



**5K Run  
1.5 Mile Fitness Walk**



This year, the Friendship Festival 5K Run & 1.5 Mile Walk is going virtual. Registration is open at [\[Run LINK\]](#). You may run the race on any course of your choosing, or on a treadmill, or on the original course (see map pic). You may, but are not required to, report your time either on our club facebook page or by email to [krrclub@gmail.com](mailto:krrclub@gmail.com)

Each participant will receive a 4" x 4" slate coaster engraved with the race info and personalized with your name and, if reported, your time (see pic).



*How often do you get a finisher award engraved with your name and time? Probably never before this race.*



Each participant will also receive a buff (tubular bandana) with the club's retro running fish logo.

In recognition of the pandemic which has caused us to make this a virtual race, the red fish on the buff is wearing a face mask (see pic).

You may run your race any date and time through July 4<sup>th</sup>. As mentioned above, send your results in by email to [krrclub@gmail.com](mailto:krrclub@gmail.com) or by posting on the club facebook page.

If you would like to register by mail, the mail-in flyer is available at: [Flyer LINK](#)

*The buff features the club's retro running fish logo, wearing a face mask and socially distancing..*

#### Friendship Festival 5K & 1.5 Mile Fitness Walk

Runners should not cross centerline of William Latham Drive when going out or back. Walker will complete a .75 mile out and back along the same course as the runners.



*You may run the race anywhere. If you want to run it on the original course, here is the map.*



My Story of Running and onward to present "Never Told Before"  
From Jack Littrell

Hopefully you find this interesting. inspiring or entertaining :) I went to Bishop McNamara high school in 1982 after being used to being a go to basketball / baseball guy. I didn't like change and honestly was a lost puppy my Freshman year. I elected to not play any sports which was my livelihood. My sophomore



??, ??, Ken Klipp, Jack Littrell, ??

year Ken Klipp "recruited" me to run cross country, I asked what was that and what do I need? I showed up in basketball shoes and he laughed and gave me a pair of size 10 Brooks Villanova running shoes. See I never forget these details!! :)

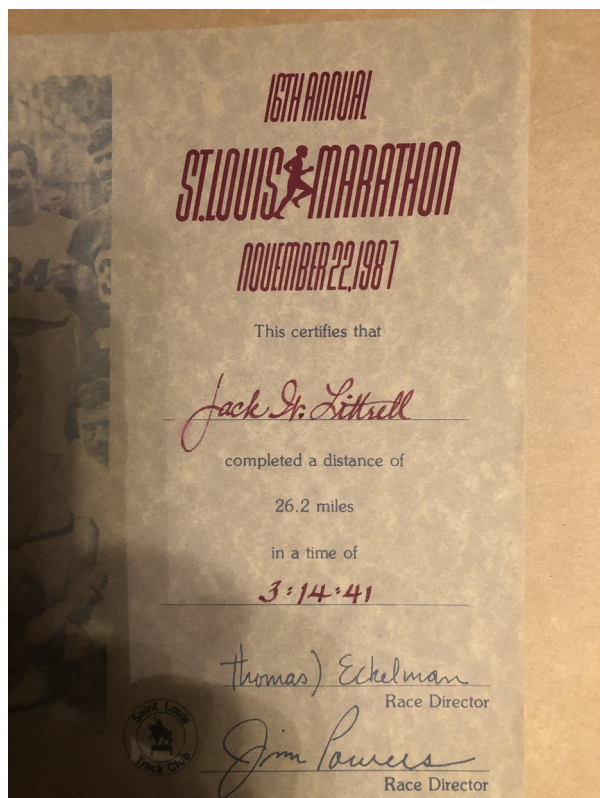
I found out that I wasn't the athlete I thought I was running 23+ min 3 miles. I worked my "tail" off and became a much better sub

18 min. 3 miler and a member of one of the schools best 2 mile relay teams in track, still top 3-4 :) with a time of 8:18. (My split was 2:05 and ran my fastest quarter that first lap :57 a special moment). Klipp always pushed us and showed us what hard work really was. Those years at Mac are still a driving force in me



today, always working hard and trying to make a difference in peoples lives like it did for me. I had ability but didn't believe in myself early on.

I was chosen MVP my Senior year despite not being the best runner. I was considered a leader figure. I would always do more reps and encourage others to do more. I became the pusher!! I had great teammates and friendships that I



will cherish forever. After graduating at Mac, I was still driven to be better. I ran lots of 5k, 10k, 10 milers and a few marathons 3:14 pb a favorite memory. I had the 25k state age group record for awhile but no longer 1:42:41, tough to say which was my favorite memory??

I ran with so many great runners in Ken Klipp, Rick Livesay, Patrick Koerner, Bryce Baker lol so many and way out of my league :) I met Dave Bohlke and never forgot him. I'm sure you'll agree he's a great person and very supportive. I talked myself into coaching at St.Martins in K3 track. We won many Meet of Champs in our local school finals. Great times for sure!!! I always loved winning and tried to

*Jack's Personal Best marathon 3:14:41*

show them that we can accomplish anything together. Shawn Sullivan, our record miler at Mac would run timed miles with me in 8th grade. I believe his pr was under 5:10. Coach Klipp's son Marty was also a warrior. We always dominated in distances and relays because I used info Ken Klipp taught me plus my refusal to lose attitude. Left eventually after 4-5 years and helped Klipp with track and cross at Mac another 4-5 years. Lots of state qualifiers and hard workers made this very enjoyable.

My love for basketball carried on playing in Industrial leagues and coached basketball at St.Martins and St. George. I got married to Jill Milling Littrell and had a kid, then 1 more!! I worked at the Postal Service for many years. I was still jogging but not competing because I was ashamed that I wasn't a top 10% guy

anymore. So, I took the competitiveness to coaching baseball now :) I was able to coach my kids and see them mature and grow. I wanted to be a positive influence on all kids that I could so they could do things they never imagined. I was laughed at because I had some not so talented p[layers on my first Little League team that I inherited not drafted. I knew if we worked with them, not just the best that we could be a top caliber team. We went 14-4, 13-3, and won it next year 16-2 record. I believed that we could get every ounce of potential out of our players by being positive, yes pushing hard practices but ALWAYS telling them that we BELIEVE in them.



*Jack Littrell*

This carried over to Pony baseball winning 2-3 years 18-3 & 18-2. People coulda drafted my Little League champ players but they were smaller size so overlooked now and in high school :( Obviously I took them again and we made great memories, David vs Goliath stuff lol!!! Biggest kids don't always win but biggest hearts do often. My oldest Matt Littrell went on to play KCC baseball as well as my youngest Brandon making the team but resigned his spot being backup to one of the best center fielders at the school, we found out soon after.

I told Matt how proud I was of his career reflecting on age 5 to present. I said he had another level still untapped. He got kinda pissed, wow. We won the only National Championship thus far in history in 2017 and he hit .500 in National Championship and was MVP, All Time Runs Batted In (RBI) record holder and also Best Defensive Player. (tears,,, ok good now) SEE!!! Gotta know what buttons to push :) He transferred on scholarship to Ashland, OH and they also made it to Nationals getting 5th. Happy Dad and Mom moments. Both kids are almost done with school and into investing which is what I do now part time after



*Jack and Jill Littrell*

leaving full time work at age 46.

I try to accomplish unusual things....lol Why all that!!! Had to get off my chest, not too many people really know me. Now I find myself in a weird transition being physically beat up and no coaching or competing!! That's all I do!! I'm also a Bourbonnais Village Trustee trying to let people know I

care and I'm their voice. I joined the running / WALKING club with Dave Bohlke this year. This is where my life changed in 1984 and the stuff above became possible. I forgot that you don't always have to win and just being with good people and bettering ourselves together is very rewarding. Don't expect any records...:) ,,,, lol Thanks for getting to know me better. Jack Littrell



**CONGRATS TO ALL  
2020 GRADS!**

2020 GRADUATING CLASSES YOU ALL ARE AMAZING





# JUNE BIRTHDAYS

06/01 BRENDAN MARTIN 13

06/01 NICK MARTIN 13

06/01 KATHY STOCKTON 50

06/06 ETHAN PIACENTI 18

06/09 JOSH ROGOWSKI 35

06/10 WARREN MONK 48

06/13 CASEY KOERNER 25

06/23 KIIRI TIETJENS 44

06/29 PHYLLIS SMOTHERS 70

06/30 GAIL PASSWATER 51

# **We Need Your Stories**

**As mentioned many times in the emails we send out with these newsletters, we need your input to keep them interesting. Thanks to Jack Littrell, who has been around the running community for many years, but is fairly new to the club, for sending in an article about his running history/life story. Please take a few minutes to think about what you could contribute to the content of this newsletter. How did you get into running? What keeps you motivated? How have you adapted your workouts during the pandemic? Your personal goals, triumphs, failures, learning experiences, race reviews, equipment reviews, etc. would be of interest to others and may, in turn, inspire them to write their own article, which keeps the newsletter going month after month. Please send them to [krrclub@gmail.com](mailto:krrclub@gmail.com). Without them, this newsletter would be DOA. Thanks and we hope to hear from YOU.**

**Dave Bohlke**