



# August Newsletter 2021

Issue 42 Volume 8

40<sup>TH</sup> ANNUAL RUNNING OF THE HERSCHER

## Hare & Tortoise Race 5K RACE & 2-MILE FUN WALK



1 FREE BEER &  
\$1 OFF at Oberweis  
\*with your bib

We are halfway through the year of 2021 so many memories the last few months have been made, so many more adventures to come!

Next club run!  
40th annual running of the

Herscher Hare & Tortoise Race

5k race & 2-mile run walk. Sunday September 5th 5:30pm

Early registration is \$12 T

this is race #3 ofr the Fantastic Four. Club members who complete all four races will receive a special award.

[For details and registration clicik Run link](#)



Check out the 3rd Annual River Run 5k & Walk

Saturday , August 28. The race starts at 9:00am at the River Road Sports Complex.

\$35- this includes a race t-shirt, finisher's award and a meal voucher for after the race.

First Annual Trevor Memorial 5k/Walk

The 5k is to honor all the angels who have left us too soon, and to honor Trevor. The donations will be donated to Trevor Till Memorial Scholarship at SHS and the Trevor Till Be the Light award at MVK Grad School.

Pre-race registration \$25 [Sign up Link](#)

Race Day Registration \$30

Race day registration starts at 7:00am





## ON DAN'S RUN

### THE MUSINGS OF AN AGING RUNNER

by Dan Gould



The finish line for my 77th year on this planet is in sight as I run my miles early in my 40th year of this running life. I'm not sure which is more amazing. A mere 60 years ago

I was looking forward to my senior year at Kankakee High School, never dreaming of a career in law nor that classmate Linda Cremer, a cute, blonde flag twirler with whom I had never had conversation would, decades later, become the love of my life. Likewise, a few months into this running life in 1982, the possibility that I would run 50,000 miles and 1,000 road races including the Boston Marathon was not on my radar. In what seems like the blink of an eye, all have come to pass.

The effect of the pandemic on my running was twofold. First, racing came to a halt for a year. I found no attraction in virtual races. I ran the Superhero 5K in Sarasota in February of 2020 and returned to racing in February of 2021 when I ran the Superhero 5K in Sarasota.

Second, I became a fitness runner knocking out 3 mile runs every other day or so, often alternating my runs with 10 mile bike rides. With no 10K's, 15K's or half marathons for which to prepare, I had no incentive to run long. I once thought I would always have a 10 miler in the weekly mix. That became an 8 miler at some point. I could easily gear up for the occasional half marathon with that kind of base. Marathons have been in my rearview mirror since 2003 when I ran the Milwaukee Marathon with Rich Olmstead. The pandemic may have lengthened my running life. I'm not pushing the envelope with speed and distance in my training or racing.

When I went to Florida in mid-February, the races were beginning to return with varying degrees of pandemic precautions and I ran three 5K's. Back in Illinois the first of April, I passed on the Manteno 5K in favor of a golf event. I registered for the Mother's Day AshleyCan 5K, but didn't get there on race day. I did enjoy the Klipp Classic 5K on May 31st, but let my entry fee for the Run for Autism simply go as a donation. I filled out the registration form for the Friendship Festival 5K, a race virtually in my backyard, but had no enthusiasm on race day. Has my passion for racing waned?

I have reached the age in my Illinois running world where, in many races, there is no 75 and up age group. That's because there are few runners my age in Illinois. For most of us, the "race" is against those in our age group. I long for the day when Charlie Grotevant and I pushed each other to our best.

It is not just the racing, but the socialization that goes with it. Carpooling with Ed Glazar, Bill Linn, Pat Koerner, and Chuck Parsons, among others, was part of the fun. There was often breakfast somewhere along the road. In recent years, Linda was in the right seat for many a race and toeing the starting line with me. When health issues ended her running, she was still there as cheerleader and chief photographer - and for breakfast, of course. Now we just hope that, after this summer of the doctors, she will once again be the cheerleader and photographer.

Perhaps the answer to the question will be answered when we return to Florida in October. In my Florida running world, the age groups often go to 90 and up. You can be assured of competition into the early 80's.

I'll end this with a little KRRC history and the possibility of further musings of this aging runner in the months to come. Run for your life!



**Kankakee River Running Club  
history, June 16, 1991 - Father's  
Day in Manteno**

The Manteno Road Race 5K was the Father's Day running event and the gathering spot for the Gerry Kilbride family in the 80's and early 90's. When it was discontinued, the family began the Kilbride Family Classic 5K at Cobb Park on Father's Day. Gerry and Judy will celebrate their 60th wedding anniversary on July 31st.

# AUGUST BIRTHDAYS

08/05 Jeremiah Lanum 15

08/05 Josette Clark 46

08/09 Maria DuFrain 58

08/12 Rowen Jacobson 5

08/13 Donna Koerner 65

08/13 Madison Bylak 19

08/16 Matt McQueen 45

08/19 Amber Sproul 29

08/19 Dee Anna Hillebrand 58

08/19 Wayne Bisailon 54

08/22 Alan Toronjo 44

08/25 Glenn Tuuk 52

08/25 Terry McGinnis 54

08/26 Jill Channing 41

08/29 Amy Sluis 45

08/29 Mark Nelson 56

08/31 Carla Brown 54

08/31 Dan Gould 77