

The Paper Race

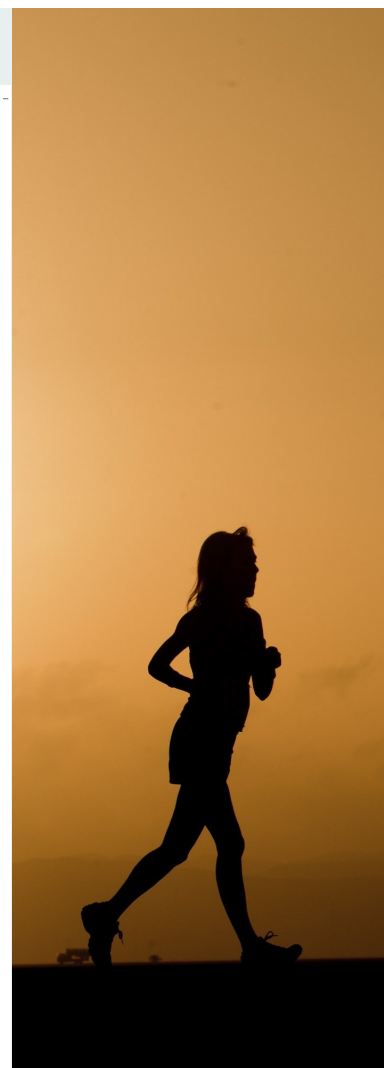
PRESIDENT’S CORNER

Khirstin Schneider

Cross Training

I started as a runner. It was my first love. I still enjoy running more than any other sport. It is definitely the runners high I love so much. If you have ever been on any structured training plan it has most likely asked for cross training. I use my swimming and cycling as cross training. In fact, I only ever started cycling because of cross training. It was here I found a love for a sport I didn't know I had. This love for cycling took me to Garmin Gravel Worlds in Lincoln, Nebraska on August 26th. There were multiple distances to complete and I was signed up for the 75 miler. My goal on this race was just to complete it as that was going to be a challenge itself for me. A storm ended up hitting the area hours before race start and it turned the terrain into soft clay which was very difficult to ride through. I don't think I've ever wanted to drop out of a race so many times ever in my life. I'm happy to report I did make it through and finished the race. It took me 9.5 hours to complete. That was by far the longest time I have ever spent on any endurance event ever. Here are a few things I learned through this event.

- If you are doing a race for completion and you do not care about your time, take the time to really look around and enjoy the scenery or crowd cheering. There's nothing like really listening to the people cheering you on to get across that finish line. Yes, they really are on your side.
- Your body has more left in it even when your mind wants to quit. It was mile 21 of my 78 that I did not believe I would make it to the end. I kept telling myself with every stop to just go as far as I could. To me that was when my legs could no longer carry me any further. That time never came even though my mind said it was not much farther.
- The endurance community, no matter the sport, is truly amazing. I've been to multiport, cycling and running events. The people are always the nicest, most supportive and friendliest people you will ever meet. If you have the chance to meet your fellow athlete at an event, talk to them. The stories you hear from people are some of the most incredible stories you can ever hear. I myself love hearing about people's accomplishments no matter how big or small and it always amazes me the different challenges people overcome to get to those accomplishments.



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Crazy 8s By Darcy Welsh

So much hype from the local race club, radio, printed media, and Tri-Cities ABC, NBC, and CBS affiliate stations!

“Crazy 8s in 2023 will once again host the 2023 USATF Men’s 8 km Road Championship presented by Toyota. Named Top 10 Easy-Entry American Road Races Worth Traveling For by Inside Hook magazine! World’s Fastest 8K! Late night race on unique figure-8 course on beautiful candle-lit streets. Rousing finish inside J. Fred Johnson Stadium.” They even thought about runners and dogs as they had the Boy Scouts take good care of the dogs just outside the entrance to the stadium. They called it Bark Park!

Sounds too good to miss even for this turtle, so I checked finish times from last years results to be sure I wouldn’t be leading KPD to the finish. First test passed so I made my entry. Now I needed to make sure I could finish in my projected time, test 2. I trained and ran a 10K 2 weeks before so I felt confident I’d be fine, test 2 passed.

Test 3, the weather. Forecasts did not look good coming into the days before, a new set of worries. Do they cancel? Will I slip and fall? Injure myself in a water-hidden hole? The day finally came and yes, severe storms were predicted at the time of the races. Packet pick up was at the Kingsport Civic Auditorium. It also included an expo for runners. I arrived at the auditorium to find very limited parking and a huge line out the door. Waiting in line I was able to chat with prior runners. Yes, they run it, they wait out the storm. Evidently in past years it’s started as late as midnight. Could be a long night! Parking was tough if you arrived less than an hour before the Crazy 8. I opted to arrive 3 hours before and got a spot a few blocks away. By this time the skies were darkening and just before the kid races, it started to pour. This went on for over an hour. The race director opted to cancel the children and special needs races. Every competitor was given the opportunity to transfer to the Almost Crazy 3K.

The 3K with close to 1000 participants went off over an hour late as once the rain stopped, the flooded streets had to clear. Once they finished it was our turn. By now my weariness is being replaced with excitement.

The race director talks and introduces the race marshall. In Tennessee every race starts with a prayer, this was followed by the traditional National Anthem, and then wheelchair racers start. The elites were started next and finally our turn. Line up was by pace, as to be expected, so I was way in the back of about 2000 runners. I finally made it to the starting mat several minutes after the gun start. It was exciting running down the main street of the city to start. Think about running down 4 (6) lanes with turning lanes, and it was still crowded. After about a ¼ mile we turned and as we neared a mile the runners had thinned around me. We entered the neighborhoods and it was an experience!

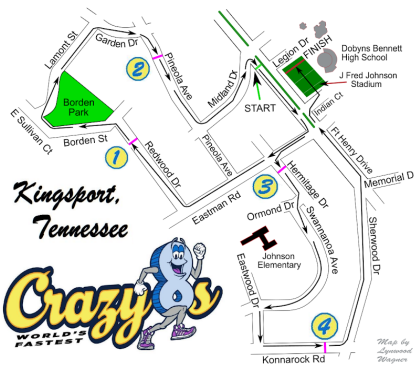
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Crazy 8s continued:

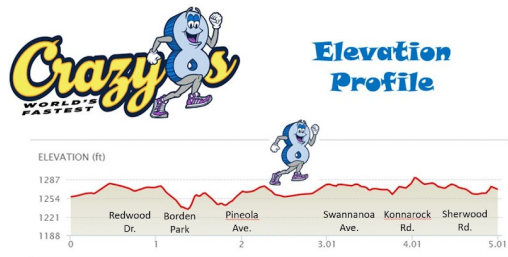
Luminaries lined the streets, people standing and sitting in chairs at the road watching and cheering us, other neighbors were outside with light displays, partying, and cheering us on. Music playing everywhere we ran.

The excitement and late hour caught up with me in the last mile and I ended up walking a little more than I hoped. Back onto the main highway, up a slight grade to the stadium. It was thrilling the

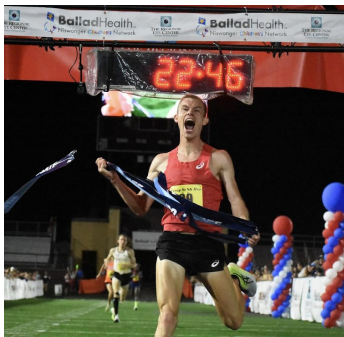
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and inspiring to enter the stadium, run the tunnel to field, and come out into the lights. I was able to find enough to run that last part and did finish within my projected 1 hr. 15 to 1 hour 20 min. Official chip time 1:18:15 finishing 5th out of 8.



The elites? They finished, probably went to the hotel, showered, and returned as I finished. Clayton Young finished in 22:46!! He won the \$5000, it was his 2nd USATF title.



Will I run this again? Probably, its a tradition here for runners and my goal is to improve my time.

Happy Birthday!

- 9/7 Kim Alberts 61
- 9/9 Karen Dannenhauer 58
- 9/21 Michele Walsh 70
- 9/25 Megan Mancuso 38
- 9/26 Lorrie Simington 72
- 9/30 Amelia Toronjo 49

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

Find race registrations and results at https://kankakeeriverrunningclub.com/krrc/2023_Race_Calendar.html

Momence Glad Run By Patrick Koerner

On Saturday August 12th, I ventured over to Momence, IL. to participate in the Momence Lions Club 10k Glad Run. This event brings back many memories. In 1989, it was the first race that I ever won. When my father--a life long farmer--was still alive, he used to come over to watch me race and to check out the crops, not necessarily in that order. There is a 5k run and walk in addition to the 10k. I have ran the 10k probably 25 times. One year, when I was injured, I opted for the 5k and ran just over 16:00. Ooh to be injured once again. I had really been looking forward to this race all summer long. Flat, fast course finishing on the track in front of my friends. Based on my recent 5k race times, all around a 7:00 pace (21:45), I thought that maybe a 7:30 pace was attainable. Having raced on this course so many times, I had everything plotted out. I can't race like I used to, but I can still strategize with the best of them.

As we toed the line we were greeted by mostly sunny skies, a light breeze out of the south, 90% humidity, and a dew point of 72. Did I mention a dew point of 72? My race mile by mile. Mile 1 split: 7:16. Perfect! Not too fast, not too slow, and I've got a cushion. I can ease up, run some 7:35's, then pull out another 7:16 for the final mile, and be right where I want to be. Easy peasy. Mile 2 split: 7:46. There goes my cushion. I don't need no stinking cushion! Mile 3 split: 8:04. I don't have another runner in sight. I feel so alone! Mile 4 split: 8:08. Well, I did have to slow down to go around the turnaround cone, that's got to add 10-15 seconds, right? Mile 5 split: 8:12. Seriously?! Mile 6 split: 8:10. Boy, I sure am glad that going all out that mile allowed me to pick up the pace by two whole seconds. Last .2 miles: 1:30. At least I was able to run 6.25% of the race at my goal pace. I crossed the finish line in 49:02 (8:53). My goal was 46:36. A whopping 2:32 slower than I had wanted, so I guess there is room for improvement. My friend Cody McCullough won the 10k with a time of 35:51. Another friend of mine, Eric Crutchfield won the 5k with a time of 19:15. Congratulations to both! Congratulations to all who participated in this year's races and survived the humid weather.

Back in the day this event used to draw in well over 200 participants. Usually around 80 or so in the 10k and double that in the 5k. This year there were only 19 finishers in the 10k and 43 in the 5k. Lowest turnout that I can remember. I'm afraid that this race has priced itself out of the market. \$45.00 entry fee from mid-July on. No guarantee of a shirt. No overall awards, just fairly generic-looking age group awards that went three-deep. Having been a race director for many years myself, I realize the hard work that goes into hosting an event like this. I'd like to thank the Momence Lions Club for putting this together, as I did enjoy myself. There was plenty of water along the course. Despite the roads being open to traffic, I felt safe. The course was well monitored. This year's shirt was really cool and no race in the area has a better

Momence Glad run, cont'd

assortment of fresh fruit for after the race, plus donut holes to complement the healthy effects of the fruit. The 10k is one of my favorite distances to race. While I wish they could make it a little more affordable, I will support this race as long as they continue to have it.



My friend and fellow Farm Bureau board member Jason O'Connor (left) participating in his first 10k race



Me crossing the finish line



Only some of the fruit available



1st Place 5k winner Eric Crutchfield



Race T-shirt and award



1st Place 10k winner Cody McCullough

Fort2Base 10 Nautical Mile Run 8/27/2023

By Cody McCullough

August 27th, 2023 marked the 12th year of the annual Fort2Base run, a 10 NAUTICAL mile (11.5 actual miles) race from historic Fort Sheridan to the Great Lakes Naval Station in North Chicago. It was a perfect morning and the course was flat and shaded, being almost entirely on bike trails. I ended up placing second overall, only 7 seconds behind the winner who led most of the race. The medal has to be one of



the most patriotic I've ever seen! Some of you may know that a big hobby of mine is WWII living history and seeing as this was a military themed event, I was also there with my reenacting group (Tri-State Living History Association) where we set up a working WWII field kitchen display! We fed runners, active military personnel, and even a brigadier general! As an added bonus, Fort2Base partnered with the charity organization Headstrong, which aims to raise awareness for military members seeking mental health treatment in the Chicagoland area. Overall, an awesome event with a great post-race party for a worthy cause so

come out next year! Oh and if you don't want to do 10 miles, there is a 3 NAUTICAL mile (~3.5 actual miles) race too!



Funny Runs...

