

July 2018



Issue 7 Vol 40

Who's Who in the KRRC:

Frank Koehler:



1. Why did you become a runner?

Recently, by choice, lost a great deal of weight. I want to stay fit and keep the weight off.

2. What was your favorite race, and why?

Rocky Balboa 5K. I grew up in Philly, saw the race, AND said "I gotta do this"

3. What are your greatest achievements?

Still a work in progress

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

Perhaps in a couple of years a half marathon

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

“I gotta do this!”

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

Aiming for a 5k each month. So far have signed up for and/or identified races through September.

7. What motivates you to get out the door?

Race date or training for a race date

8. Tell us about your greatest “WOW” moment.....

Being part of the Rocky Balboa 5k – over 10,000 runners!

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

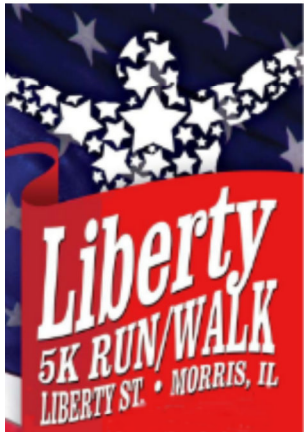
Active in Bradley-Bourbonnais Rotary and with Potawatomi Paddlers Assoc, an organization created to encourage and enable safe and environmentally sensitive recreational use of the Kankakee River

10. What does the KRRC mean to you?

An organization to gather with other runners and improve my times



Races/Events



Tuesday, July 3rd
7:30 pm

1/4 Mile Kids Run (Up to 11 years old): 6:45 pm
Liberty 5k Run/Walk: 7:30 pm

Location:
402 Liberty Street
Morris, IL 60450

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

For more info: <http://downtownmorris.com/event/liberty-5k-runwalk/>

Win \$1000 for your Running Club!

The Running Club with the most participants in the Liberty 5K Run/Walk will receive a check for the following:

- 1st place- \$1000
- 2nd place- \$500
- 3rd place- \$250

Register today at Liberty5k.com



Once again, we will be awarding cash prizes to the running clubs with the greatest number of runners in our event! \$1,000 for 1st place, \$500 for 2nd place, and \$250 for third place! Please share with the friends in your running club! **COME ON KRRC RUNNING CLUB...LET'S DO THIS!**



July 28th, 2018
Manteno Triathlon/Duathlon

Sign up here and for more details:

<https://runsignup.com/Race/IL/Manteno/MantenoTriathlon>





07/03	Taylor Harper	26
07/03	MorningSun Kelly	65
07/03	Terri Putnam	61
07/04	Symantha Huff	18
07/07	Leon Malone	88
07/07	Thomas Rademacher	51
07/08	Teri Boudreau	58
07/08	Paul Surprenant	71
07/10	MaryEllen Quinn-Williams	41
07/11	Brian Pritchard	51
07/12	Paul DuFrain	24
07/12	Kerri Lanum	42
07/13	Brenda Ravens	56
07/15	Hailey Brav	16
07/16	Ann Hendrix	47
07/19	John Vallone	61
07/24	Brianne Schafroth	27
07/30	John Bevis	55
07/30	Holly Schafroth	31



Race Reviews:

“le Tour de Shore” Dan Bullock

The weekend of June 15-17 was a busy one for me and fellow KRRC member Paul Surprenant. We had signed up for a two-day, three state, 100 mile bike ride from Chicago to New Buffalo, Michigan. It is called le Tour de Shore as a nod to the Tour de France. It bears absolutely no resemblance to its French namesake.

We started out at 5:30am for Millenium Park in downtown Chicago. The traffic was heavy but we managed to get to the underground garage and find a spot without too much trouble. We received our packets and luggage tags and headed out through the park onto the lakefront bike path. The packets left us scratching our heads because they were not assigned to anyone; they just passed them out as you walked up. They had maps, a cue sheet, some ads, and a bib. Why a bib number? Who knows?

The ride down the lake was great. The path is now separated between walkers and riders. This is a nice improvement. We stopped a few times for some photo ops, wound our way south, through some neighborhoods, down an old rail trail, and eventually ended up at our first SAG stop, Wolf Lake. Pancakes, coffee, Gatorade and we were off again.

We crossed Wolf Lake on a bike, pedestrian bridge and entered Indiana. We had to dodge traffic going through downtown Hammond but eventually made it to the Erie Lackawanna Trail, another former rail line. This and all the other trails we rode in Indiana are paved and well maintained. The Tour is probably 80% trails, 20% roads.

The weather was hot, but Paul was loving it. I, on the other hand, was feeling the heat. I began to feel some cramping in my legs and had to stop a few times to drink some more and stretch out. The cramps soon faded and we cruised through Munster, Highland and Griffith, another SAG stop for lunch, and onto the Old Savanna Trail. This was a long, curvy trail through suburbia with many street crossings. There were many others doing the tour and at every crossing you would hear “clear” or “car”. Just about every rider on this trek was polite, friendly, and courteous. I don’t know how many times I heard “on your left”. We would sometimes fall in with someone going the same pace and talk about biking or running or anything else.



Paul Surprenant

A short 10 miles or so and another SAG, this time outside a large bike shop in Hobart. We refilled our water and looked around but didn't buy anything.

Then we hit the Prairie Duneland Trail. Long, shaded and rural, this was an enjoyable section of the ride. We pulled into Chesterton around 3:00, saw a bar with dozens of bikes outside and went in for an ice cold beer. Our overnight motel was nearby so we checked in, retrieved our luggage, showered, changed and found a nearby brew pub where we had dinner and sampled some new brews.

Saturday morning, rested and refreshed, we left the motel about 7:00. We met a guy riding alone and he asked if he could join us. We said sure and the three of us rode to Michigan City (Indiana) and had coffee and donuts at the breakfast SAG at a park on the lakefront.

We entered a community called Long Beach where they were just about to start a 5K. As we arrived, the National Anthem was starting so we stopped and paid our respect. The race was the Necktie 5K in honor of Father's Day most of the volunteers and many of the runners were wearing neckties. We took off just before the start to avoid interfering with the runners.



We soon entered Michigan and the rest of the ride was on rural scenic roads, some smooth, others not so much. Our final SAG stop was in Three Oaks. I was craving ice cream right about then, so I found a shop a block away, had a big cone and felt much better. We hung out there for a while, checked out the bike museum, then took the final 10 miles to New Buffalo. It was about noontime and there was a cheeseburger buffet waiting for us on the beachfront park. We scarfed them down and walked a

few blocks to the Stray Dog to celebrate our journey. Paul's mileage was 111 and mine said 113. We found our luggage, loaded our bikes on a truck, and climbed aboard a comfortable bus for our return trip to Chicago.

We got home around 7:30pm or so but couldn't stay up too late because we were both running in the Autism run the very next morning. That was not my best race, but I finished and got a paintbrush award for 3rd place. Paul, on the other hand, looked rested and refreshed and flew around the course. I hope to be like him when I turn 70 !

If you bike a lot and are tired of the same old routes, I'd say go for this one. It's an adventure. You get to see new scenery, meet new people, and get away for a few days. It's fully supported, they take good care of their riders. It's always on the Friday and Saturday before Fathers Day and you will get back in time for the Autism/Kilbride run.



**Run For the Fallen
by Daniel Gerber**

It all began April 7th in Fort Irwin, Ca. and will end over 6,000 miles later at Arlington National Cemetery on August 5th. We didn't win any medals for this, but something much more precious in the small but vital part of this mission...Mustering up at 6:30 in front of the Kankakee County Courthouse, I was delighted to see Kankakee Bishop Mac cross country coach, Ken Klipp, and Kankakee cross country coach Rich Olmstead along with their squadron of runners who would be running part of the way to Indiana with the core runners. At 7:00 we were all off heading east on Court Street with our flags and fallen heroes bio sheets in tow. At the first mile, we all stopped at the first hero marker (and we would do this for the next 25 miles) to pay honors to our fallen military since the

USS Cole Bombing in 2,000 to the present. I remember it was rough reading the bios of the fallen service members who were to be honored at that marker; but not as rough as when the Gold Star Family (family members of the deceased) were actually there at the marker. We had a total of 6 Gold Star families that day and honored over 75 servicemen and women between Kankakee and Indiana! About 5 miles down Rt. 17 near Shamrock Golf Course, some of the cross country runners ended their run but we were reinforced by some Kankakee Junior High runners who as the high school runners had done gladly, took turns with the core runners in running with the flags. You would think when we turned down route 1 and headed south to St Anne, that it would be a lonely stretch, but to the contrary, many houses and corners along the way had many supporters along with a few WWII Veterans and car horns blasting. It was during this stretch that we met our 3rd Gold Star Family of the day, Scot and Tammy Goad, who were there for their son Mitchel who we were honoring. Jen Ingram and I had met them a few weeks before after the Run for Patriotism so this honoring was especially hard.



*Andè Wegner, Julie Loving,
Craig Alberts*

When we arrived in St Anne, all hell broke loose! They welcomed us with open arms; but we knew we were there on a mission; to bring honor and peace to our fallen heroes and their families. Before we left St Anne, we had a very special ceremony for Ryan Beaupre of St Anne (who was the first casualty from Kankakee County during the Gulf War. His mother was there and got many sweaty

hugs from the whole team. By now the remainder of the cross county teams mission was fulfilled and they were heading back to Kankakee. It was quite

awesome that these young people took time out to honor our fallen warriors and I am touched and salute them for that!

We were on our last stretch to Indiana now and with the heat and humidity, I was wearing down fast. There were a couple of RV's that we could rest in, and we rotated in and out of the run to catch our breath. Another one or two Gold Star Families along the way too.

Finally, arrived at the state line and saw our relief team from Indiana ready to go. I was relieved but sad it was going to end. I have run well over 300 races in my life but this run was by far the most gratifying and humbling run I have ever done and if asked to participate again, I would do it in a heartbeat. Want to thank all the people who took pictures of the event and all the supporters, but especially our service people who paid the ultimate price.



Kankakee Run For The Warriors Team:

Back row: Teri Boudreau, Craig Alberts, Larry Burton, Rich Olmstead, John Schimmel, and Jen Ingram

Front row: Kelly Bonner, Julie Loving, Ande Wegner, and Daniel Gerber

Not pictured: Chuck Parsons





**A word from our
Publisher/Editor:**

**My 2 year contract is
almost up.**

**So the KRRC Newsletter
needs another person or
persons to keep the
newsletter running!**

Time to bring it new life....

**If interested:
krrclub@gmail.com**

**No fancy company car, no
executive suite, no benefit plans...just the satisfaction of keeping
the club informed of what's going on!**

**Thanks...
Marc Spenard**