



April 2018 Volume 40 Issue 4

# Who's Who in the KRRC:

Will Farrell



1. Why did you become a runner?

**My life was not very fitness focused, unless you consider hailing a cab to the next bar a fitness activity!**

2. What was your favorite race, and why?

**The "box office race", the better the movie is....the more \$\$money\$\$ I get.**

3. What are your greatest achievements?

**Some include running naked through the city of Montrose in *Old School*. Montrose in the house, alright. Running around in my underwear and racing helmet, thinking that I'm on fire as Ricky Bobby in *Talladega Nights*. Running around in Elf tights eating gum off the ground and playing cowbell. I think my fellow doctorates would agree based on our achievements we are all on equal footing.**

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

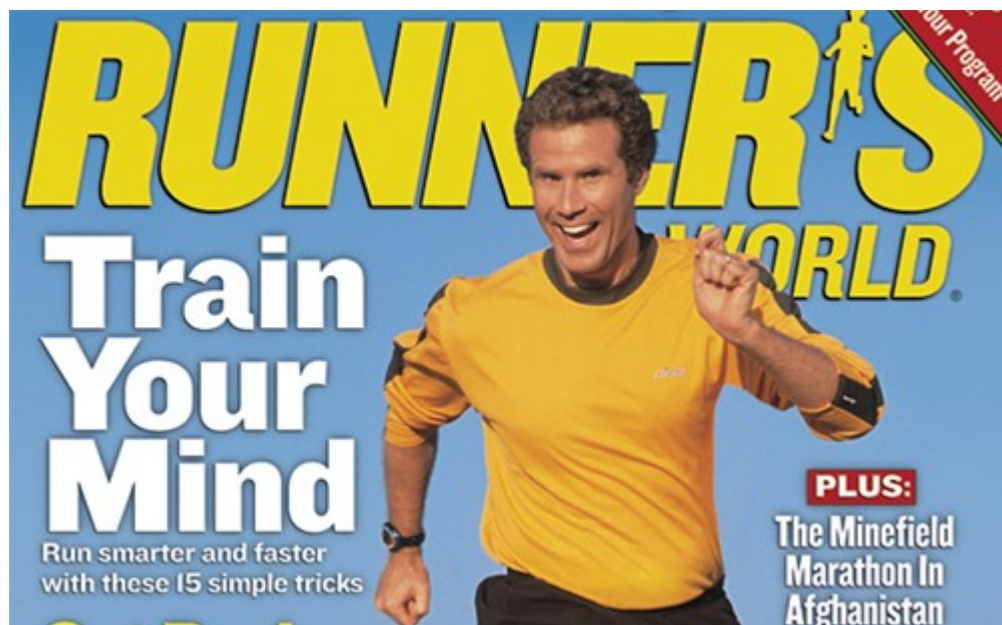
**Running the KRRC Winterfest again....only if [Daniel Gerber](#) breaks out his Suzy Snowflake outfit from retirement!**

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

**As Katie Goulet once said...."Work out because you love your body, not because you hate it!"**

6. Any goals that you want to achieve for 2018? If yes, give us the inspiration behind them...

**To be the first KRRC member to run a major marathon all over the world.....but [Tammy Hellings](#) probably will hit that goal before I will!**



7.What motivates you to get out the door?

**Bananas at the end of races, free beer, cupcakes by Bonnie Pinnow, the list goes on forever.....**

8. Tell us about your greatest "WOW" moment.....

**After my career not going where it should have been, and several auditions...being cast for Saturday Night Live would have to be my answer!**

9. Tell us something about you, not running related. We want to know more about you.....

**I have been known to use my comedic skills for a good cause. In 2009 I launched a series of sunscreen lotions, which featured a scantily clad me on the bottle alongside such titles as Sexy Hot Tan and Forbidden Fruit. All sales proceeds are steered to Cancer for College's College Willpowered Scholarship Fund, which hands out scholarships to cancer survivors and amputees. I've always dreamed of owning a lotion company. And I've always hated cancer.**

10.What does the KRRC mean to you?

**A group of people who see me as a runner, and not the famous great star that I really am!**



## Traveling the World through Running: Tokyo Marathon By Tammy Hellings

As a child, I grew up traveling a lot. By the time I was 18 I had been to over 20 countries. Unfortunately as an adult, I haven't had a lot of time to travel. When I started to run marathons, I kept adding to my goals and one of them was to run all 6 Abbott World Major Marathons. Back in 2011, when I decided this, there were actually only 5 majors and there was nothing special you received, just something cool I wanted to do to help me travel. Since my decision to start, Tokyo was added to the Majors list and also a special "6 Star" medal has been given out to approximately only 3000 runners who have completed the challenge of running all 6 majors: Boston, New York, Chicago, London, Berlin, and Tokyo.

This past February I made a world-wind trip to Tokyo. With about 30 hours of traveling round trip, I was able to spend 4 days in Japan traveling solo. After landing in Tokyo, I went to the expo right away. I wasn't sure how tired I would be, how busy the expo would be, but I felt that was better than going Saturday afternoon. If you have ever been to the Chicago Marathon expo on Saturday afternoon,

you know how crazy it can be! So a Thursday night shouldn't be too bad I thought. I took the train from Haneda Airport to Tokyo Big Sight (the expo) with my luggage. I'm not sure if I have ever been so overwhelmed at an expo! There were three floors of the expo. The very first part was for runners only and we had to get our special security bands after seeing our passport and taking our picture. Those bands had to stay on until you finished the race Sunday, and were scanned at the race start. After the nitty-gritty packet pick-up, you entered what reminded me of Las Vegas, lights, signs, loud speakers, characters, costumes, etc.



Honestly didn't spend as much time as I normally would at expos just because I was so tired and wanted to get checked in to my hotel, have dinner, and go to bed! The picture above is about 6pm Thursday, by 7pm the entire place was full.



I heard wonderful stories about how much fun the Friendship Run is on Saturday morning. It is a 2.5 mile course around the expo area. Everyone was in costumes, or dressed in country clothing, bared flags, had their face painted. For about an hour before the fun run started, groups of people were mixing around taking photos with everyone, photo bombing other groups, and just laughing having a wonderful time. During the run it was the same thing, everyone was stopping to take group pictures. I had one Japanese man want a photo with me and then he gave me a bag of marbles! There was chocolate at the turn around point and the finish line

had hot tea, cold drinks, and soup with even more entertainment. After the fun run I went to do some touristy items around Tokyo Station.

I didn't want to get to the start area too early Sunday morning because I had a feeling everything would move quickly and efficiently, very Japanese style. Guess what, I was right! And yet I still got there too early and ending up just standing around in my corral for an hour. The race had big screens out so everyone could see the festivities that were happening on stage which comprised of the Tokyo Governor and a children's choir. The kids were wonderful singers. There were no waves (like NY and other large races) and each corral was not held a certain time at the start line. I was in corral F and was able to cross the start line in 7 minutes (extremely quick for such a large race). I had no time goal at all, the only goals were to have fun, finish (a must!), and take lots of pictures. I wanted this marathon to allow me to see the city. I took about 80 pictures and a few videos. The spectators were amazing! There were so many people handing out candy. I described it to people like a



reverse parade!  
And yes  
I did take  
candy

from strangers, even when I had no idea what the candy was. That is another good thing when you are not worried about time, you can enjoy the run and the crowds and the local foods. The Japanese love to run in costumes; I saw a guy in drag, a zebra, Yoshi, a bubblegum guy, and other anime characters. We ran through the Kabuki area, Buddhist Temples, the anime district, and finished near the Imperial Gardens. I am so happy that I was able to really enjoy this race. I met some wonderful people and took home memorable stories. I cannot wait to finish my 6 Star journey this April in London. What then? Well, I still have 26 more states to run and 4 more continents!





## Birthday wishes to all:

04/01	Jimmy Joines	62
04/04	Larry Burton	58
04/04	Rick Lagacy	44
04/06	Alison Maddux	36
04/06	Nic Montgomery	51
04/07	Madeline Walters	8
04/07	Dawn Willbarger	59
04/09	Laura Rattin	41
04/10	Christine Horn	44
04/10	Diane DesMarteau	63
04/15	Jerry Cherrington	81
04/18	Kibet Rono	49
04/19	Rob Ravens	55
04/20	David Bohlke	72
04/23	Brenda Whittler	50
04/24	Julie Nally	49
04/25	Dan Combs	47
04/26	Jackie Skrobot	40
04/29	Kathleen Jensen	64
04/30	Mark DuFrain	49
04/30	Sue Dytkiewicz	55
04/30	Joann Myers	46

# Upcoming Races & Events

Bradley-Bourbonnais  
**Rotary**  
Club



**April 7, 2018**  
Bradley Bourbonnais Rotary  
Club/Willowhaven 5K & fun race.

**Click on logo to take you to all the  
details to sign up.**  
**KRRC DISCOUNT AVAILABLE!**



**PAUSE FOR PATRIOTISM**  
**MAY 19TH, KANKAKEE AIRPORT**  
**8AM**

**Pause for Patriotism and  
Kankakee River Running Club  
4 Mile Run or 2 Mile Walk  
Greater Kankakee Airport**

**A "must run" for the Super7 Series!**

Click on the logo to take you to the sign up  
page!



**5K**  
**FIGHTIN' IRISH KEN KLIPP CLASSIC**

**May 28, 2018**  
**Fighting Irish Ken Klipp Classic**

**Click on the logo to take you to all the  
details to sign up!**

# Upcoming Races & Events



April 7<sup>th</sup>, Saturday, 9:00 AM. Tri-star Estates Community Room, 43 E 5000N Rd, Bourbonnais, IL Celebration breakfast for the March Madness Guys vs Girls Mileage Challenge.

Challenge participants, come join us for breakfast as we celebrate another successful challenge! A little change up this year. We will be serving a few different breakfast casseroles, muffins, milk, juice and coffee. Please RSVP if you can come so we have a rough idea of how much to prepare.

You can RSVP by email to [krrclub@gmail.com](mailto:krrclub@gmail.com) or by going to the facebook event page at <https://www.facebook.com/events/604660949879638>

April 14<sup>th</sup>: Birthday party. 6:00 PM at Family House Restaurant, 312 S Kennedy Dr, Bradley, IL

As usual at our birthday parties, the club will bring the cake. You will be responsible for your own food and drinks. All members and potential members are welcome to join us.

Let us know if you plan to attend either by email to [krrclub@gmail.com](mailto:krrclub@gmail.com) or by going to the facebook event page at <https://www.facebook.com/events/520380098355706>

