



*June 2019*

Volume-41 Issue 6 June 2019

→Facebook Group←

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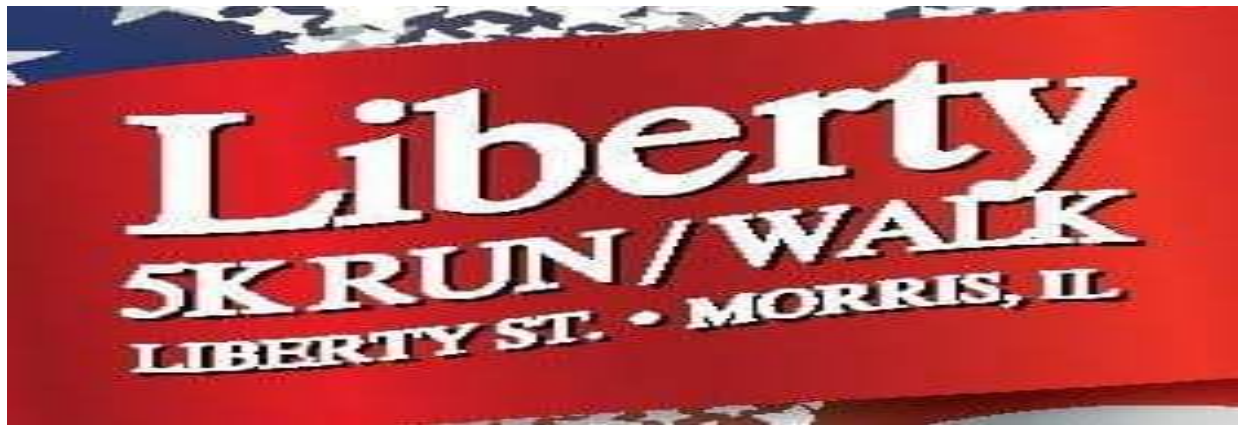
check us out on  
Facebook  
and  
Instagram

**5K Run  
1.5 Mile Fitness Walk**

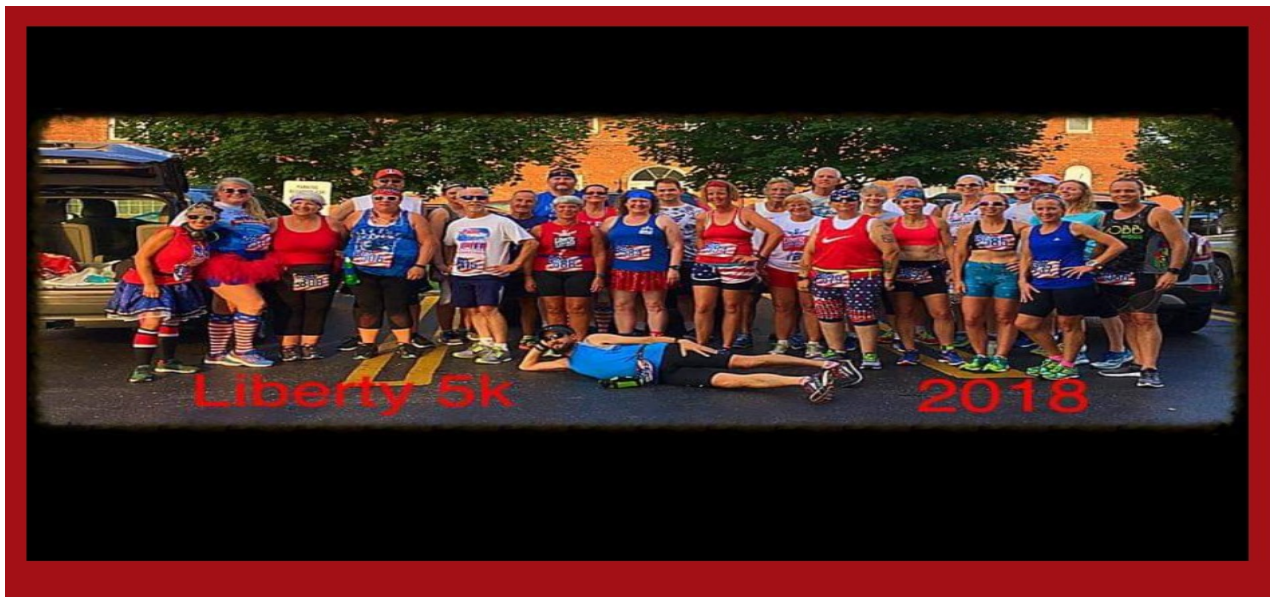


**Our next club run, Bourbonnais  
Friendship Festival  
Join us June 29th  
for the 5k run or 1.5 mile fitness walk**

**[--> Run Link <--](#)**



Also next big run coming up on July 3rd! Liberty 5k/walk in Morris,IL. This is a big run where running clubs compete against each other to see which club has the most participants. So when you sign up, put down that you are with KRRC. We will win this year and beat all the other teams!! There are cash prizes for the clubs with the most people at the race! 🙌



[-->Run Link ←](#)



## Matt Wenzel

Winning the Ashley Elizabeth Montgomery Most Inspirational Person of the Year award at Ashley's Memorial run on Mother's



Day. He had won the award for being brave, and fighting strong through cancer. He is truly inspirational with his fight!



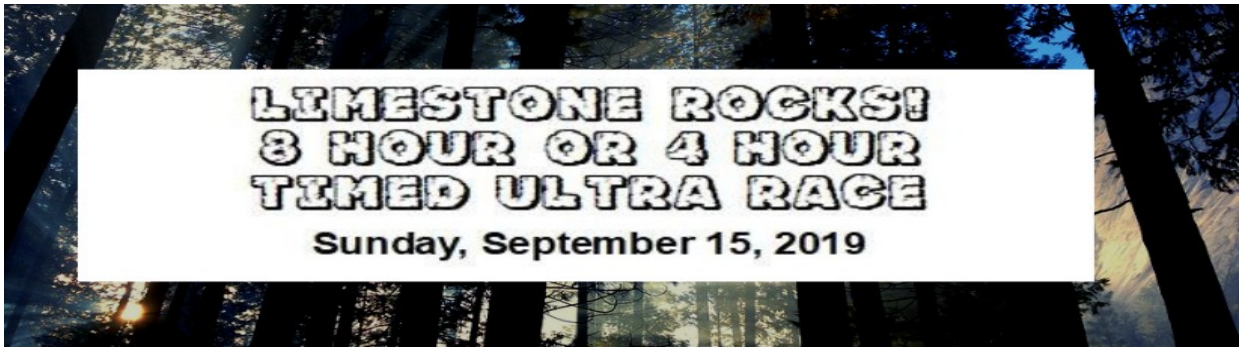
Ashley Forever

AshleyCan got a brand new awesome van!  
Psst some runs events are coming for AshleyCan



→ [AshleyCan](#) ←

Click the link above to see all events coming up!



**Don't forget about the Ultra in September!**

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

## **JUNE BIRTHDAYS**

**06/01 BRENDAN MARTIN 12**  
**06/01 KATHY STOCKTON 49**  
**06/01 NICK MARTIN 12**  
**06/06 CALEB ANDERSON 8**  
**06/06 ETHAN PIACENTI 17**  
**06/09 JOSH ROGOWSKI 34**  
**06/12 HEATHER MOSHER 38**  
**06/13 CASEY KOERNER 24**  
**06/13 MATTHEW WENZEL 51**  
**06/23 DAVID SNIDER 70**  
**06/23 KIIRI TIETJENS 43**  
**06/25 CRAIG LUCAS 49**  
**06/DAWN PRITCHARD 57**  
**06/29 PHYLLIS SMOTHERS**  
**69**  
**06/30 GAIL PASSWATER 50**

# Super 7 Series

## **\*\*Reminder of Super 7 Series update!\*\***

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 Momence 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](http://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](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](#) ←

## We Need Your Help! By Dave Bohlke

Hey Club Members, the club needs your help! From time to time throughout the year we put on parties and other events. Two major ones are the Christmas Party and the Summer Picnic. We are in need of people to help put these things on. It's a lot of work and one person ([Chris Cote Snider](#)), though she may be a Super Woman, cannot do it all by herself. We recently had to postpone the breakfast to celebrate the Guys vs Girls Mileage Challenge for this reason. It was just too much work for her to do by herself. We will be rescheduling that and could use help whenever that is. The next big party coming up will be the Summer Picnic and Canoe/Kayak Trip on Saturday, August 3rd. Please let us know if you would be able to help out with these activities. Any little bit of help is appreciated. Without it, some of these activities may be gone. [Note: Since this notice was posted on facebook, a couple of people have indicated they would help out, but we need more. We will be working on a list of specific tasks that need to be done for various activities, which should make it easier for people to visualize how they may be able to help out. In the meantime, please step forward and indicate your interest in helping out. Just having an idea of how many people will be able to help will make it easier to figure out the task list.]

This newsletter also needs your help! As you can see this issue is lacking in personal interest stories. The things that have made this newsletter interesting in the past are your personal stories, race reviews, etc. Without them, it becomes rather dry. You may think no one is interested in hearing about the races you have run, adversities you have overcome, your personal running story, etc., but those are the very things people like to read. Please consider writing something up and sending it to [krrclub@gmail.com](mailto:krrclub@gmail.com).