



Welcome your new 2017 President of the Kankakee River Running Club!

## Tina Spenard

### 1. Why did you become a runner?

I played sports growing up and I am retired military. Exercise has always been in my life. After I retired, I got lazy and unhealthy. My brother convinced me to start walking with him on his weight loss journey. We did on a regular basis for a year. He was at a plateau, so I told him he needed to change things up. I suggested running. He doesn't have a strong athletic background. I told him I would teach him what I know. One day out of the blue he said "Hey you want to go see what this running club is about?" I thought... ok but ONLY as morale support, I can't run (I was unfit and 2 bad painful knees). I thought it was for those ELITE runners and they would snub us off. WOW, was I surprised! Everyone was so welcoming and accepting. I was still apprehensive, but continued to go. Every time without fail I got the same warm welcome. I WAS HOOKED!

### 2. What was your favorite race, and why?

Viking Trail Dash 5K in Crystal Lake. It was well supported, awesome course, and my first real trail race. I have hiked all over the world and LOVE LOVE LOVE the outdoors. I feel at home in the woods.

### 3. What are your greatest achievements

Training beyond my wildest dreams! By far surviving my half marathon training. I would have never imagined my body and mind was capable of going that kind of distance. Considering 2 years ago I couldn't even spell R.U. N. or go more than a few hundred feet.



### 4. Do you have a "bucket list" race/event?

Grand Canyon Rim to Rim (20.6mi from the south rim down and across and up the north rim). I have hiked it, mule ride, flown over, and white water rafted it. Now to run it!

### 5. What is your positive mantra when things get tough?

"You can DO this"! I repeated a million times during my tough runs. Lead with your mind and the body will follow.

### 6. What is your favorite charity, and why?

American Diabetes Association and Multiple Sclerosis Society. Both have affected my family.

### 7. What motivates you to get out the door?

My support system that I have carefully built. I surround myself with POSITIVE people. All of them, by the way, I have met through the running club, except my bro. If I didn't have them to train, I absolutely would not get myself out the door most of the time. I don't want to let them down, so I go. After the fact I am always grateful that I go. Not just to support them but that I accomplished something.

**8. Tell us about your greatest "WOW" moment.....**

Finishing my Half Marathon with my bro. It grew our relationship from good to an awesome bond. We had limited shared life experiences, but now we have many with more to come.

**9. Tell us something about you, not running related.**

**We want to know more about you.....**

I am retired Navy with 22 years of service. I served on 2 ships, taught at Great Lakes, drove tug boats in Alaska and Hawaii, was a Search and Rescue swimmer, and traveled 3/4 of the world 3 times over.

**10. If you had a chance to interview one person in the world, like your hero...who would it be and what would you ask them?**

My Hero is.. Smokey Bear. However since it's a fictional character, I would love to interview Theodore "Teddy" Roosevelt. He was all about conservation of the outdoors. I would ask him why it was important to save the environment. Especially, during the Great Depression era and there were more important things.



**Meet our 2017 Board Members:**

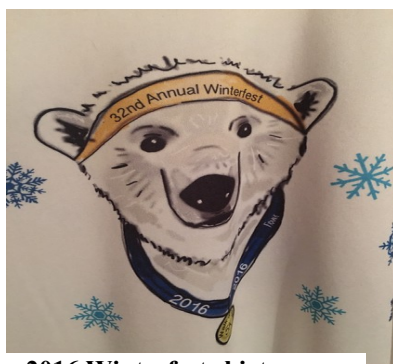
**Top Row (L-R):** Patrick Koerner, Trustee. Chris Snider, Vice President. Christine Morrival, Trustee. David Bohlke, Treasurer. Marc Spenard, Trustee.

**Bottom Row (L-R):** Cindy Walters, Trustee. Dan Bullock, Trustee. Mileen Joines, Secretary. Tina Spenard, President.



“Now, before I start the race, who has to pee?”

[www.racerpal.com/races/winterfest](http://www.racerpal.com/races/winterfest) Sign up now for our 2017 Winterfest!  
Coming February 5<sup>th</sup>, 2017 at 1:00 PM in Kankakee, IL



2016 Winterfest shirt....way cool, huh?

**Quotes from last year's Winterfest**

“I'm thinking we are blessed with great weather tomorrow for the Winterfest because we didn't poop out and cancel last years race due to the blizzard!!” (Mileen Joines 2016)

“Ran winterfest at 8:30 pace with no pain yeah! Getting better every day. One day at a time!”(Jackie Skrobot 2016)

“Break out the suntan lotion today! Are we ready to Winterfest?!! (Daniel Gerber 2016)

**“The runner who finishes last, is the one who gets the most value out of their entry fee!”**



**Mark your calendar for the January/February birthday party!**

**Friday 2-17-2017**

**El Mexicano**  
**503 Riverstone Parkway**  
**Kankakee, IL**  
**6:00 PM**

**February**

02/03	Kimberly Blair	40
02/04	Chris Betterton	45
02/05	Amy Porter	43
02/06	Gerry Kilbride	79
02/08	Ande' Wegner	38
02/10	Colin Koerner	24
02/14	Deborah Barks	53
02/14	Mikayla Brandon	17
02/14	Nancy Hitson	46
02/15	Bob Williams	53
02/17	Bailey Carruthers	17
02/17	Jessica Dillman	32
02/18	Charlie Grotevant	75
02/19	Valery Denby	46
02/19	Alan Dubowski	69
02/21	Roger Smothers	67
02/21	Chris Walsh	55
02/22	Lisa Gentry Weber	37
02/24	Kristina Arendt	16
02/24	Judy Kilbride	78
02/26	Amy Fox	35
02/26	Marianne Surprenant	60
02/27	Anne King	41
02/28	Jack Martin	7

**March**

03/04	Jeff Chiero	64	03/22	Gavin Kutemeier	12
03/04	Ken Goodwin	58	03/22	Christine Snider	49
03/04	Rod Kahl	52	03/23	Daniel Egenlauf	56
03/05	Matthew Brooks	34	03/25	Ken Klipp	68
03/06	Bailey Lovell	19	03/25	Cindy Stua	55
03/06	Stephanie Piacenti	45	03/25	Carol Vallone	54
03/07	Nicole Cartier	42	03/26	Rachel Simington	34
03/08	Greg Harrison	34	03/27	Jenny Curtis	39
03/10	Chris James	33	03/27	Grant Fouts	13
03/11	Rachel Myers	14	03/27	Pat Koerner	55
03/12	Zachary Blochowski	21	03/30	Rene Parks	42
03/12	Patricia Rooney	52			
03/12	Erik Wheeler	52			
03/13	Shane McWhorter	32			
03/13	Mark Saffell	59			
03/14	Kyle Dailor	14			
03/15	Linda Hodges	73			
03/16	Hannah Arellano	10			
03/16	Kricket Baltz	49			
03/16	Mark Walsh	62			
03/20	Tim Davis	39			
03/21	Dave Giacomi	55			
03/21	Michael King	42			



# Who's Who in the KRRC

## **RICH OLMSTEAD:**

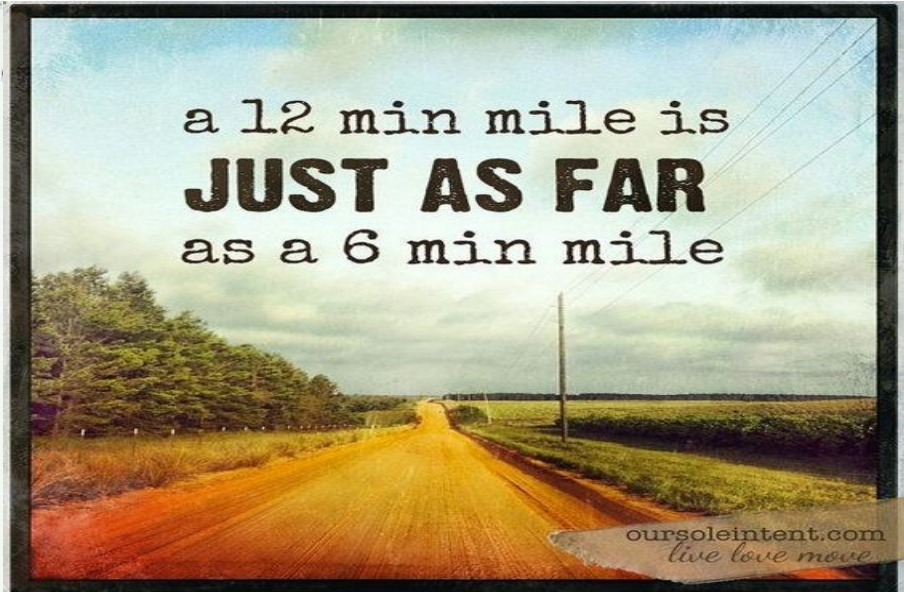
1. I first became a runner in high school. We had a team of about 40 boys. After 2 years of high school and 2 years of college running I took about 10 years off. Being on the high school team for me was all about fun, though we finished 3rd in the state my senior year. I wasn't even close to being our fastest runner, though I did make the team that ran it.
2. My favorite race is the River to River Relay. It's a reunion for me and have run it every year since 1992. Lots of hills though, and they haven't eroded much in the past 24 years! I also like the various trail runs I've done.
3. I don't have any great achievements. I've run some really good races but only because I put in the training time. Not my greatest accomplishment but an accomplishment. I once ran a 10K with no training, in blue jeans and work boots. I hadn't run in years. I just went to watch the race and a high school friend convinced me to run it with him. Actually he ran back and forth and visited with everyone.
4. I don't really have a bucket list at this time, though lots of possibilities.
5. When I start to struggle in a race my mantra is: Run relaxed run strong. I also focus on my breath.
6. I don't really have a favorite charity. I donate to several organizations over the course of the year. There are so many good causes and so much needs to be done.
7. What motivates me to get out the door? Running with friends and eating after. Also getting in shape for an upcoming race, though I haven't taken my training seriously for some time.
8. I think one of my greatest wow moments came during my first marathon in Memphis. I was in good shape but under trained for a marathon. I went out with the adrenaline kicking, until somewhere between mile 10 and 13. At that point I told the guys I had been training with to go ahead. The first half was relatively flat the second half was rolling hills. Somewhere around mile 20 as I was feeling the hills and my wow moment occurred when I was passed by a little old lady, probably in her late sixties, and I realized there was no way I could keep up with her!
9. Something about myself. I had a long ponytail until the 4th of July 1992 when a friend convinced me to cut it off. One other fact, I was a wilderness instructor for youth at risk in the 80's leading courses that lasted from 30 to 76 days. We had very few days off and were with the kids 24/7. We slept under tarps most of the course.
10. I would have really liked to have met Mahatma Gandhi. I would have liked to know how he accomplished all he did under the circumstances he lived in.

# Running Humor, Quotes, and Inspiration

You're the reason I wake up  
in the morning



Just kidding  
I have to go for a run



**THERE IS  
MAGIC IN  
MISERY.  
JUST ASK  
ANY RUNNER.**

—Dan Karnazes, *Ultramarathon Man*

**Running past race photographers like:**



Karen Dannenhauer

<http://www.kankakeeriverrunningclub.com/> There you can join the club, sign up for the Super7Series, get access to the club Events calendar, Upcoming Races Calendar and Race Results.

**Click  
Here**  


<mailto:krclub@gmail.com> To get a hold of us, submit information, and all other kinds of correspondence.

# Joining the Running Club

## Open to all at any fitness level

by Phil Angelo, The Daily-Journal, Healthy Living Supplement, January 12, 2017

You don't have to be an elite runner to train with the Kankakee River Running Club.

The club, which can be found on the web at [www.kankakeeriverrunningclub.com](http://www.kankakeeriverrunningclub.com), is open to persons of all abilities. President Tina Spenard of Bradley, Vice President Snider of Kankakee and Treasurer Dave Bohlke of Kankakee emphasize that point.

The club's current 280 members are a mix of runners and walkers and include those who have completed marathons and those who are training for their first 5 kilometer race. Dues are \$15 for an individual or \$25 for a family.

Club members meet regularly to train together. Right now, during the winter months, they are using the track at Olivet Nazarene University, running at 6 p.m. Mondays through Thursdays. In the summer months, they meet at the Kankakee Area YMCA. Those training runs are any distance the member wants.

"Don't be intimidated," Spenard says. Members can go to the club's Facebook page and almost certainly find someone with like interests to serve as a running partner.

"We are supportive of anyone, no matter how fast they run," says Snider.

Snider, for example, began running five years ago. She was running on her own with a goal of completing a marathon, but wanted to meet people of her same skill level. She found three other running club members with the same goal. They completed the Chicago Marathon together, in times that were close to each other. Spenard began running to support her brother, a runner. She's now up to a Half-marathon. Bohlke is a non-runner who has many friends in the club. He began timing races to support his friends and now does that on many weekends.

To foster training, the club also has a "guys vs. gals" challenge to keep track of training miles. Last April, members in that activity put in 10,000 miles in a month. While there are elite runners, simply getting fit is the goal of many members. The club has a running shoe pantry, with free "gently used" shoes for newcomers.

Bohlke says that the club has come back strongly in the last decade, which he attributes, in part, to an increased presence on social media. The club has more than 1,000 people who "like" its Facebook page.

The club keeps people involved through a wide range of activities. It organizes and sponsors four races through the year: Winterfest 5K, which is coming up Feb. 5 at Gov. Small Memorial Park on Kankakee's west side; Pause for Patriotism May 20 at the Armory on the south side of Kankakee; Friendship Festival June 24 in Bourbonnais; and the Herscher Hare and Tortoise the Sunday of Labor Day weekend.

The club gives out a special medal and a sweatshirt to members who do all four of those races. There is also a Super 7 medal to club members who complete those four races, plus three other local ones. The club works with other area races, who often give a discount to members of the KRRC. One of the feature's of the club's website is a listing of area races.

Indeed, since 2007, Spenard says, the club has donated more than \$14,000 to charities. Many local charities have runs or walks that raise money for charity and club members do participate. Events in that category include the Kilbride Classic on Father's Day, which raises money to fight autism; and the Christmas-theme Jingle Bell Run, which battles arthritis. The club has also helped with suicide prevention, the Harbor House shelter, the Humane Society, Hospice of Kankakee Valley, Starfish Homes, which help foster children; and the Salvation Army.

The club also has non-running social events, including a Christmas party, a picnic and birthday parties every other month.

Running events have come back strongly in recent years. It's not unusual to have more than one event in a spring or fall weekend. Successful races start on time, have refreshments, a reasonable price, a well-marked and monitored course and, Snider says, "bling," an award that may be a bit better than the crowd. While virtually every race gives away a shirt, the quality of the shirt and the design on the shirt may help draw runners.

## **Kankakee River Running Club**

"Live to Run. Run to Live"  
Running the State Park since 1978!

**Some glimpses of the great camaraderie, spirit, teamwork, friendship bonding and fun of the KRRC:**



**Tammy Hellings, Julie Loving, Todd Kutemeier**



**Bethany Panizzi, Dan Gerber, Jill Davis, Joe Mayfield, Kibet Rono**



**Teri Boudreau, Nicole Cartier, Julie Loving**



**Kelly Bonner, Deb Renville, Julie Loving, Dan Combs, Todd Kutemeier**



**Lori Everts, Brent Long, Rick Loving, Nena Fournier**



**Tina Spenard, Bossy the Cow, Rhonda Hubert**