



Volume-41 Issue 04 April 2019

Save the Date – Saturday, May 4th, 9:00 am to 11:00 am. Breakfast at the Bourbonnais Community Center to celebrate the March Madness Guys vs Girls Mileage Challenge. (We had to schedule it in May due to difficulty booking a room for it.)

→[Facebook Group](#)←

→[Instagram](#)←





**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)←

RUNNERS STORIES



Steve Anderson

Flashback to my first ever 5k 8 yrs ago today. A few thoughts....I was much younger, I was 40lbs heavier than I am now, and that's a really durable hat because I wore it this morning as well.

Race Review-Dan Bullock-2019 Shamrock Beer Run

I've done this run a few times but this year due to increased participation they changed the venue from downtown Arlington Heights to the Arlington Park Race Track. So this was a new course and it felt like a new run.

The Shamrock Beer Run is a not really a race, but a fun run where the runners run and drink beer while running. I happen to enjoy both of those endeavors so I try not to miss it. I travelled up there on a rainy Saturday with KRRC members Paul and Marianne Superenant who also like to tip a brew occasionally. We met up with my daughter, Jessica Huffaker, also a beer affectionado and we checked in where we each received a shirt and a custom beer glass. Luckily, this new venue provided us with an indoor staging area and post-race party. The rain started up in earnest just as the run began, but the allure of brewskis overcame our desire to stay warm and dry.



This is the rules of the beer run: As you line up at the starting line, you get a small beer to get you going. At each kilometer thereafter, you receive another. At the finish you get a large beer of your choice. The run went around the perimeter of the

racetrack property, through some parking lots and along a service road, ending on a half-lap around the track itself. The track was hard packed dirt, muddy from the rain, but not mushy. We all ran together and finished soaking wet but happy. We also had the foresight to bring some dry clothes to change into while we received our finisher's medal. We also happened upon KRRC members Lorrie and Rachel Simington. They were just as we as we were. The medal which also doubled as a



magnetic bottle opener, was heavy and colorful. After the festivities it was time to eat so Jessica took us to her favorite bar for refueling and, you guessed it, more beer. This is not a serious race; no PRs, no Super Seven credit, but we did count the guys and gals challenge miles.

Anyone feeling silly should try this sometime. You'll probably see me there!

The Kankakee River Running Club Celebrating 40 Years in 2019

By Dan Gould

“ We’re official!” Those were the first words of the first paragraph of the newsletter of the Kankakee River Runner Club in May, 1979. Yes, our club celebrates 40 years of sharing the fun, fellowship, and fitness that comes with this running life. How did it all begin?

I was still a couch potato and Marlboro man in 1979, but Dave Dyer, former Sports’ Editor for the Daily Journal and one of the organizers, left me copies of the first newsletters when he moved to Massachusetts over 30 years ago where he now writes for the The Eagle-Tribune in North Andover. Those newsletters and all that were subsequently written have been archived and the club’s website by Dave Bohlke. The club has never had a historian so our only history is in our newsletters.

<http://krrclub.x10host.com/newsletter.html>

In addition to Dave, Jack Dalton, now in Georgia, Lynn Troost, now of Champaign, and the late Mike Berz were the organizers. A meeting on April 23rd at the Bourbonnais Municipal Center resulted in 38 runners joining the club and another 15 joining in the following month. Pending an election, the organizer acted as officers with

Jack as President, Mike as Vice-President, Dave as Secretary (and the first newsletter editor), and Lynn as Treasurer. Dues were \$7.00 and included a t-shirt with a river rat as the emblem. A year later it was determined that the design was too complicated and expensive for the technology of the time,

Of those charter members, only Ken Klipp is still a member. I recognize some of the names such as the late Tom “Doc” Baldwin and Howard Strassenburg who were still around when I started in 1982 and ran until they couldn’t. Joe Wishnowsky and Bill Kendziorek are still around, but no running. Elly Wright became Mrs. Jack Dalton and is with him in Georgia.

Planned activities included a trip to Chicago to run the lakefront, a River State Park on alternating Saturdays and Sundays, a midnight run, a monthly 5k race at Small Memorial Park on the Last Thursday of each month, and a Turkey Trot at the State Park on Thanksgiving. That dinner would be at Allegro’s on Route 17 west where the choice of dinner ranged in price from \$4.25 to \$5.25. Anybody remember Allegro’s or those dinner prices/

The internet provides us with 24/7 access to race calendars, race registration, results, notices of social events, training programs and tips, and running injury treatment resources. In 1979, there was the newspaper, radio, snail mail, and landlines. The snail mail brought the running club newsletter with an event calendar listing races, but the information was bare bones. For example, a listing for the Wilmington 10-miler gave the starting time, entry fee (\$5 or \$6 on race day) and a couple phone numbers to call for info or entry form.

In July 1979 newsletter, Dave Dyer noted that the Joliet Herald News had recently started a weekly running column which included a running calendar. He encouraged KRRC members to contact the Daily Journal and suggest that it add such a column. Dave, of course, would write the column. That would come to pass and local races would get some great coverage over the years.

The proposed Thanksgiving “Turkey Trot” became the Governor’s 10,000 and was run on Sunday, November 18th, at the Kankakee River State Park . It would draw 675 runners including Craig Virgin who won the nine Big Ten Conference Championships while running for the University of Illinois. He would win the inaugural Governor’s 10,000 with a 29:04, course record never broken. The last Governor’s was run in 1995.

And that is how it all began!

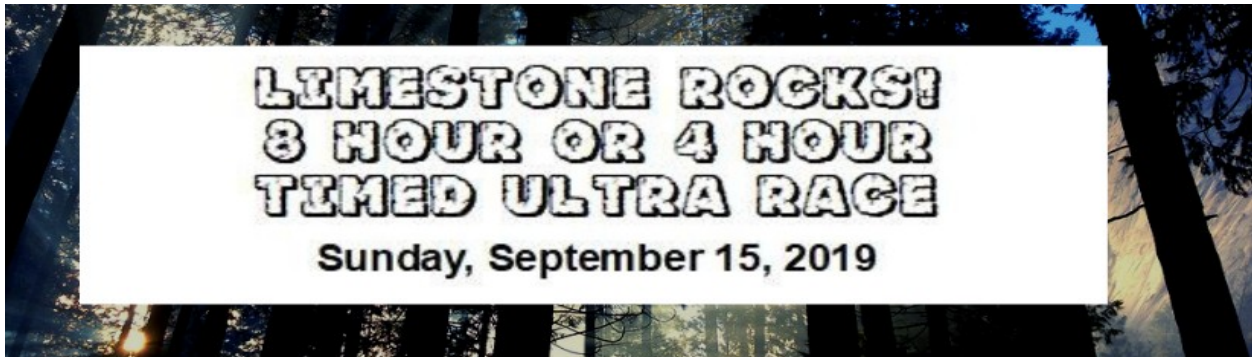
The heart of any running club are its volunteers. That we are still here 40 years later is a testament to the heart of our membership, although there have been some years

when it skipped a beat. Let's keep it beating strong for another 40 years. Volunterr!
Become a club officer, work a race, or simply write something about your running world for the newsletter. As a former president Harry Simmon said, "The newsletter is the glue that binds us together."

Run For Your Life!

April Birthdays

04/04 Larry Burton 59
04/04 Rick Lagacy 45
04/06 Alison Maddux 37
04/06 Nic Montgomery 52
04/07 Dawn Willbarger 60
04/10 Christine Horn 45
04/10 Diane DesMarteau 64
04/17 Jose Roman 55
04/18 Jermey Sheely 41
04/19 Rob Ravens 56
04/20 David Bohlke 73
04/23 Brenda Whittler 51
04/24 Ruth Denby 45
04/24 Julie Nally 50
04/26 Jackie Skrobot 41
04/29 Kathleen Jensen 65
04/30 Mark DuFrain 50
04/30 Sue Dytkiewicz 56



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](#) ←



Ashley Elizabeth Montgomery Memorial 5K Run/2M Walk/Kids Run

5K Run & 2 Mile Walk through the beautiful Perry Farm. The 5K Run will take you to AshleyCan Challenge Hill. The Challenge of this hill is nothing compared to the challenges Children face when fighting cancer. At the end of the Run & Walk, we will have the Kids Run. Join us for Awards & Goodies After the Run/Walk

→ [Click me to sign up](#) ←