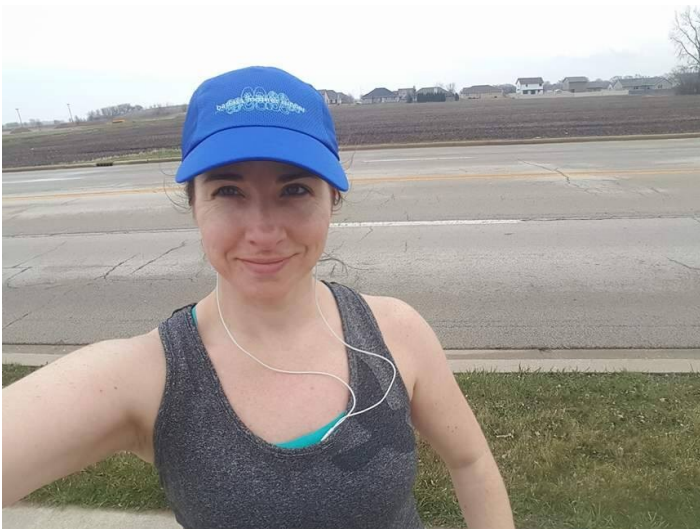




Who's Who in the KRRC

Carol Villegas:



1. Why did you become a runner?

A lot of people that I knew had done couch to 5k programs while I was pregnant with my 3rd. I decided to try it to lose weight, and then stuck with it at first because of the sense of accomplishment each time I reached a new goal. However I consider when I really became a runner is when I decided to train for my first half marathon a year later because that's when I really

became consistent with my running and started truly training for races.

2. What was your favorite race, and why?

The Chicago Marathon, which was my first marathon, is my favorite so far. The crowd support is fantastic and so were the volunteers. Plus it was something I never thought I would do so it was a big milestone for me.

3. What are your greatest achievements?

Besides races, what I consider my greatest running-related achievement is that my kids see me running and are encouraged to be active. I run in the very early morning, and my 4 year old often wakes up early and asks to watch me run (on the treadmill downstairs),

and in the summer my kids sometimes do a “victory lap” around the block with me at the end of a run.

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

They keep changing, but currently I have two: I want to do a 50k and I’d like to a multi-race weekend – maybe something smaller at first but then something like one of the Disney challenges.

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

Mine always change – could be “you can do this” or “strong”, just depends on what mental barriers are causing issues for me at the moment

6. What is your favorite charity, and why?

I’ve never run as a charity runner, but of course many 5ks I’ve run are fundraising events. There are many good organizations but I don’t think I have a favorite.

7. What motivates you to get out the door?

Just knowing that if not now then it’ll be never. I know that on a work day if I don’t get it done early it’s not going to happen. Otherwise having a big race on the calendar keeps me from slacking off.

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

I think that was at the Happy Girls Half Marathon in Spoke, WA this past September. It was my first trail race and I had no idea what to expect. The elevation change during the race, good portion of single track, scree slides, and incredible views were things I was completely unprepared for. I welcomed the views and felt accomplished to have run through the rest at only a 9 min difference of my road PR.

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

I’m a transplant – I grew up in Dolton and lived in Tinley Park before we got married and moved out here in 2004. I work in Chicago as an IT Project Manager and have three children ages 4, 8, and 11.

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?

Still trying to figure out who that hero would be.....



07/03	MorningSun Kelly	64
07/03	Terri Putnam	60
07/04	Symantha Huff	17
07/07	Leon Malone	87
07/07	Thomas Rademacher	50
07/08	Teri Boudreau	57
07/08	Tia Poole	53
07/08	Paul Surprenant	70
07/10	Linda Curwick	55
07/10	MaryEllen Quinn-Williams	40
07/10	Deborah Renville	52
07/11	Brian Pritchard	50
07/12	Paul DuFrain	23
07/12	Kerri Lanum	41
07/13	Brenda Ravens	55
07/14	Michael Piacenti	49
07/15	Hailey Brav	15
07/16	Ann Hendrix	46
07/19	Julie Sieling	46
07/19	John Vallone	60
07/23	Tommy John Baltz	13
07/24	Brianne Schafroth	26
07/30	John Bevis	54
07/30	Holly Schafroth	30



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Race Reviews

Congratulations to Madame President Tina Spenard for her first triathlon.....now her review.....

Gildan Esprit De She Naperville Triathlon



So here's my race report, now that I have recovered a bit:

Race packet pick up - Well organized. Body marking went quickly. Course talk was informative and entertaining. There was some vendors.

RACE DAY

Departed town at 3:30am - We woke up the birds.

Got to race transition when it opened at 5am, set up, did pre-race check, and walked the in and outs.

I was totally amused when several women made the Nicole Cartier, Marianne Suprenant, Rhonda Hubert, Cindy Walters, Julie Sieling, Leslie Kutemeir, Craig Culver, Sara Fix, and MJ Gasik. My special behind the scenes supporters: Bro Marc, Julie Loving, André Wegner, and

Chris Snider.

Swim - Went down to water for pre-swim. Water temp was 76deg so I decided NO wetsuit. I was ok with that since I had limited training with it. I swam a quick 5min. I wasn't nervous, scared, or super excited. I was FOCUSED and determined! It's RACE time.

I was Wave 18 of 24. Sometimes don't pay to be old. I had an hour wait before my Wave start but it went quick because I was watching other racers. We got to go a few minutes early. I started out quick with everyone else but by the first leg I found my rhythm. I didn't get hit but 2 times. I was able to draft some and pass some. I was proud of the fact

that I didn't stop. 750yd (.5mi)swim. At the 2 beach buoys I was forced to get up and run because of inches of water. Got out of the water and had a long uphill sand/blacktop run to transition.

T1 - Took a sec to collect my bearings. Tip- Had water bottle to pour over feet to wash sand off! Helmet shoes on and grabbed bike. Clickity-clack run to mount line.



Bike - I started out kinda slow cuz it was uphill. There was a cross wind and sometimes a headwind. But quickly I gained speed and started passing... ON YOUR LEFT! Most racers were considerate but I had to yell at 2 who refused to get over. I even had to pass on the right once. I yelled at her to get over next time. Every chance I had I pounded the downhills and cranked the gears high. But cautious on the turns. I even got to pass on one turn. Another proud moment. I need to get better with nutrition on the bike (I heard Sara Fix in my head yelling at me the whole bike ride). I am not comfortable yet with my bike handling skills.

T2 - Took another second. Hook bike Helmet shoes off. Put on socks and shoes and grabbed hand bottle, race belt, and visor on the go.

Run - Well it sucked! Hot n muggy. My legs were ok. Cardio suffering. There was plenty aid stations, water sprinklers, ice wash rags, neighborhood cheerleaders, and encouragement from other runners.

Finish - Survived! My fellow knight ninja and daughter ran me in the last Half mile. Much needed crucial support. And had my mentor/friend put my medal on! Plus my cheering section. I had to sit on the ground for 10min. I was whooped.

Post race food - Because us runners know it's all about the post grub! There was fresh fruit, baby sandwiches on pretzel buns, dip and bread. Overall it was a great experience. Well run event and well supported with blockers, markers, cops, volunteers, fire fighters, and general public.





2017 PAUSE FOR PATRIOTISM REVIEWED BY: DAN GOULD

This year's Pause for Patriotism 4 Mile Run & Two Mile Walk was May 20th at the Greater Kankakee Airport. It was to be part of the 24th annual Pause for Patriotism, a salute to the men and women of the armed forces who are serving or have served our country, but it became *the* salute when the other activities were canceled because of the weather.

While the Pause for Patriotism has a long history, the race has only been around for about six years. In the beginning, it was a 5K directed by Chuck Parsons and staged from a couple different venues. Last year it was staged from the National Guard Armory on the east side of the airport property. This year it was staged from the airport's terminal building with the start-finish line near the airport entrance off county road 4000S, also known as airport road.



What a difference a year makes! Last year the race started at 10:00 A.M and it was a sunny 72 degrees. This year it started at 8:00 A.M. and it was an overcast 52 degrees with an east wind at 16 mph gusting to 25 mph. Rain was coming. I was up before 6:00 A.M. and checked the radar. It looked like we would beat the rain, but I didn't know until I got to the airport that we had an indoor facility. Absent that, Linda would be sitting in the van with her iPad. While I love having her at the races and her pictures add much, I let her sleep in.



I had a green light Saturday morning as I drove to the north junction, the MP 315 exit for I-57, and then swung around the eastside of the Kankakee metro area to MP 308 exit. From there it was a country couple miles to the airport.

In 1976 I started training for my private pilot's license and drove to the Greater Kankakee Airport many a day as I learned commercial, instrument, multi-

engine and flight instructor ratings in the following ten years. For some of those years I flew a Cessna Skymaster, dubbed "push-pull" among other things, a very distinctive twin engine aircraft.

This was my second local race of the season and there were many familiar faces: - Kibet Rono, Rick and Julie Loving, Rod Kahl, Craig Alberts, Nancy Ruda, Rob Ravens, Dan Bullock, Jerry Kuntz, Pat Koerner, Mileen Joines, Dave Bohlke, and John Shoup among others. Dave was timing the race and John was clicking the times as we crossed the finish line.

I was happy to find we had the use of the terminal building. Kankakee does not have commercial air service so it doesn't need a large terminal, but this is a small race. Last year there were only 78 finishers. I thought the 10:00 A.M. start might have been partially responsible for that. It kills the whole morning and there are a lot of activities on Saturday at this time of year. I had pre-registered, but too late for a shirt so all I picked up was a bib and I neglected to even get a picture of this year's shirt. I chatted with some of the "usual suspects" including Paul Surprenant who is usually accompanied by Marianne. Paul told me she was in St. Louis for a triathlon, but, unfortunately, only as a spectator and cheerleader. While practicing her swim to bike transition earlier in the week, she had fallen and broken a wrist. I really hate it when that happens!

As the 8:00 A.M. start approached, we began the migration from the warmth of the terminal building to the starting line about two tenths of a mile down entry road. Kibet, who was directing again this year, and his volunteers had done a good job of adjusting to the new starting venue. We entered airport road just as we had last year from the armory, but ran the course counter clockwise instead of clockwise. I don't know if they checked the forecast wind before they did that, but it saved us running into that nasty east wind.

The area around the airport is farm country with a few scattered homes and the course is one of country blacktops, a loop course that is triangular in shape. The hypotenuse of the triangle is a county road that parallels the Iroquois River in a southwest to northeast direction and is most of the second and third miles. The heavily forested bank of the river would provide a perfect wind block. When we turned away from the river just before the three mile mark, the wind was at our back.

When I got to the starting line, I took shelter from the wind on the lee side of Dave Bohlke's van with Julie Loving. Kibet sent us off a few minutes after 8:00 A.M. Although the low 50's is usually shirtless weather for me, I chose to wear one so others wouldn't feel cold. Really!

I felt good as we went down the drive, made the right turn on Airport Road, and almost immediately turned left headed south on county road 750 east. This is straight as an arrow and we would hit the one mile mark shortly before the turn on county road 5000 south. Perhaps a quarter mile into the race, Rob Ravens came by me running with an attractive girl I didn't know. I now had a target, although Rob is usually a little too fast to pace for

me. He and his companion seemed to ease the pace when they were 30-40 yards ahead and I focused on staying with them.

My Garmin vibrated the one mile split just as I passed the marker and I could only stare in disbelief - 9:11! 9:11? Somebody call 9-1-1! I'm having delusions, hallucinations, or am in some alternate reality. I'm on a flat course, pacing off Rob, feeling strong, and running inexplicably slow. Suck it up and focus.

We made the left turn onto 5000S and ever so briefly felt the east wind. The blocking effect of the river tree line came quickly and then we turned north paralleling the river. I closed a little on Rob as we went through two miles and the mystery of this race deepened as the GPS reported a 9:16 second mile. I ran faster in the hills of Bloomington and the Perry Farm in my two races last weekend.

Rob's companion surged ahead in the third mile and I closed to within ten yards. It was about this time that a ball cap Rob had stuffed in his pocket fell out. I slowed, scooped it up, and called to him as he was unaware of his loss. He dropped back, took the hat, and thanked me. I briefly moved ahead, but I knew it would be brief. He quickly resumed the lead and began to increase the distance as we turned onto airport road and passed the three mile mark. My third mile was an 8:55. Just one of those days!

The fourth mile was straight west and a lonely mile it was. Rob usually turns on the jets in the last half mile this was one of those days. He finished in 35:10 for first in his age group. I was 50 seconds behind in 36:01 with my fastest mile, an 8:38. The course was a perfect four miles. I was only ten seconds slower than last year, but it was 20 degrees warmer last year. Like the first mile - and second mile - my race was inexplicably slow and the reason will never be known.

The rain started gradually just after I finished and was really coming down within half an hour. Without the use of the terminal building, the post-race would have been miserable. I'm not sure what there was for post-race refreshments because I was focused on the airport authority coffee pot from which I got two most welcome cups.



Kibet rounded up representatives of all four military branches to shake the hands of the winners and the awards ceremony moved right along with five year age groups this year instead of ten year age groups. I didn't notice until I read the results on line that they were non-standard five year age groups, i.e.

66-70 instead of 65-69. There were only 73 finishers, but another eleven had registered and, apparently, decided to sleep in. I was the only runner in 71+ and, once again, the senior citizen.

For Memorial Day weekend, I've chosen to go back to Streator for the YMCA 5K for the first time since 2013 when somebody decided to start the race seven minutes early. I was in the parking lot changing from my trainers to my racing flats. I really hate it when that happens.

Happy Memorial Day! Run for your life!
-Dan

Editor's note:



**I want you for future
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KRRC”!!**

**Only one more left, and
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I get some more
responses!!**

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