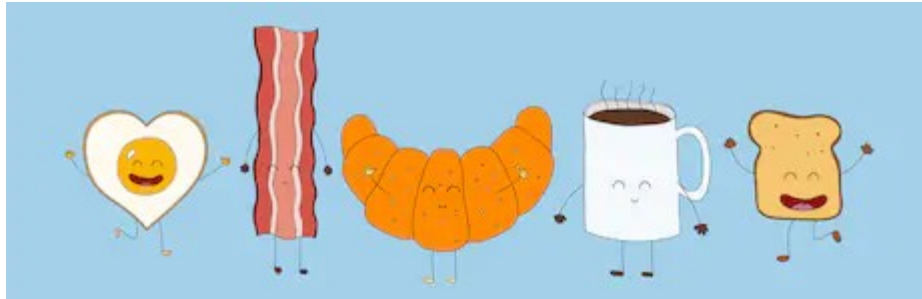




Volume-41 Issue 05 May 2019

Rise and shine, time for breakfast. Please come join us for some food and fun. We will not be having pancakes this time as it is too difficult to pull that off at this location but we will have the yummy egg casserole like last time and french toast casserole, fruit, coffee and juice. YUM! We hope to see you there! Saturday, May 4th , 9:00 am to 11:00 am, Bourbonnais Municipal Center, 700 Main St NW, Bourbonnais, IL, 60914.



→[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



My story NF Strong -Taylor Harper

I have been running competitively for almost 2 years and love it. It helps me relax, great stress reliever, gave me a new goal to accomplish. That is to run a marathon someday with my little brother and raise awareness for NF. My first few runs were fun ones way back with my best friend, like the foam glow before she had moved. My first real competitive one was with Valery Denby. She had asked me if I wanted to run the Friendship Festival 5k, that it would be fun! I told her I would think about it. After an hour she came back asked me again, then I said yes, After that first run I kept running having fun meeting new people, making new friendships. I never really was a runner when I was younger mostly loved soccer, art, playing video games, watching anime, and medical documentaries. Love learning about different

illnesses, or anything medical as long as I'm not the patient. This interest came from when I was younger I was sick had to get blood transfusions other tests at Children's Memorial Hospital. Thought the Hospital was cool it had a Mcd's in it, and got to learn about the medical equipment. Which helped me with my interest in the medical career. At this time also is when my parents learned I was diagnosed with a genetic disorder of the nerves called Neurofibromatosis(NF) type 1. It causes pain, tumors to grow on the nerves, cysts, learning delays, nerve damage, stomach problems, joint issues, and other issues. For a long time I would go once a year get tests done, checked for tumor growths. Got to help students learn since they had lots of interns there learning to become doctors. I do my best to not let NF stop me from my goals living life to the fullest . Which is why I decided to write a story since this month is NF Awareness Month. I will continue my journey in running getting better and to kick butt in my runs, tumors and all!

4.15.13



BOSTON

Runners United to Remember



Left to Right - Taylor Harper, Valery Denby, Amy Miller, Jackie Skrobot, Lucas Skrobot, Craig Alberts, Julie Loving, Rob Ravens, Dan Bullock, Rick Loving, Frqank Koehler, Steve Anderson, Calbe Anderson, Griffin Kisner, Laura Loica, Lucas Kisner. Also present taking the picture – Dave Bohlke

We had our annual Boston Remembrance Run/Walk on Tuesday, April 23rd, starting at the Kankakee YMCA, going to Dairy Queen in Bourbonnais and back.

Race review-Darcy Welsh

Are you looking for a family friendly race? A flat course? A small, well organized race? I recommend the Mazon United Methodist 5K. Race director Pastor Karen Fabian is a runner herself, so she knows what can make or break the experience. Pastor Carrell, from another church in town, adds to the excitement as he always walks the race in costume. He has dressed as Darth Vader, Yoda, and last year as a dinosaur.



Rachel Simington, Darcy Welsh, Lorrie Simington, Valery Denby, Mark Nelson at last year's race.

The 9th Annual 5K Run/Walk follows certified course IL-12095-JW through the streets of the town of Mazon. The course takes a lot of turns through this small town, but there are large arrows to guide you along the way. Support is seen throughout with 2 water stations, Mazon FD, and many volunteers along the way. Official timing is accurate and quick, with results and a finisher photo usually before the sun sets that day. (Thank you David Bohlke!) Trophies are awarded to the top three male and female finishers, as well as the youngest and oldest finisher. Medals are awarded to the top three male and female finishers in each age group with 5 year divisions.

Race day registration and packet pick-up begins under the pavilion in Mazon City Park at 7:30 a.m. Race begins at 9:00 a.m. on Seneca Street.

To register online:

https://www.active.com/mazon-il/running/distance-running-races/mazon-united-methodist-5k-2019?fbclid=IwAR2Sa7xucRtaUrQxx1F_iH5xXFD5jN3c4YXyb2ILn3AipFayoCiE_Eztk3E

Super 7 Series

Update for the Super 7 Series

The board has decided to make a change to the 2019 Super 7 Series, which will make it easier for some of you to qualify for the hoodie / medal.

We are adding a couple of alternate races which may be substituted for any one of the four club-sponsored races. For those who may have missed out on Winterfest or may have to miss one of the other club-sponsored races, this may be a way for you to join the Super 7 Series and get the big prize of a hoodie and medal.

The alternate races that have been added are the Momenice Glad Run on 8/10 (either 5K or 10K) and the AshleyCan Races on 9/8 (5K, 10K, Half Marathon or Marathon.) You may substitute one of these for any one of the four club-sponsored races.

To enter the Super 7 Series, go to the club website

www.KankakeeRiverRunningClub.com

and click on Super 7 Series or print out and mail in the attached entry form.

Last day to pay for 7 series is July 1st

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

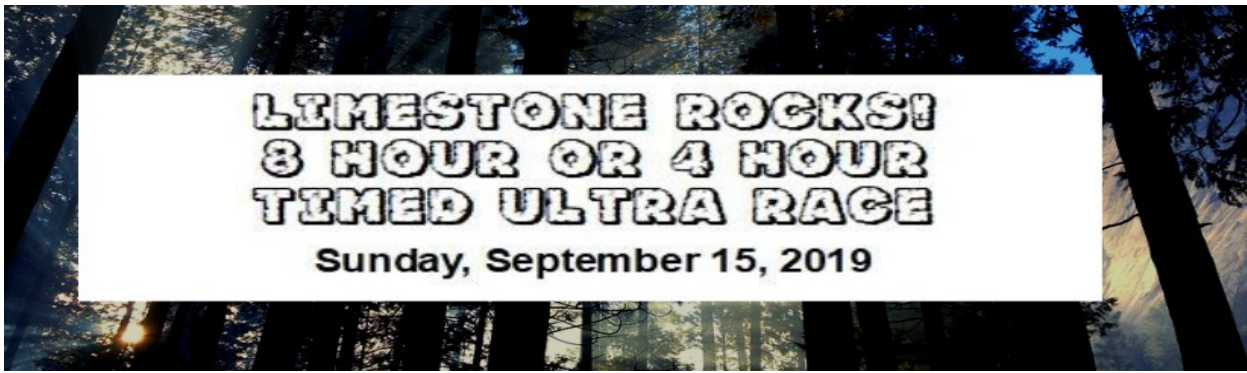
Subject Line: Super 7 Series

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.

May Birthdays

05/01 Nicholas Horn 9
05/03 Debbie Dye 47
05/04 Leslie Lovell 14
05/07 Jodie Jude 46
05/08 Caleb Piacenti 18
05/11 Robin Passwater 52
05/16 Kevin Dockemeyer 33
05/16 Kyle Dockemeyer 33
05/16 Lura Loica 50
05/20 John Grill 50
05/21 Chris Duval 64
05/24 Grant Sheely 12
05/26 Drew Parsons 36
05/27 Rick Loving 49
05/28 Lauren Passwater 20
05/31 Bob Welsh 68



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