

June Newsletter

Volume 42 Issue 6

Registration for the Bourbonnais Friendship Festival 5krun/1.5 mile walk is open! Sign up and join in on the fun, also this is a KRRC Fantastic Four race (the second one needed for the Fantastic Four) Members who complete all four races will receive a special award!

**5K Run
1.5 Mile Fitness Walk**



Link for sign up ----> [Friendship Festival](#)



Jonathan Arendt

A recent member of our running club had sadly passed away on March 25th Jonathan Arendt was a hardworking man, and Valery Denby's cheerleader. Many of us met him through Valery, got to know how



much they loved each other, as well as his determination in runs/walks. It was always a joy to see him with Valery and support her. He will be missed and we are all here for you Valery. 9/15/81-05/25/21



Ken Klipp Classic 5K - A Race Report by Dan Gould

Monday, May 31st, was both Memorial Day and the running of the seventh annual Ken Klipp Classic 5K at Bishop McNamara H.S. Last year should have been the seventh, but it, like many others, was a casualty of the pandemic. I was last able to run the event in 2017.

Ken Klipp's name is in the forefront of running in Kankakee County because he is *Coach Klipp*. After teaching seven years at Manteno High School, Ken came to Bishop McNamara High School in 1979 where he established the first men's and women's cross country teams in 1980. Under his guidance, McNamara cross country teams have qualified for state 25 times, won 18



A black short-sleeved tee shirt was one of the amenities



Coach Klipp with Carol & John Vallone and Bob Malpasuto, all of who were runners and sponsors

regional meets, and 2 sectionals. In 2004 Ken was inducted into the Illinois Track & Cross Country Coaches Hall of Fame. He retired from teaching in 2010, but continued coaching until 2018. A graduate of Manteno High School, he ran for Eastern Illinois University. He is the only founding member of the Kankakee River Running Club (Founded 1979) who is still a member.

The Ken Klipp Classic 5K Run & 2 Mile

Walk, was established in Ken's honor by the Irish Alumni Association. The staging area for the race is the Bishop McNamara stadium which is located on the south side of Brookmont Blvd., an east-west street dividing Kankakee and Bradley.

I had about a ten minute drive to the school, my second in two days. I had spent Sunday afternoon in the McNamara gym with the Latham family for the graduation ceremony for Linda's granddaughter, Anna. Anna was not only graduating, she was one of the co-valedictorians and one of the speakers. Mimi "H" was bursting with pride!



Cody Salkeld with dad Dan

As I headed for packet pick-up, I met John Brinkman, a passionate runner many years ago. His knees required him to retire from running at an early age. This day he was cheering son Elliot, who would finish 3rd overall, and watching a very active grandchild.

After taking my packet to the van, I met Dan Salkeld and his son, Cody, in the parking lot where I grabbed a memory book photo. Cody would claim a 2nd in the 25-29 age group age with a 19:11. When I started running in 1982, Salkeld & Sons in Kankakee was the name in

sporting goods. They sold me my first pair of running shoes and sponsored The Mayor Tom Ryan Kankakeeland River Trot 5 & 10 Miler, my second race.

Returning to the staging area, I saw Dan Bullock who introduced me to daughter Jessica who was visiting from Austin. Paul Surprenant greeted me and I learned that he had just recovered from pneumonia which limited his racing fitness. Paul and I would be the only runners in the 70 plus age group.

I chatted with Rich Olmstead and Craig Alberts. Rich has a long history with exercise induced asthma that makes his race times



Dan Bullock and daughter Jessica

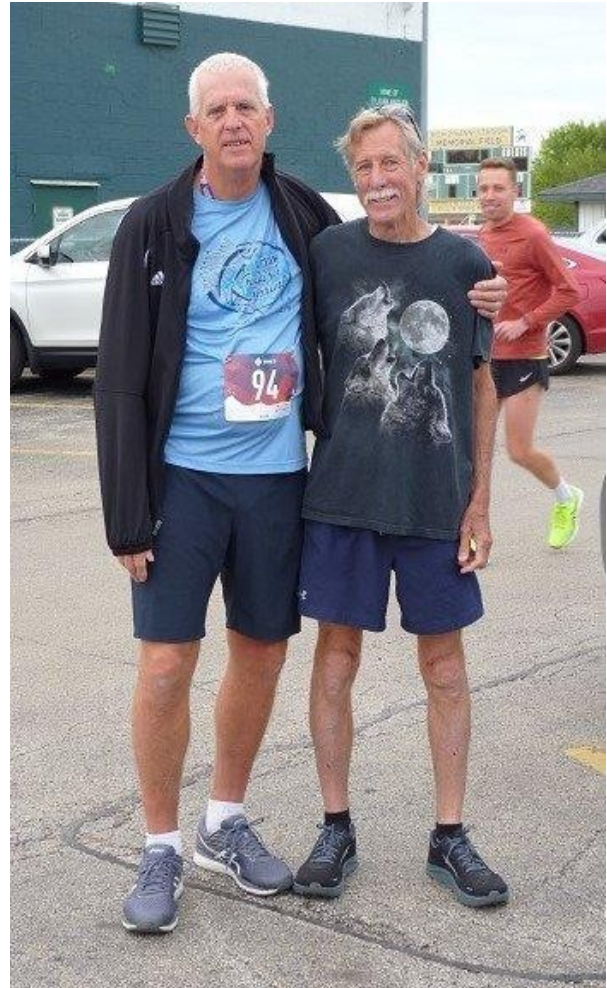
unpredictable. This would be a good day for Rich who would be first in 65-69 with a 28:27. Craig said he had struggled to return to running after what I believe he said was a calf strain, but he would be up to the challenge and a 29:37 for first in 60-64.

One last happy meeting before race time was with John and Cheryl . After the pandemic plus year, everybody knows John Bevis, the Kankakee County Health



Cheryl and John Bevis

Year awards. John would run 24:20 for third in 55-59.



Craig Alberts and Rich Olmstead

Administrator. He was on the local radio news many a morning and featured in the local newspaper stories. He said the greatest challenge was the hours, long days and weeks followed by longer days and weeks. I think the community felt he was up to the task. He was recognized early this year among the Citizen of the

We gathered on the east side of the track just before the 8:00 o'clock starting time under the direction of Ken Klipp. The course is an out-and-back with two loops in a

Bradley residential area. We start with a loop on the track, exit a side gate to the east, run 100 yards north on grass to Brookmont where we cross at a northeast angle to Michigan Avenue and run north to South St. There are two loops of South St. west to



The registration tent was a busy place pre-race Blaine, Blaine south to Cook Blvd., and Cook east to Michigan. Upon completion of the second loop at Michigan, we turn south, retracing our steps across Brookmont, across the grass, and finishing with a loop and a half on the track. I fell in step with Dan Bullock and, as we passed the grandstand on the west side, heard John Brinkman shout "It's the double Dans!" Mr. Bullock, showing no respect for his elders, pulled



Shirley & Leon Malone

ahead of me just before east gate to the grass. Exiting the gate required a do-si-do around a young runner who had exhausted himself with one lap of the track, if only momentarily. He passed me on the grass only to run out of gas by the time we hit the street.

With only 82 runners, the field was well spread by the time we crossed Brookmont Blvd. with the protection of a Kankakee City



The Nick Elliott family did the 2- mile walk



Coach Klipp shows his best side as he prepares some kids for their run

Police Officer. Dan Bullock had pulled out to about a 30 yard lead and held onto that for a little over a mile and a half. When I passed him, he said "I heard you back there." Indeed, anyone who has raced with me knows my loud breathing and / or the sound of my left heel scuffing the pavement.

I hadn't raced in two months, hadn't done any speedwork or anything longer than a 4 mile training run in the past couple

months so I was running just by feel. I didn't look at the watch when it vibrated the mile intervals and there were no mile markers or split callers. Mother Nature was kind to us with overcast, 60 degrees and a dew point of 48. There was no drama or excitement in the last mile. As I turned onto Brookmont, I saw Craig Alberts down and across the street. it appeared he had appeared he had been walking and was starting to run again. He isn't in my age group so it is just bragging rights if I best him, but he held on for an eight second margin.



The show stealers on the run

When I reviewed my splits after the race, I found that I had run two steady miles - 9:49 - 9:44 - and then picked up the pace significantly with a 9:16 third mile. I finished in 29:55 on a course that measured 3.13, a 9:34 pace which was consistent with my Florida races. Paul Surprenant ran 35:54 for second in 70 plus.

For complete results <http://krrclub.x10host.com/2021/klipp1b.pdf>

Saw John and Carol Vallone after the race and learned they had run together. Both were second in their respective age groups. John, a dentist, was one of the race sponsors.

I know Bob "Malpo" Malpasuto as one of the better golfers at the Kankakee Country Club, but he also showed that he is fleet of feet with a second place 23:38 in the 55-59 age group.

Kathleen Jensen claimed a first in 65-69 with a 34:47. She had to leave immediately after the race so we didn't get to catch up on things.

Rod Kahl is still turning in great times, a 21:45 this day for first in 55:-59. Jill Naese was second overall with a 24:04 and her aunt, Mary Kuntz Lee, was third overall with a 24:57.

I don't know how many were in the 2-mile walk, but Leon Malone, 90 years young, got the most applause when he finished (yes, Shirley was cheerleader!). Leon was a



Coach Klipp addresses the assembled as Dave Bohlke checks results



I was "22" again for one day

runner until he got both knees replaced at age 70. He took some time off from running, but stayed fit with biking and eventually returned to running which lasted into his 80's. Inspirational!

There were a couple kids' races and they, of course stole the show.

This was a return to road racing as we knew it - no masks, no social distancing, and lots of hugs. Life is good!

On a historical note, Memorial Day was the 39th anniversary of my first road race, the Performance Sports' 5-Miler at Kankakee Community College. How time flies!

We have three local races in June - the AshleyCan 5K postponed from Mother's Day, the Run for Autism, and the Friendship Festival. Run for your life!



A miserably hot, humid May 30th, 1982 - 47:05, a 9:25 pace - I was 20 pounds heavier. The Performance Sports' duo of Bill Linn & Gary Dupuis with Gary about to hand me a numbered popsicle stick, part of an ancient timing technology

-Dan

June 3, 2021

JUNE BIRTHDAYS

06/01 BRENDAN MARTAIN 14

06/01 NICK MARTIN 14

06/09 JONATHN LANUM 41

06/10 WARREN MONK 49

06/13 CASEY KOERNER 26

06/24 JULIE BISAILLON

06/25 CRAIG LUCAS 51

06/25 MICHAEL JAMES 44

06/30 GAIL PASSWATER 52