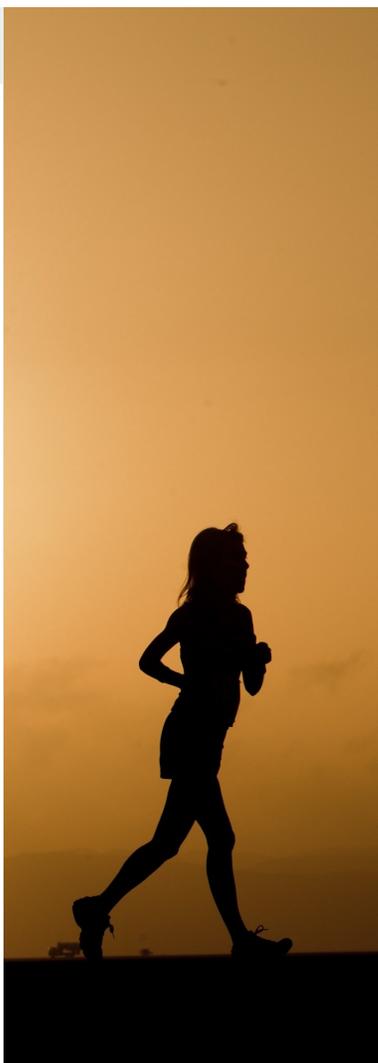
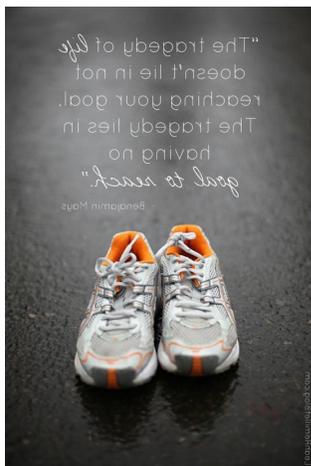


The Paper Race

PRESIDENT'S CORNER

Khirastin Schneider

Every year I set a goal for my racing. It might be to try to PR my 5k time, complete a half marathon, or set out to compete the best I can at a specific race. That goal gives me my why. It gives me something to strive for and to keep in the back of my mind during training. That why can be the reason I keep pushing when everything inside me wants to give up. I don't just set my why. I see it, hear it, and imagine it. I keep my goal very close to me and I'm happy to talk to anyone about it. Let's be honest, letting people in on your goal is a great way to help keep yourself accountable. We all have different goals that are unique to us as individuals. Let's share those goals and help each other celebrate when we've accomplished any and all steps towards them. Keep an eye out on the Kankakee River Running Club Facebook page to see what my goal was this year. In the mean time, think about your goal. Have you found your why?



Happy Birthday!

- | | |
|-------------------------|---------------------|
| 8/1 Mary Peters ?? | 8/29 Mark Nelson 58 |
| 8/4 Riley Fase 11 | 8/31 Dan Gould 79 |
| 8/9 Maria DuFrain 60 | |
| 8/13 Madison Bylak 21 | |
| 8/13 Donna Koerner 67 | |
| 8/16 Matt McQueen 47 | |
| 8/18 Jim Ferencak 49 | |
| 8/18 WhiteWolf Kelly 72 | |
| 8/19 Amber Sproul 31 | |
| 8/19 Wayne Bisailon 56 | |
| 8/22 Alan Toronjo 46 | |
| 8/24 Adam Toronjo | |
| 8/25 Terry McGinnis 56 | |
| 8/26 Jill Channing 43 | |



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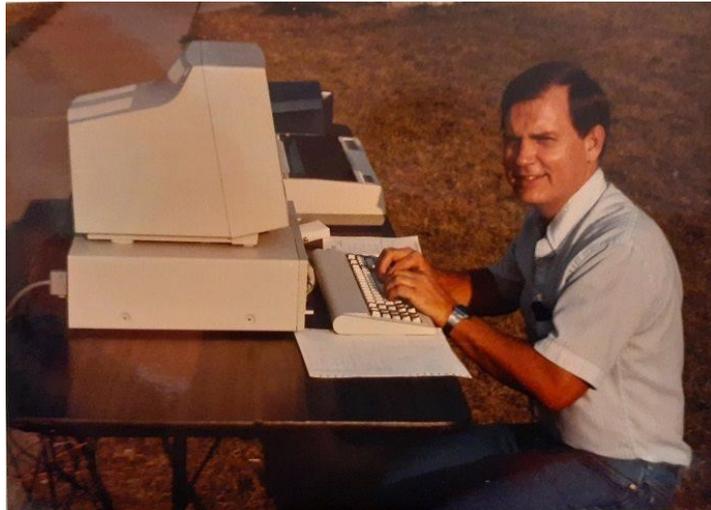


ON DAN'S RUN

MEMBER PROFILE - DAVE BOHLKE

by Dan Gould

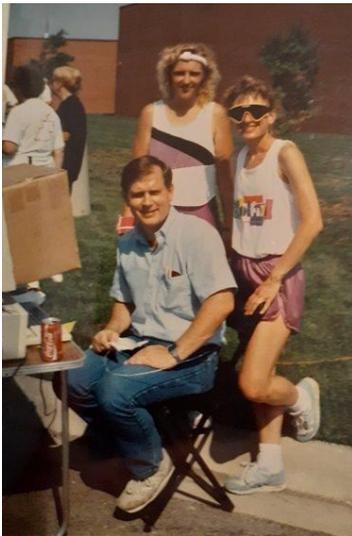
DANSRUN@AOL.COM



Dave Bohlke has been part of Kankakee's running world for 35 years. He has been the KRRC Treasurer since 2007 and he maintains the club's website. Dave Bohlke is not and has not been a runner. How did this Iowa boy come to be part of the heart and soul of the KRRC?

The 5K on Broadway — July 30, 1988 — Dave timed his first race

Dave was raised in Clinton, IA. His parents were of the Nazarene faith and, upon his graduation from high school in 1964, persuaded him to attend Olivet Nazarene College in Bourbonnais where he majored in math and physics. The math led him into computer programming and he took a position with a company in Chicago before returning to the Kankakee area to work for the Roper Corporation.



The Performance Sports 5-miler in 1991 was a sunny day.

Among the friends he made in Kankakee was John Shoup, a runner and KRRC member who introduced him to the local running community. Dave started coming to the races to cheer on his new friends. He noticed that there was sometimes a long wait for results and mentioned that it should be computerized. The response was: "You're a programmer. Why don't you do it?" And he did!

John Shoup, by the way, edited the Kankakee River Running Club newsletter for a couple years in the 80's and was a talented runner whose Acme Printing Company donated the time and material to print the KRRC newsletter on a number of occasions. A gifted writer, his story of our Memphis Marathon in 1989, "Memphis Odyssey," was one of the funniest pieces ever written for The Paper Race. John ran 3:06:19 for third of sixty five runners in 35-39 and qualified for the Boston Marathon. A knee injury, unfortunately, shortened his running life, but you may still see him helping Dave at the finish line.

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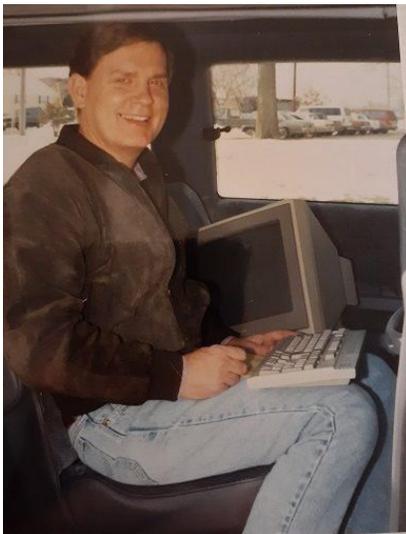
ON DAN'S RUN CONT'D

Dave's first race as a timer was The 5K on Broadway in 1988 and you'll find a photo I took of him sitting at a table with a computer and printer, the size of which dates the photo. I love Dave's results' option that allows you to view overall and age groups side-by-side. It is unique. Dave wrote his own programs which he refined over the years.

Now in the race day spotlight, Dave came to know many runners and they him. He credits Leon and Shirley Malone with bringing him in as a club member. They invited him to a KRRC party at their home near Kempton. He had a good time, met a lot of nice people, and joined the club.

In the beginning, Dave's race day started with some heavy lifting of the ancient computer and printer, getting it set up on a table and running the long extension cord to a power source. Being exposed to the elements could be challenging whether he was trying to read the computer screen in the sunshine or huddled under a plastic sheet with the computer when it rained.

When Dave started, finish line volunteers pulled tear tags from the bottom of runners' bib numbers, put them on a stringer and took them to Dave. Dave had to key in each bib number. The next step in the evolution was bibs with bar codes and Dave could simply scan the bar



code. The chip in the completed the evolution, but tear tags are pulled for back up. Sometimes the electronic marvels don't work the way they should.

But the 1991 Run for the Law was a rainy day

bib
still

Dave, now 77, is still timing races, but his volunteer work is his greatest contribution to our running world. He maintains the website, assists in getting the newsletter out, and, for 17 years, has served as a KRRC board member and treasurer. We almost lost him to COVID two years ago. Hospitalized for two weeks, he had viral pneumonia and blood clots in his lungs. His lungs still haven't fully recovered and it doesn't take much to get him winded. He walks and bikes for fitness.

In 1992, the computer fit in the shelter of the mini-van

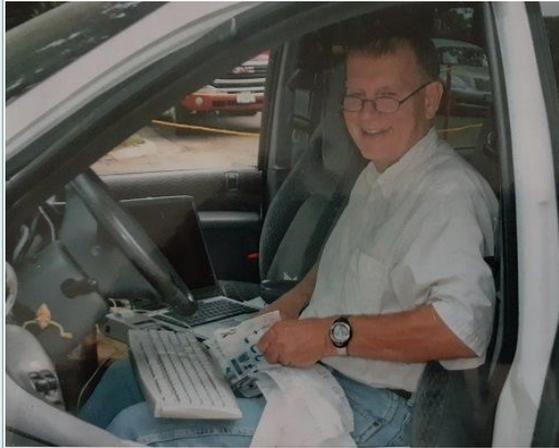
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KANKAKEE RIVER RUNNING CLUB BOARD

- Khirstin Schneider, President
- Alan Toronjo, Vice President
- Karen Dannenhauer, Secretary
- Dave Bohlke, Treasurer
- Renee Whitehouse, Trustee
- Dan Gerber, Trustee
- Pat Koerner, Trustee
- Lorrie Simington, Trustee

Do you have comments? Questions? Something for the newsletter? Please send all submissions to KRRClub@gmail.com

ON DAN'S RUN, CONT'D



By 2007 he could do the Kilbride Family Classic 5K from the front seat.

Each year at our annual banquet, my Sarasota running club recognizes long time members whose volunteer efforts, whether to the club or the running community at large, with lifetime memberships. Perhaps our board should consider something

like that and Dave would be a leading candidate.

When I think of contributions to

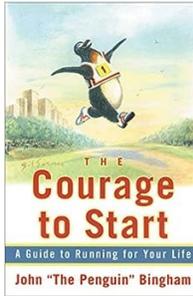
the running community at large, I think of the many years we celebrated Father's Day with the Kilbride Family Classic 5K courtesy of Gerry and Judy Kilbride and their family. Now in their 80's and unable to be active in our running world, I know that they have let their membership lapse. Perhaps recognizing long time members for their efforts will inspire others to step up.

Dave, thanks for your many contributions, the fellowship, and the friendship. Wishing us all many more years as part of this running life.



And he was still in that seat in 2015 — Jimmy Joines hanging on the window

RUNNING READS...



This book is an oldie but a goodie! Thanks to Amazon for the description.

The Courage To Start: A Guide To Running for Your Life by John Bingham

“The miracle isn’t that I finished. The miracle is that I had the courage to start.” Take *your* first step toward fitness and a happier, healthier life.

Has the idea of running crossed your mind, but you haven't acted on it because you don't think you have the body of a runner? Have you thought about running but quit before you started because you knew that you would be breathless at the end of your driveway? Well, put aside those fears because you *can do it*. *John Bingham, author of the popular Runner's World column "The Penguin Chronicles," transformed himself from an overweight couch potato who smoked into a runner who has completed eleven marathons and hundreds of road races.*

Forget about the image of a perfect body in skintight clothes, and don't worry about how fast or how far you go. Bingham shows how anyone can embrace running as a life-enhancing activity—rather than as a competition you will never win. In an entertaining blend of his own success story and practical advice, Bingham provides reasonable guidelines for establishing a program of achievable goals; offers tips on clothing, running shoes, and other equipment; and explains how anyone can prepare for and run distances ranging from a few miles to marathons.

After all, in running and in life, the difference between success and failure sometimes comes down to a single step. Waddle on, friends.

Congratulations!

Congratulations are in order for our newest KRRC Board Members! Alan Toronjo will be taking over as Vice President and Renee Whitehouse as Trustee. Welcome to the board! We also want to thank Laura Loica, outgoing Vice President, and Dan Bullock, outgoing Trustee for their years of dedicated service to the running club. You will be missed!



PARTY BUS!
UNO CARRERA DE LOS MUERTOS
10-28-2023
By Lorrie Simington



If you are interested in riding to this 5k race with us on the party bus, please contact me if you haven't done so already. My email is LSimington51@msn.com. Seats are limited to 29. The bus leaves the Northfield Square Mall parking lot at 5:30 am sharp. We plan on arriving back at 12:30 pm. It will cost approximately \$25 each. This way there will be no additional parking fee, gas money, or speeding ticket. In addition, a free margarita will be available while riding home on the bus to reward you for your accomplishments! I will pick up your packets prior to the race day as long as you provide me with your registration confirmation code, if you wish. Any questions, just ask. Have you registered?

unoraceofthedead.org



FUNNY RUNS...



The Joys of Being a Race Director

By Dee Anna Hillebrand

In a few weeks, the 42nd annual running of Herscher's Hare and Tortoise race will take place on Sept 3, at 5:30pm, at Herscher High School's Kenneth Seebach Stadium. You can park your car in the spacious parking lot, enjoy comfortable seating on the bleachers, listen to the music coming from the Press Box, and use bathrooms instead of porta-potties after the race. It has taken years for all this magic to happen!



From what I know, years ago, the race started at Village Park or on Main Street in front of Martin & Son's Hardware, formerly Ace Hardware. The Finish Line was at Village Park and awards were announced by the stage in the park. Charlie Grotevant and Larry Lane were the race directors. Sometime around 2011/2012, Charlie and Larry were looking for someone to be race director and Charlie asked me if I was interested. In one of those "What was I thinking?" moments, I said yes. I was a race director for a few years and it was overwhelming.

In 2014, Kankakee River Running Club's Dave Bohlke and Rick Loving became Race Directors. We were using Herscher's Legion Community Center for Registration and Awards and the Start/Finish Line was on South Elm street. Herscher's Labor Day Celebration had expanded to the weekend and Herscher Police had asked that we not start/finish at Village Park and to not run down Main Street through the business district. It's always nice to have a real building to do Registration and Awards (registration papers don't blow away, volunteers don't get rained on, air-conditioning after a hot race) and it's ALWAYS nice to have real bathrooms.

In June 2015, I was on vacation in San Diego California and I got a phone call from the manager of Herscher's Legion Community Center. She said they had rented out the Legion the same night as the race and we couldn't use the building, but they had contacted the office building across the street and we could use their office instead. I didn't know that we were able to use the Legion for free and, if someone wanted to rent it, they got to use the building. Let's think about this: there will be 150 people coming to the Legion around the same time as 150 people will be coming to the office across the street AND we will have the Start/Finish line on the same street? Absolutely not – that is just not safe for anyone. I told her thanks, but no thanks, we will come up with another place.

My next phone call was to Ron Oloffson, the principal of Herscher High School at the time. I knew Mommence's Glad Run started/stopped at their high school football field and that's what I wanted to do in Herscher. Ron said that we could do it but we would need one-day insurance to cover any issues. My next phone call was to Dave Bohlke to tell him what happened and that we were moving the race to the high school. Dave was able to get the insurance and work with Herscher High School maintenance to get the fence unlocked and get the bathrooms opened. Dave set up the new Start/Finish line and the new race route too.

While it was scary at the time, moving to Herscher's football field area was the best thing to happen to this race. We have a Press Box to play music and announce awards. We can use the track in front of the bleachers for our Bunny Dash. I got this idea from the Kilbride Classic that was held on Father's Day in Kankakee. (FYI – the Bunny Dash is FREE this year and open to any children 7rs and younger). We are hoping to have someone sing the National Anthem before the race and someone with a drone to take a picture of the runners/walkers at the Starting Line. Let me know if you or someone you know would be interested in doing either one.

Of course, there are always a few bumps before Race Day. This year, there is an issue with the construction of the artificial turf on the football field because it may not be completed by Sept 3. We were hoping to have the Finish Line on the track but won't know if that will be possible until the end of August. Come to the race on Sept 3 to find out where we put the Finish Line.

The 5k....oops wait 5 mile trail run.

By Taylor Harper

This is a fun trail run in Hebron IN called the Jeannie Hamilton Memorial 5 Miler.



This run was held on July 2nd, and I thought it would be a perfect pre-birthday run.

I also for some odd reason thought it was a 5k (it was 5 miles) .

So during this trail run I'm in the woods going about my business running and jamming to music. At some point I'm thinking it's taking a bit long so I must be

A- doing super bad

Or

B- I am lost

So I just keep going, yelling at each little flag asking it to be close to the end (lol) or have me not lost.

Then I finally see the light at the end of the tunnel, also known as big field leading to a pond I would be crossing.



I start to book it when I see the end is near and my boyfriend Howard holding a sign thinking it would be something cute but, no it was adorably dorky and I love him for it.

MorningSun cheers me on as I cross and asking me about how I thought it was a 5k.



I guess the lesson learned is read everything through and don't assume the 5 means 5k . But, I still liked this run. It was a lovely challenge and a relaxing trail.

Run for Glory 5k

By Patrick Koerner

On Saturday July 1st I participated in the Streator "Run For Glory 5k". I was originally signed up to run the "Liberty 5k Run" in Morris, which was to be held at 6pm that same evening, but on June



Pat Koerner crossing the finish line

28th I received notification that the race had been cancelled. Since I had been keying in on that race, I made a last minute decision to opt for Streator. Streator is about an hour's drive basically straight west of Bourbonnais. The forecast was for rain and thunderstorms. I don't

mind running in the rain and the farmer in me said, "Bring it on!" By the time I arrived the rain had passed leaving us with wet roads and high humidity. This race is on the Starved Rock Runners Circuit so there were many familiar faces, one being long time running club member, Charlie Grotevant. Charlie greeted me with a huge smile on his face. I thought he was happy to see me, but more so the fact that his grandson had just phoned to inform him that his farm near Cabery had just received 1.5" of much needed rain. I had run this race once before when my kids were little. It starts and finishes at a beautiful square in the downtown area. I ran 17:27 that year and finished 2nd overall. No chance that was happening this year. The



60-64 Age Group (Left to right: Jim Bezely, Pat Koerner, Michael Boehle)



Left to right: Ray Heriaud, Humberto Maclas-DeLeon, Pat Koerner

course was basically an out and back with a couple of small rolling hills, the same course that I ran back in 2001. There were 121 finishers in this year's race. It was very competitive which pushed me to finish in a time of 21:47 which was good enough for 12th overall and 1st in my age group. They had five-year age groups all the way up to 80 and over, three deep awards. The cost was only \$20.00 and everyone received a t-shirt. This race is a bargain by today's standards. The course was accurate and well marked. I would highly recommend this race to anyone in the area. I can't think of any reason not to give it a try.

BEECHER FREEDOM 5K

By Cody McCollough



The morning was blistering hot under the July 4th sun but that was to be expected for this great local 5K race in downtown Beecher, IL. The route had to be altered this year due to construction on one of the major roads, instead utilizing some narrow walking paths. I was



happy to take first place overall, being led on a bike by local legend Tom Stluka, a 1978 graduate of Beecher High School and who was recently inducted into their Hall of Fame. Side note, he has done a marathon in EVERY state.

The oldest participant was a local resident, 87-year-old Ida Hey. She told me she didn't start

running until her 40s so you're never too old! A few other KRRC members were there as well, including the ever-present Dave Bohlke who handled the timing. The race was very well organized with great volunteers



from start to finish. It's

actually a part of Beecher's annual 4th of July celebration so you can come back out to watch the parade, attend the carnival, and enjoy the fireworks!

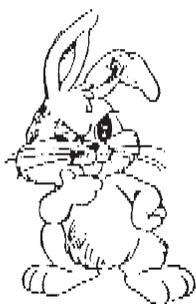


KRRC Annual Picnic July 23, 2023

The weather was beautiful for our annual picnic. Grillmaster Dan Gerber hosted the club at the Manteno Sportsmen's Club. Picnic guests brought food to share. People enjoyed visiting and catching up with each other. Some fished while others played bags. We also said goodbye to longtime club and board member Dan Bullock as he is leaving the area to live closer to his children in the oven-hot state of Texas. After we ate, door prizes were awarded to some lucky winners.



42nd ANNUAL RUNNING OF THE HERSCHER



Hare & Tortoise Race

5K RACE & 2-MILE FUN WALK



1 FREE BEER &
\$1 OFF Oberweiss
*with your bib

Sunday, September 3, 2023 | Starting time for all races: 5:30 PM

All runners and walkers should check in between 4:00 and 5:00 at the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm Street.

** ONLINE REGISTRATION is available at www.racerpal.com/races/herscher.html

Location

Check-in and start of race will be near the Herscher High School football field, located just south of the intersection of Illinois Route 115 and N. Elm St. All runners and walkers should check in between 4:00 and 5:00.

Course Description

Both the 5K and 2 mile Fun Walk take place on Herscher's streets. The course is flat and mostly shaded. The course will be marked with arrows on the streets. There will be traffic on the streets, so participants need to be careful. Refreshments will be provided after the race.

Registration Fee

5K Race And Fun Walk: Through Aug. 20: \$12 per person. Aug. 21 through race day: \$14 per person. Bunny Dash: No charge
* Kankakee Running Club Members get a \$2 discount! (Through Aug. 21: \$10. Aug.22 through race day: \$12 per person.) Must be registered by Aug. 14 to be guaranteed a shirt. We do order extras, but no guarantee.

5K Age Divisions

Male and Female: 14 & younger / 15-19 / 20-24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60-64 / 65-69 / 70-74 / 75 & older. Masters Division: Male and female, 40 & older

5K Awards

Championship awards to the overall male and female champions. Awards to the first, second and third place finishers in each male and female age division.

Fun Walk Awards

2 mile non-competitive Fun Walk with an award to the first 10 finishers. If you enter as a walker, you must walk only.

Bunny Dash

The Bunny Dash for kids 7 and under will be on the track and will start immediately after the completion of the 5K/Fun Walk. No registration is needed. They will be called down to the track after the race. There will be prize bags.

Other Information

Race finishes near Herscher High School football field. Police traffic control during the race at major intersections, but participants need to be watchful for traffic throughout the course. Awards presented at the football field after the race.

Race Director

Kankakee River Running Club KRRCLUB@GMAIL.COM

Race Results

Computerized finish line results by Dave Bohlke and sponsored by **The State Bank of Herscher**. Race results may be viewed at KankakeeRiverRunningClub.com and Herscher.net

Have Fun!

Visit Herscher's Annual Labor Day dance in the beer tent after the race and enjoy many other fun activities! A day-long celebration begins on Monday, with Herscher's Labor Day Parade starting at 10:30 AM.



HERSCHER'S HARE & TORTOISE RACE ENTRY FORM



Name _____
 Address _____
 City _____
 State _____ Zip _____
 Email _____
 Date of Birth _____ Age on Race Day _____ Phone _____
 Gender Male _____ Female _____
 Event 5K Run _____ 2M Fun Walk _____
 Shirt Size Adult S _____ M _____ L _____ XL _____ 2XL _____
 Youth S _____ M _____ L _____



In consideration of the foregoing, I for myself, my executors, administrators and assignees do hereby release and discharge the Herscher Chamber of Commerce, Volunteer Fire Department, the Village of Herscher, the Kankakee River Running Club and all sponsors for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation. 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.

Advance Registration: Through Aug. 20: \$12. Aug. 21 through race day: \$14
Kankakee Running Club Members receive a \$2 discount! (Through Aug. 20: \$10.
Aug. 21 through race day: \$12)



YOUR SIGNATURE

(If under 18, signature of parent or guardian is required.)

Send completed form to with check payable to KRRC:

KRRC, 202 Tiverton Rd, Kankakee, IL 60901