



My favorite power song when I run is.....

[MorningSun Kelly](#) Rarely listen except sometimes on treadmill but either “Life is a Highway” or “Living on a Dream” or “Brass in My Pocket”.

[Laura Loica](#) “Thunder” by Imagine Dragons

[John C Schimmel](#) Anything by Joe Bonamassa and Beth Hart.

[Valery Ybned](#) Too many, but at the end of a run love hearing “Eye of the Tiger”.

[Ken Goodwin](#) “Thunderstruck”

[Nicole Cartier](#) “I’m an Overcomer”!

[Tina M Spenard](#) “Vivir Mi Vida”- by Marc Anthony (Pop version)

[Andé Wegner](#) “You’re Going Down” - Sick Puppies

[Jen Deets Ingram](#) “Money for Nothing”, by Dire Straits.....”Run” by the Foo Fighters

[Daniel Gerber](#) Anything by the Armed Forces Top 20 Running Cadences! (Nothing like a drill sergeant to motivate you)

[Patrick Koerner](#) “2112” by Rush. The drum track is AMAZING!

[Tammy Hellings](#) “Shake it Out” by Florence and the Machine

[Marc Spenard](#) “Games People Play”, by Inner Circle



Race Reviews

3 Generation 5K....

Father, Daughter, Grandson run in the 22nd Kilbride Family Classic 2017

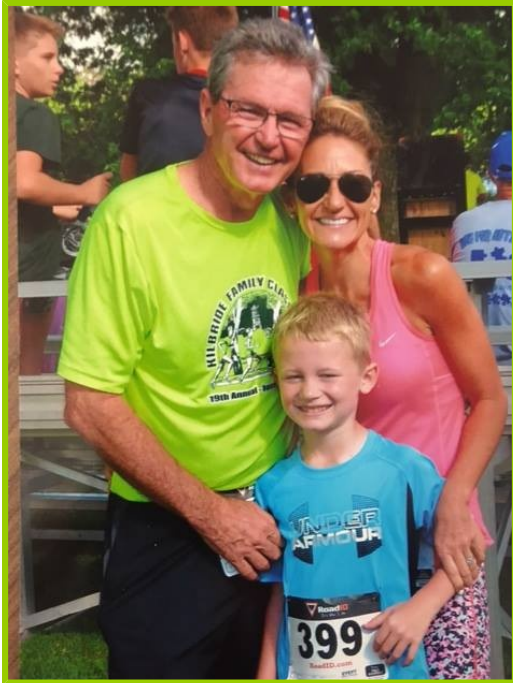
The highlight of my summer was running the Kilbride Family Classic 5K back in June, a race that members of our family have thoroughly enjoyed in recent years. KRRC Member Jerry Kuntz (62), my daughter Jill Naese (35) and grandson Lincoln Naese (7) ran the race, Lincoln's very first 5K at (7) years old. After discussing first with my daughter Jill, all agreed that Lincoln might be ready for a race, he had a few years of soccer under his belt, our little guy simply loves to run. He runs, skips, hops and pops everywhere he goes, something he started at age 1, this energetic little guy can hardly ever sit still. He ran in his first Kilbride race at age 3, the kids sprint along the Kankakee River with papa by his side, just a few short years ago.

Gladly Lincoln agreed to participate in his first 5K, but was not quite sure what was ahead of him! He has seen papa and his mom run many a race. He wanted to please his mom more than anything we think. It took some coaxing from mom, but in the end Lincoln thought what the heck, I will give it a try. Race day came, he was quit and so nervous! Hugs all around and more encouragement during the pre-race social time, the kid was ready to hear the magic sound of the starting horn, a sound we hope he experiences for a lifetime.

We got to the line, and we were off. He started strong, staying comfortably beside and then in front of papa for the first two miles, then inching ahead with mom encouraging and keeping a close eye on him through mile 3. The little Linker-boo did great, pausing only for some water and a brief 10-step walk near mile 3, then once more as we got near the Cobb Park finishing stretch. Once he saw the finish line, he left his papa in his dust, the



poor little guy was as red as could be afterwards, and relieved that he met his goal to finish, and at a very respectful 32:39 we might add! After a few minutes of recovery, he was smiling ear to ear, not getting too far from his mom's side. Papa loved every minute of his Father's Day gift; it was a very special day, one I will never ever forget.



Lincoln was really beaming when he stepped forward for his 3rd place trophy finish in the 9 and under age group. After he accepted his trophy, he was hooked, he was so proud of his first trophy. Summer soccer has kept him busy since, we are planning for a fall 5K or the Jingle Bell in the very near future for his second race. Run for your life little Lincoln!

To top off the summer, our family got to experience the Chicago Marathon as spectators, viewing Jill's first full 26.2. Jill was joined by her aunt and my younger sister Mary Kuntz Lee, an accomplished runner since high school at Bishop McNamara. Our father started it all back in the 1960's, running most every night on Route 17 East for many years after his hard-day of work at COMED. He instilled in his 10 children the virtue of keeping healthy and fit.

We as a family (uncles, aunts, and cousins), have run a number of Half Marathon's together in Indianapolis at the Indy-Mini, a first weekend of May race I highly recommend. My brother Tom Kuntz has a few Boston's to his credit, we all plan a few races together each year to keep motivated.

Jill had worked all summer long preparing for her 4:03 finish in Chicago. She looked very strong the entire race, with great energy, cadence, form, and attitude, another proud and memorable moment for her father. We are all motivated by the healthy lifestyle running provides, regardless of age, and believe that it brings so many positive experiences and new friends into our collective lives. This is a happy story of passing on that family experience, one generation at a time.

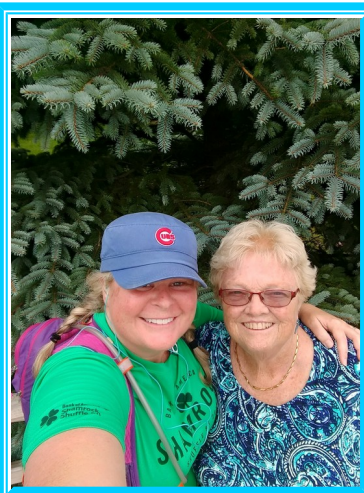
Onward and upward I say! Run for your life!

Jerry Kuntz



Race Reviews

Kalamazoo-Run Michigan Cheap Race Review by Debbie Dye



On my quest to run a race in every state, I crossed Michigan off my list this summer. I saw my Aunt Cate at a family wedding this spring and she asked me. "When are you coming to visit?" I have to admit that the first thing I thought was Hmm... I could run a race in Michigan (we've all been there; find a race wherever we go!).

On Sunday July 23rd I ran the Kalamazoo- Run Michigan Cheap 10k. The race had a half marathon, 10k, and 5k options. Run Michigan Cheap says it in the name. The half was \$30, the 10k \$25, and the 5k was \$20. You got to love those prices! The race director stated that the reason they started these race series was to showcase the beautiful state parks of Michigan at affordable prices so all can experience them. He was funny and said this race wasn't about getting a PR but staying out of the ER, emphasizing there were not a lot of volunteers on the course so everyone needed to be aware and run safe.

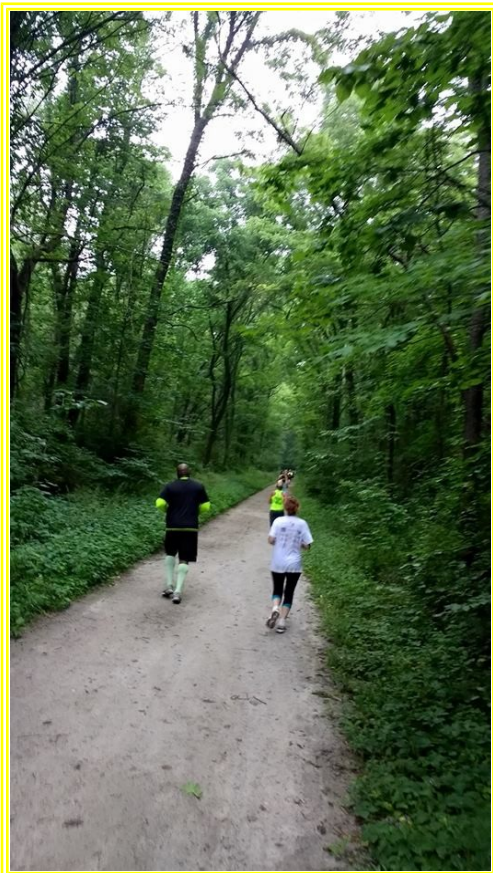


At 8am 149 racers gathered at the gorgeous Kal-Haven State trail located in Michigan's Lower Peninsula. The course consisted of a crushed limestone path with towering trees giving us a great shaded path. For me, the scenery was the best part of the race. All of the trees and ferns were a lush green. We ran over a few wooden bridges crossing bubbling creeks and I even saw a mama and baby deer. They didn't care about us, they

just kept on foraging. It was an out and back event and the entirety of the course were run on the Kal-Haven trail in the state park. The weather that day was a beast. It was a sweltering 75* with 95% humidity. Ugh. By the end of the event we were all red faced, sweaty messes but sporting big grins. We got a nice cotton tee shirt and all finishers got a medal. There were no age group awards.

I would not recommend the half marathon for a first timer. The water stations weren't manned, though there were folding tables with water bottles on the side of the path. I didn't see any medical support on the trail either. However, I don't think it would be an issue for an experienced runner who has done a few longer distance races.

Overall, I liked this friendly low key race and I would recommend the Run Michigan Cheap Series!





Veterans Day 4 Mile Fun Run

By Daniel Gerber... USN

It was not your average run; one with t-shirts, or age group medals, It was much better than that! On a cool, crisp morning of balmy 19 degrees on November 10th, I found myself at Heritage Park in Manteno staring at the vacant front of the Manteno Elementary School across the street. John Schimmel just arrived, so I

knew I wouldn't be running alone. Soon, the rest of the team arrived complete with patriotic flags and dressed in their battle gear. Our team ranged in Veterans from



Vietnam all the way to Iraq Freedom; some with Purple Heart medals. I quickly turned on my Military Greatest Running Cadences and threw it in my rucksack and off we went. Almost like on cue students and teachers began streaming out of the school as we approached; directed by their field general, Principal Matt Glen (who many of us know from the running and triathlon clubs) As we passed, each student and teacher gave us a high five and if one of the kids missed one of us, they would run ahead to make sure

they got everyone. As we made our way down South Creek Street, we could see people peering out of the windows of South Creek Animal Hospital (where Ande' Wegner (from KRRC) is in charge. On our way next to the Middle School car horns were deafening and we were shadowed by the police who wouldn't hesitate to turn on their lights to allow us unimpeded through an intersection. The students at the Middle School were a little louder and rowdy; I thought the principal (Dave Conrad) who is built like John Candy's smarter brother in my opinion was going to give me a belly buck, but instead smacked my palm so hard you could heard it echo off the school! The high school was the loudest of all, but we had our sparkplug, Jen Ingram who could be just as loud! After posing for a picture for a police officer, we headed uptown where we were greeted by the Chamber of Commerce, the Village Hall employees, as well as city workers and those deafening car horns as we made our way through town and back to Heritage Park at about a 10:30 to 11:00 minute mile pace. Anyone who thinks this sounds easy, should try running 4 miles carrying a 3 by 4 foot flag the whole way in the wind! Afterwards, we had some chow at Yannis Café in downtown Manteno. The reason I wrote this is to encourage any veterans in the running club, or any runner who supports Veterans and can run 1 mile in 11 minutes, to join us next year as it wasn't a 4 mile race; but much better, and more fun than that!

**Military
Warriors
Veterans Day
Run Squad**

Left to right:

Brian Harvick-
Marines

Shaun Brav-
Army National
Guard



John Schimmel- Army

Jen Ingram- Navy

Eden Puente- Army

Daniel Gerber-Navy

Dan Combs- Navy

Eric
Peterson-
Army
National
Guard



12/01	laura Altenberger	38
12/01	Mileen Joiner	61
12/01	Jesus Gonzalez	46
12/03	John Schimmel	68
12/03	lorri Simpson	54
12/03	Mark Walker	45
12/05	Kyle Lovell	15
12/05	lauren McNally	16
12/05	Melissa Zigrossi	37
12/07	Ron Sieling	48
12/08	James Lopez	43
12/12	Beth Rademacher	56
12/13	Cindi Chouinard	57
12/13	Tierra Arendt	18
12/15	Chris Fritz	41
12/17	lucas Rattin	41
12/18	Julie loving	49
12/21	Ali Denault	31
12/23	Tracie Saffell	50
12/28	Tom Baltz	47
12/28	Ryan Broom	38
12/28	Natalie Kahl	5

12/29

Logan Rattin

12

12/31

Bob Mason

45

Upcoming events/races



December 3rd:



Click the Jingle Bell to take you to register for the Jingle Bell Run in Kankakee. Join our team **"KRRC"** if you already have not done so.....it'll be a fun run!

December 8th: Christmas Party...See everyone there who signed up for this special event! Come for some fun filled night of good food, dance, and great KRRC people to make the night memorable! And, voting will take place for a new president!



