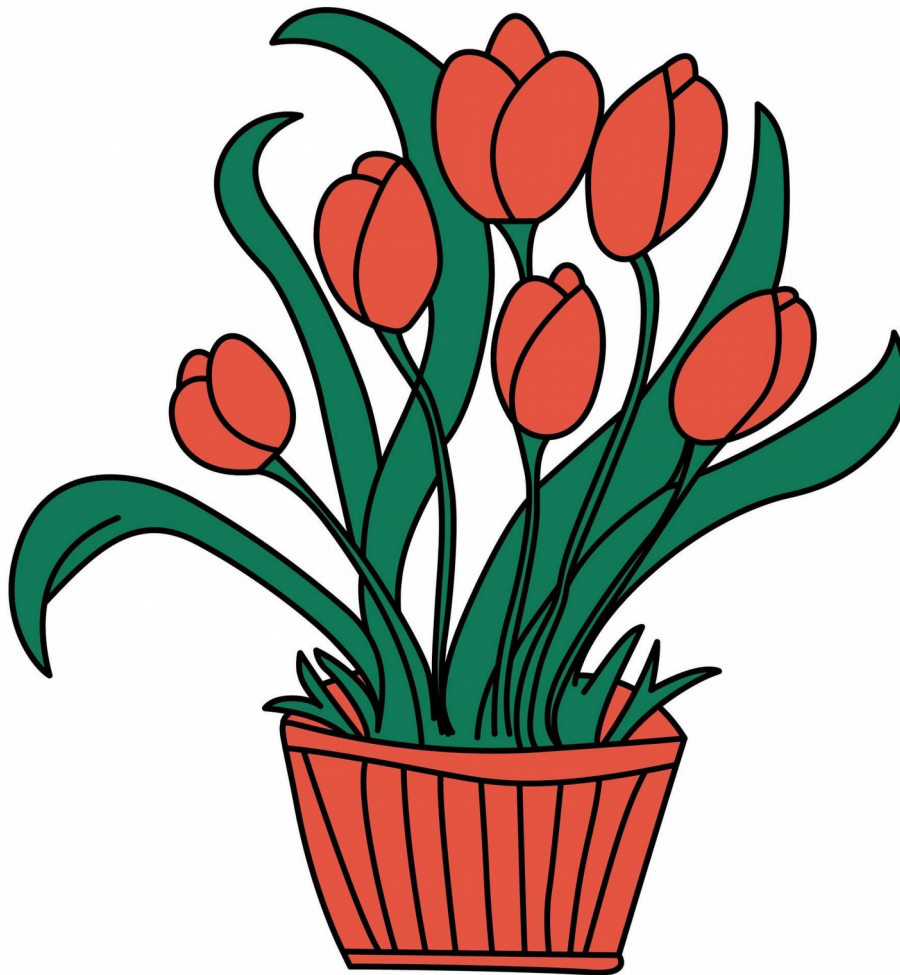


April Mileage Challenge

For this year's April Mileage Challenge which begins, of course, on April 1st, we will all be on one team as we work towards a goal of making a club donation to a worthy cause based on the total miles accumulated by the team. The final determination will be made by the club Board Members, but throughout the month we will entertain suggestions from members as to where the donation should go. The Challenge is open to all club members. If you aren't currently a member or haven't paid your dues for 2023 yet, hop on over to <https://kankakeeriverrunningclub.com/krrc/membership.html> and get signed up so you'll be ready to roll on April 1st. We will be posting a link to a spreadsheet where you can log your miles. We like to keep it current so you have a 3-day window of opportunity in which to post your miles before any given day is locked out. If there are extenuating circumstances (e.g. in the wilderness with no wifi, in jail) let me know and I can post the miles for you. If you aren't comfortable posting your miles on the spreadsheet, you can tag me in a post here on the club fb page, or send me a private message and I'll post them for you. Let's all get on board and rack up some miles. Your miles should be a result of a workout related activity, not just going to the store or running errands. [Link to the Spreadsheet](#)



Springfest 5K Run/1.5 Mile Fitness Walk

April 22, 2023. 9:00am

Manteno American Legion, 117 N Walnut St, Manteno, IL

All participants will receive a finisher's award. There will also be Overall and Age Group awards. Also available, for an extra \$10-\$12, is a T-shirt with the race logo and info imprinted on it. You must be registered by April 9th to order a T-shirt. Part of the proceeds of the race will be donated to Manteno American Legion.

[Spring fest sign up link](#)

Pi Day Races! 3/14 3.14 Mile Run (Pi), 1.57 Mile Walk (1/2 Pi)



There was Pie!





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+

[Run link !](#)

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.heartlineandhearthouse.org

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

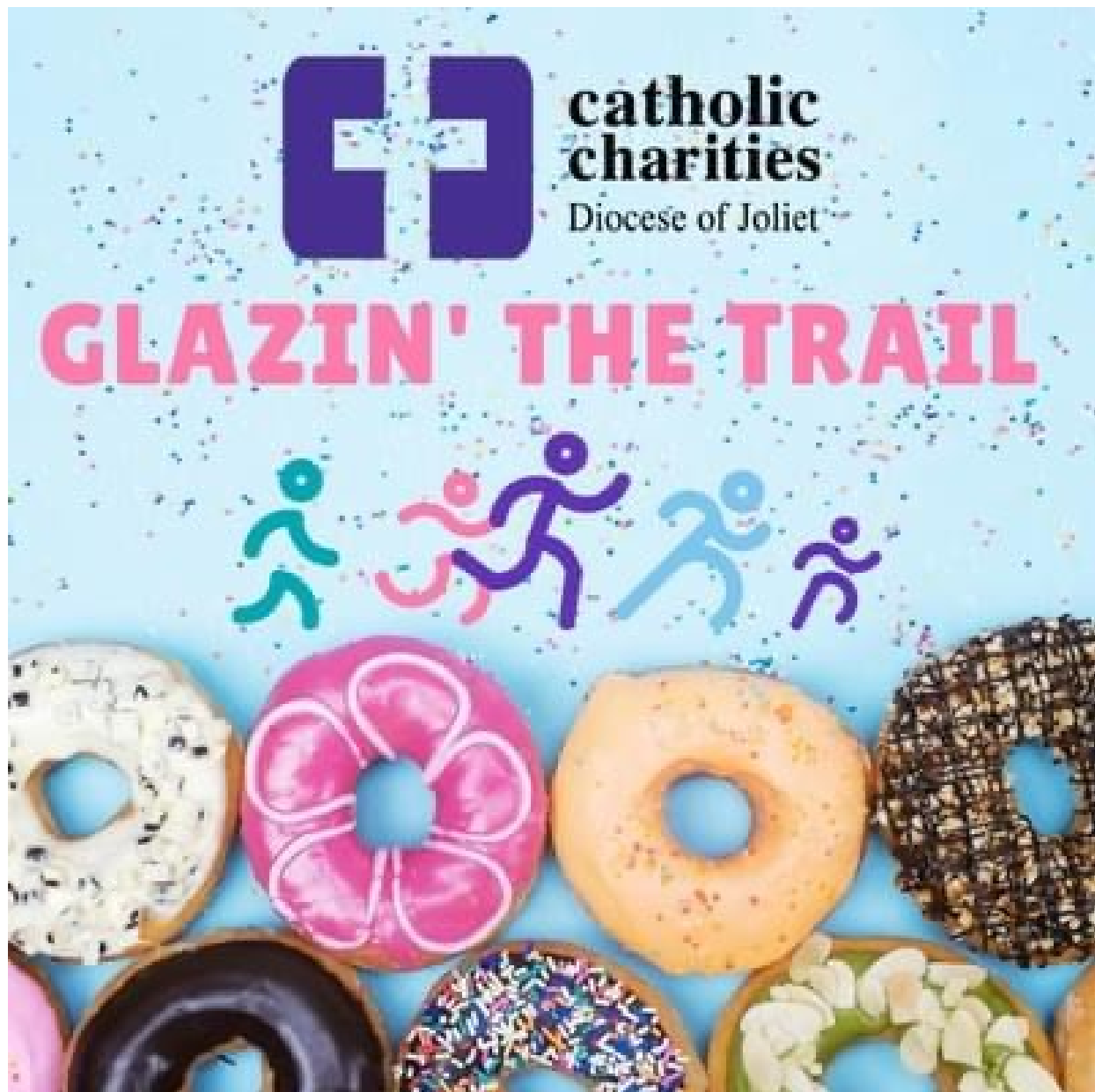
CHILDREN UNDER AGE 10 REGISTER FREE.

**FAMILY-FRIENDLY POST-RACE
CELEBRATION**

RAFFLES

**FREE BREAKFAST
PANCAKES & SAUSAGE FOR
EVERYONE PRESENT**

[Run link](#)



Yummy fun run!

Glazin trail will be May 20th Saturday 9am

The trail will be going through Kankakee communities college and along the river.

(They provide the donuts)

[Donut run link !](#)



April Birthdays

04/04 Larry Burton 63
04/04 Diana Sorich 53
04/04 Rick Lagacy 49
04/06 Alison Maddux 41
04/07 Dawn Willbarger 64
04/10 Diane DesMarteau 68
04/12 Veronica Featherston 32
04/19 Rob Ravens 60
04/20 David Bohlke 77
04/24 Ruth Denby 49
04/24 Julie Nally 54
04/29 Kathleen Jensen 69
04/30 Mark DuFrain 54



Join us and the Youth Advisory Board (Kankakee County State's Attorney office) for a 5k event in the name of animal rescue and adoption!

Registration is \$30, which includes an event T-shirt & you will choose what local rescue organization that will benefit from your donation! 🐾❤️

When: Saturday, April 15
Running heat begins 9am
Walking heat begins 9:20am

Where: The trails behind KCC

What else: We will have adoptable dogs at the event to meet potential adopters!
[Run link](#)