



Who's Who in the KRRC:

Heather Fox



Why did you become a runner? I became active when my a1c was out of control. A few of my runner friends agreed to help me reach one of my 2017 goals of doing a timed 5k. So I started walking well cause I am worth it and I wanted to live.

What was your favorite race, and why? I have two currently. My favorite event was The Warrior Dash in

MO. It is obstacle 5k. I recalled stopping with tears of accomplishment and exhaustion that year ago no way would I have believed in myself to even attempt it. I mean I jumped over fire. I lived. My second was helping a new friend accomplish a goal of a 10k at the Hobbler Gobbler. It was not really about the race but about the company and memories made.



What are your greatest achievements?

Oh I think really believing that I can do it. Oh and that it is my race at my pace. I am worth it. That is my mantra

Do you have a “bucket list” race/event? HMM, I am going to compete 13.1 in 2018. I am hoping at some point to do overnight hike long trail with a friend.

What is your positive mantra when things get tough? “I am worth it”

What is your favorite charity, and why? Hmmm I don’t really have one that I have connected to.

What motivates you to get out the door? I don’t want to let my Diabetes win. I also want to choose better habits. I like to eat you know carbohydrates.

Tell us about your greatest “WOW” moment..... So far competing in The Warrior Dash. I was at family gathering talking about some of the events. My 5 year old nephew said “You are getting stronger Aunt Heather” Remember you never know who you are impacting and why. You might be someone’s hero!

Tell us something about you, not running related. We want to know more about you... Our family has some huge goals in the next 12 to 18 months. As I am writing this. Those goals seem so unattainable. So if someone reading this has had success budgeting sticking to it. Fixing their credit. Oh and let’s talk about meal planning. Man I would love to be able to do that. I am a true believer of sharing your goals surrounding yourself with people who are there or will be there to encourage and

push you. So here is to taking steps to be homeowners in Tennessee in 2019. Here is to picking new habits to reach all those other goals.

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? To be honest I really enjoyed the Christmas party and interviewing team members. I am so new. I was amazed at all things you have done. I love hearing about the races/events you have done. I love seeing your reactions. I think I would set up red robin table and do speed dating for racing.

A word from our publisher/editor:

So you still like the “Who’s Who in the KRRC”? I still need your input for some more inspirational stories to add to our future newsletters! Don’t like the questions? Write some up, answer them and send them my way! It’s simple, and from what I hear, lots like this part of the newsletter. I’ll be awaiting more responses.....

Thanks,

Marc Spenard

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I want your information....yes, YOU!



Upcoming Events/Races



Date

February 4, 2018

1:00pm

Start Location

Small Memorial Park, 8th and Charles Street,
Kankakee, IL

Click on the Winterfest logo.... It will take you to the sign up page for the race, and all other important info you need to know! Also remember this is a club sponsored event, and must be completed if you are doing the SUPER7 SERIES!!



Enjoy some birthday celebrations at the next birthday party on March 3, 2018 at Aurelio's in Bourbonnais!

6:00 pm start time....be there! Mark it on your social calendar....



February birthday wishes to...

02/04	Chris Betterton	46
02/06	Gerry Kilbride	80
02/08	Ande' Wegner	39
02/10	Colin Koerner	25
02/12	Roger Smothers	68
02/15	Bob Williams	54
02/17	Bailey Caruthers	18
02/18	Charlie Grotevant	76
02/19	Valery Denby	47
02/19	Alan Dubowski	70
02/21	Chris Walsh	56
02/22	Lisa Gentry Weber	38
02/24	Kristina Arendt	17
02/24	Judy Kilbride	79
02/26	Marianne Surprenant	61
02/27	Anne King	42
02/28	Jack Martin	8



Did you love the cupcakes at the Christmas party? I know, that was a stupid question.....

Need more for another occasion?

Give Bonnie Pinnow a call at 815-933-5485

Delivery local too!

Race Reviews

KRRC Christmas Lights Run

Reviewed by Dan Bullock

On Wednesday, Dec 20, the members met at the Bourbonnais Municipal Center for the sixth annual

Christmas Lights Run/Walk. The turnout was excellent, with between 25-30 in attendance.



A few days prior, Rick Loving had set a course and provided a map for the 3 mile jaunt. Dave Bohlke and Dave Snider provided glowing arrows to mark the route. We started just after 6:00pm and wound through the streets of Briarcliff. We lucked out with the weather as the temperature was mild with only a minor breeze.



There didn't seem to be as many lights as in the past, but the ones we did see were bright and festive. We ran the three miles in about a half hour.

When we returned, the social committee treated us to hot cider, hot cocoa and several kinds of cookies. Most everyone stayed and visited for about an hour after discussing holiday plans and of course, upcoming races.

Let's keep this tradition going! It was a fun night.

Some glimpses of the KRRC:



Daniel Gerber and Dan Bullock out for some cross training doing some cross country skiing at the State Park. Don't have the equipment to do so? Perry Farm rents the stuff out for a reasonable rate for an all day affair!



“Under a huge full moon, 5.25 miles with Craig Alberts to kick off 2018. I’m going to be lonely out here when he flies south for the winter next week”, said Steve Anderson.