

# The Paper Race

## PRESIDENT’S CORNER

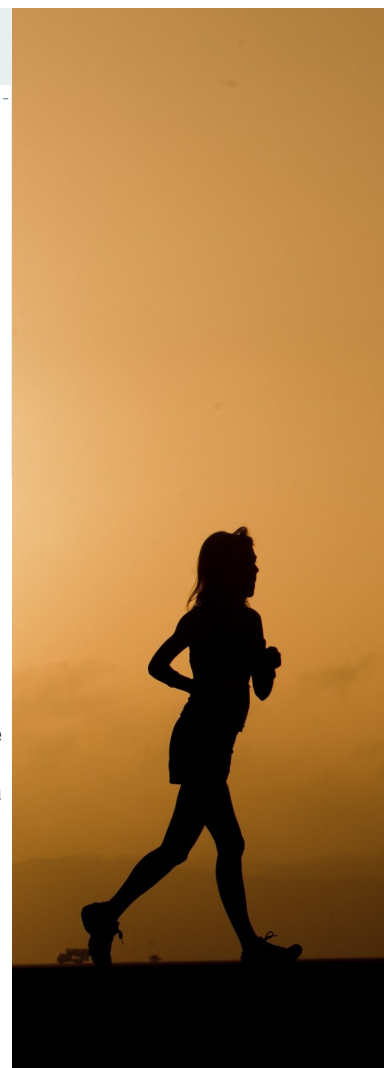
**Khirastin Schneider**

### FALL MILEAGE CHALLENGE

Thank you to everyone that has joined the Kankakee River Running Club (KRRC) Strava group! We will be using the group for our Fall Mileage Challenge. Have not joined yet? That is ok! You can jump in at any point during the month. I was going to create an actual challenge on Strava but they limit the challenges to 25 people. I didn’t want to put a limit to the challenge, so using the group will work following the guidelines below.

You must be a paid member of KRRC to join the group. The nice thing about Strava is you can upload your workouts from whatever tracking device you use directly into the app. Any walk, hike, or run will count on the group page. The challenge itself will run the month of October. If you do not have a tracking device that you utilize, you can use Strava on your phone to track. The group gives a weekly report that I can use to total everyone’s mileage. I plan to post a report every week tallying up the entire month. If you are tracking workouts with anything other than Strava, please make sure to stay up to date on loading your workouts into the app. This will ensure that tracking stays up to date.

KRRC will be donating \$0.25 for every mile put into the challenge to area school cross county teams. Let’s rack up those miles and help support our next generation of runners.



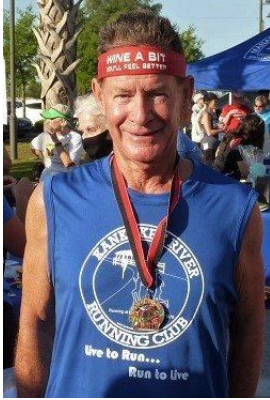
## Happy Birthday!

- 10/04 Diane Gerber 62
- 10/05 Angie McQueen 48
- 10/05 Craig Alberts 67
- 10/06 Kristin Fase 43
- 10/10 Brian Noffke 63
- 10/12 Rich Olmstead 72

- 10/13 John Martin 57
- 10/16 Lauren Martin 26
- 10/19 Paul Whitehouse 58
- 10/20 Angella Munoz 53
- 10/20 Denise Caparula 45
- 10/22 Jennifer Hartman 49
- 10/22 Renee Whitehouse 57
- 10/22 Steve Hartzell 74
- 10/28 Dan Bullock 72
- 10/31 Lucas Kisner 21
- 10/31 Tiffany Thompson 41

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# ON DAN'S RUN

## DWIGHT 5K - A RACE REPORT

by Dan Gould  
[DANSRUN@AOL.COM](mailto:DANSRUN@AOL.COM)

The 43rd Annual Dwight Harvest Days 5K Run & 3K Fun Run / Walk was on Saturday, September 23rd. While most races have a designated Saturday or Sunday, i.e. the third Saturday, this race is tied to the Dwight Harvest Days' Festival which begins on the third Friday each year. My last race was the 41st Dwight Harvest Days

5K in 2021.



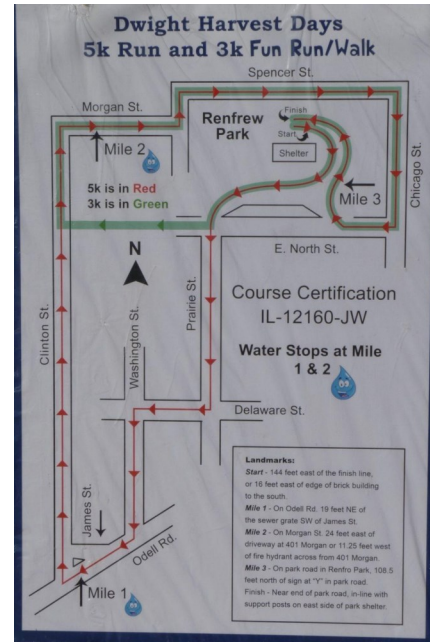
The Renfrew Park pavilion is the center of race activity

I departed Bourbonnais about 7:00 A.M under sunny skies with a temperature about 63 degrees and the sun behind me. It is a 35 mile drive on a straight, two lane highway bordered by fields of corn and beans awaiting harvest, a very tranquil drive. My hybrid battery had just enough juice to get me to Dwight's Renfrew Park. I would burn some gas going

home.

While I would like to reclaim my running life, the disabilities resulting from Linda's Parkinson's made it impractical for her to join me and it would not be the same without her. Ten years ago, we shared starting lines. When she could no longer run, she was cheerleader and photographer. Father Time is not kind.

I found my favorite parking spot which is close to the start-finish lines and pavilion staging area. While I like to pre-register, I did that for two races in the past year and never got to the starting line. I walked to the registration table at the pavilion where I filled out an entry form and paid the \$30 fee. The volunteer taking my registration apologized for not being able to give me a shirt, but the on line information made it clear that shirts were not guaranteed for race day entries.



A certified course that my Garmin usually says is 3.12

My first familiar face was Mike Goodwin's. Mike and wife Beth were race directors for this event until about five years ago and instrumental in its success. We did a Reader's Digest catch-up on our lives in the past two years.

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Dan Gould, cont'd



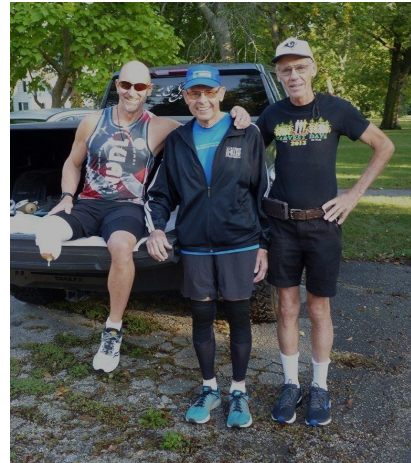
Mike Goodwin, now the retired race director



In case you didn't notice his one leg

Charlie and Joyce Grotevant arrived and we chatted briefly before Charlie told me he wanted to make an introduction. A couple parking spots away I was introduced to Juan Leg who was seated on the tailgate of his pick-up and talking with Steve Hartzell. Steve was working as a course volunteer this day and for that function wearing shoes. He is best known in the area as the barefoot runner.

Juan does not appear to be Hispanic, but he does have only one leg. His license plate tells you he is JUANLEG. I asked how he lost the leg (about mid-thigh) and he told me that he was bank fishing with his young sons many years ago at a Tampa lake. He noticed a five foot alligator sunning itself nearby for the three hours or so they fished. Suddenly, the alligator was closing its jaws on his right leg and he was fighting for his life.



Juan Leg, Charlie Grotevant, Steve Hartzell with shoes on!

Many years later when one of his boys was running cross-country, Juan felt the desire to run and searched out a blade runner who helped him find a leg upon which to run. Now 57, he runs a 5K in the low 20's. No, he didn't tell me what his name was before he became Juan Leg, but my research indicates that he was known as Tim Novak in his earlier racing days.



Yesterday's rain filled the many potholes in the starting area

I would not have made the drive to Dwight had Charlie not been running. Many of my Illinois running buddies have, for one reason or another, retired the racing shoes. Some now run with the angels. While there are runners such as my Florida friend Jack Jacobs who finds fun in running races even when he doesn't know anyone else, I want to connect with running buddies, share the story of the day's race, and, perhaps, find a post-race brunch.

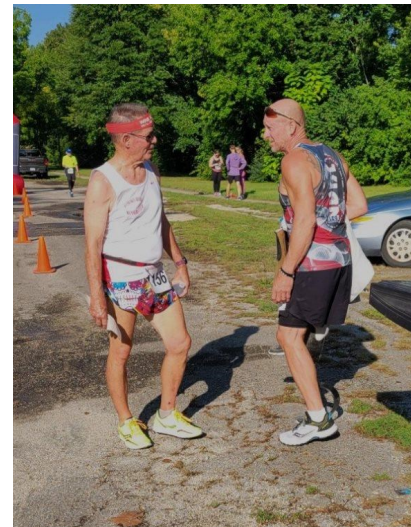
Charlie, 81, began running in '83 and we started sharing starting lines within a couple years after that including two of Charlie's six Boston Marathons and numerous FL races. We biked 280 miles of the Natchez Trace one year with Joyce as our support crew. A retired farmer, Charlie got me into biking the Ag in the Classroom Bike Ride, an annual 2-3 day event covering 200 or so miles which we did for about 15 years.

Continued on page 4



Look like a runner. Thanks, Joyce!

Other Kankakee River Running Club members running the 5K were Pat Koerner, Kevin O'Connor, Mark Nelson, Darcy Welsh, and Humberto Macias-DeLeon. KRRC Newsletter Editor Karen Dannenhauer was doing the 3K walk. KRRC board member Pat Koerner is a long-time running buddy and the only one of those named with whom I was acquainted before the race. Dwight used to be a popular destination for KRRC members.



Post-race, Juan and I agreed that neither of us was at his best

New race director Tracy Eggenberger called us to the starting line just before 8:30 and her voice on the Racing Expectations sound system was a welcome break from the deafening noise that some call "music." Post-race they would play a couple cuts from the sound track of "Dirty Dancing," but then returned to the sound sponsored by Beltone Hearing Aids. Made me wish I had hearing aids to turn down!

Tracy's welcome, orientation and acknowledgements were complete, if a bit long for the "high stepping strutters" who come to the starting line with muscles warmed and ready to race. Some things are better saved for filling the time waiting for the awards' presentation.



Charlie Grotevant, Juan Leg, Karen Dannenhauer, Dan Gould

While the starting area is very wide, it quickly funnels us into to a narrow, curving, potholed tenth of a mile of park road made more treacherous this year by the previous day's rain that had filled those potholes. With over 200 participants and many of them children, CAUTION was the watchword for this segment of the race. Once out of the park, the wide, flat streets are a beautiful venue for the loop course.

I negotiated the park road without misadventure, but my race did not go well from the start. I knew I wouldn't have "racing" legs, but I didn't expect legs of lead. They were just heavy, a feeling I hadn't experienced in training. My most recent 5K walk-run training run had been close to 12 minute per mile pace with a 2 minute walking break halfway through. I thought running the entire 5K at better than that pace would be relatively easy.

Continued on page 5



Gould, continued

The first mile was 11:40, the second 11:49, and the third 11:54. I was running virtually alone. There were some kids ahead of me doing the walk-run that kids do in these races, sprinting and walking, sprinting and walking. The Dwight Police Department gave us protection at three intersections, twice as we crossed Illinois Route 17. I don't know when I've had less fun running a race.

Never want to see the EMT's at the finish line - they didn't load anybody up.

Editor's note: The EMTs were there to assist a woman who had fallen and had a head laceration. She seemed to be doing well.

As I approached the entrance to the park, I passed KRRC board member and newsletter editor Karen Dannenhauer who shouted something like "There's Dan! There's going to be a race report!" (Editor's note: Yes, I will yell at you shamelessly during a race to get content for the newsletter!) Karen was

participating in the 3K walk.

I entered the park and now had walkers along with water filled potholes to dodge which, happily, I was able to do. At Linda's request, Joyce Grotevant got a photo of me approaching the finish line. My official finish time was 37:11, a few seconds slower than my Garmin. This course has always measured 3.12 on the Garmin, but this year it was 3.15. Start and finish were the same as previous years. Go figure. With few runners in 75-79, my time was good for a second place medal.



Looks like a lot more fun than running 3.1

Other KRRC members claiming medals were Kevin O'Connor and Pat Koerner who finished 1-2 in 60-64, Humberto Macias-DeLeon, 2nd in 35-39,



Medals awaiting the announcement of their winners

Darcy Welsh, first in 70-74, and Charlie, first in 80 & up. Five year age groups to 80 & up is rare in this area and a definite attraction for

Continued on page 6

Gould, cont'd

this race. On the negative side, 3K participants were not given a bib and, consequently, there were no times nor places for them.



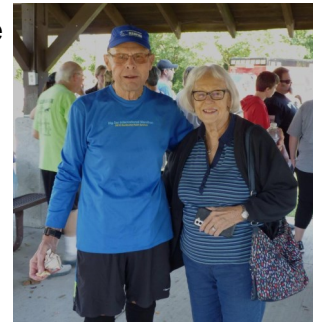
Race Director  
Tracy Eggenberger

Looking at overall results, Charlie asked: Where have all the fast runners gone? Jason O'Connor, age 45, was overall winner with 20:25, about 15 seconds ahead of the women's overall winner Mekhi Hakey, age 13. In my prime some 30 years ago, I ran in the 18's and never won a race. For age group results [2023-Dwight-Harvest-Days-5k-Age-Group-Results-09-23-23-1.pdf](#)

There had been 215 finishers in 2015, 194 in 2016, 162 in 2017, 153 in 2018, and 174 in 2019. The race was not run in COVID 2020. In 2021 there were 117 and 155 in 2022. There were 159 of us this year. For overall results

### [2022-Dwight-Harvest-Day-5k-Overall-Results-09-24-22-1.pdf](#)

While Racing Expectations, the finish line service, does have the chip in the bib technology, they did a poor job of getting results out. They had a hard to read video monitor that scrolled the overall results, but no posting of age group results. Some runners want to know if there is reason to stick around for the awards ceremony. A Florida finish line service has a program that generates an email to each runner when they finish. I walked from the finish line to my van, picked up my phone, checked my email, and knew my results. At a minimum, a finish line service should be printing out and posting hard copy after the first 50 runners finish. That I had to paste in two links to give overall and age group results doesn't speak well for the technology of Racing Expectations.



Charlie & Joyce Grotevant - Charlie was 1st in 80 & up



Kevin O'Connor, Dan Gould, Pat Koerner - Kevin & Pat were 1-2 in 60-64

I don't know how many "potholes" there were for Race Director Tracy Eggenberger in her first year, but the awards' ceremony was one of them. The medals table has always been under the pavilion roof on the south side and runners gathered on the grass on that side. Awards were announced by the RD who stood in close proximity. There was no podium upon which winners stood. It was always kind of low key, but a name was called, a winner came forward, and was recognized.

Tracy was using the Racing Expectations sound system which had a wireless microphone, but it didn't have enough range for her to stand in the usual spot in the pavilion. She had to stand in the grass half way between the pavilion and the parking lot. The crowd's attention, of course, was focused on her, their backs to the pavilion, and even some



Mark Nelson was 5th in 55-59

runners approached her when their names were called although it was obvious she had no medals to hand out. Winners simply went to the table in the pavilion to collect a medal. There was no "ceremony."

This race does offer a nice post race meal with Subway sandwiches, fruit, cookies, and candy. While Charlie opted for the Subway, I was the "cookie monster." We often opt for a post-race restaurant meal at somewhere like the Old Route 66 Family House, but not this year.

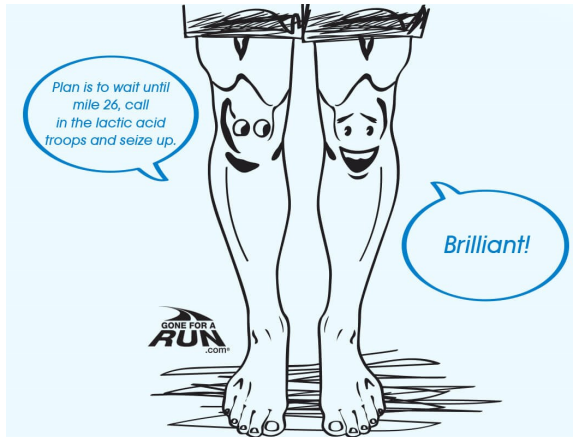
I hope that I will be running the Dwight Harvest Days 5K next year and that I will be toeing the starting line with Charlie. I would be joining him in the 80 & up age group. We started sharing this running life when I was 40. Memories!



Pat Koerner, Charlene Hamann, John Warren, Darcy Welsh - Darcy was 1st in 70-74

Run for your life!

## Funny Runs...



To all of our Chicago Marathon runners—  
Have a great race!



**KANKAKEE RIVER RUNNING CLUB BOARD**

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

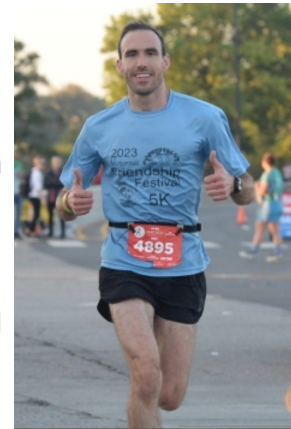
Do you have comments? Questions? Something for the newsletter? Please send all submissions to [KRRClub@gmail.com](mailto:KRRClub@gmail.com)

Find race registrations and results at [https://kankakeeriverrunningclub.com/krrc/2023\\_Race\\_Calendar.html](https://kankakeeriverrunningclub.com/krrc/2023_Race_Calendar.html)

## Chicago Half Marathon Cody McCullough Sept 24, 2023



It was still dark when I rode my bike to the start point for the Chicago Half Marathon in historic Jackson Park near the Science and Industry Museum. Soon enough there was a beautiful sunrise as everybody made their way to the start line for the 7am start. The course takes you out and back along Lake Shore Drive with gorgeous views of Lake Michigan as you turn around at McCormick Place. I felt great for the first 5 or 6 miles but couldn't hold my 5:45 min/mile goal pace. Nonetheless, I ended up running 5:49 pace which gave me a finish time of 1:16:18 and 9th overall in the race.



Amazingly, there was a 90-year-old woman, Dot Sowerby, who won the 90-94 age group with a time of 3:33:47, which also set the American women's record for the age group!

I highly recommend this event, which also has a 5K if you don't feel like doing the half. The

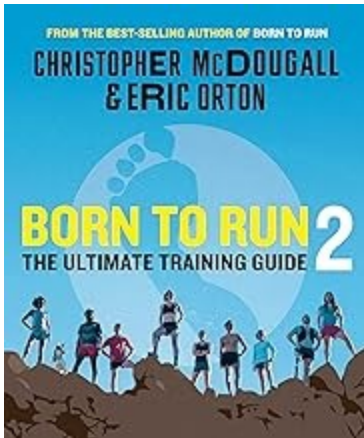
post-race party is great with music, food, and beer from Chicago's own Revolution Brewing. Sign up early for a cheaper entry fee!



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## Running Reads...



## Born to Run 2: The Ultimate Training Guide

(description from Amazon.com)

- **From the best-selling author and renowned coach duo from *Born to Run*, a fully illustrated, practical guide to running for everyone from amateurs to seasoned runners, about how to eat, race, and train like the world's best**

Whether you're ramping up for a race or recuperating from an injury, *Born to Run 2* is a holistic program for runners of every stripe that centers on seven key themes: food, fitness, form, footwear, focus, fun, and family.

*The guide contains:*

*On-the run recipes for race-ready nutrition*

- Training regimen to help get you in shape and achieve your running goals
- Corrective drills to perfect your form
- Helpful shoe recommendations
- Advice about how to bring more joy into running
- Suggestions for finding a running community

Christopher McDougall and Eric Orton bring all the elements together into an integrated action plan—the 90-Day Run Free training schedule—that provides everything you need to prepare for a mile-long fun run or a 100-mile ultramarathon. Full of helpful illustrations and full-color photos of the iconic first Copper Canyons race, *Born to Run 2* is the perfect training companion for anyone who wants to get inspired about the sport again and learn the proven techniques to run smoother, lighter, and swifter.

\*\*\* Editor's note: I read the original *Born to Run* twice. Even as a walker this book was life changing for me. *Born to Run 2* is on my to-read list.



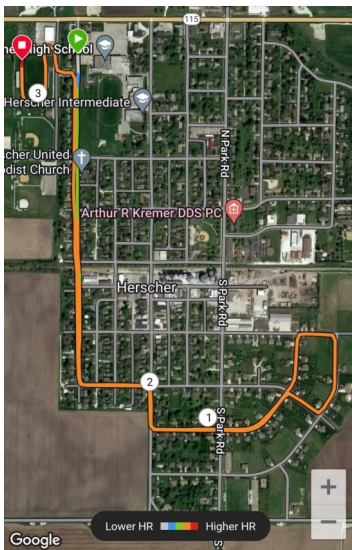
# Hare and Tortoise 5k/2m Herscher, IL September 3, 2023 Humberto Macias (from Facebook post)

The Herscher's Hare & Tortoise 5K Run/2 Mile Walk & Kids Bunny Dash photo dump! It was a beautifully hot and sunny day! Yeah, it was a warm 90°F, but it could have been worse. We did have a breeze blowing, it was a warm breeze, but it was still a breeze. Unfortunately, I wasn't able to get in a decent warm-up, but the temps allowed me to not have to do much in order to loosen up.

The gun went off at 5:30pm and we were off! There were at least a handful of racers that started out amazingly fast, including my good friend Michelle Rowbottom! She took off and I immediately knew that she wasn't going to make it easy! I'm not sure who all was around me, but I tried my best to make sure that I kept her in my cross hairs.



Another person that didn't make it easy on me was Patrick Koerner! He kept up with me and kept me in his sights throughout the entire race!



We started off right across from The Herscher High School, and we ran south on N. Elm Street for a handful of blocks. We eventually took a left onto W. Walnut Ave, and zigzagged to S. Main St., onto E. Kay St., and ending the first mile with a slight elevation as we crossed over S. Park Rd.

The second mile did what David Bohlke called a "lollipop." Where it went from E. Kay St., and did a loop going around a portion of E. Walnut Ave., taking lefts on E. Jeanette St., E. Myrtle Ave., and back onto E. Kay St., tracing our steps back to the football field. During this time there were at least 3 of us vying for position. Patrick, Kevin O'Connor, and myself, with Michelle still keeping a commanding lead in front of our group. Her power and cadence was incredible and she pushed me to stay focused on my form, breathing pattern, and mental fortitude. As we crossed back

up the slight elevation that was the intersection on S. Park Rd., I finally was able to catch up to her. I managed to give her some words of encouragement by telling her to stay strong and then just concentrated on completing the second mile by taking a right back onto S. Main Street.

The last leg of the of the race consisted of the small portion of W. Walnut Ave. again and back along Elm Street. I thought that I was in the clear and all I had to do was maintain my pace, but as soon as we crossed the railroad tracks, right after passing LIFT Fitness, a familiar face ran up next to me on my right hand side. Lo and behold it was Patrick and he was

Macias, cont'd

doing awesome! I couldn't help but yell out, "There he is!" and it turned into a race to the finish. Before passing Herscher United Methodist Church, I switched gears and kept him behind me, but he kept me right in front of him!



We ultimately took a left onto the graveled entrance towards the football field, took a right through the parking lot, went around the building where people registered for the 5k, and was able to finish the last stretch of the race on the newly built speed track. Once again, I thought that my position in the race was assured, especially when I looked over my left shoulder and didn't see anyone immediately behind me, but as soon as the track turned into a straightaway and the finish line was within range, here comes Patrick powering through and finishing strong! Again, I couldn't help myself and tried empowering him by yelling, "C'mon Pat! Let's do this!" We both gave it everything that we had and left it all on the course!

I finished 8th overall, with a time of 22:02, a pace of 7:06/mi, and I got 3rd place in my age group for my effort. The course was relatively flat, which was a breath of (hot) fresh air compared to Saturday's race in Kewanee, and it was so great seeing so many of my fellow club members at this race!

The Bunny Dash followed the 5k for all kids from ages 7 and under. The kids lined up on the track and were waiting for the start of the dash. All of a sudden a cute little button of a girl false started and took off! It was so funny and definitely a memorable part of the day!

I want to thank David Bohlke, the Herscher police officers, all of the volunteers who took time out of their holiday weekend, and the townspeople of Herscher who braved the heat to cheer us all on. All of them helped make this event a fun, safe, tasty, and memorable event! The bananas, watermelon, bottled water, and Gatorades all being covered by ice and ice packs were an excellent touch! It was my first time ever running here, but it won't be my last! The town is beautiful and I kept making remarks on how nice it was!



## **KRRC Board Meeting Minutes 09/17/2023 – 9:00 am Family House Restaurant**

**Present:** Khirastin Schneider, Alan Toronjo, Karen Dannenhauer, Dave Bohlke, Renee Whitehouse, Debbie Dye, Dan Gerber  
**Absent:** Pat Koerner, Lorrie Simington  
Additional KRRC Members in Attendance (if any):none

Finance Report: David Bohlke

- Currently we have 30 family memberships and 51 individual memberships
- We made \$1073.75 from the Friendship Festival race and \$963.72 from the Hare and Tortoise race. Board members voted to share  $\frac{1}{3}$  of the proceeds from the Friendship Festival race to the Friendship Festival committee and  $\frac{1}{2}$  of the Hare and Tortoise proceeds to the Herscher Festival committee.

River Rat Race is November 5

- Deb will work the water table at the Warner Bridge turnaround. We need one more water station.
- Renee and Dan will bring wood for a fire.
- Dave will bring water, granola, bananas

No Frills Race will be held at Kankakee Sands ( on 113) ~~October 22~~ (NEW DATE 10/15)  
We will encourage people to wear costumes for Halloween. We discussed doing a separate costume race, but lacked time to prepare for one, especially since we have another race so close to Halloween.

Holiday Party- Currently set for January 13 at the Manteno Legion. Several other locations were discussed, but rejected due to having to hire a separate caterer. Quality Inn was rejected for price.

Who can go with Dan to discuss the menu?

Dan will bring a bluetooth speaker

Dave will get the sound system from Christine.

We will make donations to the following schools: \$200 each to the cross country teams from Kankakee High School, Manteno Middle School, Bishop McNamara High School, Herscher High School, and Bradley Bourbonnais High School.

October Mileage Challenge: Khirastin will get it set up on Strava. We will donate \$.25/mile divided up between area cross country programs.

Debbie will set up a KRRC running gear store online.

Dan talked about the Haunted Woods and Hospital of Horrors event at the Clifton Sportsman Club.

Debbie suggested we use sling bags as rewards for the Classic 5. The board agreed to award hoodies for completing 4 races and the sling bags for all 5.

The next meeting will be December 10 at 9 am at Family House.



## KRRC Store is open!

You can never have too many running shirts, hats, singlets, or hoodies — especially ones advertising your favorite running club — the Kankakee River Running Club! Now is the time to stock up

on new running clothes to replace those worn out race shirts, or to buy Christmas gifts for all of your running friends!

The sale link is <https://eichssports.chipply.com/kankakeeRRC/>. The store is open through October 10 so that you can pick up your goodies at the upcoming River Rat Race.

Wear what the cool kids wear — KRRC running gear!

## To All Chicago Marathon Runners...

Head on over to the Kankakee River Running Club Facebook group and drop your bib number there, so that the rest of us can cheer you on! Have a great running day!



## River Rat Races – 5K / 10K / 10 Mile

On Sunday November 5th, the Kankakee River Running Club will be hosting the 2023 River Rat Races at Kankakee River State Park on the bike trail just west of Rock Creek suspension bridge. Packet pickup and raceday registration will be at the shelter east of the suspension bridge. It is event number five of the club's Classic Series. There will be water on course and postrace refreshments also will be available before and during awards.



### Schedule:

Park opens: 7:00 AM

Packet pickup/registration starts: 7:15 AM (At the pavilion just east of Rock Creek suspension bridge.)

10 Mile Run starts: 8:00 AM

10K Run, 5K Run, 5K Walk start: 8:30 AM

Post-Race Ceremony: 10:00 AM (At the pavilion just east of Rock Creek suspension bridge.)

**Event ( Circle one )** ( 5K Run \$15) or (5K Walk \$15) or (10K Run \$20) or (10 Mile Run \$25) \$2 discount for

all Running Club members. Please fill out or circle all registration items.

Name: \_\_\_\_\_ Age on 11/05/22: \_\_\_\_\_

Gender (Circle one) M or F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone # \_\_\_\_\_ Email: \_\_\_\_\_

Long-sleeve Dri-Fit Shirt Option, add \$10.00, available through 10/22

Shirt Size: SM MED LRG XL XXL\* (Add \$2 for XXL)

No shirt Option

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

Or... mail this form to **KRRC, 202 Tiverton Rd, Kankakee IL 60901**

(mailed to arrive no later than 11/3/2022)

Please make check payable to: **Kankakee River Running Club.**

For race information email [KRRCLUB@gmail.com](mailto:KRRCLUB@gmail.com)



**live to Run...  
Run to live**

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 IDNR, Kankakee River State Park, 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 \_\_\_\_/\_\_\_\_/\_\_\_\_