

November 2019

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Jingle Bell Run is coming up, don't forget to sign up and join the fun! There will be lots of yummy treats and hot chocolate. Also ugly sweater contests! Join team KRRC

[Jingle Bell Sign Up Link](#)



Kyle Timmons

CUSTER, SOUTH DAKOTA - Having never been to Mt. Rushmore, I thought it would be a great idea to take my family out west in September to see a few sites and in doing so, I decided to sign-up for the Mt. Rushmore half-marathon. After signing up, I decided to do my "research," (note: always research before you sign-up - smile). This year, they decided to reverse the course so that the first 7.5 miles were primarily "up-hill." Additionally, there was another mile stretch late in



Kyle Timmons at Mt. Rushmore Half Marathon

the race that was just as bad. Regardless, the scenery was breath-taking, the runners were a great group of people, and the weather was just about perfect for race day on September 21st.

Having little opportunity to train on "hills" around these parts of Illinois, I decided to make a goal of 3 hours as I'm still what I would consider a novice runner. After battling a lot of steep hills in both directions, I eventually crossed the finish line in 2:54.15.

The race was put on by Vacation Races. They host a lot of beautiful races of different distances in unique places. I'd encourage everyone, if you haven't looked into them, to give them a look.

Kyle Timmons
Grant Park, ILL

Calling all Veterans!
Dan Gerber

Any Veterans out there want to join the Military Warriors Run



Squad on Veterans day in battle gear to jog to the Manteno schools and downtown to share some Patriotism and pride in our country?

Since we run in a squad, must be able to maintain an 11 mpm pace for 4 miles! Muster up at Heritage Park on Nov.11th at 7:15 . Jojo Sanyon and his 50 call Humvee will be joining us again as well as SSG Noel Levenze and his Marine recruits! If interested, please contact



Left-Dan Gerber, Right-Jojo Sanyon

me asap as numbers may be limited due to safety reasons.

Thank you!

gerb959@comcast.net

Or message on Facebook, Dan Gerber



Center-Jen Ingram, Right-Dan Gerber

Free No-Frills Race



Laura Loica, Jackie Skrobot

test



Valery Denby, Jackie Skrobot, Lucas Skrobot

November Birthdays

11/04 Troy Lovell 50
11/05 Bryce Baker 44
11/05 Alec Toronjo 15
11/08 Trevor Edmonson 31
11/08 Alex Sheely 15
11/08 Kyle Timmons 43
11/15 Jasmine
Simington-Oaklley 41
11/21 Nicholas Hajewski 33
11/21 Kelly Martin 43
11/24 Marc Spenard 58
11/26 Tina Spenard 54