

Volume 38 | Issue 4  
April 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 go to the website (<http://www.kankakeeriverrunningclub.com>) and click on Newsletter Contribute or email your contribution to [krrclub@gmail.com](mailto:krrclub@gmail.com). Thank you!

## Health and Fitness

Compiled by **Alison Maddux**

The weather is getting warmer, and we all know how important it is to safely enjoy the nice weather and longer days. This month I asked club members how they stay fueled and hydrated during long walks and runs.

**Jen Ingram** waits until she is done with her runs to fuel back up.

KRRC President, **Kibet Rono**, and **Valery Denby** also wait until after their runs, but both will bring water or stop for it along the route.

**Anna Wilder's** go-to is a piece of toast with peanut butter before a long run. If she's running more than 5 miles, she also brings a hydration belt and gummy bears. She also chows down at a local restaurant afterward.

**Cindy Walters** doesn't fuel up before she goes out to make sure she doesn't get nervous. If she runs for more than an hour though, she brings chews or bars and makes sure to have plenty of fluids.

**Lori Everts** wears a hydration pack on her long runs with GU or chews for fuel every 4-5 miles.

**Leslie Kutemeier** likes using a hydration drink called Osmo. On long runs, she also uses Chomps or organic Honey Stinger chews because they both taste good and are easy to eat on the run.

**Kerri Saikin** uses a waist pack that holds two water bottles on her long walks.




---

Denise Caparula's "toaster" before the Chicago Marathon.

---

**Denise Caparula**, eats half an English muffin with peanut butter any time she runs for 6 or more miles. During the morning before her Chicago Marathon, she had to get creative with her "toaster."

**Holly Wood** has also gotten creative with her running fuel. During one of her 15-mile runs, she packed Laffy Taffy since she was out of Gatorade chews!

For less than 10 miles, **Brent Long** doesn't bring anything with him. If it's hot though, he'll bring a handheld or stash some water along the route. For runs over 12 miles, he usually brings GU or chews for nutrition.

**Nicole Cartier** is very well prepared! She makes sure to have a good breakfast before a race – oatmeal with peanut butter or mac and cheese. Thirty minutes before the race, she also has an Advocare rehydrate gel or a Honey Stinger waffle and some water. For bike rides, she likes Gatorade or Spark by Advocare and brings a fruit snack for every 30 minutes. During transitions, she'll have a gel as she's starting her run. Then every 23 minutes she has fruit snacks, Gatorade chews, or Advocare gels. She also takes water at every station for some sips, then dumps the rest on herself. After a race, Nestle chocolate milk is her go-to drink.

**Dan Bullock** doesn't bring anything on his long runs unless it's brutally hot. He doesn't eat on race morning, but will "eat a horse after."

**Kricket Baltz** eats oatmeal or cream of wheat with chia, maca, cacao, and brown sugar before a race or long run. She also makes sure to hydrate before her run, drinking a sport bottle of water before she even gets out of bed. She also sometimes brings a small handheld water, if needed.

**Matt Wenzel's** go-to drink is G2 and his fuel is a banana. If the race is 10K or longer, he also brings a protein bar. For trail runs without water stations or races longer than 10K, he brings his G2 in a hydration belt. Matt also makes a point to only use orange G2 from spring through Halloween and blue G2 from November 1<sup>st</sup> until the first race he's able to run in shorts.

When **Nichole Dailor** was training for her marathon, she used Kool-Aid and water for her hydration. She also brought fuel with her in her belt – peanut butter and honey sandwiches cut into small pieces and pretzel sticks.

**MorningSun Kelly** always brings water and a snack bar with her, even for short distances, just to be prepared!

## Say Cheese!

Photos from the KRRC  
Facebook Page



Tammy Hellings at the Boston  
Marathon starting line!



Boston Marathon – Mile 18  
Heartbreak Hill



Julie Loving after the  
Boston Marathon

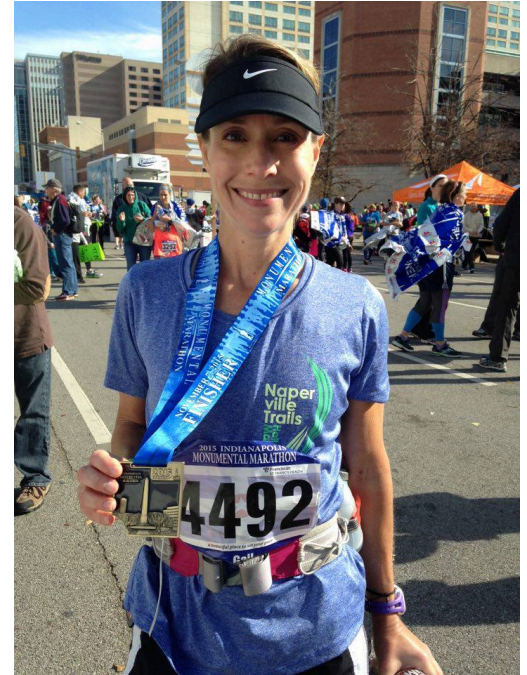
## I'm A Runner!

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

**Where were you born?** Rockford, IL

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

I grew up in Rockford. I lived there for a short time after college until I got married and moved to Kankakee (because my husband was working in Kankakee). My husband, Robin, and I have been married for 22 years and have a 13 year-old son, Andrew, and a 16 year-old daughter, Lauren.



**How long have you been running?** I haven't been running for very long. I think I started in about 2010 or 2011.

**Why did you start running?** I started running for fitness and for the personal challenge. I like to work out and I'm always wanting to challenge myself. I thought running would be a new way to do that.

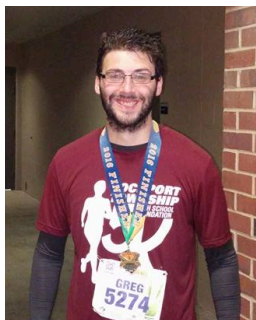
**What is one thing you'd like to improve as a runner?** I'd like to be a bit faster. However, I'm injury prone so I'm not sure how that'll work out. I'd like to get back to being able to run a half on any weekend I'd like. I'll get there, no rush. I need to be more patient with my progress, I guess. I've learned to listen to my body.

**Why did you join the running club?** I decided I wanted to train for a marathon and knew I'd need a support group. I had just met Julie Seiling through a mutual friend, and she told me about the club. I joined in the fall while training for the Illinois Marathon, and Julie was right. Right away I met Nena, Tia and Scott. I had an instant support group.

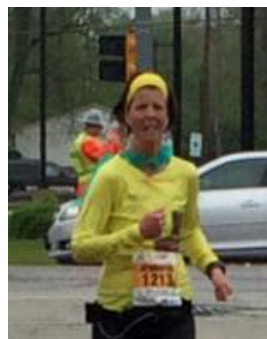
**What do you hope to get out of being a member?** Camaraderie, support, friendship. I get inspired seeing what others are doing. Inspiration, motivation.

**Do you have a favorite race that you have run?** I really liked the Naperville Trails Half and also the Prairie State Half. The Naperville Trails has a very scenic course. I'd say that has been my favorite for the





Greg Harrison (above) at the Illinois Half-Marathon and Carol Villegas (below) at the Illinois Marathon



Jen Ingram (above) and Tammy Hellings (below) at the Illinois Marathon



scenery. My most memorable race was the Indianapolis Monumental Marathon because I actually made it to the starting line and finished it. It was a wonderful day. I wasn't able to run the first marathon I trained for because of a stress fracture, so running the Monumental was a high point for me.

**Do you have a favorite place that you like to run?** I like to run at the Davis Creek trail because I don't have to worry about traffic and it's easier on my body.

**Do you have a bucket list dream race or run that you would like to do?** My dream race was to complete the marathon, and I accomplished that last year. Right now I don't really have a bucket list, just a wish list. I've heard that the half in Empire, MI/Sleeping Bear Dunes is really nice. I'd like to do that one someday. I've wanted to run the Indiana Dunes half and St. Jude's half, too.

**Tell us something about yourself.** I'm a neat freak with two teenagers. I am one of those people that will do loops around the parking lot just so the watch says I did the miles. When someone says there's something they will never do, it makes me want to do it, just to prove to myself that I can do it. That's a bit crazy (and competitive). It bothers me that my watch battery went dead in the marathon, so when I loaded it into the computer it says I ran only 24 miles that day. I should have majored in accounting. I like to sleep in to around 8:30 on weekends.

**Is there anything else you want us to know about you?** My first 5K was in 2011. Actually it was the Spring Fever that Maternity school puts on. As I was finishing everything was hurting, and I said I'll never do this again. I left right after I finished because I didn't know anyone there to hang around and talk to, and I didn't know they gave awards. My neighbor rang my door bell later that day to bring me the medal I'd won. I had no idea.

I distinctly remember my first runners high. I was in high school running on the track for a fitness test or something, and I felt like I could keep going forever. That memory has stayed with me. Now I get that feeling and am in my happy place at about mile 4.

I'd like to attend more races and more organized runs, but I know the time that my kids are living at home is limited. So, I'll skip the Saturday morning race to have pancakes with the family.

## Race Review – Double Feature!

### Brookfield Zoo Fun Run – Brookfield, IL

Contributed by **Christine Morriscal**



Christine on Race Day

**What is the name of the race?** Brookfield Zoo Fun Run

**What distance did you run?** 5K

**Where was this race held?** The Brookfield Zoo

**Date of the event:** September 20, 2015

**Why did you choose this event?** I chose this race because it was at the zoo and I thought it would be fun to run through the zoo with the animals.

**What was the packet pickup / expo like?** They had the option where they would mail your packet and shirt so I opted for that.

**Tell us about the race day, corral, and pre-start.** They had a run and a walk, so they did have corrals for the runners. They had tents set up with different sponsors and vendors and there were a lot of people there.



The Finish Line!

**Alright, now tell us what the race was like.** The race was a lot of fun. I did it with my friend Nancy and we stopped and took some selfies at some of the statues. They had some really good race workers that cheered you on and it was fun to run/walk by the animals. I am definitely doing it again this year on September 11th.

**What else would you like us to know about this race?** After the race you can walk around and enjoy the zoo if you want to!

### 2016 Run for Hope – Bloomington, IL

Contributed by **Laura Loica**



The Easter Bunny rallying the kids.

The 2016 Run for Hope was the third annual race that benefited Home Sweet Home Ministries. The races included a 10K, a 5K, and a Kids Fun Run that was set to run west along the Constitution Trail in Bloomington in the beautiful open country of West Bloomington in McLean County. All participants received a t-shirt and goody bag with swag (several coupons for area businesses). My favorite swag was a coupon for \$10 off a \$50 purchase at Fleet Feet. Packet pickup was held 4-7 pm on Friday at Fleet Feet (as well as 9-10 am Saturday at the race location right before the race) and I was running early and arrived at 3:15 pm. I




---

Laura throwing her jacket.

---




---

Almost there!

---




---

Success!

---

went in the store thinking I could spend 45 minutes browsing around. I was greeted by a friendly employee who said they were ready and I could pick up my packet right then. I was so excited!

As we pulled up to the Run for Hope on Saturday, March 26th, we were greeted by a super friendly and helpful flagger who directed us on our way to park. We had gotten there early enough that we got a spot on the pavement. As my husband parks, I hear roaring sounds. "Wow, the wind is blowing something fierce!" My husband replied, "There is quite a wind this morning but I think you're hearing the interstate." He was right. I put on my bib, some chapstick, ear warmers, and my visor. I grabbed a kleenex. Then I looked up and saw we were surrounded by a sea of cars. I walked around as I listened to a local radio station playing music. I decided to find the port-a-potties, which were clean, spacious, and relatively smell free. When I walked out, there was a long line quickly growing longer. Lucky timing again.

They held a kids race before the 5k/10k. An Easter Bunny was dancing around. The kids burst out from the starting line full of energy. They didn't come back quite so quickly. All but one seemed to have big smiles though. An egg and a blue ribbon was had by all of the kids.

It was time for the 5k/10k. The wind was blowing and it was cold... colder than Winterfest. Where was our predicted 58 degrees? We lined up on the Constitution Trail. A woman worried that her time would be negatively impacted by starting so far back in the pack. The race was start and stop chip timed though -- a feature that would take 45 seconds off my clock time. I tried to join into a conversation with two women who seemed friendly and were talking about racing. Or so I thought. Actually, they had been talking about mammograms. I cannot imagine what they thought about me. I think I just stood there speechless, smiling, thinking I should've just kept to myself like I usually do. It's okay, I think, I'll likely never see them again.

I didn't hear a gun but eventually I saw the crowd ebbing forward. I decided to take off my running jacket and tossed it to my husband who was videotaping off to the side 100 yards into the race. I was cold but sure it would be very temporary. About a quarter mile into the race, we entered a peaceful space, lightly wooded, sun dappled on the course. With the exception of the strong wind which at times took my breath away and at other times was shielded by the course, I was in a gloriously mindful space. The 10k runners had taken a side branch along the trail but I knew would rejoin the main trail. Then I heard a bicyclist approaching. "Be aware," he called out, "first 10k runners coming up on your left!" Someone ran by me like I was standing still. Eventually, the



## What's Going On?

### Local Events

#### Wednesday Bike Rides

KRRC member Patrick Grant has a group doing weekly bike rides. The rides are Wednesday evenings at 6PM starting from the large parking lot west of Sammy's Pizza in Bourbonnais.

#### Prairie State Road Runners Annual Picnic

We have been officially invited to the Prairie State Road Runners Annual Picnic at 11am on Sunday, 5/22 at Moose Island in Channahon.

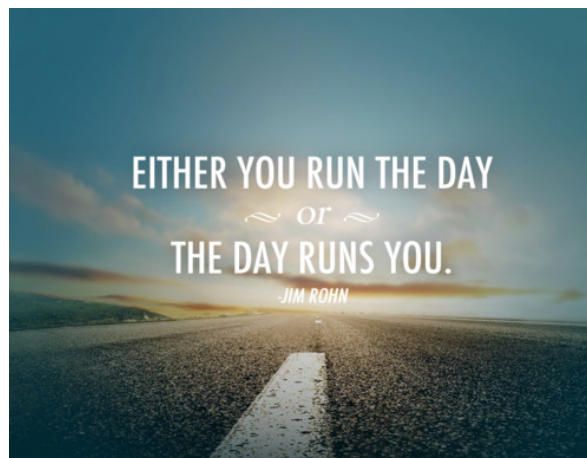
Feel free to bring your favorite picnic dish to pass and your favorite beverage to share. Families are welcome! RSVP by emailing [krclub@gmail.com](mailto:krclub@gmail.com).

#### Forest Preserve Nature Walks

Prairie State Road Runners President, Mark Bowman, has invited KRRC to join in the "Reconnect With Nature Walks." It is a series of Fun Runs and/or Walks for the whole family to come out and enjoy some of the area Forest Preserves. Best of all it is free and with no prior registration required. Just show up within the allotted time on the respective day and enjoy fun, nature and activities with family, friends or even just yourself. Measured out are 1 mile, 2 mile and 5K routes. Prairie State Road Runners will be there to help with any questions you may have. Any and all are welcome. The first one is on May 7th, 9 A.M - Noon at Prairie Bluff Preserves in Crest Hill Visit [www.reconnectwithnature.org](http://www.reconnectwithnature.org) for more details.

trail crossed a road, and there were two traffic volunteers holding stop signs so we could run through. As I continued running and saw runners ahead of me I thought to myself, "where is the turnaround... I really need this race to be at least half over!" It was as if an angel appeared as I saw a woman standing near a cone calling out, "5k turnaround here; 10k straight ahead!" As I again approached the water stop at the one mile marker, I took a water not because I was thirsty but because my throat was so dry. My resolve was growing as I realized I would be able to keep pace in my third mile instead of my usual slowing way down. This was important since my first mile was slower than my usual first mile, I think, because of the wind and because I tend to slow down when I'm running in a new place. As I run again through the underpass, I have returned to the reality of traffic to my left, buildings, and bustle. I run around a curve and saw the finish arch seemingly so far away. Then I realized I was looking slightly down. I was on a gentle hill and I get to go down! Woo hoo! I decided to walk across a small wooden bridge over a creek then I picked up my pace. I started running and a group of people sitting on the side of the trail shouted cheers and words of encouragement. I then saw people lined up along both side of trail leading to the finish. I could not spot my husband but pulled from deep to see if I had any kick left. I had a bit and heard a woman call out "way to finish!" Then I heard the women whose conversation I had butt into earlier cheering me. They had finished their race and were there cheering others in.

After I ran through the finish, a volunteer handed me a bottle of water. I walked a bit farther along the asphalt trail. Eventually, I walked over to the tent where the music was still playing, and there were post race treats. A local hotel provided gourmet cookies and coffee. There were sweets, granola bars, apples, and bananas. The results were printed and taped to a table as they came in so competitors could see their results before the awards ceremony. They were also collecting for Home Sweet Home Ministries (and said they also take old race shirts). If I were to do this race again, I would love to have a group of KRRC friends with me!



# MAY BIRTHDAYS

05/01	Cameron Alden	05/16	Laura Loica
05/01	Nicholas Horn	05/16	Christine Morrical
05/01	Phil Newberry	05/16	Jordan Sieling
05/03	Debbie Dye	05/16	Justin Sieling
05/04	Aria Wordlaw	05/18	Tracey Houde
05/06	Boston Brooks	05/19	Natalie Brandon-Lagacy
05/07	Melanie Hollis	05/19	Jamie Freedlund
05/07	Jodi Jude	05/19	Brian Morrical
05/07	Sofia Gonzalex	05/19	Corinn Wheeler
05/08	Jacob Armantrout	05/20	Laura Brady
05/09	Scott Walters	05/20	Trisha O'Brien
05/10	Christy Arellano	05/21	Chris Duval
05/10	Hunter Solis	05/21	Tom Jernberg Sr.
05/11	Robin Passwater	05/22	Andrew Lagacy
05/11	Adrienne West	05/26	Randy Devore
05/14	James Brandon	05/26	Drew Parsons
05/15	Patrick Grant	05/26	Carol Villegas
05/16	Kevin Dockemeyer	05/27	Ed Pelehowski
05/16	Kyle Dockemeyer	05/27	Rick Loving
		05/28	Lauren Passwater

HAPPY  
BIRTHDAY!

## 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.



## May / June Birthday Party

Friday 5/20 - 6PM  
Aurelio's Pizza, Bourbonnais

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

## Have an idea for the newsletter?

Submit your ideas to [krclub@gmail.com](mailto:krclub@gmail.com).  
We'd love to hear from you!

## 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!



Kiss

My

Spatula!

Where recipes and running collide into a marathon of deliciousness!

## Clean Eating Sloppy Joe's

Contributed by Leslie Kutemeier

(from [www.thegraciouspantry.com/clean-eating-sloppy-joes](http://www.thegraciouspantry.com/clean-eating-sloppy-joes))

### Ingredients:

- 1 tablespoon olive oil
- 1-1/2 pounds lean ground turkey meat (use TVP if you're vegetarian)
- 1 (15 ounces) can tomato sauce, no sugar added
- ½ cup clean\* ketchup (OrganicVille brand is suggested)
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 medium green bell pepper
- 1 medium red bell pepper

### Directions:

- Put your olive oil in a large pan, add the turkey meat, and cook over medium heat.
- Once the meat is cooked, add everything else. Stir until well blended and heated through.
- Scoop however much you want onto a clean\* hamburger bun and "get sloppy with that Joe!"

\*If you are following a clean eating plan, use whatever ketchup and hamburger buns work with your clean eating guidelines.

