

# FEBRUARY 2019

## Volume-41 Issue 02 February 2019

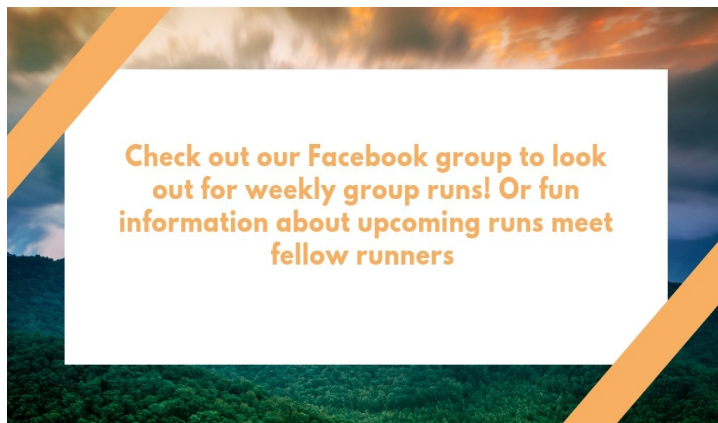
Reminder don't forget WinterFest is the 3rd of this month at Small Memorial Park, 8th and Charles Street, Kankakee, IL, 60901 (It's part of the Super 7 Series)

→ [Online sign up](#) ←

Don't forget about membership dues!

→ [Membership sign up](#) ←

Click the link above to renew your membership and continue to get this awesome newsletter and discounts on runs. Or mail your dues to KRRC, 202 Tiverton Rd, Kankakee, IL 0901. Dues are \$15 for an Individual or \$25 for a Family. Please add \$5 for printed hard copy delivered by U.S. Postal Service.



→ [Facebook Group](#) ←

[Our new -- Instagram](#) ←





Runners Stories  
We love to  
hear yours send  
us your story

## GPS ART by Dan Bullock

“ While I enjoy running outdoors as much as possible, I sometimes tend to get bored. I seldom run the same route twice and I hate running out and backs if I can avoid them.

About ten years ago, I got a smart phone and started mapping all my runs. I didn't think much about it until one day I was going over them and a picture kind of jumped out at me. It wasn't perfect but I thought with a few tweaks it could look good. I thought, “Wow, this could be fun!” So I started reviewing some of the maps and found that if I took a right turn here or a left turn there, it would look like

something.  
Soon I was doing boats, cars, guns, socks, and animals. It's pretty easy. I get out and just run normally, no plan, then every so often I review the last few routes and see if there's anything hidden in the maps. There usually is. If it's complicated, I will make myself a cue sheet to carry with me. I may have to go over it several times to get it just right. When it looks good, I post it. Everyone seems to get a kick out of it, so keep checking Facebook and now Instagram to see my latest creations!”



[In the December issue of the newsletter, we ran an article by Dan Gould about his upcoming 1,000th race, the Kankakee Jingle Bell 5K. We are now publishing his post-race review.]

### Kankakee Jingle Bell – My 1,000th Race by Dan Gould



Long sleeved shirt with seasonal colors - finisher's medal on left - 1st in age group medal on right

The 28th Annual Jingle Bell Run 5K & 1 Mile Walk was Sunday morning, December 2nd, on the campus of the Kankakee Community College, a scenic venue on the south side of the Kankakee River. As most of you know, the Jingle Bell runs are a nationwide fundraiser for the Arthritis Foundation and have great community support as arthritis touches so many families.

The first Kankakee Jingle Bell Run had a very humble beginning in 1991. Although we were sent entry forms for the Jingle Bell Runs in Peru, Urbana, and Peoria, the first our running community knew of the local race, scheduled for December 15th, was after December 1st when we read about it in the newspaper. The local radio station gave it lots of air time, but it was too late to reach most of the running community. We were not emailing and texting in those ancient times.

Staged from and in Kankakee's Meadowview Shopping Center, it was billed as a two-miler. On race day, it became something less than a mile on an out-and-back course through the shopping center. There were some interesting rules: 1. Run on the sidewalk. 2. Yield to automobile traffic at intersections.



Coach Carol holds the sign as Linda captures the start

The only award for speed was for first overall, but, by the time they passed out the costume awards, drew for door prizes, and served pizza, most of the 28 of us who participated were winners. They raised \$698. Baby, you've come a long way!

The event was moved to Shapiro Developmental Center and became a 5K under the direction of Phil Angelo who had been a participant the first year. By its third year, it was attracting 200 participants and



My cheerleader is prepared! A colorful Kathleen Jensen walks by. Flags at half staff for Bush 41.



Ken Williams in white back left - Chuck Parsons in blue on right - Rich Olmstead back right in white

raising thousands of dollars for the Arthritis Foundation. The race has now raised over \$600,000 and Phil is still directing the event. There is a one mile walk, a kids' run, team, costume and fundraising competition in addition to the 5K.



*Jerry Kuntz leads a second pack*

While I've enjoyed the race, my participation has been sporadic due to conflicts with other races - a marathon one year, the now defunct Ottawa 10-Miler, the Carpet Capital 10-Miler (Georgia) - and eight years that I stayed in Florida in December. I was back in 2015 for its last year at Shapiro when it had 318 finishers, and raised \$40,000. I missed 2016 when there were 255 5K finishers, but was back in 2017 when there were 237 of us in the 5K and 36 walkers.

Getting registered this year was something of a challenge. The website didn't tell me if there was hard copy registration and I clicked on the REGISTER button hoping there would be options. The result was a page that said "BEEN HERE BEFORE?" and asking me for a user name and password. Been where before? Active? SignMeUp? There was no indication as to what service was being used.

I opted to email the contact person, Caroline Passalino, and asked about registration options. She responded that hard copy was available, but the fee was \$40 whether hard copy, on line, or race day. I had inquired as to a bib # 1000, but they didn't have one. She did offer her congratulations on my 1,000th race.

I asked her to send the hard copy, but, a week later it hadn't arrived and I registered on line. I also learned that race day registration was \$45. The most curious thing is that Ms. Passalino is the Arthritis Foundation Development Manager in an office in Chicago. The Jingle Bell Runs are a national event, but it has gotten a bit too distant and impersonal when we can't talk to somebody in our community.



*Judy & Gerry Kilbride came to celebrate my 1,000th*



*Chuck Parsons was no match for Rob Ravens' finish line splint - Chuck was 3rd in 65-69*

Race day began overcast, wet and 48 degrees, the high for the day. By the 9:00 A.M. start it would be 43 degrees, but it wasn't raining. Sunday morning traffic made it an easy 20 minute drive and we were parked just after 8:00 A.M.

A reporter for the Daily Journal had interviewed me in early October for a story about my 1,000th race. I had four races scheduled in Florida during our mid-October to mid-November visit and the Jingle Bell Run would be number 1,000. All went well in Florida and I was meeting a Daily Journal photographer at 8:30 so she could identify me in the race. I think the newspaper has been a sponsor of the event for all its years and given it great coverage.



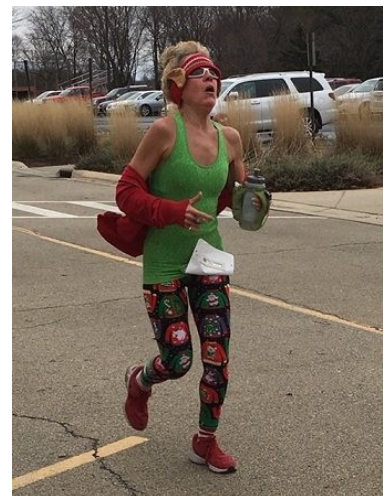
*I didn't run the whole race with my hands over my head, but they came back up for the finish*

Linda and I connected with Tiffany, the photographer, and a few of the usual suspects in our running world in the lobby of the building that was being used. There would only be 166 finishers in the 5K this year including about a dozen of our gang including Chuck and Drew Parsons, Paul and Marianne Surprenant, Pat Koerner, John Bevis, Rich Olmstead, Rob Ravens, Dan Bullock and Jerry Kuntz.

In honor of my 1,000th, golfing buddy Ken Williams was running his first 5K. Many years ago, he ran marathons, but had never done the shorter 5K-10K races. Ken would finish third in 60-64 and have a medal to commemorate his first 5K. Most importantly, he brought along his wife, Mary. She gives great hugs!

After a warm-up jog with Ken to help him get oriented to the course, I went to the van to shed a sweatshirt and decided that the temperature warranted something more than the singlet I had planned to wear. I donned the Jingle Bell tee shirt and went to the starting line where Phil Angelo was giving final instructions.

This is a loop course on concrete, asphalt, stone, and crushed stone with maybe a touch of grass. The course starts in front of the campus building on the south side running west / southwest on the entry road, making a right turn around the west end of the building and going north to the Kankakee River where it runs east on the asphalt and stone trails to what is commonly known as Ball Diamond Road, turns south to a pylon turn just before reaching River Road, comes back almost to the river, then goes west on a road paralleling the river to the college campus and ending at a boat launch. The course goes back on the river trail for a short distance, turns south on a crushed stone trail until reaching the parking area at the east end of the campus building and then west a few hundredths of a mile to the finish line.



*Kathleen Jensen pushes to the finish & 3rd in 60-64*



*Paul Surprenant - 2nd in 70-74 - with Judy & Gerry Kilbride*  
an accurate course!

While waiting in the lobby for the photographer, I had encountered John Bevis who measured the course and learned that, again this year, the course would be short. It had not been set up the way he measured it. It was 3.04 last year and again this year. My kingdom for

As I positioned myself on the right side of the starting queue, my eyes found Coach Carol frantically surveying the crowd and we connected. She and Mitch had come all the way from Varna to see me run my 1,000th. Bless them! They have been part of my running world for as long as I can recall. Carol is an avid runner, coaches cross-country, track and volleyball. Mitch, sometimes a runner and sometimes a golfing buddy, manages Often Running in Bloomington and spends a lot of time as support crew for Carol's racing adventures.

Phil got us started at 8:00 A.M. and the field spread quickly, almost a third smaller than last year. When the walkers started behind us, there would be only 15. Last year there were 36. No, I don't know why., but it's the the only race where the numbers have been down.

Linda had found an elevated spot from which to take photos and she was joined by Coach Carol who held the sign Linda had made proclaiming my 1,000th race. I raised my hands in victory, a victory that I had gotten to the starting line in good health. With all the hype about my 1,000th race, I prayed that I wouldn't get sidelined by injury or illness. A calf strain in April had shut my running down for a couple months and the silver lining to my injury was getting to run my 1,000th where I had run my first race. The Performance Sports' 5-Miler on May 30, 1982, was at Kankakee Community College..



*Golfing buddy Ken Williams has run marathons, but this was his first 5K - 3rd in 60-64*



*Jerry Kuntz showing great finishing form*

As we worked our way through the turns around the west end, I realized I was behind Chuck who is usually bests me by a minute or more in a 5K. Then again, he is almost 5 years younger. He would run 26:26 for 3rd in 65-69.

As I approached the river trail, I saw Rich Olmstead past the turn and moving out well. When Rich's exercise induced asthma takes a break, Rich, 67, can still turn in a winning time. He would run 25:53 for 2nd in age.

Running the river trail, I saw Mitch who cheered me on. He was probably looking longingly across the river at the Kankakee Country Club and wishing he was in town to golf. There were lots of golfing days in last year's unseasonable November-December warmth, but this year is the polar opposite – brrrrrrrrrrrrrrrrrr!

I went through the one mile mark in 8:43 - too fast! I flashed back to that first race, recalling how I had forgotten my mentors'

advice to run my pace and had to walk part of that 5 mile race.

We turned south on Ball Diamond Road, a long, shallow upgrade to the pylon turn just before River Road. Jerry Kuntz, another friend who was running to celebrate my milestone, had asked me if the course included this "hill." A shallow upgrade or a hill? Well, a very subtle hill, but it does slow the pace.



*Marianne Surprenant wearing last year's Jingle Bell shirt*



**Dan Bullock & Pat Koerner - Pat ran 21:26 for 1st in 55-59**

I met the leaders coming back, a 14 year old boy who would run 17:25 and an 18 year old girl who would run 17:37. The first runner I knew was Drew Parsons, 35, who would finish 9th overall and 1st in age with a 21:02. Pat Koerner, 56, was close behind. He would run 21:26 for first in age. I think Pat ran his 1,000th race earlier this year.

I met Chuck Parsons and was surprised at how close we were. Somewhere in this stretch I was passed by Rob Ravens who would best Chuck in a finish line sprint captured by Linda's camera. There have been some races in which I could run with Rob up to the last half mile. He always found another gear at that point and sprinted away.

The two mile split was a 9:13, partially due to my poor pacing in the first mile and partially due to the long upgrade. Among the outbound runners I knew was Paul Surprenant who would finish in 29:50 for second in 70-74 and Kathleen Jensen, 64, who would run 30:04 for 3rd in her age group. I believe Kathleen also reached the 1,000 race milestone earlier this year.

Back along the river, the runners were widely scattered. I passed the water stop at the boat launch where few runners were feeling the need to hydrate. I was briefly back on the asphalt river trail before the turn south on the stone trail where we merged with the walkers. A walker making the turn shouted congratulations on my 1,000th. My three mile split was 8:59.

I made the turn around the east end of the building and pumped for the finish line. I saw Linda clicking away on my right a few yards before crossing the line. A chip start and finish, I ran 27:09 for the short 3.04 course, about a minute slower than for the same distance last year. I was in good company. Half a dozen of the gang were about a minute slower.



**Coach Carol & Mitch came all the way from Varna to share my day**

After finishing, I was greeted by former runners Gerry and Judy Kilbride who had come to the race to celebrate my milestone. They, too, started running in 1982 and their son, Andy, was mentioned in a newspaper report of my first race as the youngest runner at age nine.

We had lots of time to socialize waiting for the last of the walkers to finish. One of the pluses of this venue is a large room with lots of places to sit for post-race festivities. They have great post-race refreshments including pizza.



**Had to have a picture with long time running buddies Chuck & Drew Parsons - Drew was 1st in age in 21:02**

The race is a short 5K, but the awards ceremony is something of a marathon. There were awards for fundraisers, costumes, walkers, and, finally, runners. Phil Angelo moves it along as quickly as possible, but it is still long. I volunteered to pick up the awards for team Parsons who could not wait. Mitch and Coach Carol departed at some point. A couple years ago I tried to

convince Phil of the wisdom of starting the awards with the senior citizens, but was unsuccessful. What if a senior citizen died while waiting for his award? How embarrassing!

Gerry, Judy, Ken and Mary were able to stay until the 70-74 age group was called and I had my first place medal in hand. Well, it says "FIRST" on the front, but the little plaque attached to the back says "3rd." No, I don't know the story, but all the medals were like that. The Kilbrides and Williams joined us for breakfast at the Family House, the best part fo any race.



The Daily Journal front page gave me another 15 minutes of fame

Tuesday's edition of the Daily Journal carried the story of my 1,000th race on the front page complete with a finish line photo. An editorial on Wednesday extolled the benefits of exercise for good health, noting that I had started at age 37 after years as a sedentary cigarette smoker. I got the proverbial "15 minutes of fame" and then some.

I'll start on my next thousand in the new year. Merry Christmas! Happy New Year!

Run for your life! For complete [Results](#) -Dan



Medals, medals, medals! I was first of two in 70-74

## Your 2019 KRRC Board Members

- President – Steve Anderson
- Vice President – Chris Snider
- Secretary – Jackie Skrobot
- Treasurer – Dave Bohlke
- Trustee – Craig Alberts
- Trustee – Dan Bullock
- Trustee – Debbie Dye
- Trustee – Rhonda Hubert
- Trrustee – Patrick Koerner



Dan Bullock, Dave Bohlke, Steve Anderson, Patrick Koerner, Rhonda Hubert, Chris Snider, Jackie Skrobot, Craig Alberts, Debbie Dye





**FEBRUARY BIRTHDAYS**

02/04 CHRIS BETTERTON 47  
02/06 GERRY KILBRIDE 81  
02/08 ANDE' WEGNER 40  
02/10 COLIN KOERNER 26  
02/15 GAIL SILCOX 44  
02/16 BETSY KELLER 39  
02/18 CHARLIE GROTEVANT 77  
02/19 VALERY DENBY 48  
02/20 FR. JOHN HORAN 28  
02/21 CHRIS WALSH 57  
02/22 RICK DUNBAR 58  
02/22 LISA GENTRY WEBER 39  
02/24 KRISTINA ARENDT 18  
02/24 JUDY KILLBRIDE 80  
02/26 MARIANNE SURPRENANT 62  
02/28 JACK MARTIN 9

# Super 7 Series

## Super 7 Series

### (1st option) requirements

- ◆ Complete 2 club-sponsored races.
- ◆ Complete 5 your choice races
- ◆ Participant receives a Super 7 Series 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:

1. Winterfest 5K 2/3/2019
2. Pause for Patriotism 4 Mile 5/18/2019
3. Bourbonnais Friendship Festival 5K Run / 1.5M Walk 6/29/2019
4. Herscher 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](mailto: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](http://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. → [PayPal Sign up](#) ←

