



The Paper Race

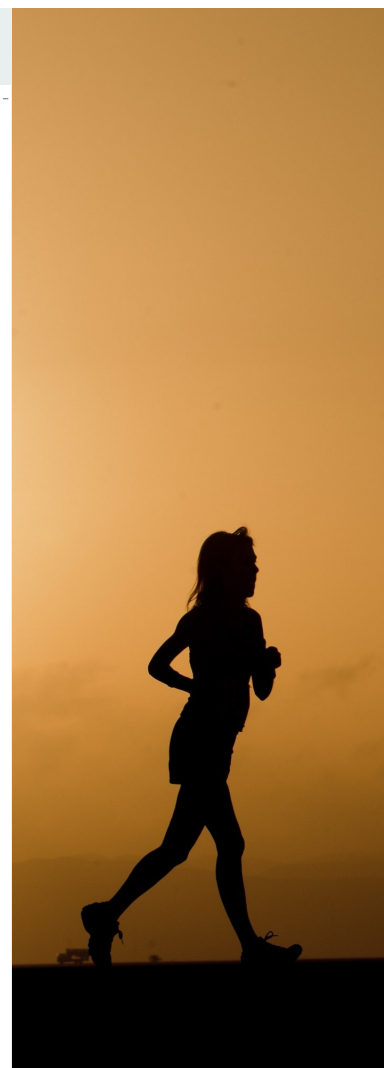
PRESIDENT’S CORNER

Khirstin Schneider, President

As we gear up for another exhilarating season of pounding the pavement and chasing those elusive personal bests, I'd like to invite you all to join in on something exciting. Our running club has always been more than just a collection of athletes – we're a tight-knit community bound together by a shared love of running, camaraderie, and the occasional post-race meal. As a fellow running enthusiast, I stand before you with a proposition that's sure to ignite your competitive spirit and test the limits of your endurance: the Classic Series.

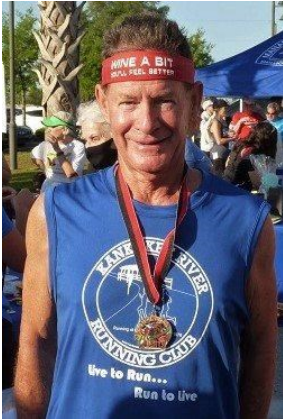
What is the Classic Series, you ask? It's our crown jewel, our piece de resistance, our chance to prove that we're not just weekend warriors – we're bona fide running legends. The rules are simple yet oh-so-rewarding: participate in four out of the five races in our series, and you'll earn yourself bragging rights, the admiration of your peers, and of course, the coveted prize that's sure to make all those miles worth it.

Now, I know what you're thinking – "But, what if I'm not the fastest runner? What if I'm more of a back-of-the-pack kind of gal/guy?" Fear not, my fellow pavement-pounders, for the Classic Series is not just about speed – it's about participation, perseverance, and the sheer joy of crossing the finish line, no matter how long it takes. So I implore you, dear members, lace up those sneakers, dust off those race bibs, and join us as we embark on this epic journey together. Whether you're a seasoned veteran or a rookie runner taking your first tentative steps, there's a place for you in the Classic Series – and in the hearts of your fellow club members. Together, we'll laugh, we'll sweat, and we'll create memories that will last a lifetime. The Classic Series awaits, so let's show the world what we're made of, one race at a time.



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ON DAN'S RUN

RUNNING SHORTS



By Dan Gould
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This past Christmas day was the second warmest on record with Chicago recording 57 degrees. I ran that morning with the temperature about 50 degrees which, in my younger days, was a no shirt needed temperature. The old runners' rule of thumb was to take the air temperature and add twenty degrees to get the "feels like" temperature after you've run a mile or two and "stoked the furnace." At my advanced age, I had visions of being mistaken for an escapee from the old folks' home and being scooped up by the men in the white jackets so I opted to wear a shirt.

I was reminded of the warmest Christmas day, 1982, when the temperature reached 64 degrees. That was my first Christmas as a runner and I had asked Santa to bring me a Gore-tex running suit which, of course, I didn't "play with" that day. I did enjoy that suit at a January 5-miler in Iowa a few years later when the temperature was ELEVEN BELOW and the wind chill was MINUS FIFTY-FIVE DEGREES. I also wore two pairs of gloves and a stocking hat over a ski mask. There were 200 of us in that race.



First annual Winterfest 5K - February 3, 1985 - 106 runners

February for Kankakee area runners has meant the Winterfest 5K since 1985. Begun as part of what was to be an annual winter festival in Kankakee, it was the only event to survive the festival's brief life. While February 1985 brought the snow and temperatures for winter events, February can also bring sunny 40's. This year should be the 40th annual Winterfest, but an unfortunate cancellation in 2021 makes it the 39th.

Winterfest '85 - Me & Frosty at MINUS 5 degrees

The first Winterfest 5K was sponsored by the Kankakee YMCA, BBCHS, and Riverside Hospital. The entry fee was \$6.00 and age groups were 15 and under, 16-25, 26-32, 33-39, 40-49, and 50 and up. Yes, really. There were 106 finishers in the minus five degree temperature that day. There would be as many as 300 in the years to come.

By about 1990, Riverside Hospital, the Kankakee Park District, and the Kankakee



Continued on page 3

Gould, Continued

River Running Club were the sponsors. Riverside said it would cover any losses up to \$500.00 and provided some cookies from its bakery, the Park District provided the Civic Auditorium for staging the race, and KRRC did the rest.

One of Ken Stark's creative designs - Winterfest '97

I think it was in 1990 that KRRC member Bill Linn directed the race. In the Fall of 1990, Bill, wife Linda, and I were sharing a pizza at Chicago Dough. Bill said he just didn't know where he was going to find the time to prepare for Winterfest '91. Linda and I said we would help and the three of us directed the race through 1999. It was a labor of love.



A Daily Journal cartoon by Ken Stark inspired by Winterfest weather 1989

Winterfest was a race for runners, not a charitable fundraiser, and the focus was on providing as many amenities as possible for the runners. One of those amenities was a quality, colorful shirt that, along with the date, place, and distance, had a creative design. Ken Stark was a runner, a gifted artist, and the illustrator and editorial cartoonist for The Daily Journal. His artwork provided the creative design.

The Bourbonnais Park District's Winter - Spring Guide brings the news of a new race, the Tax Trot 5K / 10K and 2 mile walk at the Perry Farm on April 13th. While the road racing community is usually happy to see a new race, BPD has scheduled it for the same day as the KRRC Springfest 5K in Manteno. Some race organizers consult the running community before scheduling a new race and, unfortunately, some don't. We have a new race, but we don't.

Finally, if you want colorful running shorts like those in the heading, Built on Athletics is the place to go. [BOA | Running Shorts & Clothing | Made in the USA](#)

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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

Happy Birthday!

- | | | | | | |
|------|-------------------|----|------|--------------------|----|
| 2/8 | Andé Wegner | 45 | 2/24 | Jack Littrell | 56 |
| 2/15 | Rick Dunbar | 63 | 2/26 | Marianne Suprenant | 67 |
| 2/18 | Charlie Grotevant | 82 | 2/28 | Jack Martin | 14 |
| 2/22 | Kaylen Cote | 20 | | | |
| 2/22 | Christina Walsh | 63 | | | |
| 2/22 | Calvin Sproul | 3 | | | |
| 2/22 | Kaylee Cote | 20 | | | |
| 2/22 | Lori Quigley | 58 | | | |



Funny Runs



“We won the race? I didn’t even know we were in it.”

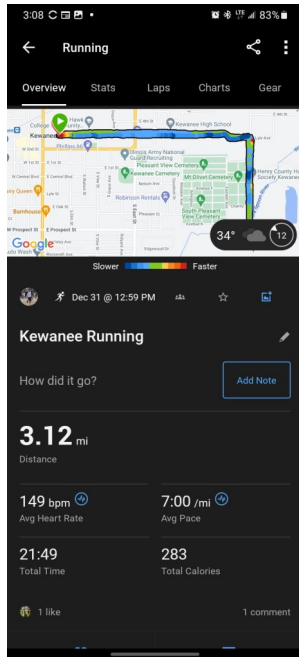
42nd Annual “Run Your Ice Off” Hardcore 5k Kewanee, IL. December 31, 2023 By Patrick Koerner

I was leaving Kankakee Community College after the “Jingle Bell Run” telling some friends that it was nine weeks until “Winterfest” and that I wasn’t going to race or even train hard during that period. Well, the not-going-to-train-hard period lasted two weeks and the not-going-to-race period lasted four weeks. I hadn’t raced in Kewanee since New Year’s Eve day 2011. I remember leaving the race that year having been very disappointed with my time and that I left empty handed. Plus it felt just too far to travel and the wrong time of the year. Being that close to the Quad Cities, home of the Corn Belt Running Club, the competition is always tough over there and the chance placing is iffy at best.



Official Race Sweatshirt

After running into John Grice at a race in November, he talked me into giving Kewanee another go. I awoke early



Race Course

on race day morning and turned on WGN. The weatherman did his best to convince me not to go, but since it was a 1PM start time I decided that I had plenty of time even if the roads were bad. I left home a little past 9AM and arrived 2 hours and 20 minutes later, so I was a tad bit early. Once I got checked in I soon found some of my running/racing friends, so I wasn’t going to be alone on this endeavor. The course was an out and back with several rolling hills. Coming back we would be heading into a strong head wind, with more uphill than downhill. Knowing the course and the weather conditions I decided to go out hard. I hit the mile mark in 6:40, I’m usually closer to 7-minutes flat. I felt great so I told myself why not just go for it. Mile 2 was the most rolling on the course with a couple of short, but steep hills. My time at the 2 mile mark was 11:40 (6:50) pace. I realized at this point that I was on track to run my fastest 5k of the year. Then reality set in. Mile 3 was mostly uphill and into the wind, plus it had started to snow fairly hard. Good Times! Despite still feeling strong and giving an all out effort, my split

slowed to 7:26 and I ended up running 21:49 (7:02) pace.

I placed 16th out of 268 overall and I was first out of 19 in the 60-64 age group. I hadn’t won my age group here since 2001 when I actually placed first overall in the entire race. They gave out very nice plaques for the awards, something you don’t see very often anymore. My friends were successful as well as we all either placed first or second in our age groups. After the race we had a full meal of chili and barbecue sandwiches. Considering the nice sweatshirt that we received just for entering, I would consider this race a bargain as the entry fee was only \$30.00. Some people (my wife) would argue that driving 140 minutes one way just to race for 22 minutes doesn’t make much sense. I tend to agree, but then again, most things that I do when it comes to running are questionable.

Lap	Time	Distance mi	Avg Pace min/mi
1	6:40.1	1.00	6:40
2	7:00.0	1.00	7:00
3	7:26.6	1.00	7:27
4	0:45.0	0.12	6:23
Total	21:49.0	3.12	7:00

Pat's Race Splits



(Left to right) Kimberly - 2nd in age group, Charlene 1st in age group, Patrick - 1st in age group, Carol - 2nd in age

Running Reads...



Need something to read during recovery time? Hesitant to run because you aren't "build like a runner?" Check this book out! Thanks to Amazon for the review.

A practical guide and a celebration of running for runners of all sizes and athletic ability, from the founder of the Slow AF Run Club.

Ten years ago, Martinus Evans got some stern advice from his doctor: "Lose weight or die." First defensive, but then defiant, Evans vowed that day to run a marathon, though his doctor thought he was crazy. Since then, Evans has run eight marathons and hundreds of other distances in his 300-something pound body, created his own devoted running community, and has been featured on the cover of *Runner's World*.

This book is a blueprint for those who may not fit the image of a "traditional" runner—that is, someone who is larger in size, less athletic, out of shape, or dealing with any kind of health issue that slows them down—to feel empowered to lace up their shoes and embrace the body they have right now.

As Evans says, the incredible benefits of running—better sleep, strong muscles and bones, better cardiovascular and mental health, and a sense of community—can and should be available to all of us. This practical handbook contains specialized advice to make getting started less intimidating, covering everything from gear and nutrition to training schedules, recovery tips, races (it's okay to come in DFL! [i.e., dead f*cking last]), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), The Slow AF Run Club is for anyone who wants to pick up running for the sheer joy of it.



Have you read a good running book lately? Let me know about it and I will share it with other running club members! Send book titles to K.Dannenhauer@yahoo.com.

Kankakee River Running Club Classic Series 2024

Kankakee River Running Club will put on five races in 2024.

There are two possible levels of achievement:

Tier 1 – Complete all five races.

Tier 2 – Complete any four of the five races.

The series is open and free to enter for all dues-paying club members. There is no entry fee for the series, other than entry fees for the races, nor any paperwork needed to enter. All you need to do is be a club member. No need to report your results, we do that for you. At the end of the year, when the results are tallied up, those who did Tier 2 (any four of the five races) will receive an award not yet determined. Those who did Tier 1 (all five races) will receive the Tier 2 award plus an additional award not yet determined. Not currently a club member? Go to <https://kankakeeriverrunningclub.com/krrc/membership.html> to join.

The five club races are:

Winterfest 5K Run/1.6 Mile Walk Saturday, 2/3/24 1:00 pm

Springfest 5K Run/1.5 Mile Walk Saturday, 4/13/24 9:00 am

Bourbonnais Friendship Festival 5K Run/1.5 Mile Walk Saturday, 6/29/24 7:30 am

Herscher's Hare & Tortoise 5K Run/2 Mile Walk Sunday, 9/1/2024 5:30 pm

River Rat Races 5K/10K/10 Mile Sunday, 11/10/2024 8:00 am



5K Run/1.6 Mile Walk



5K Run/1.5 Mile Walk



5K Run/1.5 Mile Walk



5K Run/2 Mile Walk



5K Walk, 5K, 10K, 10 Mile Runs

Springfest 5K Run/1.5 Mile Fitness Walk

Saturday, April 13, 2024 at 9:00 AM
Manteno American Legion, Manteno, IL



The race will be run partly on city streets and partly on a paved bike trail. The course will be well-marked and there will be volunteers at every turn. It will start and finish near the Manteno American Legion, 117 N Walnut St, Manteno, IL. Restrooms will be available at the Legion. There is some street parking near the Legion and parking lots one block to the east on Main Street.



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

Post-race, you are welcome to enjoy the Legion's outdoor Hangar, where the awards

ceremony will take place.

The starting area will be on the left side of Walnut at 2nd St. Participants will stay on the left side of the street, facing traffic, and remain on the left side throughout the course. Participants need to wear their bib numbers on the front and have them visible when entering the start area and when coming to the finish line.

Bottled water and pre-wrapped snacks such as granola bars will be available at the finish.

All participants will receive a finisher's award. There will also be Overall and Age Group awards. Also available, for an extra \$10 is a T-shirt with the race logo and info imprinted on it. You must be registered by no later than noon on April 1st to order a T-shirt. Part of the proceeds of the race will be donated to Manteno American Legion.

Springfest is the second race of Kankakee River Running Club's Classic Series. Club members completing either all five races or any four of the races will receive special awards. For more information on The Classic Series go to <https://www.kankakeeriverrunningclub.com/classic-series>

You may register online at www.racerpal.com/races/springfest. If you want the T-shirt, you must be registered by noon on April 1st. Race day registration will be available.

Name _____	Pre-Registration With T-shirt	\$30 _____
Shirt Size (If ordering) S__ M__ L__ XL__ 2XL__ 3XL__	2XL and larger, add \$2	_____
Address _____	Pre-Registration NO T-Shirt	\$20 _____
City _____ State _____ Zip _____	KRRC or PSRR Member or	
	under 18 years old	Deduct \$2 _____
Birthdate ____/____/____ Age as of 4/13/2024 _____	Amount Enclosed	_____
Gender: M _____ F _____ Event: 5K Run _____ 2 M Walk _____		

Email address _____

Waiver of Liability

In consideration of acceptance of 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 Springfest 5K, the Village of Manteno, the County of Kankakee, the Manteno Village Police, Manteno Fire Department, Manteno American Legion, Kankakee River Running Club, the Race Directors, and any and all sponsors. Furthermore, 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** ____/____/____

This form is available online at krrclub.x10host.com/races/Springfest-2023-Flyer.pdf

You may mail it to : KRRC, 202 Tiverton Rd, Kankakee, IL 60901