



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

<http://www.racerpal.com/races/springfest>



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
04/29 Kathleen Jensen 68
04/30 Mark DuFrain 53



WARRIOR RUCK

A FUNDRAISER FOR
VETERAN SUICIDE PREVENTION AND AWARENESS



20 MILE RUCK MARCH TO HONOR OUR FALLEN

SATURDAY MAY 28, 2022
VFW POST 1493
Frankfort, IL

Following the ruck, join us at the after party for drinks,
food, and live music by

CADILLAC GROOVE

STEP #1

SIGN UP HERE:



STEP #2

ARRIVAL

CHECK IN: 0900-1030
NATIONAL ANTHEM & 21 GUN
SALUTE: 1030-1100
RUCK STEP TIME: 1100

STEP #3

AFTER PARTY:

6:00PM -MIDNIGHT



Questions? Contact us at
info@beacontraininggroup.org

[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 divided 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 [LINK](#). 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 is 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 pumpkin pie hat, serves up some pie at the Pi Day Run/Walk