

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 36

April 2015

Number 3



Hill repeats at Iroquois were difficult this year because of the bad weather. Here are some of the hard-core.

## President's Message

*Swag Hartel*



Today is the last day of March and the weather is lovely. I went to the Iroquois High School track to help some new young runners. That is where I met Tretetz Kinniard. I have mentioned him before and a couple of weeks ago he made the finals of the NCAA Indoor Championships at 800 meters, which was my event. He is a sophomore at the University of Indiana - watch out for him. He has the potential to run well under 4 minutes for the mile.

As I write this, the University of Kentucky has two more games to play. If they beat the University of Wisconsin, and possibly Duke in the final game, it will be the greatest season ever in men's college basketball; something that may never be duplicated again. And the television ratings will also be sky high. Go Big Blue!

Did you know that Art Gunderson and our own Glenn Miller did not run last year's Kentucky Derby Festival Mini-Marathon. James Brooks is the only person left who has finished every Mini-Marathon, 41 and counting.

Don't forget the 35<sup>th</sup> Wally Bright Bake Off Race on May 19th. The track sessions will begin on May 26th.

See you soon,

*Swag Hartel*

# Learning to Embrace Disappointment (kind of)

by Larry Holt



We all develop defense mechanisms to deal with disappointment. Not achieving our goal can be a tough pill to swallow. Of course there are degrees of "missing the target". There is the "AIR BALL" and there is the "in and out" shot, as well as all the "in between".

To lessen the blow of FAILURE we can do one of two things. The first is my favorite and that's just to lower the bar. It's easy to deal with a poor performance when you haven't got a goal or take away the measuring stick that can read "BOO BAD RUN." We do this more than you realize just not often in a race. The point of doing a race is to test you. If you're going to leave the watch at home then what's the point?

Well there are many reasons to do a race that don't involve a personal best or goal achieving performance. There are social reasons, support reasons, workout reasons, and get out of the rut of a usual morning run. You can also have less HEADLINE goals such as "on this course" or "in these shoes" or "on very little sleep" or "as a second run."

So there are ways to make the race have a positive outcome without racing all out and not hitting your projections. Don't forget to pace and run with someone else to make it as rewarding as a good time.

Another tool to lessen the pain of defeat is to adjust our own psyche to handle it. We've all see children throw temper tantrums when they don't get their way. Not hitting your racing goal is NOT GETTING YOUR WAY. How now do you handle it? As a youngster I would run home from where ever the race was. I felt unworthy of a RIDE home and thought the self punishment would teach me to next time run faster. Not the most productive form of handling a bad race.

More mature and thought out might be to sit down with pen and paper and cipher out what happen either to training, racing or mental preparation.

Example: after finishing Turkey Run a full minute slower that I wanted....I can pout, speak to no one, speed away as if there had been no race, or on cool down and cheering for others and later determine where

my goal was unrealistic or why the performance was subpar.

You've heard all the cliches on failure but when they are your failures the sayings take on meaning. Give yourself a break and possibly be more selective when choosing those golden moments to hit a high mark. Or do what I do, keep your marks well under what is unattainable, like getting out of bed.

[Larryh@kencombsrunningstore.com](mailto:Larryh@kencombsrunningstore.com)

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## Funny Marathon Spectator Signs

By [Christine Luff](#)

Running & Jogging Expert

"You could have chosen chess"

"Mortuary ahead....look alive!"

"Chafe now, wine later"

"You trained longer than Kim Kardashian's marriage!"

"Humpty Dumpty had [wall](#) issues, too!"

"You're not slow. You're just enjoying the course."

"Where are you all going?"

"You're 26.2% crazy for doing this."

"Toenails are for sissies."

"You're 26.2% crazy for doing this."

"I'm sure it seemed like a good idea 4 months ago."

"Your feet hurt because you are kicking so much butt!"

"Your legs will forgive you...eventually."

"You've got stamina! Call me!"

"Run like you stole something."

## Bill Barger Named to Cast of Duck Dynasty

Joe Runner – April 1

In a surprise announcement, Iroquois Hill Runner member Bill Barger has been added to the cast of Duck Dynasty.

“His background as a teacher shows his commitment to education and his membership at Southeast Christian Church shows his commitment to Christian values. He is the type of person that epitomizes the values that Duck Dynasty promotes.” Siy Robertson said. “And I really like his beard.”

“I am very surprised,” Bill said. “I really don’t know what to say.”



# 15 Signs You're in Love With Running

By Christine Luff

Running & Jogging Expert

Whether it's the thrill of crossing a finish line, the euphoric feeling you get when you've completed a long run or crushed a workout, or the camaraderie you feel when surrounded by fellow runners, there's just something about running that makes you head over heels in love with the sport. How do you know if you're crazy about running? See how many of these signs you can relate to.

1. If you don't have a time for a run, you find yourself in a bad mood by the end of the day.
2. You get more excited to shop for running clothes than you do for regular clothes.
3. Your vacations somehow revolve around running – you're either vacationing at your race destination or planning travel around your training plans.
4. You bought a pair of ugly running shoes because you know they're the best ones for your gait/running style.
5. You dread getting up early for work or school, but you excitedly pop out of bed for a run or race.
6. You've cried when you crossed a finish line.
7. If you overhear complete strangers talking about running, you somehow manage to work yourself into their conversation.
8. You've used a vacation day because you need to fit in a long run.
9. You get jealous when you're driving and you pass someone running on the road.
10. When checking into a hotel, the first thing you ask about is recommendations for running routes.
11. You can't remember family member's birthdays, but you know your PRs for 5K, 10K, half marathon, and marathon.
12. When you get stuck in traffic, you look out the window thinking, "I could run faster than this."
13. You get excited when you see an email from Marathonfoto

- saying that your race images are now posted.
14. After you get home from a race, you first check your computer to see if the online results are posted and then search for your next race.
  15. Whenever you go to cheer for a friend or family member at a race, you wish you had signed up for it.
- 

## My Dream – Hayward Field

by IHR member John Horton

### ***You must have dreams and goals to arrive at your final destination.***

My dream for retirement was to run fifty marathons in fifty states. I was just turning 60 years old and had not run a marathon in fifteen years. I joined a fourteen-week program with the promise to be able to run a marathon by the end. The training lowered my cholesterol and tri-glycerides and reduced my weight by twenty pounds. That fall I finished the Louisville Kentucky Marathon.

### *My destination*

After you run a number of marathons folks ask, “Where are you going to finish?” or “what will be your fiftieth state?” They also offer suggestions – Hawaii, Alaska, or just what happened to be in your schedule. I thought for a long time and considered many options for my fiftieth state. In the end, the only possible finishing place was ‘The Track and Field Capital of the Country’ – Eugene, Oregon. The next week, I bought a Road ID and had a *PRE* quote written on the ID: “To give anything less than your best is to sacrifice your gift.”

### *It’s all about the journey, not the destination.*

The best part of the journey is meeting so many wonderful folks. I met volunteers who gave time and made every effort to assist me in achieving my goal. I met runners who shared a few moments, a few miles, and a part of their lives. I met many folks running their first marathon and achieving a “Bucket List” item. (I always caution these folks that the sport can be addictive!) I made lots of Fifty-state marathon friends, who greeted me as an old pal and congratulated me on my progress. To all of these folks, I thank you for your support.

*When you have fun, it changes the pressure into pleasure.*

Another benefit of running the fifty states is seeing the most beautiful country on Earth. I've run marathons around the Grand Canyon, Yellowstone Park, Mt. Rushmore, Newport, Rhode Island, Niagara Falls, and Big Sur in California. I've visited the Hiroshima Monument at the end of the Marines Corps marathon, the monument of the Oklahoma City bombing, the Eisenhower Presidential Library in Abilene, Kansas, the Carter Center in Atlanta, Georgia and have run down Bourbon Street in New Orleans. I've run alongside the natural beauty of the leaf change in New Hampshire, the desert landscape of Arizona, the Big Sky of Montana, the Amish country of Pennsylvania, and the mountains of Colorado. Each of these places created memories not soon forgotten.

*Be the Dream*

Another question people ask is: "What drives a person for eight years to train, travel and complete marathons in 49 states?" My dream has carried me through training runs on very hot or very cold days, through runs when mornings come quickly, and through runs that seemed too long. Some days I ask myself, "Why are you doing this?"

*My Dream*

My dream begins with me turning into an entrance to Hayward Field. As I come out onto the track I glance up and see a vision of many of the great runners who have finished on this track. As I scan the faces, Steve Prefontaine's face appears and he smiles and says, "Well Done." My reaction is always the same - my heart starts pounding, tears well up in my eyes, and I feel a surge of energy. My dream has just come true.





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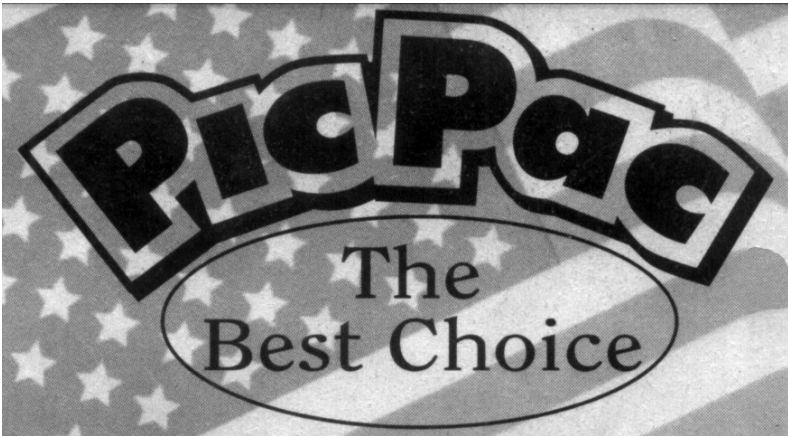
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## Club Notes

Dave Gassman retired from Dupont in March.

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](mailto:runner@iglou.com) if you're interested.

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

## Coming Attractions

**Saturday, April 11, 2015 - Goose Creek 5K, 9:00 A.M., E.P.**  
“Tom” Sawyer Park, 3000 Freys Hill Road, Louisville, KY 40241,  
(502)-429-7270, [www.parks.ky.gov](http://www.parks.ky.gov)

**Saturday, April 11, 2015 - Hope for Children’s 5K Walk/Run,**  
9:00 A.M., Community Park, New Albany, IN 502-287-9407,  
Michelle Wagner, Race Director, Hope Run for the Children 5K  
Run/Walk, P.O. Box 609, Charlestown, IN 47111.

**Saturday, April 18, 2015 - Oldham County Parks Earth Day  
5K Trail Run, 8:00 A.M., Oldham County Parks and Recreation  
Race Series, 1551 N. Hwy 393, LaGrange, KY, (502)-225-0655  
Ext. 5402, [active.com](http://active.com), [application](#) (pdf).**

**Saturday, April 18, 2015-1<sup>st</sup> Annual Run for Missions, 8:00  
A.M., 5K Race and Fun Run, Christian Academy of Indiana, 1000  
Academy Drive, New Albany, IN. Parkway Baptist Church,  
[eventbrite.com](http://eventbrite.com).**

**Saturday, April 25, 2015 - KDF Marathon and Mini-Marathon,  
7:30 A.M., <http://derbyfestivalmarathon.com>.**

**WE TOTE THE NOTE**



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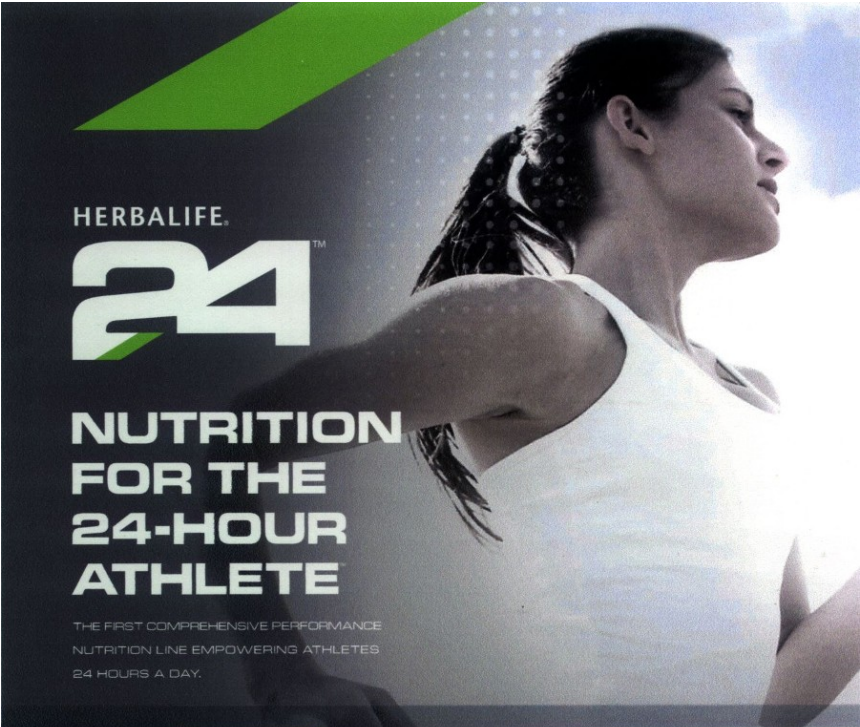


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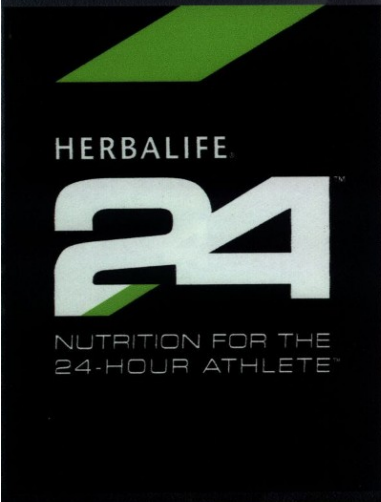


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## Time to Renew Your Membership?

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

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P.O. Box 14115, Louisville KY 40214

### **January**

Wally Asher  
Tony Curtsinger  
Mike McNabb  
Larry A. Miller  
Ray Parella  
Gary Roedemeier

### **February**

Connie Babcock  
Rick Elliot  
Leonard Heuser  
Chris Lush  
David Marshall  
Cody Spaits  
Jeff Uhling  
Joe & Maria Wuerth

### **March**

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

### **April**

John Hall  
John Horton  
John & Anne Laun  
Michael & Diane Mcneill  
Jim Schneider  
Gary & Loretta Toms

### **May**

Larry L Cairns  
Scott Ketterer  
Denny Kruse  
Chris McDonogh  
William & Carole Sanders  
Mark Webster

If your address or email changes please let Dave Maxwell know by emailing him at [picpacdm@aol.com](mailto: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](mailto:runner@iglou.com) or [glwarren\\_633@msn.com](mailto: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](http://iroquoishillrunners.org)

## IHR Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Email \_\_\_\_\_

Phone (include area code) \_\_\_\_\_

Birthday \_\_\_\_\_

Names and birthdates of other family members who run:

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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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*Gene, Tamara, and Travis after the City Run. Beautiful day for the City Run*