

March 2017

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Who's Who in the KRRC

Debbi Cox

My name is Debbi Cox and I became a runner when I became a mother. I had always enjoyed aerobic classes but could not convince my newborn son to accommodate my class schedule so I turned to running for its flexibility. My favorite race has been the Christie Clinic half/full marathon runs at the U of I. Nice gear, well organized, good food, includes fun runs and a 5k so all can participate. My greatest accomplishment is getting my eldest to run a Chicago Marathon with me in 2013 and my second son to run a Christie half. I am still working on my daughter. My bucket list runs include Grandmas and the Marine in Washington, D.C. I would be ok with just running a half. My mantra is, "I have got this." My favorite charity is the Ronald McDonald house because they were so good to my sister when my nephew had cancer. My WOW moment comes every time I see a sunrise during my morning run. I really wish everyone had the pleasure. About me, I am 54, I have a husband and three grown children, I substitute teach and love to run, kayak, read and bake. My secret pleasure is getting new runners to their first race; it is so great to see them accomplish their goal. I don't really have any famous heroes I would like to meet but I know lots of everyday heroes who make our world better each day. I am also blessed with a small group of women who meet to run at 5:20 each morning. There were 6 of us but injury had us down to three this year. Attached is our twentieth Christmas Eve Run picture! Many miles to go before we are done!



Debbi Cox and Friends





March Events

Guys vs Girls March Madness:

Starts March 1st and ends March 31st.

Team with the most miles wins. There will be surprise bonus miles along the way!

The guys won last year, so I'm sure the girls want to redeem themselves!

Sign-ups started February 13th.

Send an email to krrclub@gmail.com to signup.

Celebration pancake breakfast will be the award.
Date and time: Sunday, April 9th, 9:00 am. Like last year's, it will be at the Bourbonnais Municipal Center.

03/04	Jeff Chiero	64
03/04	Ken Goodwin	58
03/04	Rod Kahl	52
03/05	Matthew Brooks	34
03/06	Bailey Lovell	19
03/06	Stephanie Piacenti	45
03/07	Nicole Cartier	42
03/08	Greg Harrison	34
03/10	Chris James	33
03/11	Rachel Myers	14
03/12	Zachary Blochowski	21
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
03/22	Gavin Kutemeier	12
03/22	Christine Snider	49
03/23	Daniel Egenlauf	56
03/25	Ken Klipp	68
03/25	Cindy Stua	55
03/25	Carol Vallone	54
03/26	Rachel Simington	34
03/27	Jenny Curtis	39
03/27	Grant Fouts	13
03/27	Pat Koerner	55
03/30	Rene Parks	42



Race Reviews

KRRC 2017 Winterfest – Reviewed by Rick Loving



Kankakee River Running Club 1st race of the Super7Series, Winterfest 5K Run and Walk kicked off on Sunday Feb 5th. This was the 33rd running of one of the community's premier 5K events and was hosted by Rich Olmstead and Ken Klipp. The USAT certified course is a flat 2 loop segment, ran on the streets around Small Memorial Park in Kankakee.

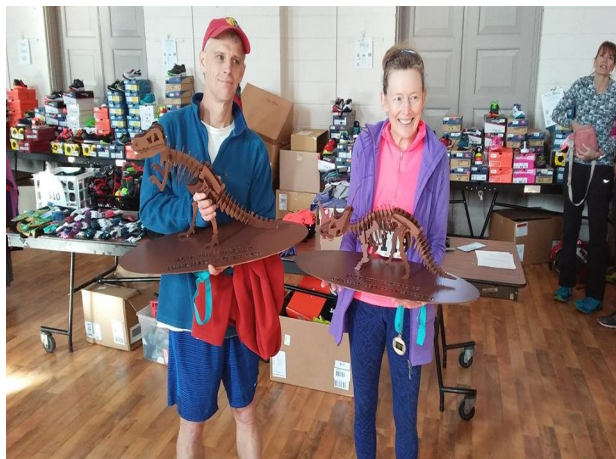
Winterfest has seen its share of weird weather over the years, but this year's weather was more spring-like than winter. The mild temps and favorable overall forecast brought out 229 competitors. There was a great mix of seasoned veteran runners along with scores of young athletes to make up the field.

Male Overall Winner was awarded to Eric Crutchfield (30-34 AG) with a time of 16:40.5 and Overall Female winner was Laura Krasa (15-19 AG) with a time of 20:11.1.

Two very special Masters Awards were donated by an anonymous donor, these skeletonized dinosaur statues were awarded to Master male runner Bill Dickenson and; Master female runner Chris Walsh.

The rest of the age groups filled out nicely with almost all awards going 3 deep!

Winterfest is a community building event, offering \$100 donation to any schools sports program that has the largest turnout of students and staff. The winner was Herscher! In addition to the sport programs, a portion of the proceeds from the Winterfest 5K is



Bill Dickenson, Chris Walsh

donated to The Salvation Army and the canned and non-perishable food donation collection goes to local food pantries.

Pre and Post race staging is held inside the Kankakee Civic Auditorium. This venue allows for a warm place to setup pre-race as well as a great spot for all the post-race activities. This year, like others saw a nice mini expo with tons of clearance priced items from Often Running, Mitch Hobbs, makes the trek from Bloomington every year if the weather allows it.



**Rich Olmstead and Diane DesMarteau
work registration**

The pre-awards raffles helped pass the time as the final finishers times were tabulated before the awards ceremony. One of the highlights of the event was hearing lifetime runner and coach, Ken Klipp put his personal touch on the announcements.

A special thanks goes out to all the great post-race refreshments Chicago Dough for pizza, John Panozzo Produce for the apples and bananas, Coca Cola for the drinks, and cookies

purchased with donations from Larry Burton. Additional sponsorship and support for the 5K was provided by Court Street Ford, Kankakee River Running Club, Kankakee Valley Park District, and timing by Dave Bohlke Timing..



Too many to name



Dave Bohlke

If you have never run Winterfest or missed it this year, you need to mark your calendar for next year right now!!



Lorrie Simington, Christine Morrival and Rachel Simington



Sporting some medals: Rick and Julie Loving



Lauren Cain 1st in age group, (15-19)

Man vs. Mountain, reviewed by Cricket Baltz:

The Baltz family decided to expand our horizons in 2017. With so many running and tri goals set and achieved we decided it was finally time for an obstacle race!

Some of you may already know our running story began when Tommy John, 7 years old at the time, saw a truck bed full of post race Warrior Dashers and wanted in. He was way too young and so it all began a 5k... then another... etc.



John, Tommy John and Cricket Baltz

So February 4th 2017, in Mount Pleasant Michigan we participated in our first obstacle 5k! The weather was still, sunny, and 18 degrees. Athletes gathered at the Mountain Town Station restaurant to pick up their timing chip and wait for their wave. Our wave was at 9:40 am. We acclimated for a bit before toeing the start. Then we were off! Tom breezed through all of the obstacles no problem. Tommy John conquered all but was challenged an extra pinch because of his height. ...And then there was me. There were 16 obstacles on the course, I had watched a lot of video on past events, I knew I would likely be going around some. And yup, that's what happened. I attempted and bypassed 4 of the dirty dozen. How do I feel about that? Very proud that I did 8! Very happy for Tom and Tommy John who had 100% success!

We would definitely recommend this race to anyone looking to do a winter obstacle race. Man vs Mountain and Mount Pleasant were both very pleasant indeed.

And at 81 years old, Robert Pool is living up to this! A great inspiration to us all! Finished the 2017 Winterfest, and looking forward for him to complete more!



Robert Pool