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Who's Who in the KRRC

Ellen Fennell:



Why did you become a runner?

1. I didn't seriously start running until last summer when I needed a way to de-stress. Music was my form of stress release, until I became a music major at Olivet, then it became my stressor. I needed to find another way to relax and then it became an obsession (in a good way!), especially when I got involved with the club. Y'all are seriously amazing!

What was your favorite race, and why?

2. My favorite race so far has to be the Run for a Reason 5K in Tipton, Indiana (my hometown) because I got

to run it with my dad. It's always great to be able to run with him during the summer when I am back home and it's even better when it's for a good cause. The race benefits the Honor Flight charity in Lafayette, IN.

What are your greatest achievements?

3. Becoming a morning runner while in college. The days that I had an 8AM class, I would be out running at 6 and it felt amazing to have accomplished something before most of the campus was even awake. This may not seem like a big achievement, but before I started running, it was a good day if I got up before nine.

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

4. The Tuna Run 200 (relay) in North Carolina is a “must-do” for my running list. The starting line is in Raleigh and it ends at the beach, so it’s always a picture perfect finish! My aunt did this race a couple years ago and she loved it. Just hearing her tell the stories about the race really made me want to do it as well.

What is your positive mantra when things get tough?

5. During tough runs there are two things that usually help me. The first is a kind of meditation where I look around and thank God for everything that I see. Every single rock, patch of grass, cloud, fence post, etc. and I makes me realize how grateful I am to be able to do what I am doing. The second is just smiling. It just reminds me that I really do love running.

What is your favorite charity, and why?

6. World Vision is definitely my favorite charity and my family has sponsored several children through the organization. I am actually running my first marathon for World Vision and raising funds for children in Africa who need water.

What motivates you to get out the door?

7. Just knowing that if I don’t, I will regret it and I hate living with regrets. My day just isn’t productive if I don’t run or do some sort of physical activity in the morning. Also, knowing that there are people who envy what runners can do gets me motivated to get out the door.

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

8. Although it’s a little crazy, my greatest “wow” moment is looking at the number of calories I burned after running 12 miles and thinking about how much frozen yogurt I earned.

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

9. This is kind of crazy, but growing up I loved The Lawrence Welk Show. My family and I watched it together every Saturday night and my favorite part was watching Bobby and Sissy dance. I'm not sure if it was her pretty dresses or the music and rhythm, but something about it was, and still is, comforting.

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?

10. I would want to interview Diego Estrada, a professional runner, who has overcome so many challenges in his life, but he continues to run. From being denied from running for team USA in the London Olympics to having multiple marathons DNF's and injuries, yet he still loves running. I would love to ask him how he keeps his passion alive when a lot of major disappointments came from running.



September Birthday Wishes



09/03	Andrew Passwater	15
09/05	Mary Arellano	32
09/07	Kim Alberts	55
09/08	Donna Meredith	58
09/09	Karen Dannenhauer	52
09/09	Matthew Gonzalez	9
09/10	Kalie Alberts	27
09/12	Richard Vana	67
09/13	Larry Bosley	71
09/14	Brian Tatroe	61
09/15	Jonathan Arendt	36
09/16	Todd Kutemeier	46
09/17	Deb Caspary	52
09/17	Tara DePoister	12
09/20	Sara Fix	51
09/21	Leslie Kutemeier	41
09/21	Michelle Walsh	64
09/22	Anthony Horn	48
09/23	Emma Horn	13
09/23	Jerry Kuntz	62
09/26	Kathy Meyer	57
09/26	Lorrie Simington	66

**I EAT CAKE
BECAUSE
IT'S SOMEBODY'S
BIRTHDAY
SOMEWHERE**

**I DON'T
KNOW HOW
TO ACT MY
AGE.

I'VE NEVER
BEEN THIS
AGE BEFORE.**

Race Reviews

Ashley Forever Memorial 5K Reviewed by Steve Anderson

It's the middle of summer, you are someone that likes to race every weekend, and you find an empty weekend on your calendar. What to do?

For me, I decided to drive up to Mokena, IL and run the inaugural running of the Ashley Forever Memorial 5k. I am sure most of us that run locally are aware of the AshleyCan Foundation and the great events they put on each year. It seems those events always have a nice KRRC presence supporting such a worthwhile cause. So for me, it was a no-brainer to make the short drive north and support a brand new event they were holding.

The race was held in the Hickory Woods Forest Preserve in Mokena. As I pulled into the parking lot, I realized that we were going to be in for a pretty scenic race. The race started by a pavilion in the park and was an out and back course into the preserve. As all the runners toed up to the starting line it was interesting to see that we would immediately descend down a decent sized hill before the course would flatten out a bit. So, you know what that means? The final push to the finish line would be all up that same hill. I liked that a lot because it was different from most races and would present an added challenge.

OK. On your marks, get set, go!

Down the hill we went and immediately into a nice shaded area of the forest which was pretty consistent for the entire race. As we all headed out I was wondering if the path would be wide enough once those heading back were passing those heading out. This soon proved not to be an issue. Even with folks not in the race out enjoying the morning on their own walk or bike rides, there was still more than enough space. A few rolling hills awaited us as we wound our way out to the turnaround point. Here we found a well placed water station manned by friendly volunteers and headed back to the finish line.

Next, came the part of the race I really enjoyed. While not all people are fans of out and back courses, I enjoy them for the reason that you get to see everyone out on the course. The next mile was filled with passing folks I knew and us being able to encourage each other if only for a brief moment. One thing I can tell you is that there were a lot of

smiles out on the course this morning. Whether a runner is a speed demon or the Little Engine that Could, I always love seeing folks putting their all into it regardless of what their finish time may be. This race had a fare amount of both, and it was great to see everyone saying hello to each other as we passed by each other on the course. It was definitely a race where you could feel the good vibes that come from the camaraderie of being around other runners.

So.....back through the rolling hills and suddenly I'm at the mile three marker. Yup, it is time for the final push and there, as expected, was that final hill awaiting. It almost felt like that hill was grinning at you knowing you would have to dig deep to get up it. But you know what? As good a mood as this race had me in, I just grinned right back and up I went. Halfway up you could see Dave Bohlke's world famous finish clock and I knew the end was in sight,

After I finished I made my way back to the pavilion where water, bagels, donuts, and bananas awaited. If you know me, you know I went right for the box of donuts. :) Next came a great time of mingling with other runners and KRRC members. It seemed unanimous that we all had enjoyed the course and had a fun time.

Next up, as with all AshleyCan races, Maureen spoke to us about the purpose and history of the Foundation. As a parent, no matter how many times I hear her story, it is still hard for me not to get emotional. This is the main reason I will continue to support their events. There are so many races out there to choose from. But when I run in an AshleyCan race I am confident my entry fee is going to support a good cause.

Hey, it's now awards time!

Medals were given out for overall male/female, masters division, and age group awards. It was good to see some familiar faces walking away with some bling. I was awarded third place in Male Masters. And yes, I still have a hard time accepting I am in that age bracket now. :)

As we all left and I reflected on the morning I found myself hoping that this will become a yearly event. It was neat to run in the first rendition of a race, but it would be neater to watch it grow from year to year. With a great venue, great course, decent attendance, and being for such a worthwhile cause, it is hard to imagine that it won't.

Hopefully I will see some of you there next year for the second running!



Upcoming events/races

36th ANNUAL RUNNING OF THE HERSCHER

Hare & Tortoise Race 5K RACE & 2-MILE FUN WALK



September 3, 2017

5:30PM

Herscher High School (football field)

A must race for the Super 7 Series participants!

Click the Hare and the Tortoise to enter the race registration web page!



Kricket Baltz

**2016 Hare &
the Tortoise**

**Kevin Dockemeyer
Greg Harrison**



Some glimpses of the KRRC:



**Gail Passwater and Nena Lynn
at the “Ken Klipp Classic”**



**Dan Gerber at the “Pixie
Run”**



**KRRC ladies having some fun at
the “Firefly”:**

Valery Denby

Laura Loica

Frankie Avalon

Angela Bylak