



Happy new year everyone! I hope you are all excited for the new year and all the new adventures to come! With the new year it is time to sign up for memberships. It's that time of year once again. Membership Renewal time. Because of COVID-19, club activities and races have been rather limited this year and at this time it's unknown how far into the future they will be affected.

So... we are reducing club dues for 2021 by 50%. An Individual Membership goes from \$15 to \$7.50 with email delivery of the newsletter or \$12.50 if you prefer regular mail delivery of the newsletter. A Family Membership goes from \$25 to \$12.50 with email delivery of the newsletter or \$17.50 if you prefer regular mail delivery of the newsletter. Go to [This Link](#) and choose one of the Membership Options highlighted in yellow on the right. Payments through the site are made using PayPal, but you don't need to have a PayPal account. You can just use a credit card if you like. You may also mail a check to KRRC, 202 Tiverton Rd, Kankakee, IL 60901.



Don't forget to join our facebook group to get all updates on group or club runs.

[Facebook Link](#)

Election of Board Members:

This is also the time of year when we hold our annual election of board members. In a normal year, we would hold the election, if needed, at the Christmas party, but due to COVID-19, we won't be having a Christmas party, so we will need to do it differently. First, let's list the current board members: and whether or not they plan to return or leave their office for 2021.

President – Steve Anderson Returning for 2021

Vice-President – Jackie Skrobot Leaving

Secretary – Karen Dannenhauer Returning

Treasurer = Dave Bohlke Returning

Trustee – Craig Alberts Returning

Trustee – Dan Bullock Returning

Trustee – Debbie Dye Returning

Trustee - Patrick Koerner Returning

Trustee – Laura Loica Returning, but would run for the Vice-President position being vacated.



Any or all of these positions can be challenged by nominations from the club membership. If there is only one person running for any given position, there is no need for an election for that position. As things stand right now, Laura Loica would move to the Vice-President position, leaving an open Trustee position. For sure, we need nominations for that Trustee position, but as stated above, we will accept nominations for any position. You may nominate yourself. Please send your nominations to krrclub@gmail.com by (Friday, January 8th, 2021.) Once we have all nominations in, we will announce how the election, if needed, will take place.

2021 Running Log

For those who like to track their running throughout the year, here is a link to a printable [Running Log](#).

If you prefer an electronic version that automatically totals the monthly and yearly miles, here is a spreadsheet on Google Docs that you can copy to your own Google Docs and be able to update from either a computer or a phone.

[Spreadsheet Link](#)





The Ugly Sweater 5K Run/Walk

by Dan Bullock

This summer has been an unusual one for all of us runners. I have been running often, but with no live races to urge me on, I've become somewhat complacent. So about a month or so ago, I heard of a real, live, local 5K race and jumped at the chance to sign up. It was billed as The Ugly Sweater 5K, sponsored by the Bourbonnais Township Park District at the Perry Farm. The weather all week leading up to race day had been perfect but the night before the race it began to rain and it continued all morning. About an hour before the start the rain stopped and we were able to get it in. Arriving there I saw Chuck and Drew Parsons leaving; Drew had to work that day so they came early, ran it, and left. The turnout was good, considering the weather. I saw many familiar faces including Paul and Marianne Surprenant, Jen Ingram, Lorrie and Rachel Simington, Warren Monk, Rod Kahl and several other KRRC members. For me, seeing friends is an important part of racing. The race was the usual two-loop course. I dodged several people walking their dogs and I even saw Patrick Koerner running the wrong way. Turns out he was not racing but just finishing part of his regular run. I have been running alone a lot but I'm not in racing shape by a long shot and the big hill took a toll on me (twice). I also had a shoelace issue (also twice). The wind picked up a bit and the temperature never rose above 40° but I chugged along and finished.

The race was not timed, so there were no age groups and no winners. We were greeted at the

finish line with hot cocoa and bananas. Not your usual 5K, but most of us there were starving for a real race that we didn't really care. Here's hoping that 2021 will bring a return to normalcy for our club and the racing community.

As we get ready to enter into 2021, it's time to reflect upon this past year, even though for the most part it's been a disaster and that's putting it mildly. The pandemic has been at the forefront of all things globally, nationally, and locally. In-person races have been transitioned over to the virtual arena or



Rachel Simington, Dan Bullock, Paul Surprenant, Lorrie Simington, Marianne Surprenant, Jen Ingram

cancelled altogether or in some cases have been opened with limited entries and staggered start times. I'm afraid that we still have to continue to adjust to being out of our comfort zones at least for part of 2021 (hopefully not all 365 rotations) and until we are able to return to a semi-state of "normal." I've let my mind drift to more simpler times (especially during runs and especially during this year) and so for this month I'm taking it back about 37 years for me to academic beginnings in kindergarten -- you'll see where I'm going with this in a few sentences.

Mind's Running While Running by Alan Toronjo

Sometimes I have the most random thoughts pop into my head while running, and it's from these that sometimes stem the most interesting topics. It may not have been exactly in kindergarten for me but I remember sometime during early childhood seeing a small poster on a classroom wall sharing some basic life lessons that can all be traced back to kindergarten. Performing some further investigation, I discovered that these "things" were from Robert Fulghum's, *All I Really Need to Know I Learned in Kindergarten*. Some of these can be slightly modified to be "running related." I think this is also a perfect way to end 2020 and

begin 2021 by giving thanks to an all-too important group of essential personnel: teachers. We can all be teachers in some respect: whether by parenting or coaching or leading by example. And so, for this month's submission, I give to you some lessons/tips that can be conveyed through running/movement keeping in the style of Mr. Fulghum (but allowing for much author-added, run-inspired humor).

1. It's ok to share both your achievements and difficulties -- be proud of every finished race (no matter the time as it's taken literally countless steps to get there), and by admitting what went wrong, you can ensure that you do your best to not let that difficulty be "difficult" in the future.
2. Be fair, especially if lining up for a race by expected "pace" time. You don't want to be that "one" that people have to navigate and jostle around to get ahead as maybe you were a tiny bit presumptuous on race day.
3. Congratulate and encourage everyone -- that same distance is being covered by the overall winner and the last person to cross the finish line.
4. Please make sure you have an extra-wide boundary before ejecting any sort of fluid from your head (I think spit and snot rockets cover everything here?) as you should only have to worry about nature's moisture during a race.
5. Be patient and wait in line when answering nature's call at a sizable race with an un-sizable number of Porta Potties. If in dire circumstances, please be as discreet as possible in the most secluded spot as possible.
6. Please make sure trash is disposed of properly -- try to save that crinkled pouch of Gu (or insert your supplemental energy of choice) for an available refuse container. Also do your best after downing the majority of water or sugary drink (everyone knows that most of the contents of that cup winds up down the front of your shirt) to throw as near to the garbage as you can -- I think advanced geometry and calculus are involved when calculating trajectory and speed.
7. It's okay to treat yourself especially after completing an arduous training or race. Just make sure that the calories match the aerobic output that was performed. Don't eat a "marathon" (pizza buffet with decadent dessert) after completing a 5K.
8. Balance your work outs. Intermixing long runs/walks with speed work outs and intervals and activities that are totally un-run related will keep your enjoyment and dedication for years to come. Time off and rest are also equally important.
9. Please, please, please keep safety your number one priority especially when running and sharing the road with vehicle counterparts. Obey the rules of the road, make yourself extremely visible, and keep aware of your surroundings.
10. Enjoy every second that you are able to be outdoors. There is no such thing as "perfect" weather. What could be ideal for me could cause you to not to want to even set foot outside. Feeling nature and my movement through it is a spectacular part for me of being/feeling alive. There are drastic circumstances where you might be forced unwillingly to complete a work out at a gym or on the "dread mill." These sessions will contribute to your fitness nonetheless. The treadmill is perfectly ok to

use -- I will not fault you for using it and some of my hardest sessions have been pounded out on one.

11. Running any sort of race does not happen overnight. Like any kind of "Couch To ..." distance, working up to your desired mileage takes baby steps and time. Like any kind of test, project, or event, your end result will be directly related to the effort that you put into it.

12. Enjoy, enjoy, enjoy -- whatever the activity may be! I can't stress this enough. Learn to be enthusiastic when the sweat stings your eyes, feel comfort when the leg muscles start to burn, push yourself to add on one more mile, or yard, or just one step, and work out those facial muscles as well and smile! Try a new route either close by or a little farther from your residence. Have fun, look around, and enjoy your movement. It is so much better than being at a standstill.

That concludes my "Learned from Running" list. As always, it is by no means all-comprehensive and I'm sure that everyone could add at least one additional lesson that is unique for them. I hope that everyone has had an excellent holiday, and best wishes for the New Year. I hope activity and movement make their way into each and every one of your resolutions. Take on an extra challenge, push yourself or someone you know to a new distance, and physically step out of your comfort zone as 2020 has taken us out of ours already. Here's to more in-person events and activities for 2021 -- and ENJOY!

WHY DO I RUN?

by Dan Gould

In the December newsletter, Alan Toronjo discussed why he ran, expressed his love of running, and asked his readers to reflect on why they ran.

Why do I run? First, I don't ever want to be in the shape I was when I started. I was an overweight, sedentary, pack and a half a day cigarette smoker for whom "exercise" was once a week bowling league. My energy level was low and health issues such as cancer, diabetes and coronary problems were on the horizon for someone with my lifestyle. When I went out the door for my first run, I plodded for about three quarters of a mile in 12-13 minutes. I was exhausted, but I got up and repeated the process day after day.

While I never came to love the act of running, in time I came to love what it did for me. When I got on the bathroom scale that first day, the scale rebuked me with a sharp "One at a time, please!" Now, almost 30 pounds lighter, it just gives me a smile and I no longer see the Pillsbury dough boy when I look in the mirror. Energy? When I was still working, I usually ran before going to the office. The security guard would ask me how many miles I had run that morning and always marveled at whatever it was. "You have to be tired! How are you going to get through the day?", he would ask. The answer was that fitness begets energy. Sure,

my leg muscles were tired, but I spent my day at a desk. I was energized for the intellectual challenges of my job.

Second, while health and fitness was my motivation for starting, I discovered the fun of athletic competition in road racing. I was not a high school or college athlete. I was too skinny, short, slow and uncoordinated. In running I became an athlete and enjoyed the competition which gave focus to my training runs. Two years ago I ran my 50,000th mile and 1,000th road race.

Third, the friendships I have found in 39 years of road racing are too numerous to count. Some of the nicest people you would ever want to know have shared my starting lines and I've been missing them since February. With no races for which to train, I've become a fitness runner, covering my 5K training course four times a week.

Finally, I feel something of an obligation to keep doing it because, at 76, I still can. Friends like Charlie Grotevant, 78, would give almost anything to still be running, but that would put his health at risk. For others the knees, hips or some other body part says "No more!"

That said, I wonder how my running days will end. Will it be injury? Or, at some point, will I find it too much work or too boring? I haven't had the fun of a race since February and don't have one on the calendar. The pandemic has kept us in Illinois this year and I'm looking at weeks of winter running, putting on the Gore-tex suit, heavy gloves, and maybe a ski mask. Ugh!

In any event, I am thankful for the health and happiness I have found in this running life and hope that I will continue to run for my life.

Run for your life!

Winterfest update:

As we've tried making plans for Winterfest, we ran into a few snags that we were not able to overcome. The biggest issue is that we cannot get the venue. The board has discussed different options, but we feel that for a race in early February we need a place for folks to gather indoors in case of frigid weather as well as access to restrooms. We've decided that unfortunately, it's just not feasible to have the race on its usual date.

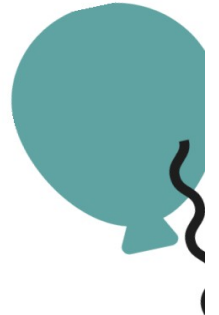
So, the current plan is to wait and see if we can possibly get the building in March/April. Winterfest may have to turn into Springfest this year. If we still cannot get the venue, we will have to cross that bridge when we get there and discuss other options.

So please hang tight, and when we have more info we will let you know.





January Birthday's



- 01/01 Debra Cox 58
- 01/04 Ashley Wheeler 31
- 01/05 Daniel Gerber 62
- 01/07 Jessica Betterton 45
- 01/07 Jen Ingram 47
- 01/08 Lynn McGinnis 46
- 01/16 Griffen Kismet 48
- 01/18 Nena Mayotte 53
- 01/22 Melissa Lux 42
- 01/25 James Martell 66
- 01/29 Eric Helgeson 48
- 01/29 Dianne Strife 81
- 01/30 Luke Horn 15

