

April 2017

Volume 39 Issue 4



Who's Who in the KRRC

MorningSun Kelly

1. Why did you become a runner? *WhiteWolf started running and after several races, I decided I wanted to see the sites too (lame huh?)*
2. What was your favorite race, and why? *Summit to Summit in Eugene, Oregon. Was able to view the city I raised my children in from a different perspective years later and it was along the river, in the woods.*
3. What are your greatest achievements? *I didn't give up on a trail race in which I had to trudge through knee high ice and water, conquered my demons, though I admit I sat down and cried once along the way!!*
4. Do you have a "bucket list" race/event? *To run a marathon on my 70th birthday (not that long in the future lol I'm old)*
5. What is your positive mantra when things get tough? *I count (Maybe because I'm an Accountant)*
6. What is your favorite charity, and why? *Raising money for CF because my sister died at age 55 from it.*
7. What motivates you to get out the door? *Not wanting to allow my body to get stagnant and old and I love the outdoors*



MorningSun Kelly



MorningSun Kelly

8. Tell us about your greatest “WOW” moment..... being in the back of the pack during my one and only 1/2 marathon, having not seen a person in almost two hours on a trail along a river, and having to stop to allow a family of deer cross the path. Feeling sorry for myself til then; realizing all those fast runners missed out! I was the lucky one!

9. Tell us something about you, not running related. We want to know more about you..... I have traveled lots, via car, bus, train and hitch-hiking, have been to 48 States and I feel no one place is more beautiful than another.

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?
Shawnee Chief Tecumseh..."when all odds were against that which you believed, how did you find the strength to keep pushing towards your dream for peace among all mankind?"



Go as long as you can, and then take another step.

**Just because you took longer than others, doesn't mean you failed!
Remember that.**

I want to inspire people. I want someone to look at me and say: “Because of you, I didn't give up!”

April Birthdays

04/01	Jimmy Joines	61
04/04	Larry Burton	57
04/04	Rick Lagacy	43
04/06	Alison Maddux	35
04/07	Madeline Walters	7
04/07	Dawn Willbarger	58
04/09	Laura Rattin	40
04/10	Christine Horn	43
04/10	Diane DesMarteau	62
04/15	Jerry Cherrington	80
04/19	Rob Ravens	54
04/20	David Bohlke	71
04/22	Wade Pritchard	20
04/23	Brenda Whittler	49
04/24	Miranda Powers	19
04/24	Julie Nally	48
04/25	Dan Combs	46
04/29	Kathleen Jensen	63
04/30	Mark DuFrain	48
04/30	Sue Dytkiewicz	54



March 2, 2017



*Roger Smothers, Chelsea Mitchell,
Phyllis Smothers*



Roger Smothers passed away after a short illness. His granddaughter, Chelsea, said "He put on his running shoes and ran through the pearly gates." He was definitely an inspiration to me and I know to many others as well. He will be missed.

Race Reviews

Manhattan Irish Fest 5K by Dan Bullock



On Saturday, March 4th I attended the Manhattan IL, Irish Fest

5K. I ran this race last year for the first time and although the course was nothing special, the after party was epic. I didn't place that year, running in a crowded age bracket but since I moved up an age group this year I thought I might have a shot at a medal.

It was a chilly and very windy day but the sun came out and at least we felt like it was pleasant. After a short run through the downtown area we went on a mile-long straightaway directly into the teeth of a headwind. The only thing that kept me going was the hope that there would eventually be a turnaround. After what seemed like an eternity, we finally switched directions and

had a nice tailwind most of the way back.

This race has a couple of unique features. First, it is a point-to-point which means you can't take anything with you to the start like jackets or keys, because you won't be there to retrieve them when the race is over. To make matters more complicated, the starting point and the finish line are both a bus ride away from train station where you have to park. When you finally get back to your car, you have to walk to the after party about a quarter mile up the tracks. The second and more pleasant feature is the fact that the race is actually the start of the annual parade. As we ran the first section through the downtown area, the crowds were three to five deep, cheering on every runner that passed. There were families with children, seniors in lawn chairs, people waving flags and taking pictures. Of course most were there for the parade, but it felt good having all those folks clapping and high-fiving us as we passed.

When the race was over, I had a bottle of water and some snacks to wait for the bus back to my car. After about 15 or 20 minutes no bus showed up so I decided to walk back to the train station, about a half-mile away. I remember doing the same last year when Kibet



Dan Bullock

and I rode together. After getting my coat and warm-ups on, I took the hike to the heated party tent.

This was the highlight of the day. We all received a complimentary beer and there were numerous food booths and equipment vendors anxious to serve us. I saw many familiar faces, chatted with my friends, enjoyed my beer and bought a slice of pizza. There was the Chicago Police Bagpipe and Drum Corps and several Irish dance groups keeping us entertained while we waited for the results. The field had 364 entries this year. Congratulations to KRRC member Kelly Bonner won overall female with a time of 22:50. John Warren and I each won our age groups and Jill Davis had a second in hers. KRRC was again well represented. I thank everyone that came! We continue to have a strong presence at these local events and I encourage all of our members to continue to do so. See you at the next race!

2nd Annual Winter Trail Frosty Quarter Marathon (1 loop-6.5mi) or Half Marathon (2 Loops).

Reviewed by Madame President Tina Spenard



Brian Morrical, Tina Spenard, Thomas Rademacher, Anna Wilder, Chris Snider, Cindy Walters, ??,??, Christine Morrical

Date - February 25th at 10am
Location - Eagle Creek Park Indianapolis, IN (Park fee of \$6 upon entry)
Weather - 32deg with 25-30mph winds. Snow, sleet, and plenty of mud.

Parking - A few small lots and alongside road.
Thank goodness for my Jeep!



WhiteWolf Kelly

Course conditions - Consisted of all terrain. Single track, wide grassy trail, heavy gravel, paved, crushed limestone, double wide dirt, bridges, stairs, downed logs across the trail to hurdle over, 2 small stream crossings, hills and more hills. Even the trail crossed over the middle of the lake on a levy.

Packet Pick up - The night before, which some club members did. They spent the night. Or

race day at 8:30am. Race day was well organized and there were no lines. There was a 600 person cut off as well as 4hr course cut off. The host said there was a 150 person wait list and only 8 of those were allowed to race. So sign up early if you want to do this race! Swag- The shirt was a long sleeve thermal shirt. Very toasty warm. The race bling was one of the biggest and heaviest I've seen! Appropriately with the letters WTF.



Center: Chris Snider

Pre-Race - There wasn't any warming locations. We used our vehicle to keep out of the wind until close to race time. The bathroom line was long but they had plenty of port-a-potties. Plus the cold temps hurried people up.

Race time - Chip timed. They started about 20-30 people waves. When I started I found out why real quick! The 1st mile and half was tight single track with icy stairs and bridges. No room to pass slower runners or walkers. They announced at the beginning to line up according to pace but not many people listened. So it made for some unhappy racers. The trail was WELL MARKED with signs, arrows, and trail tape tied to trees. It was in good condition except after the last stream crossing then it was ankle deep muddy muck and puddles you couldn't navigate around. Definitely a time killer, but part of the trail running experience. There were 2 aid stations with blue Gatorade and water, which were like slushies since it was so cold and windy. The weather was brutal and it snowed heavy during times. Some was in the woods and protected from the howling winds but some was out in the open and you got blasted. However, it was a very scenic run!

Post-race - There were several pop up canopies with food. Some had snacks like pretzels,

twizzlers, and Hershey kisses. One had chips, goldfish crackers, and granola bars. Then there were the standard bananas. And oh CAKE too! I didn't stay for the awards, as I was like many others, a frozen muddy exhausted person. But the pictures had the Age group winners with fleece blankets and thermos. Cool awards.

Overall - This was a well organized, well executed, and great location. It definitely pushed my personal boundaries as far as course and distance. BUT I had plenty of encouragement along the way from courteous runners. The best part of all I got to do this with some KRRC Peeps. ♥

Upcoming Events



4/9/2017

Pancake Breakfast (and if you don't like pancakes, I'm sure there are other choices) in recognition of winner of Guys vs. Girls Mileage Challenge.

9AM Bourbonnais Municipal Building

4/28/2017

April/May birthday party. Come out and enjoy some good company and celebration time with the KRRC peeps!

@Family House in Bradley, 6pm.



5/20/2017 Click on link to sign up now!

**Click
Here**


Pause for Patriotism 4 mile run/2 mile walk 8am, Kankakee Armory next to airport.