



January 2018 Vol 40 Issue 1



A word from our new president Steve Anderson:

Dear friends and fellow runners:

First off, let me begin my saying how humbled I am to have been elected club President. I am beyond grateful for the opportunity that the members of this club have set before me. I have never been very good with words, but here we go.....

A little over two years ago I found myself dealing with some really tough things in my personal life. I wasn't sure what the future was going to bring and I needed an outlet. Now, I had dabbled in attempting to be a runner from time to time, but never had

much luck. Either I would end up injured, or I'd just get burnt out. However, as I needed some sort of outlet, I set out one Fall evening for a run to try and blow off some steam. For whatever reason, I've always found running as a way to escape for a little while. It is a way just to get out and clear my head and work through things. As I mentioned earlier, something always seemed to go wrong and I'd give up on running. This time, I was determined that things would be different. This time, I was not going to quit.

Fast forward a few months to the Spring of 2016 and to my surprise I was still running. Not only that, but I was running distances farther than I ever had. It felt good and to this point I had remained injury free. I even felt good enough that I decided I was going to attempt to run my first half marathon. I was nervous. I thought I'd lost my mind. But I kept at it. And somehow, by the grace of God I finished.

It was about this time that I came across a page on Facebook for something called the Kankakee River Running Club. I had lived in the area for several years and never knew that such a thing existed. After some back and forth debate with myself I decided to join the club. Now, keep in mind I didn't know a

single soul in the club, but for whatever reason, it seemed like the right thing to do.

A few weeks later I ran a 5k at Perry Farm. I noticed a guy in a KRRC shirt so I struck up a conversation with him and mentioned I had just joined the club. He was genuinely nice and invited me out to the group runs at the YMCA. After the race another guy in club gear noticed me sitting by myself and came over and started chatting with me and the club came up again. I don't think I've ever told Rich Olmstead and Dan Bullock how much that meant to me that day, but their kindness made me want to get more involved in the club.

The next week I went to the Y on Tuesday and ran with the group for the first time. I was blown away by how friendly and supportive everyone was. It was then, that I knew I was where I was supposed to be. Over the Summer and Fall of 2016 I made a ton of new friends. My social circle went from one or two people to several dozen. This club became like an extended family to me. It made me feel supported enough that I did the unthinkable. I signed up for my first marathon. Yup, I'd gone full blown crazy!

The support I'd felt before seemed to triple when folks found out what I what I had set my mind to. I was never without words of encouragement or someone to get me through those first few grueling long runs. And come race day, another new friend I had made in Craig Alberts, was step by step with me for the first 22 miles. Chatting with him as we went definitely made things easier and before I knew it I had finished, I was an emotional wreck when I crossed that finish line. I could not believe how far I had come. From someone feeling completely lost in life when I stepped out for that first run, to someone that had just completed a marathon thanks to a huge support group.

It was then that I realized I wanted to give back to this club as much as it had given me. And now, I find myself as club President, with an opportunity to do so. I have always felt that the heart and soul of KRRC lies within it's members. The way you support each other. The way you encourage each other. And most of all, how genuinely you all care for each other,

As President, my biggest hope is that I can in some manner help you all to keep that going and grow it to ever higher heights. The relationships built in this club can last a lifetime. The folks that this club has brought into my life mean far more than any finishers medal ever can.

In 2018, my hope is that as a club we can grow those relationships, and push each other to meet our goals. That at a time when it seems like so much in our society is aimed at dividing us, that this running club can be a place where we can turn for support, fellowship, and positivity.

I look forward to serving each of you. You each continue to inspire me in the ways you support each other. This is a truly special group of people. And as I stated when I began, I am truly humbled to be your President.

I cannot wait to see what we can all accomplish together in the coming year!

Reflections on the 42nd Annual Marine Corp Marathon



By John Schimmel

Let me just start by saying that I realize this is “old news” to some of you veteran marathoners. So I apologize from the start for gushing over things that perhaps seem a little hokey to you, and certainly old hat. I ask that you indulge me for these few moments. It was a one-time experience for me, not likely to be repeated in my lifetime.

I journaled my training regimen and experiences as I prepared for the marathon. I only started “competitive” (competitive for myself that is) running about 3 years ago. Five years ago, I had no intention of ever running a 5K, let alone a half or a full marathon. Good grief! Are you serious? But thanks to my daughter, I found myself, first intrigued, then drawn to, and lastly almost obsessed by the thought of actually running not only a marathon, but the “**Marine Corp Marathon**” in Washington DC!

If you would allow me, here are some of the reflections on the experience, reflections and memories that I will have forever and memories that I was fortunate to share with the love of my life, my very supportive spouse Cindy, as well as my grandson Cody and daughter Jennifer who surprised me by flying in on Saturday.

Some of the memories:

1. 4 a.m. training runs
2. Burning through 3 pairs of Brooks Ravenna's.
3. Being surprised by my daughter who flew in from Sunray, TX (try finding that on the map)!
4. Meeting Brandon, double amputee vet, wounded on his second tour in Afghanistan.
5. Meeting and high fiving as many Second Lieutenant Marine officers as possible.
6. Meeting and talking with Mary from Boston. I don't know how old she was but she was close to my age and running her 8th MCM!
7. The somewhat uncomfortable warm temperatures, although gorgeous and very comfortable for the spectators.
8. All the supportive comments about my shirt. Front simply had "Faith"; the back, "I have fought the good fight, I have finished the race, I have kept the faith". 2 Timothy 4:7
9. Putting my name "POP" on the front and back of my shirt. Many runners and spectators spoke to me and encouraged me by name. Some, seeing the signs my family was holding up, went up to them and told them, "He's coming; I saw him; I just passed him."
10. The lady running through Rozlyn Woods. Her shirt on the back simply had a shamrock on it with the words, "For Dad".
11. Arriving at the first "Vaseline" station thinking it was GU on a stick, putting it in my mouth and hearing the volunteer behind me scream, "he ate it"! I did promptly spit it out!
12. All the signs. One of my favorite was "My Mom is a bad ass Marine"!
13. Running through Georgetown, by the Potomac, down the National Mall, past all the memorials, "beating the bridge" running through Crystal City, the beer (went down good and I don't even drink), Arlington, the Pentagon, the finish.
14. The all girls drum line at the bridge.
15. Open fire hoses.
16. Running part time with police officers and marines, all in full gear.
17. The mother, tethered to her daughter with a red cord, because she was running the marathon with her Down Syndrome blind daughter. I know they had to have finished; I came upon them at about mile 24.
18. All the amputees.
19. The blue mile.
20. Being presented my finisher's medal by a young marine and a crisp salute.

21. Celebrating afterwards with my family with a dinner cruise on the Nina's Dandy on the Potomac.

There is much more I could share, but this gives you at least a small sample. I hope everyone who runs, never loses the child-like fascination and the rush accompanying the experience. And I hope everyone realizes that the ability, and health necessary to do this, can be gone in less time than it takes to run a marathon. I'm thankful God gave me the health to do this; if never again, at least to enjoy this experience in 2017!



Super 7 Series

Contest is open to all KRRC MEMBER RUNNERS and WALKERS.

Two options to choose from below.

Super 7 Series (1st option) requirements

- Complete 2 club-sponsored races.
- Complete 5 your choice races

Participant receives a Super7Series T-shirt

Super 7 Series Sidecar (2nd option) requirements

- Complete 4 club-sponsored races.
- Complete 3 your choice races

Participant receives a Super7Series hooded sweatshirt and a special medal

The 4 club-sponsored races are:

- Winterfest 5K
- Pause for Patriotism 5K
- Bourbonnais Friendship Festival 5K Run / 1.5M Walk
- Herscher's Hare and Tortoise 5K Run / 2M Walk

Your choice race is:

- Any race from 12/1/2017 through 11/30/2018 (including races you ran before signing up for the series) that is timed and has published results. Your race time or placement in your age group does not matter, but you must be a finisher..

To get credit for your races you must do the following:

- Send an email to Kankakee River Running Club
- Subject Line: Super7Series
- Body of email should include: Participant's name, name and date of the race. We will maintain a tracking spreadsheet on the club website of all reported races.

The Super7Series entry fee is \$15. You may enter via PayPal at the club website www.KankakeeRiverRunningClub.com or by submitting the entry form below along with payment. Entries and payments must be turned in by July 1st, 2017. Participation in the Super7Series does not include any race entry fees which are the responsibility of the individual. Go to the club website for a list of available discounts and other benefits of KRRC membership.

[Printer Form registration click here](#)

Sign up online:

<http://www.kankakeeriverrunningclub.com/>



A few thoughts of your year in review 2017

Alison Maddux I started back up with Couch to 5K at the end of April of this year and have really taken off from there. This week, I'll complete my second time through the 5K to 10K program. My speed, endurance, and overall happiness have improved a ton this year! My next goals are to run a 5K in less than 35 minutes and to beat my PR for 10K, which is currently 1:13.

Steve Anderson Wanted to run my first marathon. I ran two. I can think back to when I thought I'd never even be able to do a 5k. Hard work pays off.

Terri Putnam I had taken off 7 months from running since my Mom died and adjusting to my new life. I had gained 47 lbs and in April did my first half-Marathon in Naperville and it was in memory of Ashley Montgomery. I did it in 3:30. I began training for the Chicago Marathon and watched my weight start to drop. By the time I did the Ashley Forever half-Marathon in September, I did it in 2:48 for a new PR. I had completed 17 weeks of marathon training done when I fell on Davis Creek. I was on a path to run a marathon in under 6 hrs. I am now coming back from my hip bruise.

Jackie Skrobot Well where do we start....started out the beginning of the year losing a spouse and not sure how I was going to move on being a single mother. I thought moving away and starting over again would solve my problems but little did I know that things happen for a reason. Lucas and I ended up staying and I moved on to a new job in August. I met someone that has helped me take on so many new challenges and taught me to believe in myself. He pushed me to sign up for a marathon in 2018. I have PR'd my 5k, 10k, and half marathon times since having Lucas. I also completed 3 sprint triathlons. Here's to new adventures and challenges in 2018

Debbie Martin Dye Two half marathons, one 15k, two 10k's, three 8k's one 4 miler, one relay, and ten 5k's...and a partridge in a pear tree.

Rick Lagacy This was a big come back year for me. After a long 2 year recover from a calf tear. I managed to PR my marathon, half marathon and 10k times. I just accomplished a 24 hour running race in the mountains of California. I never thought I would run for 24 hours. To top it off our team took 2nd place!!



Your 2018 Kankakee River Running Club Officers. Back row – [Tina M Spenard](#), [Patrick Koerner](#), [Chris Cote Snider](#), [Dan Bullock](#), [Steve Anderson](#), [David Bohlke](#), and [Marc Spenard](#). Front - [Mileen Mohr Joines](#) and [Rhonda Brouillette-Hubert](#).

**Any info you would like to see in the upcoming newsletters can be sent to me:
Always looking for great stuff.....
mспенard@hotmail.com**

January Birthdays

01/01	Debra Cox	55	01/08	Lynn McGinnis	43	01/24	Gerald Sala	47
01/04	Danielle Perkins	27	01/09	Frank St. Paul	62	01/25	James Martell	63
01/04	Cindi Reddish	63	01/12	Rick Livesey	65	01/28	Heather Fox	41
01/04	Ashley Wheeler	28	01/13	Brianne Robson	??	01/29	Dianne Strufe	78
01/05	Daniel Gerber	59	01/16	Griffen Kisner	45	01/30	Dave Dressler	48
01/07	Jessica Betterton	42	01/18	Nena Fournier	50	01/30	Luke Horn	12
01/07	Jen Ingram	44	01/20	Taylor Ewing	24	01/31	Mia Brav	14

2018 Dues Are Due

If you haven't already paid them, your 2018 dues are now due. Dues are \$15 for an Individual Membership, \$25 for a Family Membership for email delivery of the newsletter.. If you receive the newsletter via regular mail, please add \$5 (\$20 Individual, \$30 Family) to help defray the extra costs of printing and postage. You can pay online via PayPal or credit card by going to the club website: www.KankakeeRiverRunningClub.com or by check to KRRC, 202 TivertonRd, Kankakee, IL 60901. Thank you for your continuing support of the club.