

The Paper Race

PRESIDENT'S CORNER

Dear KRRC Members,

As the leaves begin to change and the air gets a bit crisper, we're reminded that every season brings new stories, challenges, and triumphs in our running journeys. Our club is built on the passion and dedication of each of you, and we want to celebrate that spirit by showcasing your experiences in our next newsletter.

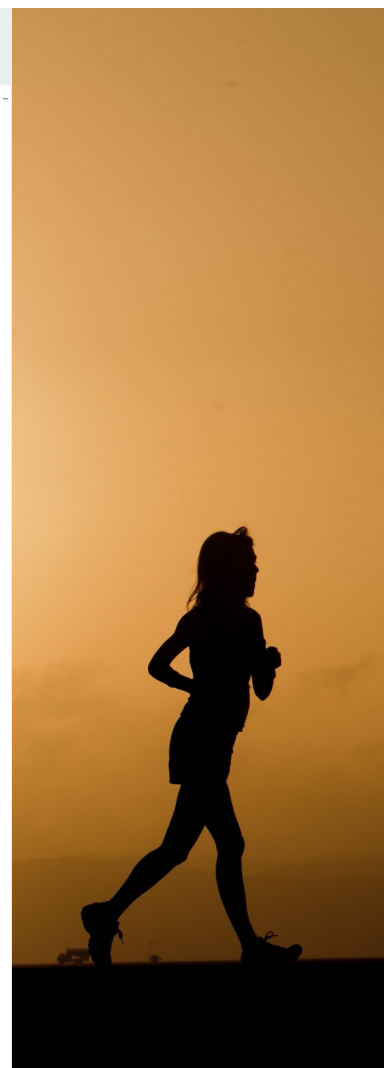
Do you have a memorable race experience, training tips, or a personal running milestone you'd like to share? Perhaps you've discovered a new trail, learned a valuable lesson, or have some motivational words to inspire fellow runners. Whatever your story, big or small, we'd love to hear it!

Contributing is easy – just jot down your thoughts and send them our way. Whether it's a short anecdote, a full article, or even a photo with a caption, your contribution will make our newsletter richer and more diverse.

Please send your submissions by the 25th of the month to k.dannenhauer@yahoo.com, and feel free to reach out if you have any questions or need help getting started.

Let's continue to inspire each other and build our running community, one story at a time.

Happy running,
Khirastin Schneider
KRRC President



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I was a course marshal on Bays Mountain for an evening race. What was I thinking? By Darcy Welsh

The promo says: “14th annual **Wolf Run** is a 7 mile trail race on the scenic trails of 3,550 acre Bays Mountain Park nature preserve. The race is part of the **Skelton Law Racing Series**, a Kingsport Fun Fest Event, is included in State of Franklin Track Club King & Queen Competition and Trail Series Competition.”

It's a big deal for the trail runners of the area and a youth track team from Abington, VA even brought a bus of young runners, the youngest was 9 years old, OK, that's too much elevation up and down for me, plus I knew I'd never finish in the 1hr 45min time allotment. So the next best thing? Volunteer to be a course marshal so runners don't go off course on one of the many trails that branch off. I also volunteered my 14 year old granddaughter. More on that later.

The start and finish lines were next to the wolf habitat. Park naturalists tried, with limited success, to get the wolves to howl for the runners at the start of the race. The course started on Lake Rd., a fire road accessible by small trucks, it then looped down and over a floating bridge to connect to the Lake Trail. Lake trail is a typical Tennessee hiking trail, narrow paths with severe drop-offs occasionally on one side, oh and of course hilly, very hilly!! These trails are part of the 3,550-acre Bays Mountain Park nature preserve, the largest city-owned park in Tennessee.

Our first assignments were within ½ mile of each other. We were stationed within the 1st mile on Lake road to prevent runners from taking a trail. My granddaughter was skeptical. I told her “it'll be fine”. After the pack passed me, I walked the half mile to my granddaughter. She commented on how fast the head of the pack was running. Yup, they do that! We continued another half mile or so along Lake Rd. She was then stationed at the junction of an uphill trail and return route on Lake Rd. to the finish line. Her job was making sure everyone made a right turn to head back in the correct direction. I walked down the trail to connect with Lake Trail and the uphill cut-through. My job was to encourage runners and point the way up the final big hill. The first runner came through and many others followed, then as dusk was setting in, there was word of an injured runner from the sweep vehicle that was traveling Lake Rd. Darkness was setting in and my granddaughter started to worry about bears, never mind that suddenly the mosquitoes realized we were a buffet. As I was waiting on the last runner past the cut off time, I encouraged my granddaughter to take the ride back to the finish. As the final runner came through with several club members pacing her, I joined in. By the time we got to the finish line the sun was just setting and total darkness set in, but now it's time for fun and celebrating.

KANKAKEE RIVER RUNNING CLUB BOARD

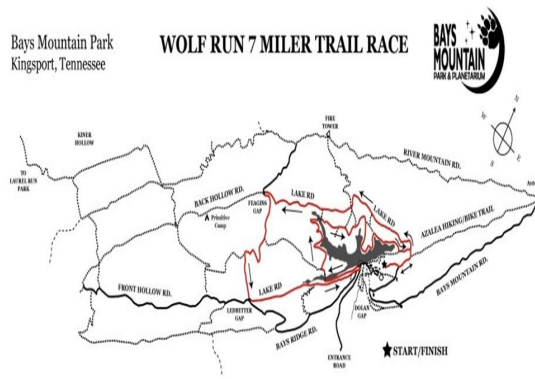
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Do you have comments? Questions? Something for the newsletter? Please send all submissions to KRRClub@gmail.com

Find race registrations and results at https://kankakeeriverrunningclub.com/krrc/2024_Race_Calendar.html



The first place runner ran at a 6:50 min/mile pace.



The post-race celebration, with awards, prizes and refreshments, was held at the Farmstead Museum: Domino's pizza, donuts, bakery cookies, candy, and all sorts of non-alcoholic beverages.

96 runners finished the race. Unfortunately one of the older "regular" trail runners tripped and fell down an incline on the trail. He was able to walk out and was transported back to the finish line by the gator patrol. X-rays later revealed a few broken ribs, but he was back running the next week in the club "Duck Mile". It's hard to keep you "seasoned" male runners down!

Male and female awards were presented for the top overall, top masters (age 40+), top grandmasters (age 50+), top senior grandmasters (age 60+), and the top three in five-year age-group categories. All participants including the volunteers received a commemorative shirt, Texas Roadhouse peanuts, and a free coupon for a Texas Roadhouse onion blossom. Got to love those corporate sponsors! As we left, my granddaughter decided it was fun and not anywhere near as scary as she thought it would be. The race director

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Course Marshal, continued

teased her and told her now that she's experienced she can be in charge next year. What did I get out of this experience beyond mosquito bites, dinner, a shirt, and bonding time with a granddaughter? Well, I also got volunteer circuit credit, but..... seriously I got to enjoy the running community as a support person. It's really not that much different than participating, same camaraderie, feeling the excitement of the event, watching in awe at the fast runners go by (those out and back races? I notice you "rabbits" as I amble along), other runners waving and saying "Hi", the joking, eating, and laughing together, congratulating award winners and feeling a sense of accomplishment and community.



Very few runners finished together, so basic timing was used.

Happy Birthday!

9/1 Chase Ryan 35
9/9 Karen Dannenhauer 59
9/11 Pete Klaeser 68
9/17 Jonathan Clary 46
9/21 Michelle Walsh 71
9/25 Megan Mancuso 39
9/26 Lorrie Simington 73
9/30 Amelia Toronjo 50



Group Run and Walk Information!

Weekly KRRC Run and Walk Group Thursdays at the Kankakee YMCA at 5:30 PM. We meet in the northwest corner of the parking lot for about 3 miles. ALL paces welcome, no runner or walker left behind!



KRRC Board Minutes....

The KRRC Board met on Sunday, September 8, to plan the next few months. You can read the minutes from the meeting [here](#).

The Hare and Tortoise race in Herscher was held on September 1, 2024. The weather was great, for a change!

