

Kankakee River Running Club

Running the river since 1979
Volume 38, Issue 7



Happy 4th Of **July** Club members!



Liberty 5K Run/Walk – Sunday, July 3, 2016 – 7:15 p.m. – \$30

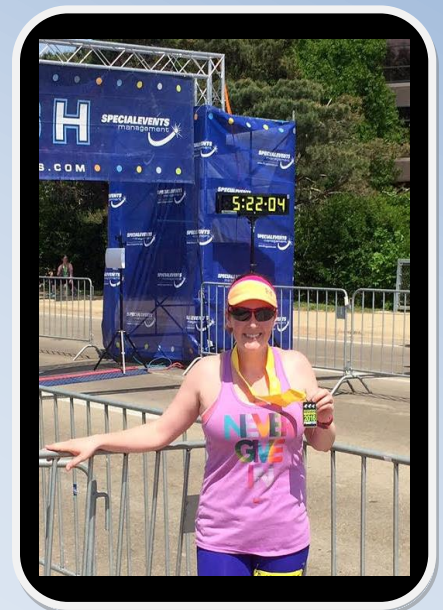
This fun race is chip timed on a certified course. The race takes you through downtown Morris, parks and neighborhoods. Please sign up under KRRC runners – **Kevin Dockemeyer** is the **team captain**. The club with the most representation wins a monetary prize. [Click on the link to register!](#)



I'M A RUNNER

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

- 1. Birthday:** 32 years old. Age group: 30-39
- 2. Please tell us a little about your family and where you grew up.** I'm from Bourbonnais and was born in Kankakee. I'm from a family of teachers. My dad is a retired social studies teacher, my mom just retired as a teacher's aide, my sister is a science teacher, and I teach 5th grade.
- 3. How long have you been running?** I started running about 5 years ago, but did not really start pushing/challenging myself until last year.
- 4. Favorite pair of shoes to run in?** Brooks Glycerin
- 5. Why did you start running?** I started with the couch to 5k program to challenge myself and it grew slowly from there.
- 6. What is one thing you'd like to improve as a runner?** I would like to improve my speed. Now that I have finished my marathon, I would really like to break my shorter distance PRs.
- 7. How do you stay motivated when you don't want to run?** This has always been a challenge for me. I sign up for a race every few weeks to make me more accountable and keep my training on schedule.



Laura Sproat,
Rockford Marathon,
2016

8. Best part of running? Do you prefer mornings or evenings? Best part is the people that you meet and the support that runners offer each other. I have not been able to meet many members of the club in person yet, but I definitely feel their encouragement and support on social media and it is a great feeling. I am not a morning person, so I prefer evening runs.

9. Do you have a favorite race that you have run? Race you'd like to forget? My favorite so far has been the Disney Princess Half Marathon. I love Disney, so completing this race had always been a dream for me. I am heading to Disneyland in November to finish the Coast to Coast Challenge! No terrible races...yet!

10. Flat course or hills? Flat! Unfortunately, my knees struggle with hills.

11. Do you have a bucket list dream race or run that you would like to do? Disney and finishing a marathon were my bucket list items that I just finished. I am sure a new race will make my list soon. I have been thinking about doing a half Ironman next year!

12. Best PR in a race? I have taken off 31 minutes in my half marathon PR over the past 8 months. I just finished at 2:06 at the Inaugural Naperville Women's Half Marathon in April. Looking to break the 2 hour mark soon.

13. What is your typical night before the big race meal? I wish I had a great answer for this! I ate grilled chicken and pasta before my marathon, but I do not have a typical meal choice.

14. Favorite post-race nosh? A chocolate milk shake or a beer - depends how long I was running.

15. Finish this sentence....I run for the feeling... I get when competing with others and myself.



Weekly Runs/Walks

Monday and Wednesday walks at 6:00 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 Hoppo Pig

135 N. Kinzie Ave., Bradley



"There was no way I could fit that many candles on the cake, so I just set it on fire."

WE'VE GOT THE RUNS!

CHECK OUT some of these fun **RACES** in **AUGUST!** Click on the **LINK** to learn more.

1. [Chicago 10K](#)

Sunday, August 7 - \$54

This fun race starts in Grant Park. All participants receive an awesome medal & t-shirt.



2. [Firefly 5K](#)

Thursday, August 11 - \$30

After you complete this race, you and your family can head over to the Channahon Three Rivers Festival!



3. [Momence Glad Fest 5K/10K](#)

Saturday, August 13 - \$20/25

After you complete this race, head over to the flea market for a little shopping.



4. [Ken Klipp Classic 5K](#)

Saturday, August 20 - \$20

This local 5K also includes a Leprechaun Dash for Kids.



5. [Fort 2 Base](#)

Saturday, August 20 - \$40/80

This race is a must for all medal junkies! Choose from 3 or 10 nautical miles.



6. [McLean Route 66 - 6.6K](#)

Saturday, August 20 - \$35

Who doesn't love a 4.1 mile race? Plus you get a cool commemorative shot glass!



July Birthdays



MorningSun Kelly	3
Terri Putnam	3
Symantha Huff	4
Leon Malone	7
Thomas Rademacher	7
Teri Boudreau	8
Tia Poole	8
Paul Surprenant	8
Steve Boudreau	10
Linda Curwick	10
MaryEllen Quinn-Williams	10
Deborah Renville	10
Noah Parks	10
Dena Lovell	11
Rebecca Myers	11
Brian Pritchard	11
Paul DuFrain	12
Kerri Lanum	12
Brenda Ravens	13
Hailey Brav	15
Ann Hendrix	16
John Vallone	19
Rick Nally	22
Penny Stoewsand	22
Tommy John Baltz	23
Brian Myers	24
Brianne Schafroth	24
Phil Hitson	26
John Bevis	30
Sandra Gray	30
Holly Schafroth	30

Let them eat cake!





DON'T JUST CHASE YOUR DREAMS...RUN THEM DOWN!

Marathon runners from all over the world seek to earn their ticket to Boston. The course itself is considered to be one of the more **difficult marathon courses**. For many runners, qualifying for the Boston Marathon is a **dream** to aspire to. Dreams are essential to our happiness in life. More importantly, they're good for our soul. Our **purpose for existence** is wrapped up in the **dreams we have**...because without them, let's face it, life would be boring!

Imagine you are **Julie Loving**. It's your 10th marathon. You wake early in the morning...ready...nervous...**motivated**. You look at the weather app on your phone and see **thunderstorms** in the forecast, but that doesn't matter because the inner longing in your heart is stronger than any storm. The race begins. Thunder **growls** in the distance. With every splash and every puddle, you draw closer to the end. **Will-power** pushes your feet faster and you don't even notice your **drenched** socks and shoes anymore. You are getting close when you hear the dreaded news...the race director **calls off the race** and begins to **evacuate runners** from the course. You ignore it and press on. Nothing can stop you now. **As you draw near**, you look up and see the **clock** at the finish line **hasn't stopped**. You run even faster – water and mud flinging across your legs. **Victoriously**, you raise your **fist in the air** the moment your foot touches the timing mat. Tears fill your eyes but they are indiscernible from the pounding rain. You look at your watch. **Did you make it?** Will your time count? **Yes! You did it!** There is no one around to cheer for you, but it doesn't matter. The beating of your **heart** mimics the **absent sound** of **spectator's applause**.

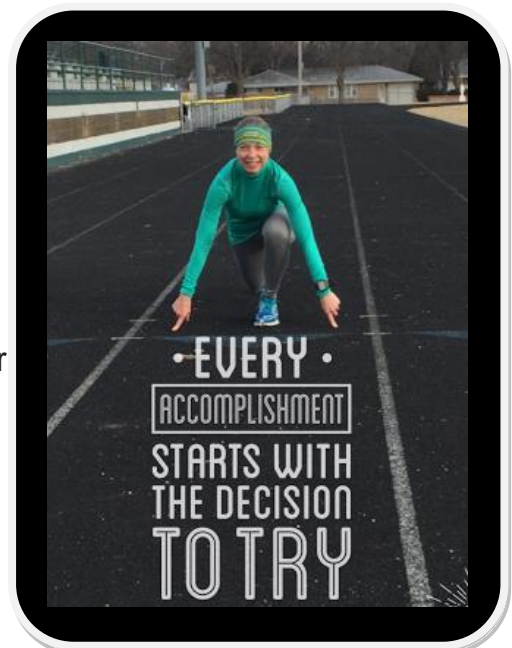
Once again, **KRRC** proudly recognizes **first time Boston Marathon Runner, Julie Loving**.

1. Age group: 45-49.

2. Hot or cold weather runner? Flat course or hills? I am definitely a **cold weather runner**. I prefer to train on hills and race moderately flat courses with **some rolling hills**.

3. What is your best marathon PR and what race was it? My **best marathon PR** was when I qualified for the Boston Marathon. My time was 3:51:55.

4. Where did you qualify for this year's race?
Christie Clinic Illinois Marathon



5. How many marathons did you run before you qualified? Total marathons run? I have run a total of **10 marathons**; 5 of which were Boston qualifying attempts.

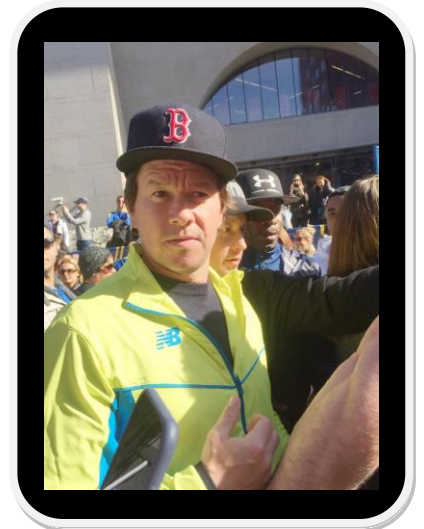
6. Have you always been a super-fast runner? Nope. I was just an **average runner**, but I've always been someone who likes to work out. I ran on the treadmill and went to aerobics classes at the gym. 2009 was my first 5K. I remember it like it was yesterday. The race was in October. It was called *Give a Little Bit*. My sister, Jamie, talked and begged me to do it! **My first 5K time** was 30:01 and I ran really hard for that! I told my sister **I hated racing** and would **never do it again!**

7. What was your weekly mileage like when you were training for Boston? I was on a **22 week training plan** that the Boston Marathon Athletic Association had sent out to everyone who had qualified. You could of course pick your own training plan or do the one they sent. My lowest week was about **43 miles** and the highest I ran in a week was **64 miles**. It was pretty intense at times.

8. What inspired you to qualify for the Boston Marathon? When I ran my second marathon, my **only goal** was to run under 4:00 hours that was it. I just wanted to be less than 4 hours. I reached that goal with a time of 3:59:18. I realized I only needed to shave 5 more minutes off to qualify for Boston. That's when **the wheels began turning** and the training to try to qualify for Boston had begun. I like to have goals and to push myself and see how far I can go.

9. What was the packet pickup/Expo like? Were you able to partake in any pre-race inspiration for the marathoners? How many days early did you arrive and what did you do with your time? The expo was huge and there were tons of vendors! Those of you that qualify for Boston - you have to go the **first day**. It wasn't as crowded and you could really look around and take it all in. The second day was really **incredible** as well. At the expo I got to see **Mark Wahlberg**, [*As one of the editors typing this I couldn't say his name without singing "Good Vibrations" in my head!*] and Meb and Shalane Flanagan. They were near the finish line as well. You can **breathe in the excitement** and **energy** from all the runners...it just fills your whole body...so incredible and humbling. It feels like **Christmas** for runners!

10. Let's talk about race day/pre-corral/start. The **start** was the most **emotional part for me**. I stood at the start line...looking around at the **hundreds of runners**, all of them just like me. We were all here, fulfilling **deepest hopes** and dreams. I remember saying to myself, "*Here you are. You did it. You are running the Boston Marathon!*" My eyes began to well up with tears of joy and they begin to **trickle**



Mark Wahlberg makes an appearance at the Boston Marathon

again as I type this out and remember. While we waited, the race director started **playing songs** from each branch of military. When they played the **Airforce** song, more tears came streaming down my face. The whole experience of running the Boston marathon was truly **amazing** and the spectators were like nothing I had ever experienced. The runners didn't need the aid stations because the spectators handed out water, oranges, and bananas. It was more **incredible** than I ever imagined. I loved running through all the **little towns** and hearing the crowds scream and cheer us on. Honestly, my favorite part was running in the city of Boston and taking that left hand turn on **Boylston Street** toward the finish line! That was such an emotional feeling crossing that finish line! It was better than any **dream** I could have ever come up with.



Julie Loving nearing the finish line of the Boston Marathon, 2016

11. Was there a post-race event or party? What was it like? Did you stay for the post-race party? If not, what did you do afterwards? I really wanted to go to the post-race party but I was so **exhausted** from the marathon that I literally went back to the hotel took a shower and went to bed. The heat got the best of me that day. The temperature was 80° at the start of the race.

12. How many days after a marathon do you start running again? After a Marathon I take the next **3 days off** completely from running. I usually **cycle a few miles** to loosen up my legs and that really seems help them to recover more quickly. Then I will slowly do a **reverse taper** for the next couple of weeks.

13. 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? **Absolutely!** My goal is to try to requalify September 10 in **Grand Rapids Michigan**. The race is called *Last Chance to BQ!* The only thing I would change in my training plan would be to incorporate running my **average marathon pace** in more of my runs. Otherwise I love the training plan I use.

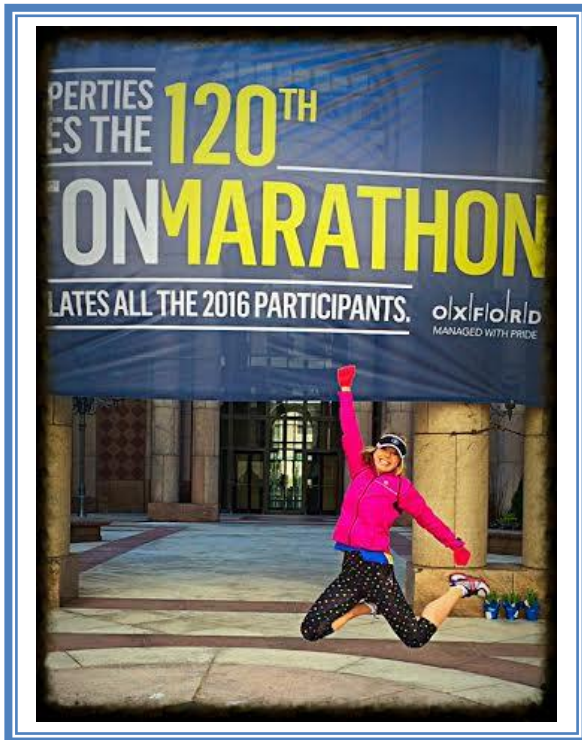
14. Where do you see running leading you after Boston? Any other races lined up this year? I like to do more **cycling** and **triathlons** in the summer, but I do try and keep my running going. I usually do **speed work** once a week and a **long run** on the weekend. My next big race will be in Grand Rapids, Michigan. I am also doing the Milwaukee

Lakefront Marathon in Wisconsin and St. Jude's Marathon in Memphis, Tennessee.

15. Finish this sentence.....I run, therefore I...am happy! I run because I like the **competitive nature** of the sport and the **health benefits** you get from it. I also love meeting new people and running with my **friends**.

If I can do it, you can do it!
Don't just chase your dreams -
run them down my friends! Hope
to see you at a run soon!

♥ Julie Loving



"Go confidently in the direction of your dreams. Live the life you've imagined." - Henry David Thoreau



AVOID HITTING THE WALL



Everyone wants to toe the **start line** or complete their **long run** or **walk** with a full tank of **energy**. It's important to make sure you take in **adequate fuel** and water the day before your exercise. Eating well and drinking plenty of water the night before will allow your body to rely on this fuel the following day. **Check out these 3 tips** to help you avoid **hitting a wall** on your next long run or race.



Tip #1: Make sure to take in adequate fuel the day before your run. Marathoner, **Gregg Burress**, reminds us that it's not only important to eat well the night before, but the entire week. You need to eat well the week before your race so your body will have the proper amount of time to store the nutrients you ate. Gregg suggests eating exactly what you did during your high mileage training runs. **Great advice!** Just don't wait until the day before to eat well as your body may not perform the way you expect. Training for a marathon? Take a look at this link for some ideas on meal plans the week before your race. [Marathon Meal Plans](#).



Tip #2: Hydrate! We all know the importance of hydration. Many runners and walkers know the painful feeling of cramping from dehydration. The rule of thumb is...if you feel thirsty, you are already dehydrated. Dehydration is defined as losing 2% of your body weight from sweating, but even 1% can feel pretty significant to some athletes. Of course, you don't want to end up with [hyponatremia](#) either. Knowing how much water your body needs to be properly hydrated can be tricky. The night before your long run or race, make sure to drink at least 8-10 glasses of water. Marathoner, **Linda Curwick**, has **posted** several **great training tips** about **hydration**. In order to find out how much water weight you lost, weigh yourself in the nude 1 hour before exercise and then again afterwards. Approximately 16 ounces of water should be replaced for every pound you lose. This will help you know how much you need during your runs. Also, make sure to take in 8 to 16 ounces of water 1-2 hours **before you run** as well. If the temperature is in the 70s and 80s, you **must** drink more. Increase your fluid intake by drinking sports drinks. Fill one of your hydration bottles with water and one with a sport drink. The carbs in sports drinks help restock spent energy stores.



Tip #3: Make sure to fuel DURING your run or walk. Find out what gel/product your race is handing out and **practice** with it or wear a hydration belt and carry your own fuel. High octane energy chews, gels, or beans are important to carry with you on a long run or walk. These products are specifically engineered to provide you with the carbs, sugars and electrolytes you need. Looking for quick energy? Try eating dates. Dates give you quick energy that you use right away – they are sweet and your body processes them quickly. **Looking for some new fuel ideas?** Take a look at these suggestions.

- raisins
- dates
- dried cherries
- frozen grapes
- gummy bears
- marshmallows
- pretzels with peanut butter inside
- honey sandwich – cut up into bite sized pieces and freeze it



Check out some of these ideas from our club members on what to eat the night before your long run or walk.

- Grilled chicken with veggies
- Steak, sweet potatoes, and veggies
- Penne pasta, grilled chicken and veggies
- Whole grain pasta and veggie burger
- Spaghetti and bread
- Lasagna with meat sauce
- Grilled chicken, sweet potatoes, and broccoli
- Chicken and noodles with potatoes

Running/Walking in the Heat



Of course the most **ideal running** or walking weather is about **50 degrees**, but we won't be seeing this anytime soon. As the **hot temperatures** and **humidity** crank up, please remember to adjust your effort level! Heat and humidity **affect your ability** to run faster. Don't take it as a sign that you are slower or less fit than you were. Many athletes can face heat **exhaustion** or **heat cramps**. Before you head out, remember to **adjust your pace** according to the heat and humidity. Ultramarathoner, **Julie Loving**, recently posted about the impact of temperature on pace. **Take a look at this chart** or **click on the links** for more information.

[Impact of Temperature on Pace](#)



[Temperature Calculator](#)

Use this online calculator to help you plan and account for hot temperatures during workouts or race day.

KISS MY SPATULA

Where recipes and running collide into a marathon of deliciousness!

Live  Laugh  Run  Eat



Clean Eating Turkey Meatball Sandwiches

Ingredients:

- 1 ½ pounds lean ground turkey
- 3 teaspoons of minced garlic
- ¼ cup fresh parmesan cheese - shredded
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- ½ medium onion, finely chopped
- 1 tsp. dried oregano

Directions

1. In a large mixing bowl, combine all the ingredients and form in to meatballs, approximately the size of a golf ball (maybe just a tad smaller).
2. Place them on a parchment lined cookie sheet.
3. Bake at 350°F. for approximately 30-45 minutes, or until the meatballs reach a minimum of 165 F. on a thermometer.
4. Remove from oven; allow them to cool slightly.
5. Add your favorite clean-eating marinara and cheese, place on a bun and enjoy!

Prosciutto Wrapped Dates Stuffed with Goat Cheese

Submitted by **Alison Maddux**

It's easy, fast, and looks way more fancy than the work that you put into it. It's one of my go-to appetizer recipes when we have people over. - Alison

Ingredients

- 25-30 Medjool Dates
- 4 ounces Fresh Goat Cheese
- ¼ Cup Fig Butter (or fig jam)
- 6 ounces Thinly Sliced Prosciutto - cut into smaller strips
- Honey and Sea Salt

Directions

1. Preheat oven to 350°F
2. Slice dates lengthwise down top and remove pits.
3. Mix goat cheese and fig butter
4. Stuff each date with approximately 1 tsp of goat cheese mixture.
5. Wrap each date with prosciutto.
6. Transfer to baking sheet sprayed with nonstick and bake for 10 minutes. Serve immediately or serve cold without baking.
7. Top each date with a drizzle of honey and sprinkle of salt. (optional)