VOLUME 42 ISSUE 4 APRIL





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









Dan Bullock-Run Map
Photos
-Before

-After



KRRC Members at the Pi Day race - 3/14



April Mileage Challenge

For the month of April we will be doing a mileage challenge with a little different twist to it this time. Instead of Guys vs Girls, we will all be one big team, with a charitable goal. For every 20 miles of accumulated running and walking by the group, the club will donate \$1 to be divided between the track teams at Bradley-Bourbonnais Community High School, Kankakee High School and Bishop McNamara High School.

You must be a dues-paying member of the club to participate. There will be a spreadsheet online to enter/track your miles, with a running total that will also show the dollar amount of the donation as we go along. The spreadsheet is at:

link to spreadsheet

If you are on your phone, you usually have the use the Google Sheets App to enter your mileage.

As in past challenges, you may post your miles directly on the spreadsheet, or you may send them by email to krrclub@gmail.com, or you may post them on the club facebook page with a tag to David Bohlke and he will post them for you. If you are posting it on facebook, be sure you tag David Bohlke to make sure he sees it. To keep everyone updating on a timely basis, you will have a 3-day window of opportunity to post your miles.

In these times of social distancing and isolation, let's all pull together for a good cause. Be careful and safe and stay healthy out there.

Facebook Link

Congrats Rachel Simington



We can't wait to see the new little runner

