

The Lookout

Magazine of the Iroquois Hill Runners

Volume 39

July-August 2018

Number 6



IHR Toys for Tots 5k

Entry Fee: a new toy or contribution to the
Marines' Toys for Tots program

Tuesday, August 21, 6:30pm

Iroquois Park

IHR Club Picnic

Sunday, September 16, 1:00pm

Iroquois Park

President's Message

Swag Hartel



It's time again to inform my subjects on the matters of running and the club. The Pizza Pig Out and the Ice Cream Social went pretty well. I want to thank all of the volunteers, especially David Maxwell, who is humble as a servant.

Did you know that my hero and nemesis came into the shoe store to check out some Hoka's? Anyway, I used some reverse psychology on him and told him openly that he "couldn't handle the cushion." So, of course, he wants to prove me wrong and now wants more Hoka's. He dreams of beating me and running the Boston Marathon again! And did you know he made his dear wife, Donna, go all of the way to Alaska to ride on some ridiculous train! He probably still plays with Thomas the Train!

A year and a half ago I said running was really down and, instead of being critical, I started running again setting an example. I'm in pretty good shape again and running every other day, but have a nerve problem in my right thigh. It's holding me back from stepping it up. I was going to make my comeback on a Bourbon Chase Team, but now I'm not so sure. I was also hoping to do some of the track sessions.

Our crowds at the track sessions have been good, but less than the heydays! Thanks to Coach Gary Wade for his twenty years of service.

The Poker Run is our last summer race and don't forget our picnic in September. We are so fortunate in Louisville to have so many wonderful parks to enjoy and I am grateful to be living here in the colonies! For example, did you know that our picnic is totally free and we don't mind if you bring a friend?

That's the kind of club we are and I am so fortunate to be your President!

Truly,

Swag Hartel



Jogger Crosses U.S.-Canada Border, Is Held for 2 Weeks

Daniel Moritz-Rabson



© Provided by IBT Media

A French citizen was [detained](#) for two weeks in a U.S. Department of Homeland Security (DHS) facility after accidentally jogging from Canada into Blaine, Washington.

On May 21, Cedella Roman was running along a beach in British Columbia when the tide started to rise, causing her to alter her path. As she turned to head back to visit her mother, who lives in British Columbia, two U.S. Customs and Border Protection (CBP) agents appeared.

“An officer stopped me and started telling me I had crossed the border illegally. I told him I had not done it on purpose and that I didn’t understand what was happening,” Roman told Canada’s CBC News. “I said to myself, ‘Well, I may have crossed the border, but they’ll probably only give me a fine, or they’ll tell me to go back to Canada, or they’ll give me a warning.’”

Instead, the agents detained her and sent her to the DHS-operated Tacoma Northwest Detention Center, located more than 124 miles south of the U.S.-Canada border.

“They put me in the caged vehicles and brought me into their facility. They asked me to remove all my personal belongings with my jewelry,” Roman said. “They searched me everywhere.”

Roman told CBC News that she was allowed to contact her mother, Christiane Ferne, from the facility. Ferne promptly traveled to the facility to give Roman’s passport and study permits to employees, who instructed her to show those records to Canadian immigration officials.

Roman was released on June 6—two weeks and two days after crossing the border—when immigration officials in both the U.S. and Canada approved her re-entry into the latter country.

“It was just unfair that there was nothing, no sign at the border. It’s like a trap...anybody can be caught at the border like this” said Ferne.

In 2016, two children playing the newly released Pokémon Go were so immersed in the game that they crossed Canada’s [5,525-mile border](#) with the U.S.

The agents who found the children in 2016 were more forgiving than those encountered by Roman, and helped reunite the children with their mother. “Both juveniles were so captivated by their Pokémon Go games that they lost track of where they were,” [said](#) Border Patrol Public Affairs Officer Michael Rappold at the time.

A spokesperson for CBP told CBC News that all individuals who arrive in the U.S. without permission to legally cross the border will be subjected to a standardized processing procedure.



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

June 24, 2018

Running Stride Length and Speed

Your most efficient stride length is determined by what feels most comfortable to you. You cannot run faster by consciously trying to increase your stride length. When you run, your foot hits the ground with great force. The tendons in your legs absorb some of this energy and then contract forcibly after your heel hits the ground, so you regain about 60 to 75 percent of that stored energy. When you try to take a stride that is longer than your natural one, you lose a great deal of this stored energy, tire much earlier and move your legs at a slower rate.

The only effective way to increase your stride length is to strengthen your muscles. The key to running faster is to make your leg muscles contract with greater force so they drive you forward with a longer natural stride. Competitive runners strengthen their legs so they have longer natural strides by:

- doing interval training (running very fast short bursts in practice two or three times a week)
- running up and down hills once or twice a week

Stress and Recover

You do not strengthen your leg muscles by running slowly. To make a muscle stronger, you have to [damage the muscle fibers](#) so they will be stronger when they heal. Competitive runners train by running very fast on one day, feeling sore on the next day, and then running at a slower pace on as many days as it takes for the soreness to go away. If you run fast when your muscles feel sore, you are likely to injure yourself.

You can also strengthen your legs by using special strength training machines. On the days that you run fast, you can do leg presses and knee and hip extensions. However, most runners are better off not using strength machines on their legs because running very fast damages muscles and so does using strength machines. The combined load of running fast and using machines increases your risk for major injuries.

Decreasing Stride Length May Reduce Injuries

A video at the New York City Marathon showed that the top 150 runners had the same cadence, taking 92 to 94 steps a minute. The differ-

ence between the top runners and the others was that the best runners took longer strides naturally. However, competitive distance runners suffer long-term overuse injuries more often than football players do because of the damage caused by the force of your foot hitting the ground during running. Running at six-minutes-per-mile pace, your foot hits the ground with a force equal to three times your body weight. This force is transmitted up your legs to your hips and back, and done repetitively can shatter bones and tear muscles and tendons.

Shortening your stride reduces impact forces and helps to prevent running injuries (*International Sport Med Journal*, Jan 2006;7(2):98 - 108). Researchers found that non-competitive runners who shortened their strides by increasing stride frequency by 5-10 percent:

- bounced less and landed closer to their center of gravity,
- had less force of foot-strike on their knees and hips and less bending of their knees and hips, and
- had less perceived exertion (*Med Sci Sports Exerc*, Feb 2011;43(2):296–302).

Problems from Running Shoes

Padded running shoes may actually increase your chances of injuring yourself. They cushion the force of your heel hitting the ground, so you may try to extend the length of your stride, land on your heels and hit the ground with much more force. When you take shorter strides, you are far more likely to land on the front part of your foot with much less force, which can reduce your chances of injuring yourself (*Med. Sci. Sports Exerc*, 2012;44(7):1325–1334). Data showing that people who land on the front part of their feet are injured less often led to a fad for [barefoot running](#) and for new styles of unpadded running shoes. However, it is incidental that a shortened stride causes you to land further forward on your feet; it is the decreased impact of the shortened stride that helps to prevent injuries.

Intervals for the Non-Competitive Runner

To become stronger and faster, athletes use a technique called interval training, in which they exercise very intensely, rest and then alternate intense bursts of exercise and rest until their muscles start to feel heavy. Intervals can be long or short.

- Long intervals take two minutes or more and are very tiring.
- Short intervals take less than 30 seconds and do not build up significant amounts of lactic acid in the bloodstream, so you can do lots of

repeat short intervals in a single workout. There is no reason for a non-competitive runner to do intervals lasting more than 30 seconds.

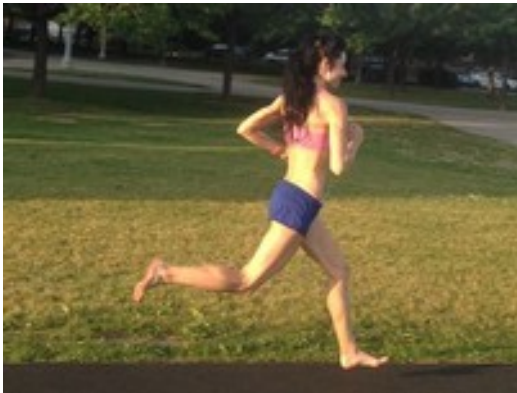
Warm up by running slowly for 5-10 minutes. Then pick up the pace for about 10 seconds, and then slow down. When your legs feel fresh and you are not short of breath, do your next 10-second interval. Alternate picking up the pace and slowing down until your legs start to feel tight, and then cool down by jogging slowly for a few minutes.

If you feel pain in one area that does not go away immediately after you slow down, you should quit your interval workout for that day. On the next day or days, your muscles may feel sore, so you just jog slowly. When your muscles feel fresh again, take your next interval workout. As you get stronger, you can increase your interval duration from 10 seconds up to no more than 30 seconds.

My Recommendations

If you are a regular runner, realize that you can become stronger and faster, and gain more health benefits, if you try to pick up the pace during your runs. However, this can increase your chances of injuries. You can protect yourself from injuries by:

- stopping a workout immediately if you feel localized pain that does not go away as soon as you slow down
- taking shorter strides
- avoiding running fast on consecutive days



LMPD: Suspicious man targeting young girls at local park



Updated: 1:27 PM EDT Aug 7, 2018

[Lauren Adams](#), Reporter

LOUISVILLE, Ky. —

Visitors to E.P. Tom Sawyer Park will be noticing more police officers, both uniformed and plainclothes. LMPD Eighth Division Cmdr. Major Jamey Schwab said he recently stepped up patrols amid reports of a suspicious man targeting young girls.

"My understanding was this subject apparently tried to approach the girls while they were running and then he tried to run after them," Schwab said.

The girls also reported the man exhibited some lewd behavior. According to a JCPS spokesperson, "Last week, two female members of the Manual Cross Country team reported encountering a suspicious individual at Tom Sawyer Park. The team's coach quickly notified police and his students' families. The coach has reinforced with the team the importance of running in pairs and staying vigilant, and the team has not returned to the park."

The district said parents will also help monitor future practices.

Other teams are now doing the same, according to Jeff Richardson, the parent of a JCPS seventh-grader.

"We've asked more adults to be here and Kammerer Middle School is going to place different adults at different areas the kids are running just so we can keep an eye on them," Richardson told WLKY, Monday evening, at his daughter's practice at the park.

Longtime Assumption cross-country coach Barry Haworth said while practices will continue at Tom Sawyer and other parks, he has spoken to parents and his team.

“While we always try to emphasize things like stay in groups it's something that can remind us, hey things can happen. We gotta be smart, be vigilant,” Haworth said.

Police say it's a good reminder for everyone that visits area parks.

"The park is safe but people do need to be aware of their surroundings and we will be out here monitoring it and make sure we keep high visibility patrols out here," Schwab promised/

The suspect was spotted twice last week at Tom Sawyer Park and according to police, it's possible the man would have been in the parking lot of the park between 9 and 10 last Tuesday morning.

He is described as a dark-skinned male, possibly Hispanic, who stands about 5 feet 5 inches tall. Anyone with information is asked to call police.



A few IHR members ran at the recent Buffalo Trace Run

Club Notes

Gary Warren's mother has been in the hospital recently. Our best wishes go out to the family.

After 30-plus years as IHR Secretary, Sam Lashley is retiring. We thank her for keeping us informed and orderly for all these years. Corinne Burmeister volunteered to take her place.

The IHR club picnic will be September 16, 1:30pm at Iroquois Park near the amphitheater. Eats will be from Mark's Feed Store. Bring desserts or side dishes if you want. Members-only, please, but feel free to bring a friend.

The recent Midnight Climb in Iroquois Park attracted over 100 runners!



IHR Ice Cream Social 5k





Ed Dravenstedt leads the "Baby Marathon" from Iroquois Park to downtown on Thanksgiving morning in 1914. Mr. Dravenstedt's father is third from left in the car at right.

Charles Thompson sent us this picture of a long-forgotten 1914 "Mini-marathon"

Coming Attractions

Saturday, August 18, 2018-Bubble Run 5K Theme, 8:00 A.M., Waterfront Park, 401 River Road, Louisville, KY 40202 bubblerun.com.

Saturday, August 18, 2018-LBA Ramble 5K, 9:00 A.M., Parklands, Marisa Motley mmotley@loubar.org <https://www.loubar.org/news/article/?id=23>.

Tuesday, August 21, 2018 – Toys for Tots Poker Run 5k, 6:30pm, Iroquois Park. [IHR Website](#).

Saturday, August 25, 2018-Kicking Butt 5K, 9:00 A.M., Louisville Riverfront Park, 129 E. River Road, Louisville, KY 40202 www.rivercityraces.com.

Saturday, September 3, 2018-SBC/KSP Trooper Island 5K, Oldham County Grand Prix, Grand Slam Series #4, LaGrange, KY L'Esprit Parkway and L'Esprit Farm Road, mail@sligobaptistky.org.

Thursday, September 6, 2018-Middletown Chamber of Commerce 5K, 7:00 P.M., First Baptist Church of Middletown, 11721 Main St., Middletown, KY 40245 www.rivercityraces.com.

Saturday, September 8, 2018-Louisville Pure Tap 5K, 9:00 A.M., Louisville Water Tower, Fall Runathon Series #1, <http://puretap5k.com>.

Sunday, Sep. 16, 2018 - IHR club picnic, 1:00pm, Iroquois Park. [IHR Website](#).

Iroquois Hill Runners Tenth Annual
Poker Run
 5K Run and Walk to support



Date: Tuesday, August 21, 2018 (rain or shine)
Where: Iroquois Park Amphitheater **Time:** 6:30 pm
Distance: 5K with mile marks and a water stop
Entry fee: A new toy or a monetary donation for Toys for Tots
 Prizes awarded for first male and female finishers

How it works: Runners receive one playing card at sign up, two more on the course, and two more after finishing. The best poker hands win prizes donated by local merchants and friends in the community. Participants need to complete the course by 7:30 pm to be eligible for prizes. There is no **pre-registration**, just bring a toy or a donation.

Prizes Include: The five best poker hands win prizes, including \$100 for the best poker hand \$50 for second best. Plus random drawings for gifts donated by local merchants and sponsors. Including gift certificates or merchandise from area restaurants, movie tickets, massages, and local running stores.

Refreshments at the finish line provided by Louisville area grocers.

**POKER
 RUN**

For more information or to volunteer contact:
 Race Director Donna Younger 502-836-9814
 donnalyounger@yahoo.com
 or visit <http://iroquoishillrunners.org/>



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The logo features a large, stylized, light gray letter 'S' on the left side. To the right of the 'S', the word "SWAG'S" is written in a large, bold, black, sans-serif font. Below "SWAG'S", the words "SPORT SHOES" are written in a smaller, black, sans-serif font, followed by "Since 1980" in an even smaller font.

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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, 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.

If your address or email changes please let Dave Maxwell know by emailing him at 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 or 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.

Web Site:

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