

VOLUME  
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February

Membership dues!

Don't forget to sign up get this awesome newsletter  
monthly, discounts on runs

[Membership!](#)

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## Winterfest – This Sunday 2/2/2020

Winterfest is this Sunday, February 2nd, at 1:00 pm at Small Memorial Park in Kankakee. You can still register online at [Link](#). Race day registration will also be available. We will also have an early start at 12:30 pm for our slower runners/walkers. This is the first race of the KRRC Fantastic Four (See details on page 5.) Don't miss out!



# RUN STORIES



## OMG by Taylor Harper

Siberian Express will be fun they said.  
It's a trail run they said.

Forgot about the rock climbing  
And death drops....  
The ultra run hills are easier.  
I finished the race I got the bling. Hurray  
..... everything hurts.....  
maybe....may....do it again....maybe.

Wasn't too cold



Race Review  
Commitment Day 5K  
1/1/2020  
By Dan Bullock

After the Jingle Bell run in December, I thought my next race would be the Winterfest in Kankakee. I had raced 24 times in 2019 and thought I'd take a month off. However, a few days before the end of the year I received a text from Paul Surprenant asking if I was going to run the Commitment Day race on New Year's Day. Well, I had never heard of it. It was not on our website list.

So I figured, why not, I enjoy races that I haven't done before so I looked it up and registered.

It turns out the race is put on by a Lifetime Fitness facility in Romeoville, IL. I work at a fitness center, a pretty nice one nearby that I consider large. This one was enormous, much bigger than any I had been to. We arrived about an hour before the race and looked around for any familiar faces. We did run across Phil Newberry and two ladies we knew from the Channahon club Lori Quigley and Cathy Mormon.

The race was a simple out and back through an area of warehouses and trucking company lots with a few gradual elevation changes. The weather was chilly at first with a slight breeze but the sun was out and I soon warmed up. The first mile seemed to fly by. Paul and I ran together the entire race. The plan was to finish together but within literally yards from the finish line I had a major coughing fit and he beat me by 15 seconds.

There were no age group awards, only the top three male and female winners. Everyone else earned a decent finisher's medal. They had a nice spread after the race of coffee, hot chocolate, bagels, fruit, and surprise, yogurt with a variety of toppings to choose from! We decided to go out for lunch so we went to a Cracker Barrel just down the street. It was busy and the line was so long that we left and just drove home.

I don't know if I will return next year. It's a rather unremarkable race and so it will depend on the weather, other races in the area, and if there are others to carpool with.

Race #1 of 2020 is in the books.

## Looking for Relay Team Members

Club Members Amber and Wesley Sproul are planning on participating in a Florida coast-to-coast relay and are looking for 3 more members to join their team. The dates are April 3<sup>rd</sup> and 4<sup>th</sup>. They would be flying in and out of Orlando. This event takes place along the Florida Coast to Coast trail from Titusville to Tarpon Springs. For details about the race go to ([Link](#)) If you are interested in joining them, please contact Wesley at [wsproul11@gmail.com](mailto:wsproul11@gmail.com)

# February Birthdays

02/04 CHRIS BETTERTON 48

02/ 06 GERRY KILBRIDE 82

02/08 ANDE' WEGNER 41

02/15 GAIL SILCOX 45

02/16 Betsy Keller 40

02/18 Charlie Grotevant 78

02/19 Valery Denby 49

02/20 Father John Horan 29

02/21 Chris Walsh 58

02/22 Lori Quigley 54

02/22 Rick Dunbar 59

02/24 Judy Kilbride 81

02/24 Kristina Arendt 19

02/26 Marianne Surprenant 53

02/28 Jack Martin 10

## 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

If you haven't renewed your membership for 2020, it's time to get it done. 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.](#)