



Happy New Year KRRC Members!

New year, new goals to complete, Also new runs! It's a new year which means time to pay dues for Super 7 series and Club Membership! Dues are \$15 for an individual Membership, but for family its \$25 Membership. These memberships also include this lovely newsletter where you get so see all the birthdays, see fellow runners stories or about upcoming club runs. If you wish to get the newsletter via-regular mail please add on \$5

(individual \$20 and Family \$30) to help defray the extra cost of printing and postage. You can pay online via paypal or credit card by going to the KRRC website. Or if you prefer to pay by check, mail to

KRRC, 202 Tiverton Rd, Kankakee, IL, 60901

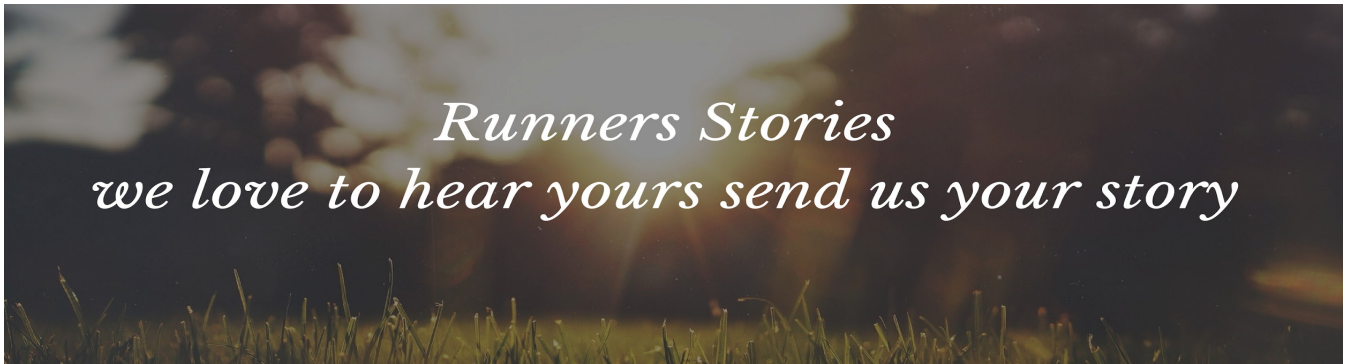
Link Below is to pay online for membership!

→ [**KRRC LINK**](#) ←



CHECK OUT OUR FACEBOOK GROUP TO LOOK OUT FOR WEEKLY GROUP RUNS! OR FUN INFORMATION ABOUT UPCOMING RUNS MEET FELLOW RUNNERS.

→ [Facebook](#)



*Runners Stories
we love to hear yours send us your story*



“I was born with a congenital heart condition and had adapted to PE throughout grade school. By High School I was in regular PE but struggled as I was physically weak and uncoordinated. I gained strength when I started horseback riding. I never ran at all in school, and actually disliked the idea. Fast forward to my 60s. By 62 I was well over 200 pounds and could barely walk up a flight of stairs. I had a wake-up call when my husband had a heart attack and decided to change some eating habits and start walking. I remember struggling to walk around the block! One day I was sitting in my living room and saw my older, overweight neighbor run by. Each day I saw her, then one day I said, “If she can do it I can too!” I started slowly, only running 100 yards at most, then I started the C25K app. I tried my first race at the Forte 5k in Channahon 2015. I was bitten by the “bug.” The races gave me a goal and something to work toward. I read Jeff Galloway’s

Darcy Welsh

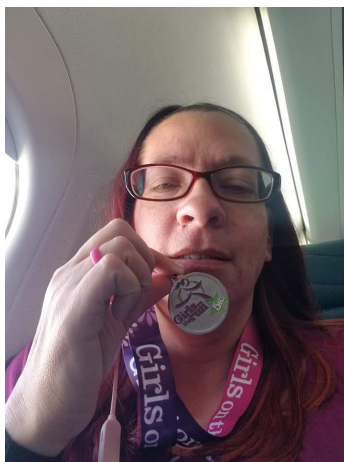
books and decided, along with my cardiologist, he had a perfect plan for me. I met amazing people who didn't judge me by my turtle pace but instead recognize my efforts. I never thought I could ever tackle any distance over all because of the encouragement from other runners. The cardiologist says my cardiac output is better than ever. Thank you, fellow runners, for saving my life!"-Darcy Welsh



Darcy Welsh



Darcy Welsh



Valery Denby

On Saturday November 17th, 2018 while I was in Hawaii, I went to Kapiolani Park to do the Girls On The Run 5k. It was 73, humid and sunny. They had us do 3 laps in a grassy park. Each lap they gave us a hair tie to keep track. They had a lot of fun things to do. We were given a reusable goodie bag, t-shirt and finisher's medal. Jon and I didn't stick around for the after party because we had to get on the puddle jumper for another part of the vacation. It was really neat to see that Holly and Brianna were doing the same race, but in Chicago. I can now cross Hawaii off the running map. “



Valery Denby

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KRRC
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FR. JOHN HORAN

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KRRC
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“I started running in middle school on cross country and track teams, but really grew to love it in college where I would go for runs socially with friends. I ran my first 5k my



Father John Horan

Freshman year at college at U of I and did it again Sophomore year. Near the end of my Junior year my friend backed out of running the Illinois Half-Marathon and so I took her spot and ran as “Dana!” The race was tough but after running further than ever before! Thought :”If I can make it this far with little preparation, then I can probably do a full marathon if I train!”So I signed up for the Chicago Marathon 2012 with some friends of mine-the Franciscans of the Eucharist-and ran to support Our Lady Of The Angels Mission in Chicago’s West Humboldt Park.It was so fun(and painful)I thought I’d do it again in 2014 (Milwaukee) and 2016(Indianapolis). I broke the streak this year and didn’t sign up for any 2018 marathon. I figured I should focus on the big life change and transition: I just got ordained a Catholic priest in May and

moved to Kankakee to begin at St. John Paul II (the former St. Teresa, St. Rose, and St.Martin Church combination). I also go to Gilman on Sundays to celebrate Spanish Mass. Running is one way I try to live out of my vocation as a disciple to Jesus: pushing ahead to the goal of God’s upward calling(Philippians 3:12-16)



Father John Horan and college friend George, who ran with him in his first two marathons.

Super 7 Series



Super 7 Series

(1st option) requirements

Complete 2 club-sponsored races.
Complete 5 your choice races
Participant receives a Super7Series T-shirt

Super 7 Series Side car

(2nd option) requirements

Complete 4 club-sponsored races.
Complete 3 your choice races
Participant receives a Super 7 Series hooded sweatshirt and a special medal

The 4 club-sponsored races are:

Winterfest 5K 2/3/2019
Pause for Patriotism 4 Mile 5/18/2019
Bourbonnais Friendship Festival 5K Run / 1.5M Walk 6/29/2019
Herscher's Hare and Tortoise 5K Run / 2M Walk 9/1/2019

Your choice race is:

Any race from 12/1/2018 through 11/30/2019 (including races you ran before signing up for the series) that is timed and has published results. Your race time or placement in your age group does not matter, but you must be a finisher..

To get credit for your races you must do the following:

Send an email to Kankakee River Running Club at krrclub@gmail.com

Subject Line: Super 7 Series

Body of email should include: Participant's name, name and date of the race. We will maintain a tracking spreadsheet on the club website of all reported races.

The Super 7 Series entry fee is \$15. You may enter via PayPal at the club website www.KankakeeRiverRunningClub.com or by submitting the entry form below along with payment. Entries and payments must be turned in by July 1st, 2019. Participation in the Super 7 Series does not include any race entry fees which are the responsibility of the individual. Go to the club website for a list of available discounts and other benefits of KRRC membership.

→ [To print out a form that can be mailed in please click here:](#) ←

→ [Sign up through paypal](#) ←



Happy Birthday Everyone!



January Birthdays

01/01 Debra cox 56
01/04 Danielle Perkins 28
01/04 Cindi Reddish 64
01/04 Ashley Wheeler 29
01/05 Daniel Gerber 60
01/07 Jessica Betterton 43
01/07 Jen Ingram 45
01/08 Lynn McGinnis 44
01/09 Frank St Paul 63
01/09 Blayne Dayhoff 27
01/11 Susan Haag 53
01/12 Rick Livesey 66
01/13 Brianne Robson 30
01/16 Griffen Kisner 46
01/18 Nena Fournier 51
01/20 Taylor Ewing 25
01/24 Gerald Sala 48
01/24 Cornelius Talley 38
01/25 James Martell 64
01/28 Heather Fox 42
01/29 Eric Helgeson 46
01/29 Dianne Strufe 76
01/30 Luke Horne 13
01/31 Mia Brav 15

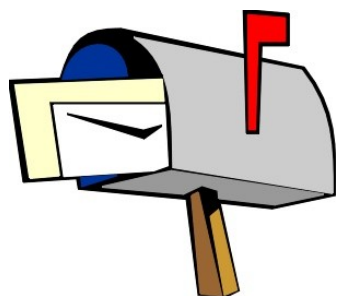
Psst! Also don't forget Winterfest! It's part of the Super 7 Series

February 3rd, 2019



→ Winterfest Facebook event←

WinterFest Sign Up



KRRC Malbox – We receive tons of mail here at KRRC with articles for the newsletter, (and if you believe that one, then we have some ocean-front property in Kankakee we'd like to sell you.) This newsletter is built upon articles submitted by you, our members. We are looking for your personal running stories, race reviews, equipment reviews, etc. You may not think your story is interesting, but our readers usually love this stuff. So... please keep them coming. Without them, the newsletter would be pretty boring and short. Send them to krrclub@gmail.com