



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>





Pi Day Race

This event will start at 5:30 PM. Come out and run 3.14 (Pi) miles or walk 1.57 (1/2 Pi) miles with us to celebrate Pi Day. And yes, there will be pie waiting for you at the finish. We will be running or walking an out and back along the river trail starting at the bottom of Challenge Hill , past the Indian Caves, and going towards the YMCA then back. When you finish, there will be pie waiting for you under the large gazebo. We hope to see you there! NOTE - THERE ARE NO RESTROOMS AT THE PARK, so please take care of business before you get there. Please RSVP by clicking "going" to the event so we know how much pie to buy.

PI DAY
Pie Party!

[LINK to EVENT](#)

5:30pm-6:30pm

921 Percy Dr, Bourbonnais, IL 60914





Kankakee valley park districts St.Patrick's day run/walk is back !
[LINK to KVPD Catalog of Events](#)





WHEN: May 27 - Registration Time: 6 a.m.
Run Start Time: 9 a.m.

WHERE: Lions Club Park, Braidwood, IL

HOW: Sign up at ITSRACETIME.COM

All proceeds will be donated to Honor Flight of Chicago



Braidwood Memorial Day 5K!
All proceeds will go to Honor Flight of Chicago.

You do not need to live in Braidwood City limits to participate. Everyone is welcome

Awards will be presented in the following age groups: 15 and under, 16-19, 20-24, 25-29, 30-34, ... 60-64, 65-69, 70+

[LINK to EVENT](#)

27TH ANNUAL
RACE
WITH YOUR
HEART
AND PANCAKE BREAKFAST

5K & 10K RUN
BEGINS PROMPTLY AT 7:30 am

1.5 MILE WALK
BEGINS AT 7:45 AM



SATURDAY
AT EUREKA LAKE **JUNE 10, 2023**

Event benefiting two diverse services that assist those in need. **HEARTLINE** offers numerous forms of assistance to Woodford County residents. **HEART HOUSE** offers shelter services to women and children.

PRE-REGISTER BY MAY 11 for **\$25** AND BE GUARANTEED AN OFFICIAL RACE T-SHIRT, OR SIGN UP UNTIL RACE TIME FOR **\$30**.
www.heartlineandhearhouse.org

A SPECIAL **GROUP RATE** IS AVAILABLE FOR FOUR PARTICIPANTS WHO REGISTER TOGETHER FOR THE PRICE OF THREE.

CHILDREN UNDER AGE 10 REGISTER FREE.

FAMILY-FRIENDLY POST-RACE CELEBRATION

RAFFLES

FREE BREAKFAST
 PANCAKES & SAUSAGE FOR EVERYONE PRESENT

[LINK to EVENT](#)

KRRC Events Coming Up – Save the Dates

Pi Day 3.14(Pi)M Run/1.57(1/2 Pi)M Walk – March 14, 5:30pm. Details on page 2.

Springfest 5K Run/1.5M Walk – April 22nd, 9:00am at Manteno American Legion.
 Details on registration will be out soon.

April Mileage Challenge - We are soliciting ideas on how to make this more interesting so more members participate. Let us know if you have suggestions. krrclub@gmail.com

Summer Picnic – Will be either July 16th or July 23rd. We won't know for sure till April.

Friendship Festival 5K Run/1.5M Walk – June 24th, 7:30am.

Herscher Hare & Tortoise 5K Run/2M Walk – September 3rd, 5:30pm at Herscher H.S.

River Rat Races 10M Run, 10K Run, 5K Run, 5K Walk – November 5th, 8:00am at Kankakee River State Park.

MARCH BIRTHDAYS

03/01 DARCY WELSH 71
03/04 ROD KAHL 58
03/04 KEN GOODWIN 64
03/05 LINDA HRODEY 74
03/06 STEPHANIE PIACENTI 51
03/07 NICOLE CARTIER 48
3/12 ROWAN JACOBSON 6
03/13 MARK SAFFELL 65
03/15 LINDA HODGES 79
03/16 MARK WALSH 68
03/18 NOLE JACOBSON 10
03/25 WESLEY SPROUL 30
03/25 CAROL VALLONE 60
03/25 KEN KLIPP 74
03/26 RACHEL SIMINGTON 40
03/26 DEBRA WALTERS 67
03/27 PAT KOERNER 61
03/30 RENE WENDINGER 48