

Kankakee River Running Club Newsletter

Volume 39, Issue 1 January, 2017

Running the river since 1979

HAPPY NEW YEAR

The club is heading into its 39th year with a new board consisting of the following:

President – Tina Spenard
Vice-President – Chris Snider
Secretary – Mileen Joines
Treasurer – David Bohlke
Trustee – Dan Bullock
Trustee – Patrick Koerner
Trustee – Christine Morriscal
Trustee – Marc Spenard
Trustee – Cindy Walters

In 2016, the club donated \$2,790.00 to various races and charitable organizations, including:
KC-CASA – helps victims of sexual assault
The Salvation Army – helps the homeless
Harbor House – supports victims of domestic violence

Kilbride Family Classic – supports autism research
American Foundation for Suicide Prevention
Hospice of Kankakee Valley
Tri K Triathlon Club – supports Manteno Veterans Home
Jingle Bell Run – supports the Arthritis Foundation
Bradley Bourbonnais Township Park District – supports Starfish Family Homes
Kankakee High School – Athletic scholarships

In total, since 2007, the club has donated \$14,454.00 to these and other organizations. So, be proud of your club and know that your dues and your entry fees to club races are going towards good causes in our community.

Newsletter

We are always looking for content for the newsletter from our members. Whether it's a race review, equipment review, a personal running story or experience, a favorite recipe, please send it in to krrclub@gmail.com or go to the club website www.KankakeeRiverRunningClub.com and submit it under "Submit to Newsletter."

Let's take a little poll here. First a little history of the newsletter. For many years the newsletter was a monthly publication with several editors over the years including Bill and Linda Linn, Dan Gould, John Shoup, Dave Bohlke, Marcia Lonergan, Chris Bryant, Chuck Parsons, Mark Saffell, Leslie Kutemeier, and Alison Maddux. In

about 2003, we went to publishing every other month. In 2007, we went to publishing quarterly. In 2014 we had only two newsletters and in 2015, we went back to a monthly schedule. So here are the poll questions:
How important is the newsletter to you? If we dropped it altogether, how would you feel? What schedule of publishing would you prefer? Monthly? Every other month? Quarterly? Don't care? Would you be willing to be the editor for one issue per year to spread the work load? Let us know your thoughts by return email or by mail to KRRC, 833 S Leslie Ave, Kankakee, IL 60901.

Super7Series and Winterfest

The 2016 Super7Series was a great success with 57 participants, of which 23 earned a T-shirt and 46 earned both a T-shirt and a hooded sweatshirt. The 2017 Super7Series should be even better. Those who complete at least 2 club races plus 5 other races will again receive a T-shirt. Those who complete all 4 club races plus 3 other races will receive a hooded sweatshirt and a special medal. The 2017 shirt designs will be all new as is the medal. You can join the Super7Series online at the club website. The entry fee is \$15. The 4 club races are: Winterfest 5K, 2/5/17; Pause for Patriotism 4 Mile Run/2 Mile Walk, 5/20/17; Friendship Festival 5K Run/1.5 Mile Walk, 6/24/17; Hare & Tortoise 5K Run/2 Mile Walk, 9/3/17.

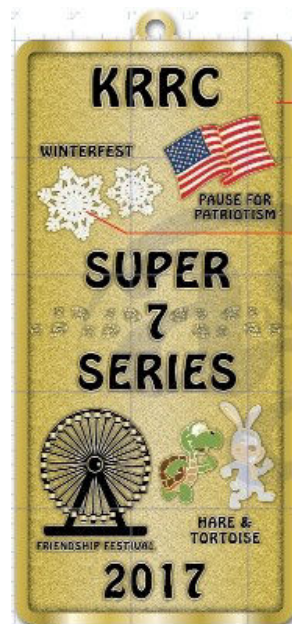
Of course, the key to getting the hoodie and the medal is to make sure you get the year started out right by entering Winterfest. Online registration is now open at www.racerpal.com/races/winterfest. If you prefer, you can also download a mail-in form from that same link. Club members get a \$2 discount off the \$20 entry fee. You must be entered by January 26, 2017 to be guaranteed a shirt.



2016 T-shirt



2016 Hoodie



2017 Medal

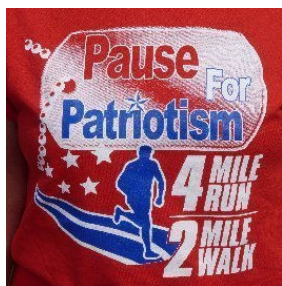
January Birthdays

01/01 Debra Cox
01/04 Cindi Reddish
01/04 Ashley Wheeler
01/05 Daniel Gerber
01/06 Sydney Brooks
01/06 Brittany Rooney
01/07 Jessica Betterton
01/07 Jen Ingram
01/08 Lynn McGinnis
01/09 Frank St. Paul
01/12 Rick Livesey

01/14 Carter Longtin
01/16 Griffen Kisner
01/18 Nena Fournier
01/20 Taylor Ewing
01/21 Megan Brooks
01/24 Jason Kramer
01/25 James Martell
01/29 Dianne Strufe
01/30 Luke Horn
01/31 Mia Brav

Pause for Patriotism – A Race Report by Dan Gould

[Club Member Dan Gould writes race reviews and sends them to his circle of email friends. The one printed here is for the 2016 Pause for Patriotism. While it is old news, it highlights the second of the four club races needed for the Super7Series. In 2016, there was a new venue and a change to 4 mile distance.] Now here's Dan:



A beautiful shirt, but I didn't get one



Easy to be FIRST when you're the ONLY

Saturday was Kankakee's 23rd annual Pause for Patriotism, a salute to the men and women of the armed forces who are serving or have served our country. The race is a much more recent part of the event, beginning, perhaps, only five years ago. A 5K, it was directed by Chuck Parsons and staged from a couple different venues. After a year's absence from the running calendar in 2014, it returned last year, but I was on the sidelines with an injury.



The Kankakee National Guard Armory is adjacent to the Greater Kankakee Airport in a rural area

This year's Pause for Patriotism celebration moved to the Greater Kankakee Airport which is located in a rural area about a mile south of Kankakee. The Pause for Patriotism 4-Mile Run

& 2 Mile Walk was staged from the adjacent National Guard Armory. The director this year was Kibet Rono, President of the Kankakee River Running Club.



Dave Bolhke, race timer, confers with race day registration staff

Our running club had a birthday social on Friday evening which Linda and I attended. I had only registered earlier in the week and hadn't gone to the packet pick-up on Thursday, not certain they would have mine. Dave Bohlke, KRRC Treasurer and race timer, brought my "packet" to the social. I put it in quotes because my race bib and a



Dan Bullock, Diane DeMarteau & Jerry Kuntz are all smiles Dan & Jerry were 1-2 in 60-69

couple race flyers were the only thing in it. I had registered too late to get a shirt.

Linda and I arrived well after the starting time for the social as we had already eaten and were coming for the birthday cake and socialization. As we entered the private room at Aurelio's, we were greeted by Gerry and Judy Kilbride who were sitting at the end of the nearest long table. "Somebody we know!" was the gist of their greeting exclamation. Looking over the 40 or somemembers in attendance, I understood. Gerry, Judy and I were the only members of the "old guard" there, although Dave Bohlke might have some claim to membership.

The Kilbrides and I started running in 1982. Now in their "senior" 70's, injuries keep Gerry and Judy on the sidelines, but they remain a prominent part of the local running scene with the Kilbride Family Classic 5K, a fundraiser for autism that has been a Father's Day event for 20 years. The 21st edition will be run on June 19th.

Linda and I joined the Kilbrides and I did find room for a couple pieces of their pizza. We were seated next to the cake table and I might have had a couple pieces of that, too. Linda scooped up Craig and Kim Alberts' new grandchild and brought him over to the table. Yes, adorable. No, Linda, you can't bring home.



Kibet Rono was 1st overall - With a name like Rono, you have to be fast!

The Saturday morning starting time was 10:00 A.M., far too late for most runners. First, the sun is high in the sky and the temperature usually follows the sun. Second, it just kills the morning.

An 8:00 A.M. start means we are getting on with the day by 10:00 A.M. Linda couldn't afford half a day at the race with the number of things on her plate so I was on my own.



Rick Loving was 2nd overall & 1st in age 40-49

The upside of the late start meant I had my usual leisurely two cups of coffee, watched the Today Show, read a couple newspapers on line, and a couple chapters in my current novel. I would have preferred the 8:00 A.M. start. When I asked about the late start, I was told it was necessary to fit in with the many other Pause for Patriotism activities that day.



Rod Kahl was 3rd overall & 1st in 50-59

I passed the entrance to the airport on the way to the armory and tripped down memory lane. How many times had I turned there between 1976 and 1986, my ten years as a private pilot? For part of those years, I had the most distinctive airplane on the field, a Cessna Skymaster. Danny Glover flew the military version in "Bat 21" as he worked to save the downed airman, Gene Hackman.

The race was staged from the parking lot of the armory and it was bare bones. There were no tents

nor shelter, just folding tables and porta-potties. Fortunately, it was a beautiful day with a race time temperature about 72 degrees. I'm not sure what the plan was had there been rain and wind.



Nena Fournier was 1st in 40-49

This was my first local race of the season and there were many familiar faces: - Kibet Rono, Rick Loving, Rod Kahl, Craig Alberts, Nancy Ruda, Rob Ravens, Dan Bullock, Jerry Kuntz, Mark Dufrain, Dave Bohlke, and John Shoup. Dave was timing the race and John was clicking the times as we crossed the finish line.



The race's senior citizen was 23rd of 78 finishers

John is a buddy of Dave's and one of my former running buddies of the 80's and 90's, a knee issue having sidelined him many years ago. In 1989, John, Bill Linn and I went to the Chicago Marathon hoping to qualify for Boston. The race time temperature was about 75 degrees with high humidity. By 18 miles, my feet had expanded in the heat and I was curling my toes back to keep them from banging the end of the toe box. I bailed out at the point, my only race DNF. John also had problems and shut it down early. Bill? Bill had a

great race with a 2:58-- finish and Boston qualifying time.

Five weeks later, on the first Sunday in December, John and I ran the Memphis Marathon with Matt Gubbins along as support crew. It was sunny, it was windy, and it was about 28 degrees. We had a great marathon! John ran a 3:06 and finished 3rd in his age group while I had a 3:14 and was 4th in age. John wrote a piece for the KRRC Newsletter entitled "Memphis Odyssey," an incredibly funny, if slightly warped, view of the experience. We joined Bill as Boston qualifiers.



Mark Dufrain is rebuilding after a stent in February - Go Mark!

Catching up on the world of Mark Dufrain, I learned that he had a stent in February and is trying to adjust to a healthier lifestyle. He freely admits to the biggest obstacle: he loves to eat! Markie, we love having you around. Adjust!



Dan Bullock was 1st in 60-69

Dan Bullock is a runner, but he also likes to bike. One of his summer highlights will be a multi-day group bike ride in Wisconsin's Door County. I

saw the beauty of Door County for the first time last year when Linda and I spent a long weekend there. Linda was my tour guide. She and her late husband had a condo there for many years.



Jerry Kuntz was 2nd in 60-69

When 10:00 A.M. rolled around, the national anthem was sung and Kibet sent us on our way. Out of the parking lot, we turned left on the county road, running east toward the Iroquois River, perhaps three quarters of a mile. The Iroquois River flows northward from Watseka and merges into the Kankakee River at Aroma Park, a little southeast of the city of Kankakee.

Reaching the river, we made the first of four right turns on this loop course and ran southwest. Shaded by the river's tree line, this is the most beautiful part of the course. A tree and garden



Tina & Marc Spenard were very patriotic!



Rob Ravens & Craig Alberts relax & refresh post-race

nursery occupies a large portion of the west side of this segment.

The small field was well spread as we ran along the river and I searched for someone who might give me focus. My two mile split was not impressive. I felt neither fast nor slow, but I haven't been particularly focused on my running. I've been running 3 or 4 days a week for 20 miles, rarely running on consecutive days. I've been getting on the bike for 15-17 miles a couple times a week and walking nine holes on the golf course about five times (carrying my bag) a week. I'm fit, just not fast!



Jerry Kuntz & Nancy Ruda cheer a finisher as John Shoup watches for the next runner

We came out of the shade early in the third mile and made our third right turn. It is a long, straight stretch during which we could watch the corn and beans grow. The airport buildings were a welcome sight. Our fourth right turn, a couple thousand feet, a left turn, and then a short sprint to the finish line where John pushed the magic clicker. I was 35:51, an 8:57 pace, 23rd of 78, and 1st, 2nd, and 3rd in 70+. Whew!

Post-race, I hydrated, retrieved my camera from the van, socialized, and cheered those who were still finishing. I chatted with Diane DesMarteau

who was first of the seven in the two mile walk. She has a new knee and is hesitant to run on it.



Running Shoe Pantry Banner

I checked out the donations to the Running Shoe Pantry. They are supposed to be "gently used" so mine would never qualify. My slide stride wears my left heel badly and quickly. I sometimes retire my shoes with a hole in the sole! Gently used? I wish!



The running shoe pantry had a large number of donations

The results were briefly delayed by a printer issue, but moved quickly when they got started with ten year age groups and a small field. There are a number of positives for this race including a low entry fee, a colorful shirt, an accurate course, and post-race refreshments including cupcakes. Did I say cake again? I also like the four mile distance. Perhaps an earlier starting time next year would attract more runners.

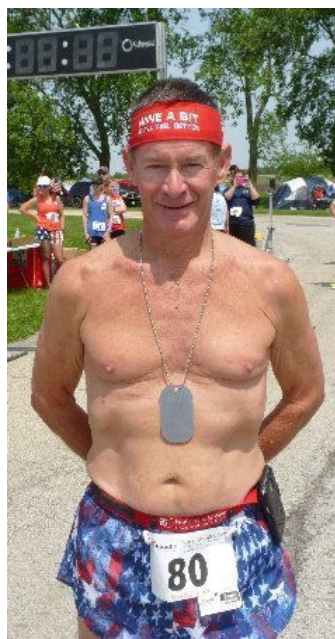


Awards were 3 deep in 10 yr age groups

A new member was added to our running family as I wrote this. "Doogie Howser" is a daddy! Miss Viola Yvonne Parsons arrived at 1:49 P.M. on Monday, a big girl at 9 pounds, 11 ounces, and 20" long, the first child of Drew and Erica Parsons. Chuck and Diana Parsons rejoiced at the arrival of their first grandchild, but Chuck is wondering if he will be escaping the midwest winter for the beaches of Florida this year. He may have to stay in Illinois on grandparent duty!



John, Jen, & Kibet - Kibet is the Kankakee River Running Club President



My 35:51 was good for 1st in age. I was also 2d & 3rd in 70+ ;)

Linda and I are going to Florida for about a week. My next local race will be the Kilbride Family Classic 5K on Father's Day, June 19. Join Drew in celebrating his first Father's Day! Hope to see you there!

**Run for your life!
-Dan**

2017 Christmas Party by Dan Bullock

On December 9th, KRRC held the annual Christmas party. It was a festive affair, our largest ever!

After holding it in a small, crowded room last year, we decided to rent the large ballroom at the K of C Hall in downtown Kankakee. It was a resounding success with over 90 members and guests in attendance.



You just can't get these kids off their phones!

New this year, along with the larger room, was music, dancing and karaoke provided by DJ Blaze.



Cupcakes by Bonnie Pinnow, decorations by the KRRC Social Committee.

The evening began with a cocktail hour with members mingling and swapping stories of the past years races. (I think many of those stories were a bit exaggerated. lol) A wonderful dinner catered by The Country Table followed. We used them last year and were very satisfied then, and this year they did not disappoint us! We also had a large selection of special cupcakes by Bonnie Pinnow. My personal favorite was the eggnog cupcake.



Did we mention the cupcakes were delicious and cute?



WhiteWolf Kelly, MorningSun Kelly, Kibet Rono Super7Series prize winners

The awards ceremony was next. T-shirts and hoodies were handed out to the Super 7 participants and some cash awards to the winners.



**Outgoing President
Kibet Rono makes
a speech**



**Brian Morriral, Valery Denby,
Angella Bylak, Kibet Rono, Anna
Wildler, Steve Anderson, Tom
Rademacher**



**Dancing the night away
DJ Blaze opened up the music and soon
people were dancing.**



**Todd & Leslie Kutemeier, Brent Long,
Ande Wegner, Nicole Cartier, Rick & Julie
Loving, Rick Lagacy**

Just when I thought things couldn't get any better, he turned on his karaoke machine. Who knew Karen Dannenhauer and Cricket Baltz could sing so well?



Cricket Baltz and Karen Dannenhauer sing karaoke

The evening was made possible by our fantastic social committee. They worked long and hard to make sure everyone had a good time.



**Social Committee: Anna Wildler, Chris Snider,
Rhonda Hubert, Christine Morriral**