

Kankakee River Running Club Newsletter May, 2023

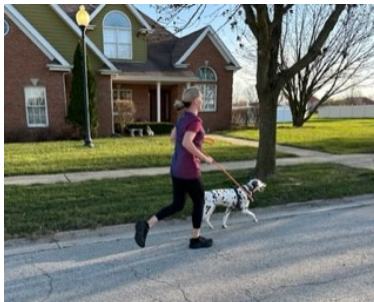
President's Corner

I wanted to take a moment to introduce myself. My name is Khirastin. It's pronounced k-ear-stin for anyone that has not met me. I live in Bourbonnais with my wonderful boyfriend, Chase, and our 6-year-old Dalmatian, Ember. She is the best running partner I could ask for. I have worked the last 7 years as the Member Service Manager at Riverside Health Fitness Center.

Running has always been something I've loved to do. I ran my very first mile in 3rd grade. When I was 10 my family lived right next to the high school track and I loved going to see how many times I could run around it before needing to stop. I was the kid that preferred to run alongside my friends that were riding their bikes around the neighborhood. Running had just always been a part of my life but something I did it recreationally. I was probably in my late 20s or early 30s before I ran my first organized race. It was then that I realized it is more about competing with yourself than with others and I was hooked after that. I now call myself a triathlete because I love to compete in any event that is one or a combination of those three disciplines.

This is my second year on the KRRC board as your president and I could not be more honored to be selected for it. Last year was a learning year and this year I would like to put as many faces to names as possible. I've made it a goal. With that said, I invite you all to introduce yourself anytime you see me around or at our next event. Being a board member is very new to me and I have some big shoes to fill from past Presidents. I'm not much of a social media fan, but regularly check my email, so please feel free to reach out to me at my email below with anything at any time.

Best wishes,
Khirastin Schneider
KRRC President
khirastin@gmail.com



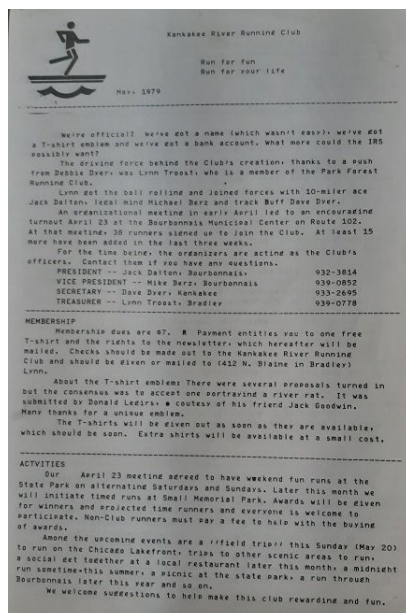
ON DAN'S RUN

THE GLUE THAT HOLDS US TOGETHER

by Dan Gould



It was about 35 years ago that Harry Simmon, President of the Kankakee River Running Club, said: "The running club newsletter is the glue that holds us together." Internet websites, email, and a cellphone on every hip were years away. The news of our running world came via USPS. In the beginning, it was on 11 x 14" paper, perhaps a single sheet printed on both sides. Sometimes it was monthly and sometimes there were large gaps. Just as races die when a race director retires and there is no one to take his place, there hasn't always been someone ready to step into a departing newsletter editor's shoes.



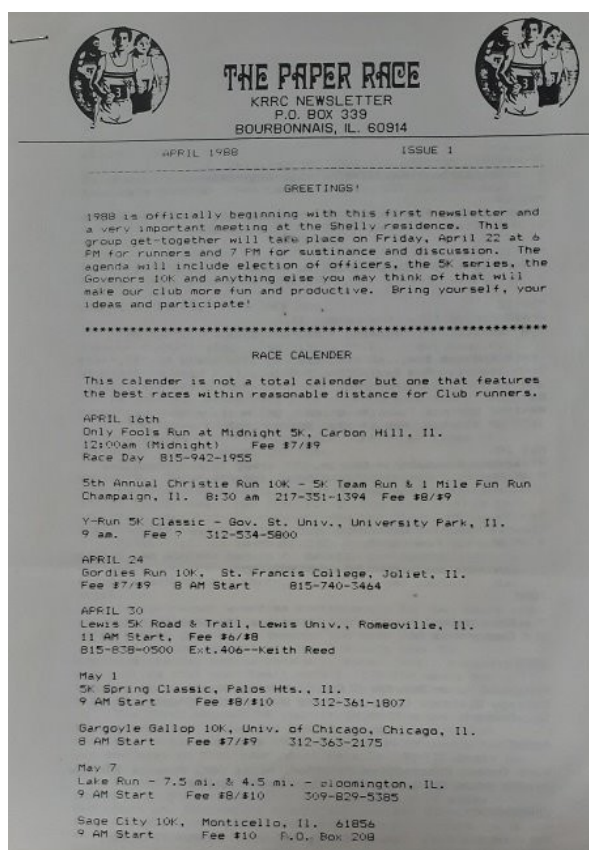
May 1979 - First newsletter announcing the formation of the club

Newspapers sometimes gave coverage to an upcoming race and the sports' section might post a weekly race calendar. We were blessed in the 80's to have Dave Dyer, a runner, as Sports' Editor for

the Daily Journal. There were photos and articles about local races and profiles of prominent people in our running world.

Race directors would share registration lists with other area race directors who would mail entry forms, an expensive and labor intensive undertaking. I recall sitting around a table with three other race directors putting our entry forms together for a mailing. Race entry forms could be found on counters in sporting goods stores such as Salkeld's and Performance Sports.

The running club newsletter was the complete source of information for the running world with a social calendar, birthday list, running calendar, results, and profiles of club members. Getting results required a newsletter editor or assistant to go through whatever record was available and pick out the club members. Yes, it could be tedious. Members often reported their out of town race results, especially if they had done a marathon. Sometimes an ambitious editor would profile a member or members would be asked to submit one.



April 1988 first issue of The Paper Race

I, along with Bill and Linda Linn, edited the Kankakee River Running Club newsletter from 1988 to 1999. We called it The Paper Race. A monthly publication, we assembled it on the Linn's kitchen table. I have fond memories of sometimes being "assisted" by their daughter, Jessica, who would sit on my lap. Jessica is now the mother of three.

I wrote a column, "On Dan's Run," in which I wrote of both my running adventures and those of some of our members with whom I shared starting lines. I chatted up fellow club members at the races and

tried to remember PR's, highlights, low lights, a fall or a pulled muscle. My retirement from the news letter coincided with my working retirement and the beginning of winter months in Florida where I ran many races. "On Dan's Run" morphed into "race reports" in which I again reported not only on my running adventures but those with whom I shared those races. Some of those reports have appeared in the newsletter over the past twenty plus years.

I'm telling you this because our current newsletter is lacking the most important news, the news of you and your running experiences. The April edition of our newsletter was little more than a calendar of a few races and the birthday list. It is only *the glue that keeps us together* if we are in it.

We call the newsletter volunteer the editor, but, if there is no news, there is nothing to edit. We need one or more volunteers who have a passion for running and writing about it, would-be journalists with the necessary language skills who will gather the news of our members and report it. Are you one of those people? Contact the board and tell them of your interest.

Each race begins with the story of how it came to be, how long it has been around, and continues with the events of race day. What was the turnout? Was the course accurate? Did it start on time? What was the weather? Remarkable refreshments? Five year or ten year age group awards? Trophies? Plaques? Medals? Ribbons? Was the shirt colorful and creative with the date, place and distance - or one of those gray things destined for the car wash ragbag?

Who were the running club members participating? Any of them have a story to tell? A PR? PW? A narrow win or loss to a friend in their age group? Contact the newsletter volunteer and share your story.

Photos? A picture is still worth a thousand words and everybody has a camera. Email your photos to the newsletter volunteer and be sure to identify those in the photos. Maybe you have a significant other who doesn't run, but comes to the race with you. He or she could get some action shots.

Who are we, the Kankakee River Running Club? How about publishing a list of the the club membership in the next newsletter and start working on getting faces to go with the names. Each issue should have a list of the officers and board members with photos.

Let's bring back a simple calendar listing races, dates, and a contact link. Let's bring back a results list with the name of the race and a link to results. I like to check race results but don't always know which finish line service was used.

I continue to hope that I will be making more running history and not just writing about it.

Run for your life!

April 14, 2023

*****Please send newsletter stories, pictures, race notices to Karen at
K.Dannenhauer@yahoo.com*****

Rescue Run, April 15, 2023

Saturday, April 15, I participated in the Rescue Run 5K 2023. It was a new race put together to benefit animal rescue and adoption. . Kankakee County State's Attorney Jim Rowe was a major sponsor.

The event was held at KCC. Inside bathrooms were available, the weather was perfect and the volunteers were friendly. I have attended many races held there over the years and they all take advantage of the beautiful river trail. So it came as a surprise when I arrived that morning to find out it was a cross country race. Now I don't mind a small section of a race running over grass. Ken Klipp's race comes to mind but this was probably 90% or more over uneven grass wet from a heavy morning's dew. I like road running. I have even done a few trail runs. But I really don't care for cross country. I know, I know, some people like them. Its a personal choice but not for me. Some other KRRC members I saw were Pat Koerner, Karen Dannenhauer, Lorrie Simington, and Dan Hall. They all have their own opinions on this. Dave Bohlke did the timing.

So the race began and the field of 50 or so took off and went smoothly for a while but soon things went south as several wrong turns were made. The course had multiple turns over two different laps and just a few of them had course marshals. But everyone kept going and we all survived. There were sports drinks, granola bars and of course bananas post race. Coffee was available for purchase from a nearby food truck.

Since this was the first race put on by this group most were giving it a pass. I've ran many races over the years put on by non-runners looking to make money for some worthy cause. Some of these have evolved over time to become established quality races but many more have fizzled out after a year or two. All we can do for this race is....wait and see.

Dan Bullock

Springfest, April 22, 2023

Springfest has quickly become a popular race in the Kankakee River Running Club Classic Series. A great time was had by runners and walkers for this third annual event. As always, it was very well run with lots of great volunteers.



KRRC big guns and longtime legacy members, Rich Olmstead (race director for Winterfest 5k), Chuck Parsons, and KRRC newcomer - Joy Shontelle (race director for Rock the Block 5k in June) worked the finish line as Ms. Jamie (Manteno Middle School track coach) crosses the finish line. Not pictured is finish line director and longtime KRRC board member, Super Dave Bohlke.



Manteno America Legion Senior Vice Commander escorts lead runner, Cody McCullough towards the finish line on his powerful Harley motorcycle. Cody has won Springfest every year since it's inception, including this year!



About 75 run and walk participants listen to final instructions from Manteno American legion Jr. Vice Commander and KRRC board member, Dan Gerber moments before the starting gun.

KRRC would like to thank Sergeant Burns and the Manteno Police Department, Fire Department, Public Works, and the over 20 volunteers that made Springfest possible!

Happy Birthday!

- 05/23 Jennifer Clary 43
- 05/03 Debbie Dye 51
- 05/19 Theresa Golwitzer 61
- 05/16 Laura Loica 54
- 05/27 Rick Loving 53
- 05/01 Phil Newberry 61



Rock Springs Ramble

Race Director and Club member Kathleen Jensen would like to invite all club members to her race in Decatur on May 20th. If you can't make it in person, she is also offering a virtual option. Those who would like to carpool may contact Club Member Dan Bullock at 815-325-6146. Register online at www.runsignup.com.



Rock Springs Ramble

Saturday, May 20, 2023

Rock Springs Conservation Area
3939 Nearing Lane, Decatur, IL

What: Four Running Events

- 5K Walk/Run
- 1-mile Walk/Run
- Rock Springs Ramble Challenge
- 1/4-mile Kids' Fun Run

Times:

- 8:00 am - 1-mile Walk/Run
- 8:30 am - 1/4-mile Kids' Fun Run
- 9:00 am - 5K Walk/Run

Perks



Finisher's medal for the 1-mile and 5K, featuring a wood-burned barred owl on wood cut from trees from the Macon County Conservation District properties.



Amazing t-shirt for the 1-mile and 5K, featuring the most commonly found owl species at Rock Springs Conservation Area, the barred owl.

Kids' Fun Run Awards

All kids 10 and under enrolled in this event will receive a tree cookie medal featuring a barred owl, as well as a fun nature item.



Awards

The top ten 1-mile finishers as well as the 5K top three -in five year age groups- 10 and under, to 70 and over, will receive a hand painted nature themed rock by local artist, Sheryl Polley.

New: The Rock Springs Ramble Challenge

Participants who enter both the 1-mile and the 5K, will receive two shirts, two finisher's medals, two drink tickets, a chance to win two hand-painted nature rocks, and will receive the gorgeous, wood burned, Challenge plaque.



Also new this year:

For all 1-mile and 5K entrants 21 and over; bloody mary, mimosas and breakfast beer. One free drink per entrant. Additional drinks available for purchase.

Post race party with delicious food for all entrants.

All races are available as live events on May 20, 2023 or as virtual events. The 1-mile and the 5K will count for the Decatur Running Club Grand Slam.

Signup available through Runsignup.com. Register by April 19 to guarantee a shirt and medal.

Rock Springs Ramble

Supporting Natural Areas & Wildlife! 5K Run/Walk, Kids' Fun Run, 1-Mile Run/Walk, & Rock Springs Ramble Challenge

Location: Rock Springs Conservation Area
3939 Nearing Lane, Decatur, IL

Date: May 20, 2023,
OR Virtually at a Time/Date of Your Choosing

Times: 8:00 am for 1-Mile Run/Walk
8:30 am for Kids ¼ Mile Fun Run
9:00 am for 5k Run/Walk

Course: Paved Rock Springs-Fairview Bike Trail

Finishers: 5K and 1 Mile finishers will receive finisher's medal, t-shirt, and tote bag.
Kids' Fun Run finishers receive a tree cookie medal and a nature grab bag item.

5K Male & Female Adult Age Divisions	5K Male & Female Youth Age Divisions
20-24	10 and under
25-29	11-14
30-34	15-19
35-39	
40-44	
45-49	
50-54	Kids' Fun Run
55-59	Ages 10 and under
60-64	
65-69	
70 & Over	

5K & 1 Mile Awards: Our unique awards are individually hand-painted smooth river rocks created by local artist Sheryl Polley.

Awards will be presented to top three finishers in each division represented in the 5K and top 10 overall in the 1-Mile.

Post-Race Party

NEW - Registrants ages 21 and older will receive a **free drink from the post-race bloody mary and mimosa bar.** Additional drinks will be available for purchase. Complimentary food and refreshments will also be served.

You may also register online at www.runsignup.com/rockspringsramble

Registration Form (One form per participant required) Register by April 19th to receive T-shirt, bag and medal on race day.

(Print) Name _____ Age on Race Day _____ Date of Birth _____
 Phone _____ Email _____ Gender _____
 Address _____ City _____ State _____ Zip _____
 Emergency Contact Name _____ Phone _____

EVENT (check one)	REGISTRATION FEE
<input type="checkbox"/> Rock Springs Ramble Challenge	<input type="checkbox"/> \$70
<input type="checkbox"/> 5K Run/Walk	<input type="checkbox"/> \$35
<input type="checkbox"/> 1-Mile Run/Walk	<input type="checkbox"/> \$35
<input type="checkbox"/> Kids' Fun Run	<input type="checkbox"/> \$10

T-shirt size: Small
 Medium
 Large
 Extra Large

Liability Waiver – Read and sign before registering

Amount Enclosed \$ _____ (Please make checks payable to "MCCF.")

Thank you for supporting the Rock Springs Ramble!

In agreeing to this waiver for myself, or as parent or legal guardian for the entrant named above, I hereby release from responsibility and hold harmless from any claim, foreseen or unforeseen by me or my family, estate, heirs or assigns, the Macon County Conservation Foundation and its agents, employees, officers, volunteers, other participants, any sponsors, advertisers and owners or lessors of the premises on which the Rock Springs Ramble takes place from any and all claims, damages, demands, injuries and losses, whatsoever, arising from my transportation to, participation in and or presence at the Rock Springs Ramble, and do so entirely of my own initiative. I understand that participating in this event can be a risky and dangerous activity and may result in serious bodily injury, including permanent disability, paralysis and death (collectively "risks"). I fully accept and assume all such risks and responsibility for all costs, damages, and losses I incur as a result of my participation in the Rock Springs Ramble. I agree to obey all laws, rules and participate in a safe manner. I certify that I have read this of free will and accord. If the entrant is a minor, I, the minor's parent or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified to participate in the Rock Springs Ramble. I also authorize emergency medical treatment if I or the minor(s) named below is/are injured.

I hereby grant permission to use my and/or my child's (children's) name and/or likeness for promotional purposes or publicity.

Signature _____ **Month/Day/Year** _____

Macon County Conservation Foundation, 3939 Nearing Lane, Decatur, IL 62521 / 217.423.7708

www.MaconCountyConservationFoundation.org

FOR OFFICE USE: AMOUNT PAID \$ _____ PAID BY CASH (circle) PAID BY CHECK # _____



FIGHTIN' IRISH KEN KLIPP CLASSIC
IN HONOR OF MARINE CAPTAIN RYAN BEAUPRE
MEMORIAL DAY SALUTE TO ALL VETERANS
MONDAY, MAY 29, 2023 8:00AM START TIME
BISHOP McNAMARA KANKAKEE SITE, 550 W. BROOKMONT BLVD.

THE 5K RUN AND 2 MILE WALK BEGINS AT BISHOP McNAMARA AND RUNS THROUGH THE VILLAGE OF BRADLEY.

REGISTRATION: 7:00AM

PRE-RACE WELCOME: 7:45AM

RACE BEGINS: 8:00AM

**CLASS/TEAM COMPETITION
FOR PIZZA PARTY!**

QUESTIONS? CALL 815-933-7620

Virtual option available!

\$25 Registration fee

Commemorative t-shirt
(must register by May 7 to be guaranteed a t-shirt)

Prizes for 5K age group winners

Prizes for top five 2 mile walkers

Post-race Leprechaun Dash
(ages 9 and under no fee, no registration required)

Post-race awards presentation

REGISTER ONLINE
BISHOPMAG.COM/5K

Or complete the form and mail with payment to:

Bishop McNamara Catholic School C/O 5K
 550 W. Brookmont Blvd., Kankakee, IL 60901

5K REGISTRATION FORM

One entry form per person must be completed.
 \$25 Registration Fee

Name: _____ Male Female Age on May 29, 2023: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Course Choice: 5K Run 2 Mile Walk Virtual 5K Run Virtual 2 Mile Walk

As a participant in the Fightin' Irish 5K Ken Klipp Classic, I understand and assume the potential risk for injury. I hereby release Bishop McNamara Catholic School, and its employees, volunteers, and sponsors from any and all liability and I waive any potential claims that could be made by me or on my behalf for any potential injury I might suffer as a result of my voluntary participation.

Signature: _____ Date: _____ Shirt Size: YXS YS YM YL

Parent Signature: _____ Date: _____ AXS AS AM AL AXL AXXL

(if under 18 years of age)



Bourbonnais
**Friendship
 Festival**



5K Run or 1.5 Mile Fitness Walk

Saturday June 24th, 2023, 7:30am Race start (Packet pickup and onsite registration from 6:30-7:15)

The Bourbonnais Friendship Festival and the Kankakee River Running Club will be hosting the 2023 Friendship Festival 5K Run/1.5 Mile Fitness Walk. The race start/finish will be near the intersection of William Latham Drive and Stratford Drive East in Bourbonnais. Water on course and 1st mile split timer provided, post race refreshments also will be available before and during awards

Event: 5K run _____ or 1.5 Mile Walk _____ Please fill out or check all registration items.
 Name: _____ Age on 6/24/23: _____ Gender Male ___ or Female ___
 Address: _____ City: _____ State: _____
 Zip Code: _____ Phone # _____ Email: _____
 Shirt Size: SM ___ MED ___ LRG ___ XL ___ XXL* ___ (Add \$2 for XXL)

Register online at: <http://www.racerpal.com/races/FF5K.html>

Please make check payable to: **Kankakee River Running Club** For race information email KRRCLUB@Gmail.com

Pre-registration mail to **KRRC, 202 Tiverton Rd, Kankakee IL 60901** (mailed prior to 6/12) \$2 discount for all Running Club members

___ Dry Fit tech Shirt Option and 5K Run or 1.5 mile walk \$27.00 available up until 6/11
 ___ No shirt Option and 5K Run or 1.5 mile walk \$17.00 up until 6/23. Increases to \$20 on 6/24

All entries from Midnight on 6/12 through 4:00 PM on 6/24 will cost \$17 and **NO** shirt will be included, Race day (6/24) fee increases to \$20. You may also register at the festival grounds on 6/23 from 5:00 PM- 7:00 PM.

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for any damages, loss, liabilities, claims, demands, costs and expenses, which I may now or in the future have against the Bourbonnais Friendship Festival, the Village of Bourbonnais, the County of Kankakee, Kankakee River Running Club, the Race Directors, and any and all sponsors. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photograph, video, recording or any other record of this event for any purpose whatsoever.

Signature (Parent or Guardian, if entrant is under 18) _____ Date ____/____/____

1-14, then 5 year age groups awards up to age 69, then 70-99. Male and Female classes.
 1st, 2nd, & 3rd Overall Male and Female, Masters Male and Female

One Entry form per person, (you may copy this form), No rollerblades, skates, or bandit runners on course.