

Spring is here which means warmer weather hopefully no more snow !



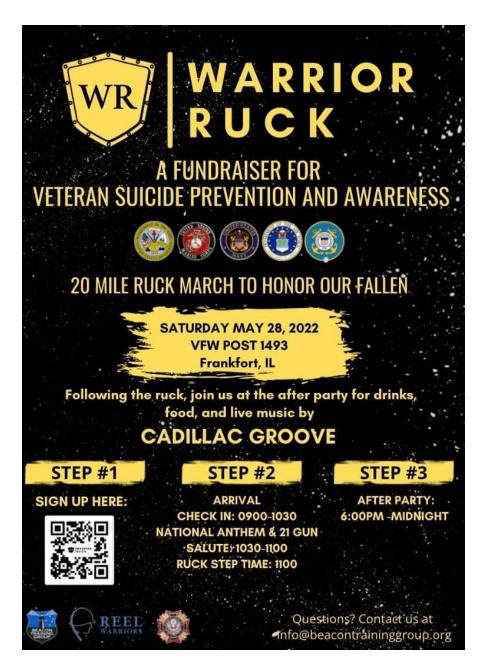
A fun club run to do during this lovely weather is Springfest 5k run/walk April 23, 2022.

This run will be held at the Manteno American Legion, 117 N Walnut St, Manteno, IL Link below is to sign up <u>http://www.racerpal.com/races/springfest</u>



APRIL BIRTHDAYS

04/04 Diana Sorich 52 04/04 Larry Burton 62 04/04 Rick Lagacy 48 04/06 Alison Maddux 40 04/07 Dawn Willbarger 63 04/10 Christine Horn 48 04/10 Diane DesMarteau 67 04/12 Veronica Featherston 31 04/19 Rob Ravens 59 04/20 Dave Bohlke 76 04/24 Julie Nally 53 04/24 Ruth Denby 48 04/26 Aaliyah Lanum 13 Kathleen Jensen 68 04/29 04/30 Mark DuFrain 53



Run link

I Got Your Six Run

A run honoring our local police officers and bringing awareness of the dangers police officers face everyday.

I got your six run



April Mileage Challenge

From April 1st through April 30th, we will have our annual April Mileage Challenge. All club members are invited to participate. This year, so as to not have spouses offsetting each others' mileage, we will be diviided into groups of Youth vs Maturity. The age ranges are: Youth – 54 and under, Maturity - 55 and over.

We have a spreadsheet set up at this <u>LINK</u>. It will start off showing only a column for April 1st to the right of the green "Total" column. Each day the columns will shift to the right and a new column for the new day will show up on the left. Immediately to the right of the "Name" column is a column where you can enter your goal for the month if you so desire. If you do enter a goal, the column next to it will show how many miles you have left to meet your goal.

We will allow a 3-day window of opportunity to post your mileage. After that the columns will be locked. So please keep posting on a timely basis.

If you don't wish to post the miles yourself, you can either send an email to krrclub@gmail.com or post on the club facebook page what your miles are. If you go the facebook route, please be sure to tag me as David Bohlke in the post so that I don't miss it.

The Challenge is for dues-paying club members only, so if you haven't paid your dues for 2022 or aren't currently a member, this ia as good a time as any to join or rejoin.



Pi Day Run/Walk. We had a nice turnout for a Monday evening event.



Lorrie Simington, with her pumpklin pie hat, serves up some pie at the Pi Day Run/Walk