

Kankakee River Running Club Newsletter

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*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 **Stephen Anderson**. Next time you're at an event and see him, take a minute to say hi!



**Steve running the
AshleyCan Mother's
Day 5k 2016**

Where were you born? Age?
Beckley, WV. I am 39.

Can you tell us a little about your family and where you grew up?
I grew up in very rural WV on my grandpa's farm. My dad was a coal miner working underground all day, so he loved spending his free time outdoors in the open. Between the farm and my dad, I was exposed to being outside at a very early age. I suppose running is just a natural extension of that.

How long have you been running? I first tried to get into running in 2008 but I could never stay injury free (several struggles with plantar fasciitis and knee issues over time made me give it up). But last summer I was determined to find a way. I gradually started running again and joined the Y so I could do strength training. In the past I had struggled to stay injury free anytime I tried to go beyond 5k. But this year I have run six 5ks, two 8ks, a 10 mile, and completed

my first half marathon. Doing a full marathon is now on my radar of things I'd like to accomplish.

Do you have a favorite pair of running shoes? Asics GT-2000. Once I got fitted for these I didn't have any more injury issues.

Why did you start running or who got you into running? I was going through a rough time in life and running was a way for me to get away by myself and clear my mind. It definitely helped me get through some tough times this past year.

What is one thing you'd like to improve as a runner? The ability to keep a consistent pace longer as well as getting faster.

What is the best part of running? Do you prefer morning or evening? Being around fellow runners. I love the community aspect of running. I typically run in the evenings because I have to work early most days. I love running after dark because of how quiet and peaceful it is.

How do you stay motivated when you don't want to run? Just keep signing up for races. If I have something to look forward to it is easier for me to stay motivated.

Do you have a favorite race that you have run? Any races that you would like to forget? My favorite to this point would be the Race to Wrigley. Being a Cubs fan, it was pretty awesome to run through Wrigleyville and parts of Wrigley Field itself.

I don't know if there is a race I'd like to forget. The Soldier Field 10 was the most I have ever struggled to finish a race and I needed medical help at the end. But rather than forget it, I see it as a learning opportunity to what I need to improve on.

Flat course or hills? I grew up in West Virginia, so hills and mountains are in my blood. In a weird way, running hills always reminds me of home.

Do you have a bucket list dream race or run that you would like to do? Boston because of how hard it is to qualify. And the Great Wall of China race because of the scenery.

What is your PR in a race? The last 5k I did was the Nite Lite 5k at Perry Farm. I set a PR of 23:50 in the rain. That was not only a lot of fun, but was a full 10 minutes better than 5ks I was doing last fall. It

made me realize all the time I put in was starting to pay off. It also made me realize that I could get even faster if I keep at it.

What is your typical meal the night before a big race? Some combo of chicken and pasta. It has seemed to work for me, so I try to keep my routines the day/night before a race pretty consistent.

Do you have a favorite post race treat? I've been known to reward myself with a nice steak dinner afterward.

I run for... my son. I want to be a good role model by having a healthy and active lifestyle. I also run to take care of myself so I'm around for him for many years to come.

35th ANNUAL RUNNING OF THE HERSCHER

Hare & Tortoise Race

5K RACE & 2-MILE FUN WALK

Sunday 9/4/16

Check In: 4-5pm

Races Start: 5:30pm

**Herscher High School
Football Field**

**Bunny Dash for Kids
7 and Under!**



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

**Race Day
Registration:**

5K or 2 Mile: \$14

Bunny Dash: \$10

**\$2 KRRC Member
Discount!**

**Register online at
[http://racerpal.com/
races/herscher.html](http://racerpal.com/races/herscher.html)**

Special Feature: My Bike Ride Through Wisconsin

Contributed by **Dan Bullock**

Dan Bullock During His Six-Day Bicycle Camping Trip Through Wisconsin

The first week in August my friend Phil Standley and I embarked on a six-day bicycle camping trip in Door County, Wisconsin. Door County is a beautiful peninsula that sticks into Lake Michigan just north of Green Bay. We were there with a group called Sagbrow, which organizes the route, carries all our gear, and provides many amenities along the way.

We started out in a town called Mishicot and rode 36 miles to Green Bay. There happened to be a Packers scrimmage that evening so we were bused over to



Lambeau Field where I proudly wore a Bears t-shirt. The Packer fans are crazy, so many in the group worried about my safety. Luckily all the abuse I endured was good natured.



Dan in Sister Bay

The next two days we rode through many small, quaint towns and villages. Towns like Sturgeon Bay, Bailey's Harbor, Jacksonport, and Sister Bay. We stayed on quiet country roads and lunched at small family cafes. An interesting note: after we left Green Bay, we did not see a single chain store, mall, or fast food franchise of ANY kind. Not one.

The fourth day was a layover day, a chance to rest and go out on our own. Phil and I decided to take our bikes on a ferry to explore Washington Island. There is a small town on the island with about 700 year round residents where there are shops, taverns, cafes, marinas and a few motels. On this day, many families from the mainland were there to enjoy the beaches or go sailing. We spent most of the day riding around the island and caught the ferry back before dark to return to our campsite.



**Ferry to
Washington Island**



**Cell Phone
Charging Station**

The last two days were the hardest. We biked through Ellison Bay, Ephraim, Fish Creek, and Egg Harbor. There were many hills, the temperatures were high, and we had to endure relentless headwinds. At times like that, you just learn to endure. You stop often, drink a lot, eat, and encourage those who are struggling. Phil was a real trooper. He's not a KRRC member, but he is often seen at various local 5Ks and at 76 can still ride and run better than many half his age.

We saw many critters along the way but the ones that surprised me were pelicans. Yes, pelicans! I think of pelicans in Florida, or Louisiana, but not Northern Wisconsin. It turns out that these are white pelicans, not the brown ones you see in the south. They are even seen in Canada. I never knew that.

On long tours like this you see bikes of every shape and size. There were road bikes, hybrids, mountain bikes, tandems, trikes, recumbents,



**Dan at the
Finish Line!**

305 miles, never got rained on, no one got injured, my bike performed well, and we met a lot of new friends. This was my fourth bike tour of six days or longer. I've been asked, "When is your next one?" I tell them to give me a few months to rest up and I'll let you know.

If you like to bike, I recommend trying out an organized tour. There are dozens to choose from in just about every state. Some are camping only, some use motels, and many, like this one give you an option. They also differ in how much support you get and how much they cost. Take a friend and give it a try!

tandem recumbents, and one person even did it on a fat bike. No unicycles this time, though.

The entire week turned out great! These tours are not races, so we travel at our own pace and stop whenever we want. I'm sure you've seen the many posts – rode

⇒ 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 **Anna Wilder**.

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



Run A Great Race Lately?

If you would like to review a race for the newsletter, email krrclub@gmail.com for more details.

We'd love to hear from you!



"If you want to become a runner then get onto a trail, into the woods, or on a sidewalk or street and run. Go 50 yards if that's all you can handle. Tomorrow, you can go farther."

- Scott Jurek

Runnin' Around!



Rockford Road Runners 13th Annual Rock Cut Hobo Runs

9/9, 9/10, and 9/11 – Loves Park

<http://www.rockfordroadrunners.org/hobo-runs.html>



AshleyCan 5th Annual Half/Half Relay /10K/5K/1 Mile Family Run

9/11 – Bourbonnais

<http://www.ashleycan.org/#!running-events/z64th>



Chicago Mini Marathon

9/17 - Chicago

<http://sochicago.org/events/chicago-mini-marathon>

Glow & Go 5K

9/22 – Romeoville

<http://www.romeoville.org/Calendar.aspx?EID=226>



Shoreline Classic 5K/15K

9/18 – Decatur

<http://www.shorelineclassic.com>

Check out the full list of races for 2016 at

<http://krclub.xlOhost.com/Master%20Race%20List%202016.html>



Kiss My Spatula!

Where recipes and running collide into a marathon of deliciousness!

Curried Chicken Salad with Apples & Raisins

From MyRecipes.Com

Ingredients:

- 1/4 cup low-fat mayonnaise
- 1 tsp curry powder
- 2 tsp water
- 1 cup chopped cooked chicken breast
- 3/4 cup chopped apple (about 1 small)
- 1/3 cup diced celery
- 3 Tbsp raisins
- 1/8 tsp salt

Directions:

- Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended.
- Add cooked chicken breast, chopped apple, celery, raisins, and salt.
- Stir mixture well to combine.
- Cover and chill. Enjoy!



September Birthdays

09/02	Kyle Hitson
09/03	Andrew Passwater
09/03	Anthony Woodson
09/04	Jan Oldham
09/06	Lori Everts
09/07	Kim Alberts
09/07	Michael McGuckin
09/09	Ben Antosz
09/09	Karen Dannenhauer
09/09	Matthew Gonzalez
09/10	Kalie Alberts
09/12	Richard Vana
09/13	Larry Bosley
09/14	Sherry Maddux
09/16	Todd Kutemeier
09/17	Deb Caspary
09/21	Leslie Kutemeier
09/21	Brian Shreffler
09/21	Michelle Walsh
09/22	Anthony Horn
09/23	Erika Burwell
09/23	James Faford
09/23	Emma Horn
09/23	Jerry Kuntz
09/24	Hunter Sherwood
09/26	Kathy Meyer
09/26	Jaimie Rooney
09/27	Conner Settles
09/28	Chris Curtis
09/28	Julia Reich
09/29	Chelsea Mitchell

Songs To Get You Up & Running!

"Believe" by Cher

"Corazon Espinado" by Santana

"Eye of the Tiger" by Survivor

"Fight Song" by Rachel Platten

"Fighter" by Christina Aguilera

"Fireball" by Pitbull

"The General" by Dispatch

"Going the Distance" by Cake

"Good Day Sunshine" by The Beatles

"Hey Ya" by Outkast

"Mercy" by Duffy

"Pour Some Sugar On Me" by Def Leppard

"Roar" by Katy Perry

"Sexy and I Know It" by LMFAO

"Stronger" by Kanye West

"Stuck in The Middle With You" by Stealers Wheel

"Take On Me" By A-Ha

"Thunderstruck" by AC/DC

"Uprising" by Muse

Health and Fitness

Compiled by **Alison Maddux**

Many of us need a great playlist to get through those tough runs. This is what our club members listen to when we want to get pumped up!

"Evanescence, Daughtry, Adam Lambert, Chris Lane, Enrique Iglesias, Laura Bell Bundy, Jessie James, Dierks Bentley for short runs."

-Valery Denbu

"Metallica"

-Jackie Skrobot

"I sing Annie Lennox and the Pretenders songs in my head. I don't use music per se...just all in my little brain."

-MorningSun Kelly

"Southern gospel music and today's contemporary Christian music."

-Kerri Saikin

"I stopped listening to music 3 years ago - when I run that is. I used to listen to something with a good beat like Black Eyed Peas or any kind of dance music, pop, or classic rock. U2, Katy Perry, Queen."

-Leslie Kutemeier

"A mix of 80's and country"

Rhonda Hubert

"Girl Talk's album Feed The Animals always keeps me going!"

-Alison Maddux

Thank you to **Jill Channing, Debbie Dye, Leslie Kutemeier, Sherry Maddux, Terri Putnam, Marc Spenard, and Tina Spenard** for the awesome song suggestions!

SAY CHEESE: Group Edition
 Photos from the KRRC Facebook Page



Sunday Morning Group 8/7/16

Tuesday Speed Work Group 8/9/16



Wednesday Night Group 8/17/16



Tuesday Night Group 8/16/16

Thursday Night Group 8/25/16



Thursday Night Group 8/18/16