



# The Paper Race

## PRESIDENT’S CORNER

### **KRRC Summer Picnic: Join Us for Fun in the Sun!**

Dear KRRC Members,

We are thrilled to invite you to the KRRC Summer Picnic! This year, we’ll gather at the beautiful Manteno Sportsman’s Club on Saturday, July 13<sup>th</sup>, from 12 PM to 4 PM.

#### **Event Details**

Date: Saturday, July 13th

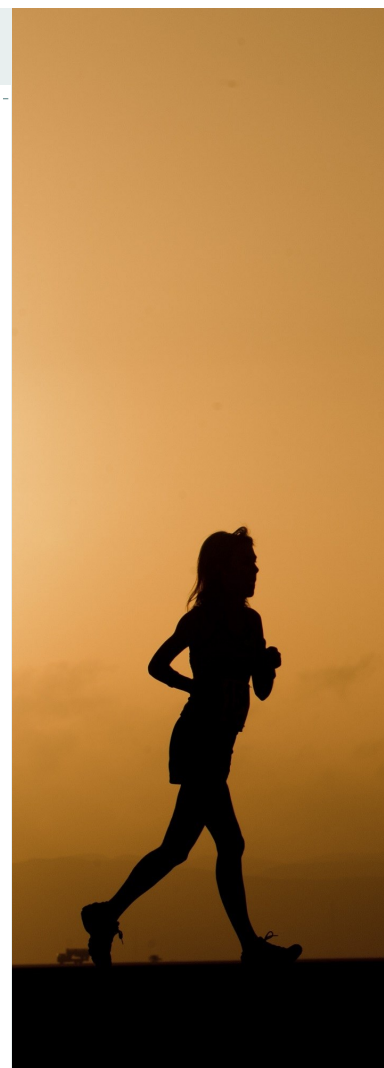
Time: 12 PM – 4 PM

Location: Manteno Sportsman’s Club

Why should you attend this event? There will be delicious food, fun activities, and plenty of socializing. Come connect with fellow runners and their families. Share stories, make new friends, and celebrate our running community. The Manteno Sportsman’s Club offers a perfect backdrop for a relaxing afternoon. We can’t wait to see everyone there and share a fantastic afternoon of fun, food, and camaraderie.

Khirstin Schneider

President, KRRC



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# Funny Runs...



## Happy Birthday!

- 7/3 MorningSun Kelly
- 7/7 Leon Malone
- 7/8 Paul Suprenant
- 7/12 Paul DuFrain
- 7/13 Brenda Ravens
- 7/19 John Vallone
- 7/21 Ken Pangle
- 7/23 Tammy Smith



**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)

# ON DAN'S RUN FRIENDSHIP FESTIVAL 5K

by Dan Gould  
[DANSRUN@AOL.COM](mailto:DANSRUN@AOL.COM)



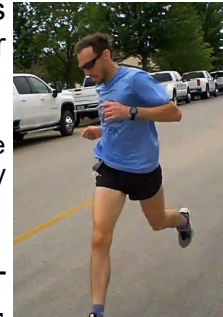
LOVED THIS PRETTY SHIRT!



The Bourbonnais Friendship Festival 5K & 1.5 Mile Fun Run was Saturday, June 29, part of the 49th Annual Bourbonnais Friendship Festival, a major community event including a carnival complete with Ferris wheel, beer tent, fish fry, parades and fireworks over four days.



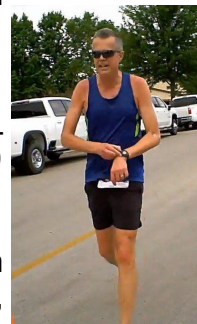
Leon Malone, 94, had the finish line "clicker" Cody McCullough first in 16:18



The Friendship Festival race began in 1981, a 10K staged from the Alan Shepard School with five year age divisions 19-24 and 25-29, then ten year from 30-39 and 40-49, then 50 and up. The registration fee was \$6.00 pre-registered and \$7.00 on race day. It became a 5K at some point, most frequently staged from the Bourbonnais Municipal Center. The course has changed a couple times and I believe there were one or more years that the race was not run. It has been both a Saturday and a Sunday race. This year it was on Saturday at 7:30 A.M.



Pat Koerner 22:07 1st in age 60-64. Rod Kahl 23:54 2nd in age 55-59



Saturday morning began with a mixture of clouds and sunshine, a Florida-like 77 degrees, dew point of 75, and 86% humidity, the smothering conditions that make a runner's lungs ache. Ugh! We had a week of 90 degree plus days earlier in June, but with dew points only in the 60s.



The race is staged on Latham Drive next to the Briarcliff Professional Center, a 3-4 minute drive from our home. I arrived a little before 7:00, found a short line at the registration tent, and got my bib and shirt, a pretty blue one this year. I retreated to the van, got my bib on, and grabbed the camera.

Gail Passwater 30:12 1st 50-54

Rich Olmstead 30:56



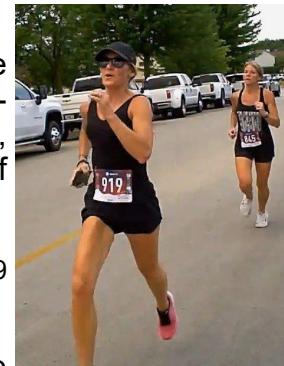
I found Paul and Marianne Suprenant talking with Pat Koerner. Rod Kahl was nearby and I asked him to join the group for a photo. OOPS! My camera didn't like the dew point and the lens was fogged. I walked back to the van and hoped it would adjust by the time the race was over.



We assembled at the starting line just before 7:30. There would be 88 runners and 15 walkers, an increase from last year's 91 participants, but still not back to a pre-COVID 2019 total of 140.

Lincoln Naese 23:18 5th 1-14  
1st 40-44

Jill Naese 26:09



Paul Suprenant would be my "target" as he had been at the Klipp 5K a month earlier where he got me at the finish line by just over a second. There was no glory for either of us there with a 70 plus age group, but FF added a 75 plus age group. Paul, about 3 years my junior, and I would be the only ones in that age group. The race started right on time and I decided to run Paul's pace instead of trying to catch him late in the race.



Craig Alberts, Lorrie Simington, Paul Suprenant

Gregg Duckworth



Most of the first mile is on Latham Drive, a wide residential street with a couple rolling hills that seem to get longer and steeper as I age. Although I thought I was ready and rested, the legs never felt good. My training runs are 3 miles every third day and sometimes I have a to take a walking break or two in the last mile.

We turned onto River St. for a block and then Coyne St. briefly before entering the Bourbonnais Park District's Pery Farm and turning toward the Kankakee River. We were still on the crest of the hill when we went through the one mile mark in 11:34.

Mike & Maureen Montgomery, Dave Bohlke

The second mile began and the asphalt trail curved downward to our left for a couple tenths before curving back up. Volunteer Phil Newberry kept us from taking the fork in the trail down to the river. I asked him how retirement from USPS was going and he responded "Great!"



Paul and I crested the hill at about 1.5 miles and my legs said "Walk!" Paul kept picking them up and putting them down. I didn't measure the time or distance of my walk which would be the first of half a dozen in the last half of the race.

Diane DesMarteau, Rich Olmstead, Paul & Marianne Suprenant

While I struggled, Cody McCullough was doing what he does in these races, winning! The Florida-like weather seemingly had no effect as he cruised to a 16:18 finish. Pat Koerner earned a first in 60-64 with a 22:07 and Rod Kahl was second in 55-59 with a 23:54.

The 2-mile mark came shortly before we exited the Perry Farm, a 12:29. Back on the streets, I walked and ran, walked and ran what seemed like a never-ending 5K. During one walking segment, I was passed by a tall, older runner, also walking, who I would later learn was John Schimmel. I ran a bit and passed him. I walked and he ran by me. The third mile came with a 13:22. Was he an age group competitor? Maybe. I no longer have a finish line sprint on a good day, but I gave it all I had as the finish line loomed and got him by one second. It didn't matter. He was in 70-74.



Watching the awards' presentation

Paul bested me by a minute with a 37:24 for first in 75+ and his wife, Marianne, beat both of us with a 36:44 for first in 65-69. My 38:27 earned me second in 75+.

group.



The camera was ready for post-race photos so I socialized and took the memory book photos. I chatted with Gregg Duckworth who I remembered from races 40 years ago. Made small talk with race director Maureen Montgomery, who I hadn't seen in years, and husband Mike. Although we have a new generation or two of runners, I was pleasantly surprised at how many I knew. Some, like Leon Malone, 94, and Ken Klipp, 75, have retired the racing shoes, but are still part of the fun.

This race beat me up!

Dave Bohlke created Bill board Awards!



RESULTS [kankakeeriverrunningclub.com/krrc/2024/ff5k1f.html](http://kankakeeriverrunningclub.com/krrc/2024/ff5k1f.html)

Dave Bohlke wears a number of hats in the KRRC running world. He became part of it almost 40 years ago just coming to a race to cheer on a friend, established a timing service, and is now the KRRC Treasurer. He has crafted some awards in recent years and I applaud the creations. For FF, a wooden billboard-like age group award with all the event information. Dave, by the way, has never been a runner.

I had the distinction, I believe, of being the oldest runner in the race. My 80th birthday draws near. Will I still be a runner at 80? I hope so!

\*\*\*\*\*Run for your life!\*\*\*\*\*