

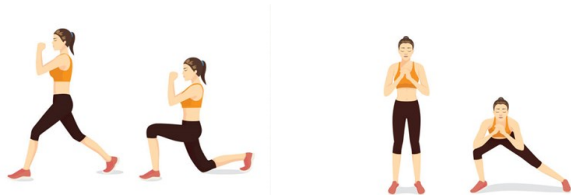
The Paper Race

PRESIDENT'S CORNER

Khirstin Schneider, President

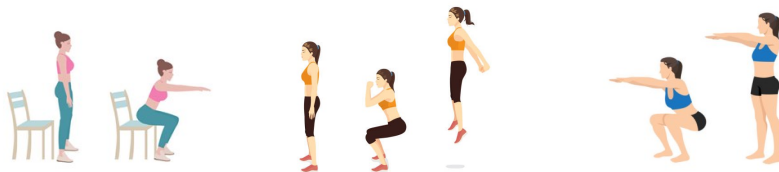
Happy December, everyone! Winter is coming and for some this is their favorite time of year to get outdoors for a run. I have the utmost respect for anyone that enjoys running below 30 degrees. It is just not for this girl. When the cold hits, I take my training indoors. Yes, I run on the so called "dreadmill," but I try to find ways to make it not so... well... dreadful. I started picking a tv series that I only watch when training. To me the more mysterious, suspenseful, and drama filled it can be the better. That way it keeps me wanting more and I get excited for my next indoor training session. The #1 rule here is to ONLY watch the series while training.

I not only find creative ways to make indoor training fun, but I really start to focus on strength training. I do this mainly to reduce the risk of injury. The increased strength can also improve running form and allow you to run longer and faster. Below are three of my favorite exercises my trainer has me do that anyone can do at home.



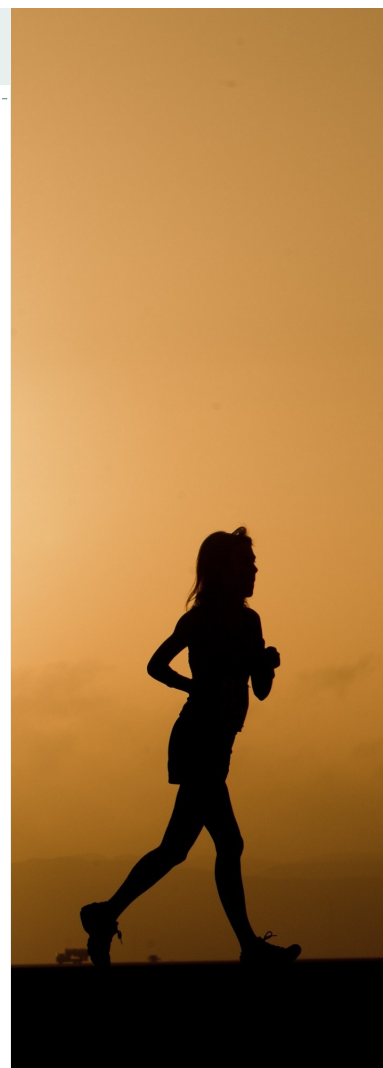
#1 Lunges

Lunges can be done forward, backwards, side to side, staying in place or walking. You can add weight or just use your body weight.



#2 Squats

You can add some variations to squats as well. Using a chair to keep consistency is always a great place to start out. You can do them with or without weights, and you can add a jump in them for some explosiveness.



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#3 Steps

President's corner, continued



I labeled this steps because I mean it in different forms. Just a few examples are step ups, side steps, or climbing up or down stairs. You can add weight or again just use your body weight. Just make sure whatever you are stepping up or down from is sturdy.

Happy Birthday!

12/1 Ashlyn Toronjo 17
12/1 Mileen Joines 67
12/4 Khirastin Schneider 38
12/8 Clarence Moore 11
12/15 Daniel Hall 61
12/18 Julie Loving 55
12/20 Cody McCullough 35
12/21 Ali Denault 37
12/28 Ryan Broom 44
12/30 Jake Salomone 34



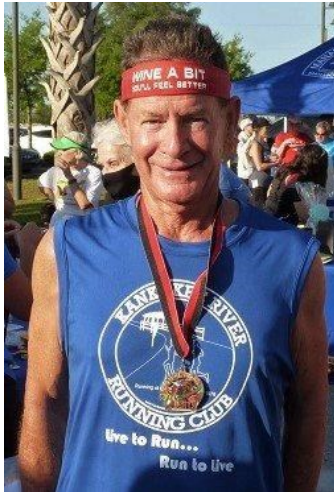
You are invited!

It's time for our annual Winter Party! This year's party will be held January 13th at the Manteno American Legion, 117 N. Walnut, Manteno. Cocktails will begin at 5 PM and dinner at 6 PM.

Awards will be given out for the Classic 4 and Classic 5 winners this year.

More details on pricing and menu will be coming soon! Be sure to look for your email.





ON DAN'S RUN

The River Rat Races

by Dan Gould
DANSRUN@AOL.COM

The 3rd Annual Kankakee River Running Club's River Rat Races, a 5K, 10K, and 10 Mile was November 5th at the Kankakee River State Park. An out and back course the wide asphalt trail, it allowed the organization to offer three distances with a minimum of volunteer support. One volunteer manned a



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tance.

Although the club hoped to make some money, the focus was on the runners. The entry fee was only \$15 for the 5K, \$20 for the 10K, and \$25 for the 10-miler with an option for a long sleeved tech shirt for another \$10. It reminded me of my early racing days when the goal was to be the race with the most runner amenities, to put on a race for the runners. There were colorful, creatively designed shirts, great post-race refreshments, and trophies and plaques.

I opted for the beautiful tech shirt for \$10



Karen Dannenhauer and Renee Whitehouse were the packet pick-up team

Racing at this time of year can offer some challenges, snow for example. Happily, the snow had come and gone on Halloween, but we were dealing with a temperature of 38 degrees at race time. You just dress for it! And for some hearty souls, that means shorts.

kankakeeriverrunningclub.com/krrc/2023/rat1f.html 10 Mile results



The 10 Milers - Not shown is Carla Brown
Cody McCullough, Keith Gercius, Alan Toronjo, Pat Koerner, Ken Pangle, Drew Parsons, Cesar Pina

Continued on page 4



I've been taking these father-son photos for almost 20 years. Drew and Chuck Parsons

Gould, Continued

I started looking for photo ops and the first was my buddy Chuck Parsons and son Drew. I've been taking pictures of them for almost 20 years. I got one of Ken Klipp, the only founding member of the KRRC (founded in 1979) who is still a member. Ken, who hasn't raced in 6 years would join Dave Bohlke and Rich Olmstead as a finish line volunteer.



Cody McCullough sprints to the front followed by Pat Koerner

kankakeeriverrunningclub.com/krrc/2023/rat2f.html

10K

Results

As the 10 milers assembled for their 8:00 A.M. start, I got a group photo and then moved down the trail to get some running shots. Cody McCullough was quickly out in front and would easily win as he has so many other times. Pat Koerner, with whom I have been sharing starting lines since sometime in the 80s, would be 2nd followed by Drew Parsons.

The 5K and 10K runners went off at 8:30 A.M. The first tenth of a mile of the River Rat is a steep downhill and I took that easy. Ironically, the 5k course I've laid out in my neighborhood ends with a steep uphill tenth which I always charge. I would be ready for the finish of this race.



Drew Parsons is a blur as he speeds down the trail



Dan Gerber's shirt says he has a retirement plan



Dave Bohlke & Rich Olmstead were two of the KRRC volunteers

Late in the first mile, I heard steps on the leaves along the trail behind me. Eventually, Chuck came along-side of me and said "I'll break the wind for awhile." He was joking as there was no wind and, even if there had been, the dense foliage would have blocked it. I was surprised to see him because our pre-race conversation suggested his aging body (he's a couple months short of 75) would require him to do a walk run. He moved ahead and I just tried to hang on.

I didn't check our splits while on the course, but post race I saw that we had run a pedestrian 11:58 for the first mile and 11:44 for the second. I shook my head in disbelief when I saw a 10:34 for the third mile. I had no feeling that we had picked up the pace that much. I haven't run that fast in over two years.

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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

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

Gould, Continued

My first race in two years was at the end of September and wasn't fun. My legs were mysteriously heavy and I was running alone, but was fun! I felt like I was racing, as slow as it was. When we began the third mile, I saw the distinctive form of Paul Surprenant ahead of us. Paul was the only other runner in my 75 and up age group. We eased by Paul as I stayed with Chuck, my "rabbit."



Volunteer Ken Klipp pauses on his way to the finish line

Approaching the three mile mark, I eased by him and pumped for all I was worth the last tenth. My Garmin made the course at 3.12 and my time was 35:31 which translated to 11:21 pace. Chuck ran 35:39 and was first in 70-74. With so few runners and 5 year age groups, everyone was first or second in age group. Chuck and I pulled-pushed each other to our best.



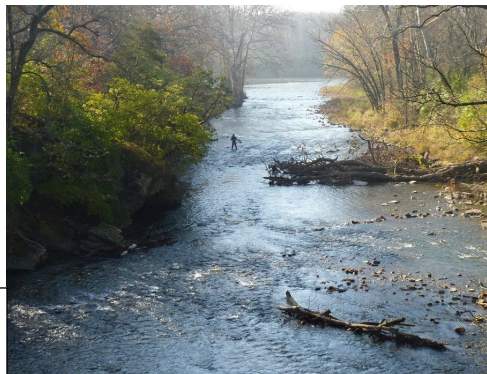
Drew Parsons crosses the finish line with dad and Ken Klipp in the background

kankakeeriverrunningclub.com/krrc/2023/rat3f.html 5K Results



Rich Olmstead records the finishers as Fran Brolley tries to catch his breath

The dense fog with which we started the day gave way to warming sunshine and a picturesque Rock Creek with a fisherman wading across.



A scenic day post race as a fisherman wades in Rock Creek with the Kankakee River in the background

Gould, Continued



Assembling at the pavilion for the awards ceremony

By me, the only downside of this race is the absence of a building to escape the elements. We can have snow the first of November, Indeed, we had snow on Halloween. That said, you dress for the weather and shelter in your auto if necessary.



Cody McCullough was first overall and Pat Koerner second in the 10-miler



Carla Brown warms herself by the fire while waiting awards' presentation



I might not have been fast, but I looked fast!

My running, once again, is on hold. When I got up Monday morning, I had that fullness in the throat that usually heralds the beginning of a head cold and I spent the day sneezing, blowing my nose and dripping here and there - disgusting. Later in the day came some chills.



Loved the plaque!

The intensity seemed to have ebbed on Tuesday morning, but Tuesday night my throat was sharply painful and I took a home COVID test on Wednesday morning. COVID finally found me. Rest and hydrate!

Happy to be making running memories and writing race reports at 79. Run for your life!

No Frills Race

Sunday, October 15

By Lorrie Simington

Sunday, October 15, was our 2nd “free” club-sponsored race of 2023 (the other being the Pi Day race). All members had to do was show up at 4:00 pm to the Kankakee Sands Preserve west of Kankakee and run/walk. The day was perfect with just enough breeze to cool us off. We were each treated to a handmade finishers award by David Bohlke and a free can of cold pop (left over from our club picnic). The trail is beautiful. My daughter took several photos of the wild flowers and sky.



The Vineyard at Florence 5k
By Dan Bullock
Florence, Texas



Jessica and me

Everyone has heard of beer runs but on Sunday, Nov 5, there was a local wine run. A glass of wine for each finisher was the lure. There may have been a fundraiser in there for some cause but I stopped reading at the word wine.

It was a 5K run on a paved road that wound through a vineyard between rows of grapevines and million dollar homes. This was a family affair as I was joined by my daughter, Jessica, her husband Stoney, his brother Eddie, Eddie's wife, Elena, and their son Lucas.

It was a mild, sunny day, a brisk wind and 62° at the 11:00 start. It was an out-and-back with several

long sweeping hills and very little shade. I have never been fond of hills. After the turnaround I had to slow down to a walk a few times but I somehow persevered.



As I get older, the aging process takes its toll. My times get slower, my breathing labors, my legs seem to get heavier and I can no longer run the entire route without several walking interludes. The bright side of all this is age groups! It's like a handicap in golf or bowling; or a senior discount. This race had over 350 runners and walkers but only eight in my AG. Even with all my struggles I pulled out a 3rd place finish. In contrast, Jessica ran a sparkling race but finished 7th out of 62.

Her husband Stoney was the only other one on our "team" to medal with a 3rd out of 17.



We knew we would each get only one glass of wine, so we brought another bottle and some snacks to share after the race. We sat in the shade, drank wine, and talked about running like runners do.

This race has several low points which will probably keep me from returning. The water at the turnaround consisted of an orange cone and a few cases of bottled water set out on the ground. We all had to stop to wrestle a bottle out of the thick plastic wrapper. There was no awards ceremony.

You went up to a table with your bib and received a ticket with your place. The person said to me, "Oh you got a third place," and handed me a small pin which just said "3rd." I don't know about others, but I still like being called up in front of everyone to accept an award, any award, even if I'm the only one in my AG.

On the positive side, the finisher's medal was pretty awesome. It had a cork-screw and a bottle stopper built in and was very heavy. I pinned my "award"



Vineyard, continued

on my medal's ribbon. Now I'm on to my next adventure. All races here are new to me so they are all fun. This is my 13th race of 2023 and the third since I've moved to Texas. It's still summer here so I will try to sneak several more this year. Happy running!



Profile of Dan Gerber; board member of KRRC for 2 years and member of KRRC for about 28 years.....

I joined KRRC because I thought it was a drinking club with a running problem! When I was younger, I loved sports and I loved to party. I always ran track all through school (and baseball); (sprints and middle distance in track) and after I graduated from high school in '77 I found out about a 10K run in Kentland, Indiana, so I decided to train for it and give it a try. Back in those days, it was a lot different than it is now. No 5Ks, only 10K runs; no power gels, gatorade, sweat resistant shirts. Always a keg of beer at the end of the race and you just put on your Converse tennis shoes and go! Sometimes I really miss those days! I figured these runners would be a bunch of health nuts – they'd be about healthy clean living and be kind of boring. Anyway, I crossed the finish line and much to my delight, there was a big ole keg of Michelob (yes Michelob was popular back then), Led Zeppelin music blaring, and a big bunch of drinking, partying runners who were celebrating like they'd just won the Boston Marathon or something. I was hooked on running after that – I had the best of both worlds. Over the years, I forged bonds with some of these runners, many who were KRRC and finally joined the "club"



Dan Gerber at about mile 22 in the Chicago Marathon

I take running serious, but not always too serious; I like to know when to run hard, and when to have fun too! I like to support our local races when I can. Some of my favorites over the years: Marine Corp. Beast Bootcamp 5K for the difficulty; the Chicago Marathon (17 total completed) for the awesome crowd support; Balmoral Park Run With The Horses 5K, for it's uniqueness; the Jingle Bell 5K Run when I used to dress up as Suzy Snowflake and other goofy costumes for about 10 years straight; AshleyCan races for the shirts and food (who by the way are our new race directors for Friendship 5K); Will County Forest 5K for the cross country style course and food/and giveaways; the KVPD Saint Pats 5K Beer Run because it's just plain fun; and the runs in Watseka that Dave Hinderliter directed, for the awards. Most of these races are only,



Suzy Snowflake at Jingle

Continued on page 10

Gerber, continued



Dressed as a candy cane, Dan Gerber runs the 20th annual Jingle Bell Run Sunday at Shagbire Developmental Center.

Candy Cane at Jingle Bell Run

now, memories, unfortunately. Sprint triathlons are fun too! I would like to do a John Hancock stair run, or do a Hash House Harriers running event someday.

Grew up on a farm near Martinton, in Iroquois County. There wasn't much to do on the farm but work and stay out of trouble! I have been married to Diane for 21 years and although she doesn't run, she takes a lot of the pictures of running events you see me post on the running club Facebook site. I have 5 step grandchildren and the 3 oldest boys used to run 5Ks too until they met their goal of beating "Papa"

It may sound crazy, but my all time favorite place to run is on top of the water, and no, I am not trying to say I am like Jesus! I was in the Navy for 4 years on an aircraft carrier. When we were out at sea, in between flight ops, Captain March (who was a runner himself) would open up the flight deck for jogging! It was about a half mile around the circumference of the deck to give you an idea. Nothing else ever came close to the experience of running amongst chocked and chained F-14 Tomcats, FA-18 Hornets, A-6 Intruders, A-7s, etc., 60 feet above the Atlantic Ocean, with nothing but you and the smell of the sea!



KVPD Saint Pats Beer Run at KCC



KRRC freezin for a reezin at the Manteno Polar Plunge for Special Olympics

Lastly, some of my running related accomplishments with the running club that I hold dear, would have to be when: 1. I organized a running club polar plunge team for Special Olympics in Manteno, and about 10 club members jumped in the icy waters dressed in our club colors to raise \$ for Special Olympics. 2. Organizing a running team to run across

Kankakee County to honor Veterans in the National "Run For The Fallen Relay" which started in California, and ended at Arlington National Cemetery and consisted of mostly KRRC. 3. Being one of the race directors for Manteno Springfest every April in Manteno to promote physical fitness and our military, and 4. Organizing the Military Warriors Vets Day Run, where Veterans dressed in battle gear and carrying flags and escorted by Manteno police and military vehicles, run to students and faculty waiting outside at the 3 Manteno schools; then downtown to promote Veterans Day and instill pride in our country. Had 3 running club Veterans this year participate – Warren Monk, Jen Ingram, and myself. I retired a couple years ago from Ford/Chicago Stamping Plant in Chicago Heights after 29 years, and besides running, I am a member of the Manteno American Legion for 28 years, the UAW Veterans Com-



The Military Warriors arrive at the Manteno Grade School for Veterans Day

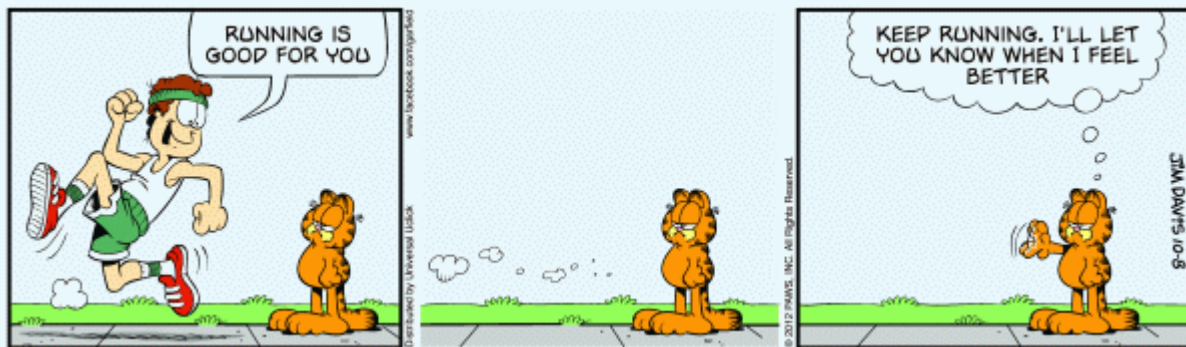
Gerber, continued

Anyway, that is just a little bit about myself...ha ha! I hope to get to know each and every one in my running club family even better, and look forward to running with you for many more years to come!

Happy running! – Dan Gerber



Funny Runs...



Why do men run faster than woman?
“Thank goodness” for male/ female race divisions!!
By Darcy Welsh

Many couples train for races together, yet it seems the women cannot match the pace of their male counterparts no matter what they do to improve. The men are just faster. Why?

Besides the obvious, it's more than how we are built and has much to do with differences in the cardiovascular system, hormones, body fat, and metabolism. A little research let me to an article written by Alina Kennedy.

Alina Kennedy is the founder and lead Physiotherapist behind “The Runners Physio”. Below are many facts she related to the why men run faster.

We know our muscles need a good oxygen supply to perform. If that supply is limited or reduced so is our performance. This is why we sometimes get obsessed by our VO2max. According to Alina Kennedy,

“The reasons why men have a higher VO2max is:

- (1) men have larger hearts that can pump more blood with each beat
- (2) men have a higher concentration of hemoglobin (the oxygen carrying blood cells)
- (3) men (on average) have more lean muscle and less body fat which is optimal from transporting and absorbing oxygen.”

Well ladies that's going to be hard to overcome. Strike 1!

Viva la difference! Body fat and hormones, it's how we are made and we love the difference. Body fat, let's face it woman naturally have more, it's what gives us curves on top and bottom. But.....another factor that determines your VO2max is your body fat percentage and proportion of lean muscle. Starting at puberty men gain more lean muscle and woman more body fat. This extra body fat slows down oxygen absorption during long distance running and means that women are at a disadvantage. Oh and the hormones, all joking aside. For women the amount of estrogen fluctuates daily. This is the source of many jokes, but for men, hormones stay pretty consistent all the time.

Not fair at all. Strike 2!

Last let's think about metabolism and glucose. To quote Alina Kennedy again, “men tend to have more glucose stored in their muscles, and tend to rely on glucose more for energy production, they can make more fuel more quickly for their muscles to use when running. Women have less glucose stored and ready for use, and we prefer to use fat, the process for providing energy to our muscles is slower. This means men get more fuel, quicker than females.”

Oh Oh, Strike 3! We are not going to win this one.

So ladies don't beat yourself up that you can't match the training and speed of your counterpart. Focus instead on improving your fitness and abilities. Guys, be supportive. Looking to run faster and longer? Meet up with the other guys. Running clubs seems to follow this pattern. Male and female members are supportive of any and all abilities.

Disclaimer: There are Kankakee members who are female and can be the exception. They are THE EXCEPTION!



ON DAN'S RUN

THE PASSING OF DAVE DYER

by Dan Gould
DANSRUN@AOL.COM

David C. Dyer, 74, of Haverhill, MA., and formerly of Kankakee, passed away Monday (Nov. 13, 2023), after two years of various health issues following brain surgery. Dave was a founding member and the first Secretary of the Kankakee River Running Club when it was formed in 1979.

Born in White Plains, N.Y., he attended the University of Illinois and earned a master's degree in history. He began working in journalism in 1974 and joined the Kankakee Daily Journal in 1976 where he was a sports' writer known for his column "Dyer Straits." In 1986 he moved to Haverhill, MA., where he joined the sports staff of The Eagle-Tribune and continued working there until health issues required him to retire in 2021.



A dedicated runner and fitness enthusiast, his passion for running meant the news of running community got lots of publicity. He obviously made his mark in Haverhill where headlines regarding his death in The Eagle-Tribune contained the phrases "A legend is lost" and "Wow....what a loss!"

I had the good fortune to get acquainted with Dave his last couple years in Kankakee. He did a piece on my Milwaukee Marathon in 1985 in which I qualified for Boston with 35 seconds to spare and another on my Boston Marathon in 1986.

We stayed in touch and, after running Boston in 1988, I took the train to Haverhill to have dinner with him and his wife, Deborah. The train ride was made memorable by the conductor who announced "Averill!" Averhill? If I hadn't known the last stop was Haverhill, I would have been lost.

As an accredited reporter for the Boston Marathon, Dave had been given a three ring binder with everything you could ever want to know about the Boston Marathon. He was also given a light blue windbreaker which, along with the binder of Boston history, he passed on to me. I love the windbreaker and still wear it.

I wouldn't see him again, but we stayed in touch, occasionally passing on news from our respective worlds. A couple years ago, he stopped responding to my emails and his obituary explains that.

Earlier this year he and Debbie celebrated their 50th wedding anniversary. He is survived by Debbie and four children.

Dave, thanks for the memories. You ran for your life, a life that made this a better world.