

November 2018



Volume 40 Issue 11



Who's Who in the KRRC:

Leon Malone in his own words:

I shall try to respond with memories of moments since becoming a member of KRRC. I believe it was in 1978, after my wife had become a runner along with one of my sons, that I decided to take enough time from my farming operation to try a little running to lose some weight. I had ran when in high school and really enjoyed it, but age 48, not having done much running other than what I did playing fast pitch soft ball, it was rather slow going.

My first competitive run was at the Bourbonnais Friendship Festival, which I accompanied my wife with a 10 k run in just over an hour. Later in the year Kempton, IL., my home town was having a 10 k run as part of our centennial celebration. Of course being at home I wanted to be at my best, so I ran on my own, but with 90 degree temperatures surrounded by corn fields, not good when you are not in really good shape. One hour and 8 minutes, but I was hooked, and had to keep at it, eventually with best times for 10 k, 44.47 minutes, 5 k, 20.06.

My favorite runs were probably any at the Kankakee River St. Park. I have always enjoyed running there.

No really great achievements, maybe winning a Gortex running suit at a prediction run with missing my time by 2 seconds. On second thought, probably winning Shirley Arseneau as my wife of 66 years.

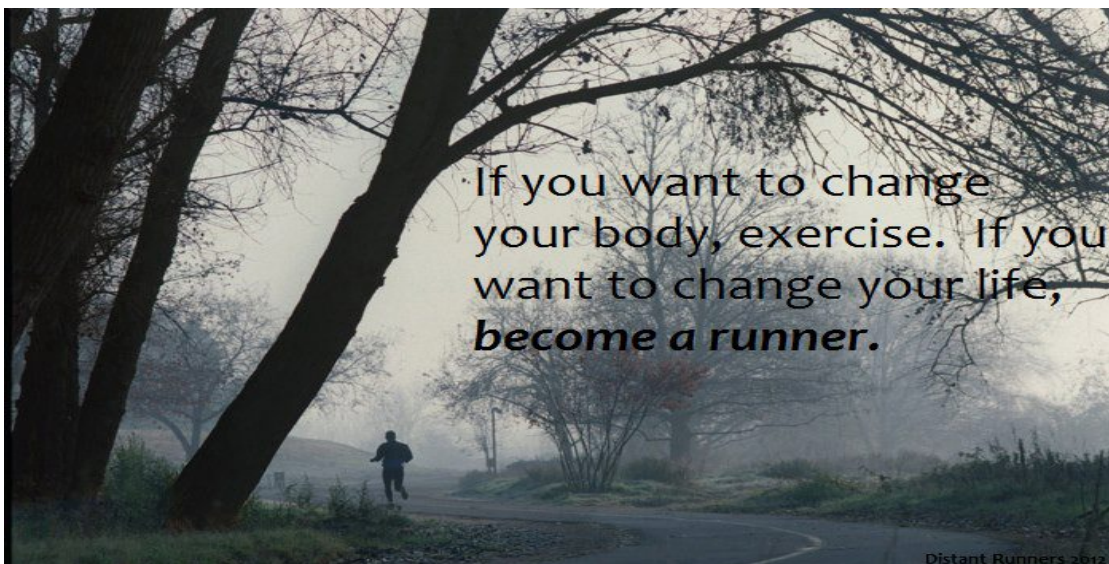


Shirley Malone, Leon Malone

Nothing really on a bucket list, just keep being as active as possible, biking and walking. I have a few charities on my list, hard to name a favorite, Hospice certainly does wonderful work, and I have several Indian schools which I try to support a little, along with a few others which all are certainly in need.

Probably my greatest wow moment, may have been, once when running a 5k at Bloomington, for one reason or another I missed the starting gun. When I got to the start everyone was gone, so I took off alone. It was a festive celebration with crowds all along the route, cheering me on. I did eventually catch up with the pack and was not nearly the last one in.

Belonging to the KRRC has had many events to keep me motivated to try and keep getting better in the earlier years, and opportunity to meet and enjoy the friendship with many people whom I would never have met otherwise.



Races/Events:



Bourbonnais Township Park District Turkey Trot

**2018 Turkey Trot 5k & 10k & 2 Mile
Walk Benefiting Starfish Family
Homes Providing hope, love and
safety to foster children in our
community.**

DETAILS

- **Race Date:** Saturday, November 10th, 2018
- **Pre-Registration:** 7:30am
- **10k Run Start:** 9:00 a.m.

**Click the turkey to take you to the
website for all other info and to get
signed up!**

**KRRC Discount available for this
race!**

2017 last yearhoping for better weather this year!

"Turkey trot 5K/10K race. Horrible running conditions, but the KRRC folks made the best of the situation and brought home some medals. There was rain by the buckets full, wind that tried to blow you over, puddles/streams, fall debris on the paved path, slippery bridges, and yes hills! Way to overcome adverse conditions with a great attitude." (Tina Spenard)



Dan Bullock and Tina Spenard

November 12th:

Manteno Village View channel 4 TV will be there covering this live! Kankakee Daily Journal will be there with a photographer! Jojo will escort the runners in his military Humvee with a 50 caliber machine gun mounted on top! Manteno PD needs to know ahead of time about how many since there are no road closures and numbers may have to be limited so please let me know! WOULD LOVE TO HAVE MY RUN FOR THE FALLEN TEAM PARTICIPATE TOO! This is a blast to do! Please read the following info very carefully!! Thanks - Daniel Gerber

Once again, a group of Veterans and active military will be running downtown Manteno and to each of the Manteno schools with patriotic flags and dressed in battle gear in honor of Veterans Day. Since Veterans Day



is on a Sunday this year, we plan to run the following day (observed day for most) which is Monday, November 12. We will approach the schools from the same direction and times as in previous years. New this year is Jojo Sayson who is rescheduling appointments this year at his Physical Therapy & Rehabilitation Center in Bourbonnais so he can escort us in his military Humvee. We hope to instill a sense of pride in the students of their country and military as well as letting them have a part in this. We are seeking Veterans/military who can run 11 minute miles for 4 miles; or Veterans who would like to ride in the Humvee. This is not a training run and we run together in a squad to have fun and celebrate Veterans Day! No Bikes please!

Please contact:
gerb959@comcast.net



Space may be limited!

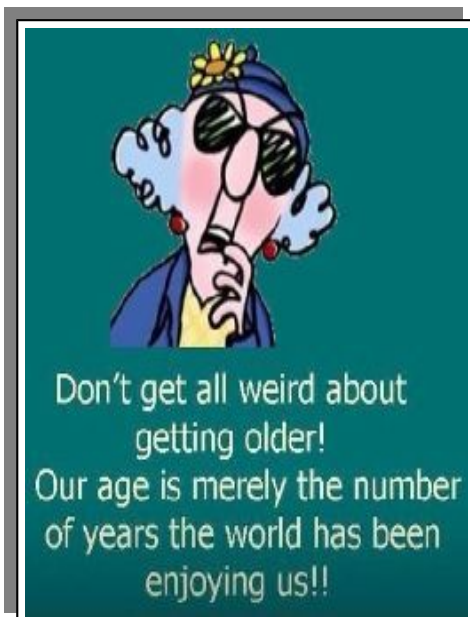
Tentative Schedule for November 12:

1. Meet at Heritage Park at 7:15 am
2. Begin run at elementary at 7:40- 7:45
3. Arrive at middle school at 7:55- 8:00
4. Arrive at high school at 8:00- 8:05
5. Continue to run downtown Manteno business district
6. Finish at Heritage Park at 8:45



NOVEMBER

11/02	Aidan Brav	11
11/02	Karen Lopez Franco	40
11/04	Troy Lovell	49
11/05	Bryce Baker	43
11/08	Trevor Edmonson	30
11/12	Jason Sherwood	47
11/21	Kelly Martin	42
11/22	Elizabeth Navarro	13
11/23	Megan Vincent	27
11/24	Shaun Brav	41
11/24	Doug Morris	57
11/24	Marc Spenard	57
11/26	Tina Spenard	53
11/30	Laura Sproat	35



Some glimpses of the KRRC:



Thanks to all who came out for the Free No Frills 2.9 Mile Race today. — with [Julie Ader Loving](#), [Lucas Kisner](#), [Laura Loica](#), [June Loving](#), [Kyle Dockemeyer](#), [Jill Beth Minton Davis](#), [Andé Wegner](#), [Frankie Avalon](#), [Rick Lagacy](#), [Alan J. Toronjo](#), [Steve Anderson](#), [Amelia Toronjo](#) and [Clarence Moore](#).



Holly Schafroth

Triple Anvil “beast machine” Andé Wegner resting up to complete her race!





The Great Pumpkin Race at the State Park. Showing off some medals:

- Mary Ellen Quinn-Williams
- Nicole Cartier
- Cara Wheeler
- Ashley Wheeler
- Rhonda Brouillette-Hubert

“Run the Beat” with Valery Denby, Taylor Harper and Frankie Avalon.



Some miles for the girls for the challenge:

- 4.2 miles for Tami Spiezio
- 4.06 miles for Maria Skarski-DuFrain
- 5.0 miles for Nicole Cartier

Christmas Party

The KRRC Christmas Party will be on Friday, November 30th, 6:00 PM at the Knights of Columbus, 187 S Indiana Ave, Kankakee, IL.

We will be in the same room as last year. There will be great food, drink and delicious cupcakes.

We will have a DJ, so trade in your running shoes for dance shoes. The Super 7 Series awards will be given out as well as a few raffle prizes.

The cost is \$10 for KRRC members and \$20 for non-members.

Please make your reservations by 11/23/2018. You may make reservations by going to the club website - <http://www.kankakeeriverrunningclub.com/christmas-party-rsvp> or by sending a check to KRRC, 202 Tiverton Rd, Kankakee, IL 60901

We will also vote on board positions. Board positions and their current holders are:

President: Steve Anderson

Vice President: Chris Snider

Secretary: Mileen Joines

Treasurer: Dave Bohlke

Trustee: Dan Bullock

Trustee: Rhonda Hubert

Trustee: Pat Koerner

Trustee: Marc Spenard

Trustee: Tina Spenard

Any of these positions may be challenged by a nomination from a club member. If there are challengers, we will have ballots at the party. If you wish to nominate someone, or yourself, please send an email to krrclub@gmail.com. If nominating someone other than yourself, please make sure they are OK with it.