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

Word from the President!

Greetings from your president.

We are in an exciting time in our club. We have 9 board members, 4 social committee members, and 5 newsletter committee members. Together we work hard to bring you a regular newsletter, bimonthly birthday parties and many other activities including the Super7Series, Pause for Patriotism, foam rolling class from Dr. Scott Nims and many others. The club continues to donate money to local charities including the Salvation Army and several others.

You -- the members -- and your participation are at the heart of this growth. I encourage you to volunteer at one or two events, invite a friend or relative to a run or activity, join us at the bimonthly parties, and participate in the activities we bring to you.

The Super7Series with Sidecar is off to a great start with 48 participants. This is a new record and will grow to surpass 50. With the Pause for Patriotism a month and a half away we will have a clear view of who will receive the specially designed Sidecar hoodie, the only one in the world. Also, coming up in April is the Guys vs Girls mileage challenge. Whatever miles you run or walk we enter into a spreadsheet to tally who the champions will be. Check out this exciting fun challenge on Facebook and let's have some healthy fun. All comments on this subject are intended for fun and should not be a

source of any contention whatsoever. Our goal is to increase participation and interaction.

Lastly, to all injured or sidelined, a speedy recovery. Especially to our beloved Ang McQueen, who kindly wishes us all Happy Birthday on FB without fail. Thank you.

Kibet

Race Review – Double Feature!

The Foodie 5k – Joliet, IL

Contributed by **Christine Morriral**

What is the name of the race? The Foodie 5K

What distance did you run? 3.1 Miles

Where was this race held? Chicagoland Speedway Joliet

Date of the event: 10/3/2015

Why did you choose this event? I chose this event because it is on the race track and I thought it would be cool to be on the track.

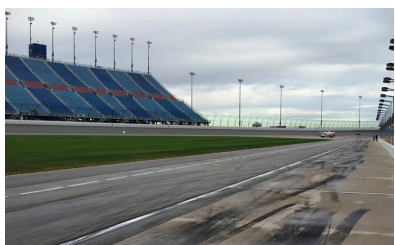
What was the packet pickup / expo like? We picked up our packets the day of, it was ok -- nothing super special.

Tell us about the race day, corral, and pre-start. The day of the race it was a little chilly and rainy. There are no corrals; you just get in the group of runners.

Alright, now tell us what the race was like. The race was a lot of fun even though it was cold and raining. It was neat to be on the track. You do two loops. There were quite a few people there and everyone was really nice. After the race they had some food trucks and music. This year it is on June 11th so it should be at least warmer. I thought it was a great race and plan on doing it again this year.



Christine at the race!



Foodie 5K Race Course

Finish Chelsea's Run – San Diego, CA

Contributed by **Dee Anna Hillebrand**



Chelsea King

Brent and Kelly King, with their two children, Chelsea and Ryan, left Naperville, IL and moved to Poway, CA in 2007. On February 25, 2010, 17-year-old Chelsea went for a run in a Rancho Bernardo Park and didn't come home. Her body was found on March 2, 2010. The first **Finish Chelsea's Run** was done on March 20, 2010, as more than 3,500 people came together to walk or run to honor Chelsea.



Before the race started, they had Jazzercise instructors from Poway, CA to get you moving.

San Diego is my favorite vacation spot and when I heard about this race, and the reason behind it, I wanted to do it. The route is through scenic Balboa Park. The flowers were in bloom and palm trees lined the streets along the race route. The San Pasqual High School Drumline played along the route and, farther down the road, was the San Pasqual High School Cheer Team to keep us motivated. The airport is only about 2 miles from the park and the jets flew right over us as they were coming in for a landing. The race t-shirts were white and it was amazing to see this huge group of people moving through the park as one bright line.

Before the race started, Kevin Faulconer, mayor of San Diego, gave a short speech. He introduced Brent and Kelly King. He also introduced Carrie McGonigle, Amber Dubois' mom. I had seen a sign on a San Diego highway earlier in the week that said "Amber Dubois Memorial Highway". The lady next to me said that Amber Dubois was 14-years old in February 2009 when she went missing. The suspect in Chelsea's case said that he would tell them where Amber's body was if they would not pursue the death penalty. Chelsea's mom and dad agreed to the deal and he is now in a California prison for life.



Some of the "Race Guards."

During the race, there was a group of runners that had matching shirts on and they were wearing small packs. It was the "Race Guards." They are CPR, First Aid and AED certified and they run in the crowd and are ready to help out when needed. I didn't see any medical issues on the route and there were 6,000 runners and walkers at the race.

I was able to get my picture taken with Chelsea's mom at the finish line. Before the race started she said, "Thank you for giving your whole heart, not only to the foundation but to our family. You have no idea the healing that takes place on a day like this for our family. We love you dearly." What an amazing woman. I can't imagine what a bittersweet event this is for her.

Roots of a Revival, a pop reggae band, was playing on the stage after the race. The RX Smart Gear jump rope team had an area where they performed. It was Double Dutch and more! Very talented group. Sunflowers were available for \$1 to benefit the Chelsea's Light Foundation. Sunflowers were Chelsea's favorite and a sunflower was part of the design on our race t-shirts.



Chelsea's mom is at the Finish Line and greets every runner and walker as they cross the line.

The packet pickup was a few days before the race at Road Runner Sports. You got your t-shirt, shoe tag for the timed run, and your bib. When you crossed the finish line, volunteers handed you a packet of sunflower seeds with the words "Spread Chelsea's Light". They also handed out a car magnet that says "Changemaker" on it. A few days after the race, I got an email from Finish Chelsea's Run. It was a "virtual goodie bag". There were 15 links you could click on for coupons. Most of them were from the San Diego area, but a few were from companies like Reebok or Starbucks. I've never heard of a virtual goodie bag and I thought it was a good idea.

The race results are posted online a few hours after the race. Your official race time, overall place, gender place, and division place are listed. There's a link you can click on that generates a "Certificate of Completion" with your information. I printed my certificate and will put it in my scrapbook with my bib and shoe tag.

Out of this tragedy, there is a new law in California and the Kings are working to get it in every state. It's called "Chelsea's Law". Signed unanimously into law in September, 2010, the newly-enacted California legislation ensures that the state does everything it can to keep sex offenders who target children from engaging in even more atrocious crimes upon release, and that those who commit the worst violent sexual crimes against children are put away for life.

I normally only do local 5ks with 200 runners/walkers or less. I was intimidated to do "Finish Chelsea's Run" because I knew there would be thousands of runners but I'm so glad I did it. This race was the perfect end to my San Diego vacation. The weather was fabulous, the scenery was beautiful and I hope to do it again.

For information about this race, go to <http://chelseaslight.org/about-us/visionmissioncore-values/finish-chelseas-run/> or <http://www.sandiegouniontribune.com/photos/galleries/2016/mar/05/finish-chelseas-run-2016-balboa-park/>.



Chelsea running a high school race.

APRIL BIRTHDAYS

04/01	Jimmy Joines	04/19	Rob Ravens
04/01	Cal Mulder	04/20	David Bohlke
04/03	Guido Marchetti	04/21	Stacy Glenn
04/04	Larry Burton	04/22	Diana Caise
04/04	Rick Lagacy	04/22	Wade Pritchard
04/06	Alison Maddux	04/23	Brenda Whittler
04/07	Maddy Walters	04/23	Kelsey Williams
04/07	Dawn Willbarger	04/24	Miranda Powers
04/10	Christine Horn	04/24	Julie Nally
04/10	Diane DesMarteau	04/25	Alisha Brady
04/17	Jose Roman	04/25	Dan Combs
04/18	Nichole Dailor	04/26	Martha Pedziwiatr
04/18	Kibet Rono	04/26	Jackie Skrobot
		04/29	Kathleen Jensen
		04/30	Mark DuFrain
		04/30	Joann Myers

Happy
Birthday!



Guy's Vs. Girls Mileage Challenge

The month of April will be the KRRC Guy's vs Girls Mileage Challenge! Starting 4/1, you can log your running or walking fitness miles to see who will rule the road!

Go to the KRRC Facebook page for more details and to sign 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.

Have A Great Recipe to Share?

Submit your recipes to krreclub@gmail.com. We all know that runners love to eat!

Kiss

My

Spatula!

Where recipes and running collide into a marathon of deliciousness!

Healthy Cookie Dough Dip

Contributed by Jill Channing (from Chocolate Covered Katie)

Ingredients:

- 1 1/2 cups chickpeas or white beans (1 can, drained and rinsed very well)
- 1/8 tsp plus 1/16 tsp salt
- Just over 1/8 tsp baking soda
- 2 tsp pure vanilla extract
- 1/4 cup nut butter of choice (If you use peanut butter, it will have a slight pb cookie dough taste)
- Up to 1/4 cup milk of choice, only if needed
- Sweetener of choice (see note below)
- 1/3 cup chocolate chips
- 2 to 3 tbsp oats (Ground flax will also work)



Directions:

Add all ingredients (except for chocolate chips) to a good food processor, and process until very smooth. Then mix in the chocolate chips. If made correctly and blended long enough, this should have the exact texture of real cookie dough!

Sweetener Notes: Katie first used 2/3 cup brown sugar in the recipe. Liquid sweeteners (agave, maple, etc.) are fine as well, as is evaporated cane juice. You can get away with less sugar- some people will be perfectly fine with just 3 tbsp for the whole recipe! And if you don't want any sugar, be sure to check out the "no-sugar" version on the Chocolate Covered Katie site.

Read more at <http://chocolatecoveredkatie.com/2011/05/23/want-to-eat-an-entire-bowl-of-cookie-dough/> - FCfmiqqkKLGtbQLM.99

PAUSE FOR PATRIOTISM

4 Mile Run or 2 Mile Walk

Saturday 5/21 • 10AM • Greater Kankakee Airport

Sign up at <https://www.racerpal.com/register/pauseforpatriotism/>

\$2 Discount for KRRC Members

Make sure you complete this race if you are signed up for the Super7Series Sidecar option!



Health and Fitness

Contributed by **Alison Maddux**

This month I asked club members how their 2016 fitness goals were going now that we are three months into the year. This is what we have done so far! Keep up the great work, KRRC!

My goal is to walk, run, bike, or swim 2016 miles before 11:59PM on 12/31/2016. It's a definite stretch goal for me, but having such a high goal helps keep me motivated to go just a littler farther every time I'm moving. I should be at 250 miles by the end of the month!



MorningSun Kelly's goal is to run/walk a 1/2 marathon in fall. She has been signing up for longer distances (opting for 10K races when available) and she plans to begin training soon when the weather is warmer!

Say Cheese!

Photos from the KRRC
March/April Birthday Party



Valery Denby wants to do more 5K and 10K races this year. So far, she has completed four 5Ks! Valery joined the Super 7 Series to push herself even farther!

Jill Channing's goal is to work out more days than not this year. So far, she has met her goal. She even planned in time at the gym during a business trip to Chicago!

Laura Loica set a goal to run a 5K every month of the year and to try a 10K. This is a challenging goal for her since she walked or ran six 5K races in 2015 and has never run in the cold. Winterfest was her first race of the year and as many of us know, we were granted beautiful January weather that day. So far, she has kept her 5K every month plan. She wants to improve her attitude to achieve her 10K goal. When the club floated around the idea of turning the Pause for Patriotism race from a 5K into a 4 mile race, her initial thoughts were, "Oh no! I will never be able to do that!" She is going to write out her goal with a motivating phrase to help keep her on track.



Tina Spenard is going to run or walk 1000 miles this year! She will complete her first Half Marathon on September 11th at the Ashley Can race, which is a hilly course! So far, Tina has covered 43 miles in January and 53 miles in February.



Anna Wilder's goal is to participate in more races this year. She signed up for the Super7Series to help her reach her goal!

Dana Fields Freundt signed up for her first half marathon! Her goal is to finish the race, and she started a 16-week training program this month to help prepare.