



Who's Who in the KRRC:

Andé Wegner

1. Why did you become a runner? I've always been active in sports throughout life, but I took up running specifically in college to alleviate the stresses of school and to help stay in shape – it's the cheapest sport out there for a poor college student!



2. What was your favorite race, and why? There are so many races that are special to me for different reasons, but our very own Winterfest 5K has always been a perennial favorite – so many familiar friendly faces, a fast and flat course, great post-race food and prizes, and it's always on or right around my birthday!

3. What are your greatest achievements? I don't really like talking about myself in that fashion...but I will say that one of the things I take pride in is my "don't quit" attitude.

4. Do you have a "bucket list" race/event? The Patagonia

Expedition Race has always been on my radar. I would also like to run all the Marathon Majors one day!

5. What is your positive mantra when things get tough?

“Just Keep Moving” or “DFQ”

6. Any goals that you want to achieve for 2018? If yes, give us the inspiration behind them...I’m training for the Virginia Triple Anvil in October. I like to push my limits and I feel this will be a great test of how far I can go. I’m taking it very seriously, and for the first time in my life, I’m actually working with a trainer to dial in my workouts!

7. What motivates you to get out the door? I don’t take my ability to run for granted anymore. There was a time when I couldn’t exercise, and it was a very dark moment in my life. Now, I’m thankful every day that I can get out and move!

8. Tell us about your greatest “WOW” moment.....My unexpected PR at the Naperville Marathon in 2015. I signed up 3 weeks prior to the race, with a good endurance base but no specific marathon training. I ended up having the run of my life for that distance – it was definitely shocking and exciting!

9. Tell us something about you, not running related.

We want to know more about you..... I operate a veterinary clinic in Manteno. I set my sights on becoming a veterinarian at the age of 7, and never strayed from that path. My career has its ups and downs, but I love it and cannot see myself doing anything else!



10. What does the KRRC mean to you? **Friendship, camaraderie, and fun!**

11. Thoughts on how to make the club even stronger? **I believe social events are key to maintaining a strong running community – the club does a great job with that!**

**Guys
VS
Girls**



Mileage Challenge:

We are getting near the start of the 2018 KRRC Guys vs Girls March Madness Mileage Match-up. This is just like the contest we did last year in March where each day during the month of March, you turn in your mileage total for the day. At the end of the month, one of the teams will be declared the winner and the other team... well, we won't call them losers, but they will be in second place.

Your miles must be run or walked during a workout, either on the road or treadmill. No Fitbit steps, no swimming laps, no biking miles.

There is no charge to participate, but you must be a dues-paying member of the club, with 2018 dues paid.

The link to the tracking spreadsheet is:

<https://docs.google.com/spreadsheets/d/1e-LNY3MUXZg36MjLSa7HkaZkvF5KbyCEADM8H0LRSWA/edit#gid=338982291>

On the spreadsheet, Dave has left the names in there of everyone who participated last year and will add the ones who have indicated they will be participating this year. Take a look at it. You will see a column for "Dues," This shows "Paid" for those whose dues are paid up, "Due" for those who haven't yet paid their 2018 dues and blank for those who

haven't joined the club yet, but said they would like to participate. If your name is not on the spreadsheet, let Dave know and he will get you added in.

During the month, each day at midnight Dave Bohlke will add the new date in to the left, so the current day will always be near the names. We will keep the current day and the previous day open for posting. After that two-day window is gone, you can no longer post your miles for those days. This is the anti-sandbagging feature of the contest. If you are on a cruise or in jail where you don't have access to WI-fi to report, let Dave know your miles when you get back or get out and Dave will take care of it. "I forgot to post" is no excuse! After a few days, Dave will weed out the names of those who have not turned in any miles yet, but if your name gets taken out, you can always join in part way through the month, you just won't be able to post any back-dated miles. If your dues are not paid, you will not be able to post any miles till you get them paid and you will not be able to post any backdated miles.

You can post the miles yourself directly on the spreadsheet. If you don't feel comfortable doing that, either send Dave Bohlke an email each day that you have miles to krrclub@gmail.com or post your miles on the club Facebook group. But if you do it on Facebook, be sure to tag him so he doesn't miss it. As in "David Bohlke, I did 3 miles on 3/2." Also, if you report by email, if your name isn't part of your email address, give him your name too so he doesn't have to look it up.

After the month is over we will have a congratulatory pancake breakfast at the Bourbonnais Municipal Center, where the winning team and the second place team will both be welcome to attend.



Or seeing Steve or Tina in a sparkly skirt.....

03/04	Jeff Chiero	65
03/04	Ken Goodwin	59
03/04	Rod Kahl	53
03/06	Stephanie Piacenti	46
03/07	Nicole Cartier	43
03/13	Shane McWhorter	33
03/13	Mark Saffell	60
03/15	Linda Hodges	74
03/16	Hannah Arellano	11
03/16	Mark Walsh	63
03/20	Tim Davis	40
03/21	Dave Giacomi	56
03/21	Michael King	43
03/21	Gavin Kempf-Kutemeier	13
03/22	Christine Snider	50
03/25	Ken Klipp	69
03/25	Carol Vallone	55
03/26	Rachel Simington	35
03/27	Grant Fouts	14
03/27	Pat Koerner	56
03/29	Michelle Gustafson	49
03/30	Rene Parks	43



A public service announcement from [MorningSun Kelly](#)

..... for those with muddy shoes....I've had the same mud trail shoes for 4 yrs....here's my cleaning method. Soak in warm soapy water, take toothbrush lightly over. Rinse. Get a bucket, mix baking soda and white vinegar with water...soak shoes about half a



day....put in washing machine gentle cycle...what la...clean and smells from mud mixtures all eliminated...slow dry by a heater vent...ok now you know!





“WHERE IN
THE WORLD
IS TAMMY
HELLINGS?”

EXPECTING TO POST
SOME ADVENTURES
ON THE
NEWSLETTER
TAMMY!

WHEN YOU GET A CHANCE... SEND ME
SOME STUFF.....



Baha'i Temple



Yamanashi, Japan

KRRC Winterfest 2018 Glimpses:



Trophies hand created and donated by John Shoup. Great looking ones they are!

Overall female winner was Eden Rainbolt.

Time of: 24:01:0

Overall male winner was Eric Crutchfield.

Time of 17:48:0





Diane DesMarteau :
“What’s a Winterfest without a snowstorm to add to the fun?”



John C Schimmel:
Another smiling face with a 2nd place in his age group!



Winterfest Shirt