

September 2018
Issue 9
Vol 40



Who's Who in the KRRC:

Jonathan Arendt

1. Why did you become a runner?

There are 2 reasons. 1) Valery, it's something we can do together. 2) My health, being a semi driver I sit a lot.

2. What was your favorite race, and why?

Biggest Loser April 2017. I enjoy the tv show and they had great finishers medals, it rained but we had a great race.



3. What are your greatest achievements?

I finished my first full 5k and it felt great!

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

No real bucket list, I just try to do 1 a month.

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

Don't Fail Me Now.

6. Any goals that you want to achieve for 2018?

I want to complete more races than last year.

7. What motivates you to get out the door?

Honestly when you have Valery as a friend and see the fun she has at races (medal or not) that is motivating to get you going.

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

When I first Pr'd it felt great and let me know I was getting better the more I do.

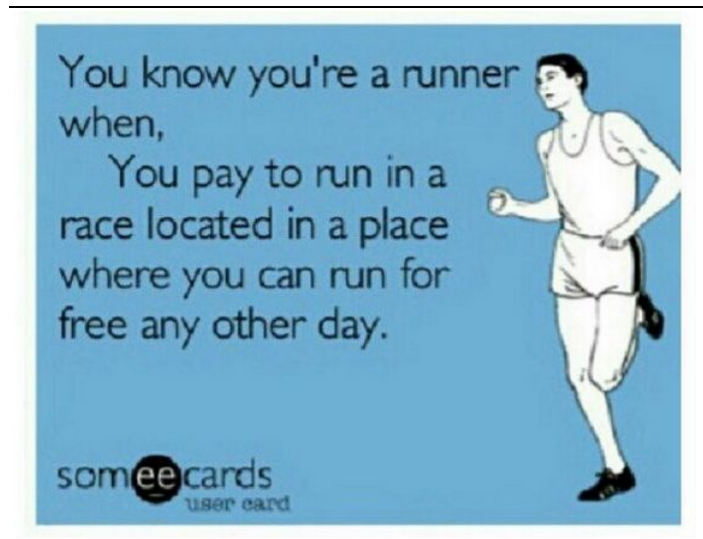


9. Tell us something about you, not running related.

I am a third generation 18 wheel driver. My grandfather and mother were my role models to join the world of semi drivers.

10. What does the KRRC mean to you?

KRRC means a chance to have fun, cheer people on and met new friends.



We need to bring back the retro running club tee shirt! It's the talk of the town....

Write your local congressmen, or President (Steve) to get this issue resolved!



For those that don't get the Kankakee Daily-Journal, here is a story about Karen Dannenhauer

Karen Dannenhauer sat in a Los Angeles hospital crying last summer after doctors informed her they were not ready to perform a surgery to reduce her over sized, lymphedema-stricken leg.

Despite her losing 30 pounds, doctors felt Dannenhauer's risk for blood clots was too high for the surgery. They asked her to lose another 30 pounds and come back.

"It was the day before my surgery was scheduled," Dannenhauer recalled. "I cried my way through two boxes of Kleenex and flew back home."

This summer has been more optimistic for Dannenhauer. The longtime Kankakee preschool teacher has lost 30 pounds since last summer. She has competed in seven 5K races.

Oh, and doctors gave her the green light earlier this week to have her surgery. She leaves for Los Angeles today and is scheduled to undergo the first of three surgeries to remove 36 years worth of hardened cellular sludge from her legs on Tuesday.

"I am excited, but I am not going to believe it until I am actually in the operating room," Dannenhauer said with a laugh. "I was a day away last year. It seems like all systems are a go this time, but I refuse to be all-in until I am actually all in."

Dannenhauer was diagnosed with lymphedema when she was in high school. The disease is caused by blockage in the lymphatic system, resulting in the buildup of fluids in the legs and arms. Her diagnoses was opposite a Cinderella story.



“I had some swelling in my knees, and I thought it was from playing soccer,” Dannenhauer said. “During my junior year, I bought a pair of shoes for prom. When prom came around, they didn’t fit because my feet were so swollen. So, I went to the doctor, and they found I had lymphedema.”

At the time, the United States was not well-versed with the disease as compared to today. Dannenhauer adjusted to the disease as her legs continued to balloon.

Every day, she wears multiple layers of compressions to maintain her legs and drain out fluids. She walks with a cane and has been hospitalized multiple times due to infections, blood clots and other disease-related ailments. Both her knees also need to be replaced because of her heavy legs.

“It’s something that’s always there that I have to bring along with me all the time,” Dannenhauer said. “It’s like this very not-fun person you have to drag along with everything.”

Dannenhauer, nonetheless, has controlled the narrative of her life. The 52-year-old still walks in races with forearm crutches. She rides her horse whenever she can.

Despite the opportunities to go on disability, she continues to teach out of love for her students.

“My legs have gradually grown, so I’ve been changing with them,” Dannenhauer said. “I became more accepting of it. I can’t control what happens to me, but I can control how I react to it. It’s more fun to be happy. I could be miserable and still have the same issues, but that isn’t a fun way to live life. I still have to live life, so I’ve done as many fun things as I could before the day I can’t.”

Her students also embrace their teacher. In their pictures, they accurately draw Dannenhauer’s legs. They scurry around the classroom searching for her cane. They also stand up for her when someone questions why her legs are so big.

“My kids have always been great about it,” Dannenhauer said with a smile. “I’ve had kids hug my leg and tell me they love my big leg. It’s cute and adorable.”

The community has also come to Dannenhauer’s aid over the years. Filmmaker Phil Gioja made a video of Dannenhauer that she shared on a GoFundMe page to raise money for her surgery. The page has raised more than \$30,000. The Daily Journal also has written several stories about her war with lymphedema.

All that money will go toward her surgery. Her insurance will cover some of it.

If all goes according to plan, Dannenhauer will be back near the beginning of the upcoming school year. Her second operation is tentatively planned for Christmas break.

“I am going to be away for the surgery, which is scary, but I am excited to see what it will look like when I am done,” Dannenhauer said. “To look like everybody else and move like everybody else is an exciting thought.

“I look forward to being able to buy different pants, to be able to move like everybody else and to feel less pain. It’s going to be a life-changing set of surgeries.”



Hoping to cheer the “new” Karen on, at the Herscher Hare and Tortoise in September!!

Upcoming races/events.



September 2, 2018

Click the logo to take you to the sign up page, and all the info you need.

KRRC discounted price for race!

And, it's a **MUST** race for the Super 7 series for those participating in that!!

September 9, 2018
Ashley 10K/Half Marathon

KRRC Discounted price available!

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

Run for a great cause!



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

Save the Date – Sunday, September 16, 2018

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

Event
Description:
You may
compete in
either a 6-
hour or 3-
hour race on
a 1.65 mile

loop course at Limestone Park, 5813 W 1000N Rd, Kankakee, IL 60901, The course is about half flat and half hilly with one short-but-steep downhill and one short-but-steep uphill, with a maximum elevation change of 50 feet. It is mostly crushed limestone and partly asphalt.

Schedule: 6-Hour 3-Hour

Registration & Packet Pickup 7:30 am – 8:50 am 9:00 am – 11:50 am

Pre-race briefing 8:50 am 11:50 am

Race starts 9:00 am 12:00 noon

Race ends 3:00 pm 3:00 pm

Awards ceremony 3:30 pm 3:30 pm

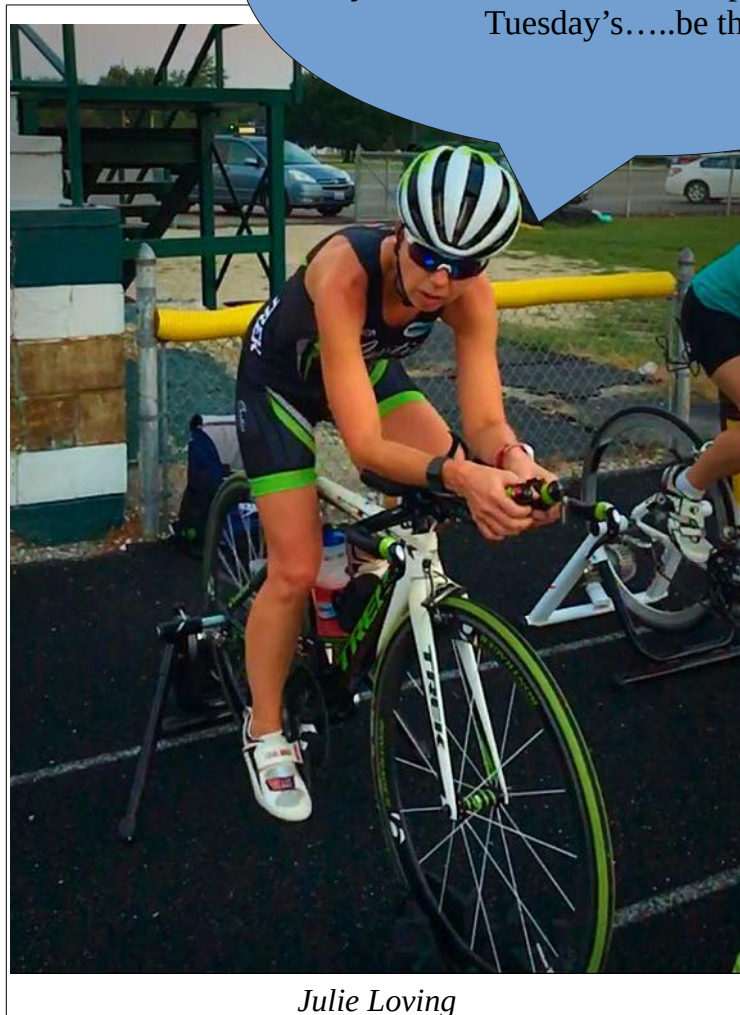
How it works: At the start of each loop you will check in with the scorekeeper. At the end of each loop you will check in with the scorekeeper again. Take a break between loops or go right back out again: the choice is yours. Do as many loops as you can in the allotted time for your race. The scoring will be based on total loops. In the event of ties, the person who finished his or her last loop earliest will be the winner. Partial loops will not count. Use your own judgment about when to start a final loop.

Aid Station: There will be a well-stocked aid station with refreshments at the start/finish of the loop. Restrooms will also be available there. There is an area where runners can set up their own base camps.

Awards: In each race: Top 3 males and females. Top 3 males and females in 10 year age groups 1-19, 20-29, 30-39, 40-49, 50-59, 60+

Net proceeds of this event will be donated to: Limestone Park, River Valley Animal Rescue, Harbor House and The Salvation Army.

Hey don't forget Mac Track Tuesdays!
Anything is possible!
Come join us at 5:30AM at Bishop MacNamara track.
Tuesday's.....be there!



Milestones

A Note from Charlie Grotevant:

On September 4, 1983, I entered my first road or trail race. It was the Herscher Hare & Tortoise 10K, the distance offered at that time.

This September 2nd Hare & Tortoise 5K will be the 1200th road or trail race since that evening in 1983. I have only missed one Herscher race since that date which makes this 2018 event my 35th entry.

From 2006 through 2011 Larry Lane, Joyce and I directed the Herscher 5K.

This was the first and only race I entered prior to the ileostomy surgery giving me good health and enabling me to compete in 1199 races over the ensuing years.



Grandpa Charlie Grotevant at the Herscher finish line in 2017.

[Note: This newsletter is going out early because of the information about upcoming races. Or maybe because Newsletter Editor Marc Spenard senses the end of his tenure and is getting antsy to be done and turn over the reins to whoever is the next editor. Could it be YOU? We hope so. Let us know if you are game to give it a try. We will need a new editor for the January, 2019 issue.]