

JULY 2019



Volume-41 Issue 07 July 2019

[FacebookGroup](#)
[Instagram](#)



*follow us on Facebook an
Instagram*

1989 MADE IN CANVA



DC Wonder Woman Run Race Review
By: Debbie Dye



The inaugural DC Wonder Woman Race Series was a blast! This race had options for a half marathon, 10k and a 5k. I ran the 10k. I traveled to Gurnee IL with five other wonder women from our sister run club Prairie State Road Runners. Diana Sorich, Cathy McQuarters, Judith Warren, Angela Freeman, Lori Quigley and I had so much fun on our over night getaway! Our mantras were

#iamwonderwoman and #girlsgonemiled. We also hung out with fellow KRRC club members Jen Ingram, Ande Wegner, and Rick Lagacy. Rick was representing Batman for the guys.

The race was attended by about 3400 other participants, mainly women all dressed up like Wonder Woman. It was a sea of red, white and blue rocking our Wonder Woman gear.

The half marathon and 10k started at Gurnee Mall at 7am and the 5k started at 8am. The 5kers were bussed to Great America where their race began.

For an inaugural race it was really well put together. The emcee was



knowledgeable of race etiquette (raise your hand if you are slowing down, etc) she was funny and pumped up the crowd. Wonder Woman was on the stage for the start of the race and best of all the Original Wonder Woman Linda Carter did the countdown. It was a recording

played via the Jumbotron.

The weather was perfect, overcast in the low 60's. We started out from the Mall and ran through neighborhoods with a lot of police

support and volunteers . The course was well defined with water stops every mile or so. My favorite part of the race was around mile 3 entering Great America and being cheered on by the 5kers waiting to start their race. 3000 women cheering for you was amazing! The energy of all those people had me smiling for the rest of the race! The next mile we ran



through Great America by all of the rides I remember from childhood and finally leaving the park running under the iconic Screaming Eagle. The last few miles we made our way back to

Gurnee Mall. We got the typical bananas, chips and water when we crossed the finish line. The medals were sweet! They were super heavy and shiny just the way hard



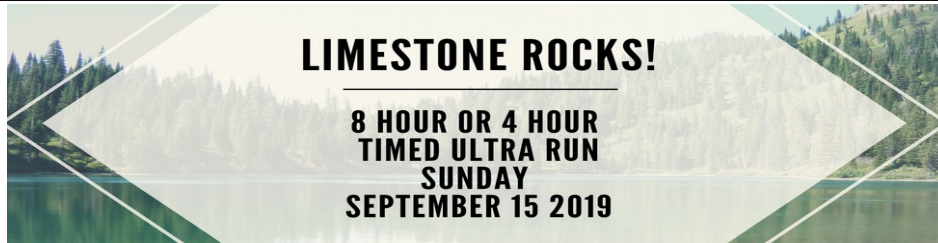
bling should be!

The post race party was really fun! We hung out and danced to an 80's cover band the Breakfast Club. They were really good and got the crowd involved even brought all of the kids up on the stage for a couple of songs.

The race pictures were all free and great quality. Wonder Woman was there so you could take pictures with her. I would definitely recommend this race. We're going back next year, hope to see you there!

JULY BIRTHDAYS

07/03 TAYLOR HARPER 27
07/03 TERRI PUTNAM 62
07/04 SYMANTHA HUFF 19
07/07 LEON MALONE 89
07/08 TERI BOUDREAU 59
07/08 PAUL SURPRENANT 72
07/10 DEBORAH RENVILLE 54
07/11 BRIAN PRITCHARD 52
07/12 PAUL DUFRAIN 25
07/12 KERRI LANUM 43
07/13 BRENDA RAVENS 57
07/14 SHARI JOHNSON 58
07/16 ANN HENDRIX 48
07/19 JOHN VALLONE 62
07/25 MELANIE MAE JACOBSON 32
07/30 JOHN BEVIS 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



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)

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.



Voyageur Classic 5K Run/Walk

You can use the discount code RUNCLUB to get a 20% discount.

The race is Saturday, August 31st at Small Memorial Park in Kankakee the link is below for registration:

[voyageur-clavoyageur-classic-5k-runwalk](https://www.voyageurclassic.com/registration/voyageur-clavoyageur-classic-5k-runwalk)

Prior to race day you can pick your race packet up as follows:

Friday August 30th between 11:00 AM and 6:00 PM at:

Kankakee County Museum

801 South 8th Avenue

Kankakee, IL

You can also pick it up on race morning beginning at 7:00 AM

August 31 7:00 AM CDT - On Site Check in and Registration

August 31 8:00 AM CDT - 5K Run/Walk Start