



Volume-41 Issue 03 March 2019

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.

→ Facebook Group ←

→ Instagram ←

**Check us out on
Facebook and
Instagram!
Get up-dates on
group runs and
events**



**Pause for Patriotism and
Kankakee River Running Club
4 Mile Run or 2 Mile Walk
Greater Kankakee Airport**



Next club run!

Online registration is now ready for Pause for Patriotism 4 Mile Run/2 Mile Walk.

→ [Sign up for Pause for Patriotism](#) ←

The race is on Saturday May 18 at 8:00 am. It's one of our four club races and as such, is must-do for those in the Super 7 Series.

Greater Kankakee Airport, 813 A East 4000S Road, Kankakee, IL

Must be registered by May 9th to be guaranteed a T-shirt.

\$2.00 discount for Military, Boy Scouts, Girl Scouts, KRRC, PSRR, or

~~Discount Code~~

→ **(PFPRC)** ←

Team photo of KRRC Members

*** Winter fest ***
~~First Super 7 Series Run~~
Results



Fun Run By Kyle Timmons:

Sunday, March 31st (10:30 am) - Special Olympian to Speak and Lead Fun Run

Andrew Peterson, winner of several gold medals in the Special Olympics 1,500, 3,000, and 5000 meter runs, and Boston Marathon qualifier will speak at St. Peter's United Church of Christ in Grant Park, Illinois on March 31st.

A native Indiana man, Peterson was born with fetal alcohol syndrome and was adopted, along with several of his siblings, by his father, Craig. Peterson has shared his stories with numerous student bodies at school



assemblies and was recently featured on ESPN.

Following the service, Peterson will lead a "fun run" followed by some light refreshments at the church.

All are welcome to attend. For more information, contact Pastor Kyle Timmons at 567-249-5130 or by email at pastorkyletimmons@live.com

March Birthdays

03/01 DARCY WELCH 67

03/04 JEFF CHIERO 66

03/04 KEN GOODWIN 60

03/04 ROD KAHL 54

03/06 STEPHANIE PIACENTI 47

03/07 NICOLE CARTIER 44

03/13 SHANE MCWHORTER 34

03/15 LINDA HODGES 75

03/16 HANNAH THIELE 12

03/16 MARK WALSH 64

03/21 GAVIN KEMF-KUTEMEIER 14

03/22 CHRISTINE SNIDER 51

03/25 KEN KLIPP 70

03/25 CAROL VALLONE 56

03/26 RACHEL SIMINGTON 36

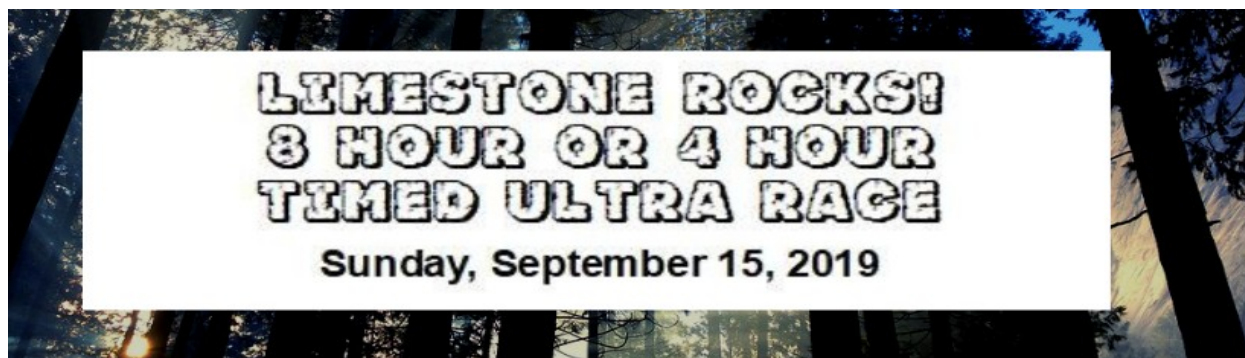
03/27 PAT KOERNER 57

03/29 MICHELLE GUSTAFSON 50

03/30 RENE PARKS 44

**Congrats to
newly weds
Angella
&
Chad Marsh**





Time to rock out an ultra with Limestone Rocks!

You may compete in either an 8-hour or 4-hour race on a 1.65 mile loop course at Limestone Park, 5813 W 1000N Rd, Kankakee, IL 60901, The course, mostly crushed limestone and partly asphalt, is about half flat and half hilly with one short-but-steep downhill and one short-but-steep uphill plus a couple of other small hills, with a maximum elevation change of 50 feet.

Online registration or printable entry form available at

→ [click me to sign up](#) ←

How it works: At the end of each loop you will check in with the scorekeeper. Then, 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 judgement 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: 8-Hour: Top 3 males and females. 4-Hour: Top 2 males and females. Finisher awards to all participants.

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

Schedule:	8-Hour	4-Hour
Registration & Packet Pickup	7:30 am – 8:50 am	9:00 am – 12:50 pm
Pre-race briefing	8:50 am	12:50 pm
Race starts	9:00 am	1:00 pm
Race ends	5:00 pm	5:00 pm
Awards ceremony	5:15 pm	5:15 pm

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

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.

→ [PayPal Sign up](#) ←

March Madness Guys vs Girls Mileage Challenge

We are getting near the start of the 2019 KRRC Guys vs Girls March Madness Mileage Matchup. This is just like the contest we did last year in March where each day during the month of March, you turn in your mileage total for the day. At the end of the month, one of the teams will be declared the winner and the other team... well, we won't call them losers, but they will be in second place.

Your miles must be run or walked during a workout, either on the road or treadmill. No fitbit steps, no swimming laps, no biking miles. There is no charge to participate, but you must be a dues-paying member of the club, with 2019 dues paid.

The link to the spreadsheet where we track your miles is [Click Here](#). You can also access it from a link on the club facebook page or from the club website on the "Race Results" page.

On the spreadsheet, Dave Bohlke has left the names in there of everyone who participated last year and will add the ones who have indicated they will be participating this year. Take a look at it. You will see a column for "Dues," This will show "No" for those who either haven't paid their dues for 2019 yet or haven't yet joined the club, but indicated they were interested in participated. **There are a lot of you who haven't paid your 2019 dues yet, so please check.**

During the month, each day at midnight Dave will add the new date in to the left, so the current day will always be near the names. We will keep the current day and the previous day open for posting. After that two-day window is gone, you can no longer post your miles for those days. This is the anti-sandbagging feature of the contest. If you are on a cruise or in jail where you don't have access to wi-fi to report, let Dave know your miles when you get back or get out and Dave will take care of it. "I forgot to post" is no excuse! After a few days, Dave will weed out the names of those who have not turned in any miles yet, but if your name gets taken out, you can always join in part way through the month, you just won't be able to post any back-dated miles. If your dues are not paid, you will not be able to post any miles till you get them paid and you will not be able to post any backdated miles.

You can post the miles yourself directly on the spreadsheet. If you don't feel comfortable doing that, either send Dave Bohlke an email each day that you have miles to krclub@gmail.com or post your miles on the club facebook group. But if you do it on facebook, be sure to tag him so he doesn't miss it. As in "David Bohlke, I did 3 miles on 3/2." Also, if you report by email, if your name isn't part of your email address, give him your name too so he doesn't have to look it up.

After the month is over we will have a congratulatory breakfast where the winning team and the second place team will both be welcome to attend.