



Happy

New year

January 2023
Newsletter
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Happy New Year everyone!
New year, new running goals !

With the new year also means membership dues! Don't forget to pay your dues to get this awesome newsletter, emails/updates on upcoming club events, and as well get discounts on runs.

<https://kankakeeriverrunningclub.com/krrc/membership.html>



KRRC 2023 Classic Series

With the membership you can be part of the 2023 classic series!

Kankakee River Running Club
Classic Series 2023

Kankakee River Running Club will put on five races in 2023.

There are two possible levels of achievement:

Tier 1 - Classic Series - Complete all five races.

Tier 2 - Mini Classic Series - Complete any four of the five races.

The series is open and free to enter for all dues-paying club members. There is no entry fee for the series, other than entry fees for the races, nor any paperwork needed to enter. All you need to do is be a club member. No need to report your results, we do that for you. We would like to encourage volunteers for our races, so volunteering to work at a race will also count, if you sign up prior to the race so you can be assigned a job. At the end of the year, when the results are tallied up, those who did Tier 2 (any four of the five races) will receive an award not yet determined. Those who did Tier 1 (all five races) will receive the Tier2 award plus an additional award not yet determined.

The five club races are:

Winterfest 5K Run/Walk 2/5/2023

Springfest 5K Run/Walk 4/22/2023

Bourbonnais Friendship Festival 5K Run/1.5 Mile Walk 6/24/2023

Herscher's Hare & Tortoise 5K Run/2 Mile Walk 9/3/2023

River Rat Races 5K/10K/10 Mile TBA



Winterfest 5K Run/Walk

Don't forget to sign up for winterfest !
It's February 5th at Small Memorial Park, S 8th Ave

Event Information

Online registration is open at:
<http://racerpal.com/races/winterfest.html>

Course Description

The Winterfest 5K Run and Fitness Walk is a 2-loop course run on the city streets following the perimeter of Small Memorial Park and Kennedy Upper Grade School. The accuracy of the course is certified by USA Track & Field, and the finish will be computerized.

Registration and Staging Area

The Civic Auditorium, located at 8th and Charles Street, is the staging area. Take I-57 or Rt 45 to Rt 17 (Court Street), and go west across the river to Wall Street (1st light). Go south on Wall to Water Street (stop sign, T-intersection). Turn right, and go two blocks. Race day registration will be from 11:30 a.m. to 12:30 p.m. The race begins at 1:00 p.m.

Run or Walk and Win \$100!

The area high school with the most participants-teachers, students, and staff- will receive a \$100 donation for its athletic department. Tell your teachers, students, and staff- February fitness, fun, and funding or your athletic department. Be sure to list your school and whether you are a teacher, student, or staff member on your entry form. (\$2 discount for ages 18 and under.)

Charity

A portion of the proceeds from the Winterfest 5K will be donated to The Salvation Army. Please bring a canned food or non-perishable donation for the food pantry.

Awards

Running division: Top 3 overall male and female, top male and female masters (40 and over), proportioned awards in 5-year age groups for male to age 70 and female to age 65.

Walking division: awards to the first 10. Please note: The fitness walk is on the honor system and for walkers only. If you are going to run any part of the course, you must register as a runner.

T-Shirts

Long-sleeved shirts guaranteed to all pre-registered by January 28, 2022, who select the shirt option.

Refreshments

Pizza from The Chicago Dough Company



New Year, New Goals

With the start of a new year, we have set up a new Running Log online for you to use. You can access the spreadsheet at [this link](#). This is set up as a Google Sheet. To use it, you will need to either save it to a Google Sheet of your own or download it to your own PC. Then you can update your daily miles and the spreadsheet will tally up the miles for the month and year at the bottom. Also, if you set a goal for the year at the top of the spreadsheet, it will show you how many miles you have left to meet your goal.

If you prefer, you can also download a printable hard-copy version of the spreadsheet at [this link](#). Of course, if you do it that way, you will have to manually add up your miles for the month and year.



JANUARY BIRTHDAYS

01/05	Daniel Gerber	64
01/07	Jen Ingram	49
01/08	Lynn McGinnis	48
01/16	Griffen Kisner	50
01/22	Melissa Lux	44
01/25	James Martell	68
01/29	Dianne Strufe	83