

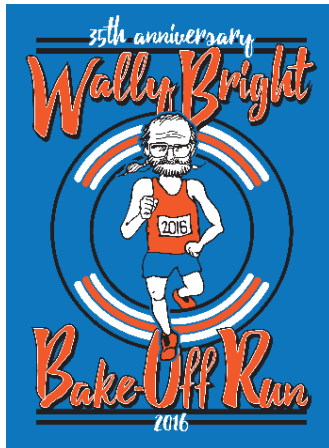
# The Lookout

Magazine of the Iroquois Hill Runners

Volume 38

April 2017

Number 3



## President's Message

*Swag Hartel*



I'm past the deadline and it comes on strong like the spring blooming on me yesterday (March 31). I went on my favorite hike this winter at the monastery of Gethsemane. I covered about six miles going to the top of six peaks. It really is a refreshing experience.

In the last week of March I went to the funeral home to pay my respect to Louis Burden. He used to hang around the store in the days of Wally Bright, and became known as "the cookie monster". He was 6 foot 5 inches tall and a truly great guy. He left the world a better place and he loved running.

The Derby Festival Marathon and Half Marathon is coming up on April 29. The Wally Bright 5k is on Tuesday night, May 18. The hill runners could be trying a new finish line system and we will have the hummingbird cake. I haven't spoken to Gary Wade, but plan on the track sessions beginning on Tuesday, May 30.

I'm on the comeback baby, and I'll see you around.

*Swag*



## Ed Whitlock dies at 86, seven months after running sub-four-hour marathon

**SI**

[Sports Illustrated](#) *SI Wire*



© Colin McConnell/Toronto Star via Getty Images

Masters running icon Ed Whitlock, who became very popular after running a 3:56.38 marathon at 85 years old, has passed away at 86 years old.

His family issued the following statement, according to Paul Gaines of the Canadian Running Series:

“The family of Ed Whitlock is saddened to report his passing on March 13, 2017, of prostate cancer at the Princess Margaret Cancer Centre. His 86th birthday was on March 6th. His wisdom, guidance and strength of character will be greatly missed by his wife Brenda, sons Neil and Clive, and sister Catherine. The family requests privacy at this time.”

In 2003, Whitlock ran 2:59:10 to become the first man to clock a sub-three hour marathon at 72 years old. He ran 3:56:38 last year in Toronto at 85 years old.

## This 70-Year-Old Woman Ran A Marathon On Every Continent In 1 Week

HUFF  
POST

[The Huffington Post](#)

Lindsay Holmes

Chau Smith is a 70-year-old Missouri runner who has competed in approximately 70 races. Last year, she decided she wanted to set the bar even higher for herself with a new goal: [Run seven marathons on seven continents](#) in the span of one week.

And she did it.

Smith ran in Perth, Australia, Cairo, Amsterdam, Singapore, New York,



© Courtesy Chau Smith

Chile and King George Island, Antarctica in January. She'd wake up, run the marathon, then board a plane to the next location.

Chau Smith recently ran seven marathons in the span of one week.

The runner is part of a travel group called Marathon Adventures and embarked on the task with nine other members. She decided to take on the challenge, which was called the Triple 7 Quest, as a way to celebrate her birthday — a milestone that has more meaning than most.

Smith's legal age is 67. She told The Huffington Post that after her father was killed in the French occupation of Vietnam during the First Indochina War, her mother went into hiding while pregnant with Smith for their safety. After she was born in 1947, her mother didn't report it for three years. That's why she wanted to honor turning her real age — 70 — this year in a special way.

“As I approached my 70th birthday, I wondered what I could finish from my bucket list, so I decided to do the Triple 7 Quest,” Smith told Huff-Post.

She trained for eight months to get ready for the challenge. Her preparation also included working with a [running coach, a physical therapist and a nutritionist](#) as well as practicing her pacing, she told NBC News. Normally, she can run the 26.2 miles in about five hours, but she said she wanted to make sure she kept up her stamina for all the races.

The runner credits physical activity with keeping her healthy and happy. And research supports her theory: Studies show regular exercise can help keep the [brain sharp, increase longevity and decrease anxiety](#).

“It was never my intention to become a long distance runner, but the more I ran, the better I felt ... no matter how stressful my life has been or is running is the best therapy I've ever had,” Smith told HuffPost. “So, I'm hooked on running because I can clear my head and make better decisions.”

Now *she's* what we call fitness goals.

[H/T CNN](#)

## Runner's zip code, race time, bib number and T-shirt all match

March 21st, 2017 by [Tim Huebsch](#) | Posted in [The Scene](#)

"It's probably the craziest thing I'm ever going to experience," 28-year-old Billy Covert says.



Here's a coincidence that you may never see again: a runner's childhood zip code, finishing race time, T-shirt and bib number all matched.

Billy Covert, 28, posted a selfie of his race number, 33607, which lined up with his previous zip code and it later turned out to be his marathon finish time. He then posted the photo to [Imgur](#) and [Reddit](#), a U.S.-based social news aggregator, where it went viral and has since been seen more than 920,000 times. Appropriately, the post was shared under the "chance" subcategory. Covert ran the March 11 United Airlines Rock 'n' Roll Washington DC Marathon.

His friends are calling the series of events the "Marathon Day Miracle."

A quick glance at the official results proves his clock time, 3:36:07, checks out. (Although his chip time is approximately 90 seconds faster, the clock time is used for official records. Clock and chip times often differ as not all runners can begin at the start line at the time the race commences.) The Washington, D.C. race is part of the popular Rock ‘n’ Roll Series, which makes its way to Montreal Sept. 23-24.

There were 2,422 finishers at the Rock ‘n’ Roll Washington DC Marathon so Covert was unable to match up his finishing place with 33607.

When Covert first picked up the bib, he noticed that the bib matched the zip code, a system of postal codes used in the United States, in which he attended school. He figured he would “cruise” it and run a 4:00 marathon but figured why not try for a 3:36:07 upon further thought. His race splits can be found here.

The 33607 zip code encompasses parts of Tampa, Fla., where he is originally from, including Tampa International Airport. Covert, however, lists his current place of residence as Bryn Mawr, Penn., according to the race results. The T-shirt he was wearing is from Cigar City Brewery, located in the 33607 zip code.

“It’s probably the craziest thing I’m ever going to experience,” he says.

Another interesting tidbit of information: Covert signed up for the United Airlines Rock ‘n’ Roll D.C. Marathon eight days, eight hours, eight minutes and eight seconds before the race was set to occur. (Proof.)

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## Club Notes

The club extends its sympathy to the family of Ron Jenkins on the death of his father.

Wakeley Purple had hip replacement surgery on March 27.

Swag Hartel will be inducted to the 2017 class of the Kentucky Athletic Hall of Fame.

Tentative dates for our summer races: Pizza Run – June 20, Ice Cream Social – July 18, Poker Run – August 8.

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We don't have email addresses for the following members, resulting in them not getting our world-renowned newsletter! Please get the word out or just send us their email address (send to [runner@iglou.com](mailto:runner@iglou.com)). Thanks.

Michael Bell	James P. King
Gary A. & Darlene Berger	James J L'Heureux
Larry & Brenda Breeding	Tonya Mann
Susan J Brown	Patrick McBride
Carl D. Cox	Chris McDonogh
Kristan Delph-Kolb	Mike Moser
Donna Fichtner	Eugene Ottersbach
Donald W. Fox	Ray Parrella
Mary Jane Fuchs	Gary Peak
Dave & Debe Gassman	Jim Schneider
Gene & Gayle Godfrey	Patrick Sowers
John Hall	Jeff Uhling
Robbie & Jean Hall	Gary Wade
Bruce Harrison	James K. Woods
Graham Honaker	Theresa Young
Lonnie Judd	Patrick Zurkuhlen



## Coming Attractions

**Saturday, April 8, 2017 - Goose Creek 5k**, 9:00 A.M., E.P. “Tom” Sawyer Park, Andy Cronin, 3600 Freys Hill Road, Louisville, KY 40241  
Phone: (502)-429-7270 Email: [andrew.cronin@ky.gov](mailto:andrew.cronin@ky.gov).

**Saturday, April 8, 2017 - Vince Klein Run Like a Superhero Memorial 5k**, 9:00 A.M., Downtown Riverfront Amphitheatre, New Albany, IN, [ajohnston204@wixsite.com](mailto:ajohnston204@wixsite.com), [Facebook site](#).

**Saturday, April 8, 2017 - Color Dash 5k**, 8:00 A.M., Cardinal Ritter Park, 1218 Culbertson Avenue, New Albany, IN [www.cd5k.com](http://www.cd5k.com), [thousandpraises@gmail.com](mailto:thousandpraises@gmail.com).

**Saturday, April 15, 2017 - Dressed in White 5k**, 10:00 A.M., 1301 River Road, Louisville, KY 40202 [runsignup.com](http://runsignup.com)

**Saturday, April 15, 2017 - Operation Smile Louisville 5k Walk/Run**, 1:30 P.M., Iroquois Park, Sugandha Uppal, [S0uppa01@louisville.edu](mailto:S0uppa01@louisville.edu), [Facebook page](#)

**Saturday, April 15, 2017 - Teens Conquer Chiari**, 4k Run/Walk, 9:00 A.M., Cherokee Park, Barringer Hill, Louisville Collegiate School, [tkoester@loucol.com](mailto:tkoester@loucol.com).

**Saturday, April 15, 2017 - O CPR Earth Day 5k**, Trail Run/Walk, LaGrange, KY, [Morgan Conservation Park](#), [Oldham County Parks and Recreation](#), 1300 Kentucky 524, LaGrange, KY.

**Saturday, April 22, 2017 - Miles and Missions 5k Run and Walk**, 8:00 A.M., [New Albany Amphitheater](#), 200 E. Walter Street, Tom Spalding, Missions Director, [MilesForMission@ParkwaySBC.com](mailto:MilesForMission@ParkwaySBC.com).

**Saturday, April 29, 2017 - Derby Festival Marathon and Mini-Marathon**, 7:30 A.M., 13.1M/26.2m Road, [DerbyFestivalMarathon.com](http://DerbyFestivalMarathon.com).

**Sunday, April 30, 2017 - Backside Trail Marathon**, 8:00 A.M., 13.1M/26.2M Trail, Seneca Park. [Website](#).

**Saturday, May 13, 2017 - Run Throo the Zoo 5k**, 8:00 A.M., Louisville Zoo, 1100 Trevilian Way, Phone: (502)-429-2181. [Website](#)

**Tuesday, May 16, 2017 – Wally Bright Bake Off Run 5k**, 7:00 p.m. Iroquois Park Amphitheater. [SwagsSportShoes.com](http://SwagsSportShoes.com)

Kevin L. Mudd, CPA, PLLC



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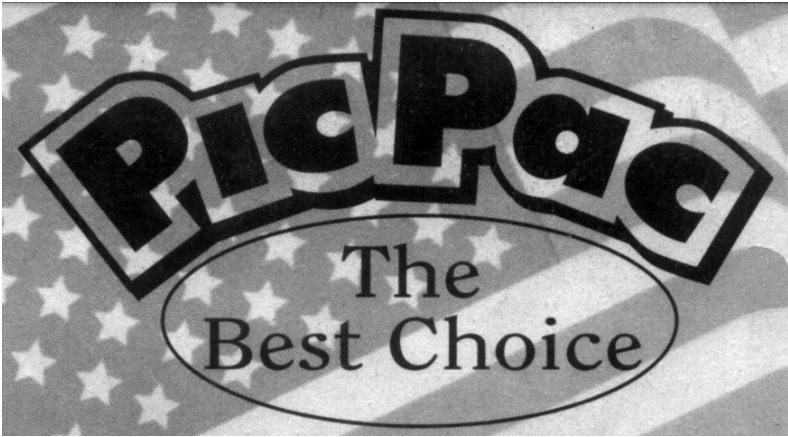


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## Time to Renew Your Membership?

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

or

online at [www.runreg.com/iroquois-hill-runners-membership](http://www.runreg.com/iroquois-hill-runners-membership).

### **February**

James P. King  
Bart Pfanenstiel  
William & Rose Taylor

### **March**

Chuck Crowley  
Earl Navarro  
Suzie Newberry  
Stephen Yanoviak

### **April**

John & Anne Laun  
Jim Schneider  
Charles Thompson

### **May**

Scott Ketterer  
Christopher Lockett  
Kelley Lockett  
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:

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

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  
Louisville KY 40214

or sign up online:

[RunReg.com](http://RunReg.com)