



# The Paper Race

## PRESIDENT’S CORNER

Dear KRRC Members,

As the spring season starts, it’s time to lace up those running shoes, hit the trails, and embark on a journey of fitness, camaraderie, and philanthropy. We are thrilled to invite you all to participate in our Spring Challenge on Strava!

### What is the Spring Challenge?

Our Spring Challenge is not just about logging miles; it’s about coming together as a community to make a difference. Here’s what you need to know:

**Dates:** The challenge will commence on 4/1/24 and continue until 4/30/24. You have all month to join but will need to join before the end of week one if you want to log miles all month long.

**Objective:** We aim to raise funds for our local schools while fostering a sense of unity and healthy competition among our running club members.

### How Does it Work?

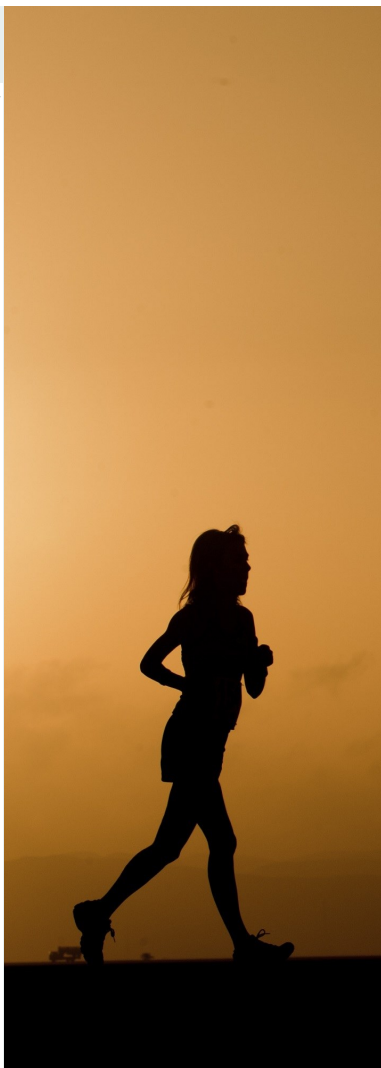
**Join our Strava Group:** If you haven’t already, download Strava on your phone and join our dedicated Strava group by searching Kankakee River Running Club in the groups section of Strava. This is where all the magic will happen!

**Log Your Miles:** For every mile you run or walk during the challenge period on Strava, our running club will donate \$0.25 to area schools. This can be done by either tracking with the Strava app or uploading your workouts to Strava from whatever tracking device you utilize. You can also enter your miles in Strava manually if you're not using a tracking device.

**Team Division:** To spice things up, we’ll divide our Strava group into two teams based on age groups. This will add an extra element of friendly competition and motivation to push yourself! The division will happen within the first week to give people time to join.

**Spread the Word:** Encourage fellow members to join the challenge and get involved. The more, the merrier – and the more impact we can make together!

Continued on page 2



### INSIDE THIS ISSUE

- President’s Corner ..... 1
- Happy Birthday ..... 2
- Irish Parade 5k.....3
- Cupid’s Chase 5k.....4
- Head For the Cure 5k .....5

**Why Participate:**

**Fitness Goals:** Challenge yourself to reach new running /walking milestones and stay active as the weather warms up.

**Community Spirit:** Connect with fellow club members, share your progress, and cheer each other on.

**Philanthropy:** Every mile you run or walk will directly contribute to supporting area schools. It's exercise with a purpose!

**Let's Make Every Mile Count!**

Whether you're a seasoned marathoner or just starting your running journey, this challenge is for you. Every step you take will not only benefit your health but also make a meaningful difference in the lives of students in our area.

Get ready to hit the pavement, set your Strava to record, and let's run for a cause!

Warm regards,

Khirastin Schneider  
KRRC President

# Happy Birthday!

- |                              |                         |
|------------------------------|-------------------------|
| 4/4 Rick Lagacy 50           | 4/20 Dave Bohlke 78     |
| 4/4 Diana Sorich 54          | 4/24 Julie Nalley 55    |
| 4/4 Larry Burton 64          | 4/29 Kathleen Jensen 70 |
| 4/6 Alison Maddux 42         | 4/30 Mark Dufrain 55    |
| 4/10 Diane DesMarteau 69     |                         |
| 4/12 Veronica Featherston 33 |                         |
| 4/19 Rob Ravens 61           |                         |



# Irish Parade 5k

## By Patrick Koerner

At the conclusion of the “Frosty Five Miler” this past February, I was talking to local running icon, Cody McCullough. I mentioned that with an Irish surname like his, it was mandatory to participate in the “Irish Parade 5k” that was going to be held in Manhattan, Il. on Saturday, March 2nd. He



Pat Koerner at the finish line, 1st in Age Group

responded that he had never ran that race before. After I explained to him how the race leads off the parade and that there would be thousands of people lining the streets for most of the first mile of the race cheering us on, he responded that this sounded like a race that he would like to try.

This year’s race had just under 400 finishers and Cody was able to finish first with a spectacular time of 16:29 (5:19) pace. After the race the awards were held in conjunction with a huge post-race/ parade party held under a massive tent downtown Manhattan. There was plenty of food and beer along with some special entertainment featuring the “Bagpipes and Drums of the Emerald Society” along with the “Sullivan School of Irish Dance” among others. Several other KRRC members also placed in their individual age groups. Paul and Marianne Surprenant, Jason O’Connor, and myself just to name a few.

This race checks all the boxes. Namely, a reasonable entry fee, accurate and well marked course, nice shirt and awards, and a quality finish line team and results. I would highly recommend this race whether you are Irish or not.



My shirt, medal, and number from the race



Cody McCullough winning the race



(left to right) 1st Place Female Jennifer Butch, random baby, Cody McCullough



Jason O'Connor, 1st in Age Group

Cupid's Chase 5K, Georgetown TX  
3/3/2024  
By Dan Bullock

Hello runners and walkers!

I've had a bit of bad luck lately with my races. On January 28th, I was all set to go to a nearby town for a 5k. This was in a town I hadn't visited before and I was looking forward to it. I had been training, kind of, so I was psyched. Well, I got in the car and—nothing. Dead battery.

By the time I got a new one installed I had missed the race.

Today was my next race. It was a Valentine's theme called Cupid's Chase. The forecast gave us a chance of rain in the afternoon. I got up early, got the directions, packed a change of clothes just I case.

So I arrived in a light drizzle; no problem, it wasn't too cold, about 63 degrees. At the start it began to rain a bit harder. By mile 1 it turned into a downpour. Well, I have run in the rain before, many times, but this was a real gully washer. There were some serious hills on this course and running up them was like swimming up a waterfall.

Finally I crossed the finish line looking like a drowned rat. There were 414 runners in this race and 7 in my AG. I somehow pulled out a 3rd place. I'm not sure how or why, but I'll take it.

I still miss my running friends. I hope to return for a visit this spring or summer.

Keep on keeping on!

Dan



**KANKAKEE RIVER RUNNING CLUB BOARD**

- Khirstin Schneider, President
- Alan Toronjo, Vice President
- Karen Dannenhauer, Secretary
- Dave Bohlke, Treasurer
- Renee Whitehouse, Trustee
- Dan Gerber, Trustee
- Melissa Lux, 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/2024\\_Race\\_Calendar.html](https://kankakeeriverrunningclub.com/krrc/2024_Race_Calendar.html)

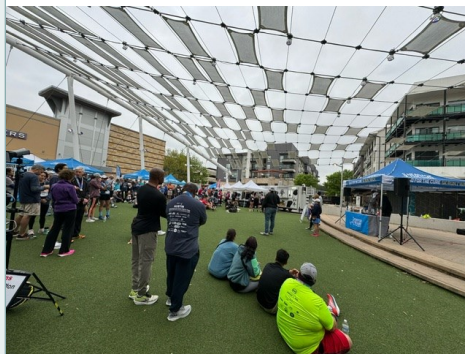
**Head For The Cure in Austin, Texas.**

By Dan Bullock

Last Sunday I ran a 5K at a place called The Domain. It is a combination shopping, dining and entertainment district in Austin. My daughter Jessica joined me for this popular race. We arrived early and as usual I was checking out the competition. Since I've relocated to Texas I've noticed a serious lack of senior talent. I have never been an elite runner and my times are getting slower but in the ten 5Ks I've done since moving here I have finished in the top three every time. So with over 600 entries I thought this streak would end.

The day was cool, about 60 degrees and the course ran through this outdoor mall past all kinds of shops, restaurants, bars and big department stores. I have to keep an eye on my heartbeat nowadays so I did have to slow to a walk a few times but I still pulled off a 35:01 which was good for me and good for a 3rd out of 5 in my AG. Jessica is much faster than her old Dad but she ran it with me the entire time. We hung around for a while visiting all the vendors tents and chowing down on the usual bananas and granola bars.

I've been able to keep my goal of two races a month but for now I'm sticking to 5Ks. I'm just glad that I can still do what I love to do. I miss my running club and all my friends but I've made some good running friends here. I plan to keep this going as long as I can get up and go.



# 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](http://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](http://krrclub.x10host.com/races/Springfest-2023-Flyer.pdf)

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