



A Special thank you.....

July 1, 2017

Dear Friend,



For the last 22 years, hundreds of individuals, businesses, and volunteers came together and supported a common cause, to raise awareness of autism.

Rest assured, your efforts

and donations have made a tremendous difference in the lives of children and adults who have autism and their families. You have promoted the acceptance of the beauty and uniqueness that is autism.

It is with heartfelt gratitude, we say “thank you” for contributing to the success of the 22nd Annual Kilbride Family Classic. As part of the Kankakee Valley Community, the sharing of your treasure and talent allows the mission of Kankakee Valley Autism to continue. We are pleased to report that over these past years our Kilbride Family Classic Run/Walk for Autism has raised a little over \$220,000.

Your generosity continues to make a difference in so many lives right here in Kankakee County.

Educational materials for parents of a newly diagnosed child, links to resources for services, workshops for our area’s first responders, grants to teachers to enhance curriculums for children with



autism and most recently support for the Merchant Street Art Gallery of Artists with Autism. These are just a small sample of the important ways that your donation will be used.

The level of giving from everyone in our community has been incredible, and we are privileged and blessed beyond words. On behalf of the entire Kilbride Family, thank you. Together, we will find the missing pieces of the autism puzzle.

It’s been a great Run! God bless you,

Gerry & Judy Kilbride & Family

**Kilbride Family Classic 5K Run and 2-Mile Walk:
1996-2017**



Click on puzzle piece to learn more!
Our 1 in 68 can't wait

Who's Who in the KRRC

Tammy Hellings:

1. Why did you become a runner?▪ It all started many moons ago, when I was in junior high. I was one of those kids who didn't mind the running in gym class or the laps we did as a fundraiser. From 8th grade through high school was in XC and track, but don't let that fool you, I was either the slowest or the second slowest on the team, consistently. Fast forward to Grad School and the marathon metaphor was used ALL the time. I would ask myself, "How does he know, has he run a marathon?" So I decided I want to know. And I haven't stopped since.

2. What was your favorite race and why?

▪ This is extremely difficult to answer because I have run so many and they all are awesome! When asked this question I normally answer The Köln Marathon in Köln, Germany. The scenery is beautiful, you get to finish at the Döm, the course is flat, and the last 0.2 miles you run on old cobble stone streets. The post runner area had lost of German food and beer.

3. What are your greatest achievements?

▪ My greatest achievements are the ones I have to work even harder to accomplish, mentally and physically. Running in over 90 degree weather (my first marathon, Hawthorne 12 hour, Christmas in July 24 hour), running with extreme GI issues and then not getting enough water or nutrients (Cornbelt 24 and Hennepin 100), running in extreme thunderstorms, down pours, and mud (Indiana Trails 100).

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



- I have lots of goals I am currently working on! 1) Run Boston (done) 2) Run all 6 World Majors (will finish in 2018) 3) Run all 50 states 4) Run on all 7 Continents 5) Qualify and run Western States and finally 6) run where it all started, Greece!



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

- When things are at the very bottom of tough, I shut up, put my head down, and keep moving forward. I don't cheer, I don't cry, I don't bargain.

6. What is your favorite charity and why?

- I work with a lot of different charities. I have been a part of the Avon 39 for 11 years! I walked two year and the other 9 I have been on the Route Marking Crew. My crew is the hardest working team out there! We work for three days straight from sun up to sun down.

7. What motivates you to get out the door?

- Nothing, it just is a part of me. It is who I am. Well, Mother Nature helps me when I

get see all of the animals out and about.

8. Tell us about your greatest "WOW" moment.

- I saw a coyote chasing a fox at Davis Creek. I remember exactly where it happened and always think about it when I run by that spot. What are the odds of someone seeing that?!

9. Tell us something about you, not running related.

- I not only race on my feet but I also race behind a wheel. My race team has two 1st places but we have retired that car. We need to brain storm something new!

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?

- I'd love to meet Buddy Holly. Maybe he could give me the songs that he never got to do. Yeah, that'll be the day!



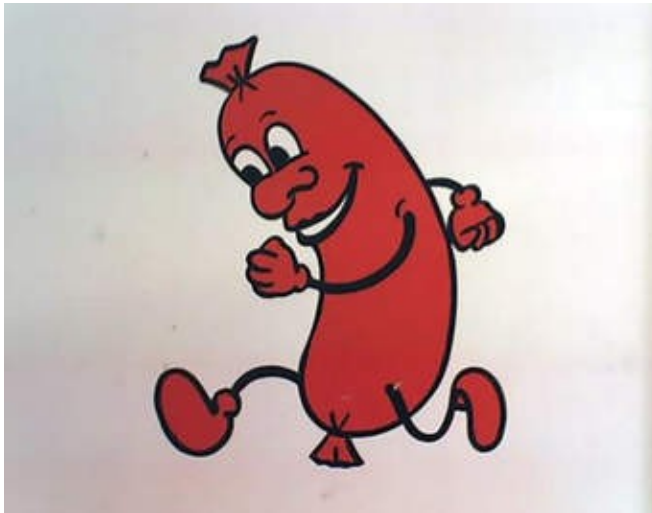


August Birthdays Wishes to:

08/01	Jose Villegas	47
08/04	Bernie Hinrich	60
08/09	Jill Davis	70
08/09	Maria DuFrain	54
08/10	Fabiana Lopez	34
08/13	Madison Bylak	15
08/13	Donna Koerner	61
08/15	Cara Wheeler	52
08/16	Devin Lyons	28
08/16	Matt McQueen	41
08/16	Nancy Ruda	61
08/18	WhiteWolf Kelly	66
08/19	Brian Alberts	32
08/19	Wayne Bisailon	50
08/19	Dee Anna Hillebrand	54
08/20	Abigail Betterton	12
08/20	Lisa Carruthers	40
08/20	Sarah Moon	22
08/21	Terri Tatroe	57
08/22	Trey Pritchard	17
08/22	Alan Toronjo	40
08/24	Mark Nelson	52
08/25	Rhonda Hubert	46
08/25	Terry McGinnis	50
08/25	Glenn Tuuk	48
08/26	Jill Channing	37
08/27	Michael Fitzpatrick	57
08/27	Carrie Greenley	34
08/28	Martha Vana	66
08/29	Amy Sluis	41
08/31	Dan Gould	73
08/31	Anna Wilder	36

Upcoming Events for the KRRC

It's time to picnic again! We will be having it at the same location as last year. The club will supply hotdogs and hamburgers and water and soda. We will do potluck style as always. A side dish to pass would be great from you too.....Those that would like to kayak/canoe before the picnic; you can rent them from Reed's. Picnic is free to dues-paying members. Non-members will have a \$5.00 charge.



Saturday, August 5 at 1
PM - 5 PM

Aroma Park Point Grove
Camp Ground

Click the hotdog photo to
bring you to the
Facebook Event page to
learn more details.....

Some glimpses of the 2016 picnic fun:



Christine Morrical, Chris Snider - enjoying the canoe trip before the picnic.



Too numerous to mention

What the KRRC means to me.....

Linda Curwick: Never ending non judgemental, positive loving support. Friendship and wonder memories!

WhiteWolf Kelly: Friendly supportive, fun group of runners.

MorningSun Kelly: A home of runners who think I did awesome, even when I finish last!

John C. Shimmel: Deversity and camaraderie!

Kibet Rono: Home base!

Kalie Alberts: Friendly, supportive and great to get along with.

Laura Loica: Kindred, Refreshing, Running, Companions.

Ann Hendrix: Super friendly people, constant encouragement, and a wealth of knowledge!



Liberty 5K: by Jen Ingram

Place: Morris, IL Time 7:30 Pm Day July 3, 2017

This is a very put together race and the race director has made things better than last year when I race it. As you know it takes place downtown Morris, IL and winds through some city streets and a park. The folks along the route where hugely supportive and many of the residents were out on their front lawns cheering on the runners as that passed by. If I



remember correctly there were 2 water stations with very cold water that was very welcome on a very warm and muggy night. The start of the race is at the corner of Washington and Liberty Streets. At the start there was a young lady that sang the National Anthem and there was a fly over by three planes. These two things are always very emotional to me being former military. The Liberty 5k is hugely supportive of our military and our veterans and even has a separate award for veterans placing. They have placement for 1 through 3 male and female veterans.



The trophy is an eagle and is totally amazing. I happened to place as first female veteran and was awarded that big ass Eagle trophy. I am so appreciative and was in disbelief when my name was called. I am still a bit baffled by it and have placed it in my dining room for all to see. After the race, there was free beer and free burgers and hotdogs. On that particular day it was Morning Sun Kelley's birthday and she and her husband White Wolf brought cake to help celebrate.



KRRC was represented very well at this race and we took second over all and \$500.00 in prize money for the club. I would definitely run this race again!

Some glimpses of the KRRC...



Ken Klipp - more than just a runner.



Steve Anderson, Jackie Skrobot and Julie Loving - all smiles after some intervals.



Linda Curwick - coming back with a fight!



Nicole Cartier - a picture worth 1,000 words.



Mileen Joines - Ashley Forever 5K in Mokena, survived the hills!