



Happy new year everyone 🎉 with the new year here that means membership dues! Don't forget to sign up get this awesome newsletter monthly, discounts on runs 😊

[Membership!](#)

Also don't forget to follow the Facebook group and Instagram to get quick deeds on runs, or anything local fun going on with the running club. You also get to meet the members since many of us like to post in the group.

[Facebook group](#)

[Instagram](#)



Online registration is open at:> [Race sign up link here](#) <

Course Description

The Winterfest 5K Run and Fitness Walk is a 2-loop course run on the city streets following the perimeter of Small Memorial Park and Kennedy Upper Grade School. The accuracy of the course is certified by USA Track & Field, and the finish will be computerized.

Registration and Staging Area

The Civic Auditorium, located at 8th and Charles Street, is the staging area. Take I-57 or Rt 45 to Rt 17 (Court Street), and go west across the river to Wall Street (1st light). Go south on

Wall to Water Street (stop sign, T-intersection). Turn right, and go two blocks. Race day registration will be from 11:30 a.m. to 12:30 p.m. The race begins at 1:00 p.m. Feb 2nd



Run or Walk and Win \$100!

The area high school with the most participants-teachers, students, and staff- will receive a \$100 donation for its athletic department. Tell your teachers, students, and staff- February fitness, fun, and funding or your athletic department. Be sure to list your school and whether you are a teacher, student, or staff member on your entry form. (\$2 discount for ages 18 and under.)

Charity

A portion of the proceeds from the Winterfest 5K will be donated to The Salvation Army. Please bring a canned food or non-perishable donation for the food pantry.

Awards

Running division: Top 3 overall male and female, top male and female masters (40 and over), proportioned awards in 5-year age groups for male to age 70 and female to age 65.



Walking division: awards to the first 10. Please note:

The fitness walk is on the honor system and for walkers only. If you are going to run any part of the course, you must register as a runner.

T-Shirts

Long-sleeved shirts guaranteed to all pre-registered by January 25, 2020, who select the shirt option.

Refreshments

Pizza from The Chicago Dough Company

Early Start Available

For our slower walkers or runners, we will offer an early start at 12:30 p.m. This will facilitate an earlier start on the post-race awards ceremony. Your finish time will be adjusted accordingly. You should only take this option if your anticipated finish time is 45 minutes or more.



Run Stories

Team KRRC at the Jingle Bell Run



January Birthday

01/01 Debra Cox 57
01/04 Ashley Wheeler 30
01/05 Daniel Gerber 61
01/07 Jessica Betterton 44
01/07 Jen Ingram 46
01/08 Lynn McGinnis 45
01/12 Rick Livesey 67
01/16 Griffen Kisner 47
01/18 Nena Mayotte 52
01/19 Dylan Stephen 26
01/22 Melissa Lux 41
01/25 James Martell 65
01/29 Eric Helgeson 47
01/29 Dianne Strufe 80
01/30 Luke Horn 14

Fantastic Four – 2020

Kankakee River Running Club will put on four races in 2020. If you complete all four races, you will receive a special award. This is open to all, not just club members. There is no charge to participate, except for the race entry fees. No need to sign up, no need to send in race reports, no spreadsheet to track. The four club races are:

Winterfest 5K Run and Fitness Walk 2/2/20
<http://racerpal.com/races/winterfest.html>

Bourbonnais Friendship Festival 5K Run/1.5 Mile Walk 6/27/20

River Rat Races 5K/10K/10 Mile 7/11/20

Herscher's Hare & Tortoise 5K Run/2 Mile Walk 9/6/20

Membership Renewal

As mentioned on page 1, it's time for our annual membership renewal. Dues are \$15 for an Individual Membership or \$25 for a Family Membership. We add \$5 if you wish to receive a printed hardcopy black-and-white version of the newsletter via regular mail . If you just joined the club in November or December of 2019, you are good through the end of 2020.

[Click here to renew your membership online](#)

[Click here to download a printable mail-in member form](#)