kendall – Yorkville
Tax Dodge 10K

Knox – Galesburg
Run Galesburg Run Half Marathon

LaSalle – Oglesby
Oglesby 10K Classic

Lake – Lincolnshire
Des Plaines River Trail Race Half Marathon

Lawrence – Lawrenceville
Kids Shopping Day 5K

Midwest. It is a hilly, rough, challenging race held each November and I would do it again in a heartbeat.

Before I began this goal I had already run races in 11 counties, mostly in northern Illinois, an area with dozens of great races. The first great northern Illinois race I ran was the March Madness Half Marathon in McHenry County, a race that starts a running season off right. Another great race is actually two races. The Thin Mint Sprint in Ogle County features a 4-mile trail run followed by an 8K road run. Called the Tough Cookie, the races are held at the Medill McCormick Girl Scout camp along the Rock River.

My biggest regret in all my running is that I have never run the Chicago Marathon. I've done several races in Chicago and Cook County, with the longest being the Lakefront 10 Miler. **Like the best races in Chicago, it goes along scenic Lake Michigan and has a great after-party.** Other races I regret not running in include the Johnson County's Tunnel Hill 10 Mile trail run, a rails to trails race complete with a mile long old train tunnel; the Lake Bloomington 12K, a trail race in McLean County that I consider the premier race for that county; and the Fort 2 Base 11.5 mile race in Lake County that goes from Fort Sheridan to the Great Lakes Naval Base.

Overall, I am pretty pleased with the races I have run. Many counties only have 5K races, so that is the distance I ran in at least half of the counties. **Finding these races was sometimes difficult and required hunting on the Internet, visiting running club web sites, and, in the case of Scott and Hardin counties, subscribing to the local newspapers.** The shortest distance I ran was a two-mile run in Logan County while the longest races were two marathons. Three races I've been in had less than 10 runners (I had two seconds and a third place finish) and one half marathon only had 25 runners (my only top 20 finish in a half marathon). A lot of 5Ks are done in memory of someone or to raise money for a charitable cause. Those are always good races to run. The Shawna Morrison 5K in Edgar County, which honors an Illinois National Guard soldier killed in Iraq, immediately comes to mind.

Lee – Dixon
Reagan 5K

Livingtson – Pontiac
Turkey Trot 5K

Logan – Lincoln
Run For Your Life 2 Mile Run

McDonough – Macomb
Haunted Hill 5K

McHenry – Cary
March Madness Half Marathon

McLean – Bloomington
Miller Park Zoo 5K

Macon* - Decatur
Shoreline Classic 15K

Macoupin – Carlinville
Pant for the Pool 5K

Madison* - Alton
Great River Road Run 10 Mile

Marion – Centralia
Legs for Life 5K

Marshall – Lacon
Old Settler’s Day 5K

Mason – Mantino
Cactus Classic 10K Trail Run

Massac – Metropolis
Superman 4 Mile Race

Menard* - Petersburg
Harvest Fest 10K

Mercer – New Windsor
New Windsor Rodeo 4 Mile Run

Monroe – Valmeyer
Hills and Hollows Half Marathon

Montgomery* - Litchfield
Life Changing 10K

Morgan – Jacksonville
Passavant Hospital 10K

Moultrie – Arthur
Arthur Cheesefest 5K

Ogle – Stillman Valley
Thin Mint Sprint 4 Mile Trail Run / 8K Road
Race

Peoria – Peoria
Steamboat Classic 15K

Perry - Pinckneyville
Pinckneyville Fall Classic 8K

Piatt – Monticello
Allerton 5.5 Mile Trail Run

Pike – Hull
Hull of a Race 5K

Pope – Golconda
River to River Relay (Leg 24)

Pulaski – Villa Ridge
Strawberry Day 5K

Many races, especially 5 and 10Ks, are held as part of a town festival. I always love running a festival race and then staying around for the festival. Some of the best were the Liberty 5K held in Morris for the 4th of July, the Fairfield Fall Fun Fest 5K and the Arcola Broom Corn Fest 10K, held in Amish country.

Illinois has a lot of races held to celebrate our heritage and history. Metropolis, located on the Ohio River, has the Superman 4 mile run (Superman is from Metropolis, of course), while Chester, located south of St. Louis, has the annual Popeye 5K, because the author of Popeye is from Chester. Dixon, home of Ronald Reagan, has the Ronald Reagan 5K as part of its annual Petunia Festival. The Say No to Snow 5K in Carroll County and the Run Your Ice Off hard Core 5K in Henry County, held on New Year's Eve, celebrate the fact that running in Illinois isn't just a warm weather sport.

It has been said that Illinois running is flat. Although my preference is for a flat course (actually my preference is for courses that are all downhill but I've yet to find one) **there are many races that have hills in Illinois.** Along with some of the races mentioned above, I dare anyone to try to Hills and Hollows Half Marathon in downstate Valmeyer. Its last two miles are straight up hill. Or, do leg six of the River to River Relay. Some races just have one killer hill, such as the Lincoln-Douglas 8 Mile run in Metamora, the Conquer the Hill Half Marathon in Princeton, the Haunted Hill 10K (I ran the 5k) in Macomb and the Steamboat Classic 15K in Peoria. However, the latter two races make you run the hill twice.

A lot of the races I've run in no longer exist. Some were held just once or twice while others, like the Frostbite Classic Half Marathon in Tazewell County, stopped running after 20 years. In 1987 I ran in the last Rockford Marathon, however, that race was revived a few years ago. Other races thrive in Illinois. I ran in the 50th Great River Road 10 Mile Run in Alton on a flat course that goes along the Mississippi River. Similarly, I ran in the first ever Kids Shopping Day 5K in Lawrenceville, which is now the Southern Illinois Spring Classic Half Marathon. I ran the Cactus Classic in Mason County when it was a 10K and that too is now a half marathon.

Putnam – McNabb
PC EMS 911 5K

Randolph – Chester
Popeye 5K

Richland – Olney
Olney Tiger 5K

Rock Island* - Moline
Quad Cities Half Marathon

Saline – Harrisburg
Saline County Rails to Trails Quarter
Marathon

Sangamon* - Springfield
Lincoln Presidential Half Marathon

Schuyler – Rushville
Smiles Day 5K

Scott – Winchester
Cougar Classic 5K

Shelby – Shelbyville
Tom Short 5K Trail Run

St. Clair* - Lebanon
Ramble Into Spring 10K

Stark – Toulon
Indian Creek 5K

Stephenson – Freeport
Lincoln-Douglas 5K

Tazewell – Delavan
Frostbite Classic Half Marathon

Union – Union County
River to River Relay (Leg 8)

Vermilion – Danville
Memorial Day 5K

Wabash – Mt. Carmel
Mt. Carmel Public Library Foundation 5K

Warren – Monmouth
Monmouth College Family Week End 5K

Washington – Hoyleton
Hoyleton Hofbraufest 5K

Wayne – Fairfield
Fairfield Fall Fun Fest 5K Run

White – Carmi
Candy Corn 5K

Whiteside – Fulton
Steeve Klooster Memorial Run 5K

Will – Bollingbrook
Bollingbrook 10K

Williamson – Marion
Fly with the Eagles Half Marathon

Winnebago – Rockford
Rockford Marathon

Woodford – Metamora
Lincoln Douglas 8 Mile Run

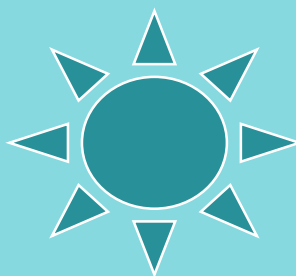
Running a race in each of Illinois' 102 counties shows the best this state has to offer in terms of running, scenery, history and its people. It has taken me along lakes, rivers, country roads, trails and plenty of cornfields. I've got the chance to see things I might never have seen before, such as the white squirrels in Olney, the Superman statue in Metropolis, the carillon in Centralia, the Hennepin Canal outside of Princeton, and numerous city and state parks, county courthouses and small town diners. Best of all, I've got to meet dozens of wonderful people, most of whom were dedicated volunteers who can't be thanked enough for their efforts.

A review of the races I ran from 2008 to 2015 can be found by Googling "Illinois Race Calendar daj's blog."

March Birthdays



03/04	Jeff Chiero		
03/04	Ken Goodwin		
03/04	Rod Kahl		
03/06	Bailey Lovell		
03/07	Nicole Cartier		
03/08	Darren Woods		
03/10	Chris James	03/16	Scott Pringle
03/10	Kellie Solis	03/16	Melinda Sutherland
03/11	Rachel Myers	03/16	Mark Walsh
03/12	Erik Wheeler	03/20	Tim Davis
03/13	Mark Saffell	03/21	Dave Giacomi
03/14	Kyle Dailor	03/22	Gavin Kempf-Kutemeier
03/15	Linda Hodges	03/22	Christine Snider
03/16	Hannah Arellano	03/23	Daniel Egenlauf
03/16	Kricket Baltz	03/24	John McGarey
		03/25	Ken Klipp
		03/25	Carol Vallone
		03/25	Jesse Wordlaw
		03/27	Grant Fouts
		03/27	Pat Koerner
		03/29	Alexa Ramirez





MorningSun Kelly and Whitewolf Kelly at the Burns Harbor, IN 5/10K



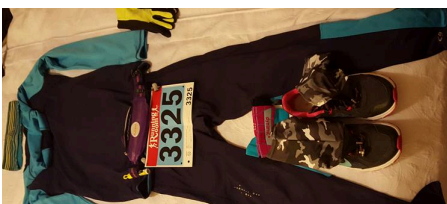
Ashley Wheeler

Say Cheese!

Photos from the KRRC
Facebook Page



Laura Sproat at the Disney Princess Half Marathon – Orlando, FL



“Flat Linda” Curwick at the Hypothermic Half Marathon - Eden Prairie, MN

Health and Fitness

Contributed by Valery Denby (from Flex It Pink)

- Studies have suggested that walking at a brisk pace for three or more hours a week can reduce your risk for coronary
- About 25% of adult women are sedentary. After age 44, upwards of 30 percent of women are sedentary, and by age 65, the proportion increases to almost 35 percent. By the time they reach age 75, about 50 percent of all women are sedentary.
- Exercise **REGULARLY** at least 30 mins 3-5 times a week even if its walking around your neighborhood or getting a quick at home workout in.
- No matter how poor your current level of fitness, you can start an exercise routine and become fitter and healthier at any age and stage of your journey.
- Simply adding movement into your daily routine can increase your level of fitness. For example, if you park in the last row of the parking lot and walk briskly five minutes each way between your office and your car, walk up and down the stairs at your office during your 10-minute afternoon coffee break, and walk the dog for 10 minutes when you get home, you've racked up 30 minutes of exercise for the day.
- Women with heart disease or arthritis actually experience improved daily function from involvement in various modes of physical activity.
- Fitness consists of four components: your body's ability to use oxygen as a source of energy, which translates into cardiovascular fitness; muscular strength and endurance; flexibility; and body composition.
- To address all the components of fitness, an exercise program needs to include aerobic exercise, which is continuous repetitive movement of large muscle groups that raises your heart rate; weight lifting or strength training; and flexibility exercises or stretching.

- Walking at a brisk pace (a 15-minute mile or 4 mph) burns almost as many calories as jogging for the same distance. The benefit of jogging is that it takes less time to cover the same distance and it benefits the bones; however, it may be too strenuous for some.
- It takes at least 4 weeks for you to see your body start changing, 8 weeks for your friends and family to notice, and 12 weeks for the rest of the world to notice. Keep going and NEVER GIVE UP!!!

➤ Weekly Runs and Walks ➤

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

Tuesday and Thursday mornings. Check Facebook for a post by **Samantha Aspel**.

Tuesday and Thursday evenings at Olivet at 6:00PM. Check Facebook for a post by **Sue Sherwood** or **Kibet Rono**.

Saturday morning runs. Check Facebook for a post.

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

Coming in April...

**Guys Vs. Girls
Mileage Challenge!**

March / April Birthday Party

Friday 3/25 - 6PM
Aurelio's Pizza, Bourbonnais

Join us as we celebrate our KRRC March and April birthdays. Cake will be provided! Please let us know if you will be attending so we can get a head count.

See you there!

Run Any Great Races Lately?

Submit your race review (with pictures!) to **krrclub@gmail.com**. Send in your race story or email for the race review interview questions.

We love reading about new races!



*Turtles in Peanut
Butter Virtual 5K
Race
2/20/2016*

Left to Right:
Christine Sroka-
Morrical, Anna Wilder,
Tina Spenard, Sue
Sherwood



Kiss

My

Spatula!

Where recipes and running collide into a marathon of deliciousness!

Clean Eating Energy Balls

Contributed by Leslie Kutemeier (from Pinterest)

Ingredients:

- 1 cup (dry) oatmeal
- ½ cup chocolate chips
- ½ cup peanut butter
- ½ cup ground flaxseed
- 1/3 cup honey
- 1 tsp vanilla

Directions:

Mix ingredients together in a large bowl. Roll into bite size balls. Refrigerate to set. Enjoy!

