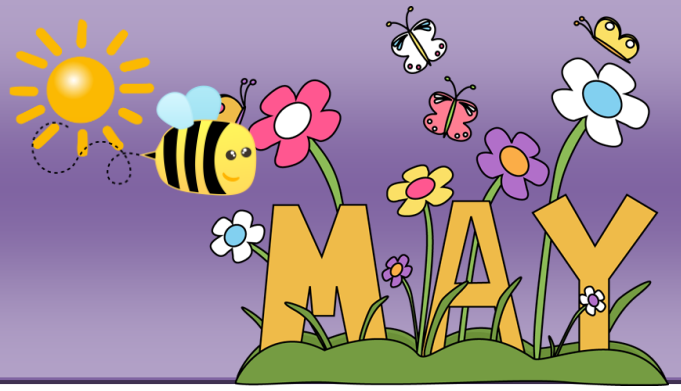


Kankakee River Running Club

Running the river since 1979
Volume 38, Issue 5



SPRING Greetings Club Members!



Friendship Festival 5K Run/1.5K Walk – Saturday, June 25, 2016

Please join us for the Friendship Festival 5K/1.5K Walk! Click on the event link to sign up or for more information. <http://www.racerpal.com/races/ff5k.html>



I'M A RUNNER

Every month, we take a closer look at one of our members. This month, we interviewed **Greggy Harrison**. Next time you're at an event and see him, please take a minute to say hello!

- 1. Birthday:** March 8, 1983 – just turned 33.
- 2. Please tell us a little about your family and where you grew up.** Both of my parents are from New York but I was born in Joliet and grew up in Lockport. I'm the youngest of 4 in my family. My dad is Irish and mom is 100% Italian. I currently live in Lockport, IL.
- 3. How long have you been running?** I started 6 years ago but I've really begun to improve over the last two years.
- 4. Favorite pair of shoes to run in?** Brooks Adrenaline
- 5. Why did you start running?** I started running as another form of cardio to keep in shape. It became my favorite cardio workout so I figured it would be nice to do something with it.
- 6. What is one thing you'd like to improve as a runner?** My goal is a sub 19 minute 5k. I'd also like to work on doing more training runs out of my comfort zone to help with improvement. I'd like to watch my diet a little better, too.

7. Best part of running? Do you prefer mornings or evenings? The best part of running is meeting different people everywhere I go. I prefer mornings but evenings are not bad either. As long as I get it done at some point in the day I'm happy!



8. How do you stay motivated when you don't want to run? Watching Walter Payton highlights - that guy is my idol! Watching the movie "Prefontaine" is another big motivator. (*Steve Prefontaine was a long distance runner who competed in the 1972 Olympics.*)

9. Do you have a favorite race that you have run? Race you'd like to forget?

Fox Valley half marathon in St. Charles has been my favorite event. The Palos Half Marathon last year was my worst performance in an event. I had an injury and was only able to run a total of seven miles ten days prior to the race. I started out too fast and things did not work out that day but I learned from it!

10. Do you have a favorite place that you like to run? I love the Waterfall Glenn in Darien, Illinois. There is a 10 mile loop and the scenery changes throughout the run. It's a nice place to do long runs.

11. Do you have a bucket list dream race or run that you would like to do? There are a lot of cool events I would love to do. It's so hard to choose just one. One race I would love to do is the Lucky 7 - if it comes back to Chicago.

12. Do you have a PR you would like to share? My favorite PR I would like to tell you about is my 5k PR at an event last month here in Lockport, finishing at 19:21. It was a huge one considering it had been almost two years since I ran a sub 20 minute 5k. I had just come back after a nasty ankle injury in January of this year - hitting a pothole. Unfortunately I was in a boot and was only able to bike and swim. I knew when I healed I would begin running again, but I thought my injury would take longer to heal. I was really surprised with that time as I was only six weeks back from that nasty setback.

13. What is your typical night before the big race meal? Grilled chicken breasts with spaghetti and avocado.

14. Favorite post-race nosh? Donuts

15. Finish this sentence. *If I didn't run, I...* wouldn't have met awesome people like the ones I have met from KRRC - especially Kibet Rono. I also run with some great people from the Dellwood Running Club here in Lockport as well.



Weekly Runs/Walks

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

Tuesday morning Speed Work at 7:30 A.M. Meet at Bishop Mac - check Facebook for a post from **Julie Leving** or **Lori Everts**.

Tuesdays and Thursdays evenings at the YMCA at 6:00 P.M. Check Facebook for a post from **Leslie Kutemeier** or **Kibet Rono**.

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

July/August

BIRTHDAY PARTY

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

Aurelio's Pizza, Bourbonnais



Robert Pool's 80th Birthday Party

Many of you know Robert Pool as a long-time runner and member of the club. Running friends of Robert Pool are invited to celebrate Robert's 80th birthday on Saturday, June 18. Please RSVP by June 13 to Charlie Grievant at 815-252-1551 or email charliegrtvnt@gmail.com. Please check your email for the party address, time, and more details.



Sid's plan to promote running on casual-dress Friday goes awry.

WE'VE GOT THE RUNS!

LOOKING for a race in **JUNE**? Check out some of these fun **RACES!** Click on the **LINK** to learn more.

1. [United Run for the Zoo](#)

Sunday, June 5, Chicago - \$44-\$49

This fun race offers a 5K and 10K start time. This year's course is largely on zoo grounds, allowing runners to wind past winged creatures, gallop alongside gazelles, and race next to rhinos.



2. [Chasing the Sun 5K & Fitness Walk](#)

Thursday, June 9, New Lenox - \$30

This year's race/fitness walk offers a 5k certified course with a post-race family-friendly party to follow!



3. [Wounded Warrior 5K](#)

Saturday, June 11, Watseka - \$25

With hopes to raise awareness for the cause, all proceeds resulting from this 5k will go straight to the Wounded Warrior organization.



4. [Short Run on a Long Day 5K](#)

Wednesday, June 15, Frankfort - \$19

Beginning at 7:00 p.m., this 5K takes you through the beautifully scenic Old Plank Trail and through the streets of Historic Frankfort.



5. [Kilbride Family Classic 5K](#)

Sunday, June 19, Kankakee - \$28

This special Father's Day event encourages runners and walkers of all ages and abilities to participate with their families.



June Birthdays



Brendan Martin	1
Nick Martin	1
Scott Oswald	1
Michael DeCarlo	3
Josh Rogowski	9
Casey Koerner	13
Shannon O'Connor	13
Matthew Wenzel	13
Aaliyah Gray	14
Robert Pool	15
Kerri Saikin	15
Scott Goselin	19
Josh Gregoire	21
Charles Navarro	23
David Snider	23
Dawn Pritchard	25
Tammy Hellings	26
Cathy Morman	26
Phyllis Smothers	29
Gail Passwater	30

Happy Birthday!



EVERY YEAR ITS THE SAME THING, "C'MON TERRY PUT ON A BIRTHDAY HAT, IT'LL BE FUN, WE'LL HELP YOU TAKE IT OFF LATER" BUT NO ONE EVER DOES



EAT, SLEEP, RUN BOSTON

A gentle breeze blows fallen leaves across a **paint-worn** line on **Boylston Street** in Boston, Massachusetts. 364 days a year, that paint-worn line is just a line. But on the **third Monday in April**, it means **something else**. One day a year, athletes from around the world come to cross that paint-worn line; their hearts filled **enthusiasm** and **conquest**.

Imagine nearing the **finish line** of the **Boston Marathon** after running an **exhausting** 26 miles of **hills** in the **heat**. Your heart is pumping. Adrenaline rushing. **Fortitude** fills your **spirit**, and even though you are thoroughly fatigued and mentally spent, you are determined run to the end no matter what. Your weary arms **elatedly** rise toward the air as you reach the finish line... **a place where victory triumphs over pain!**

The Boston Marathon is the **oldest marathon** in the world and the most **prestigious** for **everyday runners**. **KRRC** proudly recognizes **first time Boston Marathoner, Tammy Hellings**, who graciously agreed to share her experience with us.

1. Age: 35

2. How long have you been running?

I ran cross country and track in high school. But don't let that **fool** you. I was the **slowest girl** on the **team!** I didn't start running again until 2007.

3. Who got you started in running?

In the beginning I think that my biggest **influence** was my high school **Cross Country Coach**, Mike Hickey. He actually lives a few blocks down from me today.

4. Where did you qualify for this year's race?

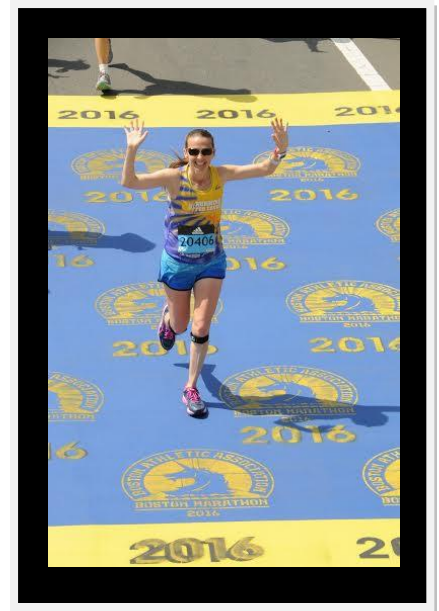
I qualified at the **Texas Marathon** in Kingwood, TX.

5. What was your weekly mileage like when you were training for Boston?

When training to qualify, I had **one week at 75 miles**. It was a slow progression up to that quantity; **starting in the 40s** and adding a few miles to my mid-week run and my weekend long run.

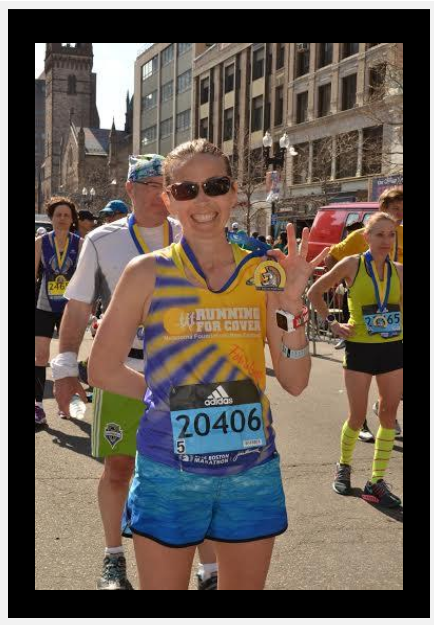
6. What inspired you to qualify for the Boston Marathon?

I saw my **time dropping** and wanted to see if I could do it. Boston to me was the sign that I had made it. I finally **overcame** the obstacles of being the **slow girl**; being the **weakling**.



7. What was the packet pickup/Expo like? Were there any vendors or races to sign up for? Pre-race inspiration for the marathoners?

The expo was **full of life!** My family and I were there on One Boston Day (April 15th). There was a moment of **silence at 2:49** pm in **memory** of the **2013 bombing**. We didn't even think of that or where we would be but I can't think of a **better place** to have been. There was so much **energy** during this time; **Complete silence** but you could feel the connection between every human being present. It wasn't sadness...it was **hopefulness**...it was **togetherness**.



Tammy Hellings,
Boston Marathoner
2016

8. Race day/corral/pre-start? Was it well organized? How did you get to the race?

Organized, **yes** you could say that! Some of the memories from that morning that I will **never forget** are the volunteers. As we were leaving The Boston Common in the school buses, the **volunteers** (at least 100-150 at this spot) would face all of the buses and **wave, cheer, and Clap** for the runners. The next best memory was waiting in the starting corrals. It was the same thing again, as we made our way to the start line, the volunteers were just absolutely **amazing** to us and cheering us as we made our way.

That morning, **Julie Loving** and I walked from my hotel with my husband and daughter to The Boston Common which was less than a mile away. We were offered **free** shirts, food, and water from **local businesses!** Our line for the bus to Hopkinton wasn't very long. The bus ride was a little over an hour but the **time flew** by.

9. What was the race course like? How was the crowd support? Can you share a little bit about your experience during the marathon? What was your favorite part of the course?

The **crowd support** was **amazing**. Everyone said that **Boston** had the **best spectators** of any race. Having done other world majors, I knew that it was going to be tough to beat NYC. New York may have more, but they don't have the **love** built in, that as a runner, you can feel. This is a **giant party for everyone** watching the race. Even **Santa** made a **cameo!**

I could have supported myself **during the race** just on the drinks and **food** from the **locals**. My **goal for Boston** was to truly enjoy myself during this race. I wanted to take in every experience and every scene. I kept track of what town we were in, I noticed that

most of the towns have the mileage for the race permanently painted on the road; I even saw a **road sign** that said 17 miles to Boston which I now **regret** not taking a picture of. When we made our final turn onto Boylston, the crowd was going crazy. I saw that finish line and knew that all of my **hard work** over the years was worth the **blood, sweat, and tears**. 😊

10. Was there a post-race event or party? If you stayed, what was it like? If not, what did you do afterwards?

There really wasn't much directly at the finish line. The **post-race party** was at Fenway Park, but I decided not to go to that. I walked back to my hotel, took a hot bath, and then went out to dinner with my **family**.

11. Do you want to qualify for Boston again in the future? If so, is there anything you can think of right away that you might change in your training preparation?

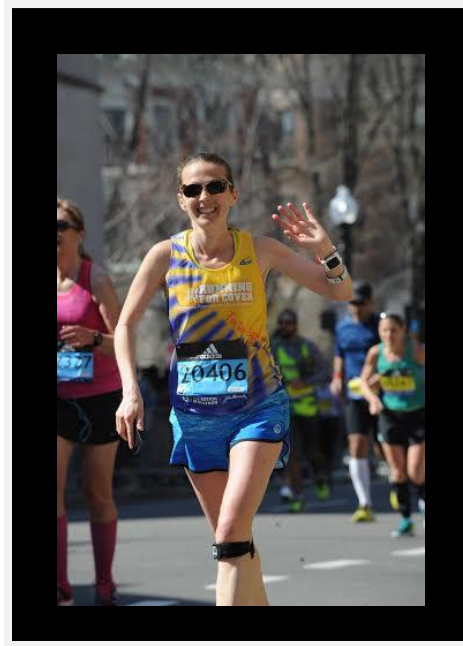
I have been **struggling** with this **question**. At first it was going to be a one and done thing, but I can honestly say that I miss being **faster**. I am going to continue my **focus** on ultras and running a marathon in all **50 states**. I am sticking to my guns and keeping the **goals** that I set for myself years ago.

12. Where do you see running leading you after Boston? Any other races lined up this year?

As of right now, I am running the **Back 50 at Burning River** in August. I will also be participating in **The Hennepin 100** in October.

Happy running my friends!

♥ *Tammy Zellings*



"It's supposed to be hard...the hard is what makes it great." -unknown



Sh...Sh...Shake it up!



We all know how **important protein is** after a long, strenuous workout. It's **essential** for tissue **growth** and **muscle** repair. One good way to get the amount of protein you need after a **hard workout** is to **drink a protein shake**. But what if you **hate** them? Nowadays many protein shakes are considered **good-tasting** by many people. *If you are looking for a new protein shake to try, here are a few suggestions from some of our members.*

[MTS Whey](#) - suggested by Rhonda Brouillette-Hubert



I love the mint cookies and cream and banana cream pie. Flavors are true to their name. – Rhonda Brouillette-Hubert

With 25 grams of protein per serving, MTS Whey protein contains ALL essential amino acids, making it a complete protein and is also very high in Branch Chain Amino Acids (BCAA). The BCAA's Leucine, Valine and Isoleucine have been shown in studies to help people build lean mass and burn fat.



[BioChem Whey Protein](#)– suggested by Deb Renville

Providing clean, pure, whey protein from grass fed cows that are rBGH & rBST free†, BioChem has been crafting high quality proteins for over 15 years. From their original 100% Whey, to their specialty vegan proteins, organic whey, sugar-free whey, and more, try any one of their delicious gluten-free protein powders that source all their whey products in the U.S.

[Syntha-6](#) – suggested by Rick Legacy, Ande Wegner, and Rick Loving



If going normal calorie recovery, Syntha- 6 with almond milk. Try Strawberry Syntha 6, 1 tbsp. of cheesecake flavor jello pudding mix, 1 banana, a scoop of ice cream, and a little almond milk blended to a frosty thickness... Perfect after a long hot summer run. – Rick Loving

SYNTHA-6 is an ultra-premium protein powder with 22g protein per serving. It not only includes essential amino acids and essential fatty acids, but is also an excellent source of fiber, which makes it a nutritious and multi-functional protein supplement. There are 10 different delicious flavors to choose from.

**Suggested flavors from our members are: Cake Batter, Strawberry Milkshake, Chocolate Peanut Butter and Chocolate.*

Sun Warrior – suggested by **Steve Anderson**



Toss in a banana and use almond milk – Steve Anderson

The next generation in raw, plant-based protein is here, breaking through the constraints of other protein powders. Sun Warrior gives you 18 grams of great tasting protein per serving. It fuses and multiplies the power of several rich protein sources into one smooth, great-tasting formula.

Quest Protein– suggested by **Alison Maddux**



The flavors are great! It's gluten and soy free, low sugar, and you can do a lot more with it than just make shakes. I sometimes have it milkshake style with ice and milk for a healthier dessert. – Alison Maddux

With 20-22 grams of protein in each decadent serving (depending on flavor), Quest believes the greatest measure of a protein powder is its protein-to-calories percentage. The higher, the better. With its great taste and excellent nutrition, Quest Protein Powder boasts it has one of the highest percentages of protein.

Gatorade Recover– suggested by **Holly Wood**



I just tried the Gatorade recover protein shake and I'm in loooovvvee! – Holly Wood

This indulgent shake has 20 grams of protein. Recover Protein Shake contains high-quality milk and whey protein that easily digests, reaching muscles faster than other types of protein, like casein. Studies show that about 20g of protein is ideal for most athletes because the body can only process so much protein at a time.

Vega Sport Performance Protein – suggested by **Cindy Walters**



(I like)...Chocolate with banana and strawberry added. – Cindy Walters

Now with 30 grams complete protein Vega Sport Performance Protein is gluten-free and dairy free. Vega has 6g bcaas and 6g glutamine in a complete, multisource blend of premium, plant-based protein made from pea, alfalfa, pumpkin, and sunflower seed. Added ingredients like turmeric, tart cherry and probiotics help to improve recovery speed.

Advocare Chocolate Peanut Butter MRS – suggested by **Bob Williams**



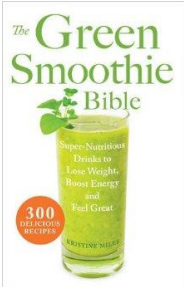
It tastes great and has a good carb and protein balance. – Bob Williams

Advocare Chocolate Peanut Butter MRS (Meal Replacement Shake) has 24 grams of protein per serving. These are easy to make and offer a powerful combination of vitamins, minerals, protein, carbohydrates and fiber.



Shakeology – suggested by Nena Lynn

Depending on flavor, Shakeology is a smooth tasting protein powder with about 17 grams of protein per serving. Shakeology is a powerful Superfood formula designed to give your body the perfect combination of nutrients to help give you energy, reduce cravings, maintain healthy body weight, and support your immune system. It contains over 70 healthy ingredients from around the world, including super-proteins, super-fruits, antioxidants, pre- and probiotics, and digestive enzymes.



The Green Smoothie Bible

Love making your own smoothies? Check out this book recommended by Linda Curwick.

Best book ever for smoothies! It starts with beginners and progresses on. It has info on super foods, and it also tells you the benefits of coconut water, almond milk etc., and what each can do for you. I love this book! – Linda Curwick

April GUYS VS. GIRLS Mile Challenge

Congrats to everyone who was able to take part in the first annual April Guys vs. Girls Mile Challenge! The **girls** ran an **amazing** mileage of 4,942.65 and the **guys** ran an **astounding** 5,819.08. This brought **KRRC** to a **phenomenal total** of **10,761.73!**



Congratulations to the KRRC guys on winning the April Challenge!

No worries ladies. You always create a rough draft before a masterpiece, right? 😊 See you next April guys! **The ladies will be ready.**

HUGE round of applause to **Chris Snider**, **Rhonda Hubert** and the **KRRC Social Committee** for putting this challenge together. Thank you also to **Dave Bohlke** for maintaining the spread sheet and adding miles for everyone. **Well done!**

KRRC would like to recognize **Jen Ingram**, **Mark Bowman**, and **Leon Malone** for their **outstanding efforts** during the challenge. **Jen Ingram** ran **369.45 miles** and **Mark Bowman** ran **319.3. WOW!** **Leon Malone** had a **hip replacement** and still managed to **help the guys** with the challenge by **walking 24 miles**. *“I had a hip replaced in November and am moving better than I have for a couple of years. Probably will not be a runner again, but who knows, I may try for one more someday.”*
– **Leon Malone.**

KISS MY SPATULA

Where recipes and running collide into a marathon of deliciousness!

Live  Laugh  Run  Eat



TURKEY MEATLOAF

Ingredients:

- 1 tbsp. olive oil
- 1 large onion, chopped (1 ½ cups)
- 2 garlic cloves, minced
- ¾ tsp. salt, divided
- 1 ½ tbsp. Worcestershire sauce
- 1/3 cup fat-free chicken broth
- 3 tablespoons ketchup, divided
- 1 ¾ lbs. lean ground turkey
- ¾ cup dry breadcrumbs
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten

Directions

1. Preheat oven to 375°. Heat oil in a medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool.

2. Add turkey, breadcrumbs, egg, egg white, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to mixture in bowl, and mix well. (Mixture will be very moist.)

3. Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake 1 hour or until thermometer inserted into center registers 170°.

30-SECOND MINI BROWNIES

When a craving hits for a something small and chocolatey like brownies, try this quick 30-second recipe. With only 5 ingredients, it's simple to make and perfectly portioned!

Ingredients:

- 1 tbsp. cocoa powder
- 1 tbsp. flour
- 1 tbsp. brown sugar
- 1 tbsp. water
- 1 tbsp. vegetable oil
- A pinch of salt.

Directions

1. Stir in all ingredients in a small mug.
2. Microwave 30 seconds.
3. Add in a few chocolate chips after it's ready for extra yumminess!

