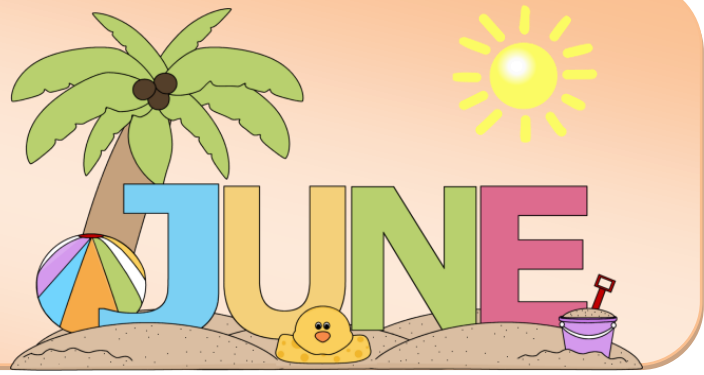


# Kankakee River Running Club

Running the river since 1979  
Volume 38, Issue 6



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 **Joann Myers**. Next time you're at an event and see her, please take a minute to say hello!

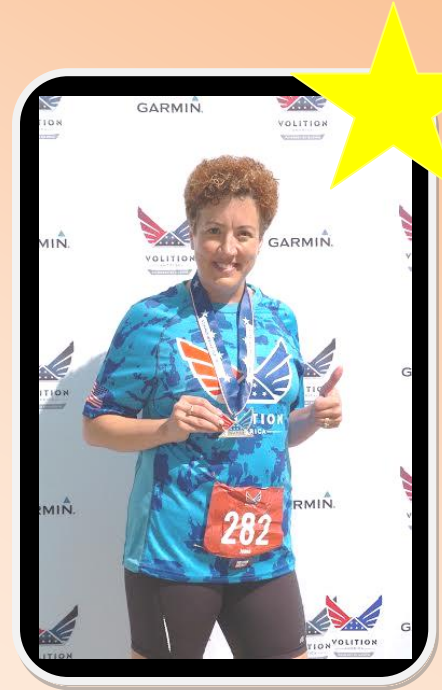
**1. Birthday:** I was born in Chicago, IL. I'm 44 (gulp!!!) Getting better with age.

**2. Please tell us a little about your family and where you grew up.** I grew up in Burbank, Illinois in a very small home. My dad was a truck driver and my mom was a stay-at-home mom. I went to college in northern Minnesota majoring in foreign languages. I have one brother who is 10 years older than me.

**3. How long have you been running?** About 4 years.

**4. Favorite pair of shoes to run in?** I'm running in Brooks Ravenna and Saucony - can't remember which ones. But as long as they give me the support I need I don't really care. Incidentally I need a new pair of shoes....

**5. Why did you start running?** I started running after I noticed my niece became so healthy through running. She lost a ton of weight and was working really hard to get her health in order. I thought if she can do it so can I! I had to stop running for a little while when I had a series of small heart attacks which stopped me from running in 2013 for about a year, but I'm back at it and better than ever. I really believe that running has healed my heart disease. Now I'm healthier than I was before!



Joann Myers at the  
Volition America Half  
Marathon & 5K in  
Chicago, IL

**6. What is one thing you'd like to improve as a runner?** Speed, always speed. I have recently dropped my pace a bit, which has been great. But I plan on doing some speed work this summer to try and help myself run a little more efficiently and then of course run faster.

**7. Best part of running? Do you prefer mornings or evenings?** For me, the best part of running is the fact that I can basically do it anywhere I want without any fancy supplies. You don't have to invest a ton of money in order to be a runner. My cousin Maureen says to just put your shoes on...and get out the door. As far as the time, I want to lie and say I'm a morning person, but unfortunately that just isn't the truth. LOL I struggle with mornings so I tend to be more of an afternoon or evening runner.

**8. How do you stay motivated when you don't want to run?** Staying motivated often times has to do with any races I have planned. I'm going to start training for the Chicago marathon shortly. I try to keep my eye on the prize and want to make sure that I'm able to do what I want to do at the race. I did the Chicago marathon once before and did not take my training quite seriously enough, so now I know the consequences of not putting your best into training.

**9. Do you have a favorite race that you have run? Race you'd like to forget?** I really enjoyed the U.S. Air Force Half Marathon that I did in 2015. The Air Force Base Museum is awesome. All of the huge planes that you see are quite neat. The event itself was well run and I felt pretty good about it. I don't have any races that I really want to forget although there have been some that I thought were not well organized. I did The Biggest Loser race several years ago and it was pretty poorly organized. So definitely not one I would sign up for again.

**10. Do you have a favorite place that you like to run?** I like running downtown Chicago along the lakefront because it's so beautiful. The wind/breezes off the lake make it more comfortable to run. It's also a nice change from what we see around here.

**11. Do you have a bucket list dream race or run that you would like to do?** I would like to do the Marine Marathon in Washington D.C. I think that would be a cool race to do. Another dream race or place to run I think would be in Berlin, Germany. I'd love to do the Berlin Marathon.

**12. Do you have a PR you would like to share?** Recently I managed to do a 5k at a 9:40 pace and I was so excited to do that. I never thought I would break 30 minutes.

**13. What is your typical night before the big race meal?** I tend to enjoy pasta, but not really for the big meal the night before a race. I'll do a decent lunch the day before, but the night of I'll eat a little more tame so that my stomach's not upset. Race morning I like to enjoy a little bit of oatmeal.

**14. Favorite post-race nosh?** My favorite post-race food is whatever you've got. I'm usually starving after a race, so I think I would eat anything put before me!

**15. Finish this sentence. *I can't run without...*** my Garmin or music - although I have run without music when I'm running with people who I can chat with. But if I'm by myself I need to have my music, otherwise I'm bored to tears on long runs.



## Weekly Runs/Walks

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

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

**Tuesday and Thursday** 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.

The Hoppy Pig

135 North Kinzie Ave, Bradley



# WE'VE GOT THE RUNS!

**LOOKING FOR A RACE?** Check these out. Click on the **LINK** to learn more.

## 1. [Kilbride Classic](#)

**Sunday, June 19, Kankakee - \$33**

Don't forget to join us on Father's Day for the annual 5K and 2 mile walk for autism!



## 1. [Liberty 5K Run/Walk](#)

**Sunday, July 3, Morris - \$25**

The Liberty race takes you through nostalgic downtown Morris. Clubs with the largest attendance will win a monetary prize. Please help our club by signing up under KRRC runners – Kevin Dockemeyer is the team captain.



## 2. [AshleyCan 5K](#)

**Saturday, July 9, Steger - \$25**

The AshleyCan Pediatric Cancer Foundation is dedicated to raising awareness for Pediatric Cancer, providing assistance to families, and funding for research.



## 3. [Sundowner 5K](#)

**Thursday, July 21, Joliet - \$35**

This scenic run will take runners on a beautiful tree-lined paved trail in historic Pilcher Park. All runners will receive a nice finishers medal.



## 4. [Esprit de She 5K/10K](#)

**Thursday, July 21, Chicago - \$35/45**

This run begins in the park at Montrose Beach, loops through Lincoln Park along the shore of Lake Michigan. The after party is awesome & all finishers receive a nice medal.



# 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!*



## PAUSE FOR PATRIOTISM

The 2016 Pause for Patriotism 4 Mile Run/2 Mile Walk was a **financial success** for the club. It was made even more successful thanks to **generous donations** from **John Vallone, D.D.S.** and **Larry Burton at Thrivent Financial**. The net income was \$1,145.93. We had 99 registered runners and walkers. We had a couple of challenges to



overcome with the venue, but the end result was a great venue and a great course that everyone seemed to enjoy.





# A Race Worth Running

We are always looking for our next great race. This month, we interviewed **Alison Maddux** who shared her experience with the *The Illinois Marathon 5K*.

**What is the name of the race?** Christie Clinic Illinois Marathon 5K

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

**Where was this race held?** Champaign, IL

**Date of the event:** April 29, 2016

**Why did you choose this event?** I hadn't done any *really big* races, and I thought this would be a good one to try. It's not a very long drive (a little over an hour), and I like the college atmosphere of Champaign. My training buddy, Christine Morrical, and her husband Brian were also doing the race, so that was a great incentive!



**Alison Maddux at the Illinois Marathon 5K with Brian and Christine Morrical**

**What was the packet pickup / expo like?** We arrived a few hours before the race started, and I was glad that we did. Since this is a really big event (with a Marathon, Half Marathon, Marathon Relay, 10K, 5K, and Youth Run) there was a big expo with vendors. The expo wasn't too far from the starting line, and it was indoors in the U of I gym. It was really easy to pick up our bibs, shirts and goodie bags, and then peruse the various booths. We got a lot of cool free stuff (cups, sports bottles, and even a "runner's kit" with single-use hand sanitizer, ibuprofen, burn cream, and Band-Aids) and plenty of great discounts on running gear.

**Tell us about the race day, corral, and pre-start.** The race starts at 7:30PM and the corrals open at 7PM. We made sure to head over to the corrals early because there were around 7,500 runners and walkers signed up for the 5K. Some people were in costume – there was a "dead Elvis," Batman, and several people wearing butterfly wings. A group of 20 or so people walked with sousaphones! (We were disappointed that they didn't play them while they walked.) There were two local radio personalities providing music and entertainment while we waited for the race to start, and the people watching was excellent.

**Alright, now tell us what the race was like.** This was by far my most fun race to date. I'm not a morning person, so I loved the 7:30PM start. The roads were closed for the race, and the route was extremely well marked. There were people on the sidelines for nearly the entire race, and because our names were printed on our bibs, I got a few calls of "Go Alison!" along the way. The entertainment on the route included a hippie skeleton blasting Grateful Dead music during the first mile, a live band somewhere around mile 2, someone playing (and dancing!) to Uptown Funk later along the route, and lots of fist-bumps and high fives. Around 8PM, we heard fireworks

(but the tall buildings blocked them from our view). The race ends *on the football field* at U of I, so it's very exciting to sprint to the finish. After the race, we headed up the stadium steps to pick up bottled water, bananas, granola bars, and Jimmy John's subs. It was an entirely positive experience, and I would recommend that anyone (runners or walkers) sign up for this race.

**What else would you like us to know about this race?** The medals are awesome. Until I start signing up for much longer races, this is going to be my nicest medal. At the finish, there was even a booth set up where (for a small fee) you could have your medal engraved with your name and finish time.

Keep going and never give up!  
Hope to see you out and  
about my friends!

♥️ Alison Maddux



*"Run when you can, walk if you have to, crawl if you must...just never give up!"*

*-Dean Karnazes*

# Feeling...HOT! HOT! HOT!

**Summer** running or walking can bring beauty to your weekly exercise routine and it can also bring **high temperatures** and **sweaty workouts**. Even if you **run or walk** in the **early morning**, it can be hard to outrun the **humidity** and **heat**. Wearing the right clothes can help you stay **dry**, **comfortable**, and **COOL**. We asked some of our club members what brand of workout clothes they wear in the summer. Here are some of the brands our **club members are wearing** to help them stay **cool this summer**.



**Heat Gear by Under Armor** – worn by Laura Sproat, Todd Kutemeier, Nicole Cartier, Steve Anderson, Valery Denby, and Tina Spenard

Under Armor is one of the most well-known brands. Their material is super breathable and helps regulate your body temperature so you feel cooler and drier during your run. They have a **WIDE RANGE OF SIZES** from **XS** to **2XL** in **MEN'S AND WOMEN'S CLOTHING**. Their clothing runs pretty true to size as well. Under Armor can be expensive. One of the best sites to order from is [6pm.com](http://6pm.com). They have discount apparel in a large array of brands and sizes. Click the links for more information.

**INKnBURN**– worn by Tammy Hellings



*The past year I found out about INKnBURN and love all of their clothing. I can also pass it off as "normal" clothing! - Tammy*

INKnBURN's designs take running and art to a whole new level. Their designs are so unique and constantly change so that you definitely won't blend into the crowd. Their fabric is light, stretchy, and helps keep you comfortable and cool. Their styles are tested on ultra runners to make sure the material performs well under extreme conditions. These clothes are so versatile and comfortable that you can wear them around the house, to the gym, or on a run in any distance. Their sizing chart runs small, so order the next size up if you like your clothing more loose. They have **MEN AND WOMEN'S SIZES** ranging from **XS** to **2XL**. Click on the link to check it out.

**Marika** – worn by Anna Wilder



*I love my Marika tek-shorts. They stay put, no riding up and I also have their capris. -Anna*

Looking for flattering and slimming workout clothing? Try Marika. Sorry guys, Marika is a clothing line **MADE JUST FOR WOMEN**. Their Dry-Wik clothing offers sizes that range from **XS** to **3X**. Their sizing chart appears to run true to size. Click on the link to check it out.





## Lululemon – worn by Nena Fournier

Lululemon tends to be a little pricy, but their trendy style and technical athletic gear make this brand worth your money. Lululemon makes **MEN'S AND WOMEN'S CLOTHING**. Their gear runs small – **SIZES RANGING** from **2 to 12** - so check out their sizing chart before you order. They also have some very **COMFY YOGA CLOTHES** to be sure to check that out as well!

Love Lululemon, but don't love the prices? Check out these **FACEBOOK PAGES DEVOTED TO LULULEMON!** They are private pages so you will need to request access. Make sure to read all the rules when you join. Click on the links to see for yourself.

### Lululemon Trading Post

Great forum to trade your Lulu clothes!

### The Real Housewives of Lululemon

Buy, sell, and trade Lululemon.

### Lululemon Bidding Battles

Clothing sales group set up for the auctioning of new and used Lululemon clothing.

## Nike – worn by Ang McQueen & Leslie Kutemeier



*I love Nike or Adidas shorts. I (also tend to) stick with tanks from Nike, too. – Ang*

*Nike is one of my favorites. They are pretty true to size, comfortable, flattering and I love they styles and colors they come in. - Leslie*

Nike's clothing is designed to help you **PERFORM YOUR BEST** at any distance. Their running apparel is made with sweat-wicking DRI-FIT fabric to help you stay dry and comfortable. Nike clothing was known in the past to run small, but now runs pretty true to size – ranging from **XS to XL**. The Nike website can be a little pricy – you can find some good deals on [6pm.com](http://6pm.com) as well. Click the links for more information.



**6 WEBSITES to help you score some name-brand workout clothes and SAVE MONEY!**

1. [Running Warehouse](#)
2. [6pm.com](#)
3. [The CLYMB](#)
4. [RnJ Sports](#)
5. [Planet Gear Just 4 Her](#)
6. [Sierra Trading Post](#)

# KISS MY SPATULA

Where recipes and running collide into a marathon of deliciousness!

Live  Laugh  Run  Eat



## ONE PAN DINNER: CHICKEN, POTATOES, AND GREENS

### Ingredients:

- 3 large lean chicken breast
- 4 medium red potatoes
- Green beans (or broccoli)
- ½ stick of butter, melted
- Italian dressing dry mix packet

### Directions

1. Preheat oven to 350°.
2. Cut the chicken breasts in half.
3. Cut the potatoes into small chunks.
4. Spray the bottom of a 13x9 pan. Put the chicken in the middle, potatoes on one side, and green beans on the other side.
5. Top with half a package of dry Italian dressing mix and pour melted butter over the top.



## PARMESAN CRUSTED PORK CHOPS

### Ingredients:

- 4 boneless pork chops
- ⅓ cup Parmesan cheese
- 2-3 tbsp. Italian breadcrumbs (dried)
- ⅛ tsp. paprika
- 1 tsp. dried parsley
- ½ tsp. garlic powder
- 2 tbsp. olive oil
- ¼ tsp. pepper

### Directions

1. Mix Parmesan cheese, bread crumbs, paprika, parsley and garlic powder and place on a plate.
2. Dip pork chops in the mixture (making sure mixture sticks) and sear in a pan of olive oil on medium-high heat. Sautee for 5 minutes on each side.
3. Place pork chops in a glass baking dish and cook according to thickness. (If they are thick – an inch or more - cook them for 60 min. at 300°. If they are regular thickness, cook at 350° for 30 mins.)

