

FEBRUARY 2022 NEWSLETTER

VOLUME 44 ISSUE 2



It's that time of the year again membership dues are due! Don't forget to sign up. Get run discounts and this awesome newsletter!

<http://kankakeeriverrunningclub.com>

We need your input for future newsletters. Personal articles from runners and walkers just like you make the newsletter more interesting. Unlock your inner writer and write something, then send it to krrclub@gmail.com.



Phyllis Smothers, who, along with her husband Roger, had been a long time member of the club, passed away on Friday, January 21st. You will be missed Phyllis

https://www.daily-journal.com/obituaries/phyllis-smothers/article_c6373590-7e16-11ec-a8f1-7fd7df867da3.html?fbclid=IwAR3Cbrs_EZ1JSudn4DAr8Q60txtZY7VW5QADOO_A0GFxEFPquh8H1L4R09k

26TH ANNUAL

RACE

WITH YOUR

HEART

AND PANCAKE BREAKFAST

5K & 10K
RUN

BEGINS
PROMPTLY
AT 7:30 am



2 MILE WALK

BEGINS AT 7:45 AM



SATURDAY

AT EUREKA LAKE

JUNE 11, 2022

Event benefiting two diverse services that assist those in need. **HEARTLINE** offers numerous forms of assistance to Woodford County residents. **HEART HOUSE** offers shelter services to women and children.

PRE-REGISTER BY MAY 12 for **\$25** AND BE GUARANTEED AN OFFICIAL RACE T-SHIRT, OR SIGN UP UNTIL RACE TIME FOR **\$30**.

www.heartlineandhearhouse.org

A SPECIAL **GROUP RATE** IS AVAILABLE FOR FOUR PARTICIPANTS WHO REGISTER TOGETHER FOR THE PRICE OF THREE.

CHILDREN UNDER AGE 10 REGISTER FREE.

FAMILY-FRIENDLY POST-RACE
CELEBRATION

RAFFLES

FREE BREAKFAST
PANCAKES & SAUSAGE FOR
EVERYONE PRESENT

Kankakee River Running Club Classic Series 2022

Kankakee River Running Club will put on five races in 2022.

There are two possible levels of achievement:

Tier 1 - Classic Series - Complete all five races.

Tier 2 - Mini Classic Series - Complete any four of the five races.

The series is open and free to enter for all dues-paying club members. There is no entry fee for the series, other than entry fees for the races, nor any paperwork needed to enter. All you need to do is be a club member. No need to report your results, we do that for you. At the end of the year, when the results are tallied up, those who did Tier 1 (all five races) will receive a hooded sweatshirt plus an additional award yet to be determined. Those who did Tier 2 (any four of the five races) will receive a hooded sweatshirt. Not currently a club member? Go to <http://krrclub.x10host.com/results.html> to join.

The five club races are:

Winterfest 5K Run/Walk 2/6/2022

Springfest 5K Run/Walk 4/23/2022

Bourbonnais Friendship Festival 5K Run/1.5 Mile Walk 6/25/2022

Herscher's Hare & Tortoise 5K Run/2 Mile Walk 9/4/2022

River Rat Races 5K/10K/10 Mile TBA



Winterfest 5K Run and Fitness Walk
37th ANNUAL

Sunday, February 6, 2022

Small Memorial Park, Kankakee, IL



Course Description: This is a 2-loop course run on the city streets following the perimeter of Small Memorial Park and Kennedy Upper Grade School. The finish will be computerized.

Early Start : For our slower walkers or runners, we will offer an early start at 12:30 p.m. This will facilitate an earlier start on the post-race awards ceremony. Please select this option only if your expected finish time is greater than 45 minutes. Your finish time will be adjusted accordingly.

Registration and Staging Area: The Civic Auditorium, located at 8th and Charles Street, is the staging area. Take I-57 or Rt 45 to Rt 17 (Court Street), and go west across the river to Wall Street (1st light). Go south on Wall to Water Street (stop sign, T-intersection). Turn right, and go two blocks. Race day registration will be from 11:30 a.m. to 12:30 p.m. The race begins at 1:00 p.m.

Run or Walk and Win \$100! The area high school with the most participants - teachers, students, and staff - will receive a \$100 donation for its athletic department. Tell your teachers, students, and staff- February fitness, fun, and funding or your athletic department. Be sure to list your school and whether you are a teacher, student, or staff member on your entry form.(\$2 discount for ages 18 and under.

Registration Fee:

Pre-register online (no shirt) \$15.00 Club Members \$13.00)

<https://www.racerpal.com/register/winterfest/>

Or register on race day from 11:30 a.m. to 12:30 p.m. for \$20.00

Awards:

Running division: Top 3 overall male and female, top male and female masters (40 and over), proportioned awards in 5-year age groups for male to age 75 and female to age 70.

Walking division: awards to the first 10. Please note: The fitness walk is on the honor system and for walkers only. If you are going to run any part of the course, you must register as a runner.

Winterfest is the first race of the KRRC Classic Series. Do all five of the club races and receive special awards. Do any four of the five races and receive a somewhat lesser, but special award.

February Birthdays

02/06	Gerry Kilbride	84
02/08	Ande' Wegner	43
02/15	Rick Dunbar	61
02/18	Charlie Grotevant	80
02/19	Valery Denby	51
02/20	Kaylen Cote	18
02/21	Chris Walsh	60
02/22	Calvin Sproul	11
02/22	Kaylee Cote	18
02/22	Lori Quigley	56
02/24	Jack Littrell	54
02/24	Judy Kilbride	83
02/24	Kristina Arendt	21
02/26	Marianne Surprenant	65
02/28	Jack Martin	12