

# MARCH NEWSLETTER

VOLUME 44 ISSUE 3

After all these crazy snow storms it looks like spring is just around the corner, perfect running weather! Not too hot, not too cold.

Check out the running club race calendar for fun upcoming runs! [Link to Race Calendar](#)  
 (Psst first day of spring is March 20th 🌸 )

**SATURDAY, MARCH 19 🍀 RIVER ROAD SPORTS COMPLEX**



## ST. PATRICK'S 5K BEER RUN/WALK

Throw on whatever green you can find and join us for this untimed, boozy 5K Run/Walk along the Kankakee River! Race begins at 10 am. All participants will receive drinks along the trail, race shirt, finisher's medal and an ever-so-satisfying post-race beer at our post-race party!

early bird special	regular registration	after party only
\$35 per person (now - March 6). Includes t-shirt, finisher's award, 4 drink tokens and food token	\$40 per person (March 7-13). Includes t-shirt (while supplies last), finisher's award, 4 drink tokens and food token	\$15 per person Includes 4 drinking tokens and 1 food token

**Must be 21 years or older!**  
 Dress up for our costume contest! Categories include best dressed female and male. Registration closes March 13! Register today at [www.kvpd.com](http://www.kvpd.com)!







A fun local St.Patty's day run to try out is the St.Patrick's 5k Beer Run/walk. This run is located at the River Road Sports Complex. It's a lot of fun and you get to try beer from Brickstone. [Link for Beer run!](#)

# Springfest



5K Run/2 Mile Walk

# Springfest 5K Run/2 Mile Fitness Walk

Saturday, April 23, 2022 at 9:00 AM  
Manteno American Legion, Manteno, IL



live to Run...  
Run to live

The race will be run partly on city streets and partly on a paved bike trail. The course will be well-marked and there will be volunteers at every turn. It will start and finish near the Manteno American Legion, 117 N Walnut St, Manteno, IL. Restrooms will be available at the Legion. There is some street parking near the Legion and parking lots one block to the east on Main Street. Post-race, you are welcome to enjoy the Legion's outdoor beer garden.

The starting area will be on the left side of Walnut at 2nd St. Participants will stay on the left side of the street, facing traffic, and remain on the left side throughout the course. Participants need to wear their bib numbers on the front and have them visible when entering the start area and when coming to the finish line.

Bottled water and pre-wrapped snacks such as granola bars will be available at the finish.

All participants will receive a finisher's award, a small birdhouse, with the 2022 race logo and KRRC logo. See picture, (currently showing 2021 logo.) Also available, for an extra \$5 is a 15 ounce glass beer stein with the race logo imprinted on it. Part of the proceeds of the race will be donated to Manteno American Legion.

Springfest is the second race of Kankakee River Running Club's Classic Series. Club members completing either all five races or any four of the races will receive special awards. For more information on The Classic Series go to <http://krrclub.x10host.com/races/2022-Classic-Series.pdf>

**You may register online at [www.racerpal.com/races/springfest](http://www.racerpal.com/races/springfest). If you want the beer stein, we encourage you to pre-register, as we will order a limited number of them. Race day registration will be available.**

Name _____	Registration With Beer Stein	\$20 _____
Address _____	Registration Without Beer Stein	\$15 _____
City _____ State _____ Zip _____	KRRC or PSRR Member or	
	under 18 years old	Deduct \$2 _____
Birthdate ____/____/____ Age as of 4/23/2022 _____	Amount Enclosed	_____
Gender: M _____ F _____ Event: Run _____ Walk _____		

**Email address** \_\_\_\_\_

### Waiver of Liability

In consideration of acceptance of this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against the Springfest 5K, the Village of Manteno, the County of Kankakee, the Manteno Village Police, Manteno Fire Department, Manteno American Legion, Kankakee River Running Club, the Race Directors, and any and all sponsors. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatever.



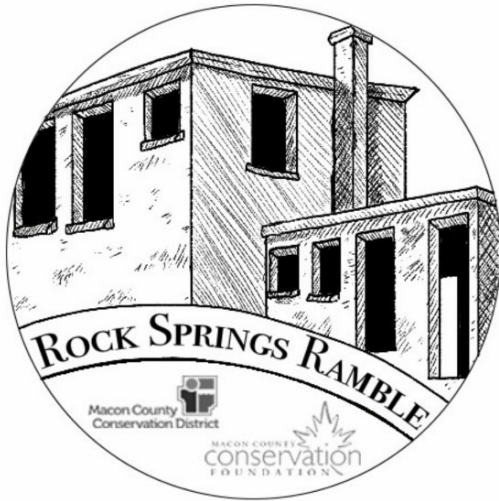
Signature (Parent or Guardian, if entrant is under 18) \_\_\_\_\_ **Date** \_\_\_\_/\_\_\_\_/\_\_\_\_

This form is available online at [krrclub.x10host.com/races/Springfest-2022-Flyer.pdf](http://krrclub.x10host.com/races/Springfest-2022-Flyer.pdf)

You may mail it to : KRRC, 202 Tiverton Rd, Kankakee, IL 60901

Hello, my fellow Kankakee River Running Club Members!

I would like to invite you to come to Decatur, Illinois on April 9, 2022 to run one of the best races in Macon County!



I grew up in Kankakee, have a house here and belong to KRRC. But I also have a house in Macon County. I am on the board of the Macon County Conservation Foundation.

I am the race director for a race as a fund raiser for the Macon County Conservation District.

Our fabulous Rock Springs Ramble 5K, 1 mile guided nature walk and short kids run will be back this year on Saturday, April 9, 2022 at 8 am at Rock Springs Nature Center located at 3939 Nearing Lane,

Decatur, Illinois. The race will be on a paved bike trail through woods, prairie and a pine forest! You will see ponds, the Sangamon river and Stevens Creek! Many deer and lots of other wildlife are often seen from the trails!

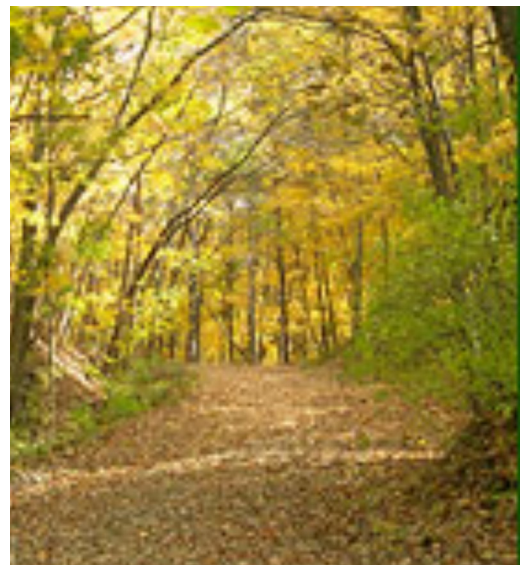
This year's event will be a live, in person event. We

will also have a virtual option for those who can not make it that day but still want to support our beautiful Conservation District and snag



some great swag!!

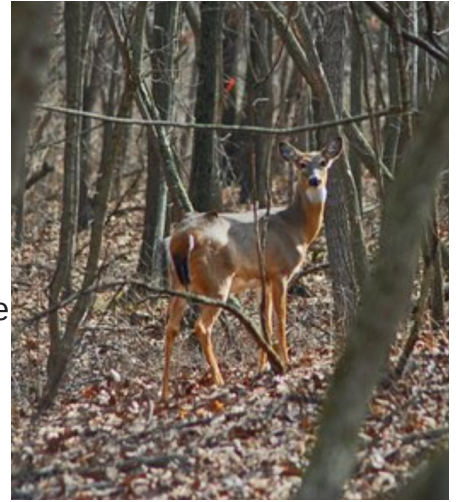
This year, both in person and virtual participants in the 5K and the 1 mile nature walk will receive a uniquely designed shirt featuring our name sake: the vintage, historic Rock





Springs Bottling plant! Participants will also receive a custom matching finisher's medal!

In person runners will also have the opportunity to place in their age group and win one of our gorgeous, original, nature themed, painted river rocks created by local artist, Sheryl Polley!



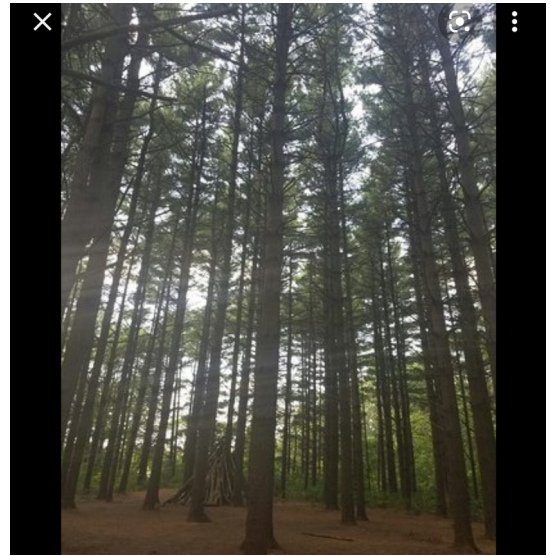
The 1 mile guided nature walk will be lead by district staff through some of our amazing nature trails.

For the short kids run, each participant will receive a "tree cookie" medal and a nature grab bag item.

This race will also be part of the circuit series:

"The Grand Slam" for the Decatur Running Club (DRC). This is a MUST RUN for the "Grand Slam." You will get credit for this series by either registering for the live or virtual events!

We will also have post race refreshments!!



Please click the link to sign up for the events and/or donate to our wonderful Macon County Conservation District!!

[Rock Springs Ramble Sign Up Link](#)

[Visit Macon County Conservatikon District Website](#)

Thank you!  
Kathleen Jensen  
KRRC Member

Board Member  
Macon County Conervation Foundation



## March Birthdays

<b>03/01</b>	<b>Jesse Shearin</b>	<b>60</b>
<b>03/01</b>	<b>Darcy Welsh</b>	<b>70</b>
<b>03/04</b>	<b>Ken Goodwin</b>	<b>63</b>
<b>03/04</b>	<b>Rod Kahl</b>	<b>57</b>
<b>03/06</b>	<b>Stephanie Piacenti</b>	<b>50</b>
<b>03/13</b>	<b>Mark Saffell</b>	<b>64</b>
<b>03/15</b>	<b>Linda Hodges</b>	<b>78</b>
<b>03/16</b>	<b>Mark Walsh</b>	<b>67</b>
<b>03/18</b>	<b>Nole Jacobson</b>	<b>9</b>
<b>03/22</b>	<b>Gavin Kempf-Kutemeier</b>	<b>17</b>
<b>03/25</b>	<b>Ken Klipp</b>	<b>73</b>
<b>03/25</b>	<b>Wesley Sproul</b>	<b>29</b>
<b>03/25</b>	<b>Carol Vallone</b>	<b>59</b>
<b>03/26</b>	<b>Rachel Simington</b>	<b>39</b>
<b>03/26</b>	<b>Debra Walters</b>	<b>66</b>
<b>03/27</b>	<b>Pat Koerner</b>	<b>60</b>
<b>03/30</b>	<b>Rene Wendinger</b>	<b>47</b>

# April Mileage Challenge

We will be doing the April Mileage Challenge again this year.. Starting on April 1<sup>st</sup>, we will have an online spreadsheet where everyone can log their miles. Of course, you can also send them in by email or post them on facebook. What the challenge will be this year is not set in stone yet. In the past, We have done Guys vs Girls and Youth vs Experience. If anyone has a better idea, please let us know by email to [krrclub@gmail.com](mailto:krrclub@gmail.com) or on facebook. More details to come before April 1<sup>st</sup>.



A run honoring our local police officers and bringing awareness of the dangers police officers face everyday. Sunday May 22, 2022 at 8:00 AM. Can be done in person or virtual, with or without a dog. The 5K Run will be timed, the 2 Mile Walk will not be timed.

[I Got Your Six 5K Run / 2 Mile Walk](#)