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# Kankakee River Running Club Newsletter

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*Running the River  
Since 1978*

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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](mailto: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 **Debbie Dye**. Next time you're at an event and see her, take a minute to say hi!



Debbie at Winterfest

**Where were you born? Age?** I'm 44 and I was born in Rockford, IL.

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

I grew up in Princeton, IL. I'm number 3 in the lineup of 6 kids. I've actually run different races with 3 of my siblings which was really fun. Eventually, I'm hoping to recruit them all into running races. It's a work in progress. :)

**How long have you been running?** I started running in 2011 but my first race was in 2012. To my surprise I came in 3rd in my AG. I medaled in my 1st race! I was hooked from then on.

**Do you have a favorite pair of running shoes?** I have found Asics are consistently the shoe that works the best for me.

**Debbie Before She  
Became a Runner**

**Why did you start running or who got you into running?** I started running to get healthy and lose weight. I lost 70 pounds in about 1½ years from eating healthy and running, and I've kept it off for 5 years. Of course, it started as run until I'm hurting then walk until I'm guilty but now I wake up excited about my run and checking the hourly weather. Running has become such an amazing part of my life.



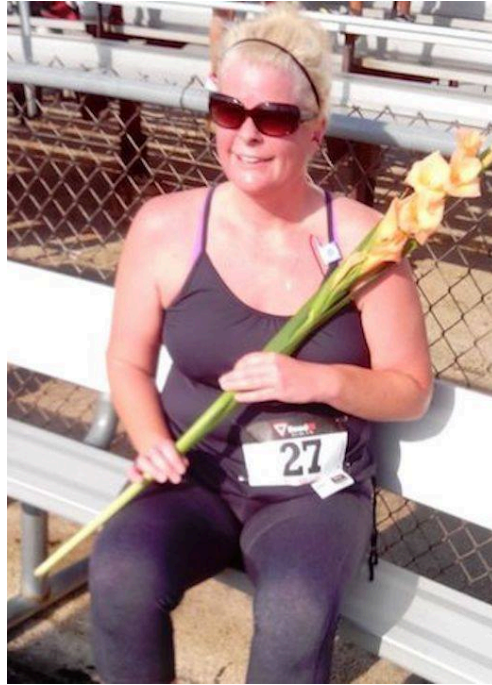
**What is one thing you'd like to improve as a runner?** I need to improve on my flexibility. I need to stretch more and prevent further injuries. I've dealt with Plantar Fasciitis and it sucks. It all leads back to not stretching enough. Recently, I started taking yoga classes hoping they will help. I've also had success with acupuncture.

**How do you stay motivated when you don't want to run?** Staying motivated is hard some days. I just make myself put my shoes on and do it knowing that I'm always going to feel better when I'm done.

**Do you have a favorite race that you have run? Any races that you would like to forget?** Favorite race was the Quad Cities Half Marathon this year. My first half marathon and definitely not the last! It was awesome and I'm already planning the next one with fellow KRRC member Laura Loica. My race to forget was one in Elwood, IL for the Army. It was full sun without a tree in sight running on concrete by the truck loading docks and it was probably 90 degrees. Good cause, horrible venue.

**Flat course or hills?** Flat.

**Do you have a bucket list dream race or run that you would like to do?** I don't have a specific race but I'd like to travel to different states to do different races. Broaden my range from just local races.



Debbie at Momence  
Glad Fest

**What is your PR in a race?** Great pumpkin 5k 29:17 (I think). The 1st time I broke 30 minutes and I came in 1st in my AG (which never happens).

**What is your typical meal the night before a big race?** I don't really have a specific meal plan for the night before.

**Do you have a favorite post race treat?** I always go out for breakfast after a race. Coffee and Denver omelet.

**I run because...** it has become my passion. It makes me feel strong, healthy and happy!

## Nomination and Election of Club Board

Every year we have an election of board members at the December meeting, which coincides with the Christmas Party. In some years, there are no contested positions so there is no actual voting. In other years, there may be more than one person nominated for a position and a ballot is presented at the meeting. You must be present at the meeting to vote.

**The party/meeting for 2016 (for election of the 2017 board) is on Friday, December 9th at 6:00 pm at the Knights of Columbus in Kankakee.** In any given year, all board positions are up for election. This year we have two positions being vacated by their current holders, so we are actively seeking nominations for those positions. In addition, any of the other position holders may be challenged by nominations from club members. If you want to throw your own hat in the ring, please do so. If you would like to nominate someone else, please check with them to make sure they would be willing to serve on the board. All nominations can be sent to [krclub@gmail.com](mailto:krclub@gmail.com).

The board positions and their current holders are:

**President** – Kibet Rono – will be vacating, need nominations

**Vice President** – Leslie Kutemeier – will be vacating, need nominations

**Secretary** – Mileen Joines

**Treasurer** – Dave Bohlke

**Trustee** – Dan Bullock

**Trustee** – Linda Curwick

**Trustee** – Patrick Koerner

**Trustee** – Chris Snider

**Trustee** – Cindy Walters

## Upcoming Races



**Nov 5<sup>th</sup> – The Chuck Foote’s Memorial Veterans 5K Run/Walk for Illinois Veterans Home – Beecher, IL – Visit <https://www.facebook.com/phoenixfitness2.Vet5k> for race info!**

Nov 6<sup>th</sup> – Ooh La La Chocolate 5K – Geneva, IL – Visit <http://myracepal.com/race/13226> for race info!



**Nov 6<sup>th</sup> – Canal Connection 10K – Utica, IL – Visit <http://starvedrockrunners.org/srri-events/canal-connection/> for race info!**

Nov 12<sup>th</sup> – Swallow Cliff 6-Mile Trail Run – Palos Park, IL – Visit <https://www.facebook.com/events/280623178998081> for race info!



**Nov 12<sup>th</sup> – BTPD Turkey Trot 5K and 10K (Prediction Run) – Bourbonnais, IL – Visit [http://www.btpd.org/turkey\\_trot.php](http://www.btpd.org/turkey_trot.php) for race info!**

Nov 13<sup>th</sup> – Gobbler Howler 10K Run – Oswego, IL – Visit <http://www.active.com/oswego-il/running/distance-running-races/gobbler-hobbler-10k-run-2016> for race info!



**Nov 24<sup>th</sup> – Orland Turkey Trot 5K – Orland Hills, IL – Visit <http://www.orland-park.il.us/DocumentCenter/View/27288> for race info!**

Nov 24<sup>th</sup> – Turkey Trot 5K and 10K – Valparaiso, IN – Visit <https://runsignup.com/Race/IN/Valparaiso/ValparaisoTurkeyTrot> for race info!



**Nov 24<sup>th</sup> – Rotary Run 3.14 Mile (Pi-K) – La Grange, IL – Visit <http://run314pie.com/race-info/> for race info!**

Nov 26<sup>th</sup> – Schaumburg Half Marathon and 5K – Schaumburg, IL – Visit [http://www.allcommunityevents.com/half\\_marathon\\_trot/shmtt\\_home.html](http://www.allcommunityevents.com/half_marathon_trot/shmtt_home.html) for race info!



**Nov 26<sup>th</sup> – Festival of Lights East Peoria IL River Trail Classic 4-Mile and 2-Mile – East Peoria, IL – Visit <http://www.cityofeastpeoria.com/index.cfm?pageID=58> for race info!**

## Tips for Transitioning Into Fall Running

By **Nicole Dossantos** in **The Active Times**

It's that time of the year, the leaves are changing colors, the weather is getting cooler and people are trading in their tank tops for long sleeves. This is the best time to be a runner, the weather is just right and it makes you want to jump up and head outdoors.

Don't worry about overheating under the hot summer sun and enjoy the fall before the winter comes and you have to bundle up while you're outdoors.

There are tons of things to keep in mind while transitioning from hot weather runs to cooler runs. For instance, it's important to warm up your muscles because they tend to tighten up more quickly in cooler weather.

It also tends to get darker faster in the cooler months; therefore it's important to dress accordingly. Wear reflective gear and accessories to stay safe and dress in layers, you may start your workout a bit cold, but as time goes on your body will warm up. Wearing layers gives you the freedom to take off some of your clothes when your body starts to heat up.

Jackie Palmer Merritt, Milestone Sports endurance athlete, has compiled a few tips to help you transition into cool weather running.

### 1. Take advantage of cooler weather with longer runs

With the days of 90+ degrees mostly behind us, we can take advantage of the milder temperatures and spend a longer time running outside. When you don't have to worry about overheating under the hot summer sun, you can extend your runs and improve your times—but don't underestimate the amount of hydration you'll need on those longer runs! Your sweat rate does not actually change in cooler temperatures.

### 2. Adjust your stretching routine

Cooler weather changes the pre-run routine. In warmer weather, you might start with some dynamic stretches and then get right into your run, whereas in the winter it's important to add walking or a slow jog to your routine to warm up your muscles. When it comes to dynamic stretching, try exercises like spider-man lunges, opposite heel-arm kicks and caterpillar walks. If you feel warmed up before you start, it will help motivate you to get out the door. Muscles tighten more quickly in cooler weather which makes you more prone to injury—so don't slack on the warm-up!

### 3. Don't overdress

Fall weather is often unpredictable, so you don't want to be caught with too little or too much clothing. Overdressing is probably more common than underdressing in the fall. A good indicator is if you feel chilly at the start of your run, you went out in the perfect attire. Avoid cotton since cold wind can cut right through sweaty cotton. Wear lighter tech materials that dry fast to ensure a pleasant run in the later miles.

### 4. Keep your shoes up to date

If you're training for a fall marathon or half marathon, now is a good time to plan when you are going to switch to new shoes. You do *not* want to go into race day with shoes that are too old as it increases your risk for injury because of a higher rate of impact from broken down midsole foam. You also don't want to go into race day with brand new shoes. Plan to get some miles in the new shoes before the race. A great resource for runners is the MilestonePod. The device tracks the mileage on your running shoes along with a slew of other run statistics like foot strike and cadence. I love watching the shoe odometer feature and the rate of impact metric so I know exactly when to replace my shoes. You don't have to make any guesses about when it's time to get a new pair—with MilestonePod you'll know the perfect moment to run to the shoe store!

### 5. Stay safe in the dark

Daylight Savings Time ends on November 6, so runners should either change the time of their nightly run or adjust their gear to stay visible to traffic, cyclists and other people on the path. Pick clothing and accessories that are meant for nighttime running. Look for fluorescent *and* reflective clothing that can be seen when light is shining on you *and* when it's not. Keep in mind the rules of the road for runners and run against traffic!

<http://www.theactivetimes.com/fitness/your-first-time/tips-transitioning-fall-running>

#### ⇒ Weekly Runs and Walks ⇐

**Monday** and **Wednesday** walks at 6PM at the Olivet track. 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**.

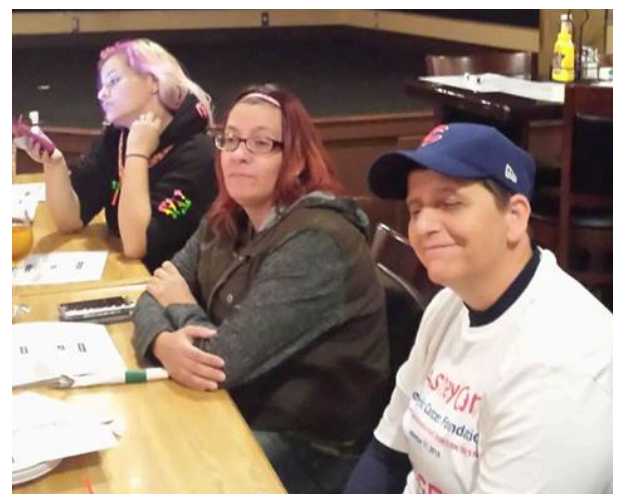
**Tuesday** and **Thursday evenings** at the Olivet track at 6:00PM. Check Facebook for a post by **Anna Wilder**.

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



# SAY CHEESE!

Photos from the Kankakee River Running Club  
Fall Birthday Party



**Come celebrate the November/December birthdays on Friday 12/9 at 6:00 pm at the annual club Christmas Party at the Knights of Columbus in Kankakee! Details for signup coming soon.**

“Running is the greatest metaphor for life, because you get out of it what you put into it.”

— Oprah Winfrey

## Kiss My Spatula!

Where recipes and running collide into a marathon of deliciousness!

### Lasagna Soup

From [Skinnytaste.com](http://Skinnytaste.com)

#### Ingredients for Soup:

- Cooking spray
- 14 oz sweet Italian chicken sausage, casing removed
- ½ onion, chopped
- 2 crushed cloves of garlic
- 4 Tbsp chopped fresh parsley, divided
- 3 cups low-sodium, fat-free chicken broth
- 2½ cups water
- 2 cups quick marinara sauce
- 2 bay leaves
- fresh cracked black pepper
- 6 oz broken lasagna noodles, whole wheat or gluten free

#### Ingredients for Soup:

- 6 Tbsp part skim shredded mozzarella cheese
- ½ cup part skim ricotta cheese
- 3 Tbsp grated parmesan cheese
- 2 Tbsp chopped fresh parsley
- ¼ cup fresh basil chiffonade

#### Directions:

- Heat a large soup pot or Dutch oven over medium heat, spray with oil and add the sausage; cook until browned, breaking it up as it cooks with a wooden spoon about 4 to 5 minutes. Add the chopped onion and crushed garlic and cook 2 to 3 minutes. Add the parsley, broth, water, marinara sauce, bay leaves and fresh black pepper and bring to a boil; cover, reduce heat and simmer about 30 minutes.
- In a medium bowl combine the ricotta, parmesan, and 2 tbsp parsley and mix.
- Add the broken pasta and cook uncovered according to package directions. Divide between 6 bowls and top each with 2 tbsp ricotta cheese mixture, mozzarella, fresh cracked pepper and fresh basil on top.

Makes about 8 cups. Nutritional information available at <http://www.skinnytaste.com/lasagna-soup>.





## November Birthdays

11/02 Aidan Brav  
 11/05 Bryce Baker  
 11/07 Mark Bowman  
 11/08 Kathy Fouts  
 11/10 Liz Boerema  
 11/10 Drew Hitson  
 11/12 Jason Sherwood  
 11/12 Michela Vallone  
 11/14 Claudia Bowen-Berhanu  
 11/14 Natalya Villegas  
 11/17 Michael Dailor  
 11/17 Brett Paape  
 11/20 Eme Boerema  
 11/21 Kelly Martin  
 11/22 Elizabeth Navarro  
 11/23 Megan Vincent  
 11/24 Shaun Brav  
 11/24 Marc Spenard  
 11/25 Brent Long  
 11/26 Tina Spenard  
 11/27 Melanie Boudreau  
 11/30 Laura Sproat  
 11/30 Cindy Walters

## Do You Have Great Tips for Staying Active This Winter?

Send your cold weather running tips or gear suggestions to [krrclub@gmail.com](mailto:krrclub@gmail.com). We'd love to hear from you!



## The Newsletter Committee Needs YOU!

The newsletter committee is looking for more members! General newsletter committee duties include reaching out to club members for race reviews and member spotlights, compiling the newsletter in Microsoft Word, and proofreading. The commitment is a few hours a month or less.

Email [krrclub@gmail.com](mailto:krrclub@gmail.com) with questions or to join!

