

NOVEMBER NEWSLETTER

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**2022 Jingle Bell Run -
Kankakee, IL
Sunday, December 4
at Kankakee
Community College**

**Don't forget to join
team KRRC!
[Join team KRRC !](#)**



A RUNNER SAYS GOODBYE TO AN OLD FRIEND

By Ken Klipp

Fifty-eight years ago, Jim Monge changed my life forever. During the summer before my sophomore year in high school, Coach Monge was hired to be the head basketball coach at Manteno High School. He started a cross-country program, and he required all basketball players to participate. Little did I know that his mandate would determine the arc of my life from that moment to the present. I have been associated with distance running for the past 58 years, 47 of them as a head cross-country coach. It has been an amazing experience that has led me to two NCAA national championships, a career in coaching, and best of all, it has allowed me to meet countless amazing people - athletes, coaches, parents, fellow runners, and friends. I look back on a seemingly infinite number of great experiences and interactions that have woven together to form my life, and it makes me smile. Each memory evokes such overwhelming emotions. If I could, I would personally thank each and every person along the journey for the part they played in making my running/coaching life such a wonderful experience.

Why all of this reminiscing? Due to knee replacement surgery, I have not run in a year (October 20, 2021 was the last time I was able to run). As the one year anniversary of my last run approaches, it has caused me to reflect on my running life and what it has meant. As of right now, I am not sure that I will be able to run again, and it has me reflecting on what running has been in my life and what its absence might mean as well. I loved it more than most people can imagine (unless you are a runner), but I have very few regrets (cue the Frank Sinatra song). What's that old saying - "Don't be sad it's over. Be glad that it happened." There is so much that I will miss. I will miss those "great" runs where everything is flowing perfectly, and it feels effortless. I'll also miss those "awful" runs when nothing felt right. I will miss runs on cool fall and early spring days, as well as the hot sweltering days of summer and freezing cold windy days of winter. Cold water will never taste as good as it did after a long run. That "washed out" feeling that lasts for hours after a great workout - something non-runners would think is awful - will be remembered fondly. The excitement of race day - waking up with anticipation while checking for aches and pains, arriving at the race site and meeting friends and fellow runners, warming up, the starting line, the fast start, the hard middle, the exhilarating finish, the afterglow, cooling down, being with friends - all of the things that only runners know in the depth of their souls - I'll miss that most of all, scarecrow. So many other memories and feelings. Almost 60 years worth. Amazing!

I write all of this, not looking for sympathy from anyone, but rejoicing in the running life I was given. And to tell all of you to enjoy every moment that your running life gives you. Smile every time you get to experience all that this great sport has to offer. Whatever your story is. Whatever led you to the running life. Be grateful and happily appreciate all that it brings to your life. We are truly blessed. We have found the greatest activity - one that is deeply fulfilling and filled with the greatest people we will ever know. Hopefully, I will be back among you eventually. If not, I will be at the races, cheering you on. May all your runs be downhill on cool days.

Ken Klipp



November birthdays

11/05 ALEC TORONJO 18

11/05 BRYCE BAKER 47

11/15 JASMINE SIMINGTON-OAKLEY 44

11/21 KELLY MARTIN 46

11/24 MARC SPENARD 61



Kankakee River Rat Races – 5K Run or Walk, 10K Run, 10 Mile Run Sunday, November 13th. The 10 Mile Run starts at 8:00 AM. All others start at 8:30 AM.

The races take place at Kankakee River State Park. This year, it looks like the weather may be more temperate than last year (no promises), but just in case, we will have a fire going to keep warm by before and after the race. Packet pickup and race-day registration will start at 7:15 AM at the shelter east of the Rock Creek suspension bridge.

