

# The Paper Race

## BRINGING BACK OUR OLD TITLE!

Welcome to this month’s edition of the Paper Race. Last month you got to hear from our president, Khirastin Schneider. Today, you get to hear from me!

I’m Karen Dannenhauer. I am the secretary and newsletter editor of the Kankakee River Running Club. Only– I don’t run. I walk, shuffle, stagger, and limp my way across the finish line. You’ve probably seen me. I’m the one that used to use crutches until now when I graduated to walking sticks. I’m hoping those will one day end up by the wayside! The reason for all of my accessories is primary lymphedema, which I have been dealing with for 41 years. Before I developed lymphedema in my teens, I was pretty active. I enjoyed running, and while I was never going to win any speed awards, I could go for a long time without stopping. My first ever race was a 10k, a distance I only dream of now! Lymphedema has more or less controlled my life, and I was willing to let it until my friend Theresa Burgard told me about the Winterfest 5k and, more importantly, KRRC. I joined many years ago, and have been a member off and on (mainly on) since.



Racing is important to me because, even though my legs are complaining, the rest of me wants to move. I also want people to see that athletes come in all shapes and sizes. After 5 surgeries on my legs in two years, my symptoms and pain are much improved and I hope to keep moving in the right direction.

If you have any friends who like to run, walk, or run-walk, encourage them to join the KRRC. If they say, “Oh, I can’t – It’s only for serious runners,” point them my way. I’d be glad to encourage them to join. You can contact me at [k.dannenhauer@yahoo.com](mailto:k.dannenhauer@yahoo.com).



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# ON DAN'S RUN

## Running and walking the roads - **SAFELY**

By Dan Gould

Headline: **MAN KILLED WHILE JOGGING**

You may never have seen it as many years pass between headlines reporting the death of a runner hit by a motor vehicle. While happily infrequent, it has the potential to make us complacent, to let our guard down.

# DAILY JOURNAL

KANKAKEE, ILLINOIS / FAMILY OWNED SINCE 1903

## Manteno: Coach killed while jogging



Cory Blanchette, 37, a teacher and wrestling coach at Manteno High School, north of Kankakee, was killed Tuesday morning, Nov. 1, when he was hit by a car while jogging, officials said. The fatal collision happened about 6:10 a.m. near the intersection of 3000 East Road and 9500 North Road in unincorporated Manteno, said Kankakee County sheriff's Chief Deputy Ken McCabe

I've been running and walking the roads for over 40 years without a motor vehicle misadventure. My closest "near miss" was 3-4 years ago on a wide, lightly traveled, residential street on a sunny morning. I was running in the bike lane, facing traffic, on a downgrade that curved slightly to my left. I was meeting a pickup truck. For him, it was an upgrade curving right. As he neared, I saw his right front tire crossing the white line defining the bike lane. I leaped onto the lawn bordering the street and managed to stay on my feet while uttering some unkind and possibly profane words..

As I continued down the street, I replayed the encounter in my mind's eye and saw the sun reflecting on his windshield. I don't think he ever saw me. While it wasn't the blinding low sun of early morning, the up grade may have had him looking right into it – or maybe he was texting, had spilled his coffee, dropped his cigarette, was having a medical event, or lost in thought. There is a laundry list of reasons a driver doesn't see something in front of him.

My near miss had a happy ending because I was observing the first rule of running or walking the roads safely: **FACE THE TRAFFIC!** It is your tutu that is on the line and you should not delegate your safety to the drivers with whom you share the roads.

Our Florida condo community has a lot of foliage where the trees in some places create canopies that turn daylight into tunnels of darkness. If the angle of the sun is right,

### KANKAKEE RIVER RUNNING CLUB BOARD

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## GOULD, CONTINUED



*Lanny Lobdell, 74, killed while running in Bloomington 2016*

breaks in the canopies allow shafts of sunlight to penetrate which can blind drivers going from darkness to light.

Many years ago I had a neighbor slowed by age and needing a cane who got out to walk as best he could almost every day. As I ran into a "tunnel" one day, I suddenly realized that Al was walking toward me. Dressed in dark trousers and a black sweater for a cool morning, he was almost invisible in the shade. Would a driver see him in time? When I got home, I called Al's wife, told her of my concern, and asked if perhaps there was a yellow or other brightly colored sweater in the drawer. She thanked me and Al was much more visible the next day.

The human eye is attracted to color and motion. Black is beautiful in the ballroom and sexy in the bedroom. Black or other dark clothing while walking or running the roads can be a ticket to the funeral home. I want to be seen on the roads, not viewed at Clancy's!

Have you, as a driver, had the experience of pulling up to an intersection, looking, but not seeing an approaching automobile? I have. A black car blended into the background of the palette of muted colors in an old residential neighborhood and I pulled out in front of him.. Happily, the other driver realized I was not seeing him and made the necessary adjustment. He was a friend and we were going the same place. We chatted about it when we got there. If a full sized automobile can blend in , a runner's narrow profile certainly can.

The color I call "asphalt gray" is the other potentially most deadly color. The roads in my Bourbonnais neighborhood are gray asphalt and my neighborhood is a series of grades and hills. Asphalt gray sweats and tees are a popular workout color. Run up or down a hill in that color and you blend into the road. Don't do it!

The second rule of walking or running the roads safely: **WEAR COLORFUL CLOTHING! BE SEEN!** I've included photos of some of my shirts and hats that I think qualify.



*Some of my colorful shirts for running the road*



### Winner in Hare, Tortoise race dies in hit-and-run accident

Greg Rose, 34, of Joliet, died after he was struck by a car as he jogged along Joliet's Briggs Street near I-80 Tuesday, Sept. 6.

*Greg Rose, above left, died on the run September 6, 1994*



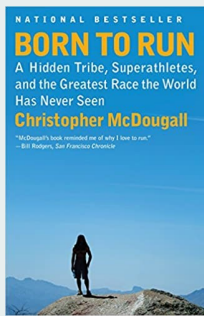
*Hard to miss me with these caps!*

I found news clippings reporting the death of Cory Blanchette in 2011 and Greg Rose in 1994. Coach Blanchette was struck and killed in the early morning darkness on a country road. Greg Rose was killed in 1994 on a busy Joliet street when a drunk driver swerved into him. I couldn't find any news accounts of the deaths of Paul Panno, 30, who was killed in Pontiac in 1986 nor Lanny Lobdell, 74, who died on the road in Bloomington in 2016. I knew Greg with whom I had shared the starting line at the Herscher 5K two days before his death. I knew Lanny and have included a photo of him talking with Charlie Grotevant at the Dwight 5K.

## BOOK CORNER!

Have some time to read this summer? Here is a book suggestion. It's a few years old, but great reading.

Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen, by Christopher McDougall.



Isolated by Mexico's deadly Copper Canyons, the blissful Tarahumara Indians have honed the ability to run hundreds of miles without rest or injury. In a riveting narrative, award-winning journalist and often-injured runner Christopher McDougall sets out to discover their secrets. In the process, he takes his readers from science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultra-runners are pushing their bodies to the limit, and, finally, to a climactic race in the Copper Canyons that pits America's best ultra-runners against the tribe. McDougall's incredible story will not only engage your mind but inspire your body when you realize that you, indeed all of us, were born to run.

## GOULD, CONTINUED

There was a near miss in Bradley about 20 years ago when I was directing the Boxtrot 5K which started on Schuyler Avenue just south of Broadway. Pete Mathis was struck while warming up on a side street, but managed to avoid major injury. He went to the hospital to get checked out instead of going to the starting line.

There are other things you can do safely run the roads. Pick lightly traveled residential streets. Fewer encounters with motor vehicles and slower speeds mean more time for you and drivers to react if you're on a collision course. Leave the earbuds at home. That music or podcast can take both your focus and hearing. If you must wear something with a hood, don't pull it around your face to the point it limits your vision. Run in daylight if possible. If you're running at sunrise or sunset and the sun is over your shoulder, it is in the eyes of an oncoming driver. Assume he doesn't see you! If you have to run in the dark, get strobe lights like bikes have. Reflective piping helps, but a driver has to be much closer before he sees you and he may not have time to react.

There are two options that make all of this irrelevant. If you have access to trails like the Perry Farm or the Kankakee River State Park, go for it. They are great places to wear black or asphalt gray. Lose yourself in thought and in nature's beauty. The other option is a treadmill or, more accurately, the **dreadmill**. Ugh!

When I go out the door, I tell Linda about what time I will be back and she admonishes me to "Be careful out there!" Not coming home is not an option.

Run for your Life!

## NEON COLOR RUN/WALK 5K & BOBCAT DASH, DONOVAN HIGH SCHOOL, MAY 12, 2023

BY LORRIE SIMINGTON

If you enjoy races that venture out into the countryside, this race has your name on it. Every 1/4 mile or so, an optional shower of neon color was available. The Bobcat Dash began at 7:15 PM for those 10 years of age and younger, plus it was free. After the Bobcat Dash, the 5K began next to the school and circled out into the country around a mile-ish square of land. The course was well-marked, it being dark, with firetrucks and city trucks at every turn. You couldn't get lost. The stars were beautiful to watch and there was a wonderful breeze, although it was such a warm night. As we came back into town arriving back at the school, there was a nice group of townspeople available to cheer us over the finish line. The fact that there were still so many people there and we were last, speaks well.

This was a new route. Last time we participated, the course looped twice through the town. This year was the first year that we went out into the country. My daughter preferred the old route in town. I liked this year's route. This was also the first year for the evening race. I liked this year! The profits benefitted the Donovan Jr/Sr High School. Take your own water — the advertised water station was not there.

## Donovan Color Run Photos



Starting line and...



Club members Jen Ingraham, Lorrie Simington, Joseph Moore, Rachel Simington, and Clarence Moore were ready to race.



...finish line

## Happy Birthday to:

6/1 Brendan Martin

6/1 Nick Martin

6/10 Warren Monk

6/12 Heather Mosher

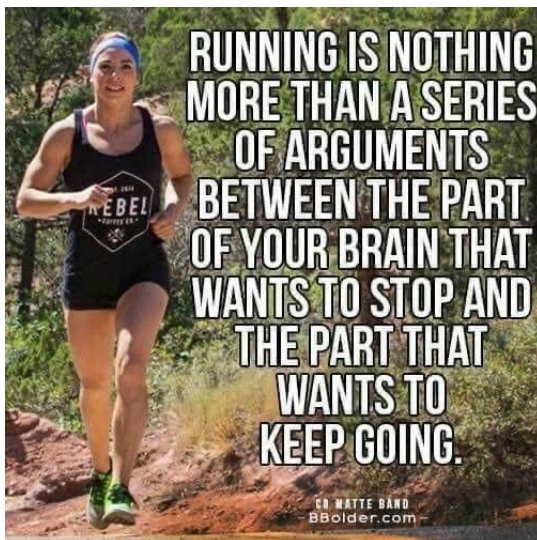
6/13 Casey Koerner

6/24 Julie Bisailon

6/30 Gail Passwater



## Fun Runs...



# CHAMPAIGN HALF MARATHON, APRIL 29, 2023

BY DAN GERBER

A very fun, well organized event with many young, fired up volunteers to keep you going. Loved running through campus with my "Retirement Plan" running shirt, and my "Dan the Man!" bib which attracted a lot of attention. No weak spots in this event; moved into my top 6 all time favorite races!



*Dan the Man!*

*I-L-L! I-N-I!*

# BRAIDWOOD 5K, MAY 27, 2023

BY DAN GERBER

Don't recall how many times that I entered a 5k run and had someone ask me if I knew what the proceeds would be used for and I couldn't remember. This wasn't evident at the Braidwood 5k run to raise money for the Chicago Honor Flight. It was kind of refreshing to see a representative for the beneficiaries of the event (Chicago Honor Flight) actually there to discuss their program and thank us for coming. It was a sunny day, slight, cool breeze, and the course was flat and very fast; perfect conditions for a p.r. run. This was evident by how fast I saw the back of Pat Koerner's head disappear within an eighth of a mile ahead of me at the start and his blazing time of **21:46** and 1st ag! He later told me that was the fastest 1st mile he had run in a few years. I had my day too; I broke 30 minutes which was outstanding considering my training regimen. I think they took a playbook from Manteno Springfest too; the course was well marked with emergency personnel and volunteers at every corner and many road barricades stopping what little traffic there was. My only complaint was that a lot of the volunteers were talking amongst each other or standing silently and not seemingly excited about the runners. It's nice to get yelled at once in a while, while running as fast as you can, while dying...lol! The snacks were good, the finish line looked awesome, they played some good motivating music on an excellent sound system and it was held in a nice quiet park under a large shelter. The medal awards were 3 deep, the sweat resistant shirts were cool. Could have been some, but I don't recall any walkers...For a run held for the very first time, this one was way above average and I would recommend it for anyone wanting a good 5k to run next year!



*Dan Gerber and Pat Koerner*



*Diana Sorich and Humberto Macias*

# KEN KLIPP CLASSIC 5K, MAY 30, 2023

BY DAN BULLOCK

This annual race is one of my favorites. Its held every year at the stadium of Bishop McNamara High School in Kankakee. Ken Klipp, a longtime member of the Kankakee River Running Club, is a retired teacher and coach of the school and this fundraiser race is named after him. This year was special because it also honored a former student athlete. Ryan Beaupre was a Marine Corps helicopter pilot who was killed when his copter was shot down during the Iraq war.

The weather that day was perfect; cool, sunny, with a slight breeze. The course is unique for this area. The runners start on the track, make one counter clockwise lap and exit onto a grassy field of about 80 yards. Then we were directed across the street and took two laps through the neighborhood. We returned to the grassy section and entered the track, this time running in the opposite direction for 1&1/2 laps and finished in front of the grandstand.

One reason I love this race is Ken Klipp holding the microphone, announcing most runners as they pass. He has been around so long he knows just about everybody. As a runner approaches the finish line, he will say their name, high school, what college they attended and where they worked. He sometimes says here is my barber or this is my insurance man. In my case he still remembers my two daughters that ran for BBCHS back in the 1990s. He also is the best awards announcer ever. He calls out their names, hometowns, and finishing times, often with a few jokes mixed in.

This race is aptly named in his honor and is an important part of our local running community. I hope those of you who haven't tried it yet get a chance to in the future. It is well worth it and you won't be disappointed.



*Jen Ingraham, Dan Bullock, Warren Monk, Drew Parsons, Stephanie Piaceti, Rich Olmstead, Gail Passwater, Pat Koerner, Diane DesMarteau, Rod Kahl, Mark Nelson, Paul Suprenant, Craig Alberts, Marianne Suprenant, Wayne Bisaillon, Chuck Parsons*



*Lorrie Simington and Rachel Simington*



*Here's a serious discussion of race strategy!*

# I GOT YOUR SIX WALK AND RUN, MAY 21, 2023



*Dan Gerber, Drew Parsons, Dan Hall, Karen Dannenhauer, Diane DesMarteau*



*Dan Gerber*



*Angella Munoz, Valery Denby, Tony Kuhl*



*Waiting to start*



*Gail Passwater, Dan Gerber, Mark Nelson, and Pat Koerner showing off their finishers' medals*





Bourbonnais  
**Friendship  
Festival**



## 5K Run or 1.5 Mile Fitness Walk

Saturday June 24<sup>th</sup>, 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 1<sup>st</sup> 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](mailto: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.

1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> 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.