

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 36

December 2015

Number 10



*Benjamin Wa - 23:50 (new record)*



*Taryn Sheehan - 30:13*

IHR Thanksgiving Day 5-mile

## President's Message

*Swag Hartel*



Once again we finish another year. We have a great club and I count my blessings everyday.

A young boy who attends my church (8<sup>th</sup> grader) has gotten into running and I encouraged him to run our Thanksgiving Day Race. He lives nearby so I picked him up and on the way home I started bragging to him what a great club the IHR is.

I mentioned all of great volunteers, what a great job our race director Mark Vincent did, the beautiful weather, and how many people enjoyed it. It was a great day and we have a club we can truly be proud of.

As a footnote, did you notice that Louis Baylor had #1 - he is a true athlete who deserves it. Also, what a competitive race-Jacob Thomson beating Michael Eaton in the fastest times ever, under twenty-four minutes!

Concerning upcoming events, we have our Christmas Party on December 10<sup>th</sup> and the Canned Goods Run on December 19<sup>th</sup>. We will start the hill session on January 5<sup>th</sup> and go back to 6:00 P.M. I'll be there every week and let's get serious.

A couple of other things to note. In September Colonel Jack LaPlante came to Kentucky for a short visit to be at his son's wedding. We really miss him in the running community. Also, guess how many marathons our Roberta Meyer has run this year? The answer would be six.

Hope to see you soon at one of our events.

*Swag Hartel*

## Bangkok half-marathon becomes world's longest after wrong U-turn

By [Competitor.com](#), *The Guardian*, November 16, 2015

An error by race organisers has turned Bangkok into the home of the world's longest half-marathon.

Instead of a 13-mile run through Thailand's capital, the Standard Chartered Bangkok marathon on Sunday accidentally extended its annual half-marathon to almost 17 miles.

The bonus miles came as a surprise to runners, who unleashed a tirade of complaints on social media after the event.

The Jogging Association of [Thailand](#), one of two organisers of the race, admitted to the error on Monday.

"The association apologises for the mistake," Songrakm Kraison, its vice-president, told the Associated Press. "It will not happen again in the future."

The Athletic Association of Thailand, which oversees athletic events in the country, said it discussed the mistake with the organisers, who "admitted that a technical error happened during the half-marathon event", said Surapong Ariyamongkol, AAT secretary general.

He said race officials responsible for pointing runners in the right direction inadvertently directed them to make a U-turn at the wrong place.

"It added more than 3km [1.8 miles] to each lap, therefore more than 6km were added to the whole half-marathon," Surapong said. "We have rebuked the association but we could not do anything else."

The marathon's Facebook page filled with comments on Sunday and Monday from runners who described the error as "ridiculous", a "massive miscalculation" and "incredibly dangerous" for runners who had trained to run just 13 miles.

Others joked that it should be renamed the "super half-marathon", or as one Facebook comment noted, it could be seen as a byproduct of race inflation: "Hey, they increased the price this year, so you get more kilometres for your money

## Second Wind

Dr. Gabe Mirkin's Fitness and Health e-Zine  
November 8, 2015

Second wind means that when you run very fast, you reach a point where you gasp for breath and your muscles burn so much that you feel like you have to slow down, but you try to keep on pushing. After several seconds, you feel recovered and pick up the pace.

We used to think that second wind meant that you slowed down to allow yourself time to recover from your oxygen debt, but research from the University of California in Berkeley gives another explanation (Fed. Proc, 45: 2924-2929, 1986). After you slowed down briefly, you felt better and could pick up the pace because the same lactic acid that caused the burning in your muscles and shortness of breath could be used as an efficient source of energy for your muscles. Since lactic acid requires less oxygen to power your muscles than most other sources of energy, you catch up on your oxygen debt, the concentration of lactic acid in your muscles drops, the burning and gasping lessens, you feel better and you can pick up the pace.

Your muscles get their energy from each of several successive chemical reactions, called the Krebs cycle. The Krebs cycle requires large amounts of oxygen to burn carbohydrates, fat and protein for energy. If you can get enough oxygen to meet your needs, food you have eaten is converted to energy to power your muscles and finally carbon dioxide and water that you blow off from your lungs when you breathe out. However, if you run so fast that your muscles do not get all the oxygen that they need, you develop an oxygen debt that slows down the successive reactions of the Krebs cycle. This causes lactic acid to accumulate in your muscles to make them acidic. It is the acidity that makes muscles burn, and you gasp for air, trying to get more oxygen.

The muscle burning and shortness of breath caused by the accumulation of lactic acid forces you to slow down. However the lactic acid that accumulates in muscles when you run very fast actually is the first choice of fuel for your muscles when you are running so fast that you can't get all the oxygen that you need (American Journal of Physiology-Endocrinology and Metabolism, June 2006). Your muscles switch to burning more lactic acid for energy, you need less oxygen and then you pick up the pace. You tell everyone that you suddenly got your "second

wind”, but actually:

- your body markedly increases its use of lactic acid for energy,
- this requires less oxygen,
- your blood becomes less acidic,
- the burning and shortness of breath lessen, and
- you are able to run faster again.

Of course when you keep on pushing the pace, you can again accumulate large amounts of lactic acid in muscles, which will make them burn and hurt again.

### **How You Can Use This Information to Have Greater Speed and Endurance**

Since you can move faster in races by increasing the rate of forming and removing lactic acid, you must train intensely enough to accumulate large amounts of lactic acid in your body. Exercising with high blood levels of lactic acid stimulates your body to make more enzymes that turn lactic acid into a source of energy and strengthens your heart to be able to pump more oxygen to your exercising muscles. That's why virtually all athletes in sports that require speed over distance use some form of high intensity interval training.

You also need to eat a lot of carbohydrate-rich foods (fruits and vegetables) to be able to increase the meager amount of sugar that you can store in your muscles and liver. Carbohydrates are the source of the sugar, glucose, that is converted to the energy efficient lactate during exercise. Lactate is used as a very oxygen efficient fuel during exercise and also helps replenish liver sugar stores during exercise.



## Leroy Stolfus clocks a 3:05 at Harrisburg Marathon in full Amish garb

By [Kelly Leighton | Special to PennLive](#)

on November 20, 2015 at 9:50 AM, updated November 20, 2015 at 9:06 PM



Larry Stolfus, 22, of Gordonville, crossed the finish line of the Harrisburg Marathon Nov. 8 in three hours, 5 minutes and 45 seconds. That's a pretty impressive time for anyone, less than a minute away from a [Boston Marathon qualifying time](#) for a man his age. But Stolfus ran the whole 26.2 miles in slacks, a long-sleeve button down shirt and suspenders, as he is Amish.

It's not his clothing he cites for "not running faster." Stolfus said he believes he could have run closer to a three-hour marathon had he not gone out too fast in the race.

"I was feeling good, but I kind of almost crashed at mile 15," he said. He credited the cheering crowds for keeping him going, and said he was "amazed" by his finishing time.

Crossing the finish line, "I had no pain whatsoever. It was more mental anguish than in my legs. You have to train yourself not to think about it. It will just slow you down. I was once told by someone that it's 20 percent training and 80 percent mental. I do believe that," he said.

"It was a good race," he added.

A few years ago, Stolfus got "involved with some stuff" he said he shouldn't have. His brother-in-law suggested he start running instead

when he was tempted. He took the suggestion to heart, and went out for a run.

"I ran between two and three miles, and I thought 'Wow, this is hard,'" he said. But he stuck with it.

Stolfus ran his first half marathon, the Bird in Hand Half Marathon in 2011, finishing in 1:42:51. In early 2012, he signed up for his first marathon, the Garden Spot Marathon, where he clocked in at 3:52:10. He kept running, his finishing times getting quicker and quicker.

The Harrisburg Marathon was nearly five minutes faster than his previous personal best.

Stolfus is an evening runner, as he arrives at his job at a tobacco shop around 6 a.m. He spends most of his day lifting things around the store, and is on his feet a lot. He walks to and from the bus stop, at least a mile every day each way.

He doesn't run every day. In fact, he said he isn't like most runners.

"Sometimes, I don't even get 10 miles in before a marathon," he said. Most marathon training plans call for multiple double-digit runs.

However, Stolfus is dedicated to speed work, logging laps around the track at F&M weekly with friends and his brother-in-law.

"It's a natural talent, but I do a lot more training than I used to," he said, noting he gets at least 20 miles in a week these days.

"How can I do this if I don't train that much? I think the type of work I do, lifting all day, and all the walking really helps," he said.

Stolfus said he is used to running in his Amish attire, and it doesn't bother him. In the summer heat, he said he tries to drink more water, but he doesn't do anything "out of the ordinary."

Up next for Stolfus? He will probably run a Turkey Trot this Thanksgiving, and he is interested in an ultramarathon as well.

And the Boston Marathon is also on that list. He is "definitely interested" in qualifying.

"I'll get there," he said. "I just got to train a little harder, learn how to not go out too quickly and negative split more," he said.

And since that fateful day his brother-in-law advised him to start running?

"Life is a whole lot better for me now," he said.

## Pennsylvania teen misses turn, accidentally runs full marathon

Associated Press

PHILADELPHIA — A Pennsylvania teenager's family says he accidentally ran all 26.2 miles of the Philadelphia Marathon because he missed a turn on his half-marathon course.

WPVI-TV reports (<http://6abc.com/1P6qyLN> ) Evan Megoulas runs on his high school's cross country team in Palmyra, 80 miles west of Philadelphia. He set out Sunday to run the 13.1-mile half-marathon. His family was waiting for him at the finish line but became concerned when he didn't show up.

They say they gave police a photo of Evan, and officers tracked him down in the Manayunk section of the city. He felt good despite missing his turn and wanted to keep running.

Evan's brother says after he completed the marathon, officers wanted a picture with him.

His time was 5:23:11.









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## Club Notes

Get well wishes to Denny Kruse on his recent surgery.

David Rausch is healing from a broken ankle.

The IHR club Christmas party will be Dec. 10, 6:00pm, at the American Legion post, 800 W Woodlawn Ave.

## Coming Attractions

**Saturday, December 12, 2015 - Reindeer Romp 4K**, 9:00 A.M.,  
Hogan's Fountain at Cherokee Park, [www.rivercityraces.com](http://www.rivercityraces.com).

**Saturday, December 12, 2015 - Santa Paws 5K**, 9:00 A.M., 6<sup>th</sup> and  
Main Streets, Shelbyville, KY, Johnna Maier, 502-633-1636,  
<http://business.shelbycountychamberofcommerce.com>,  
[www.HeadFirstPerformance.com](http://www.HeadFirstPerformance.com).

**Saturday, December 19, 2015 - Canned Goods Run**, 5K, 9:00 A.M.,  
Iroquois Park, Iroquois Hill Runners, 502-368-2443,  
[www.iroquoishillrunners.org](http://www.iroquoishillrunners.org)

**Saturday, December 19, 2015 - Otter Creek Trail Races**, 8:00 A.M.,  
26.2/16/8 Mile Trail, Otter Creek Park, Brandenburg, KY,  
[www.HeadFirstPerformance.com](http://www.HeadFirstPerformance.com)

**Sunday, December 20, 2015 - Sweaty Sheeps Christmas 5K &  
Eggnog Challenge**, 3:30 P.M., Waterfront Park,  
[www.HeadFirstPerformance.com](http://www.HeadFirstPerformance.com).

**Friday, January 1, 2016 - Hangover Classic**, 10M/5K, 10:00 AM.,  
American Turners, 2125 River Road, [www.HeadFirstPerformance.com](http://www.HeadFirstPerformance.com)

**WE TOTE THE NOTE**



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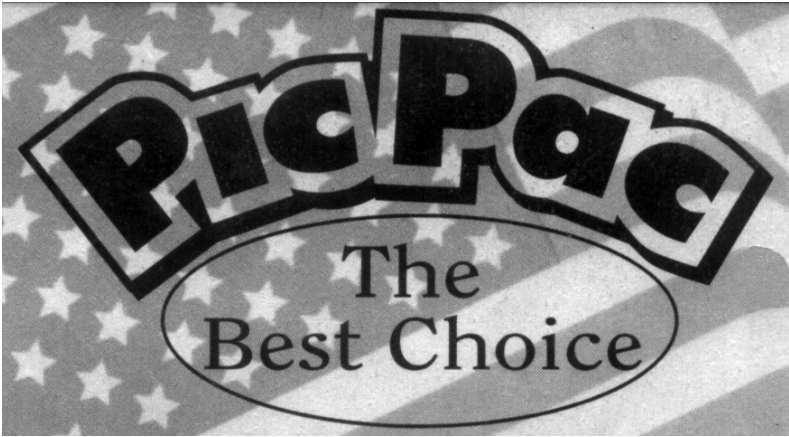
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## Time to Renew Your Membership?

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

**October**

Bill & Cindy Barger  
Dave & Debe Gassman  
Doug Stovall  
Steve Stovall  
John Whisman

Shelley Cameron  
Dwayne Clemons  
Tony Curtsinger  
Nick Karem  
Patrick McBride  
Mike McNabb  
Don & DiAnn Miller

**November**

Claborne Baker  
Dan Puckett  
Philip R. Scott  
Trilba Smith  
Barry L Steenberg  
Lee & Diane Twombly

Robin Miller  
Gary Peak  
John Schaap

**December**

Mike Bibelhauser  
Ken Combs  
Michael & Elizabeth Crady  
Andrea (ANDE) Gorce  
Bill & Linda Hayes  
Brian & Anna Hobbs  
Lonnie Judd  
Michael Manning  
Tracey Mattingly  
David & Angie Maxwell  
Theresa Young

**January**

Gary A. & Darlene Berger  
Larry & Brenda Breeding

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:

Iroquois Hill Runners  
P.O. Box 14115  
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