



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.

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



Don't forget to join our facebook group to get all updates on group or club Runs. [Click here for facebook](#)

Winterfest Update

We still do not have a firm date or venue for Winterfest. We are trying to shoot for Saturday, March 27th, but nothing is definite at this time. We will keep you informed by email and on facebook.



By Alan Toronjo

Happy February, and even though we're still trudging through wintertime, this month with Valentine's Day (and my sister's birthday--she would consider that just as important a holiday!) allows us to share our endearment for friends, family, loved ones, and significant others. And this wouldn't be a true running newsletter submission without including all of those items from "best-fit" shoes to apparel to technological timepieces to whatever path we move on to share our appreciation.

*Mind's Running
While Running*

As Sunday, February 14, 2021, is only a few weeks away, and as Cupid plans his route getting ready his "love" quiver, let's share our affection with personalized Valentine greetings for all things that assist us in our day-to-day movement:

"You make running smooth Valentine!" -- this Valentine can be sent to your favorite (or rotating favorites) running shoe that accommodates you for each personal journey.

"You can "sock" me anytime Valentine!" -- this Valentine can be given to your most comfortable and sweat-wicking foot enclosure that hopefully can also prevent heat build-up and blisters.

"You heat me up Valentine on even the coldest of days!" -- this Valentine can be sent to any warmth-providing, heat-building, yet still breathable, piece of clothing

that combats even the deepest chills and arctic-like weather that the Midwest can throw at us.

"You're my sweet recovery, Valentine!" -- directed to stretching or muscle rolling; that first sip of cold water or energy beverage after battling the heat; a quick nap; a cold/hot shower; or relaxation in general -- this Valentine encompasses all that is able to soothe your body after your movement session.

"I could never be "short" with you Valentine!" -- this Valentine can be delivered to your favorite pair of running shorts (with pockets or without--whatever your preference) that can help you glide through the toughest of work-outs while showing off one of a runner's most important muscle groups.

"You're my favorite route, Valentine!" -- this Valentine can be directed to your special path, whether right outside your residence, or a nearby park or trail, that is able to lift your spirits, no matter your state of mind.

"You are the slickest, Valentine!" -- this Valentine can be sent to your anti-chafing applicant of choice to assist in preventing irritation in all locations which are subjected to the constant back-and-forth movement during running.

"Hats "on" to you Valentine!" -- this Valentine can be passed along to both your warmest (for winter chills) and shade-producing (for bright summer) head covering.

"Time flies as you globally position me Valentine!" -- whether to a phone-app or a wrist device, this Valentine can be dispatched to your favorite instrument that measures, records, and provides you with all of your personal stats.

"You inspire me to move, Valentine!" -- most important of all and fondly sent to anything or anyone that encourages you to get out the door, this Valentine can be dedicated to movers all over the world, this wonderful and supportive running club, on-line posts, written words, and any other motivation that gets you out for either your first, thousandth, or millionth step.

Feel the love (from that brand new cushy footwear), share the love (posting your latest feat), and send the love (energizing and influencing feedback) this February with sentiments for all things movement related. Even with the most brutal of workouts, if you can't convincingly say that you "loved" your run, then love how it will change your body and love your body for getting you through it. We'll see what my mind "runs" into next . . .

Siberian Express Race Review By Jen Ingram

A hop, a skip, and a jump are what comes to mind when describing the Siberian Express Race. This is a 7.45-mile trail race that is held at the Kickapoo State Park in Danville, IL. This year's race was a little bit different than in years past. As you know Covid -19 has really put a stranglehold on many activities and races. This year versus in years past were wave starts.

There were 6 waves that started in 15-

minute intervals. I opted for the first wave at it started at 10:30 AM. Packet pickup was also a bit different than in years past. The location was held outside under a pavilion, rather than in the maintenance garage at the entrance to the park. You were asked to wear a mask while picking up your packet and in the start corral. There was a start corral that only 25 racers were allowed in, depending on your wave. The corral was large enough for everyone to social distance and still feel like you were racing. I felt the Kennekuk Runners Club did a magnificent job at putting on a safe race. Also, another point to mention, the lack of porta potties was not a huge issue, as there are permanent facilities near the start and finish.

The weather on race day was somewhat gloomy and there was a bit of freezing drizzle. A few days before there had been a little snow... I was in a bit of a quandary as to which shoes I should wear. (trail or road shoes with yaks). I wore my trail shoes and was glad that I did.



Now, onto the actual race, the trail was in pretty good condition being the first wave out. In places, it was a bit sloppy, but that is what trail racing is all about. The unknown and the change of scenery over a road race. This race was also self-supported and there were not any course marshals to help direct you. The course was marked very well and I actually had to help one lady who ran past the arrow telling her to turn.



Right at mile 4(give or take) is a ginormous hill that you have to climb. Climb, grab, and pull yourself up that is! Boy were my quads screaming after that! At last count, I remember three water crossings and this year you had to be careful. At the water crossing there are rocks to help you cross without getting your feet wet. They were a bit slick and I may have wound up in the drink. There were two other smaller hills that you have to make your way up. Also, what goes up must come down, I do believe in the method of using all aspects of your body to go downhill. Rest assured going down on my butt method was used a time or two.



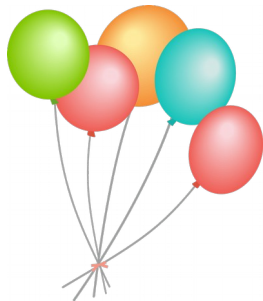
This was the third time I have ran this race and this was the first time I finished high/fast enough to receive a medal. In years past, the first 175-200 racers to cross the finish line were awarded a medal for their efforts. The medal was really cool. It had a BIGFOOT smashing the year 2020.

The race swag was also really cool. In your packet, you had your bib and a KennekuK Runners face mask. I was slower than in years past. I am truly alright with being slower, as long as I can still do it and finish I am good with it. I would highly recommend this race. The Siberian Express Race was held on January 2, 2021.



Congrats to our new Trustee!

Lorrie Simington



Our 2021 Board:

President: Steve Anderson

Vice-President: Laura Loica

Secretary: Karen Dannenhauer

Treasurer: David Bohlke

Trustee: Craig Alberts

Trustee: Dan Bullock

Trustee: Debbie Martin Dye

Trustee: Patrick Koerner

Trustee: Lorrie Simington

February Birthday

02/04 Chris Betterton 49
02/06 Gerry Kilbride 83
02/08 Ande' Wegner 42
02/16 Betsy Keller 41
02/18 Charlie Grotevant 79
02/19 Valery Denby 50
02/21 Chris Walsh 59
02/22 Lori Quigley 55
02/22 Rick Dunbar 60
02/24 Jack Littrell 53
02/24 Judy Kilbride 82
02/24 Kristina Arendt 20
02/26 Marianne Superenant 64
02/28 Jack Martin 11

SATURDAY, MARCH 20 🍀 RIVER ROAD SPORTS COMPLEX



The poster features a central illustration of a smiling leprechaun with a red beard, wearing a green top hat and a green suit, holding two large glasses of beer. The background is green with shamrock patterns. Text on the poster includes 'Kankakee Valley PARK DISTRICT' with a logo, 'BRICKSTONE' in a black box, and 'PRESENTED BY BRICKSTONE BREWERY' at the bottom. The main title 'ST. PATRICK'S 5K BEER RUN/WALK' is written in large, yellow, outlined letters.

Kankakee Valley
PARK DISTRICT

BRICKSTONE

PRESENTED BY BRICKSTONE BREWERY

ST. PATRICK'S
5K BEER
RUN/WALK

Fun local run coming March 20th, Saturday. Kankakee Valley Park District and Brickstone Brewery along the river for the boozy, untimed St. Patrick's Beer 5k Run/Walk [Link to Race Site](#)