

The Lookout

Magazine of the Iroquois Hill Runners

Volume 36

March 2015

Number 2



Let's hope we're done with this for another year!

President's Message

Swag Hartel



We were having such a good winter until the last few weeks of February. I don't know about you, but the pooches and I have started to get "cabin fever"! But at least we know spring is around the corner.

In 1977, the year I moved to Louisville, I ran in the invitational mile at the Drake Relays in Des Moines, Iowa. While I was there I got to meet and talk to Bruce Jenner, who won the Decathlon in the 1976 Summer Olympics. The winner of the Olympic decathlon is known as the World's Greatest Athlete. He was very handsome, friendly and charming. And now he has become a woman! Does anything surprise you anymore?

After watching Kentucky defeat Arkansas in basketball, I honestly believe they will go unbeaten and win the NCAA championship. This will be great for the mystique of basketball in the state of Kentucky and I really hope it happens.

Last night I saw a show on PBS about Motown and Tamla Records. I grew up listening to it in England. What a special era it was. I don't know about you, but I love it.

We had to cancel the hill sessions two weeks ago, but we have a few more weeks left. The races are upon us and the Derby Festival Marathon continues to grow. If the Derby Festival continues the improvements they have in the past few years, there could be 20,000 people running around Iroquois Park.

We have a great club in a great city and I know we will continue to make a difference. Hope to see you soon.

Hope to see you soon,

Swag Hartel

Joggers report horrifying owl attacks in Oregon park

By Sarah Larimer February 6 at 10:54 AM

Hi. I'm Sarah Larimer. I'm here today to talk to you about an important issue that is close to my heart.

Birds attacking people.

Guys. DO NOT CLOSE THIS TAB. I'm being real. Do you know how uncool bird attacks are?

They are extremely uncool.

If you don't believe me — a human being who has both been chased by a goose as a child and pecked in the head by a tiny winged attacker as an adult — then maybe you should believe Ron Jaecks, a runner who was targeted by an owl at an Oregon park.

Reports the Statesman Journal:

Jaecks was jogging near the baseball field about 5:15 a.m. Suddenly in the morning darkness his stocking cap was pulled from his head, and almost simultaneously he felt something puncture his scalp.

Jaecks thought he was dying.

“It was like a huge electric shock ran through my body, but also like I got hit in the head with a two-by-four all at the same time,” Jaecks said. “Or maybe a strike of lightning.”

Jaecks, 58, immediately began to run faster, trying to escape his assailant.

Running in circles and screaming, the general surgeon for Kaiser Permanente began to think that he was having a stroke or an aneurysm.

So. Kind of a turned-up-to-11-level response from Ron Jaecks, but no judgments here. The newspaper reports that there have now been four (FOUR) owl attacks in the general area of the park, including one on Brad Hilliard, who was hit while running on a track earlier this week.

According to the Statesman Journal, the bird straight-up lifted Hilliard's hat off his head, and left him with a scratch.

“I turned around and my favorite running hat was gone,” Hilliard told the newspaper, adding: “I was just dumbfounded after the fact. I was like, ‘My hat is gone and I can’t see anything.’”

Officials in Oregon think the attacks are coming from a barred owl (or there might be a pair? I’m still kind of unclear on that), which can be aggressive in mating season, Willamette University biology professor David Craig told the Statesman Journal.

The list of victims also includes 27-year-old Jordan Radke, who told the newspaper that he felt “searing, intense scrape” and eventually fled the scene. Radke thought he might have grazed a tree branch, but then spotted an owl, which swooped in again.

“When it happened a second time, I took off as fast as I could out of the park,” Radke said.

Ugh. Worst run ever. Maybe chill out, owl. People already have enough excuses not to go running. No one wants to add “strong possibility of bird attack” to the list.



Running Makes Your Heart Stronger and Healthier

Dr. Gabe Mirkin's Fitness and Health e-Zine February 22, 2015

Novice runners gained considerable heart benefits after just 18 weeks of training for the Boston Marathon (Circulation: Cardiovascular Imaging, Feb 2015). Forty-five nontrained, middle aged men who had jogged an average of 13 miles a week before starting the program, followed an 18 week training program for the Boston Marathon. They ran four to five times per week, 3.6 to 9 miles per run, with one longer run each week. Sixty-four percent of the runners had at least one heart attack risk factor. With training, the hearts of all of the men grew much stronger, their ability to exercise improved considerably, and their heart attack risk factors improved with major drops in their total-cholesterol, bad LDL-cholesterol, and triglyceride levels. The hearts of these average and non-elite, recreational runners grew larger, stronger and more efficient in the same way that has been shown in top-level, elite racers. The size of the heart muscles of the left ventricle, right ventricle and left atrium increased significantly. Incredibly, before the training, seven of the 45 men had overt diastolic impairment, meaning that their hearts weren't relaxing efficiently, a sign of increased risk for heart attacks. This heart abnormality was eliminated completely by the study's training for the Boston Marathon.

The authors conclude that "Individuals who are interested in participating in the marathon at a recreational level should have absolutely no health concerns about it. Everything about the study suggests they are going to make themselves healthier. No matter which risk factor we looked at, marathon training made it better or didn't change it." The lead author, Dr. Aaron Baggish, says, "I think our study shows that [running a marathon] is extremely safe and that the type of marathon training most people do -- 20 to 30 miles/week -- to get ready for a run—improves health across the board." Caution: Check with your doctor to make sure that the arteries that lead to your heart are not blocked. People who suffer heart attacks during exercise are usually just starting an exercise program or are increasing the intensity or duration of their exercise.

Woman's Dramatic End to Austin Marathon Is a Crawl to Finish Line - ABC News

Runners crawling across a marathon's finish line are usually found at the back of the pack but not so for a female runner at Sunday's Austin Marathon.

Hyvon Ngetich led the elite women's field for most of the 26.2 miles in Sunday's race until she says her body just could not take it anymore.

"I was like winning, you know. I was 500 kilometers in front. I looked back and I didn't see anybody," Ngetich told local news station KTBC. "For the last two kilometers, I don't remember. Finish line, I have no idea."

In those last kilometers of the race, Ngetich's fell to her hands and knees and began crawling to the race's finish line.

Video of the moment shows runners racing past Ngetich as she crawls to the end, refusing any help so as not to disqualify herself.

"I remember the lady, the bicycle lady, she was telling me, 'You are almost,' so I was just like going because I'm almost," said Ngetich.

Ngetich was passed by one female competitor while crawling, which pushed her into third place. The woman who won the race, Cynthia Jerop, finished in 2:54:22, according to local ABC affiliate KVUE.

The marathon's race director, John Conley, told reporters that he planned to award Ngetich with the prize money for second place, despite her third-place finish.

"When she came around the corner on her hands and knees, I have never, in 43 years of being involved in this sport, have seen a finish like that," Conley told KTBC.

The Austin Marathon awards \$3,000 to the first-place finisher, \$2,000 to second-place and \$1,000 to third-place, according to its website.

Conley and marathon officials did not immediately reply to ABC News for comment.



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Club Notes

Power Bear Grand Prix Results:

1st 50-54 Female Roberta Meyer
4th 60-64 Female Annie Laun
4th 50-54 Male Rick Caffee
1st 55-59 Male Chuck Crowley
2nd 60-64 Male John Laun

Welcome our new members:

- Stephen Yanoviak, his wife Eileen and daughter Lorelae Fant.
- Howard Whitman w/ his daughter Kara Reilly.

The “Techical Advisor” for the Lookout (Wakeley Purple) recently turned 70 and will be retiring from helping with the Lookout sometime this year. We need somebody to take the next leg of this long relay run that started in 1979. Working with copy from the editor, we assemble the Lookout with a word processor and send it out to be printed. We also have to print addresses on envelopes, stamp them, and drop them at the post office. There are less than 150 copies. Please contact runner@iglou.com if you're interested.

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





Coming Attractions

Thursday, March 12, 2015-Oldham County Parks Cloverleaf 5K, 6:30 P.M., Crestwood, KY, Oldham County Parks and Recreation, 1551 N. Hwy 393, LaGrange, KY 40031, www.oldhamcountky.gov 502-225-0655, ext. 5402.

Saturday, March 14, 2015-23rd Annual Irish Classic 10K, 9:00 A.M., E.P. “Tom” Sawyer State Park, 3000 Freys Hill Road, Louisville, KY 40241 502-429-7270 Email: andrew.cronin@ky.gov. parks.ky.gov.

Saturday, March 14, 2015-The Kenny Gilliland Memorial Fundraiser 5K/10K, 9:00 A.M., Crestwood, KY, South Oldham Fire Station, www.thekennygillilandrun.com.

Saturday, March 21, 2015,Rodes City Run-8:00 A.M., Louisville Triple Crown of Running, P.O. Box 35082, Louisville, KY 40232 www.rodescityrun.com.

Saturday, March 28, 2015-Healthcare Classic 5K,9:00 A.M., Cherokee Park, 745 Cochran Hill Road, Louisville, KY 40206 www.active.com.

Saturday, March 28, 2015-Hammertime Hustle 5K,9:00 A.M., Beargrass Christian Church, 4100 Shelbyville Road, St. Matthews, KY 40207 Meg Blackwell, 502-896-1161 www.hammertimehustle.com

Saturday, March 28, 2015-Round It Up 5K for Lymphona Research,9:00 A.M., Skyview Park, 2700 Watterson Trail, Jeffersontown, KY 40299 Family Video 502-240-6114, www.active.com, [facebook.com](https://www.facebook.com).

Saturday, April 4, 2015-Papa John’s 10 Miler, 8:00 A.M, www.papajohns10miler.com.

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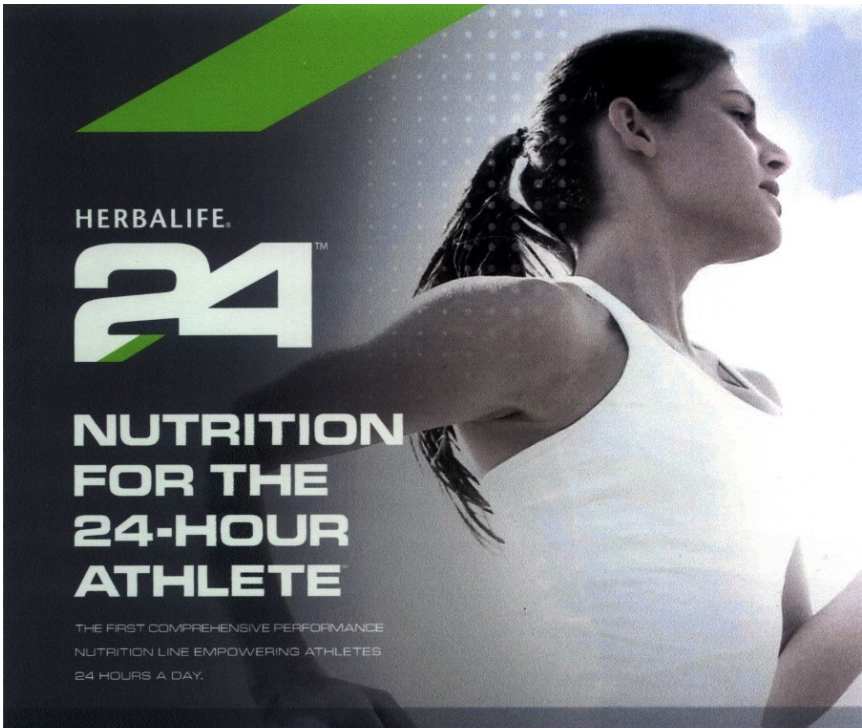


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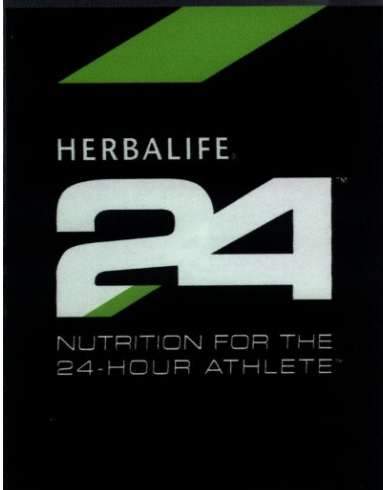


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Time to Renew Your Membership?

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

January

Wally Asher
Shelley Cameron
Dwayne Clemons
Tony Curtsinger
Patrick Mcbride
Mike Mcnabb
Larry A. Miller
Robin Miller
Mike Moser
Ray Parella
Gary Roedemeier

February

Connie Babcock
Rick Elliot
Leonard Heuser
Chris Lush
David Marshall
Cody Spaits
William & Rose Taylor
Jeff Uhling
Mark Vincent
Joe & Maria Wuerth

March

Chuck Crowley
Jessica A. Elliott
Linda Hughes
Kevin Mudd
Suzie Newberry
Gary L Warren
Louis Wright
Gary Young

April

John Hall
John Horton
John & Anne Laun
Michael & Diane Mcneill
Jim Schneider
Charles Thompson
Gary & Loretta Toms
Rob & Theresa Young

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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Address _____

City _____

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Phone (include area code) _____

Birthday _____

Names and birthdates of other family members who run:

Annual Membership Dues: \$15.00

Membership entitles you to run in club races for \$2.00, and a year's subscription to the club newsletter, *The Lookout*.

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