



WHO'S WHO IN THE KRRC:

LORRIE SIMINGTON AKA: FRANKIE!



Why did you become a runner? I'm a walker and have always loved to walk. Walking seemed to be the only sport I enjoyed as well as the only sport I could stay upright for. I have two left feet.

What was your favorite race, and why? I loved the "Paint Your Path" 5k in Watseka two years ago. My family competed with me plus it was in memory of a wonderful person. I also loved walking the "Hobbler Gobbler" in Oswego. It was my longest distance so far & my walking friend & I laughed our way to the finish line.

What are your greatest achievements? I have arthritis, a painful left knee, & a right hip that should be replaced. I like it that I'm pushing past the pain. I really don't want to give up,

Do you have a "bucket list" race/event? I did the Hot Chocolate 5k this past year & didn't get that medal. I'd like to do their 15k so I can grab that gold. Would also like to be able to walk the Pilsen neighborhood this year—we got rained out this past year. Of course I would also love to walk a half marathon and keep pushing for it.

What is your positive mantra when things get tough? I can do this. I still believe that I can do anything I put my mind to. Sometimes I just have a little trouble wrapping my head around it.

Any goals that you want to achieve for 2018? If yes, give us the inspiration behind them... Doing a quarter at "Winter Trail Frosty" this month. This will be my longest distance to date. I'm also looking forward to racing with my 2 daughters, son-in-law, and 2 of my 3 foreign exchange daughters & their husbands in Toronto this June. The 3rd can't make it but I'm still holding onto hope.

What motivates you to get out the door? My daughters motivate me as well as my grandson. Both daughters have pushed past medical roadblocks which means I have to also. I keep going so I can be here for my grandson as he grows older.



Lorrie Simington, Rachel Simington

Tell us about your greatest "WOW" moment..... My youngest daughter, Rachel, (whom most of you know) & I had just finished the Turkey Trot 5k this last year & she said "Wow, Mom, you didn't even complain when you went up

that hill. You just went right up it". I didn't even realize I made it up the hill in that horrid weather or that I frequently complain. Hehehehe

Tell us something about you, not running related. We want to know more about you..... I love to read and travel.

What does the KRRC mean to you? My daughter, Rachel, and I raced on our own for about a year until one day I saw another walker whom I've always admired was a member of this club. I didn't realize walkers could also join so I asked Rachel if she wanted to join. The rest.....

Thoughts on how to make the club even stronger? I love this group. We have gotten to know the nicest, most encouraging and wonderful people through this club. These people are my CREW. They urge me on & through it. I have found a new community.



Rachel Simington, Lorrie Simington

Races/Events...

MOMENCE LIONS CLUB



DATE Saturday August 11, 2018

PRE-REGISTRATION Forms must be received by August 6, 2018



LIONS GLAD RUN

Paper form to print: <http://www.momencelions.org/gladrun.pdf>

Online Registration

<http://www.signmeup.com/126510>

REGISTRATION 6:30 AM to 7:45 AM at the west side of the football field/track at Momence Junior High School, 801 West Second Street; Momence, IL

ENTRY FEES

Entry Fees 5K/10K Runs and Walk \$20 or \$25 on race day

\$2 Discount for all K.R.R.C Members. K.R.R.C Members must pre-register in order to receive the discount. Race shirts are guaranteed to all those who's pre-registration are received by August 6, 2018

Races/Events..

Save the Date – Sunday, September 16, 2018

**LIMESTONE ROCKS!
3 HOUR OR 6 HOUR
TIMED ULTRA RACE**



Kankakee area first ever.....!

**click above to take you to all the
info you need.**

**Let's make it one big party and a
success!**

“It'll be fun” they say.....

Online registration is available at:

<http://www.racerpal.com/races/limestone>

More fun to have:

Please save the date, August 4th. The club's annual picnic will be on August 4 at Point Grove Campground in Aroma Park. You may also participate in a canoe/kayak trip on that date if you wish, but either way come to the picnic.

Here's the link for the event page on Facebook:

<https://www.facebook.com/events/225841244807315/>

For those needing kayaks/canoes, here is the rental pricing from Reed's.

This trip (Trip 2) is a shorter version of Trip 3, for those who want to spend only 2 to 3 hours on the river. The put-in point is at the Illinois 17 crossing of the river; pickup is at Aroma Park, six miles downstream. Tree-lined banks and broad stretches of sparkling water make this a pleasant outing.

\$62 for canoes

\$72 for double kayaks

\$40 for a single kayak

(3rd person over 12 is an additional \$15; 3rd person under 12 FREE)





08/04	Bernie Hinrich	61
08/09	Jill Davis	71
08/09	Maria DuFrain	55
08/10	Fabiana Lopez	35
08/13	Donna Koerner	62
08/15	Cara Wheeler	53
08/16	Matt McQueen	42
08/16	Nancy Ruda	62
08/18	WhiteWolf Kelly	67
08/19	Brian Alberts	33
08/19	Wayne Bisailon	51
08/19	Dee Anna Hillebrand	55
08/20	Abigail Betterton	13
08/21	Lucas Skrobot	6
08/22	Trey Pritchard	18
08/22	Alan Toronjo	41
08/24	Mark Nelson	53
08/25	Rhonda Hubert	47
08/25	Terry McGinnis	51
08/25	Glenn Tuuk	49
08/26	Jill Channing	38
08/29	Amy Sluis	42
08/30	Shital Mehta	
08/31	Anna Dabrowski	37
08/31	Dan Gould	74

Some glimpses of the KRRC



From the Bourbonnais FF5K:
Pictured L-R:

[Tina M Spenard](#)

[Nicole Cartier](#)

[Julie Ader Loving](#)

[Cara Wheeler](#)

[Rhonda Brouillette-Hubert](#)



Paul & [Marianne Surprenant](#) all smiles after receiving a medal at the Bourbonnais Friendship Festival 5K! **Congrats to all who did!**



**MORE MEDALS GIVEN OUT AT
THE BOURBONNAIS FF5K**

CONGRATS TO:

DANIEL GERBER

AND ANNA DABROWSKI TOO!

**A JOB WELL DONE BY OUR
RACE DIRECTOR:**

RICK LOVING

THANKS TO ALL.....!

