

The Paper Race

PRESIDENT'S CORNER

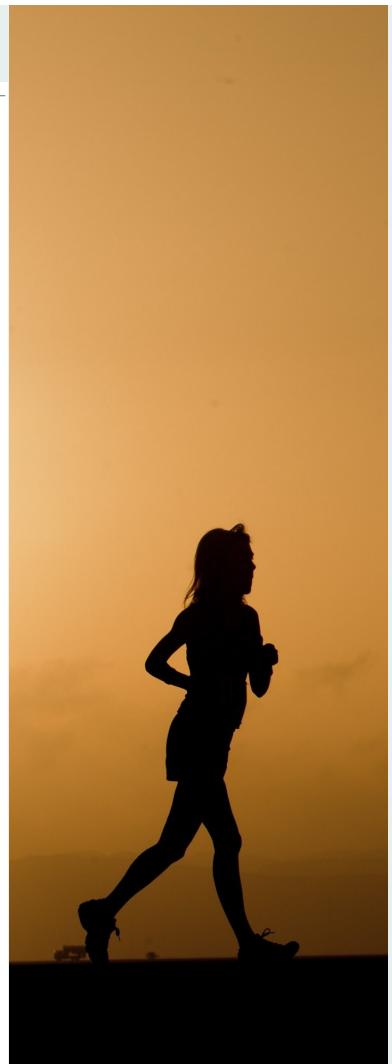
Khirastin Schneider

In my previous introduction article I mentioned I wasn't much of a social media person. That wasn't always the case. There was a time when I would use Facebook to document my training progress and race reports. I never posted because I thought people were reading. I posted more for the memory. It was something I could look back on later and say, "look how far I've come," or "wow, I remember that." Little did I know how others saw those posts. It wasn't until people started messaging me to tell me how I inspired them to go for a run that day or push harder in their workout. It meant so much to me to hear those things. I never thought of myself as someone who could inspire others. I didn't just motivate them to workout but showed them how hard work and dedication could pay off. My point is, you never know who is watching. These were just the people that let me know how I affected them. The odds are there were even more people out there that didn't say anything to me. I learned it's ok to share our stories or journeys. No matter what it may be. You never know whose life it is going to touch or change.

We are always looking for more stories to add to our newsletter. What story could you share that may help to inspire someone else?

INTRODUCING LAURA LOICA!

I am Laura Loica, your KRRC vice-president. Unlike our previously introduced board members Khirastin Schneider and Karen Dannenhauer, I do not have a long history of running or athleticism. I began running in my later 40s starting from the couch in an attempt to start taking better care of my health. Unbeknownst to me, I joined a group of super fast KRRC runners at Kankakee River State Park. They were so kind and one of the group stayed with me so I wouldn't be left behind (Cameron Alden). I was so embarrassed. I could hardly run at all before I had to walk. No one made me feel bad. Everyone was positive and lifted me up. Despite everyone's kindness, it was a long time before I came back. Eventually, I paid club dues and officially became a KRRC member and went to the summer picnic. I brought a super healthy dish for the potluck that no one ate. I again felt embarrassed, although no one probably noticed but me except that I started talking about it. Someone laughed to lighten the mood and said runners like junk food, too. In KRRC, I spent a lot of time learning about runners, learning the lingo and the lifestyle. I began walking and run/walking races, 5Ks at first, then 8K, 10K, and then a half. With the support of friends, eventually I set my sights on a marathon. In October 2019, I ran the Chicago Marathon! KRRC members cheered me as they volunteered at a water station. I wondered, "Am I a runner, now?" I thought running had seeped into every fiber of my being. I joined the KRRC board, first as a trustee and now as Vice-President in an effort to give back to all those who had helped me and to light the way for others who aren't natural born runners. Unfortunately, when COVID-19 entered our world, my running suffered. My routine was thrown off with the closure of many places I ran. They locked the DTHS track and the state trails were closed. Several of my family members and friends either became very ill or died. I have not quite yet recovered from it all and am not currently running. But, I am a runner. I still feel it. And, I will run again. In the meantime, I'll serve this club to the best of my abilities. I am always here to lend a listening ear and I will be a cheerleader for you all. Go, Go KRRC!!



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Laura Loica, cont'd



Halfway through my marathon –
Chicago Marathon 2019



The finish line. I didn't buy the pictures but a friend of a friend found out it was my first marathon and we finished about the same time and she found me in one of her pictures and sent it to me!



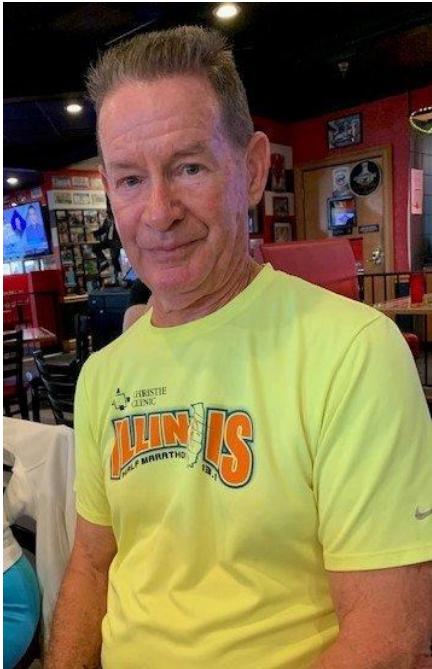
I was grateful for a race that was green – low alert level – all the way!



My fastest 5K in a Halloween costume after my marathon in late 2019 at JJC.

FUNNY RUNS...





ON DAN'S RUN

NOTES ON THE JUNE NEWSLETTER

by Dan Gould

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My immediate reaction to the June newsletter was to write Editor Karen Dannenhauer and tell her she "hit a home run." Full of news and photos, it was what our newsletter should be. I did tell her that I had to deduct a couple points for not having the ages in the birthday list, something we've always had. Karen replied that a member had asked that ages not be included.

Don't join a running club if you don't want the world to know your age. The monthly birthday list serves a dual purpose. First, it is a heads up that there is a reason to party. Let's celebrate, if we like you, the anniversary of your birth. Second, we're looking to see if you're moving into or out of the most important age group, ours! Am I getting competition or losing competition?

If you enter a race, your age or, at a minimum, age group, will be known to anyone reading the results. Most finish line services will show each runner's age. If you ran the "I Got Your Six," your age was shown. If you ran the Klipp 5K which was timed by Dave Bohlke, readers will only know your age within a five year age group up to age 70.

Age in racing becomes a badge of honor in later years . In Florida, where five year age groups go to 90+ in many races, I have running buddies in their 80's and one who is 90. They have resisted the temptation to sit in the rocking chair and atrophy into the grave.

Charlie Grotevant ran the Klipp 5K with a body battered by years as a grain farmer, two bouts of COVID, over 1200 road races, tens of thousands of bike miles, A-fib, and a couple stents. He ran those races, which included six Boston Marathons, and biked those miles over the course of 40 years with an ileostomy. Charlie is **81 years young**. If you look at the results, you will only see he was in the 70 and up age group. Karen, please keep the ages in the birthday list. They are part of the running culture.

The June newsletter began with Karen's self-profile and her battle to run with lymphedema. The lymphatic system is a network of vessels that carry protein-rich lymph fluid throughout the body. The lymph fluid is pushed through the lymph vessels by muscle contractions as you move through the tasks of your day. Lymphedema occurs when the lymph vessels are not able to adequately drain lymph fluid, usually from an arm or leg. After 41 years of dealing with it and 5 surgeries in the past two years, she has been able to discard the crutches and use walking sticks. Karen is a warrior! Keep it going girl!



Karen mentioned that she was encouraged to become part of our running world by fellow-teacher and close friend, Theresa Burgard. Theresa was a long-time KRRC member, a speech pathologist and track coach at Kankakee H.S., a volunteer with the Special Olympics, and a member of the Illinois State High School Coaches Hall of Fame. A lifetime athlete who ran 26 marathons, she died in 2011 at age 54 of lung cancer. Life is not fair. Treasure each day.

More On Dan's Run, page 4

Theresa Burgard (1957 - 2011)

KANKAKEE RIVER RUNNING CLUB BOARD

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Dan Bullock, Trustee
Debbie Dye, Trustee
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Pat Koerner, Trustee
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Do you have comments? Questions? Something for the newsletter? Please send all submissions to KRRClub@gmail.com

ON DAN'S RUN, CONT'D



Ken Klipp with a microphone

Dan Bullock wrote a review of the Klipp 5K Classic with applause for Ken Klipp's handling of the microphone, whether calling the finish line or announcing awards. I concur! Ken's knowledge of the running community allows him to add interesting background, a very personal touch. Ken, by the way, is the only founding member of the Kankakee River Running Club who is still a member.

Dan Gerber gave us a brief report on the Champaign Half Marathon before a detailed review of the Braidwood 5K to which he gave high marks. He mentioned how quickly our Pat Koerner (there are two of them) disappeared over the horizon and Pat's subsequent comment that it

was the fastest mile he had run in years. I've heard indirectly that Pat, about 40 years into this running life, has taken off some significant pounds. That will improve those race times. In his prime, he won over 100 races and went on to claim many master's trophies. He and I ran back in the day when they had trophies.

Only Lorrie Simington's report on the Donovan Bobcat Dash and Neon Run kept this from being the Dans' newsletter. Complete with photos, it sounds like a low key, fun alternative to our typical 5K races. Lorrie, keep those reports and photos coming!

To those of you who didn't share something from your running life this month, please do so in the months to come. We'd like to get to know you!

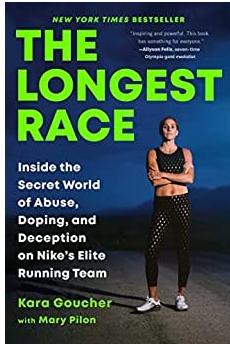
Run for your Life!

FUNNY RUNS...



RUNNING READS...

This is a book Karen is currently reading. Give it a look! Thanks to Amazon for the description.



The Longest Race: Inside the Secret World of Abuse, Doping, and Deception on Nike's Elite Running Team

Kara Goucher grew up with Olympic dreams. She excelled at running from a young age and was offered a Nike sponsorship deal when she graduated from college. Then in 2004, she was invited to join a secretive, lavishly funded new team, dubbed the Nike Oregon Project. Coached by distance running legend Alberto Salazar, it seemed like the opportunity of a lifetime.

Kara was soon winning a World Championship medal, going to the Olympics, and standing on the podium at the New York and Boston marathons, just like her coach had done. But behind the scenes, Salazar was hiding dark secrets. He pushed the limits of anti-doping rules and created what Kara experienced as a culture of abuse, the extent of which she reveals in her book for the first time. Meanwhile, Nike stood by Alberto for years and proved itself capable of shockingly misogynistic corporate practices.

The Longest Race is an unforgettable story that is "as interesting as it is important" (Molly Huddle, two-time Olympian) and also a crucial call to action. Kara became a crusader for female athletes and a key witness helping to get Salazar banned from coaching at the Olympic level. The Longest Race will leave you "motivated, empowered, and ready to take on the world" (Allyson Felix, Olympic gold medalist) as it reveals how Kara broke through the fear of losing everything, bucked powerful forces to take control of her life and career, and reclaimed her love of running.



CARRERA DE LOS MUERTOS

The Carrera de los Muertos (Race of the Dead) will be held October 28, 2023 in the Pilsen neighborhood of Chicago. This race is sponsored by the United Neighborhood Organization. It's a great race every year!

KRRC board member Lorrie Simington is organizing a party bus to the race. That way we can avoid having to find parking in crowded neighborhoods, and can hydrate ourselves with the beverages of our choice during the trip.

If 20 people sign up, the cost per person will be \$32.50. We need 20 to make the trip cost effective for everyone. If we get up to 30 people, the cost will go down. This is a bargain when you consider the cost of gas, parking, etc. The bus would leave from and return to Northfield Square Mall in Bradley. We would be back by about 12:30 pm.

Agreeing to go is a commitment to pay your share of the bus, even if you have to cancel for any reason. If we do not reach the minimum number of people, there will be no payment, of course.



If you are interested, please contact Lorrie on Facebook or at her email address, LSimington51@msn.com. If you want to learn more about the race, check out

Unoraceofthedead.org

Hope to see you there!

HAPPY BIRTHDAY!

7/3 MorningSun Kelly 71
7/3 Taylor Harper 31
7/7 Leon Malone 93
7/8 Paul Suprenant 76
7/12 Paul DuFrain 29
7/13 Brenda Ravens 61
7/19 John Vallone 66
7/20 Keagan Teeter 16
7/23 Tammy Smith 58
7/25 Melany Jacobson 36
7/31 Colleen Edmonson 38

Run for Autism, June 18, 2023



Karen Dannenhauer, Rachel Simington, Lorrie Simington, and Michelle Walsh are ready to walk!



Diane DesMarteau, Dan Hall, and Antonio Acevedo chat before the race.



Gerry Kilbride, founder of the Kilbride Classic, which became the Run for Autism, with race volunteers Rich Olmstead and Ken Klipp



Diane DesMarteau, 1 AG



Craig Alberts, 2AG



Pat Koerner, 1 AG



Wes Sproul (and future runner), 1 OA

Friendship Festival 5k run/1.5 mile walk, June 24, 2023



Lucas Kisner guided the lead runners along the course.



Rod Kahl, 1 AG



Kathleen Jensen, 1AG, runs with flair.



Griffin Kisner, 1 AG