

Hello KRRC Members,

Our world-traveling Newsletter Editor has been on vacation in Germany and is now back in town. Hence the delay in getting out this month's newsletter. But thanks to her herculean efforts, we have another great newsletter this month shortly after her return.

Thanks to all the Contributing Authors - Khirastin Schneider, Dan Gould, Dan Bullock, Cody McCullough, Charlie Grotevant and Ashley Benvenuto.

Keep those articles coming! We need them each month.

See you at Friendship Festival race on 6/29,

Dave Bohlke
KRRC Treasurer



The Paper Race

PRESIDENT’S CORNER

Celebrating Global Running Day

Dear Members,

I hope this newsletter finds you well and still buzzing with the excitement from Global Running Day! I want to take a moment to reflect on this wonderful celebration and thank each one of you for your participation.

Global Running Day, which took place on June 5th, is a special day for runners around the world to come together and celebrate our shared passion for running. It’s more than just a day to log miles; it’s an opportunity to embrace the joy of running, promote physical well-being, and connect with a community that values health and movement.

Why should we celebrate running? Running offers numerous benefits that go beyond physical fitness. It is a powerful tool for mental well-being, stress relief, and personal growth. The simplicity of lacing up a pair of running or walking shoes and hitting the pavement or trails allows us to experience freedom, challenge our limits, and find solace in the rhythm of our strides. Whether we run to clear our minds, train for races, or simply enjoy the outdoors, running enriches our lives in countless ways.

Each of you contributed to making this day memorable by sharing your runs or walks, stories, and the beautiful routes you explored. Your photos, captions, and positive messages highlighted the diverse and vibrant spirit of our running community.

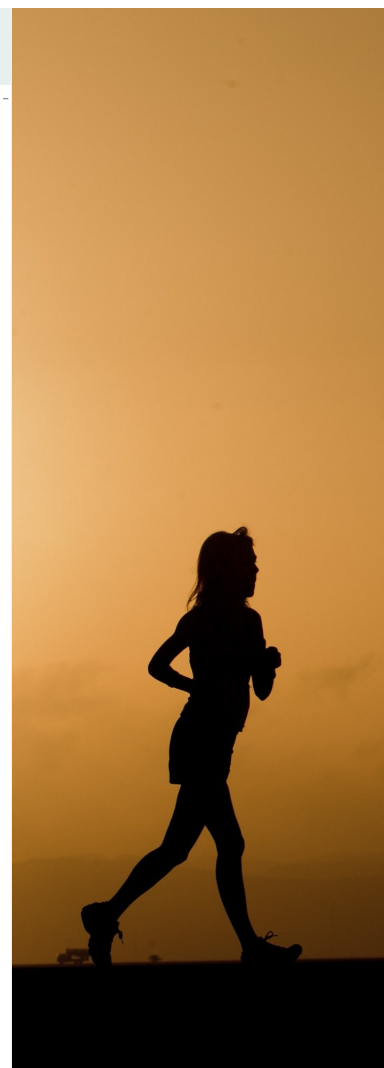
I want to extend a heartfelt thank you to everyone who participated with a special thanks to those who encouraged others with likes, comments, and cheers on social media. Your support makes our community thrive.

Looking ahead, let’s carry the spirit of Global Running Day with us throughout the year. Keep running, keep sharing your experiences, and continue to inspire one another.

Stay tuned for some upcoming events that will keep us motivated and connected. Let’s lace up and hit the roads and trails with the same enthusiasm and joy we felt on Global Running Day.

Happy running, everyone!

Khirastin Schneider
Kankakee River Running Club
President



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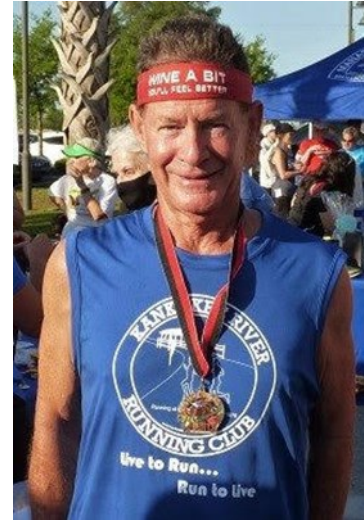
ON DAN'S RUN

Ken Klipp Classic 5K

by Dan Gould

DANSRUN@AOL.COM

The tenth annual running of the Ken Klipp Classic 5K Run & 2 Mile Walk at Bishop McNamara H.S. in Kankakee was on Memorial Day, Monday, May 27th. The event honors Ken Klipp who was a teacher and coach from 1979 to 2018. In 2004 Ken was inducted into the Illinois Track & Cross Country Coaches Hall of Fame. Ken was a founding member of the Kankakee River Running Club and is one of those wonderful friendships I found in this



A black short-sleeved tshirt was one of the amenities.

running world. The event also honors Marine Captain Ryan Beaupre, a Bishop McNamara graduate who died at age 30 while piloting a Sea Knight helicopter on March 21, 2003, in Kuwait during Operation Iraqi Freedom. His death got wide publicity as the first to die in that conflict. Fifty years ago, I became friends with his parents and spent enough time with the family that I became an honorary "Uncle Dan." Ryan was the great kid of which any parent would be proud.

A few minutes drive from our Bourbonnais

home, I arrived shortly before 7:30 A.M. under gray skies with a temperature of 61 degrees and a bit of a breeze. It wasn't pretty, but it was good running weather. I made my way to the registration table and picked up my shirt and number. This was my first race of the year and third in the last two years. I think I've pre-registered for six races in the past two years, but been a DNS (Did Not Start) for half of them because of a running injury. Different body parts have taken turns lobbying for the retirement of my running shoes in recent years.

Then it was time for the pre-race socialization and some photos. I've been taking pictures of Chuck and Drew Parsons for over 20 years. Chuck has been a running, triathlon, and golfing buddy during that time. Drew, celebrating his 41st birthday this Memorial Day, has spent that time getting a law



Chuck and Drew Parsons

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degree, getting married, and begetting two children, and pursuing a successful career in law. Charlie Grotevant, now 82, and I have been sharing starting lines for 40 years and we connect socially apart from the races. We were ten minutes away from each other for the first three months of the year in Florida and got together each week for dinner and cards.



Neeley Regas and Charlie Grotevant

Neeley Provost Regas, an attorney, took over the law practice of Charlie's son, Jeff, when Jeff moved to Texas a few years ago. She is the daughter of Wendell Provost who has been part of our running world for many years.

This race was a family affair for the Provost family with Wendell, his wife, daughter Neeley, and Neeley's daughter, Vivian, in attendance. I hadn't seen Wendell in some years and it was good to renew the acquaintance. Again, these are some of the wonderful people I've met in my running world and seeing them



The Wendell Provost Family

is the best part of racing for me.

Volunteers are essential to the success of any race. Rich and Donna Douglas were among the volunteers with whom Bishop Mac was blessed this year.



Donna Douglas working race day registration

As the 8:00 starting hour approached, Ken Klipp summoned the runners and walkers for the pre-race orientation. I took the camera to the van and spent a few minutes doing my warm-up. It ain't what it used to be!

I used to run a mile in my trainers, switch to the racing flats, and stretch. This day I simply did some fast walking in the parking lot and there was no changing shoes.



Paul Suprenant bested me by just over a second with 36:10.

The race is staged from the stadium at Bishop McNamara on the south side of Brookmont Avenue. The course begins on the track and, after one loop, exits the track to a grassy

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Charlie Grotevant, 82 years young, ran 38:15.

area on the east side and goes north 75 yards, crosses Brookmont and enters a residential area in Bradley. After two loops in Bradley, participants return to the track where they run a loop and a half.

As we lined up for the start, I was struck by how few of the 81 runners and 37 walkers I could name. In addition to those I have mentioned were John and Carol Vallone, Rich Olmstead, Diane DesMar-teau, Craig Alberts, Rob Ravens, Mike Wolfe, and Paul Surprenant. Chuck Parsons and I had run most of the River Rat 5K in November together, but he was



And the winner of the cuteness award in the 100 yard dash was guided by Bruce Breault.



Drew Parsons ran 22:37 for 2nd in age

doing the 2 mile walk. Charlie was racing with the encouragement of a good 5 mile training run a week earlier and I thought I might be chasing him, but he started behind me and didn't catch up.

Around the first turn I found myself behind Paul Surprenant and he became my "target," my focus for the race. Chuck and I had followed him for most of River Rat, passing him a little before the 3 mile mark. I was in better shape then. My running in the three months preceding this race was six miles a week or less and mostly walk-runs.

We were widely spread by the time we crossed Brookmont Boulevard under the watchful eye of a Kankakee City Police Officer. In Bradley, the residential intersections were guarded by members of the Marine Vet Motorcycle Club -

Ryan Beaupre Chapter. Dressed in their leathers and standing by their "hogs," they looked like the Hell's Angels. I don't think drivers would give them any lip.

Paul had moved out to a half a block lead by the time we hit the one mile mark and my Garmin buzzed a 12:01 mile. While we occasionally passed someone - probably walkers - or were passed - the young and fast - in the two loops, we were very much in our own little world and I don't know if Paul was aware of me. The second



Chuck Parsons had a great 2 mile walk

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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

mile came in a slightly faster 11:53 and I began to push to close the gap.

Coming back across Brookmont,

Paul was just a few yards ahead and I came alongside of him just as we re-entered the track. I said something like "Thanks for the help" as we ran together for half a loop. I then pushed ahead, confident that, in our little contest, I would prevail. OOPS! As I came off the last turn, Paul surged by me with his own "Thanks" and bested me by a little over one second. I had run a 10:59 third mile and finished with a 36:12, an 11:32 pace, and 71 of 81 finishers.



John Vallone, 34:29, 1st in 65-69 - A 50 States Marathoner

tops out the 5 year age groups with a 70-99. Wendell, 73, was second in age and Rich Olmstead, also under 75, was third. Paul, 76, Charlie, 82, and I at 79 can't compete with the "kids." Charlie had run 38:15 for seventh in age. There was an eighth place finisher who I did not know. I think it is a shame that Charlie didn't get the recognition of being called up for an award.

Race completed, it was back to socializing and I was so happily surprised to see Nicki Beaupre. I've seen Mark occasional-



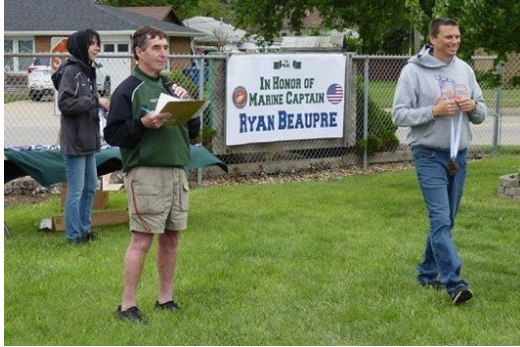
The Mark Beaupre family was there in force to honor Ryan's memory

The outcome of my race with Paul was of no consequence as to age group because this race, like many others in the area,



Paul Surprenant, Rich Olmstead, Diane DesMarteau

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Ken Klipp announces the awards .

ly over the years, but it has been many years since I hugged Nicki. We had a nice chat and I got a photo of the many family members attending.

I've known John and Carol Vallone for many years, but only recently learned of John's running accomplishments. Disguised as a mild-mannered dentist and one of the sponsors



Carol, 1st in age, John Vallone, 2nd in age

of the Ken Klipp Classic, John has flown under the radar when it comes to his running. John is a 50 States Marathoner! He has run a marathon in every state in the union. Most runners who accomplish that get some serious publicity, but neither the running club newsletter nor the local paper has told his story. And that, I understand from John, is by his choice.

John, you are awesome! Carol, by the way, is content to run half marathons while keeping John company.



Cody McCullough, 1st OA, Drew, 2nd in age

Awards concluded, I "ran" home, picked up a waiting Linda, and met Charlie and Joyce at the Family House Restaurant in Bradley where several other runners had already arrived.

If no body parts mutiny between now and June 28th, I expect to run the Friendship Festival 5K in Bourbonnais, only five minutes from my door. That race will have a 75 and up age group for me.

RUN FOR YOUR LIFE!



Charlie, Joyce, Linda and I celebrated with breakfast at George's Family House



Nealey and the kids proudly showed their medals

Donot Stop 5K/10K

Georgetown, TX

By Dan Bullock



I'm always on the lookout for new races, especially here in my new state of Texas. I had an opening on June 1st and found this race online. The name was a nod to donuts. Well, I like donuts. It meant "do not" stop running, and free donuts after the race. It sounded fun and easy, so I went for it.



It took place in a large, rural park outside of Georgetown which if you don't know is considered Texas Hill Country due to its rolling terrain. It was a hot morning and as I looked around the gathering, I wasn't worried. There was a large, open field at the start with a flat, crushed gravel surface. When the gun went off, I was still thinking, "This is not bad" but soon I entered a wooded area and the trail turned into a narrow, rutted surface. There were rocks the size of baseballs and tree



roots everywhere. By mile two, the elevation changes began. The hills were short and very steep. I started walking because even the downhill were too difficult to run. I struggled through the last mile even after the terrain leveled out. I was exhausted.

An interesting thing about races here in Texas; they all give finisher's medals and the AG winners get a little pin or clip to attach to the medal's ribbon. This medal was a large and very heavy donut with sprinkles. When you shake it, the sprinkles rearrange themselves.

I crossed the finished line, collected my medal and found a grassy spot to sit down. There was no award ceremony so I went to the scorer's table, showed my bib and was told I finished first in the 70 and over AG. I was handed a little pin which said "Age group winner". I was shocked until I found out there were only three in my AG. Oh, well it pays to show up! Keep running!

Happy Birthday!

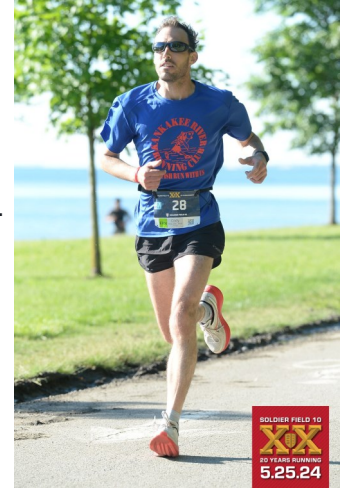
6/7 Vickie Walker 64
6/10 Warren Monk 52 6/29 Ashley
6/13 Casey Koerner 29 Benvenuto 35
6/14 Rachel Nietfeldt 36 6/30 Gail
6/24 Julie Bisailon 57 Passwater 55



Soldier Field Ten Miler May 25, 2024 By Cody McCullough



The Saturday of Memorial Day weekend marked the 20th anniversary of this Chicago-specific race. This was a first for me and my first time stepping onto Soldier Field. I signed up for this unique 10 mile race, along with nearly 5000 others (FYI there's a 10K as well). My estimated pace upon registering was good enough to put me in the Elite corral up front with a handful of others

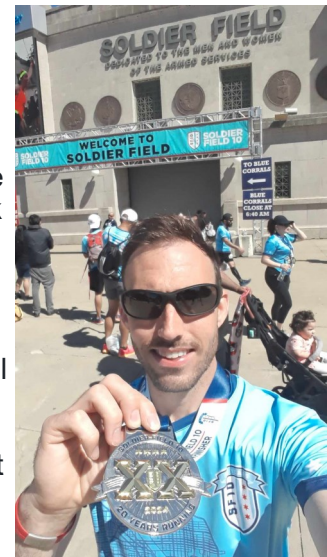


on the legendary football field. As we chatted about goal pace amongst ourselves, we tried to keep our legs limber in the slightly cool yet sunny early morning weather. After a 21-gun salute by the USMC and the singing of the national anthem, we were led into the dimly lit tunnel from which football players usually emerged on game days. For us though, this was our starting line. Being underground surrounded by concrete, my running watch promptly lost GPS signal as we toed the line, which caused a slight panic. Regardless, at 7am sharp we were off, jetting out of the inclined tunnel entrance and running south-bound along Chicago's beautiful lakefront trail.



A lead pack of 4 other elite runners quickly pulled away as if they had rocket boosters attached to their colorful high-performance racing shoes. There was one other straggler behind the pack who I kept close distance to as we approached the 5 mile turnaround mark to head back to the stadium. I was feeling pretty good with bouncy legs holding 5:30+ mile pace up to that point.

About 6 miles in, I was passed by two other runners. At about the 9 mile mark, I eventually caught the original straggler and pushed the last mile hard. I dashed back into the tunnel and crossed the finish line on Soldier Field in 7th place overall with a time of 56:19 averaging 5:38 mile pace. After sweaty high fives and fist bumps, we got our awesome finishers medal and made our way to the after party for some well-deserved pizza and beer.



This is an awesome race experience with some cool swag and Chicago skyline views, plus a great cause in remembering our fallen servicemen and women. I highly recommend adding this one to your race calendar.

<https://venturesendurance.enmotive.com/events/register/2025-soldier-field-10/?>

RUNNING FARMERS ADDENDUM & THE JUDGE

By Charlie Grotevant

During my earlier years with KRRC, I submitted numerous newsletter articles, some describing running adventures and mis-adventures. Several also included reports of some of the many places Joyce and I traveled to be minor or major parts of events associated with the United Ostomy Associations of America (UOAA), Crohn's and Colitis Foundation (CCF), and Illinois Farm Bureau (IFB).

Some of the veteran members of KRRC may have some memory of these articles, but seeing the "Running Farmers" article in the Journal stimulated me to offer an addendum to the article which Dan placed in the May newsletter. Retired Judge Dan Gould is listed in this title, though not a farmer. He is a friend to many farmers and participated in 15 IFB Illinois Agriculture-in-The Classroom 3-day bike rides throughout many parts of Illinois.

Dan is the one who introduced us to Bradenton, Florida and to the running communities along the Gulf Coast. He has a tremendous collection of photos of the events as well as running and biking events throughout Illinois. He was also present, with his camera, to record the filming of a 2004 video production on our farm and during a 2002 event in Palm Beach, Florida where I received national recognition of having successfully "Come Back" from ostomy surgery.



L-R: Dan Gould, Charlie, Pat Koerner, Shirley Malone, Bill Linn, Leon Malone

The KRRC contingent at the Odell Days 5K, Aug. 19, 1990. Dan shows his trophy, larger than mine, because he consistently was ahead of me at the finish line. While I usually ran 5K's in the 19's, Dan was

sometimes in the 18's. As time went on, we became equals, then into the 2000's, I became the faster guy. We toed the line together for two of my six Boston Marathon entries, with each having a victory over the other.

Pat Koerner was very fast in his younger days with more than 200 5K's under 17 minutes and winner of more than 100 races. Perhaps Pat got in the upper 15's on a few occasions. A good question to ask him.

Shirley Malone, the running Grandma; Bill Linn of Bourbonnais, formerly a mainstay of KRRC; and Grandpa Leon Malone complete the photo.

Jason O'Connor would have been in grade school at that time, an excused absence. However, Jason is very fast, the Overall Winner at the Dwight 5K last fall, besting Pat. The joys of younger legs.



The photo shows my finish in race at age 68.

Many of you have noticed Pat's improved race times since he turned 60. He's running great now, at major races as well as smaller local ones. I, too, had a resurgence when age 60 hit me, with most races having faster times than in my upper 50's.

With apologies to Phil Angelo, I'll mention a few lines in the Journal article that need altering. Perhaps our lengthy phone conversation brought some confusion into the narrative. My running logs show 1219 entry fee races that I have entered over 40 years, not 1600. That would have been insanity. I'm simply nuts.

Our many years of active farming were at the 1300 acre level, primarily in the Cabery-Buckingham area. At various times, we rented farmland associated with Herscher, Campus, and Kempton. The reference to cows, chickens, and pigs refers to childhood days on a farm at Odell. Yes, we had a small beef cattle herd when farming at Odell in the 60's, but sold them when relocating to Cabery in 1970.

I was born February, 1942, on a Pontiac area farm. Two years later, my parents moved to Odell, renting a farm having no electricity, no running water, no bathroom. The outhouse was a well-used facility as were catalog pages. In 1947, at age 5, electricity was brought up our long lane and we "lit up". My father claimed the first thing he bought was a milking machine.

Then in 1951, the house was jacked up, a basement excavated, a well was drilled, and an addition with a bathroom was added. We were then living like "city folks". A telephone was added soon after and snowy television arrived by the time I reached high school. Joyce, on another farm, always had those amenities and I imagine Leon also had indoor plumbing during childhood days on their farm.

Back to running commentary, through the years, Pat and Dan have toed the line with me more than anyone else. Leon and Shirley ran many in our presence, but they decreased their entries as they aged upwards.

However, it is Leon and Shirley who brought Joyce and I into the running community of many clubs, with the former Vermilion Valley Striders and the ever-present KRRC having the prominent roles. The Malone's had been running for a few years when I began focusing on a better fitness level following the ileostomy surgery in 1983. Because of farming and social interactions, we were already well acquainted. Invitations to join the Striders and KRRC for racing and social events were ignored at first, but with Shirley's persistence, we became involved.

Leon and Shirley prompted us to become part of the Ag Bike Ride in 2000. They had discovered this wonderful event the year prior. After our first year, with Shirley and Joyce driving personal support vehicles for the 3-day rides, we recruited Dan to join the fun the following year. Yes, he became an honorary farmer for the remaining 15 years of the ride.

We also recruited several KRRC members to join the ride on occasion. Joyce and I served as Co-Chairs of the Ride for the final 6 years. Over the 16 years of our involvement, we were able to bring the ride into Kankakee County schools on 3 different years, one year serving as the staging area.

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I'll now jump back to Kankakee County Farm Bureau involvements. When I came onto the Board in 1983, Dennis O'Connor, Jason's father was already on the Board. Now Jason is there. I served as Vice President 1995 – 2001, then President 2001-2005.

During the time as President, the Kids Day at the Farm annual event was conceived and begun. In 2002, the Kankakee County Farm Bureau Foundation received non-profit designation offering scholarships to post-high school students in agricultural related studies or trade schools. This program has grown greatly with each passing year. I served as Foundation President 2002-2010.

When I stepped aside from the Farm Bureau Board in 2011, Pat Koerner was the replacement from the SW corner of the county. Pat is now on the Foundation Board as well, serving as one of the officers.

Leon Malone was also very involved with Farm Bureau activities, serving many years as Vice President of Ford-Iroquois. Shirley and Joyce had many hands-on involvements within their respective counties, serving on various committees, etc.

Now to return to running, my faster running continued throughout my 60's and into the first 7 months of age 70 in 2012. I ran two 5K's in the 22's that year, one on a certified course. But they were mostly in the 23's. I also ran 5 half marathons that year, with finish times from 1:44-1:47.

Then A-Fib brought me to a stop. A bonked-out fall, causing partial tears in 3 knee ligaments, brought this faster running to an abrupt halt. Since that year, I have undergone two heart rhythm shock treatments, implantation of two arterial heart stents with one a 99% blockage in the "widow maker" artery. An ablation procedure then followed.

Continuing to exercise remains important, usually with two 5-mile Slogs (slow jogs) at 12-14 minute pace and three bike rides weekly, outdoors on nice days.

I'll close this narrative by refocusing on colitis and ostomy history. The ileostomy surgery was performed in November, 1983, resulting in removal of the entire diseased large intestine (colon). The primary purpose of a colon is storage of digestive wastes and absorption of fluids. Yes, dehydration becomes a possibility when engaging in vigorous exercise. Evidently my body adapted.

On that November day, I became a life-time member of the 5P Club. People who Poop or Pee in a Plastic Pouch. The national recognition following the 2002 award resulted in speaking invitations throughout the country at various Ostomy; Crohn's and Colitis; and Wound and Ostomy Nurses Conferences. The novelty of being an active farmer and runner in his 60's evidently interested urban and big city folks. I did sort of a "dog and pony" presentation with messages focused on persevering through life's challenges.

One of the more memorable events occurred in Washington, DC during 2007. We were brought there for an awards banquet and Capitol Hill lobbying on health related issues. Background checks were requested prior to this trip.

The reason became apparent when a group of 13 of us were invited to the White House for an after-hours tour hosted by Marvin Bush, younger brother of President George. Marvin is a full-fledged member of the 5P Club, nearly dying from ulcerative colitis, hence the invitation.

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Marvin apologized and left soon after we arrived due to another engagement. The 13 of us were allowed to wander the main floor of the White House with a lady guide. The bus to return us to the hotel was not to arrive until later.



As the photo shows, we had an unscheduled meeting with the President as he was returning to the living quarters following a 45-minute indoor bike ride in the basement. Nearly a half hour of chit-chat followed, nothing political. He was dripping sweat at first.

Three of us in the photo are 5P members, with the lady on the right and the President still having all their body parts as far as we know.

I do not know if my weakening heart and creaky knees will allow such things as entering a few races at age 90 as Leon did, or biking at age 93, but whatever it will be, will be okay.

With credit to Larry Noles: "Along life's journey, I'm reaping better than I've sowed. I'm drinking from my saucer because my cup has Overflowed."

I have truly gone from the Outhouse to the White House. Thanks for listening.

Save the Date!

KRRC Annual Picnic Saturday, July 13th

12 noon

Manteno Sportsmen's Club

Friendship Fest 5k Run/1.5 Mile Walk

Saturday, June 29

7:30 AM

Letter from a new member...

Hello!

Very excited to be involved. My good friend just moved to Manteno and had told me about the KRRC .. I have been here for 4 years now and never found you!

I love running and the great energy & smiles which come from it. I love that I am against myself and that it is only up to me to improve and unlock different nature paths.

I started running back in middle school for track and field doing the 4x800 and mile but mostly the field events .. shot put, high jump, long jump. I discovered what cross country was freshman year of highschool only because track and field was not offered in the fall and I was no good at controlling the ball for basketball or volleyball lol I had been forced to go to an all girl highschool, had no friends, and figured a sport is a way to meet people. So cross country try-outs came a few weeks before school started and I met a few good friends! Instantly I fell in love with outdoor, trails, long distance running. I just can't stay away.

My times have gotten worse with my lack of commitment to train. I am pushing to create consistency and no excuses. I am so excited to learn the terrain down and around Bourbonnais.

I am used to running at the different forest preserves up north by Palos hills, for example the bullfrog lake and the cliffs /stairs.

The shamrock shuffle is my favorite race. My cousins from Wisconsin whom are runners and just did the starved rock half marathon this past weekend (so beautiful!!) .. we cheered them on, and they enlightened me about these trail runs .. I thought all races were on the road! Excited to learn more.

I am also finding my hobbies and passions again. Water color, colored pencils, creating / designing .. discovering more deep dives in my industrial engineering industry. Looking to support the KRRC in anyway needed. I know I can offer artistic help, steam tutoring, or happy vibes too. But I do have a lot to learn too! I usually am too quiet and need to speak up.

Excited to face my fears and find my voice to support our community.

I had ran the pi run and the Manteno springfest run. Both times everyone is so nice and I am thoroughly impressed with the technology and time spent posting. Thank you or whomever for all the time and creation, it is very motivating !

Have a great day,

Ashley Benvenuto
Manteno (grew up in Evergreen Park)

Welcome to the club, Ashley! We look forward to seeing you at races and, hopefully, the picnic!

— Karen