

May Volume 39

Issue 5



WHO'S WHO IN THE KRRC

Dan Gould:

1. Why did you become a runner?

I read a health and fitness article in the newspaper and it was a checklist for what was wrong with me - 37 years old, pack and a half a day" Marlboro Man," overweight, sedentary, stressful job. A couple co-workers suggested I could jog my way back to fitness and I've been forever thankful for their encouragement. That was 35 years and 25 pounds ago.

2. What was your favorite race, and why?

Bill's Beer Run 5-Miler in Sarasota, the last Sunday in October, is my favorite race. I have divided my time between Illinois and Florida since my retirement in 2000. When I return to Florida each October, BBR is the reunion race with my Florida running family and most of the 700 runners are members of the Manasota Track Club. Post-race there is food, beer, music and dancing - a party! It is a fundraiser



for the club treasury from which thousands of dollars are given each year for scholarships and school running programs.



3. What are your greatest achievements?

35 years of running, 950 plus road races, four Boston Marathons, Winterfest 5K race director for most of the 90s, eleven years as newsletter editor for the Kankakee River Running Club, past president of the Manasota Track Club

4. Do you have a “bucket list” race/event?

No, I prefer to return to races I've done, liked, and where I will find old running friends. Being able to run at 90 is on my bucket list!

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

One step at a time, one mile at a time. If the body says stop, stop. I will run again when I am healed.

6. What is your favorite charity, and why?

I don't have a favorite, but I do have a fondness for charities benefiting children.

7. What motivates you to get out the door?

History. I remember my weight on my first running day and the short, slow run to exhaustion. I like what the scale says today, the ease with which I can run miles, and energy I have for life. I don't want to lose what I have and I got it by getting out the door and running.

8. Tell us about your greatest “WOW” moment.....



My "WOW," my greatest thrill in racing was the Milwaukee Marathon in October, 1985. I was 43 and need to run a sub-3:10 to qualify for Boston. I knew I was on pace at 20 miles, but slowed in the final 10K and wasn't sure if I was going to make it. As I turned the last corner, I could see the finish line clock had just turned 3:09 and I knew I was going to make it. The adrenaline flowed and I charged across the finish line in 3:09:24, thirty-six seconds to spare after 26 miles. I have a framed poster-sized Marathon photo of me finishing with my hands raised in victory.

9. Tell us something about you, not running related. We want to know more about you.....

I was born in Kankakee, I am a Vietnam Vet, I was a Circuit Court Judge for 26 years, I was a private pilot for ten years with two flight instructor ratings, and I'm almost four years into a relationship with Linda who was a high school classmate.



Jen Ingram:

1. Why did you become a runner?

I first became a walker after a very difficult pregnancy of daughter. I signed up for a 5k race as a runner and it just progressed from there.

2. What was your favorite race, and why?

My favorite race is the New York City marathon. It is my favorite because I always had a dream that I would run it. My dream came true in 2015. It is a well organized race. Plenty of water stations and porta John's almost at every mile. I got to see things I have never seen before and had an opportunity to take my mom. It was awesome and one of my favorite places in the world.



3. What are your greatest achievements?

My greatest achievement is crossing the finish line. Times are arbitrary. Crossing the finish line is always the first victory.

4. Do you have a “bucket list” race/event?

My bucket list is running the Boston marathon and running a marathon in every state.

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

One foot in front of the other and not crossing the finish line is not an option.



6. What is your favorite charity, and why?

Ashley can... it is a local charity run by local people...

7. What motivates you to get out the door?

The picture of my former self of being 240 pounds and my dog Ryder.

8. Tell us about your greatest “WOW” moment.....

I have a great wow moment once in a while. My favorite was going through the gate at the fort2base and being on a Navy base for the first time in 20 years.

9. Tell us something about you, not running related. We want to know more about you.....

I love my job and love saving money!





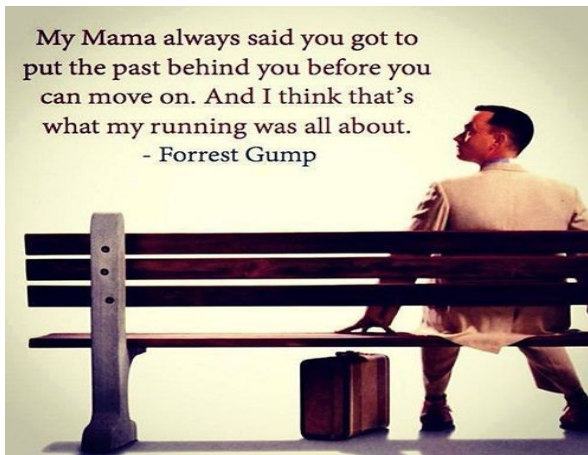
May Birthdays

05/01	Nicholas Horn	7
05/01	Phil Newberry	55
05/03	Debbie Dye	45
05/04	Leslie Lovell	12
05/07	Melanie Hollis	41
05/07	Jodi Jude	44
05/07	Sofia Gonzalex	5
05/08	Caleb Piacenti	16
05/09	Scott Walters	44
05/10	Christy Arellano	16
05/11	Robin Passwater	50
05/11	Adrienne West	41
05/15	Christine Morrical	45
05/16	Kevin Dockemeyer	31
05/16	Kyle Dockemeyer	31

05/16	Laura Loica	48
05/16	Brandon Meredith	47
05/16	Jordan Sieling	20
05/19	Brian Morrical	44
05/20	Lynn Lund	34
05/21	Chris Duval	62
05/26	Drew Parsons	34
05/26	Carol Villegas	41
05/27	Rick Loving	47
05/27	Joan Stoops	59
05/28	Lauren Passwater	18



My Mama always said you got to put the past behind you before you can move on. And I think that's what my running was all about.
- Forrest Gump



Upcoming Events



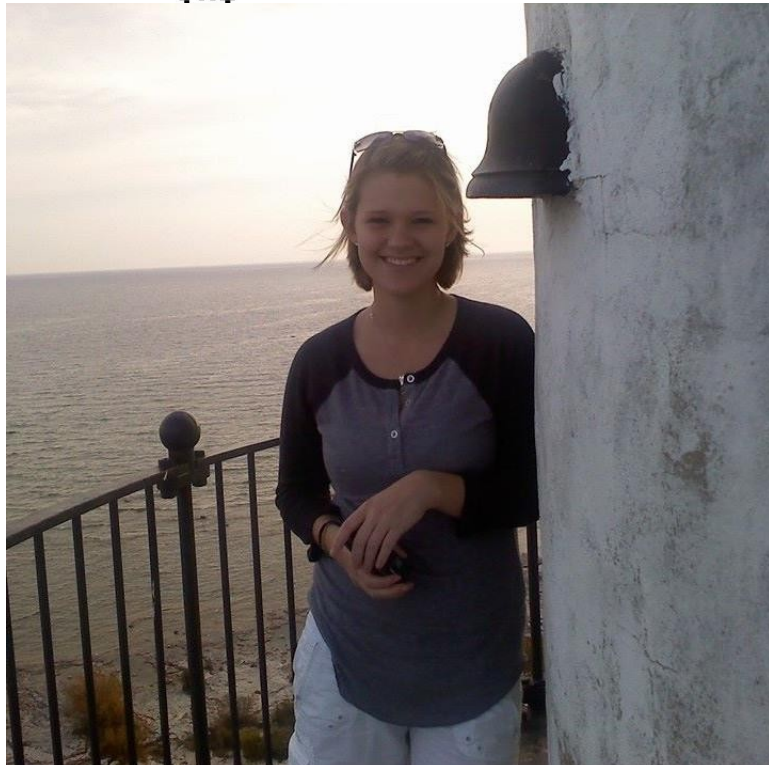
Ashley Can 5K/2M walk/Kids Run

**5/14/17 Perry Farm 8 am.
6:30am same day registration.**

KRRC members get a discount!

Click Here


For those of you who know and are friends with Maureen and Mike Montgomery and for those who know about and have been following Ashley's courageous battle against the nasty beast of cancer - just wanted to let you know that Ashley has passed away. Please keep the family in your thoughts and prayers.



Keep Ashley's memory alive by supporting this great cause and join up for the race!

Pause for Patriotism 5/20/17

Click photo or dog tag to take you to registration page!

If you're in the Super 7 series, you must do this race!

KRRC discount on this race also!



**Pause for Patriotism and
Kankakee River Running Club
4 Mile Run or 2 Mile Walk**

Greater Kankakee Airport



Some glimpses of the KRRC.....



“Impressive Steve Anderson....now go run!”



Some Mac track fun....per Julie Loving

Brian Pritchard, Glenn Tuuk, Steve Anderson, Rick Legacy, Wayne Bisailon, Jackie Skrobot, Ande Wegner, Julie Loving and Nicole Cartier.

Check FaceBook page to see when next “Mac track fun” is going to be.

#ColeySmile!



**Serving up some
pancake breakfast:**

**Christine Morrical,
Claudia Bowen and
Anna Wilder**

**Thanks to the Social
Committee and all
who participated and
helped out in the Guys
vs Girls Mileage
Challenge!**

In background with all smiles are Bob Ravens, Steve Anderson and Rich Olmstead. In front row: Craig Alberts and Jackie Skrobot.

**Looks like the gloomy
weather didn't stop
them from putting in
a five mile run!**

