

Kankakee River Running Club Newsletter

Volume 38 | Issue 8
August 2016

*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, email your contribution to krrclub@gmail.com. Thank you!

I'm A Runner!

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



**Anna crossing the
finish line at the
Chicago
Rock and Roll Half
Marathon 2015**

Where were you born? Age? I was born in Chicago, IL and I'm 34 years young.

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

My parents immigrated from Poland and met in Chicago. My father works in construction/tuck pointing along with my younger brother (we are Irish twins). My mother was a stay at home mom and made sure we enjoyed the great outdoors as much as possible. I grew up on the Northwest side of Chicago, then lived in Downers Grove for a few years before moving to the Kankakee area. My little family also includes my two puppies; a Rottweiler named Lady and a Pittie named Merlin. I also have 2 bearded dragons named Trogdor and Delphine.

How long have you been running? I would run around a lot as a kid :) In high school I was on the track and cross country team. I took a break from running in college and over the last few years picked it up again starting with the couch to 5K program.

Do you have a favorite pair of running shoes? I've always preferred New Balance shoes. I'm currently running in New Balance W1260v5. I also picked up a pair of Brooks Ravenna 7 shoes that I am testing out.

Why did you start running or who got you into running? Growing up I loved the outdoors and I think running came naturally with that as a way to explore my surroundings. After college my running was slacking and I missed it, so I was determined to get back into it as a way to de-stress and to reach my fitness goals. I have a few running friends outside of KRRC that eased me back into running and pushed my limits with increasing my distance and training. Being part of KRRC definitely keeps me motivated and pushes me to stay on track while enjoying the river paths and area neighborhoods.

What is one thing you'd like to improve as a runner? I'd like to see my 5K times go down/improve, as well as build more hill endurance.

What is the best part of running? Do you prefer morning or evening? The best part of running for me is the feeling of accomplishment I get when I reach a new goal – whether it's a faster race time, a new distance or a new hill I conquer. I am not a morning person unless I have to be. (I become a morning runner in the summer during my weekend long runs.) I prefer evening runs.

How do you stay motivated when you don't want to run? I find the best motivation for me is to have races I'm signed up for giving me a goal to reach and training to complete. The Kankakee River Running Club is a great motivator for me to keep up with my weekday maintenance runs, and stay active with the walking group – especially on days I'd rather lounge on the couch. On days I really don't want to run, I lace up my shoes and tell myself “go out for 10 minutes and see how you feel after.” Usually I'm out a lot longer than the initial 10 minutes, I have never regretted going out for a quick run.

Do you have a favorite race that you have run? Any races that you would like to forget? I don't think I have a race I'd like to forget – I have fun at all my races even if its a struggle to get to the finish line. My favorite race to date is the Chicago Rock and Roll 1/2 marathon. I never thought I'd be able to run that distance (the longest distance I completed prior to training was a 5k), let alone run it in the middle of the summer heat! The event was very well organized and the live music – HS bands, DJs and musicians throughout the course – made it very enjoyable. I look forward to running it again this year.

Flat course or hills? I prefer a flat course and despise hills! I want to change that and learn to like hills (is that even possible!?!) as I find them challenging and rewarding once I catch my breath again.

Do you have a bucket list dream race or run that you would like to do? I'd love to travel to other states for races. I'm excited for next year's Rock and Roll 1/2 marathon in Nashville. I'd also like to do a Disney park race sometime in the future as well.

What is your PR in a race? One that I am proud of is my Chicago Rock and Roll 1/2 marathon from last year. I finished with a time of 2:54:48 placing 9700 out of 12078. I look forward to setting a new PR at this race this July!

What is your typical meal the night before a big race? If it's a shorter distance race like a 5K I don't do anything special. I just make sure I keep up with my hydration and get enough rest. For my 1/2 marathon race I like to have spaghetti with veggies.

Do you have a favorite post race treat? Right after a race I enjoy the free banana. Then I'm an equal opportunity eater – anything goes from ice cream to BBQ. :)

I run because...it's time I get to zone out from the everyday hustle and refocus on what really matters. Also because I really like food and drinks!

Race Review

Ragnar Relay - Chicago, IL

Contributed by **Denise Caparula**



What is the name of the race? Ragnar Relay Chicago. This is a twelve-person relay where each runner is assigned three legs. You divide into two vans to follow each other throughout the course.

What distance did you run? Each runner ran between 14-23 miles for a total of “200-ish” miles. I had the longest distance of 23 miles.

Where was this race held? We started in Madison, WI and ended in Chicago.

Date of the event: June 10-11

Why did you choose this event? The challenge and the people! This race sounded like a really difficult and really fun opportunity to push myself. I ran last year's Chicago Marathon with Team in Training in memory of my mother-in-law and to raise funds for blood cancer research. Through Team I became friends with a lot of great people, and a group of them decided to put together a Ragnar team. How could I resist?

What was the packet pickup / expo like? Parking was free and very close. Our night-time safety gear had to be verified, and we had to watch a 10-minute safety video. After that our team captain picked our packets while the rest of us milled about the expo tents. It was very organized and easy to get through. The tents sold safety gear, hydration devices, and race swag, although the swag was very light (there was a TON of swag later at the first major exchange between vans).



Tell us about the race day, corral, and pre-start. There is a staggered start, with the waves of slower teams beginning at 5am then continuing in 15 minute increments until the fastest teams in the afternoon. Since only a handful of teams start in each wave, it's very easy to cheer for and take pictures of your first runner. It's also really fun to see all of the different team names, t-shirts, and costumes!

Unfortunately a big part of our race weekend was the weather – if you remember, on June 11 and 12 the temperatures suddenly jumped into the high 90s with lots of sun and humidity. It was HOT!!!

What was your favorite part of the race itself or the course? Was it hilly or flat? There were big elevation changes; most of the hills were early in the Wisconsin part, becoming flatter as we approached Chicago. Before the race we were a bit worried about getting lost, but all of the turns were extremely well marked.

My favorite part was the camaraderie and bonding with my teammates. You don't spend 39 hours running/in a van with people without a lot of nonsense and hilarity ensuing! Also, given that the race was so challenging and the weather so hot, we really had to look out for each other and help each other along the way. Finishing was a true team effort!

What was the race course like? What about the hydration or fuel stations? There were not support stations along the legs, aside from the two that were approximately 10 miles long. They would have been difficult to staff and maintain for such a long race on back roads and trails in the middle of nowhere. We were well-advised to pack our vans with supplies, and on most legs there were spots where we could meet our runners to give them fluids/iced towels/etc. There were a ton of porta-potties at every exchange, so that made life more convenient!

Was the relay well organized? How did you get to your relay stations? Overall the relay was well-organized. After a runner started, their van would continue to the next exchange point to wait for them. When your van didn't have runners you ate/slept/recovered until it was your turn again. It was a big thing to tag other teams' vans with magnets or markers with your team name at the exchanges.



Was there a post-race event or party? What was it like? Any food, music, beer? The post-race party had music, free pop and pizza (you could take whole boxes with you back to your vans), and earlier in the race each runner had the opportunity to pick up a beer ticket you could redeem at the finish. Having run the anchor leg, all I wanted to do

was change out of my hot and sweaty clothes, get into the air-conditioned van and hydrate, so I didn't take in much of the party atmosphere.

I run because... When I finish a run, I feel like I can do ANYTHING. And like I mentioned above I run for a cause. I'll be running with Team in Training in the Chicago Marathon again this fall, so if you think running a Ragnar Relay sounds awesome, how about giving me a high five? Five dollars, that is! Follow this link to be part of the fight against cancer! bit.ly/CAP4TNT16

» Weekly Runs and Walks «

Monday and Wednesday walks at 6PM at Perry Farm.
Check Facebook for post by **Christine Morrical**.

Tuesday morning speed work at 7:30AM. Meet at Bishop Mac. Check Facebook for a post by **Julie Loving** or **Lori Everts**.

Tuesday and Thursday evenings at the YMCA at 6:00PM. Check Facebook for a post by **Leslie Kutemeier** or **Kibet Rono**.

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

Have an idea for the newsletter?

Submit your ideas to krrclub@gmail.com. We'd love to hear from you!



KRRC Picnic and Canoe Trip

Saturday 8/6 – Point Grove Campground, Aroma Park

This year we will have the option to take part in a canoe or kayak trip in the morning and then arrive back at the Aroma Park Boat Club camping area just in time to relax and fuel up on lots of delicious food. FYI for the camping lovers in our group, you can camp there before and/or after the picnic for \$20.00 a night.

This event is open to all dues paying members. If you are not yet a member, or you would like to bring a non-member guest, there is a \$5.00 fee per non-members. (For just \$10.00 more dollars you could be an official member!) For more details, visit the event page at <https://www.facebook.com/events/302553336758799/>

See you there!



Fun in the Sun

Are you looking for your next race? Check out these great races in August!

Saturday 8/6 – Easter Seals 5K Run/Walk for the Kids – Ottawa – Sign up [here!](#)



Thursday 8/11 – Firefly 5K – Channahon – Sign up [here!](#)



Saturday 8/13 – Momence Glad Run 5K & 10K – Momence – Sign up [here!](#)



Saturday 8/20 – Mahomet 5K, Mini Marathon & Half – Mahomet – Sign up [here!](#)



Saturday 8/20 – GiGi's Playhouse 6K – Bradley – Sign up [here!](#)



Saturday 8/27 – Running with Faith 5K & 10K – New Lenox – Sign up [here!](#)



Sunday 8/28 – Boilermaker Steamer – Bourbonnais – Sign up [here!](#)



Check out the full list of races for 2016 at <http://krreclub.x10host.com/Master%20Race%20List%202016.html>

*Julie Loving, Nicole Cartier,
Samantha Aspel, and
Marianne Suprenant*



Photos of the Manteno Tri from the Kankakee River Running Club Facebook Page

Thank you, **Kerri Saikin**, for the great photos!



*Holly Wood, Aaron Wheeler,
Ashley Wheeler, and Cara
Wheeler*



Rick Loving



Kiss My Spatula!

Where recipes and running collide into a marathon of deliciousness!

Ginger-Mint Pineapple Salad

From WeightWatchers.com

Ingredients:

- 6 cups fresh pineapple, cut into chunks
- 2 Tbsp sugar
- 2 tsp lime zest, freshly grated
- 1 Tbsp fresh lime juice
- 1 tsp ginger root, freshly grated
- 2 Tbsp mint leaves, freshly slivered (plus extra for garnish)

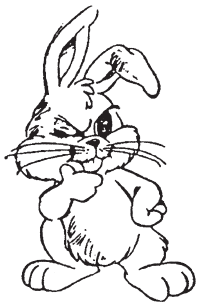
Directions:

- In a large bowl, toss together all ingredients; refrigerate, tossing occasionally, until sugar dissolves and mixture is well-chilled, about 15 minutes.
- To serve, spoon 1 cup of pineapple salad into each of four glasses or dessert bowls; garnish with mint sprigs. Yields 1 cup per serving.

August Birthdays

08/01	Jose Villegas
08/04	Bernie Hinrich
08/05	Terri Spenard
08/05	Lori Zimmerman
08/07	Parker Fouts
08/09	Jill Davis
08/09	Maria DuFrain
08/10	Fabiana Lopez
08/13	Madison Bylak
08/13	Donna Koerner
08/15	Cara Wheeler
08/16	Devin Lyons
08/16	Matt McQueen
08/16	Nancy Ruda
08/17	Brian C. Rooney
08/18	WhiteWolf Kelly
08/19	Brian Alberts
08/19	Wayne Bisailon
08/19	Dee Anna Hillebrand
08/20	Lisa Carruthers
08/22	Trey Pritchard
08/22	Alan Toronjo
08/22	Esther Young
08/24	Mark Nelson
08/25	Rhonda Hubert
08/25	Terry McGinnis
08/25	Glenn Tuuk
08/26	Jill Channing
08/28	Dana Freundt
08/28	Martha Vana
08/29	Amy Sluis
08/31	Jennifer Blanco
08/31	Dan Gould
08/31	Anna Wilder





35th ANNUAL RUNNING OF THE HERSCHER

Hare & Tortoise Race 5K RACE & 2-MILE FUN WALK



**1 FREE BEER
& \$1 OFF AT OBERWEIS**
PER BIB • VALID ONLY SUNDAY
NIGHT AFTER THE RACE

Sunday, September 4th, 2016 • Starting time for all races: 5:30 PM

All runners and walkers should check in between 4:00 and 5:00 at the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm Street.

★★ **ONLINE REGISTRATION** is available at www.racerpal.com/races/herscher.html ★★

- Location:** Check-in and start of race will be at the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm St. All runners and walkers should check in between 4:00 and 5:00.
- Course Description:** Both the 5K and 2 mile Fun Walk take place on Herscher's streets. The course is flat and mostly shaded. The course will be painted on the street to direct runners. Refreshments will be provided after the race.
- Registration Fee:** 5K Race And Fun Walk: \$12 per participant prior to Aug. 26th. Race day registration fee is \$14 per person. Bunny Dash: \$8 per child prior to Aug. 26th. Race day registration fee is \$10 per child.
 ✧ *Kankakee Running Club Members receive a \$2 discount! (\$10 prior to Aug. 26th / \$12 race day registration)*
- 5K Age Divisions:** Male: 14 & younger; 15-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70 & older.
Female: 14 & younger; 15-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60 & older.
Masters Division: Male and female, 40 & older.
- 5K Awards:** Championship awards to the overall mens and womens champions. Awards to the first, second and third place finishers in each male and female age division. Also, a heavyweight award to the fastest runner who weighs at least 200 pounds.
- Fun Walk Awards:** 2 mile non-competitive Fun Walk with an award to the first 10 finishers.
- Bunny Dash:** The Bunny Dash for kids 7 and under will be on the track and will start immediately after the completion of the 5K/Fun Walk.
- Other Information:** 5K and Fun Walk finish at the Herscher High School football field. Police protection provided during the race. Awards will be presented at the football field after the race.
- Race Director:** **KANKAKEE RUNNING CLUB** KRRClub@gmail.com

HERSCHER'S HARE & TORTOISE RACE **ENTRY FORM**

Name _____

Address _____

City _____

State _____ Zip _____ Phone _____

Date of Birth: _____ Age on Race Day: _____

Circle sex: **MALE** or **FEMALE**

Circle race: **5K** or **FUN WALK** or **BUNNY DASH**

Please mark tshirt size: ADULT S M L XL XXL
 YOUTH S M L

In consideration of the foregoing, I for myself, my executors, administrators and assignees do hereby release and discharge the Herscher Chamber of Commerce, Volunteer Fire Department, the Village of Herscher and all sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation.

Your Signature
 (If minor, a parent or guardian signature is required)

Send completed form to: Dave Bohlke
 833 S. Leslie Ave.
 Kankakee, IL 60901

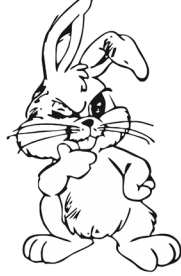
Make checks payable to: KRRC

Advance Registration: \$12 before August 26th, 2015. Race Day Registration: \$14
 ✧ *Kankakee Running Club Members receive a \$2 discount! (\$10 prior to Aug. 26th / \$12 race day registration)*



35TH ANNUAL

HERSCHER



HARE & TORTOISE



5K RUN AND 2 MILE WALK

Sunday, September 4th, 2015 • Starting time for both races: 5:30 PM

**We wish to sincerely
thank all of our
sponsors for making the
Hare & Tortoise Race a
great success...**



Herscher, Illinois



Arthur Kremer, DDS
Herscher, IL
815-426-2611



Harvest View

Trissa's
Salon 180

Herscher
Grain Company



Race Results:

Computerized finish line results by Dave Bohlke and sponsored by **The State Bank of Herscher**. Race results may be viewed online at kankakeeriverrunningclub.com and herscher.net.



Have Fun!

Visit Herscher's Annual Labor Day dance in the beer tent after the race and enjoy many other fun activities! A day-long celebration begins on Monday, with Herscher's Labor Day Parade starting at 10:30 AM.



**Homecoming and Labor Day
CELEBRATION**