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Kankakee River Running Club Newsletter

*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 our soon-to-be-retired KRRC President, **Kibet Rono**. Next time you're at an event and see him, take a minute to say hi!



Where were you born? Age? I'm 47 and I was born in a town called Kericho in the eastern country of Kenya. I was born during the day thus my name is Kibet.

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

I'm the younger of two children of Dr. Eunice Florence Rono who just passed away October 10th. I have an older sister who still lives in Kenya. I have 3 half-brothers and 2

half-sisters. My father lives in Kenya but is here visiting since the funeral. I grew up mainly in Nairobi the capital but my home town Kericho is in the highlands, where we spent time off school.

How long have you been running? I raced my first 5K at the area YMCA when I was 39. I did it again when I was 40 and I was hooked. Do the math, it's good for you.

Do you have a favorite pair of running shoes? Saucony has been good to me.

Why did you start running or who got you into running? I was running on the treadmill at the YMCA and my friend Dan Harris asked if I was running the 5k. I signed up and Dan was immortalized into my life. The week after the race, Patrick Koerner told me I missed placing by a wee bit and it motivated to do better. I did better.

What is one thing you'd like to improve as a runner? I would like to improve my knowledge on running.

How do you stay motivated when you don't want to run? This will sound arrogant but I don't have that problem. If I don't want to run I don't. I love running and I do it because it brings me great joy. I need no motivation for that. When racing and I don't have it that day I accept it and have fun. Some take it too seriously. I don't.

Do you have a favorite race that you have run? Any races that you would like to forget? Yes! I just ran "Run to Stay Warm" in Eugene Oregon and it was the best. The course was amazing along the MacKenzie River. I had a lovely surprise at the finish – my lovely niece and her friend captured my finish. Race I would like forget? I forgot it!

What has been your favorite memory or part of being President of KRRC? The involvement of many more people. I'm happiest when I see non-runners at our social functions. Family and friends partaking of this great environment without the badge "I'm not a runner." I'm proudest of our walkers and our walking group. I would have liked to see it grow and hope it does. Running is fast walking and we should never not welcome walkers. A mile is a mile at any pace.

Flat course or hills? I live in the second flattest State in the union, second to Florida. Let's see?? However, I did run a race in Tennessee where everyone was walking up the hill and I had to laugh. Hills build muscle and I welcome them.

Do you have a bucket list dream race or run that you would like to do? Like my good friends Roger Smothers and Kathleen Jensen, I want to run in every State in the Union. Then in as many countries as possible.

What is your PR in a race? I have many PRs, all in various distances. I'm proudest of my marathon PR of 5 hours 15 minutes. A Kenyan won that race and I brought up the rear with the biggest smile.

What is your typical meal the night before a big race? I try to eat nothing new and stay away from red meat as it takes me a long time to



**Kibet and his niece
after his half
marathon in
Eugene, OR.**



Kibet celebrating after his one and only marathon.



digest. The new could have adverse effects. I don't eat the morning of the race but gorge myself after the race. This is really why I race – so I can go out to a new place and eat the side of a horse without guilt or shame.

Do you have any big races coming up? They are all big to me. I place more value on a new race to me, which would be the "Ugly Sweater Run" in Chicago. This might require me to run with a camera.

I run because...it's the best, always-available, do-it-yourself therapy known to man.

What will you do with your extra time now that you're retiring as President of KRRC? I will increase my efforts congratulating others on their efforts at as many events possible.

Do you have any advice for the next President of KRRC? Make everyone feel welcome. Be you and let them see you. It's never wrong when it's honest. It's okay not to know. Most of all, it's a volunteer position and you serve them. I'm many cases, it's also very thankless but you signed up so smile anyway. I was honored and made my mother very proud. I step down with a bigger smile than I came. The club is financially and member healthy. I thank you all for giving me the privilege.



Upcoming Races

Dec 3rd – Santa Hustle 5K – Chicago, IL
www.santahustle.com/Chicago

Dec 4th – Frigid 5K – Lemont, IL
<http://www.active.com/lemont-il/running/distance-running-races/8th-annual-lemont-park-district-frigid-5k-2016>

Dec 11th – Jingle Bell Run 5K – Kankakee, IL
<https://www.kintera.org/faf/home/default.asp?ievent=1160955>

Dec 17th – The Huff 50K Trail Run and Relay – Albion, IN
<http://www.veepraces.com/?races=huff-50k>

For more races visit our club page at <http://krrclub.x10host.com/>

Race Review - Winterfest 5K Run and Walk

Contributed by **Alison Maddux**



What is the name of the race? Winterfest 5K Run and Walk.

Where was this race held? Small Memorial Park in Kankakee

Date of the event: 2/7/16

Why did you choose this event? Winterfest is one of our club-sponsored races, so there is a big turnout from the club! It's also very convenient since it's in town, and it was an afternoon (1PM) start, which I loved since I am *not* a morning person. It was also cool that there was a food drive as part of the event and that some of the race proceeds go to charity.



What was the packet pickup / expo like? I picked up my packet the day of the race. There was plenty of parking. Pick-up was easy process with minimal wait time. The shirt was impressive – a long-sleeve tech shirt – and there were also some vendors present, which I haven't seen a lot for local races.

Tell us about the race day, corral, and pre-start. The race day weather was perfect. There were a lot of people there from KRRC, so it was great to talk to club friends while we lined up for the race.

What was your favorite part of the race itself or the course? My favorite part of the race was seeing so many of my club friends. It was great to catch up with people who I mostly see on Facebook and meet new KRRC friends for the first time.

What was the race course like? Was it hilly or flat? The race course is pretty flat. It's a two-loop course around Small Memorial Park and Kennedy Upper Grade School, so it's paved and out of the way of traffic.

Was there a post-race event or party? What was it like? Any food, music, beer? There wasn't beer, but there was plenty of food – pizza, fruit, and drinks. There was also an award ceremony from the prior year's club race series, so there is a good reason to stick around, eat some pizza, and celebrate achievements from many of our club members.

**Winterfest 2016
Photos from the
KRRC
Facebook Page**



Stay posted for details on Winterfest 2017!

Year in Review

Photos from the Kankakee River Running Club Facebook Page



Night Ninjas Cindy Walters and Tina Spenard in January

Tammy Hellings, Lori Everts, Julie Loving, and Dan Combs in January



Linda Curwick and Chris Snider in February

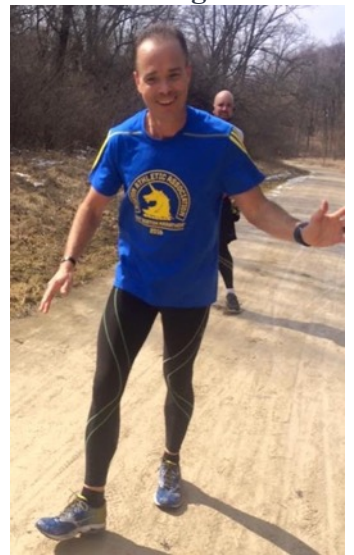


Laura Loica in February



Alison Maddux, Kerri Saikin, and Dave Bohlke in March

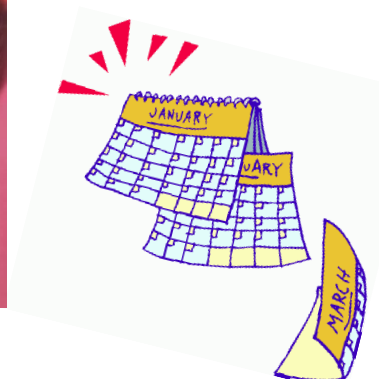
Rick Loving in March



Marc Spenard in April



Anna Wilder and Leslie Kutemeier in April



Craig Alberts in May



Pause for Patriotism in May



Thursday Run Group in June

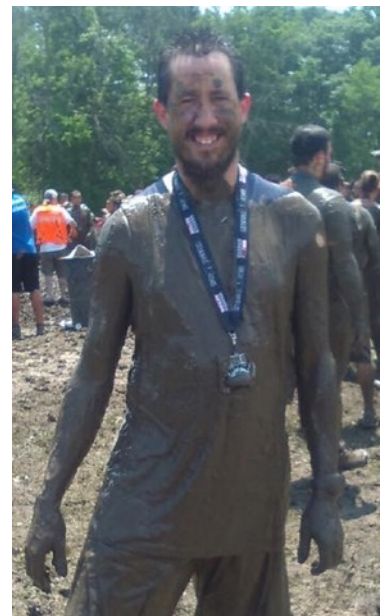
Whitewolf Kelly, MorningSun Kelly, and Brian Morriscal in July



Angella Bylak and Valery Denby in August



Debbie Dye and Jen Ingram in June



Steve Anderson in June



Ashley Wheeler, Nicole Cartier, and Cara Wheeler in September



Monday Walking Group in September

Mark Nelson in October



Thursday Night Group in November



Muddy Monk – Thriller 5K in October



Marianne Surprenant and Tina Spenard in November



Jackie Skrobot, Anna Wilder, Angella Bylak, and Kelly Carter in October

May 2017 bring us more miles with our KRRC friends!



Kiss My Spatula!

Where recipes and running collide into a marathon of deliciousness!

Cranberry Upside-Down Cake

Ingredients for Topping:

- Cooking spray
- 1/3 cup packed brown sugar
- 2 Tbsp butter
- 6 ounces fresh or frozen, thawed, cranberries

Ingredients for Cake:

- 6.75 ounces all-purpose flour (about 1½ cups)
- 2 tsp baking powder
- ¼ tsp salt
- 1 cup granulated sugar
- ½ cup butter, softened
- 2 large egg yolks
- 1 tsp vanilla extract
- ½ cup 1% low-fat milk
- 2 large egg whites



Directions:

- Preheat oven to 350 degrees.
- To prepare topping, lightly coat a 9-inch round cake pan with cooking spray. Heat brown sugar and 2 tablespoons butter in a small saucepan over medium heat. Cook 2 minutes or until butter melts and sugar dissolves, stirring occasionally. Pour sugar mixture into prepared cake pan, tilting pan to coat bottom evenly. Arrange cranberries evenly over sugar mixture
- To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt; stir with a whisk. Place granulated sugar and 1/2 cup butter in a bowl; beat with a mixer at medium speed until well blended and fluffy (about 3 minutes). Add egg yolks, 1 at a time, beating well after each addition. Beat in vanilla. Fold flour mixture into sugar mixture alternately with milk, beginning and ending with flour mixture
- Beat the egg whites with a mixer at high speed until stiff peaks form using clean, dry beaters. Gently fold the egg whites into the batter. Spoon the batter over the cranberries, spreading evenly. Bake at 350° for 55 minutes or until a wooden pick inserted into center of the cake comes out clean. Cool in pan 15 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula. Place a serving plate upside down on top of cake, and invert the cake pan onto the plate. Let stand 5 minutes, and remove the pan. Serve warm.

Recipe from <http://www.myrecipes.com/recipe/cranberry-upside-down-cake>.

December Birthdays

12/01	Mileen Joines
12/01	Jesus Gonzalez
12/02	Sean Dailor
12/03	Josh Mitchell
12/03	Lorri Simpson
12/03	Mark Walker
12/05	Melissa Zigrossi
12/06	Lauren Tapp
12/07	Ron Sieling
12/08	James Lopez
12/09	Gina Vallone
12/12	Beth Rademacher
12/13	Janet Avendano
12/17	Lucas Rattin
12/18	Julie Loving
12/18	Mike Stua
12/23	Tracie Saffell
12/28	Tom Baltz
12/28	Ryan Broom
12/28	Natalie Kahl
12/29	Logan Rattin



**RUN AN
AWESOME
RACE
LATELY?**

Review it for the
newsletter!

Send your race
review and
pictures to
**krrclub
@gmail.com.**

Join The Newsletter Committee!

The newsletter committee is currently recruiting members. Email krrclub@gmail.com with questions or to express interest!

➤ 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.

