

# The Paper Race

## PRESIDENT'S CORNER

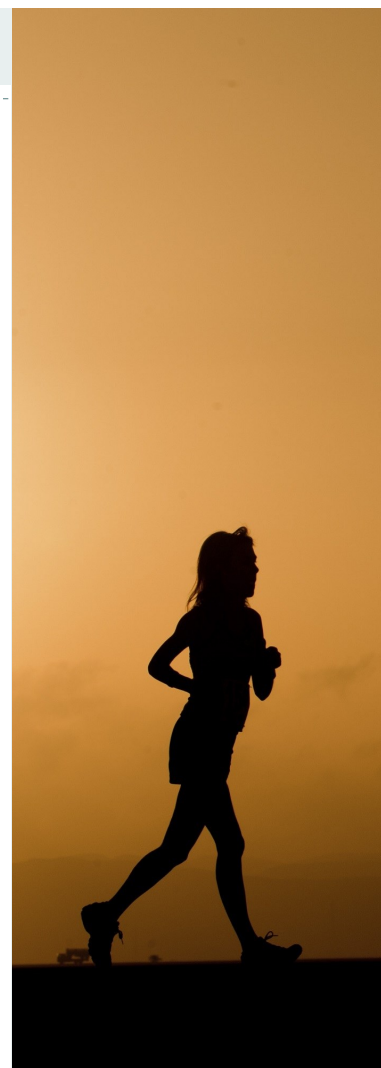
Hello fellow Club Members!

I hope each and every one of you has enjoyed an amazing holiday with friends and family and has had a wonderful start to the new year; likewise, I hope you all have had a chance to get outside for some walks/runs/hikes, taking advantage of some of this mild, atypical Midwest weather. For January's "Corner," I bet you all are expecting some uplifting and encouraging resolution ideas, and hey, who am I to deny the wants of this incredible group . . . but I'm going to flip the script and do so in a "non"-traditional way, explaining what "not" to do for 2025.

There's a hugely successful book series (K I S S - how could you not like that bright red shiny cover with the adorable dog calling you "Stoopid?") that covers everything from instruments to computers to pets, breaking down complex systems to basics, and keeping them "simple." I'm simply giving you all two things to "not" do this year:

Don't make far-reaching goals.  
Don't get comfortable.

First, I'm not saying not to make resolutions (I promise the overall tone of this submission is NOT negative!) as you deem fit; I'm only saying to make sure each pledge is attainable. Like the great idiom "Rome wasn't built in a day," I wouldn't expect someone to have plans on running a 100-mile race right after successfully completing their first Couch-to-5K experience, although I'm sure someone out there has done it. Just starting out? There are a multitude of programs with easy-to-follow weekly progressions leading to that desired race distance. Just want to get your physical activity kick-started? Meet up with fellow Club Members on Mondays at Northfield Square Mall (see our Facebook group for additional info) for some indoor walking laps. Build your activity scaffold step by step, celebrate each accomplishment, raise your next expectation, and repeat! Oh, and flood our social



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media with successes. We all adore both receiving and supplying encouragement.

Second, activity is not easy. I was going to Google the percent of world population that has run a marathon but instead switched that distance to 5K (5000 kilometers, which is about 3.1 miles for the metrically weak-minded) and found an Instagram post: "fit4mombergen" shared "Did you know only 6% of the world population is running and if you manage to run a 5K you belong to the top 10%?" I'm going to include walkers in that category as you all are doing that same distance yet using more of your time completing it. I, like most of us, am accustomed to all of our modern comforts. There's not much that we can't order or do with a push of a button with our pocket supercomputers. So I'm asking for you to stretch your fitness level, throw your solace aside, and maybe try something out of your normal routine. Not a fan of speedwork? I was once a fan of that statement but since have seen personal improvements with regular rotations of strides, progressive running, and hill work. Don't want to lift weights? There are plenty of bodyweight exercises and drills that can give your muscles the experience they need to keep you in repetitive motion. I'm also a huge fan of continuous learning. During daily down-time, you can find me checking out several different podcasts (Rich Roll and Run Elite - Andrew Snow are two I keep constant tabs on) or reading something running related (in between other fiction and non-fiction favs).

Ok, for review, get uncomfortable making those easy objectives! All of those incremental steps will lead up to that sizable target and that sizable target will lead to the next. The more you get used to the uncomfortable, the more "comfortable" it will seem. I will be right there with you making those attainable goals (taking part in group runs and adding additional speed training) and shedding convenience (adding more long-distance races to my personal calendar). May you all have an excellent start to the New Year, and as always, I hope to see you out and about moving throughout the community.

Yours in movement, and discomfort,(!)

Alan Toronjo  
KRRRC President

## **Funny Runs...**



**KANKAKEE RIVER RUNNING  
CLUB BOARD**

Alan Toronjo, President

Karen Dannenhauer, Secretary

Dave Bohlke, Treasurer

Debbie Dye, Trustee

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)

**Goals!**  
**By Renee Whitehouse**

Hey there, fitness enthusiasts and newbies alike! As 2025 rolls around, it's the perfect time to think about setting some personal, awesome running and walking goals. Whether you're a seasoned runner, love a good walk, or are just starting out on your fitness journey, having clear goals can really make a difference – they have for me. For me, 2025 will be all about pushing boundaries, having fun, and making the most of every step. Running and walking aren't just great for your body; they're fantastic for your mind too! Imagine (or remember) the thrill of completing your first 5K, the peace of a morning walk, the joy of hitting a new personal best, or the camaraderie of gathering with friends for a leisurely (or competitive) run or walk. Whatever your motivation or reason, let 2025 be the best year for you too!

When getting started it is important to set realistic and personal goals for yourself. There's no need to compare yourself with anyone else – remember, setting goals is a personal journey, it is all about you. This is YOUR personal fitness journey, so make it what you want.

Tip: One way to stay motivated is to share your goals with someone, or multiple people, and have them share their goals with you. This way, you can keep each other accountable. So, whether you're looking to run faster, walk farther, or just get moving more often, just get started – putting one foot in front of the other, and sharing it with someone.

I want to work on my endurance, going farther than I have previously. What about you? Are you looking to increase your distance and/or speed or simply move more often? You get to choose what you want to focus on.

So, lace up your sneakers, grab a water bottle, and let's dive into making 2025 our best year yet for running and walking!

# It's time for nominations!

Our KRRC Board currently consists of:

Alan Toronjo, President  
Karen Dannenhauer, Secretary  
Dave Bohlke, Treasurer  
Debbie Dye, Trustee  
Renee Whitehouse, Trustee  
Dan Gerber, Trustee (moving to Vice President)  
Melissa Lux, Trustee  
Lorrie Simington, Trustee

Are you interested in running for a position on the board? We will be looking for a new Trustee. Now's your chance! We are taking nominations for all board positions and will vote on them at the party on January 11. The current board will be running, but that doesn't mean you can't run as well! Email your nominations to [KRRCclub@gmail.com](mailto:KRRCclub@gmail.com). Make sure the person you are nominating has given their approval first!

## Happy Birthday!

01/02 Claudia Noe 55  
01/05 Daniel Gerber 66  
01/07 Jen Ingram 51  
01/08 Lynn McGinnis 50  
01/09 Kevin O'Connor 62  
01/15 Keith Wright 34  
01/22 Melissa Lux 46  
01/25 James Martell 70  
01/29 Dianne Strufe 85





# ON DAN'S RUN

## KANKAKEE JINGLE BELL RACE REPORT



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



**It all begins at Kankakee Community College**

The 34th Annual Kankakee Jingle Bell Run 5K was Sunday morning, December 8th, on the campus of the Kankakee Community College, a scenic venue on the south side of the Kankakee River. There is a one mile walk, a kids' run, team, costume and fundraising competition in addition to the 5K. The Jingle Bell runs which began 40 years ago are a nationwide fundraiser for the Arthritis Foundation.



**Race Director Phil Angelo & timer Eric Arndt**

The first Kankakee Jingle Bell Run was on December 15th, 1991, and it was a very humble beginning. Staged in Kankakee's Meadoview Shopping Center, a large strip mall, it was billed as a 2-miler. The running community first learned of the race when they read about it in the newspaper two weeks before the race and there were only 28 runners. The 2-mile course, run in the parking lot and on the sidewalks of the mall, became something less than a mile on race day. The only award for speed went to the overall winner, Mike Smadris, but there were door prizes and costume awards. Almost every runner got an award, me for the funniest costume. It raised \$698, a far cry from the tens of thousands of dollar in subsequent years.



**YMCA 5K, July, 2003 - Chuck & son Drew Parsons  
-  
Jingle Bell 5K, December 2024**



The event was moved to the Shapiro Developmental Center in Kankakee for the second year and became a 5K under the direction of Phil Angelo who had been a participant the first year. By its third year, it was attracting 200 participants and raising thousands of dollars for the Arthritis Foundation. The race moved across the river to Kankakee Community College in 2016.

In 1991, Phil Angelo was the Managing Editor of The Daily Journal and wrote a very upbeat story of the first race complete with a couple photos. The Arthritis Foundation has now been blessed with Phil's hands on support for 33 years and he is still writing the story of the race for The Daily Journal. Kudos to Phil!



**Pre-race posting of the colors & pledge of allegiance**

While I've enjoyed the race even with the sometimes challenging weather, my participation has been sporadic due to conflicts with other races and several years when I spent the winter in Florida. My most memorable Jingle Bell was 2018 when it was my 1,000th race and I got the proverbial "15 minutes" of fame" with my finish line photo on the front page of The Daily Journal. This year was my first since 2019.

**Total event participation 289 - 147 finishers in competitive 5K**

I arrived about 8:15, zipped through packet pick-up, and joined some other running club members for a group photo. I socialized a bit and got some photos including one of Chuck, 75, and Drew, 42, Parsons. This father and son have been sharing starting lines for at least 21 years in my photo albums. I've included a photo from the now defunct Kankakee YMCA 5K in 2003. Directed by Pat Koerner, it was one of the last to give age group trophies such as Drew is holding in the photo.





### The last couple tenths coming off the river trail

I renewed my acquaintance with Eric Arndt, an Its Race Time timing service franchisee out of Bloomington, IL., who has been in the business 18 years. Phil Angelo came by to speak with Eric and I got another photo.



I greeted 50 States Marathoner John Vallone who would finish this race with a 25:27, good for first in 65-69, and talked with Paul Surprenant, 77, my "target" this past year. Paul bested me in our three earlier races this year.

### A tall, overweight elf?

I got in a short walk-run warm-up and went to the starting line for the brief pre-race ceremonies which included a color guard presentation of the colors and the pledge of allegiance. Phil Angelo sent us on our way at 9:00 A.M. under clear skies, a light wind, and about 43 degrees, a spectacular December day. There would be 147 finishers in the competitive 5K and a total of 289 participants, the largest field since COVID.



### Dr. Majd Tarabichi, Oak Orthopedics

This is a loop course beginning on the college's entrance road, going around the west end of the buildings, followed by a short stretch on a gravel path to the river where it goes west on a wide asphalt path along the river. Runners leave the path and go south on Pirate Road and make a pylon turn just before reaching River Road. The course then re-connects with the river trail and then turns south on an a gravel path bringing the runners up to the east side of the campus buildings and the main campus road. There it turns right for the short sprint to the start-finish inflatable arch. Much to my joy, it measured 3.11 this year after being about 3.05 the last couple times I ran it.



### Assembled for awards and other prizes

I started in the pack with Paul and Chuck, but got separated quickly after being funneled through the arch. I moved left and they went right. The road bends left and I saw them off to my right just after that. The field spread as we approached a ninety<sup>7</sup>

degree right turn and it was clear they were not ahead of me after the turn. Curious! Paul should be up there.

My Garmin vibrated an 11:18 first mile as I ran the river trail, a bit faster than my average pace. We transitioned from the trail onto the beautiful wide asphalt of Pirate Road. Going away from the river, we were now on a long upgrade and started meeting the younger and faster coming back -Drew Parsons, 22:20, 1st in 40-44; Pat Koerner, 22:52, 1st in 60-64, Dr. Joe Pigato, 23:30, 1st in 55-59; Melissa Lux, 24:17, 1st in 45-49; Phil Newberry, 28:57, 2nd in 60-64; Marianne Surprenant, 30:16, 1st in 65-69.

### Lots of Chicago Dough pizza

As I made the pylon turn, I was pleasantly surprised to find Chuck not far behind me. With his arthritic knees, he never knows what kind of day he's going to have, but this one was going well. A little further down the road I met Paul who would later tell me he "just couldn't get it going" the first couple miles. This was one of our rare local races with an 80+ age group so I was not competing with Chuck and Paul.



The two mile marker and my Garmin's 2 mile were relatively close. The Garmin said 11:22 and, considering at least half of that was upgrade, it was good news. The heart rate averaged 158.

I enjoyed the down grade until almost back to the river where Pirate Road turns west and parallels the river to a boat ramp where we picked up the river trail. I was starting to feel the miles. The turn south got me back on a short, shallow upgrade with the 3 mile mark just as the ground leveled and transitioned from gravel to asphalt. My 3rd mile was 11:30 and the heart at 165. A right and final turn just past the end of a campus building brought the finish line into view and the last 0.11 passed in 1:07, a 9:53 pace -HR average 170, max 176 - a lot of heavy breathing - finish time 35:07. I was first and only in 80-84.



Chuck ran 35:40 for second in 75-79 and Paul was 36:47 for third in that age group. For complete results [Kankakee Jingle Bell](#)

### Dr. Joe Pigato

My "cool down" at this age is walking and talking. I spoke with Dr. Pigato and congratulated him on a hole-in-one a few months ago. Talked a little more with Phil about 8



the event and its history. Talked with Paul about his off day. Checked out the post race feed (pizza!) and got some hydration.

### A colorful shirt & finisher's medal

Dr. Majd Taraqbichi, the Oak Orthopedic medical honoree this year, spoke to the group post-race and helped present the awards. Oak is a major event sponsor. To my aging eyes he looked like a senior in high school.

We had received a beautiful finisher's medal and the age group awards were cleverly designed numbered plastic clips that attached to the medal's ribbon.



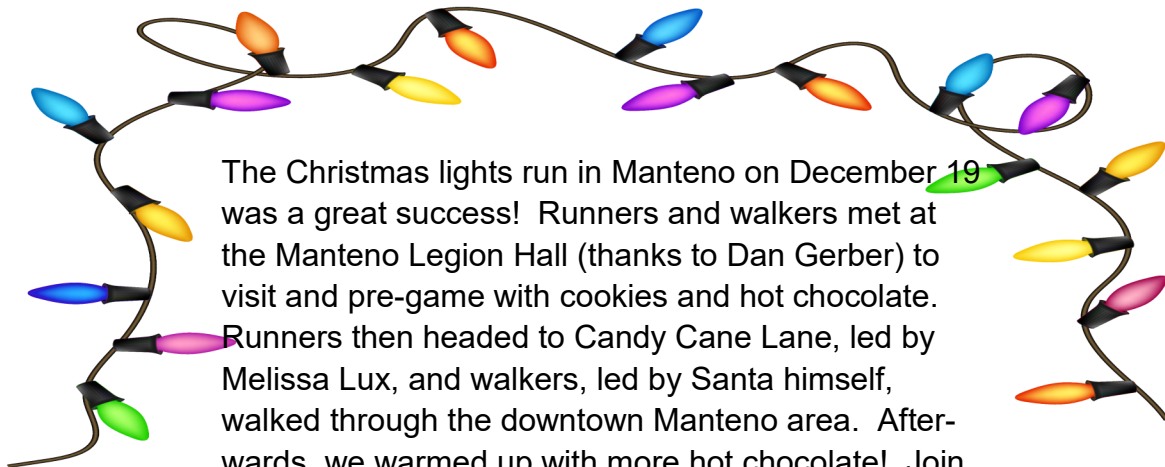
This was a happy ending to my racing year in which I ran five races. Running is part of my formula to make my health span equal my life span.

Wishing you good health and happiness in each day!

**Marianne and Paul Surprenant**



**KRRC Members at the Jingle Bell Run**



The Christmas lights run in Manteno on December 19 was a great success! Runners and walkers met at the Manteno Legion Hall (thanks to Dan Gerber) to visit and pre-game with cookies and hot chocolate. Runners then headed to Candy Cane Lane, led by Melissa Lux, and walkers, led by Santa himself, walked through the downtown Manteno area. Afterwards, we warmed up with more hot chocolate! Join us next year for this great running club tradition.







live to Run...  
Run to live

# Winterfest 5K Run or 1.6M Fitness Walk

## 40<sup>th</sup> ANNUAL

### Saturday, February 8, 2025

### Small Memorial Park, Kankakee, IL



live to Run...  
Run to live

#### Sponsored By

Court Street Ford  
Kankakee River Running Club



#### Contributing Sponsor

The Chicago Dough Company

#### Course Description

The 5K run is a 2-loop course run on the city streets following the perimeter of Small Memorial Park and Kennedy Upper Grade School. The 1.6 Mile walk is 1 loop of the same course. The finish will be computerized.

#### Race Directors

Rich Olmstead 815-549-9633  
E-mail [talkinglvs1@comcast.net](mailto:talkinglvs1@comcast.net)  
Ken Klipp 815-937-1958

**Shirts are only guaranteed to those who pre-register by February 1, 2025 and select the shirt option.**

#### Registration and Staging Area

The Civic Auditorium, located at 8th Street and Charles Street, is the staging area. Take I-57 or Rt 45 to Rt 17 (Court Street), and go west across the river to Wall Street (1st light). Go south on Wall Street to Water Street (stop sign, T-intersection). Turn right, and go two blocks. Race day registration will be from 11:30 a.m. to 12:30 p.m. The race begins at 1:00 p.m.

#### NOTE – Changed last year and effective again in 2025

- 1) The walk will be 1 loop around the course, making it 1.6 miles. This will facilitate an earlier start on the awards. The 5K run will be 2 loops around the course.
- 2) Choice of Dri-Fit or cotton shirt

**NOTE** - Due to problems getting our preferred venue date, we are on the same date as Frosty 5 in Channahon. Anyone doing both races will be placed in a drawing for a \$50 cash prize.

#### Pre-Registration Mailing

Mail check to KRRC  
690 S. Wildwood Ave.  
Kankakee, IL 60901  
by February 4, 2025

#### Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on 2/08/25 \_\_\_\_\_

Phone \_\_\_\_\_

Email address \_\_\_\_\_

Gender: M \_\_\_\_\_ F \_\_\_\_\_

Race: 5K Run \_\_\_\_\_ 1.6 Mile Walk \_\_\_\_\_

#### Registration Fee

Pre-Registration **No Shirt** \$15.00 \_\_\_\_\_

Pre-Registration **With Shirt** \$30.00 \_\_\_\_\_

Race Day Registration **No Shirt** \$25.00 \_\_\_\_\_

Age 18 and under or KRRC and PSRR

Members: Deduct \$2.00 \_\_\_\_\_

Shirt type (circle one) Dri-Fit Cotton

Shirt size (circle one)

Women's Sizes (May run small): S M L XL

XXL Add \$2:00 \_\_\_\_\_

Men's Sizes S M L XL

XXL Add \$2:00 \_\_\_\_\_

**Amount Enclosed** \_\_\_\_\_

You may also register online at: <https://runsignup.com>

#### 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 Winterfest 5K, the City of Kankakee, the County of Kankakee, the Kankakee City Police, Kankakee Valley Park District, Kankakee River Running, the Race Directors, and any and all sponsors. Further, 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 whatever.

Signature (Parent or Guardian, if entrant is under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_



## Charity

A portion of the proceeds from the Winterfest 5K will be donated to The Salvation Army. Please bring a canned food or non-perishable donation for the food pantry.

## Awards

**Running division:** Top 3 overall male and female, top male and female masters (40 and over), proportioned awards in 5-year age groups for male to age 75+ and female to age 75+.

**Walking division:** awards to the first 10. **Please note:** The fitness walk is on the honor system and for **walkers only**. If you are going to run any part of the course, you must register as a runner.

## T-Shirts

Long-sleeved shirts (either Dri-Fit or cotton) guaranteed to all pre-registered by February 1, 2025, who select the shirt option.

## Refreshments

Pizza from The Chicago Dough Company

## KRRC's Classic Series

Winterfest 5K is Kankakee River Running Club's first club-sponsored race of the year, and is a qualifying race for the Classic Series. See the club website [www.KankakeeRiverRunningClub.com](http://www.KankakeeRiverRunningClub.com) for details on the Classic Series.

KRRC  
690 S Wildwood Ave  
Kankakee, IL 50901



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