

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 38

September 2017

Number 7



## PICNIC

Come and enjoy the day With Us!

**Date of Event**

September 17th

**Time of Event**

1 pm

**Location**

Iroquois Park across  
from Amphitheater

**Activities:**

☺ Corn Hole

☺ Door prizes

**Other information:**

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



## President's Message

*Swag Hartel*



It's the first day of September and the rain from Hurricane Harvey has arrived. It's dark and gloomy and I'm on the deadline. Who really cares? Nobody, really!

really!

I just want to tell you how humbled I am to be the President of such an outstanding club. We do so many good things, but it's really a collective success. There are so many who help and it results in success. Thank you, we know who you are.

Another example is our last summer race, The Poker Run. We had a great turnout with so many door prizes. It was all due to race director Donna Younger. We also gave a big donation and toys to help Toys for Tots.

We had our last track session on Tuesday and dinner afterwards at Senor Iguanas. Our picnic is right upon us—hope to see you there.

“We’ll talk!”

*Swag Hartel*



## September is IHR Membership Renewal Month!

It's September and time for our dues paying members to renew. The IHR board decided to make all yearly memberships go from September to September, the month the club was founded thirty-eight years ago.

The dues are \$15 per year. If you have joined or renewed earlier than September, that's fine. You can pro-rate your dues by counting the number of months before September, multiply times \$1.25 and subtract the difference from this year's \$15. For instance, if you renewed in January, that would be eight months ago with four months left. Four x 1.25 is a \$6 discount on this year's renewal. So you would renew for \$9 instead of \$15. The dues you pay help us fund club activities including the three summer races and canned goods run, annual picnic and Christmas party, and supporting running in and around the park. Also, renewing gives us an up to date email address we can use to send the newsletter.

If you use the [RunReg.com website](http://RunReg.com) to pay online you may use special Coupon Codes when you "check out". Referring to the date range you paid, enter OCT-JAN for a \$4 discount, FEB-MAY for an \$8 discount, and JUN-AUG for a \$12 discount.

We would like to encourage our Facebook friends to consider becoming dues paying club members. We were thrilled to see so many of you at the Pizza, Ice Cream, and Poker runs. Dues paying members help make those races possible.

Register online:

<https://www.RunReg.com/iroquois-hill-runners-membership>

Or by mail:

Iroquois Hill Runners  
PO Box 14115  
Louisville, KY 42014

Be sure to include your email address.

## 10 Tips for Running with Your Dog

By [Nancy Howard](#), SparkPeople Blogger

As a runner it's nice to have a partner to run with, regardless if that partner runs on two legs or four legs. [A dog can make a great running partner](#), not only can they help [keep us motivated to run](#), but they can also provide us with a sense of security and companionship especially for those of us who must run in remote areas.

But before you get too eager to put a leash on your four-legged friend, there are a few tips to consider prior to taking your first step out the **door** with your running buddy.

**Get medical clearance from your dog's vet.** Just like we need to get medical clearance for exercise, same is true for our pets. This is especially necessary if your pet has led a fairly sedentary lifestyle. While your dog may spend hours running around the backyard, it is not quite the same as running five, three or even one mile.

**Know which breeds are best for running.** Knowing which breeds are best suited for running can help determine if Fido is going to make a great running partner or best left hanging out in the backyard. There are certain breeds where running may actually be detrimental to your dog's well-being. Some breeds, such as the Border Collie are more prone to hip dysplasia issues which can be aggravated from running while other breeds, such as the Pug and Bulldog are more prone to respiratory and overheating issues. Runner's World has compiled a [list of dog breeds](#) and the distance each breed can safely run. But remember your dog's vet is the best source of advice as to whether your best friend can run or not.

**Consider the age of your dog.** Having a puppy full of energy may seem like the ideal time to train her to run with you, but remember your puppy is still growing. Her bones are still developing. This does not mean she can't ever run with you, but please check with your vet as to the distance and intensity of runs that would be most suitable for your growing puppy.

Older dogs can run, depending on the breed and disposition of your dog, just make sure that you have discussed your concerns with your vet before taking Fluffy out for her first run.

**Make sure your dog is on a leash.** In my six years as a runner one of the most intimidating experiences is to come across a dog that is not leashed. While you as his owner may be quite comfortable with voice

command in controlling your dog, I, as a runner, have no clue how well controlled your dog is. A few years ago I had a Jack Russell Terrier come running at me nipping at my lower leg, thankfully the dog's owner could grab him before any damage was done. My most recent scare came just a few days ago when a German Shepherd who was trained to attack came barreling at me (the owner's description, not mine)--to hear the fear in the owner's voice literally had me stop dead in my tracks until the owner gained control over his dog.

**Consider the running surface.** We are fortunate to be able to put on a pair of running shoes and head out the door. We don't have to worry too much about the road temperature or debris, but for your **dog** this is a big factor. Concrete and debris on the road are big hazards for your dog, especially in the heat of summer when the running surface is very hot.

If your dog starts to limp, you will want to stop immediately to check his paws for any foreign body that may have embedded in your dog's **paw**. Also, if you are running in winter where snow and ice are commonplace, after your run be sure to wash your pet's paws as salt and other chemicals used on the roads can be very toxic to dogs, especially if they are prone to licking.

**Be aware of the signs and symptoms of overheating.** Dogs do not sweat like we do. They dissipate the heat via panting and through their paws so make sure you bring plenty of water for him or at least have access to water. My local running trail actually offers pet water stations which allows owner and pet to rehydrate at the same time. Also you may want to change your running surface from a hot road to a cooler trail when temps heat up.

If you find you dog is excessively panting, slowing down and not acting like he normally does, you need to cool him off as soon as possible. Just like heat stroke can be fatal to humans, hyperthermia can be fatal to your beloved pet. Many dog experts state that if the ambient air temperature is 80 degrees or warmer, or if there is excessive humidity, it is best to leave your dog at home. The risk at this point for heat stroke far exceeds the benefit for exercise.

Here is a [link](#) to helping keep your pet cool during the hot summer months.

**Ease your dog into running.** Just like many of us did not go from the couch to running 3 miles straight, same is true for your trusty companion. Running is very taxing on the human body and same is true for your dog.

While it may seem natural for your dog to want to run with you, after all they love to please us, you must be aware that it takes time to build up the stamina to run the distances you are accustomed to running. So you may want to start with some walks to allow time for your dog to adapt to the routine of going out with you.

**Know your dog's temperament.** If your dog has been exposed to other people and other dogs, most dogs will do fine in a running environment. However if your dog has not been socialized, you may want to rethink where and when you will run with him. Remember not everyone is eager to come across a dog even on a leash especially if the breed has a history of being intimidating. While you may know that your German Shepherd or Pit Bull is a sweetheart, I as a runner have no clue.

Having a dog who is quite territorial with his environment and even you as an owner, may be more frustrating to you as a runner as you may find yourself keeping your dog in line versus running.

If your dog has never been socialized, you may want to consider taking her to obedient classes which many local pet stores and shelters offer for a nominal fee. If you are unable to locate a class, check with your vet, he/she may be able to help you locate a class.

**Make sure your pet is up-to-date on his vaccination.** A few weeks ago a friend of mine was running when a stray dog came out of nowhere and bit her on the leg. While this dog was not running with his owner, because the dog was not wearing a collar nor were his vaccinations current, she had to endure a long 10 day wait to see if the dog showed signs of rabies. Should you be running with your dog and he finds himself in an altercation with another dog or another runner, having verification of his vaccinations can bring peace of mind to all parties involved.

**Be courteous and clean up after your pet.** Having participated in races where dogs were permitted, nothing is more aggravating to me as a runner than to be running along and stepping in a mess that I have to clean off my running shoes before getting into my car to go home. While it may seem like an inconvenience to carry a bag or two with you to pick up your pet's mess, it really is the courteous thing to do. Also know that many municipalities are now fining dog owners for not picking up after their pet. Taking a few seconds to keep our environment clean makes running enjoyable for everyone.

These are just a few tips that may help determine if your pet is ready to hit the running trail with you. However, I want to stress that you need to

get clearance from your dog's vet to see if he/she is healthy enough to run. Studies are showing that [pet obesity](#) is on the rise, so just like we need time to ease into exercise, we do not want to rush the process in taking Buddy from the couch to running without the proper guidance and time frame to do so.

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*IHR members Kevin Mudd, Jim Pipes, Earl Navarro, and Donna Younger rode in the Tour de Pork in Indiana recently.*

## Dr. Gabe Mirkin's Fitness and Health e-Zine

August 6, 2017

### Benefits of Combining Strength and Endurance Training

If you want to gain maximum benefit from an exercise program, you should combine endurance heart-lung training with resistance muscle strength training. The safest way to do this is to:

- do your endurance training with your legs such as running, walking or cycling, and
- aim your resistance training on your upper body and core in your belly and back.

Researchers in Australia showed that adding a weight lifting program to cycling or running will help to improve performance only if you know that when your muscles are sore, you have to take the day off or go slow and easy (*Sports Medicine*, July 2017;1–14).

- After running or cycling very intensely, you need to go slow and easy for more than 24 hours.
- After lifting weights intensely, you should go easy for several days with the same muscle groups.

If you want to train the same muscle groups for both endurance and strength, you need to use long recovery periods of less intense exercise after each intense workout or you will be at high risk for an over-training syndrome of chronic fatigue and muscle damage. You should not exercise at a fast pace or lift very heavy weights when your muscles are still sore from a previous workout.

### How to Combine Strength and Endurance Training

You can develop larger and stronger leg muscles just by cycling or running and not lifting weights (*Int J Exerc Sci*, Jan 1, 2017;10(1):137-145). However, you can become faster and stronger by combining strength and endurance in your training program (*Eur J Appl Physiol*, Mar



2003;89(1):42-52), but you have to back off any program when your muscles feel sore. For example, inexperienced, out-of-shape middle-aged men were stronger with just cycling than those combining cycling and leg weight lifting (*Eur J Appl Physiol*, May 2005;94(1-2):70-5). High-intensity interval cycling done after heavy-resistance exercise can decrease strength gains because of the soreness it causes (*Scand J Med Sci Sports*, Sept 23, 2016).

You need to back off from intense workouts when your muscles feel sore. You can set up a schedule for lifting weights every other day and alternate running intensely on one day and easy on the next, but always listen to your body and back off if your muscles hurt. One study showed that in just six days of this training, your muscles will be so sore that you won't be able to exercise intensely and you will have a significant decrease in strength (*Research Quarterly for Exercise and Sport*, Aug 2015;86(4):387-396).

### **My Program (82-Year-Old Man)**

**Strength Training:** I try to go to the gym every day and use the upper-body weight machines. I do only one set with a comfortable weight until my muscles start to fatigue. On most of the machines I do a set of 50 to 100 repetitions. This type of training does not give me large muscles, but it does help me to avoid injuries.

**Endurance:** On Tuesdays, Thursdays, and Saturdays, I ride a recumbent tandem with Diana in our tandem bike group for 25 to 30 miles. We do not go flat out but we do pick up the pace at the end of each ride. On the other four days, I attempt to do intervals on my upright bike. My legs are usually stiff in the morning. If they do not recover after a 5 to 10-minute warmup, I take the day off. I usually have to take a day off every sixth to tenth day because of muscle soreness.

My intervals are done fast enough to make me short of breath, but they are not done at my maximum effort. I do 50 pedal strokes and do not start my next interval until I feel that I have recovered completely from my previous interval. I stop my workout when my legs do not recover a few seconds after I finish an interval. I usually do between 21 to 24 repeat intervals. See my article below on Principles of Training.

**Caution:** *Intense exercise can cause a heart attack in a person who has blocked arteries or heart damage. Check with your doctor before you start a new exercise program or make a sudden increase in the intensity of your existing program.*

## Club Notes

IHR recently donated to the Butler, and Johnson Traditional Middle School Cross-Country teams. We got a nice “thank-you” from each via FaceBook posts:

[“Butler's Cross-Country team would like to thank IHR”](#)

[“Johnson Traditional Middle School Cross-Country team says THANK YOU IHR!”](#)

Both teams are coached by Stephanie Filippazzo Barnes.

Donna Younger reported on the recent IHR Poker Run:

Well the Toys for Tots Poker Run is over for another year. I finally got everything put away and thanked all my sponsors as I hope you will when you are at their place of business. I especially want to thank all the local grocers who provided snacks and water for the race. Pic Pac, Sav a Lot on Taylor, Valu Market on Baxter, Costco, Cash Savers in Fairdale, and Krogers. And thank you Gail for making all those cookies!



*IHR members Wakeley Purple and Bill Delph enjoyed a beautiful Labor Day hike across the Big-4 bridge together with Mike McNabb and John Schaap. It's an annual event dubbed the “Larry Miller Memorial Walk” in honor of a past IHR member.*

## British police arrest 50-year-old jogger suspected of knocking woman in front of bus

August 10, 2017



© REUTERS A CCTV image, received via the Metropolitan Police, shows a male jogger on Putney Bridge in London.

LONDON — British police on Thursday said they had arrested a 50-year-old jogger on suspicion of knocking a woman into the path of a bus on a busy west London street earlier this year.

Closed circuit TV footage showed the male runner knocking a 33-year-old woman head-first in front of a bus, which just managed to swerve out of her way.

"Police investigating an assault after a jogger appeared to push a woman into the path of an oncoming bus in Putney have made an arrest," London police said in a statement.

The man is being held on suspicion of causing grievous bodily harm after an arrest in the nearby Chelsea area of London, police said. The victim received minor injuries from the incident.

The arrest came after a public appeal earlier the week for help in tracing the jogger. Although the incident happened in May, police said they had received a "good response" from the appeal, and said they were still looking for other witnesses.

## The 18 best running movies you can stream right now

Sit back, relax and enjoy these running-related films from any where you have a device that can stream video

July 28th, 2017 by [Tim Huebsch](#) | Posted in [Reviews](#) | Tags: [barkley marathons](#), [Featured](#), [gun runners](#), [Netflix](#)

### Forest Gump

From YouTube: “Despite his sub-normal IQ Gump leads a truly charmed life with a ringside seat for many of the most memorable events of the second half of the 20th century.”

Where to stream: YouTube.

### [The Barkley Marathons: The Race That Eats Its Young](#)



Photo: Michael Doyle / Canadian Running Magazine.

From the doc’s website: “A famous prison escape sparks the idea for a cult-like race that has seen only 10 finishers in its first 25 years.”

Where to stream: Netflix.

### The Long Green Line

From IMDB: “Coach Joe Newton has used the sport of Cross-Country Running to teach simple but important lessons to high school boys for the last 50 years.”

Where to stream: YouTube.

### **Patriots Day**

The story of the 2013 Boston Marathon bombings and aftermath starring Mark Wahlberg.

Where to stream: YouTube.

### **Chariots of Fire**

From IMDB: “Two British track athletes, one a determined Jew and the other a devout Christian, compete in the 1924 Olympics.”

Where to stream: YouTube.

### **McFarland, USA**

From IMDB: “Jim White moves his family after losing his last job as a football coach. He sees that some of the students are worth starting a cross-country team and turns seven students with no hope into one of the best cross-country teams.”

Where to stream: YouTube, Netflix.

### **Prefontaine**

From YouTube: “It’s the true-life story of legendary track star Steve Prefontaine.”

Where to stream: YouTube.

### **Unbroken**

The story of [Louis Zamperini](#), an American prisoner of war survivor and Olympic distance runner.

Where to stream: YouTube.

### **1 Mile to You**

From IMDB: “After a teenager’s friends die in an accident, he finds running allows him to remember them perfectly.”

Where to stream: Netflix, YouTube.

### **Fittest On Earth**

From the movie's website: "The fittest athletes on earth take on the 2015 Reebok CrossFit Games."

Where to stream: Netflix, YouTube.

### **Gun Runners**

Two Kenyans trade in their rifles for running shoes and attempt to make it in the world of marathoning.

Where to stream: Netflix.

### **The Robber**

From IMDB: "A story based on Johann Rettenberger, an Austrian marathon runner and a bank robber."

Where to stream: Fandor.

### **4 Minute Mile**

From IMDB: "A former track coach decides to train a student with natural athletic talent. Tragedy strikes, forcing the student to confront everything that has been holding him back."

**Where to stream:** Netflix, YouTube.

### **Endurance**

A look at the life of Ethiopian [Haile Gebrselassie](#), one of the greatest long distance runners in history.

Where to stream: YouTube.

### **Bannister: Everest on the Track**

The journey of breaking the four-minute barrier in the mile for the first time in history.

Where to stream: YouTube.

### **Saint Ralph**

From YouTube: "Fourteen year old Ralph fears life as an orphan if mother doesn't emerge from a coma. Desperate to believe a miracle is the answer to his mother's recovery, Ralph sets out to actualize the miracle by running the 1954 Boston marathon."

Where to stream: YouTube.

### **Spirit of the Marathon 2**

From YouTube: “*The Spirit of the Marathon* sequel follows seven runners from around the world as they journey to the starting line of the Rome Marathon.”

Where to stream: YouTube.

### **The Jericho Mile**

From IMDB: “Larry “Rain” Murphy is stuck in Folsom Prison for life on a first-degree murder charge. An inmate who prefers to be alone, Murphy spends much of his time running around the facility’s track.”

**Where to stream:** YouTube.

## Coming Attractions

**Saturday, September 9, 2017 - Active Heroes Run and Obstacle Challenge**, 8:00 A.M., 5k And Obstacles, Hillview City Offices, 283 Crestwood Road, Louisville, KY 40299, (502)-277-9280, [activeheroes.org](http://activeheroes.org), [info@activeheroes.org](mailto:info@activeheroes.org).

**Saturday, September 9, 2017 - Lanesville Heritage Races**, 8:00 A.M., 8 Mile Run/Walk, 5 Mile Run/Walk, 8:10 A.M. 2 Mile Kid's Run, Lanesville Junior High School, [LanesvilleHeritageWeekend.org](http://LanesvilleHeritageWeekend.org).

**Saturday, September 9, 2017 - Louisville Pure Tap 5K**, 8:30 A.M., Louisville Water Tower, 3005 River Road, [puretap5K.com](http://puretap5K.com).

**Saturday, September 16, 2017 - Hartman Dental 5K**, 8:00 A.M., Sam Peden Community Park 3037 Grant Line Road, New Albany, IN [HartmanDental5k.weebly.com](http://HartmanDental5k.weebly.com).

**Saturday, September 23, 2017 - Louisville Froggin' for Frogmen**, 8:30 A.M., 5K, South Oldham High School, 5901 Veterans Memorial Parkway, Crestwood, KY 40014 [JogginForFrogmen.com](http://JogginForFrogmen.com).

**Saturday, September 23, 2017 - Bark in the Park 5K**, 8:00 A.M., Seneca Park, Bunny Zeller, (502)-425-3972, Animal Care Society, 12507 Westport Road, Louisville, KY 40245,, Phone (502)-426-6303, Fax: (502)-426-0829, [AnimalCareSociety.org](http://AnimalCareSociety.org).

**Saturday, September 23, 2017 - Frogtown Hop 5K for the Crusade for Children**, 8:00 A.M., Highview Fire Station 1, 7308 Fegenbush Road, Louisville, KY 40208, (502)-239-3651. [FrogtownHop website](http://FrogtownHopwebsite)

**Saturday, September 30, 2017 - Friends for Michael 5K**, 9:00 A.M., Henry County High School, New Castle, KY Matthew Brent, (502)-608-7649, [FriendsForMichael.org](http://FriendsForMichael.org).

**Saturday, September 30, 2017 - Stamped for VIPS**, 8:00 A.M., 5K Road, Louisville Zoo. Martha Hack (502) 498-2926, Visually Impaired Preschool Services, 1106 Goldsmith Lane 40218, [vips.org](http://vips.org).

**Saturday, September 30, 2017 - Norton Sports Health Great Pumpkin 10K**, 9:00 A.M., Egg Lawn Parklands, Beckley Creek Park, [greatpumpkin10k.com](http://greatpumpkin10k.com)



Kevin L. Mudd, CPA, PLLC



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**WE TOTE THE NOTE**



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## IHR Membership

The club depends on the support of our dues paying members to continue to function. The board has voted to make the membership renewal for all members the month of September, the anniversary month of the club's founding. We hope it will streamline paperwork and minimize trips to the bank. If your membership expires in the coming months, consider it extended until September. If you have already renewed or are joining some time since last September, you may deduct the number of months before September times \$1.25 from the full-year rate of \$15.

When paying [online](#) you can use special Coupon Codes to pro-rate your membership cost. At checkout, use the code that includes the month you are signing up (don't take a discount if it's in September). OCT-JAN takes off \$4, FEB-MAY \$8, and JUN-OCT \$12.

Dues will continue to be \$15/year per household. If you believe in what the club is doing to support and promote running, we hope you'll continue to renew.

If you have any questions please contact us at [runner@iglou.com](mailto:runner@iglou.com), or Tim Reinert at (502) 451-9507.

Please join or 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).

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 via email 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 (in memoriam).

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

**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, due in September. If you join in a different month your membership will expire in September of the year following the year you joined.

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)