

Special Edition

2017 Board Members



Tina Spenard, President

Hello fellow runners. I am your new president and I would like to introduce myself.

I was born and raised in Bradley, IL with 3 older siblings. Upon graduation of high school, I couldn't afford college and I had no direction in life so I decided to join the military. I walked into the Marine Corps office and told them I wanted to jump out of helicopters. They laughed me right out of the office because I was a girl. I went next door to the Navy recruiter and joined. I spent 22 years traveling 3/4 of the world 3 times over in 12 countries doing a male dominated physically demanding job. Every new duty station I had to prove that I was tougher and smarter than my male counterparts. This is what molded me into the strong independent person I am today. My determination and goal setting plays an important part in my training.

I retired in the end of 2005 and returned to Bradley to take care of the parents. I promised them they would never see the inside of a nursing home. I got very lazy and unhealthy, because I was working and my Mom required extra care. My brother convinced me to walk with him during his weight loss journey. We were consistent for a year straight. He came to a plateau. Reflecting on all the exercise during my career, I told him he needed to do something more to reach his goal. He is not an athletic person and couldn't imagine running. I told him I would teach him what I knew. A short time passed and he said "Hey let's check out this running club". I reluctantly agreed, because I was out of shape and had 2 bad knees. I was ONLY going to support him. We received such a warm welcome and huge support that after a few times going to group runs we were hooked! I have been in the club for 2 years.

I look forward to leading this club. It's growing and heading in a positive direction. Lots of fun and huge support system! Let's do this together to make it successful.

Chris Snider – Vice President

I joined the club 2 years ago. I joined because I wanted to run a marathon and I felt I couldn't do it on my own. I needed some coaching and inspiration to keep going. I accomplished that



marathon but got so much more. I got some wonderful, happy, supportive friends. I chose to be on the board because I think this is an incredible group and I love doing something to give back. Small background on me, I was not athletic at all before I started running and in the beginning I only ran to lose weight. I had always hated running, truth be told, but that changed when I saw the health benefits it gave me. What really kept me going beyond that is the people I have met and let's not forget the **"bling"**. Shiny sparkly objects are the best! LOL!

Mileen M. Joines – Secretary



I am a retired Firefighter Lieutenant/Paramedic and still an active self-employed Tax Accountant/CPA (Certified Public Accounting). I have been running since high school, stopping here and there for various life events.

The latest five year stint has involved stops for various injuries. While each injury has had its challenges to recover, each time proves it is possible with some effort. I have run five half-marathons and have no interest in running a marathon. My favorite is in the 8K/10K length. As my age progresses, I realize the benefits of run/walking concept. I enjoy other aerobic exercise, Pilates and yoga and swimming. I am a firm believer in 'More things, especially different things, are the best when it comes to exercise!'

David Bohlke – Treasurer



I joined the club around 1990 after attending a club party at the home of Leon and Shirley Malone in Kempton. Had a good time and met a lot of good people, so I decided to join. I became the club Treasurer in 2007. Along the way at various times, I have also been the newsletter editor, statistician, website developer and race director for the Herscher Hare & Tortoise. I'm either very hard-headed or have a great immune system because despite hanging around a lot of runners over the years, I have never caught the running bug. I walk and I bike. I do occasionally get carried away and run some hill repeats with the club group, but then I usually return to sanity shortly after.

I started doing race timing in 1989. I had been going to some races with running friends and it always seemed to take a long time to get the results because they were still using popsicle sticks back then. I said on a couple of occasions that it should be computerized. My friends said, "You're a computer programmer. Why don't you do it?" Then Bill Linn said it couldn't be done and the gauntlet had been thrown down. I developed my own timing and scoring program from scratch. I think I've only missed two races, both in Danville. One was because of snow and the other, my van was leaking antifreeze like crazy the night before the race and I couldn't get it fixed. There were a couple of occasions of going down in flames with computer equipment failure, but mostly it's been a lot of fun over the years.

Dan Bullock – Trustee

I started running as a way to stay fit back in the early 90s. I began running on my own, a little at a time. I slowly improved enough to attempt a race. It was the 1995 Winterfest and I haven't stopped since. I like the shorter races; mostly 5 and 10 K and an occasional half. I like the social aspect of KRRC, the help and support we all have for each other. I am proud to be a board member because I believe in the mission; to help and encourage fitness thru running.



Patrick Koerner – Trustee

My name is Patrick Koerner. My wife Donna and I have been married for 25 years. We have two children, Colin who is 23 and Casey who is 21. I live in Bourbonnais. I have a farm in Cabery so I spend most of my time there. I started running in 1982. My first race was the inaugural "Herscher Hare and Tortoise 10k" which was in 1982 held in conjunction with the village's 100th anniversary celebration. Since then I have participated in close to 1000 road races ranging in distance from 1 mile to a full marathon. I have won well over 100 of them. Some of my personal records are as follows. 15:54 for a 5k, 33:19 for a 10k. 54:28 for 10 miles and 1:15:04 for a half marathon.



Although I don't race as much as I used to I still enjoy logging the miles as I'm closing in on 70,000. I'm happy to be on the board for the running club. It's exciting to see the direction that the club has taken in the past several years. The newer members bring energy and excitement to the club and to running in general. I find this has refreshed my own interest. If you see out and about don't hesitate to say hello and we can talk about running and racing.

Christine Morrival – Trustee



I joined the club in August of 2014, we were starting to do some 5K's and I thought maybe joining the club I could get some tips and pointers. I am more of a walker then a runner but I try to run walk most of the time. My favorite thing about races is the **“bling”** and gatherings afterwards. It has really been great meeting new people and runners/walkers are very supportive of each other.

Last year I did the Rock and Roll Half Marathon, it was fun but tough. I am very proud of myself though sometimes can't believe that I actually did it! I also did the Howl at the Moon where you have to run 8 hours to do as many miles as you can. I signed up as a walker and completed 16.9 miles (that was in about 6.5 hours, I took a break LOL) which is the most I have ever done. This year I am hoping to do at least 20 maybe more, but will see.

Also last year I joined the social committee for the club and think we did a really good job of putting on the events we had. This year I am on the board and social committee. I hope the club can become a little more social because it is nice to have everyone get together and get to know each other. Not everyone has the same speed or goals, not everyone has the same ideas of what they want to get out of the club. It is nice though to be able to help each other and get the support from your fellow club members.

Marc Spenard – Trustee

Born and raised in Bradley, IL. I lived most of my life in the Kankakee area. Although 10 years of my life included being a transplanted “cheese head”...I’d go back in a second!

What got me to this club? Something on my bucket list, this included a 5K. As being a non runner, not even in school, and being picked last in P.E., this was going to be a difficult task to do! I downloaded the app C25K and with the help of some motivation from my sister Tina...it all began! I heard there was a running club in the area, and decided to check them out! This was a very great choice to make, as we were both welcomed with open arms and a great support system from all!



So check off the 5K on my bucket list! Add several others and a 10K too. Then have a sibling say, “Oh, by the way, I just signed you up for a half marathon”! You got to be kidding right? So we trained, we conquered, and we finished!!

Other interests include rescuing dogs. Especially the old, neglected, abused and no one wants any more! I have very soft heart, especially the Dachshund breed. Think nothing of it, if I brag about my “wieners”, or post pictures of them! We give them the best remaining years of their lives until they go up to the Rainbow Bridge. A revolving door never stops moving at our house!

I hope to make a difference in this club, helping it to keep building bigger and stronger. Thanks KRRC for all you’ve done for me!

Cindy Walters – Trustee



Hello everyone in the club.....

I am Cindy Walters.

Here is a little bit about me: I have a running family in Maddy my daughter and Scott my spouse. I have been running for a little while now oh about 6 years. You know it is so hard to write your own bio, kind of like writing your own obituary... hahaha! All I can think of is every sentence starts with I and that is really not me. This

club is a collective whole of personalities and individuals striving for their own personal best. Hopefully being on the board, I will be able to contribute in some small way towards that goal. I truly believe that life is best lived casually and anyone who knows me understands that. AND finally if you see me out and I don't remember your name please don't be surprised, I am awful at names but would love to meet everyone just the same.