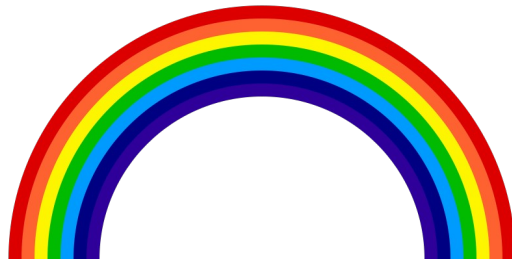
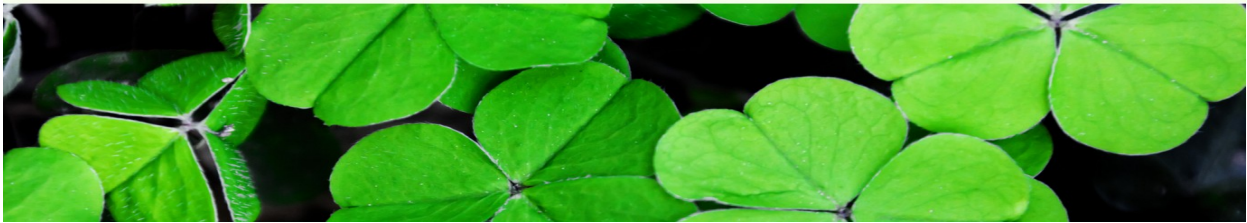




MARCH



Volume 44 Issue 3



Membership dues!

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

[Membership!](#)

And follow us on Facebook/Instagram

[Facebook group](#)

[Instagram](#)

5K Run 1.5 Mile Fitness Walk



Bourbonnais Friendship Festival 5K Run/1.5 Mile Fitness Walk is race #2 of the
KRRC Fantastic Four.

Registration is open at

[\[Sign up link\]](#)

June 27, 2020

7:30am

Bourbonnais Municipal Center, 444 William Latham Drive, Bourbonnais, IL



Kankakee River Running Club 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



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

[Click here to register](#)

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



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

Spring Challenge

It's almost that time of year again for the Spring Challenge. This year we are looking at various ways to change things up and perhaps generate renewed enthusiasm and participation. Various options being considered:

- Different ways of aligning teams besides Guys vs Girls. Maybe by age ranges or by random drawing.
- Scoring by time spent running/walking vs mileage
- Possibly including other forms of exercise if scoring is by time.
- A point system for scoring based on did you exercise or not for a particular day
- Starting in April instead of March

The board is meeting this Sunday, March 1st to finalize what the exact scenario will be, so hold onto your miles and time for 3/1 (and beyond, if needed) till we let you know.



March Birthdays

- 03/01 Jesse Shearin 58
 - 03/01 Darcy Welsh 68
 - 03/04 Jeff Chiero 67
 - 03/04 Ken Goodwin 61
 - 03/04 Rod Kahl 55
 - 03/06 Stephanie Piacenti 48
 - 03/07 Nicole Cartier 45
 - 03/15 Linda Hodges 76
 - 03/16 Mark Walsh 65
 - 03/19 David Aardsma 33
 - 03/22 Gavin Kempf-Kutemeier 15
 - 03/22 Chris Snider 52
 - 03/25 Ken Klipp 71
 - 03/25 Wesley Sproul 27
 - 03/25 Carol Vallone 57
 - 03/26 Rachel Simington 37
 - 03/26 Debra Walters 64
 - 03/27 Pat Koerner 58
 - 03/30 Rene Parks 45
- 

Sunday, March 15th

2nd Annual
St. Patrick's Day

5k

Run and Walk

All
Proceeds
go towards
the BHS
Track and
Field
Program

At Sit n Bull,
Beecher, IL
Race Starts 11am

Each Participant receives a free
T-shirt and Beer*
(**if over the age of 21 with Valid ID)
Top three overall, age groups, and
top teams will receive awards



Register online @ <https://forms.gle/GRo65ix1DrEbv29>

[Sign up Link](https://forms.gle/GRo65ix1DrEbv29)

The Beecher High School Track and Field program is hosting a 5k on the 15th of March at 11 am. All proceeds go to the program. We hope to see the KRRC Team out there!!!
(Min. 5 runners need to be on a team in order to win)