



August Newsletter

Volume 44 issue 8



Last month of summer weather , fall is just around the corner September 22nd.



September 4th 5:30pm Club run!
Herscher's Hare & Tortoise race.
Early sign up through August 21st \$12
August 22- day of the race \$14

[Race link](#)

If you aren't running the race, please consider volunteering to help us put it on. Let us know on facebook or by email to krrclub@gmail.com. Thanks!



AshleyCan

Pediatric Cancer Foundation



**Ashley Montgomery Memorial
10K/5K Run/2 Mile Walk**

Title Sponsor
NUCOR®
KANKAKEE

Date: Sunday September 11, 2022

Same Day Registration Starts at: 7:00am

Events start at: 8:00am

Location: Bourbonnais Municipal Center
700 Main St. NW, Bourbonnais, IL

Pricing:

10K: \$30 till June 30, 2022, \$35 till July 31st, \$40 till race Day

5K: \$20 till June 30, 2022, \$25 till July 31st, \$30 till race Day

Walk: \$20 till July 31st, \$25 till race Day

NEW COURSES THIS YEAR!!!!



Momence Glad Run 5K/10K is back on this year! It will be on Saturday August 6 at 8:00 AM at Momence High School. For more info and to register, [Click Here.](#)



August Birthdays

08/04 Nicole Kilpatrick 25
08/09 Maria DuFrain 59
08/12 Rowen Jacobson 6
08/13 Donna Koerner 66
08/16 Matt McQueen 46
08/18 WhiteWolf Kelly 71
08/19 Amber Sproul 30
08/19 Dee Anna Hillebrand 59
08/19 Wayne Bisailon 55
08/22 Alan Toronjo 45
08/23 Gabrielle Chartrand 28
08/23 Matthew Schore 38
08/24 Adam Toronjo 10
08/25 Terry McGinnis 55
08/26 Jill Channing 42
08/29 Mark Nelson 57
08/31 Dan Gould 78

An Old Runners' Lunch by Dan Gould

The Grotevants, Malones, Pools and Goulds met for a leisurely lunch at the Family House Restaurant in Bradley on Friday, a happy occasion coordinated by Joyce Pool, the only one in attendance who has never been a runner. She was also the "kid" in the group at 77. I was the only guy who was not a retired grain farmer.



Leon & Shirley

Charlie & Joyce

Dan & Linda

John & Joyce

This group had gathered a month or so ago when all attended Leon and Shirley's 70th wedding anniversary reception, but Friday was two hours of relaxed conversation.

Charlie, 80, is the only one of the group still running and he supplements his run-walk with bike riding. As I think all of you know, Joyce, 80, had a brief and successful running career.

Leon is walking and biking - and turns 92 on July 7th. Shirley, 90, once a marathon woman, retired her running shoes long ago.

John, 80, bikes 30 miles a day, about a three hour workout. He, too, retired the running shoes long ago.

I'm walking 2-3 miles a day and hope that I will run again some day. I will be 78 the end of August. Linda, 78, ran until 6-7 years ago when her Parkinson's began.

While this was a lunch meeting, I ordered my Family House favorite, a short stack of chocolate chip pancakes smothered in whipped cream. I hadn't seen our waitress before so I emphasized the whipped cream saying "If I can see the pancakes, there's



not enough whipped cream." She replied: "I've heard of you!" Amazing! I'm a legend in the Family House kitchen. Here's a photo of my plate.

Can you see the pancakes?

KRRC Summer Picnic, July 17th at Manteno Sportsmen's Club. Good times & food!

