



## Who's Who in the KRRC

**Valery Denby**

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

Honestly doing the 2 mile walks became too easy.

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

I don't know if I have a favorite race, I'm still going to new ones but I do look forward to Jingle Bell every year. Why? We have a lot of team members there!

**3. What are your greatest achievements?**

I'm 2016 I went thru a break- up in March and the rest of the year I pr'd my times for my 5k, 4 miles, 8k, 10k, and half marathon.

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

To do a relay, a trail run, some out of state and more near Chicago (they look so fun).

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

Someone out there can't walk or run and you can SO keep killing it!

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

Diabetes, cancers and suicide awareness are my top 3 because I've lost someone to all of them.



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

Knowing people at the races.

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

When I seen my friend on her bike pushing me thru my first half marathon, I knew I could finish.



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

I'm shy till I know someone but stepping out of the box more and more.

**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 mom (passed 2009) I would just want to hear her say she is proud of me one last time.



**JOHN SCHIMMEL**

**1) Why did I become a runner?**

I've officiated basketball games for 29 years and 'retired' from those two years ago. My daughter, Marlena Tharnish, challenged me to start running, I thought she was nuts, but,



starting with C25K and the Jingle Bell Run 2015, I was off and running.

**2) What was my favorite race?**

I've not done many but that's a close call between the Soldierfield10 and the Air Force Half Marathon.

**3) What are my greatest achievements?**

You mean besides finishing? I had a goal of the AF Half – 2:20 and I missed it by about 13 minutes. But I improved my half time by 4 minutes when I did the Northwest Indiana Crossroads Half Marathon this spring.

**4) Do I have a bucket list race?**

Absolutely, from day one. [www.marinemarathon.com](http://www.marinemarathon.com). I'll either finish or die trying.

**5) What is my positive mantra when things get tough?**

Wow, I don't know about a positive mantra, but I don't think I've had it all that tough. I only need to look at a veteran missing one or more limbs to remind myself of how fortunate I am.

**6) What is my favorite charity?**

I'm combing the list of Marine Marathon Charity Partners, but I'm thinking of Semper Fi Foundation, Fisher House, and the Marine Corps Law Enforcement Foundation. I love the military. I'm a vet, but I had it pretty good, never had to fire my weapon.

**7) What motivates me to get out the door?**

Another day of life, another opportunity to make a difference in someone's life, someone's eternal destiny, the opportunity to make a difference in someone's financial future through my business. I thank God I'm healthy enough to do this; there are a lot of people younger than me who cannot.



**8) What is my greatest ‘WOW’ moment?**

Finishing the SoldierField10 with an actual kick. I passed about 50 other runners in the tunnel underneath Soldier Field before crossing the finish line at the 50-yard line.

**9) Something about me?** I’m a COUNTRY Financial representative, lover of Jesus, married to my high school sweetheart for 48 years, father of three children and have 11 amazing grandchildren.

**10) Person I would like to interview?**

I would like to interview Pat Tillman, R.I.P., former NFL football player who gave up a cushy career and his Pro Bowl status to enlist in the Army Rangers after 9/11 and died in a friendly fire incident in Afghanistan. Not sure what I’d ask him but I would thank him for his service and his sacrifice.



# June Birthday Wishes

6/01	Brendan Martin	10	6/15	Robert Pool	81
6/01	Nick Martin	10	6/20	Cecelia Villegas	5
6/06	Caleb Anderson	6	6/23	Charles Navarro	37
6/06	Ethan Piacenti	15	6/23	David Snider	68
6/09	Josh Rogowski	32	6/24	Tyler Arellano	19
6/11	Esteban Villegas	9	6/25	Dawn Pritchard	55
6/13	Casey Koerner	22	6/26	Tammy Hellings	37
6/13	Matthew Wenzel	49	6/29	Phyllis Smothers	67
			6/30	Gail Passwater	48

# Upcoming Events/Races



**June 24<sup>th</sup>: Bourbonnais Friendship Festival 5k run, 1.5 mile walk.**

**Quoted from 2016:** "Friendship festival 5k was a blast-great people, hot humid and hills!!! I'm turning into a lil speedy turtle-have a new PR and even took 2nd place in my age group. I guess the DQ runs are helping" (Anna Wilder)



**Click on Rick Loving's picture, to lead you the way to sign up for the 2017 Bourbonnais Friendship Festival 5K run/1.5M walk!**

**This race is a must for you Super 7 Series participants!**

<http://www.racerpal.com/races/ff5k>

# Some glimpses of the KRRC...

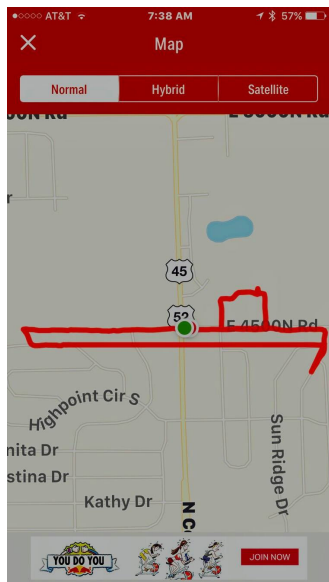


2017 Pause for Patriotism medal winners!

If Karen Dannenhauer can do it....anyone can!! No excuses....what an inspiration to us all! Way to go, Karen!



“What a great day to run,” says #DodgeTheDawg. Following his lead is Ande Wegner, Rick Loving, and Julie Loving.



Dan Bullock can run and make pictures ....what can you come up with? Go Navy!!

Debbie Dye all smiles after 5 miles!





**Tammy Hellings...** “Two runs this weekend. Not too shabby of times for someone who ran 100 miles three weeks ago! The marathon was a singing and dance fest for me! I also pulled out negative splits for the 26.2 as well. No time goal, just ran with Lori to get a good pace for her first 20 and then slowly inched away (she had company still so don't worry).”

Ande Wegner, Julie Loving and Kristi Russel enjoying some fun times after a run.



For us that don't medal that often...it sure was nice to do so!

Marc and Madame President Tina Spenard taking 2<sup>nd</sup> place in their age groups.



## FAT ASS 5K: REVIEWED BY DAN BULLOCK



Saturday May 13, I ran the Fat Ass 5K in Springfield IL. I hadn't run this before so I was unsure what to expect. The name and logo suggested a wild, goofy race and that's exactly what it turned out to be. It normally attracts thousands of runners, so I decided to go to packet pickup on Friday night to check out area and the parking situation. There were hundreds getting their packets when I arrived but it was well organized and the wait was short.

Curiously, no one asked for IDs.

Saturday morning I arrived about 8:45 for a 10:00 start accompanied by Ruthann and her cousin Ron. We lucked out and got a parking spot only a block from the start.

Downtown Springfield is filled with lots of history; several museums, statues, two capitals, state offices, and all things Lincoln. The weather was nice so we strolled around the downtown while the crowd began to build.

After several speeches by the mayor and the governor, a bagpipe performance, and the National Anthem, we were underway. It was two loops around the downtown area, closed streets, starting at the old capital and winding through some historic areas. Governor Rauner stayed around and cheered everyone as we passed by. The route took us past the old State Capital Building, the homes of Abraham Lincoln and the poet Vachel Lindsay, and just a few blocks from Frank Lloyd Wright's masterpiece, the Dana-Thomas House.

Here's where it got interesting.... There were six or seven bands along the route; everything from rock, jazz, hip-hop, and country. There was even a German oompah band. The first water stop had iced coffee! The next one had beer, another had popcorn, one had marshmallows, another donuts. There were clowns with water cannons spraying everyone who passed. A lady was passing out Mardi Gras beads. Another band, another beer stand, a taco stop, and a young lady with a Viking helmet singing opera. It was only a 5K but it had the feel of a marathon.

With 3500+ runners, there were starting corrals, but it was on the honor system. It was chipped time. There were some serious runners but most were there for the fun. On the second lap, the walkers began to clog up the streets so I had to detour onto the sidewalks to pass them. With stopping for handouts and taking pictures, a PR was out of the question. I timed in at 34:45.

The after party was great. There was pulled pork sandwiches, hot dogs, tacos, and all the beer you wanted. They had a stage set up and some band was playing. We hung around for a while and ran into Terry and Lynn McGinnis from KRRC. The crowd was so big, I had no idea how they spotted me. I would recommend this just because it's a fun, crazy race. The biggest drawback was the price, \$59. Non-running friends had to pony up \$40. The route is flat and there's plenty to see so it made for an interesting race experience.