



October 2018 Volume 40 Issue 10

Who's Who in the KRRC:

Ann Hendrix



Ann Hendrix, Jodi Jude

Why did you become a runner?

I came back to running ... I started when my youngest son was in preschool with the infamous Melinda Sutherland and she somehow talked me into running and doing races & eventually a couple of triathlons. This was back about 11 years ago, I did the training and races for a couple of years and then fell out of it. Then 4 years ago I decided to return to it to give myself goals and to relieve stress and just to see if I could do it. I've since returned to mostly 5K and 10K races, the Duathlon before it ended, the Manteno Tri a few years in a row, added in some bike races and even completed 2 half marathons.

What was your favorite race, and why?

I had a love/hate relationship with the Champaign half marathon both times I did it. Firstly I loved it because it was my 1st half and I trained a ton for it. I loved the cheering people did along the route and the whole thing was really well organized. I hated it because it was soooo LONG! But all in all – I loved it both times because it's such a huge accomplishment.

My 2nd favorite - My sons and I started a tradition doing the Chicago Hot Chocolate race (15K and 5K). It's fun and we love the city. I just love that they do the race with me!



Ann Hendrix, Jodi Jude

What are your greatest achievements?

Since starting back: 2 Half Marathons, 3 Triathlons, multiple different 10K's and 5K's.

I am happy that I can still get out there & compete in these races. I am happy to be expanding on doing more on my bike, I just love cycling. I want to love running again like I used to and I'm hoping this long hiatus I've been on will get me back there. I had a torn labrum in my hip this past

fall and had surgery Nov 16, 2017. I will just be getting back to training hopefully sometime in the month of February .. it was a very long & boring recovery period.

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

Dare I say it but I’m almost thinking about a marathon. Maybe it’s this long 12 weeks of recovery I’ve been on but something inside of me wants to do it.

What is your positive mantra when things get tough?

Suck it up

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

Just coming off of surgery I want to start out slow with a few 5K’s and then at least one duathlon unless I can find another one. Maybe the Manteno tri but if not then the Du on that one. No large goals for now – I just want to get back into the swing of it.

What motivates you to get out the door?

Stress relief and I like to eat and drink and maybe this exercise can help me not gain the weight that comes along with that! When I have races coming up that really motivates me a lot, I don’t like going into a race unprepared so signing up for races keeps me going.

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

Mile 10 at the Champaign Half (the 1st time I did it) I just turned the corner and the mile marker said 10 and I cried for about a half mile just thinking OMG I did this and I’m almost at the end. It was super cold and raining the whole time too so it wasn’t like I was running the whole time loving it or anything but something about mile 10 just made me realize I was in the moment and actually doing it.

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

I’ll be married to my high school sweetheart (Jim) for 25 years this November. I have 2 awesome sons, our oldest, Dominic-20 yrs, is hopefully going to UIC in the fall, he’s been at KCC the past 2 years. We do the Hot Chocolate race together every year except for this past year due to my injury. We started with the 5K and graduated up to the 15k. My youngest, Carter-16 yrs, is a junior at Herscher High School. We are starting college visits with him now-

he is hoping to go straight to his 4 year school upon graduation in 2019. He joined us 2 years ago doing the Hot Chocolate race but did the 5K while we still did the 15K.

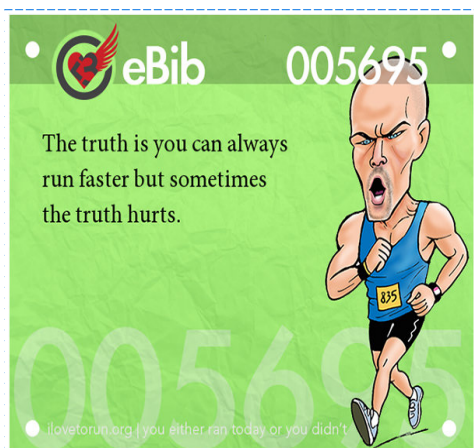
I graduated from the University of St. Francis in Joliet in 1993 with a Bachelor's in Business Administration then I went on to get my MBA in 2000. I am currently unemployed as my position was eliminated when CVS bought my pharmacy, Omnicare, which I worked at for the past 20 years. I'm actively looking for a new job as I type here today. I wish I wasn't on recovery mode from this hip because I'd be in the best running shape of my life with being off from work now!

What does the KRRC mean to you?

It's just so cool to have this group of people that you can turn to for advice or who get your feelings about setting goals and signing up for all of these crazy races. I love the FB site and seeing people's posts about races I've never heard of. Then also meeting new people along the way and just having that common bond with everyone.

Thoughts on how to make the club even stronger?

Keep on doing what you do, I love the club races and challenges with the super 7 series. I did that side car series in 2016 and love the hoodie, the challenge kept me motivated and on track for setting goals. I love what Marc is doing with the newsletter, it's fun to read!



← Who thinks this looks like Rick Loving??



Races/Events



October 1st-31st.....it's that time of year again! **Guys vs. Girls Mileage Challenge** Lace up your favorite running shoes, and let's get some miles in! Always a fun challenge to get all motivated to get out there! Watch the [KRRC Facebook page](#) for the link to get your miles logged.....

Save the date: **Saturday, October 13th**.....time to be announced. It's time for the "fall fling", bon fire, lots of food, and some great times! Everyone welcome! Watch the [KRRC Facebook page](#) for event details.....



Save the date: **Friday, November 30th**, for our annual Christmas Party and election of club officers. Details later by email and on facebook.

The logo for "TRICK OR TROT 5K RUN & WALK" features a stylized orange figure with arms raised, positioned between the words "TRICK" and "OR TROT". Below this, the text "5K RUN & WALK" is written in orange, and "RIVERSIDE HEALTHCARE" is written in blue with a small logo to the left. At the bottom, it says "Presented by Riverside Orthopedic Specialists" in blue.

10/13/18 9AM

Riverside's Annual 5k run/walk & Kids Dash.

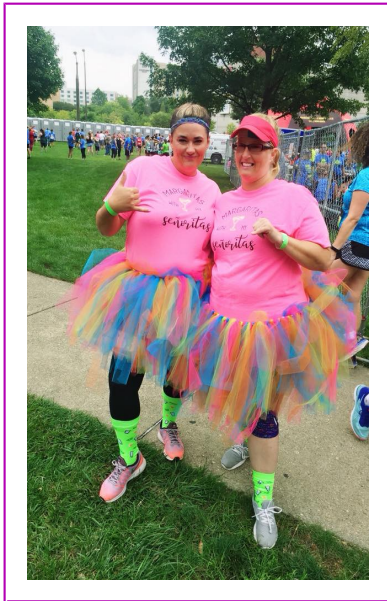
KRRC Discount available.

Click on the logo to take you to the sign up page and all info that you want to know!



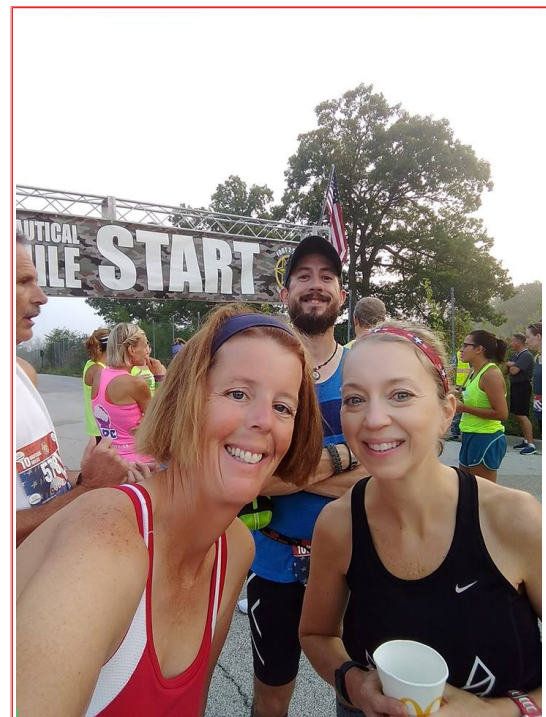
10/02	Evan Sherwood	10
10/04	Ellen Fennell	21
10/04	Diane Gerber	57
10/05	Craig Alberts	62
10/05	Marissa Belcher	38
10/05	Debra Goodwin	59
10/05	Angie McQueen	43
10/05	Daryl Meyer	59
10/08	Zander Betterton	17
10/10	Brian Noffke	58
10/11	Debra Lovell	43
10/12	Rich Olmstead	67
10/13	John Martin	52
10/16	Lauren Martin	21
10/16	Sue Sherwood	43
10/20	Angella Bylak	48
10/21	Pete Hinrich	60
10/27	Kelly Bonner	43
10/28	Dan Bullock	67
10/31	Steve Anderson	42
10/31	Lucas Kisner	16
10/31	Soren Sherwood	6

Some glimpses of the KRARC



Chris Juvers and
Heather Fox at the
Margarita Madness 5k

**Jen Ingram, Julie Loving
and Steve Anderson getting
ready to start the Fort2Base.**





Medals from all the club sponsored races! And if you participated in the Super 7 series.....can't wait until that medal is in our hands! It's going to be a good one!



HHS XC and Track volunteers that helped out at the 37th Annual Hare & Tortoise 5K in Herscher. A big thank you goes out to them!