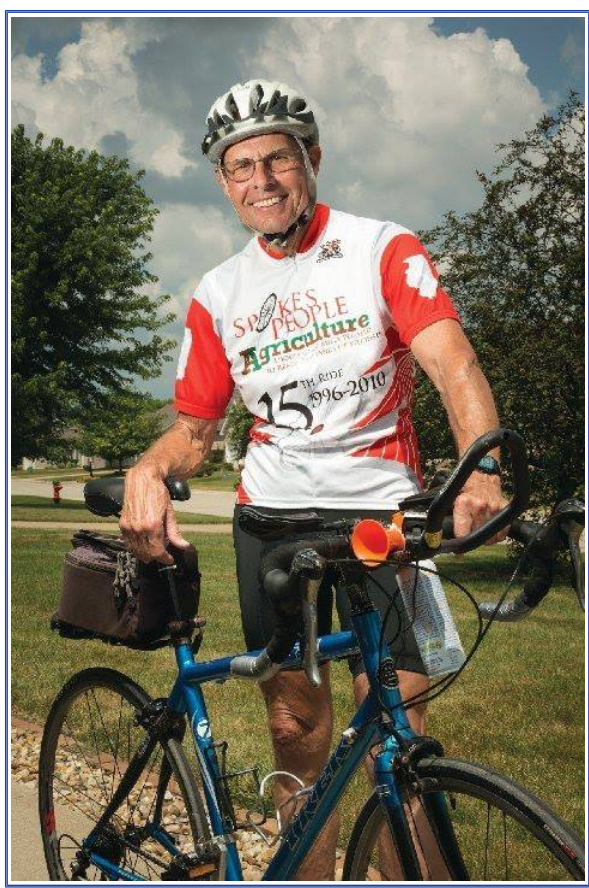


June 2018
Vol 40
Issue 6

Who's Who in the KRRC:

Charlie Grotevant



- 1. Why did you become a runner?** To develop better cardiovascular fitness. To celebrate good health following years of sporadic illness.
- 2. What was your favorite race, and why?** 6 Boston Marathons and 10 River to River Relays
- 3. What are your greatest achievements?** Pertaining to running – nearly 1200 road and trail races since 1984. 16 marathons, 50+ half marathons. 3:12:20 Boston Marathon in 1991; 1:46:10 Half Marathon at age 70.

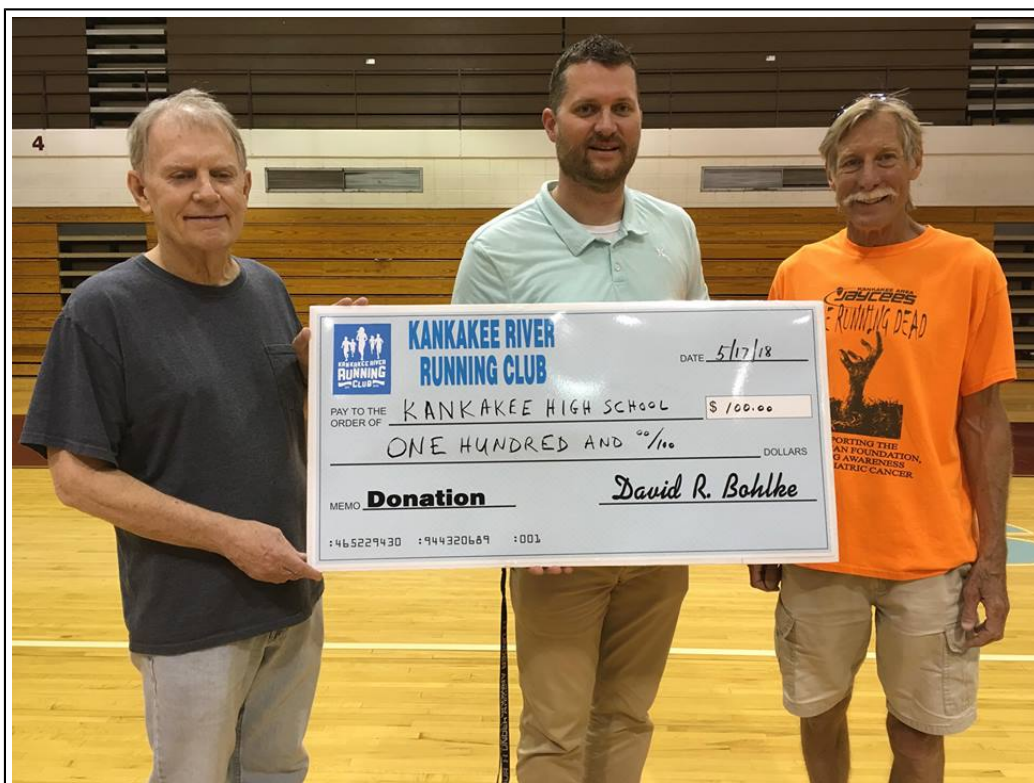
- 4. Do you have a “bucket list” race/event?** Bucket now has too many leaks at age 76.
- 5. What is your positive mantra when things get tough?** NEVER GIVE UP!
- 6. Any goals that you want to achieve for 2018?** If yes, give us the inspiration behind them...Continue to slog (slow-jogging) 3 times weekly and bike 2 times weekly while dealing with A-fib and arthritis.
- 7. What motivates you to get out the door?** I always feel better after a run or bike ride than if I sat around in an idle manner.
- 8. Tell us about your greatest “WOW” moment.....**Too numerous for this newsletter.
- 9. Tell us something about you, not running related. We want to know more about you.....**
I have lived with an ileostomy due to ulcerative colitis since 1983. Retired from farming.
- 10. What does the KRRC mean to you?** Great friendships and good times.

KRRC giving back to the community:

So you didn't know that KRRC gives back to the community with some part of your membership dues? Well, we do.....!!

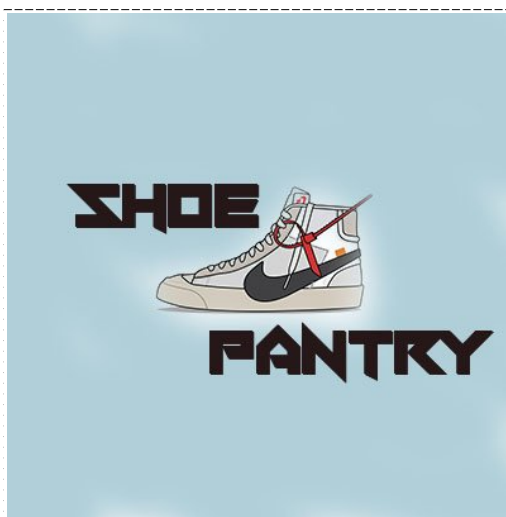
KRRC Treasurer, David Bohlke, left, and [Rich Olmstead](#), right, Race Director of Winterfest 5K, present a donation to Major [Nic Montgomery](#) of The Salvation Army. [Nic Montgomery](#) is also a member of KRRC.





KRRC Treasurer [David Bohlke](#), left and Winterfest Race Director [Rich Olmstead](#), right present a donation to Kankakee High School Athletic Director [Ronnie Wilcox](#). Kankakee High School had the most entries in the Winterfest 5K.

As for the Shoe Pantry, we currently have 34 pair in the inventory and are working to get them to folks that need them. The aim is to keep them local first, and then go outside the community if a need arises. If anyone knows anyone in need, they can always send me a message on Facebook or email me at sanderson76@att.net.



We currently have women's sizes ranging from 6.5 to 10.5, and men's ranging from 10 to 13.

Folks can feel free to bring shoes to donate to any Tuesday/Thursday group run and any other club event. (Races, Birthday Parties, Dinners)

Upcoming races/events:

Happy
Birthday!



Saturday June 16th, 2018

KRRC Members birthday party

Time: 6:00 pm Place: TBA. Keep lookout for an email and an event posting on the FaceBook Page!

5K Run
1.5 Mile Fitness Walk

Bourbonnais
Friendship
Festival



live to Run...
Run to live

June 23, 2018 7:30 am

**Bourbonnais Friendship Fest 5k
run/1.5 mile walk.**

This is a club sponsored event. A MUST run if you are in the Super7 Series!

Click on the logo to take you to the website to see all the details, and to sign up.

[Need paper form? Click here to print one up,](#)

Happy Birthday To Everyone Born in June!

06/01	Brendan Martin	11
06/01	Nick Martin	11
06/01	Kathy Stockton	48
06/03	Michael DeCarlo	41
06/06	Caleb Anderson	7
06/06	Ethan Piacenti	16
06/09	Josh Rogowski	33
06/13	Casey Koerner	23
06/13	Matthew Wenzel	50
06/14	Jessica Williams	30
06/23	Joel Fox	46
06/23	Charles Navarro	38
06/23	Carly Osenga	29
06/23	David Snider	69
06/25	Dawn Pritchard	56
06/26	Tammy Hellings	38
06/29	Phyllis Smothers	68
06/30	Gail Passwater	49



Some glimpses of the KRRC:



**Congratulations to Rodney Kahl
Overall winner of the Pause for Patriotism**

**Julie Loving got 1st
place overall female
for the Pause for
Patriotism.**





**Craig Alberts and Nic
Montgomery ready to run the
Pause for Patriotism.**

**Hiding behind Craig is Dan
Bullock.**

For the volunteers for the Pause for Patriotism:



**AMELIA, ALEC, ASHLYN, AND ADAM TORONJO
DEEANNA HILLEBRAND
DOUG MORRIS
NICOLE CARTIER
JACKIE SKROBOT
GLENN TUUK**