



KRRC Summer Picnic

The KRRC summer picnic is back!
 Come join us July 24th 1pm at Kankakee
 River State Park at the Rock Creek
 Shelter
 We will have lots of yummy food.

[Summer Picnic Event link](#)



THURSDAY, JULY 29 @ 7 PM
MAIN PARK, FRANKFORT

REGISTRATION FEE:
 \$ 21 Pre-Registration (by 7/25)
 \$ 30 After 7/25 til Race Day

Sponsored By:



REGISTRATION NOW OPEN

Register on-line @
frankfortparks.org

OR

Register on-line at
runsignup.com

For more information, call (815) 469-9400 or visit www.frankfortparks.org

Short run Long Day

On July 19th at 7pm there will be a run in Frankfort at the Main park!

Early registration \$21 before 7/25

Day of run \$30

Frankfortparks.org Or Runsignup.com

To register for the run.

RUN
STORIES





KRRC Members at FF5K

Mind's Running While Running

Finding Your Songs of Summer by Alan Toronjo

Summer in the Midwest: scorching heat, humidity you can swim in, relentless sunshine, and combinations of tropical weather featuring precipitation that can stop and start at a moment's notice yet without a coastal beach that would at least make these conditions tolerable. I would choose blustery over blistering for outdoor movement sessions any day. I can layer and plan for cold -- there's only so much I can do to try to endure "summertime" where "the" running "is" NOT "easy! See what I did there ... using part of a lyric to get to the theme of this submission.

Besides dressing, or in this case, undressing for the weather, hydrating as

much as possible, or scheduling runs for the coolest part of the day, music can be one technique for powering through an outdoor workout. I don't consider this to be the "go-to" playlist by any means; just like running technique, musical interests are as unique as fingerprints. I've tried to include a wide variety of musical genres and styles that can be used during warm-up/cool-downs or matching running pace to lyrical beat. I hope you as readers are able to find a new (for you) band or song to use as a "swan song" for that last final finish-line or end of workout push. Shout out to the site "music-map.com" for helping me find similar groups to the ones that I feature.

_____ Warm-Up - focusing on initializing muscle movement memory and increasing circulation and blood flow, try these tunes to ease into your routine

Avett Brothers - (one of my favorites--especially when using trail/nature paths) slower simple acoustic guitar, banjo, and piano in "If It's the Beaches" and "The Ballad of Love and Hate."

Similar Bands - Mumford & Sons, Lumineers

Bob Marley - Reggae pairs perfectly with the heat and sun, right? Try "Stir It Up" or "Three Little Birds."

Similar Bands - Sublime, UB40

Ed Sheeran - his slower songs are good warm-ups while faster hip-hop beats are good to up your pace. Give a listen to "Dive" or "Lego House."

Similar Bands - Shawn Mendes, Bruno Mars

Hootie & the Blowfish - taking it back to the 90's with some classic pop. Check out "Hold My Hand" or "I Go Blind."

Similar Bands - Counting Crows, Matchbox 20, Darius Rucker (lead singer of Hootie doing Country)

Plain White T's - more of some simple guitar and rhythms. Listen to "Hey There Delilah" or "Rhythm of Love."

Similar Bands - Sister Hazel, John Mayer

Rihanna - like Mr. Sheeran, slower songs with respective slower beats make for an excellent warm-up. Look up "Love On The Brain," "Umbrella," or "We Found Love."

Similar Bands - Beyoncé, Black Eyed Peas, Katy Perry

Up The Pace- or Get Moving - faster beats to up your foot-work and increase your turn-over and cadence

Avril Lavigne - perfect pop/punk mix in "Sk8er Boi."

Similar Bands - Plnk, Gwen Stefani

Blink 182 - faster rock to get your heart rate up. Check out "The Rock Show" or "All the Small Things."

Similar Bands - Green Day, Sum 41

Bruce Springsteen - can't go wrong with the Boss's BORN songs: "Born to Run" and "Born in the U.S.A." These are also perfect songs for the conclusions of workouts or anticipated at the "end of race" playlist.

Similar Bands - Bob Seger, Van Morrison, The Eagles

Fall Out Boy - some emo rock for increased cardio (also a group that loves to be "wordy" like me in their song titles) in "Sugar, We're Goin Down" or "My Songs Know What You Did in the Dark (Light Em Up)."

Similar Bands - Twenty One Pilots, Panic! At the Disco

The Killers - genre spanning (alt rock, pop rock) group with "Mr. Brightside" and "Caution."

Similar Bands - Kings of Leon, Muse

Maroon 5 - big fan of some of their collaborations which also provide some up-beat tempos. Listen to "Moves Like Jagger" with Christina Aguilera, "What Lovers Do" with SZA, and "Payphone" with Wiz Khalifa.

Similar Bands - The Script, OneRepublic (see next entry)

OneRepublic - more alternative pop/rock with "No Vacancy" and "Counting Stars."

Similar Bands - Imagine Dragons, The Fray

Van Halen - no I'm not here to start any discussion on Van Halen vs. Van Hagar - not necessarily the fastest of beats but these will be sure to make you want to quicken your pace: "Jump" and "Panama."

Similar Bands - AC/DC, Def Leppard, Aerosmith

Cool Down or Celebratory - the workout has been completed and it's time to honor the sweat session and let that heart beat slow down - for these I'm listing specific songs

Alicia Keys - "Underdog"

An all-too important anthem that can just as easily apply to our incremental end to the pandemic as to what seems like never-ending physical training to better a distance or time.

David Guetta featuring Sia - "Bang My Head"

This could just as easily be an upbeat "normal" run song but I usually keep it at the end of a playlist -- that summer heat can be like "banging" your entire body against a wall.

Anything by Dave Matthews (another one of my all-time favorite groups) but especially "Stay (Wasting Time)" -- a catchy tune about enjoying life's little things.

Elton John - "I'm Still Standing"

Every single workout can be a battle within itself and your health has gotten one step better with that conclusion; hopefully, you're "still standing" when crossing your finish line.

Macklemore featuring Kesha - "Good Old Days"

Hopefully each and every run and walk can contribute to your "good old days."

Anything by Queen but no list is complete without "We Are the Champion."

No explanation necessary.

Another anything -- this time by Santana but a specific song with "Black Magic Woman (Gypsy Queen)"

Get lost at the end of a workout with the Latin grooves and rhythm that Carlos Santana's guitar provides.

Zac Brown Band - "Chicken Fried"

I think the world could be a lot healthier if everyone took part in physical activity as much as they partake in fried food. And so concludes my end to adding to or finding a new favorite melody to get you through these difficult summer physical sessions. As mentioned at the outset, this list shows my bias and

musical interests. Feel free to flood our Facebook group with your personal favorites; I'd love to add some of your go-to, get-up-and-move, classic and current movement songs. As always, please practice road running with tunes safely! We'll see what my mind runs into (or hears) next.



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5K RUN
& WALK**

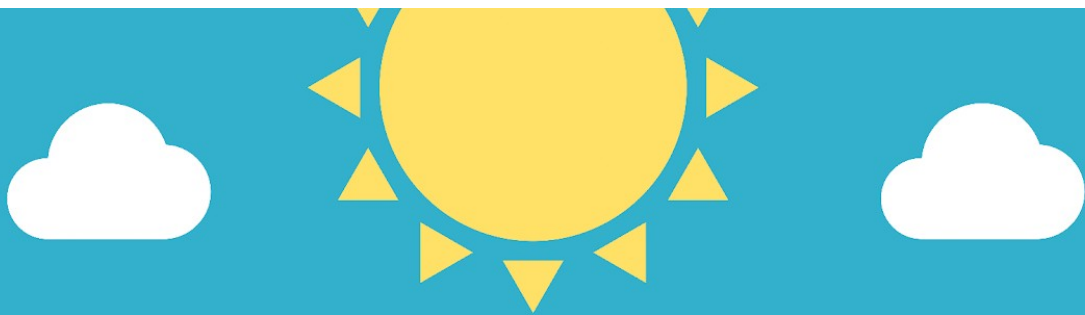
**SATURDAY,
AUGUST 28
RIVER ROAD SPORTS
COMPLEX IN KANKAKEE**

Register today at
KVPD.COM

EARLY BIRD REGISTRATION (ENDS AUGUST 8):
\$30 - INCLUDES T-SHIRT, FINISHER'S AWARD
AND MEAL VOUCHER FOR AFTER THE RACE.

REGULAR REGISTRATION (AUGUST 9-26):
\$35 - INCLUDES T-SHIRT (WHILE SUPPLIES LAST),
FINISHER'S AWARD AND MEAL VOUCHER

**ALL AGES WELCOMED!
RACE BEGINS AT 9 AM**



JULY BIRTHDAYS

- 07/02 Genevieve Xolo 34
- 07/03 Taylor Harper 29
- 07/04 Symantha Huff 21
- 07/07 Leon Malone 91
- 07/08 Paul Surprenant 74
- 07/12 Kerri Lanum 45
- 07/12 Paul DuFrain 27
- 07/13 Brenda Ravens 59
- 07/19 John Vallone 64
- 07/20 Keagan Teeter 14
- 07/25 Melanie Mae Jacobson 34
- 07/28 Matt Brieske 41
- 07/30 John Bevis 58