



If I couldn't run anymore.....

Gail Passwater:

If I couldn't run anymore I'd do what I'm currently doing, weight training in the gym and taking fitness classes when I can. I'd probably get back into yoga more. I think I'd also volunteer at the club races. That might be tough at first because of the disappointment of not being able to run them. I love running then so much.

John Schimmel:

Read. Then read some more. Then when that's done, I'd read some more!

WhiteWolf Kelly:

Nothing! Because I'd cease to exist!

Upcoming races/events:



Not a club sponsored event, but KRRC is getting together a team and would like you to join for the great cause! **Click on Jingle Bell photo to take you to the signup page!**

From Valery Denby: 9 a.m..... 12/3/17 at Kankakee Community College. I was hoping to pass last years count and get 100 people to join the team "KRRC". You don't need to be a member to join the team for this race. This year I will be drawing a name,

from those entered to win a massage from Spa Remedy and whoever raises the most money for the team will get a basket of Scenty products.

Click Here


**“Hustle to
 Halloween Fall
 Challenge**



Thank You Party”

Hustle to Halloween Guy-blins vs. Ghouls Challenge. **Saturday, Nov 4th 6 to 9 pm**
2090 E 4000 N Rd Bourbonnais, IL . It’s the old Harvest Time Pumpkin Farm.
 Costumes definitely welcome. Anyone is welcome and kids, grandkids welcome!

November birthday wishes to:

11/02 Aidan Brav	10
11/04 Troy Lovell	48
11/05 Bryce Baker	42
11/05 Bonnie Lewis	36
11/07 Mark Bowman	63
11/08 Nydia Beard	44
11/08 Kathy Fouts	41
11/11 PJ Denault	30
11/14 Claudia Bowen-Berhanu	52
11/14 Natalya Villegas	12
11/21 Kelly Martin	41
11/22 Elizabeth Navarro	12
11/23 Megan Vincent	26
11/24 Shaun Brav	40
11/24 Marc Spenard	56
11/25 Brent Long	47
11/25 Bethany Panizzi	37
11/26 Tina Spenard	52
11/30 Laura Sproat	34
11/30 Cindy Walters	46



“Morris Corn Fest Race” Review by:

Dan Bullock

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On Saturday, Sept 30, I ventured out to Morris for the Corn Fest 5K. I had never done this one before but I needed it for the “Run for Morris”.

That is a group of Morris area races that you need to qualify for an award and some other prizes. There are five races and you need to finish four of them to be eligible as long as one is the Liberty 5K in July. I ran the Super Hero in April and the Liberty but I missed the Octoberfest in order to run in Dwight that day instead. That meant I needed the Corn Fest and Run the Beat to make my four.

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The day started out cool as I drove the hour or so to Morris. I didn’t think anyone else from KRRC would be there. After checking in, I saw some familiar faces: Ken Goodwin, Mark Nelson, Clint Carter, Dan Gould, and Pat Koerner. The sun came out and the day warmed a bit for ideal running conditions. The course was one large loop and completely flat. I got off to a good start and settled in for a nice, steady run. I finished in 29:32 for my best time this year. The snacks had the usual apples, bananas bagels and something I hadn’t seen at a race, string cheese. Nice touch!

I recommend this race to our club members because it is flat, well organized, and is part of the Run 4 Morris.



Dan Gould and Dan Bullock at Morris Corn Fest



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**“Whiskeydaddle”, reviewed by:
Valery Denby**

A group of us (pictures below) and John Schimmel went to Peoria 10/7-8/17 and did the Whiskey Daddle Races. There were 2 marathron relay teams and a marathon runner. The temp was 77° but in the sun felt like 99°. Everybody who worked it was great. When we got to pack pick-up it didn't feel like a expo, maybe due to the rain on Saturday, only day to get your bib. The 1/2 zip up hoodie is nice; you may want to go up a t-shirt size. If you run the relay you need to come up with a drive plan and if aren't from the area or never did it before you may think about driving it first. Matt Nathanson was the concert you go to see Sunday after the race, for free, if you stayed. The course has rolling hills and one big hill at 7.5 mile. You start and end in downtown, run thru subdivisions, and a zoo somewhere in the last 7 miles. They had water stations about every 2 miles. They had many races and different finisher awards for them. I hear a wonderful hotel to stay at is Mark Twain; you can walk to the start/finish line. We even had a guy go to break the Guinness World Record for kicking a soccer ball all 26.2 miles of the marathon. I personally will not do the relay again but the other races...maybe.

Thank you,
Valery and KRRC running friends.....



Laura Loica, Angella Bylak, Valery Denby, Debbie Dye



Laura Sproat, The Wolf, Jackie Skrobot's sister-in-law, Jackie Skrobot, Steve Anderson

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Some glimpses of the KRRC:



Marc Spenard, Mary Ellen Williams, and Kalie, Craig, Brian Alberts at the Gigi's Playhouse 6K. Doing that extra "K" for that extra chromosome!



Marianne & Paul Suprenant at the Great Pumpkin race at the Kankakee State Park. The cause is for teen moms.



Madame President Tina getting out, and racking up some miles for the **“Hustle To Halloween Fall Challenge”**

Ken Goodwin and Daniel Gerber all smiles after the “Great Pumpkin Race”, sporting some medals! A nice race held at the Kankakee State Park, for a good cause!





The club Christmas Party is when we have our annual election of officers.

Current officers are: President – Tina Spenard, Vice-President – Chris Snider, Secretary – Mileen Joines, Treasurer – Dave Bohlke, Trustees – Dan Bullock, Pat Koerner, Christine Morrical, Marc Spenard and Cindy Walters.

Cindy Walters has indicated she will not be returning to the board in 2018, so we are currently seeking nominations to fill her Trustee position, but any board position can be challenged by a nomination.

Please forward to us any names for nomination. If there are any positions for which we have two or more candidates, we will do actual balloting at the party.

Otherwise, the board will be approved by a voice vote.

krrclub@gmail.com

“Whenever I go running, I meet new people.....like paramedics!”

“Hills hurt, couches kill!”

“I’m always weirdly proud when my pee is clear....like Hell ya, I’m so damn hydrated!”

