

Vol 40



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Who's Who in the KRRC

Jackie Skrobot:

Why did you become a runner?

Why did I become a runner.....well where do we start.....I first started as a way to keep weight off and because I was always overweight and was tortured in school when the gym teacher told us we had to run a mile and I was always the last person to finish. I started out only being able to run a mile without stopping and I went from there. I did my first 5k back when I was a sophomore in college and I have no clue what my time was but I was excited that I could complete it. I then started to try to run further and a physical education teacher that I was student teaching with inspired me to try and run a half marathon. I remember completing my first half marathon in Bloomington, Illinois in a race that is no longer existing. I then completed a few others from there. I then moved here to Bourbonnais after finishing my student teaching and masters degree and I came up with the idea of running the Chicago Marathon. This was at the time when it was an affordable race and you didn't have to enter a lottery to participate. I finished my first marathon in over 5 hours. I then became addicted to running. I now run for stress relief and to try and teach my son to live a healthy



lifestyle. I also run now to prove to all those haters out there that I can run and complete races of different distances whether it's a 5k or a marathon.

What was your favorite race, and why?

I don't really have A favorite race....I have several. I like doing Ashley Can races because I know they are for a good local cause, Fort to Base because it's a race for the military and my father is a Vietnam veteran and I wanted to make him proud by doing that race. I like doing what is now called the Whiskey Daddle marathon relay because I love the entire team aspect of running a race.

What are your greatest achievements?

Some of my greatest achievements are completing my first marathon, completing several half marathons under 2 hours finally.

Do you have a “bucket list” race/event?

My bucket list race is the Key West half marathon that is in January....also completing the Illinois marathon. I have done every distance in that particular race except the marathon and the marathon relay.

What is your positive mantra when things get tough?

When I get down on myself which happens a lot...I try and think about how far I've come when I started running. I try and think about the fact that I am fortunate to be able to run and to be a fighter and a role model for my son and others. My favorite saying is don't give up don't ever give up.....

Any goals that you want to achieve for 2018?

Complete Illinois Marathon and a half iron man.

What motivates you to get out the door?

What gets me out the door is the fact that there are people waiting on me to run with them.....I feel it's all about accountability.

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



I came from a small town of 3,000 people called El Paso, Illinois. I have one brother that is married and has 3 kids. I am widowed and have a 5 year old son. I love country music and I used to be a nerd in high school and college. I was valedictorian of my class and graduated highest honors from University of Illinois and Illinois State University. I am a practicing athletic trainer of 18 years.

What does the KRRC mean to you?

The club has been a way for me to meet new people and learn more about running and share my knowledge of sports medicine.



Upcoming Races/Events!

5/5/2018

Super Hero 5K, 2 mile walk

KRRC discount available!

Click on the logo to take you to the website to sign-up for the race!



5/13/2018

Ashley Can Mother's Day 5k, 2 mile walk, kids fun run.

KRRC discount available!

Click on the logo to take you to the website to sign-up for the race!

A great cause it is.....



5/19/2018

Pause for Patriotism KRRC 4 mile run or 2 mile walk.

KRRC discount available, and it is a MUST run for those that are in the Super7!!

Click on logo to take you to the website to sign-up for the race!



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



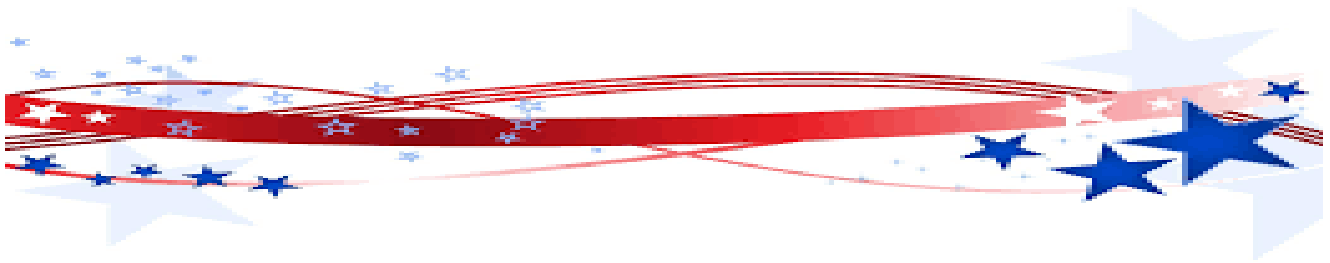
5/28/2018

Ken Klipp Classic

5k or mile walk



Click on logo to take you to get all signed up for this classic that has been going on for years!



2017 Pause for Patriotism

Representing the Navy is Tina M Spenard Jen Deets Ingram and Daniel Gerber.....all smiles, so everyone needs to sign up to enjoy the smiles afterwards too!

Military or not.....come join us!!



05/01	Nicholas Horn	8
05/01	Phil Newberry	56
05/03	Debbie Dye	46
05/04	Leslie Lovell	13
05/07	Jodi Jude	45
05/08	Caleb Piacenti	17
05/10	Christy Arellano	17
05/11	Robin Passwater	51
05/13	Charre Armstrong	26
05/15	Christine Morrical	46
05/16	Kyle Dockemeyer	32
05/16	Laura Loica	49
05/19	Brian Morrical	45
05/20	John Grill	49
05/21	Chris Duval	63
05/27	Rick Loving	48
05/28	Lauren Passwater	19
05/31	Andrew Fox	22

Some Glimpses of the KRRC



The March Madness Guys vs Girls Mileage Challenge has come to an end with the girls beating the guys by 104.88 miles. Congratulations to the girls on their victory and congratulations to all who participated and got out there putting in their miles. Special congratulations to [Jen Deets Ingram](#) who was the girls leader and the overall leader with 320.8 miles and to [Whitewolf Kelly](#) who was the guys leader with 267.61 miles. The total combined miles for everyone was 7674.6. We added a new feature this year where the person who was the closest in guessing what the total miles would be would get a free entry to one of our club races of their choice. Congratulations to [Valery Denby](#) for winning that honor. Her guess of 7676 was just 1.4 miles off the total.

Thanks [Steve Anderson](#) for

sporting the sparkly running skirt, since the guys lost! Another successful event!

The crew behind all the food at the pancake breakfast:

[Rhonda Brouillette-Hubert](#)

[Anna Dabrowski](#)

[Chris Cote Snider](#)

Thanks social committee for all the work!





KRRC at the Earth Day Indiana Recycle 5K, Indy, 4-21-18

[Rachel Simington,](#)

[Valery Ybned,](#)

[MorningSun Kelly](#)
and [Whitewolf Kelly.](#)

Congratulations to Julie Loving and Rick Loving on their great quest of running the 2018 Boston Marathon!

Written by Rick Loving:
Mother Nature pulled a cruel prank on the Boston Marathon this year...

Here is a little race recap from our Boston trip. Starting about 10 days out the weather forecast was less than stellar, but we never panic as rarely is the 10 day accurate. This had to be the time that the weather forecaster got it right with their prediction of a strong Nor'easter...

With snow and freezing rain on the docket for Sunday night and strong rains all day on Monday we knew it was going to be a mentally challenging race.

We have never been so undecided as to what to wear as we had the trifecta of bad weather, strong headwind, near freezing cold temps, and a cold hard steady rain. Dress in layers to stay warm..get too water logged...dress light to shed water....get to cold from wind chill.... It was a damned if you do, damned if you don't.



We opted for some light layers and a light wind shell, with water proof gear on the outside that we would shed once we warmed up, then hoped our own self-generated heat would carry us through.

Race day morning had us wrapping our feet in plastic bags, shower caps on our heads over our hats, plastic food service gloves over our cloth gloves, and full body garbage bags over our throw off clothes...

After we completed the bus ride to Hopkinton, we were shocked when we got to Athletes village. This was the tail of Wave 3 time slot, as we opted to get there later to try and stay out of the rain and cold as long as possible...it looked like a Hurricane ravaged landscape. The field of the school they setup in was under a half inch of water and several more inches of mud. Plastic bags, clothes, umbrellas, and just garbage was everywhere. The "tent" was a sea of bodies standing huddled together in all the high spots with the only openings or paths, deep muddy puddles. You couldn't get anywhere near the food or drinks unless you were willing to walk through the mud and water.

Once they called your wave, the line to try and make it to the starting corral was backed up all the way to the village as the only place to walk was the narrow side walk as anything that was grass or dirt was just a mud hole from the thousands of feet trampling through it. As we approached the starting line, they opted to forgo the normal "wave" start and announced that everyone should just keep moving until they hit the start mat and then start running....

We shuffled through the mob until we were near the timing mat and pulled off our throw away pants and tore the bags off our shoes.

When we started the race, we both kept on our heavy winter jackets and garbage bags, figuring that we would run a mile or so and then peel it off...

We ended up running 10 miles wearing our full throw off jackets and garbage bags...the cold rain and relentless wind just hammered every mile without pause. We still were not "hot" when we opted to discard our upper layers, it was because they were too water logged and we could feel the weight we were carrying.

The next 5 miles was just a balance of trying to maintain and conserve energy as we knew the hardest part of the course was ahead of us. From the start, we ran together until mile 15, at which point I opted to drop the pace to stay on target of running a sub 4 marathon and Julie opted to maintain current pace to conserve for the hills.

The long climbs up the Newton Hills and Heartbreak Hill was even harder than I expected, to make matter worse, the weather and actual rain temperature got steadily colder.

About mile 22 the cold was affecting my legs and I started to periodically cramp whenever I tried pushing the pace. The last 4 miles was just a grind of speeding up and slowing down between cramping.

Finally seeing the CITGO sign and the mile 25 overpass was a welcome sight...the final push as I approached Boylston Street and I felt all the cold go away as I saw the finish line approaching.

All the planning, all the training, and all the effort put in to be participating in the 2018 Boston Marathon made running under the finish line arch such an amazing feeling.