

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 36

September 2015

Number 7



## PICNIC

Come and enjoy the day with us!

**Date of Event**

September 20th

**Time of Event**

1 pm

**Location**

Iroquois Park across  
from Amphitheater

**Activities:**

- ☉ Horse Shoes
- ☉ Corn Hole

**Other information:**

Meat will be provided, Please bring a side dish of your choosing. Please bring a chair.



## President's Message

*Swag Hartel*



Soon summer will be gone. As The Kinks say, “Won’t you tell me where have all the good times gone”?! Well we certainly had a good time at The Poker Run – nearly 300 runners. This is due to all of the hard work of Donna Younger and the great bunch of volunteers we have. It truly makes me proud to be President of such a great club.

Unfortunately, I have two sad things to report. On August 9th Joe Hardman died at the age of 59. He was a long time customer who lived in the South End and ran 29 consecutives Mini-Marathons. His wife died at a young age with cancer and left him with a son and twin daughters. He later remarried and was truly a fine person.

On August 11 IHR member Larry Miller passed away at the age of 75. Back in the days of Wally Bright and Eugene Barker, Larry used to hang out at the shoe store. He was a tough runner in his time and I had a conversation with him at the Ice Cream Social in July. We will miss him and our condolences go to his family.

Now on a lighter note, I would like to mention two exceptional local runners. The first one Is our own Roberta Meyer. Just recently she competed in the National Masters Marathon in Milwaukee and finished third. She ran a marathon in Colorado and then won the ladies division (3 hr. 30min.) in another marathon in Pennsylvania. And she works full-time running her veterinary clinic. Amazing woman!

Secondly, Michael Eaton has taken a leave from working at Swag’s East. His reason is that he is going to raise his running to 130 miles a week to give him every chance at the United States Olympic Trials Marathon in February. He knows he is an outsider but with that desire and work ethic you never know. We are pulling for you, Michael!

We have reinstated our picnic this year. Be there so we can make this an annual event.

I will see you there.

*Swag Hartel*

## One Man's Mission to Save Running's Historic Legacy

*Gary Corbitt, son of running pioneer Ted, hopes to preserve stories of the sport.*

By [Roger Robinson](#) Friday, August 14, 2015, 3:59 pm



*Running pioneer Ted Corbitt races in 1957. His son, Gary, hopes to build a running history repository. Photo courtesy of Family of Ted Corbitt*

Gary Corbitt is a man with a mission. Son of the legendary running pioneer [Ted Corbitt](#), he seems to have inherited good doses of the vision and the quiet persistence that made his father such an influential figure (as a founder of [New York Road Runners](#), innovative course measurer, African American Olympic marathoner, and pioneering ultrarunner). With the contemporary sport now thriving beyond the dreams of Ted's generation, Gary's focus is on preserving that era's groundbreaking history, and recognizing the legacy of those—like his father—who led it. Last week Corbitt circulated a draft document that is the culmination of five years' patient consultation and research. Titled “The state of track and field and long-distance running history,” it reports on the urgent need

for that history to be valued and preserved, right now, in libraries and universities across the land. It confronts the challenges of coordinating that process in such a huge nation and in such a diverse and booming sport.

The urgency is all around us. The generation that created the first great running boom in the 1960s and '70s is now aged in their late 60s and up; or already gone. The sport grew with such spontaneous energy, and in a spirit of such independence, breaking free of all the old official constraints and controls, that there was never any central process for recording its growth. No one had time to think about posterity. Active runners, busy with their own training, created every innovation. The documents of that era—race results, reports, newspaper coverage, magazine articles, committee minutes, proposals, personal letters, journals, scrapbooks, printed photographs—date from before the digital age. All these dog-eared yet vital records of the era are scattered in countless folders and cardboard boxes in dusty attics and under spare beds across the nation.

Even more vulnerable are the personal memories and stories. Corbitt is looking to capture those histories. He has begun an oral history project, interviewing athletes and officials from the 1950s–60s.

Do runners in our age of selfies even care about history? Yes, is the surprising answer.

The [Boston Marathon](#) and other long-established races keep their allure. [Bill Rodgers](#), [Joan Benoit-Samuels](#), and other founding icons attract ever more admiring crowds. And there's a spike in registrations every time a race celebrates a significant anniversary. They flew in thousands to Athens for the 2500th anniversary of the Battle of Marathon. Watch for the 50th anniversaries of women at Boston from 2016 to 2022.

Runners do value history, and they enjoy the sense that they are making their own contribution to a long and significant story.

That significance goes beyond running. Only now are we recognizing that running is so much more than a sport. In universities, the story of modern running is increasingly a component in the history of women, African Americans, professionalism in sports, the leisure apparel industry, destination tourism, immigration, society's attitudes to health and aging, and even the very concept and function of the modern city.

Could you write a history of Boston or New York since 1970 without mentioning their marathons? Could any account of the social emergence

of women omit their growing dominance in the running movement that has transformed so many of their individual lives, and given such public proof of their physical capability? For all these reasons, the documented history of running needs to be available to the future.

Corbitt has organized his ideas partly as a SWOT (strengths/weaknesses/opportunities/threats) analysis.

He identifies strengths that include the archives and collections already acquired by various halls of fame and some universities; the Road Runners Club of America's oral history project in women's running; and the possibility of tax deductions for donated collections where value can be established.

The U.S.'s greatest problem or weakness is its sheer size, Corbitt considers, with no adequate central leadership within a complex sport that spans high school track, the Olympic Games, masters marathons, mountain, trail, and ultrarunning, and everything in between. Another weakness is that it is so difficult for halls of fame in a non-spectator sport like running to attract enough visitors to be financially viable.

Opportunity comes from the graying of the running boom's first generation, coinciding with the emergence of sports history as a legitimate scholarly area, and digital technology that is revising the concept of a research archive. Corbitt also astutely points out that wealthy not-for-profit races might be persuaded that giving financial support to historical research is legally appropriate to their mission. Running is too powerful and too rich, he implies, to be neglectful of its own legacy.

The greatest threat, Corbitt says, is death itself, and surviving families who may not understand the significance of dusty old collections of running scrapbooks, or who will dispose of valuable items piecemeal on [eBay](#).

Corbitt himself has begun to fill the biggest need. His draft paper provides a painstakingly compiled list of relevant public and private collections, archives and libraries, an essential starting point for any researcher. The list may not be comprehensive, but is the best available. It extends from coast to coast, and internationally includes the AIMS Marathon Museum in Berlin, the British Columbia Sports Hall of Fame Museum in Vancouver, the Alexander Turnbull Library in Wellington, New Zealand, the athletics collection in the library of Birmingham University, UK, and many more.

It also lists a range of remarkable individuals who have spent their lives in running—officials, coaches, journalists, broadcasters, as well as runners—and have built private collections that need to survive them.

His fifteen recommendations cover the need for a coordinating committee, financial support, and a national process that starts regionally, with centers probably located in supportive colleges, and with endowed funds to ensure ongoing custodianship. Above all, he wants the sport to take a coordinated approach. This would cover things such as identifying college libraries where running-related collections might be established, and working with estates to make it easier for families to donate materials and receive tax benefits.

Privately, Corbitt feels he has probably gone as far as he can. He wrote in an email:

“I’ve been attempting to build this movement since 2010. There have been some successes, but we need new blood and energy. Personally, I’m limited in the time I can put into this big picture project, at the expense my own history agenda items, such as Ted Corbitt, New York Pioneer Club, African-American long-distance running, early women pioneers, and my oral history project. I’d like [www.tedcorbitt.com](http://www.tedcorbitt.com) to grow into a running history repository.

So I offer this document with the hopes that it can be a catalyst to grow this movement.”



## Woman Writes Open Letter to Man Who Heckled Her Weight During a Run

**RW**

### [Runner's World](#)

While Lindsey Swift, a 26-year-old from Barnsley, South Yorkshire, England, was out on a run last week with her boyfriend, a man allegedly pulled up beside her in a white van and started to “heckle [her] with fat jokes,” [she wrote in an open letter on Facebook](#).

In her letter, she explained how she wasn’t ashamed of her body and that she is currently on track to get fit and run a 10K.

“It baffles me that anyone would try to discourage that kind of effort,” Swift wrote to the man.

“Let me make one thing very clear, I am not ashamed of my body,” she continued. “It has never stopped me from doing anything I want. My fat body has done things that you, hanging out of the window of your babe-magnet white van could only ever dream of. My fat body has been swimming in crystal clear Thai seas that you have probably only ever seen on TV. It has lived in countries you wouldn’t dream of visiting and been a part of cultures you are too small minded to appreciate. My fat legs have carried me up mountains on more than one occasion. My fat brain speaks languages you probably don’t see the point of learning, which is why you spend your time hanging out of van windows since you have nothing better to occupy it with.”

Swift concluded, writing to her harasser, “Engage your brain before opening your mouth.”

Swift said the man started “sarcastically” singing Mika’s “Big Girl (You Are Beautiful),” [according to BuzzFeed News](#).

The letter has garnered an overwhelming positive response online, tallying more than 18,000 shares on Facebook.

Here’s the full text from her post:

“I’ve had messages from people all over the world saying that they have experienced similar things and will think twice before getting upset in future, which is amazing,” Swift told BuzzFeed News. “If my post makes just one person ignore the negative comments and carry on what they are doing without shame, then I’m happy.”

An open letter to the idiot who thought it was ok to heckle me with fat jokes on my run yesterday,

*Your comment was a clear indication of both your incredibly witty repartee and a feat of observational comedy. I am indeed a big girl, and I am indeed beautiful. Thanks for noticing. I'm not sure who you were telling I was fat, you clearly have eyes, and the only other people present were me and my boyfriend. I assure you that despite your concern I do own a mirror, and my boyfr...*

## Do You Need a Heart Rate Monitor?

All maximum heart rate formulae are based on averages. They can be used to help you plan and monitor your exercise program, but they should not be interpreted as absolute limits or goals. Your maximum heart rate may differ from these averages. Whether you are a competitive athlete or an ordinary exerciser, you really do not need a heart rate monitor.

Extensive research shows that compared to casual exercise, intense exercise:

- makes you a better athlete by helping you to be stronger, faster and have greater endurance and
- helps you to live longer by reducing your chances of developing cancers, diabetes, heart attacks, and other diseases.

However, if you exercise too intensely, too long, or too often, you increase your chances of injuring yourself. If you have irregular heartbeats or blocked arteries leading to your heart, you can suffer a heart attack from exercising too intensely. So how can you tell how intensely you should exercise?

### ***The Breathing Guide***

After warming up, you can do a series of surges in which you exercise up to the point where you start to breathe very hard. Then slow down and when you have recovered your breath and your muscles feel fresh, pick up the pace again. Alternate faster and slower periods until your muscles start to feel heavy, and then stop the workout.

### ***The Burning Muscle Guide***

Two or three times a week, you can start out slowly and then pick up the pace until your muscles start to burn or feel heavy, slow down immediately, wait for complete recovery of your muscles, and then pick up the pace again. Repeat until your muscles feel heavy and then stop the



workout.

### ***Your Heart Rate as a Guide***

Many exercisers like to use a heart rate monitor to guide intensity of exercise because it gives them actual numbers that they can follow. Many exercise programs and tests to measure heart function are based on the formula  $\text{MAXIMUM HEART RATE} = 220 - \text{age}$ . This is supposed to predict the fastest your heart can beat and still pump blood through your body. Although this formula is the standard used today, it is not dependable for everyone and it does not apply to very fit people.

### ***Why the Standard Maximum Heart Rate Formula is Wrong***

As you age, your maximum heart rate slows down. The standard maximum heart rate formula is supposed to help you predict what your heart rate should be based on your age, but it should not be used by athletes and is not even accurate for people who are not fit.

The formula was first proposed by Dr. Sam Fox, one of the most respected heart specialists in the world. In the 1960s, he was very helpful to me when I was competing in, planning and setting up running programs. In 1970 he was the director of the United States Public Health Service Program to Prevent Heart Disease. He and a young researcher named William Haskell were flying to a meeting. They put together several studies comparing maximum heart rate and age. Fox took out a pencil and plotted a graph of age versus maximum heart rate and noticed that maximum heart rate appeared to be equal to 220 minus a person's age. They reported this observation, and ever since then, the formula has been taught in physical education courses and is used to test heart function and athletic fitness and to plan workouts.

The formula is wrong because your legs drive your heart rate; your heart does not drive your legs. Maximum heart rate depends on the strength of your legs, and to a lesser extent, on the strength of your heart. When you contract your leg muscles, they squeeze against the blood vessels near them to pump blood from your leg veins toward your heart. When your leg muscles relax, your leg veins fill with blood, so your leg muscles pump increased amounts of blood toward your heart. This increased blood fills the heart and causes your heart to beat faster and with more force. This is called the Bainbridge reflex. The stronger your legs, the more blood they can pump. An athlete's heart is stronger than that of a non-athlete, and a stronger heart can pump more blood with each beat, so the maximum heart rate is likely to be lower in an athlete than in a non-athlete.

***The Search for a Better Formula***

A study of 43 different formulae for maximum heart rate concluded that "No acceptable formula currently existed" (*Journal of Exercise Physiology*, 2002;5 (2): 1-10). The formula that fit age better than others is:  $HR_{max} = 205.8 - (0.685 \times \text{age})$ . It has a standard deviation that is 6.4 beats per minute, which is very large.

Another study from Oakland University in Rochester, Michigan showed that the standard maximum heart rate formula overestimated the maximum heart rate for younger exercisers and underestimated the maximum rate for older ones (*Medicine and Science in Sports and Exercise*, May 2007).

***Maximum Heart Rate is Lower in Athletes***

A study from Liverpool, England showed that the maximum heart rate for athletes is usually lower than for aged-matched sedentary people. The maximum heart rate of male athletes was calculated to be  $202 - (0.55 \times \text{age})$ , and for female athletes,  $216 - (1.09 \times \text{age})$ . At first glance, this makes no sense because you would think that the faster your heart can beat, the more blood your heart could pump and the better an athlete you would be. However, a stronger heart pumps more blood with each beat, so stronger hearts don't have to beat as often. Both weight lifters and runners had similar maximum heart rates, which were significantly lower than those of the age-matched sedentary people. The athletes have hearts that can pump more blood with each beat than the hearts of sedentary people, so they do not have to beat as often (*International Journal of Sports Medicine*, January 2008).

This means that as you become more fit, your maximum heart rate may go lower, not higher. Virtually everyone agrees that heart rate depends primarily on the amount of blood pumped toward it by exercising muscles (Bainbridge reflex). We know this is true because we are able to transplant hearts. If nerves to the heart primarily regulated heart rate, the heart would not be able to control its rate of beating since the nerves are cut during the transplant.

***Use Your Recovery Heart Rate to Measure Fitness***

If you want to use numbers to chart your progress in your exercise program, use your recovery heart rate instead of your maximum heart rate. Maximum heart rate is never used to measure fitness. A person with a failing fluttering heart can have a heart rate of 300 beats a minute. Researchers measure fitness by how fast your heart rate recovers one minute after maximum exercise. A healthy person's heart rate drops about

20 beats in one minute after all-out exercise, while fit athletes' heart rates can drop more than 50 beats in one minute. People whose one-minute recovery heart rate dropped less than 12 beats were four times as likely to die in the next six years, compared with those whose heart rates dropped by 13 or more beats (*Circulation*, 1996; 93: 1520-1526).

### ***What Does This Mean For You?***

If you are an athlete who trains for competition, you don't need a heart rate monitor unless you are obsessed with numbers. All you have to do is a program of interval workouts: two or three times a week, do a series of hard intervals in which you get short of breath, rest to recover, and repeat these intervals until your muscles start to feel heavy. For the rest of your week, try to do a lot of mileage at less than maximum effort.

If you are a non-competitive exerciser, you don't need a heart rate monitor either. First make sure that you have a healthy heart. Then try to do intervals two or three times week. Start out slowly and then pick up the pace until you feel burning in your muscles or you are breathing harder than usual. Then slow down until you have recovered completely. Alternate faster bursts and recoveries until your muscles start to feel heavy and then stop for the day. On the other days, go at a casual and easy pace.

**Caution:** *Check with your doctor before starting a new exercise program or increasing the intensity of your existing program.*

## **20 Things You Know When You're Dating a Runner**

By Erica Schuckies

Most relationships involve lots of kisses, date nights and wooing each other with romantic gestures and shiny things. Dating a runner, however, tends to add a new dimension to romance.

1. Their birthday/anniversary/Christmas wish lists consist of new running shoes or the latest running gear.
2. You are often at happy hour solo because your S.O. is running. They might show up at the bar post-run—albeit sweaty, stinky and glistening with sweat.
3. Your vacations are often in conjunction with a destination race. Because who doesn't love to push your body to its limits while

- on vacation?
4. Speaking of vacations... Just because a runner is on a trip doesn't mean they'll take a break. It's actually more fun to get out for a run in a new city—more exploring!
  5. You know not to make plans on race day. You'll be found at various points along the course, ideally, with a cowbell and clever motivational sign.
  6. You consider it a special treat when she puts on a real bra. Because running tights and sports bras are not only functional, they are COMFY.
  7. A passionate night at home might include massaging their sore calves or shin splints. #soromantic
  8. The closet has more running clothes than street clothes. All those post-race finisher T-shirts have to go somewhere.
  9. Laundry day means an entirely separate load for just running clothes. Or maybe two.
  10. You've learned to appreciate their, um, well-worked feet. Calluses, blisters and runner's toe, oh my!
  11. Sometimes you try to run with your sweetheart. It usually doesn't work out.
  12. Yet, other times, couple runs can make the perfect date night. And memories are made.
  13. You find ways to preoccupy yourself while your S.O. is out on one of their many long runs. Because a Netflix marathon is just as legit as a real marathon.
  14. YOU wake up when THEIR alarm goes off for yet another morning run. No going back to sleep now.
  15. Your house/apartment is littered with headphones, water bottles, watches, running belts, etc. Accessories on accessories on accessories
  16. So. Many. Socks. #SockGameStrong
  17. Don't mess with their pre-race meals. A PR depends on it.
  18. But you're more than happy to join them for post-race meals. Spectating is exhausting, amirite?
  19. You are now oddly attracted to compression socks. Compression is the new black
  20. Regardless of the quirky things your partner does, you're proud of your runner. Your love goes to the ends of the earth. (Your S.O. will run there.)

Kevin L. Mudd, CPA, PLLC



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## Club Notes

The club extends its sympathy to the family of Larry Miller on his death.

Welcome to new members Steve Brown, Dean Gartland, and Ed King.

Welcome back to former member Susan Brown.

## Poker Run

Thank you all for coming out and making this the best Toys for Tots Poker Run ever! Hope everyone had a great time. We had almost 300 participants and raised \$1675 in cash donations and 235 toys. The Marine Corp Toys for Tots program greatly appreciates your help in making a better Christmas for underprivileged children. - Donna Younger



*Winners all around! Marines from Marine Corps League, Kentuckiana Det. 729 and the Men and Women's winners take time out for a celebratory photo. From L to R, Jimmy Trusty, Allen Broussard, Men's Winner - Chris Wehrle, Bruce Kapfhammer, Women's Winner - Shannon Knabel, and Cj Wychulis Men's winner, Chris Wehrle is originally from Knoxville TN but resides here in Louisville and crossed the finish line at 18:08. Women's winner, Shannon Knabel is from Crestwood KY and crossed the finish line at 18:20. We are very thankful to everyone that participated in this great event.*

## Coming Attractions

**Saturday, September 12, 2015 - BPW/New Albany 5K for Education**, 8:30 A.M., New Albany Amphitheater, New Albany BPW, PO Box 1172, New Albany, IN 47151 [www.newalbanybpw5k.org](http://www.newalbanybpw5k.org), [newalbanybpw@gmail.com](mailto:newalbanybpw@gmail.com).

**Saturday, September 12, 2015 - Louisville Pure Tap 5K**, 8:45 A.M., Louisville Water Tower, Louisville Sports Commission, <http://lsc5k.com/>, [puretap5k.com](http://puretap5k.com).

**Saturday, September 12, 2015 - Legacy of Life 5K Run/Walk**, 9:00 A.M., Iroquois Park, <https://runsignup.com>.

**Monday, September 14, 2015 - Beth Haven Christian School 5K**, 6:00 P.M., Iroquois Park, T: (502)-937-3516 F: (502)-937-3364 <https://bethhaven.com/home/contact> [info@bethhaven.com](mailto:info@bethhaven.com).

**Tuesday, September 15, 2015 - Gaslight Festival 5K**, 7:00 P.M., Jeffersontown, KY, Headfirst Performance, 7024 Buckcreek Road, Finchville, KY 40022, (502)-550-9553, [todd@headfirstperformance.com](mailto:todd@headfirstperformance.com). Jeffersontown Chamber of Commerce, 10434 Watterson Trail, (502)-267-1674, [abagail@jtownchamber.com](mailto:abagail@jtownchamber.com).

**Saturday, September 19, 2015 - Friends 5K Run/Walk**, 8:00 A.M., Hogans Fountain, 745 Cochran Hill Road, Louisville, KY 40206, (502)-386-1502, [rivercityraces.com](http://rivercityraces.com).

**Saturday, September 19, 2015 - Shirley's Way 5K**, 9:00 A.M., Shirley's Way, 3801 Crestridge Rd., Louisville, KY 40272, [www.shirleysway.com](http://www.shirleysway.com).

**Saturday, September 26, 2015 - Kate's Frogtown Hop for the Crusade for Children**,

8:00 A.M., Highview Firestation 1, 7308 Fegenbush Rd., (502)-239-3561, [www.highviewfire.org](http://www.highviewfire.org), [www.active.com](http://www.active.com).

**Saturday, October 3, 2015 - Norton Sports Health Great Pumpkin 10K**, 9:00 A.M., <http://greatpumpkin10k.com>, Louisville Sports Commission, [louisvillessports.eventuresports.com](http://louisvillessports.eventuresports.com), [greatpumpkin10k.com](http://greatpumpkin10k.com).



**Saturday, October 3, 2015 - CAI Kentucky Run Home 5K, 9:30 A.M.,** Seneca Park, Kimm Hudson, Executive Director, CAI Kentucky, 502-515-1977, [HUDSON.KIMM@GMAIL.COM](mailto:HUDSON.KIMM@GMAIL.COM).

**Saturday, October 3, 2015 - Dr. Mark Lynn and Associates Stampede for VIPS 5K, 8:00 A.M.,** Papa Johns Cardinal Stadium, 502-636-3207, [WWW.VIPS.ORG](http://WWW.VIPS.ORG).

**Saturday, October 3, 2015 - Highland Cup 5K Run/Walk, 8:00 A.M.,** Douglass Boulevard at Bardstown Road, Douglass Boulevard Christian Church, 2005 Douglass Boulevard, 502-386-1502, [WWW.RIVERCITYRACES.COM](http://WWW.RIVERCITYRACES.COM).



*Shannon Knabel setting a new course age group record in the Poker Run*

**WE TOTE THE NOTE**



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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

**May**

Larry L Cairns  
Denny Kruse  
Chris McDonogh

**June**

Graham Honaker

**August**

Michael Bell  
Chris Eichberger  
Donna Fichtner  
Richard Garrity  
Robbie & Jean Hall  
Robbie & Amie Isabel  
Dannie Ray Joyce  
David E Rausch  
Donald & Alice Ray

**September**

Rick Caffee  
Terry & Karen Gibson  
Tom "CONE Man" Gividen  
Glenn Johnston  
Gary & Sam Lashley  
Mary Nazario  
Sam Noble  
Eugene Ottersbach  
Jim & Marleen Pipes  
Ron Schweickart

Patrick Sowers  
Mark & Michelle Spina  
Linda Vogel  
Bob Webb  
Carol G Westerman  
Jim Woosley

**October**

Bill & Cindy Barger  
Donald W. Fox  
Mary Jane Fuchs  
Dave & Debe Gassman  
Gene & Gayle Godfrey  
Tonya Mann  
Wakeley Purple  
Doug Stovall  
Steve Stovall  
John Whisman  
Gene & Donna Younger

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:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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*.

Mail to:

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P.O. Box 14115  
Louisville KY 40214



