



The Paper Race

PRESIDENT’S CORNER

Khirstin Schneider, President

Pi Day Run

Dear Fellow Runners,

As we embrace the new season and the joy of getting outdoors to hit the pavement together, I am thrilled to extend a warm invitation to each and every one of you for our upcoming Pi Day run on March 14th.

Pi Day holds a special significance for us as runners, not only because of its mathematical roots but also because it gives us a unique opportunity to come together as a community and celebrate our love for running in a fun and lighthearted way.

We’re keeping things simple yet spirited with our no-frills Pi Day run. It’s all about the joy of running, the camaraderie of our fellow club members, and of course, a health dose of Pi (e)-inspired fun!

Details for the Pi Day Run:

DATE: March 14th

TIME: 5:30pm

LOCATION: Cavalier de LaSalle Park, Bourbonnais

DISTANCE: 3.14 mile run/1.57 mile walk

POST-RUN SNACK: Pie of course!

COST: Free

Whether you’re a seasoned marathoner or just starting your running journey, this event is for you. There’s no pressure to race – simply lace up your shoes, join us at the starting line, and let’s celebrate Pi Day together in style!

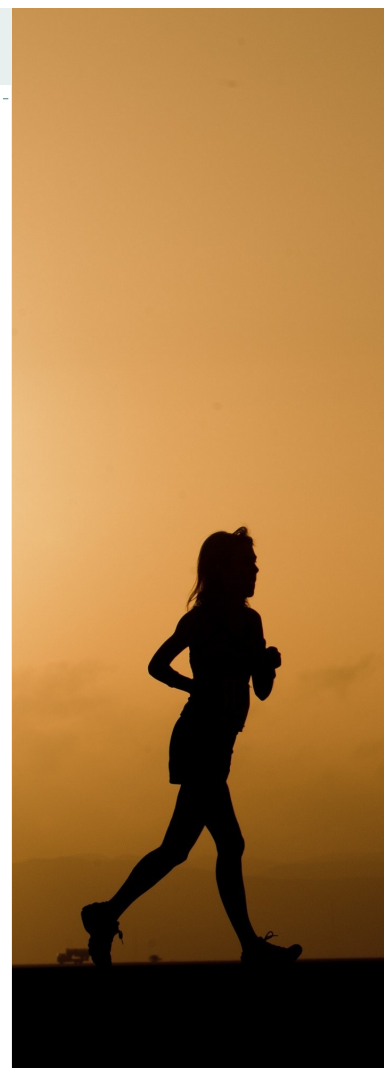
So, mark your calendars, spread the word, and get ready to make some Pi Day memories with your fellow runners. I can’t wait to see you all there, ready to run, laugh, and indulge in some Pi(e) afterwards!

Happy running,

Khirstin Schneider

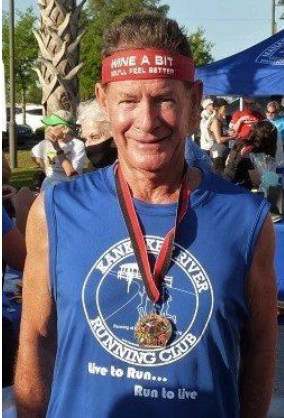
President, KRRRC

[If you haven't already done so, please let us know if you will be coming to the Pi Day Run so we can plan for an adequate number of pies. You can notify us by email to krrclub@gmail.com or by going to the facebook event page at <https://www.facebook.com/events/363423863158904>]



INSIDE THIS ISSUE

- President’s Corner 1
- On Dan’s Run 2
- Funny Runs.....4
- Happy Birthday 4
- Melissa Lux.....5
- The Dreaded “I”6
- Letter8
- Running Reads.....9
- SpringFest.....9



ON DAN'S RUN

MEMBER PROFILE

CHARLIE GROTEVANT

by Dan Gould
DANSRUN@AOL.COM

Charlie Grotevant, 82, is the oldest active member of the Kankakee River Running Club. He has been a club member and runner for almost 40 years. Like many of us, he began running in middle age - 41 for Charlie - to deal with a health issue. Charlie, a grain farmer in southwestern Kankakee County, suffered from ulcerative colitis, an inflammatory bowel disease that, at times, was disabling.



Pat Koerner, Joyce & Charlie at Dwight 2019

Charlie began running in the summer of 1983 hoping that better fitness would reduce or eliminate the increasing frequency and severity of the disease. He was encouraged by good friends and farming neighbors Leon and Shirley Malone who were active runners. Leon, by the way, is the oldest KRRC member at age 93.

From barely able to run a quarter mile, Charlie gradually increased his distance to 6 miles by the end of August and entered the Herscher Hare & Tortoise 10K. His goal was to be under an hour and he ran 50 minutes. He was hospitalized two weeks later in order for his body strength to be built up as much as possible prior to a November surgery in which a total colectomy ileostomy was performed. In short, his large intestine was removed and the end of the small intestine was connected to an opening in the abdominal wall which diverts faeces into a bag attached to the opening.

With the encouragement of his surgeon and nurse for active exercise after recovery, he resumed running in the Spring of 1984 and ran two races. In 1985, he ran four, and, in 1986, with further encouragement from Leon and Shirley, he joined the KRRC and the Vermilion Valley Striders in 1986. He had no idea of the fun, fellowship, fitness and life-long friendships that awaited him in this running life.

On February 17th, one day before his 82nd birthday, Charlie ran the Run for the Donut 5K in Sarasota, Florida, his **1,217th** race, in a time of 37:08, good for second in 80-84. Yes, one thousand, two hundred and seventeen. That includes 16 marathons, six of which were in Boston. His 3:12 Boston Marathon in 1991 stood as the fastest known time for someone with a total colectomy ileostomy for 20 years. I shared the starting

Continued on page 3

Gould, Continued

line with him for a couple of those Bostons. He has walked and run over 55,000 miles.

Charlie began serious cross training on a bicycle in 2000 and has ridden in the neighborhood of 45,000 miles. His bicycling led to his participation in the Get Your Guts in Gear three day rides in the states of Washington, New York, Illinois and Wisconsin. These were fundraisers for Crohn's and Colitis Foundation, United Ostomy Associations of America, and the Colon Cancer Alliance. He had a leading role in these events because he was on the board of UOAA. Charlie was also in a leading role for sixteen years of the Illinois Agriculture in the Classroom three day bike rides from 2000-2015.

Charlie & Joyce on the Natchez Trace 2009



I joined Charlie in August of 2009 for 283 miles of biking on the Natchez Trace Parkway, starting a little north of Tupelo and finishing in Natchez, another three day bike ride, but this was for "fun," not fundraising. It was just the two of us with Joyce as support crew. Charlie would later return to our starting point and ride the remaining 161 miles of the Trace by himself.

Charlie has not arrived at age 82 unscathed. His ostomy created hydration issues. His running gave him plantar fasciitis requiring him to wear orthotics for almost 20 years. He "ripped" an ankle on a hidden tree root on a trail run. Farming is fraught with the potential for injury. Working alone in a grain bin on a cold winter night with an auger, it grabbed a pant's cuff, turned him upside down, and tried to separate him from the family jewels. Charlie hung on long enough to trip a circuit breaker and save them, but he did make a trip to the ER.

Then there are the ills of aging. Charlie developed atrial fibrillation a dozen years ago and, more recently, had a couple stents. He has had COVID twice. Four days a week he is testing his back as he loads and unloads foodstuffs for the food pantry when home in Pontiac.

Charlie is the complete runner. By that I mean he knows volunteers are at the heart of a successful race or running club. In 2000, Charlie, wife Joyce, and Ken Klipp began a six year stint as race directors of the Winterfest 5K. In 2006, Charlie, Joyce, and Larry Lane began a six year stint as directors of the Herscher Hare & Tortoise 5K.

Joyce has been part of Charlie's running life every step of the way, just as she has been part of his life since they first looked at each other across a church aisle at age 4. Rumor has it that he said "Someday I'm going marry that girl!" On April 29, 1962, two years after they graduated from high school, he did marry that girl at the Odell Methodist Church. They have three children.

Continued on page 4

Gould, continued

Joyce had a brief running career. After picking up a beautiful trophy at the Kankakee YMCA 5K one year, she retired her running shoes. It is a rare race that Joyce is not with Charlie and, on many occasions over the years, she has been a volunteer working registration, finish line, or water stop.

When I retired and began wintering in Bradenton, Florida, in 2000, Charlie and Joyce came to visit, liked what they saw, and have wintered in Bradenton since they retired from the farm a dozen years ago. This year they are ten minutes away and we have a standing date for dinner and cards on Wednesdays. It is one of those life-long friendships we have found in this running world.

Run for your life!

Funny Runs...



Happy Birthday!



- | | |
|-------------------------------|--------------------------|
| 3/1 Darcy Welsh 72 | 3/19 David Aardsma 37 |
| 3/4 Humberto Macias-DeLeon 38 | 3/21 Javier Martinez 57 |
| 3/4 Rod Kahl 59 | 3/25 Wesley Sproul 31 |
| 3/4 Ken Goodwin 65 | 3/25 Carol Vallone 61 |
| 3/6 Stephanie Piacenti 52 | 3/25 Ken Klipp 75 |
| 3/7 Nicole Cartier 49 | 3/26 Rachel Simington 41 |
| 3/9 Josiah Patton 5 | 3/26 Debra Walters 68 |
| 3/12 Rowan Jacobson 8 | 3/27 Pat Koerner 62 |
| 3/15 Linda Hodges 80 | |
| 3/16 Mark Walsh 69 | |
| 3/18 Nole Jacobson 11 | |

**KANKAKEE RIVER RUNNING
CLUB BOARD**

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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/2024_Race_Calendar.html

The KRRC would like to thank Patrick Koerner for his years of service to the club as a member of the board. I'm hoping we'll get to read many more race reports from him in the future! We also would like to welcome Melissa Lux as our new trustee!

I'm Melissa Lux, the newest member of the KRRC board, and looking forward to being a part of this team.

I've been a runner for most of my life, but the real passion has really come about in the past few years. Started off as a sprinter in middle school (hurdles to be specific), then joined cross country sophomore year of high school to stay in shape for track... and ended up enjoying cross country so much more.

Mainly ran 5Ks on and off for the next 20 years, and then ran my first half marathon along the Chicago lakefront in 2018. I wore terrible shoes and my ankles hurt for 2 weeks after, but I was hooked. Fast forward to 2024 and I've run countless 5Ks and half marathons, and now have 4 full marathons under my belt. The entire process from the training buildup to crossing that finish line is such an awesome feeling, and a big reason for that is the AMAZING RUNNING COMMUNITY.

Whether you are attempting to walk your first 5K or tackle 100 miles, we are all in this together. I can't wait to see what the KRRC has in store for all of us!



The Dreaded "I" Word

By Alan Toronjo

Greetings again from your Club Vice President and inactive (for now) runner! If any of you participated in February's Winterfest Race, that was me assisting in timing at the finisher's chute right outside of the Kankakee Civic Auditorium. I figured I was a shoo-in for clicking a controller provided by our timer/treasurer extraordinaire Dave Bohlke as I grew up owning a Nintendo Entertainment System and all of its successors. Which brings us back as to why I was part of the volunteer crew when I'm usually among the friendly movement combatants actively engaging in the race. Did anyone notice that I wrote "inactive" in that opening sentence? I also posted on our Facebook group that I would be "out" for two months due to a hamstring injury

Yes, I used the "i" word. It's a cringe-inducing four-letter word in the running community even though it's actually (i n j) six letters long. I wrote a very quick response in that same post on the circumstances that led up to the diagnosis. I figured that as a running group, just as in life, we struggle through hardships and embrace the accomplishments. So I decided to share in more detail what the injury felt like, what I did that probably made it worse, and what I'm currently doing for a subsequent comeback. Please note: I am not a healthcare professional and can only speak about my condition, so I implore you to visit your doctor/specialist if you find yourself with a nagging injury.

I don't think I mentioned back in the Member Profile of the November 2023 Newsletter that along with my main wastewater lab job I happily began assistant coaching the Kankakee High School Cross Country team last year. I know I've heard Head Coach Rich Olmstead comment, and I wholeheartedly agree, that we get just as much, if not more, from the CC program than the student athletes. They are inspirational, hard-working, and dedicated, especially when the demanding, blink-and-you'll-miss it late August to October season puts them in multiple races within an individual week. That inspiration led me to incorporate more speed-work into my training to mirror their workouts.

When I make my infrequent use of our treadmill, my go-to speed workout is boosting the mph up for a certain length of time much like a track tempo workout. It was the middle of January (checked Strava for the exact date of the 17th) when I took part in one of these workouts. I began with a nice easy pace 5-minute warm-up and then eased the speed up to 7 mph (slightly over an 8:30 minute mile) for a continuous 15 minutes. I was feeling energetic, so I then proceeded to bump the speed to 7.5 (8 min mile) for an additional 5 minutes. I then ended with 5 minutes split between 6.6 mph and 6 mph. Overall, the speed session felt good, although I did notice that I had some soreness, especially with my left hamstring. The good/bad aspect of using a treadmill is that there is no deviation in speed; like clockwork that motor will turn that belt according to the button your finger sought out. Much of my speed work up until this point had been done outside performing "strides," short bursts of speed for a short distance (I was doing 0.1 to 0.15 miles) with a recovery jog of about the same distance. My latter strides typically would be a bit slower than those at the beginning. There is no "slower" on a treadmill when the speed is set as the minutes tick by. Back to the sore feeling I had after this particular workout.... usually when I feel "sore," I can expect the feeling to incrementally get better. My first mistake: the feeling I had felt the same the next day when I was scheduled for a 35-minute run. At this time, I was also in the throes of 50K training for an April race. Now this 35-minute run was also after we had our multi-inch January snowfall coupled with bitter cold. So naturally I went outside to complete this planned run, but after 15 minutes, my left hamstring was not having it and started sending signals that were a bit more than feeling "sore" and now could be described as slightly painful cramping. I finished walking back home.

Toronjo, continued

Adjusting my gait slightly while performing that outdoor run due to the snowy and icy road-side, I began the accumulation of "no-no's" that are among the top reasons for injury in athletes: running/moving with an adjusted and inefficient posture that my body was not accustomed to; overusing my body without adequate rest or recovery; and trying to train through early stages of pain. One would naturally think that having to end the 35-minute workout early would mean that I would take time off for some needed R&R. Not so - I gave it ONE day and was doing incline treadmill walking on January 20 and 21. I still had the feeling of soreness/cramping but still continued training, although at a slow pace and for short distances. I'd say I had a major case of being stubborn, not listening (yes, Amelia and the kids were begging me to rest), and feeling my age was about 20 years younger than what a birthday audit would show. Then February arrived and I went outside with a plan on just an easy one mile when disaster struck. Luckily, I was only about one-tenth of a mile away when I propelled off my left foot and at the same time felt a "pop" within the thigh on the same side. The limping walk of humility brought me back home, but not as quickly as I had left. I had overworked that muscle into a tear. Did I now take time off and seek medical advice? I did do the former.... but for not as long as I should have. And because the end of that week and the following seven days had my condition feeling much better (I was also doing easy rehabilitation exercises such as hip bridges and one-leg balancing), I decided to partake in a game of racquetball thinking that it would be relatively low-impact and assist in further recovery.

My competitive nature took over as I was playing against Alec (our oldest) who can now easily beat me at racquet as well as paddle (pickleball) sports. I rushed up for the hollow rubber ball and again experienced a sharp twinge of pain (didn't feel as bad as the earlier pop). I had to acknowledge to myself that this injury needed sufficient mending time for a return to my cherished activity. I had an uncomfortable limp now where before I could move at a slow walk (after the Feb 1 Incident). I had to sit down slowly now as I had irritation where the back of my left thigh would lie against a chair. I didn't have full flexibility as I now had swelling that the inflammatory response brought to the affected area. I received my official diagnosis from an orthopedic specialist a few days after the racquetball mishap. The multiple X-rays did not show any bone breaks. It is amazing to discover that the femur can withstand a load of 30 times one's body weight. An examination found that my knee and lower leg were solid, but the tenderness and bruising near the "belly" of the hamstring meant that I most likely had a grade 2 tear. The "belly" or the middle, thick area of the hamstring is one of the most common places for a tear to occur. Also, the bruising was right above the back of my knee and more to the outside of the thigh and is not indicative of where the tear took place. Gravity pools the blood down from the trauma and only points to the severity of the injury.

Two months of no running, no racquet sports, and essentially any activity that would put any loading or excessive force on the hamstring was the official recommendation. I am firmly adhering to these orthopedic orders. My first week I was only doing normal walking that is a part of my day-to-day work and home activities. I did take a few anti-inflammatories (also a recommendation) to assist in swelling and tenderness. The second week I was increasing some walking with dog excursions and lunch break outings. I also started again with extremely light strengthening activities such as leg curls and am easing into squat work. I'll work my way into single-leg bridges and begin light cardio with a stationary bike with little to no resistance. A few days before this writing I completed a little over a 2-mile walk on some moderately challenging terrain at the forest preserve off of Heiland Road. As this newsletter comes out in the first few days of March, I'll be 3 weeks into my 2 month hiatus.

Continued on page 8

Toronjo, continued

The countdown will continue. My swelling is now almost non-existent. I feel better than what I did just before I played that ominous racquetball game. I will be continuing my rehabilitation exercises and working on increasing weight and repetitions for hamstring strength. I will be more tuned in to what my body is telling me and focusing on recovery, especially after demanding and intensive sessions. Likewise, I realize that there will be a "back-to-basics" approach when I'm able to lace back up for running. It won't be quite the same as starting from square one, but I realize it will be some period of time before I'll be able to head out for a few hours of double digit mileage. One of the great things about my job is that I've got a full view of the path behind the wastewater plant (soon to be featured in the upcoming Pi Day Race!) where I can see all of the daily dog-walkers, runners, and movers as they make their way either toward Perry Farm or Helgeson Park. I know that I'll be out there joining you soon!

Letters...we get letters...

We received this letter from member Dianne Strufe and wanted to share it here. We have members from all over! Thanks for the kind words, Dianne!

Dear KRRC:

Sorry I'm late with my payment. I love receiving the newsletter and seeing how former friends and runners are doing. I love "Dan's Run" with Dan Gould. Dan attended many State's Attorney picnics in my home in Dwight (Kankakee County.) I still write to Shirley and Leon Malone. Shirley and I ran a Chicago Marathon together. I ended up running two.

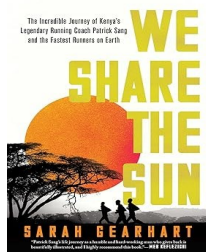
I ran for 15 years with KRRC. I had an auto accident that ended my running career but I can still enjoy reading of others. Keep up the good work.

Dianne K. Strufe

Mattoon, Illinois

Running Reads...

Thanks to Amazon for the review...



An enlightening biography and gripping sports narrative that takes us behind the scenes into the lives of some of the world's most elite runners in Kenya and their coach, Patrick Sang.

"I highly recommend this book." —Meb Keflezighi

At a secluded training camp in Kaptagat, Kenya, a small town nearly 8,000 feet above sea level in the Great Rift Valley, three-dozen world-class runners, including Olympic champions, world record holders and the fastest marathoner of all-time, share simple dormitory-style rooms and endure grueling workouts six days a week.

These determined, devoted, and selfless runners are who they are because of a man named Patrick Sang. One of the greatest—and least-heralded coaches in the sport—Sang is described by his athletes as a “life coach.”

In **We Share the Sun**, Sarah Gearhart takes us inside this high-octane world of elites of which few are even aware of and even fewer have ever seen. We are immersed in Sang's remarkable story, from his college days in the US to winning an Olympic medal in the steeplechase, and his journey to become a man who redefines what coaching means. There is no singular secret to athletic success, but, as readers will learn, Sang's holistic philosophy is like no other approach in the world. It is rooted in developing athletes who can navigate the pressures of elite competition—and life itself.

In these pages, we explore Sang's influence on his athletes — including his unique and longstanding relationship with marathon world record holder Eliud Kipchoge — as they prepared for the delayed Tokyo Olympics and other competitions. We witness the remarkable recovery of two-time New York City Marathon champion Geoffrey Kamworor after a freak accident as he strove to earn his first Olympic medal. And we follow one of the world's most dominant mid-distance runners, Faith Kipyegon, as she attempted a historic repeat title in the 1,500 meters three years after the birth of her first child.

We Share the Sun brings forth the remarkable lives and stories of East African runners, whose stories are seldom shared. Through Gearhart's vivid prose, we experience the richness that exists in Kenya as we come as close as we possibly can to running alongside a current and future generation of elites—and the man who molds them into champions.



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