

The Lookout

Magazine of the Iroquois Hill Runners

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Number 7



New course record-holder Jacob Thomson winning the Poker Run

President's Message

Swag Hartel



We had our third summer race in August, the Poker Run, and what a great night it was. The weather was perfect and we had a large crowd. Jacob Thompson ran the second fastest time ever around the park

(14m.48s.) and Shannon Knabel took her down to 18m.16s.

The atmosphere was electric and it was so much fun. It makes me proud to be President of a club that does so much for the community. And kudos to Donna Younger for doing such a great job.

In February our very own Roberta Meyer fell off her treadmill and broke a bone in her foot. It wasn't her fault-the treadmill broke, but she wasn't able to run for three months. It broke her streak of running every day for over twenty-three years! Unbelievable!

The track sessions ends the first week in October and we had to move our start time to 7:30 P.M. due to soccer games every Tuesday night. This has been coach Gary Wade's seventeenth year helping me and I want to publicly thank him. Hope to see you soon,

Swag Hartel



Hill Runner of the Month Lou Armstrong

Lou Armstrong has been spotted running the streets of Louisville for over 40 years going back to when he was a member of Ballard High School's Cross Country team. This begs the question of what took him so long to join IHR, to which he has no answer. He's run 17 marathons, claiming that each one was his last. That means that he'll be running #18 this fall in Columbus in his quest to catch up with Carol Westerman's marathon total by the year 2095. Lou teaches at Presentation Academy where he coaches the Cross Country and Track & Field teams. Both of his daughters also ran cross country in high school.



Sports Drinks Linked to Weight Gain in Teens and Young Adults

Dr. Gabe Mirkin's Fitness and Health e-Zine, August 17, 2014

In the last few years at least 20 studies have associated sugared soft drinks with weight gain. Many people have stopped drinking sodas and started drinking sports drinks instead, on the mistaken belief that they are more healthful than sodas.

A new study has followed 4121 females and 3438 males, ages 9-16, for seven years and found that each year BMI increased by .1 in girls and by .11 in boys for every eight-ounce serving of sports drink per day (Obesity, July 14, 2014). For a 5'6" female that is .62 pounds per year for each serving per day. (The formula to convert BMI to pounds is $BMI/703 \times (\text{height in inches}) \times (\text{height in inches}) = \text{weight in pounds}$).

Sports Drinks Cause the Same Weight Gain as Any Other Sugared Drinks

Athletes use sports drinks because they need sugar during competition or hard training. Sodas provide the same benefit. However, if you take sports drinks when you are not exercising, they cause the same amount of weight gain as sodas or any other sugared drink. Sports drinks are advertised and labeled to make people believe that they are somehow healthful, which may lead some people to drink more than they would of ordinary soda, so they will gain even more weight.

Why Athletes Use Sports Drinks

The primary sources of energy for your muscles during exercise are sugar and fat. You have almost an infinite amount of fat in your body to drive your muscles for many days. However you have only a limited amount of sugar stored in your muscles and liver.

You start to run out of sugar after 70 minutes of intense exercise and have to slow down. So all athletes learn, sooner or later, that they have to take sugar during any competitive event that lasts more than 70 minutes. When blood sugar levels drop, you bonk, and when muscle sugar levels drops, you hit the wall.

Bonking: In sports, the term bonking refers to low blood sugar. Your brain gets 98 percent of its energy from sugar in your bloodstream so when blood sugar levels start to drop, you feel weak, tired and dizzy and

can even pass out. There is only enough sugar in your bloodstream to last for three minutes at rest, so your liver must constantly release its stored sugar (glycogen) into your bloodstream. However there is only enough sugar in your liver to last 12 hours at rest. During intense exercise, you start to use up liver sugar at 70 minutes. Your liver then must make new sugar from certain protein building blocks or you have to take in a source of sugar in food or drink. Your body cannot make sugar from fat.

Hitting the Wall: How fast you can run or pedal a bicycle over distance depends on how much sugar you can keep in your muscles. The limiting factor to how fast you can run or pedal is the time it takes for oxygen to get into contracting muscles. Sugar requires far less oxygen than fat does to power your muscles. When your contracting muscles run out of sugar, you have to slow down. This is called hitting the wall. The greater the percentage of sugar that your muscles burn, the faster you run.

Sugared Drinks All Have the Same Concentration of Sugar

Soft drinks, sports drinks, sweetened tea, most fruit juices and other sugared drinks contain close to eight percent sugar. This is the concentration at which sugared drinks taste best to most people.

Unsweetened cranberry juice contains only four percent sugar, so it tastes sour.

Sometimes manufactures add artificial sweeteners to their sports drinks and advertise that they contain reduced amounts of sugar. If they want to make a diet drink or low-calorie beverage, they should stop calling it a sports drink because the only useful function of these drinks for sports is to provide sugar to help power muscles.

Why You Should Not Take Sports Drinks When You Are Not Exercising

When you exercise intensely for more than 70 minutes, you should take sugared drinks or sugar added foods. You will have a better workout and do better in competition. However, I think that it is foolish to take sports drinks or any other sugared drinks when you are not exercising because the extra sugar will just increase your chances of gaining weight and becoming diabetic. When you take sugar in its solid form such as in a cookie, you usually eat less of other foods. However when you take sugar in a drink, your brain does not recognize the extra calories and you do not reduce your intake of other foods. Sugared drinks in all forms tend to make you fatter than the same mount of sugar taken in solid food.

Mahiedine Mekhissi-Benabbad celebrates victory early, disqualified

Mahiedine Mekhissi-Benabbad marches — or runs — to the beat of a different drummer. The 29-year-old French athlete was up to his old tricks Thursday. The two-time Olympic silver medalist was on the verge of winning his third straight title in the 3,000-meter steeplechase at the European Championships in Zurich. With roughly 100 meters to go in the race though, he was overcome with exuberance and took off his shirt. He then motioned to the crowd asking them to cheer, clutched his singlet in his mouth and crossed the finish line well ahead of his fellow competitors. He was originally given a yellow card warning by officials. But following a protest by Spain, Mekhissi-Benabbad was disqualified. Track and field's world governing body, the International Association of Athletics Federations (IAAF), has a rule that bibs should not be obscured in any way during the race. Yes, he was stripped of his gold for stripping. As a result, countryman Yoann Kowal was awarded the top spot.

This isn't the first time the talented runner has been embroiled in controversy. Two years ago, Mekhissi-Benabbad inexplicably shoved a mascot (which turned out to be a 14-year-old girl) during the Euro finals. And three years ago at another meet, he came to blows with a teammate.



NYC woman pulls kids from Massachusetts reservoir

BROOKLINE, Mass. (AP) — A New York City woman visiting her parents in Massachusetts is being hailed as a hero for rescuing two children strapped in a stroller after they had fallen into a reservoir.

The woman, who asked that only her first name, Rebecca, be used, was jogging at the Brookline Reservoir on Monday when she noticed the stroller rolling toward the water.

She says the stroller rolled down a 10-foot embankment and fell in the water with the children face down.

The former lifeguard jumped in and flipped the stroller the right way, then helped haul the kids to safety.

Police say the children, ages 18 months and 4 years, were checked out as a precaution and were OK.

Sgt. Robert Disario says Rebecca was "meant to be here to save those kids."



AP Photo: Lisa Poole File photo of pedestrians making their way through Reservoir Park in Brookline, Mass.

Husband arrested in Philadelphia jogger's death

AP Associated Press

PHILADELPHIA (AP) — The husband of a jogger found strangled in a park has been charged with her murder, police said Sunday, days after they warned female runners to take extra precautions until the killer was caught.

Authorities announced the arrest of 48-year-old Christopher Murray at a Sunday afternoon news conference. His 46-year-old wife, Constance, was found dead Tuesday in Pennypack Park in northeast Philadelphia. The mother of two had been out running the night before.

"The reality was he became a suspect early on and remained a suspect until he confessed," Lt. Philip Riehl said.

Riehl said Murray has expressed remorse. "I think it was more of a rage incident more than premeditated," he said.

Investigators say Murray trailed his wife in a car while she went out Monday night, and the two began to argue. Police say Murray continued to follow her, and the pair went to a bench at the park where they continued to fight.

"She went up there voluntarily to talk to him about whatever was going on and things went bad," Riehl said.

Christopher Murray strangled his wife and left her body near the bench, police said. He called police early Wednesday to report her missing, and a woman walking her dog found Connie Murray's body a few hours later.

Surveillance video showed Christopher Murray in his vehicle, and he was taken in for questioning Saturday night, police said.

Riehl said aspects of his story didn't add up. He failed a lie detector test and then confessed, Riehl said.

Connie Murray's headphones and cellphone were recovered in a nearby sewer.

A memorial service was scheduled for Sunday and the funeral for Monday, according to an obituary. The couple have two daughters, ages 12 and 15.

In a phone interview with the Philadelphia Daily News last week, Christopher Murray described his wife's death as "devastating" and said she was "a beautiful woman, a loving, caring mother, a fabulous friend."

Murray was denied bail, and no attorney is listed for him in court papers. A preliminary hearing is scheduled for Aug. 27.

Toys for Tots Poker Run

Thank you everyone who came out, volunteers and participants, to help make the IHR Toys for Tots Poker Run another great race to help underprivileged children have a better Christmas. Over 200 toys collected and approx. \$1300 in cash donations! Thank you for your generosity and hope everyone had a great time. Also congrats to 19 yr. old Jacob Tomson who won the race with a course record of 14:48 and to the women's winner Shannon Knable finishing with 18:16. Hope to see you again next year! (see iroquoishillrunners.org for pictures & results)

Donna Younger



First place female, Shannon Knabel



Rose Taylor with her classic big smile



Father & son patiently waiting for the awards and door prizes



The Marines are here!





Two apparent casualties of a hilly 5k





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Club Notes

Anna Young-Hobbs finished the Louisville Ironman in a time of 16:43:30. Great job.

John Laun reports:

Anne, Maggie and I worked at the Iroquois Hill Runners water stop at the Ironman. We worked with some of the best volunteers including Jim Pipes and Earl. On an extremely hot day, the ironmen were all great. They were all polite and friendly and very appreciative of our support. Then, after Jim retired us for the night, we went down to the finish line at Fourth Street Live. We were lucky enough to see Anna Young-Hobbs finish and become an Ironman!!!

This is not in order, but my four favorite IRONMAN are Ron Jenkins, he was the first person that I knew, who wanted to do the Ironman. The first year he did it, he finished just minutes after the clock was turned off, so he was not an official ironman finisher. He did not give up, the next year, he came back and became an official ironman. Ron continues to inspire me. The second is Mike Rice, Mike came back from a devastating injury to be able to compete with the best of the best. Then my neighbor Josh Elliott, I watch him train in the heat of the summer to get his body ready for the August heat and humidity of Louisville. Whether on the Parkway or in the neighborhood, Josh always has a smile and encourages us to do our best. My newest favorite is Anna Young Hobbs. Last year, in her first attempt, she did not finish. She was disappointed and mistakenly thought that she had let people down. She did not give up and yesterday completed the course and became an ironman. These are stories of ordinary individuals who have accomplished extraordinary feats of endurance and perseverance. Their courage inspires me every day.

Please send in pictures and articles about what you've been doing to runner@iglou.com. We all want to see them!

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Coming Attractions

Saturday, September 13, 2014 - Legacy of Life 5K Run/Walk, 9:00 A.M., Iroquois Park, kevindon@ulh.org.

Saturday, September 13, 2014 - Dr. Mark Lynn and Associates Stampede for Kids 5K, 8:00 A.M., Martha Hack (502)-498-2926 mhack@vips.org.

Saturday, September 13, 2014 - Lanesville Heritage 8 Miler/5M Walk/2M Kids, 8:00 A.M., Lanesville Junior High School, Lanesville, IN lanesvilleheritageweekend.org

Sunday, September 14, 2014 - Mighty Titan Youth Mud Run, 2:00 A.M., Fourth Street Live, www.mightytitanadventures.com

Tuesday, September 16, 2014 - Gaslight Festival 5K, 7:00 P.M., Jeffersontown, KY, 10434 Watterson Trail, Tel: (502)-267-1674 Fax: (502)-267-2070. jtownchamber.com

Saturday, September 20, 2014 - Portland in Plantation 5K Run/Walk, 8:00 A.M., Portland Christian School, 8900 Westport Road, Louisville, KY 40242 (502)-429-3727 www.portlandchristian.org

Saturday, September 20, 2014 - Big Bash Color Dash 5K, 8:00 A.M., New Albany, IN thecolordash5K.com.

Saturday, September 27, 2014 - Ohio River Greenway 5K, 8:00 A.M. New Albany Amphitheater, New Albany, IN friendsofthegreenway.org

Saturday, October 4, 2014 - Rockin' Marathon Relay, 9:00 A.M., Iroquois Park, rich@triviumracing.com.

Saturday, October 4, 2014 - Highland Cup 5K Run/Walk, 8:00 A.M., Douglas Boulevard Community Center, www.rivercityraces.com.

Saturday, October 4, 2014 - Norton Sports Health Great Pumpkin 10K, 9:00 A.M., Beckley Creek Park, greatpumpkin10k.com

Saturday, October 4, 2014 - Down Syndrome of Louisville Fun Run, 4.5K, 8:45 A.M., (502)-495-5088 1-855-DSL-JOIN downsyndromeoflouisville.org info@downsyndromeoflouisville.org

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The logo features a large, stylized letter 'S' on the left side, composed of two overlapping, rounded shapes in shades of gray. To the right of the 'S', the word "SWAG'S" is written in a large, bold, serif font. Below "SWAG'S", the words "SPORT SHOES" are written in a smaller, bold, sans-serif font. Underneath "SPORT SHOES", the phrase "Since 1980" is written in an even smaller, regular, sans-serif font. Below this, the name "SWAG HARTEL" is written in a bold, sans-serif font. Further down, the contact information "(502) 368-2443 • FAX (502) 361-3381" and the website "www.swagssportshoes.com" are listed in a sans-serif font. At the bottom of the advertisement, a black horizontal bar contains the address "7415 Old 3rd St. Road • Auburndale Shopping Center • Louisville, KY 40214" in white text.

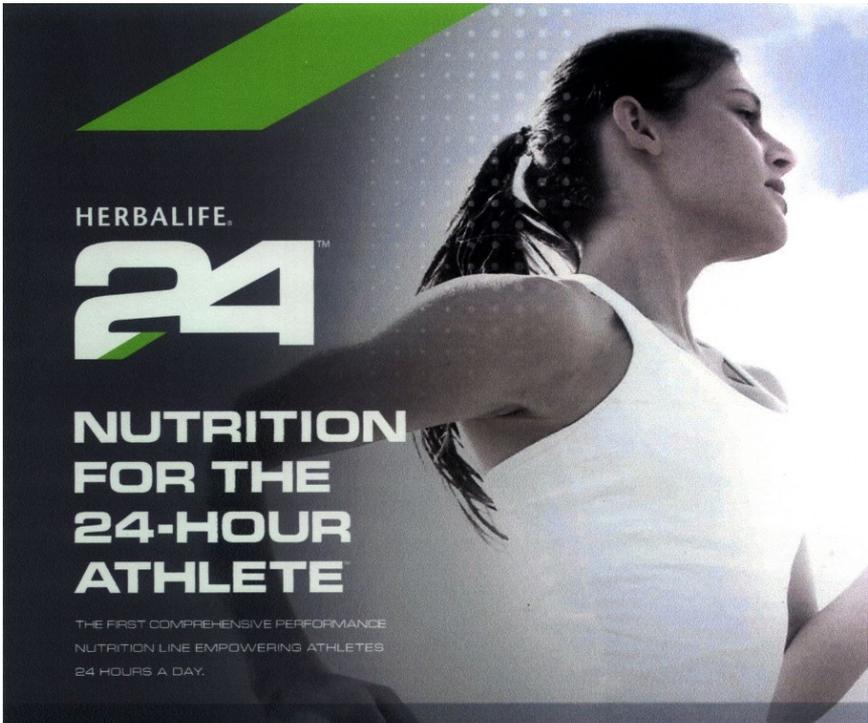
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Our records show the following memberships have expired or will expire soon. Please renew by sending a check to:

Iroquois Hill Runners, Attn: Membership
P.O. Box 14115, Louisville KY 40214

June	Sabrina Haycraft
Ernie & Laura Heckman	Glenn Johnston
Earl Navarro	James J L'Heureux
Steve Socha	Gary & Sam Lashley
Glenn Sterchi	Julie Lloyd
Roy & Donna Tooley	Steven Martin
Mark Whitlock	Mary Nazario
July	Sam Noble
Andy Craven	Eugene Ottersbach
Todd & Vicky Smith	Jim & Marleen Pipes
August	Ron Schweickart
Michael Bell	Thomas & Marilyn Scott
Chris Eichberger	Patrick Sowers
Walter Findlay	Mark & Michelle Spina
Richard Garrity	Linda Vogel
Robbie & Jean Hall	Bob Webb
Bryan Harness	Carol G Westerman
Jeff Harvey Jr.	October
Robbie & Amie Isabel	Bill & Cindy Barger
Dannie Ray Joyce	Laura Dunne
Donald & Alice Ray	Donald W. Fox
September	Mary Jane Fuchs
Jim Armstrong	Dave & Debe Gassman
Doug & Lorie Ballard	Gene & Gayle Godfrey
Rick Caffee	Tonya Mann
Ed Daves	Wakeley Purple
Greg Dearing	Doug Stovall
Terry & Karen Gibson	Steve Stovall
Tom "Cone Man" Gividen	Gene & Donna Younger

If your address or email changes please let Dave Maxwell know by emailing him at picpacdm@aol.com.

Iroquois Hill Runners, Inc.

Founded September 1979

Monthly Board Meetings:

Monthly board of Directors meetings are held on the first Monday of each month at 7:00 p.m. At the Iroquois Branch Library on Sixth and Woodlawn. Guests and members are welcome.

Club Questions:

Call President Swag Hartel at 368-2443.

Newsletter:

The Lookout is published monthly except mid-summer and mid-winter. Send newsletter articles and comments to IHR, P.O. Box 14115, Louisville KY 40214 or email to runner@iglou.com or glwarren_633@msn.com. Editors: Garry Warren, Wakeley Purple (technical advisor), Joe Runner, and Eugene Barker (emeritus).

Advertising:

Ads in The Lookout are accepted on an annual basis with payment in advance. We reserve the right to reject advertisements that are determined to be inconsistent with the public image of the Iroquois Hill Runners, Inc.

Membership:

Annual dues are \$15.00. Membership applications are available in The Lookout and on the club website. Send applications to IHR, P.O. Box 14115, Louisville KY 40214.

Web Site:

iroquoishillrunners.org

IHR Membership Application

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Phone (include area code) _____

Birthday _____

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