

The Lookout

Magazine of the Iroquois Hill Runners

Volume 39

September 2018

Number 7



Marines collecting toys and donations for the recent Toys for Tots Poker Run

President's Message

Swag Hartel



It's Sunday, September 2, and I am sitting and watching Diamond League Track Meets from Zurich and Brussels. It reminded me of my start as a track runner and now a retired shoe salesman. I also watch a lot of Premier League Soccer. Football has begun and I will be watching a lot of the games.

As usual Donna Younger did a superb job taking care of the Poker Run. The crowd was down and I don't see as many runners as there used to be. So I'm out there trying to inspire the new generation, but who knows what the future holds. I was hoping to run on a Bourbon Chase Team as my comeback, but withdrew in early August due to the nerve problem in my right thigh. Consequently, I haven't been able to pick up my training. I'm seeing the orthopedic doctor again on Tuesday.

On August 22 I attended the Kentucky Hall of Fame dinner at the Muhammed Ali Museum. I ran into John Asherand he asked if we could have lunch in a few weeks and he handed me his card. On Thursday he bought shoes from Lloyd at Swag's. On Monday afternoon I came across his card and thought about him. When I showed up at the IHR meeting that evening Dallas Harshfield told me he had died that day. We go back to WKU days and shows that no day is promised. John was special. May he rest in peace.

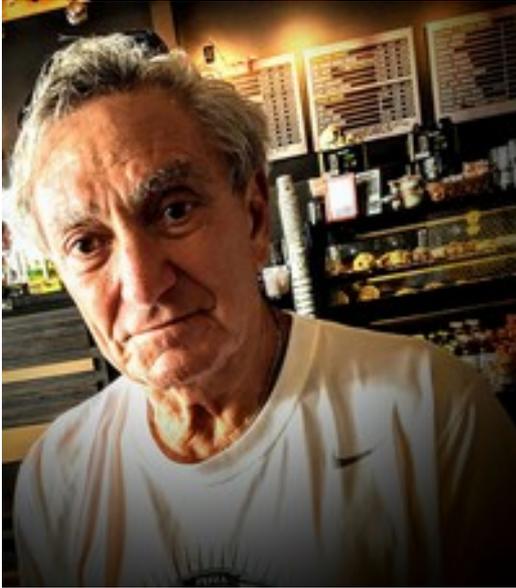
On Wednesday I am going to England, but will be back in time to see you at the picnic on September 16.

Enjoy the fall.

Swag Hartel

Jeffersonville's Wall of Champions

By Melissa Goforth newsroom@newsandtribune.com
Aug 20, 2018



Ray Parrella, who didn't start running until 45, is still going strong at 83. He'll be honored Sept. 1 on the city of Jeffersonville's Wall of Champions.

Legend.

Local celebrity.

Mike Moore doesn't mince words when describing longtime Jeffersonville resident, former restaurant owner and record-breaking running great Ray Parrella.

"Ray has touched a lot of people's lives in this community," Moore said.

Indeed, he has — in the big, bold ways he's known for, as well as in the small, quiet acts of kindness that few know about.

“Ray’s a real big-hearted person,” he said, reflecting on Ray’s numerous contributions to the city of Jeffersonville, where Moore now serves as mayor.

The city of Jeffersonville loves Ray Parrella because Ray Parrella has spent decades pouring out as much — if not more — love to his community as he did of his scrumptious signature red pasta sauce he calls “gravy” for more than 30 years.

That’s why it’s fitting Ray will be recognized on Sept. 1 at a ceremony unveiling his place on the city of Jeffersonville’s Wall of Champions.

The wall honors Jeffersonville natives, as well as current and former residents, who have left their mark on the city through their service, philanthropic or athletic endeavors and community spirit.

They mayor said that there is a committee of five people who select the honorees so that "it's not political."

However, Moore shared that he completely supports the decision to include Ray on the wall.

"The committee did a great job by selecting Ray," Moore said, adding so many in the community think of Ray in "a good and fond way. A lot of people have some sort of memory or story about Ray."

And do they ever.

“People have always called me ‘gregarious,’ whatever the hell that means,” Ray said, laughing. “I’m like, ‘What did you just call me?’ Gregarious, huh? Yeah, I’m just a people person. Plain and simple. I love people.”

MEMORIES OF A RESTAURANT

Whether he fed them unforgettable dishes at his wildly popular self-titled Italian restaurant or he ran beside them (or, rather, ran past them) in local races as a highly revered runner, Ray can’t go anywhere without people stopping him daily to catch up on old times or to tell him “God Ray, I really miss your spaghetti!” like a woman at his dry cleaners told him on Saturday.

“Yeah, people still remember me,” he said, while sitting at a local coffee shop wearing a white racing shirt, red shorts and running shoes.

Once an athlete, always an athlete.

With his thick salt-and-pepper hair and tanned Italian good looks, Ray is still as dashing and charming as ever at age 83.

He also looked a bit out of place without his beloved restaurant around him.

After all, Ray Parrella's larger-than-life personality filled every square inch of Ray Parrella's Restaurant in downtown Jeffersonville for years.

"I miss the people. I miss talking to all the people at my restaurant," he said. "My restaurant was my house in many ways."

For more than 30 years, Ray loved being in the lives of those who chose to make him and his restaurant a part of their memories.

"Thirty to forty" — that's how many marriage proposals occurred at his restaurant each year.

That's a lot of new beginnings, but Ray worked to ensure each proposal seemed like the only one.

The same went for birthdays, rehearsal dinners and even carryouts.

Providing an exceptional guest experience no matter the occasion was the plan of action every single day at Ray Parrella's Restaurant.

No matter what, Ray made sure he and his staff took excellent care of every person who came through his door.

In her Wall of Champions nomination letter, Ray's daughter Rachel Parrella Miller captured how Ray cherished his guests.

"The restaurant held many wedding receptions, birthdays, wedding anniversaries, banquets, meetings, rehearsal dinners, meals to those on jury duty, political functions, fund raisers, etc.," she said. "The restaurant had its own wall of fame of customers."

SHOWING THE LOVE

While his restaurant closed in the 1990s, the goodness of Ray and his contributions to the community have never stopped being on the menu of his life.

Whether it's been through his volunteer efforts, his well-timed inspiring words of encouragement or him quietly slipping a small gift to someone down on their luck in one of his many acts of kindness over the years, Parrella has served up more love than pasta to those around him over the past eight decades.

“People need to have mercy,” he said. “Mercy is so important to give to others. You know, a lot of people don’t even get a smile. That isn’t right.”

Rachel said her father has always set the example for her and countless others on how to be a warm and loving person in a cold and hurtful world.

“Compassionately, he donated food to churches, community organizations, sports banquets, and nonprofit organizations,” she said. “If someone or a family was in need (i.e., requiring money, food, transportation, medicine, etc.) he would do whatever possible to assist.”

Rachel said Ray helped people with his restaurant who were often forgotten or shunned by society.

“Ray Parrella’s was more than just a successful restaurant; it became a haven for some of Jeffersonville’s less fortunate, troubled, and outcasts — providing opportunities and second chances,” she said, adding that her father helped “the full spectrum of Jeffersonville’s demographics” – including “unruly” teenagers, the homeless, immigrants, those with disabilities, people of all races and members of the LGTBQ community.

“Beyond sharing and teaching them his trade, he shared with them his expertise on how to survive and make it in this world—lessons he learned from his childhood and his parents,” Rachel said.

That care didn’t stop when the restaurant closed.

“Throughout the years, many people have told me that my father saved their life,” Rachel said.

“These comments have always warmed my heart — validating the respect and admiration the people of Jeffersonville have for my father. To this day my father still pays it forward.”

Ray’s impact on Jeffersonville went even beyond those acts of love.

“Still, there have been other ways my father has contributed to this community,” Rachel said.

“My father was an avid and accomplished distance runner — using this talent to bring further recognition to the City of Jeffersonville.”

Ray didn’t start running until he was 45.

“I was fat then,” he said laughing. “I looked like Elvis Presley.”

He actually didn’t hit his stride until he was about 50.

Then, there was no catching him.

“He has run in over 300 races and was at one point nationally ranked for his age group — several of these local and national records still stand,” Rachel said.

“He was ranked number one in his respective age group for 2002, 2003, 2005, and 2010. On several occasions, he was profiled nationally for his athletic accomplishments as well as his culinary skills.”

CHAMPIONING JEFFERSONVILLE

True to form, however, Ray didn’t make it all about him.

“My father used his notoriety as an athlete and as an entrepreneur to promote his hometown — regularly appearing on local television promoting the City of Jeffersonville,” she recalled.

“In the 1980’s, he organized some of the first road racing events in Jeffersonville — bringing in people from throughout Kentuckiana into our city promoting other businesses, living, education, shopping and tourism.”

She added, “People still remember my father running the streets of Jeffersonville and still ask, ‘Is he still running?’”

The answer is yes, though not competitively.

But please don’t think he’s limped off quietly into the sunset.

He’s still a dynamo.

He goes dancing at least three nights a week, and he works out at the YMCA in downtown Louisville multiple times a week as well.

“There’s the younger Ray, and there’s the older Ray,” he said, with his dark eyes twinkling. “I said older, not old.”

Ray’s life story could fill two books.

The life story of this self-described “hoodlum” from Brooklyn who transformed into a man filled with wisdom and compassion — and perfectly seasoned with charisma and charm — would make a riveting screenplay.

For Ray, it's been his lessons learned throughout his years that have allowed him to become a man who loves to give hugs, mentor those with promising futures and show empathy for those who are struggling to make their way in a difficult world.

"Life really is a journey," he said, "and you have to learn from the struggles."

And he has.

No matter what life has thrown at him, Ray has always managed to masterfully spin it around like a hand-tossed pizza, shaping each challenge into a chance to make a difference in the lives of others through his food, his racing, his volunteering and, most importantly, his compassion.

"I did a lot of things in Jeffersonville I wasn't supposed to do because I was an outsider," he said.

So, to have a place on the city's Wall of Champions is a great honor to Ray.

It's also stressful, he laughs.

"I have to invite my friends," he said.

That would be difficult for a man who considers a city full of people as his friends.

'AN INCREDIBLE GUY

Bill Densford, who owns Heuser Hardware with his twin brother Tom, considers Ray one of the greatest friends he could ever have in life.

Ray has been in the boys' lives since they were small children.

"They were really bad when they were little," he said laughing. "You can tell them I said that."

One time, Ray said he gave their father \$25 to take them somewhere else because he didn't want them to empty the cheese shaker all over the table again.

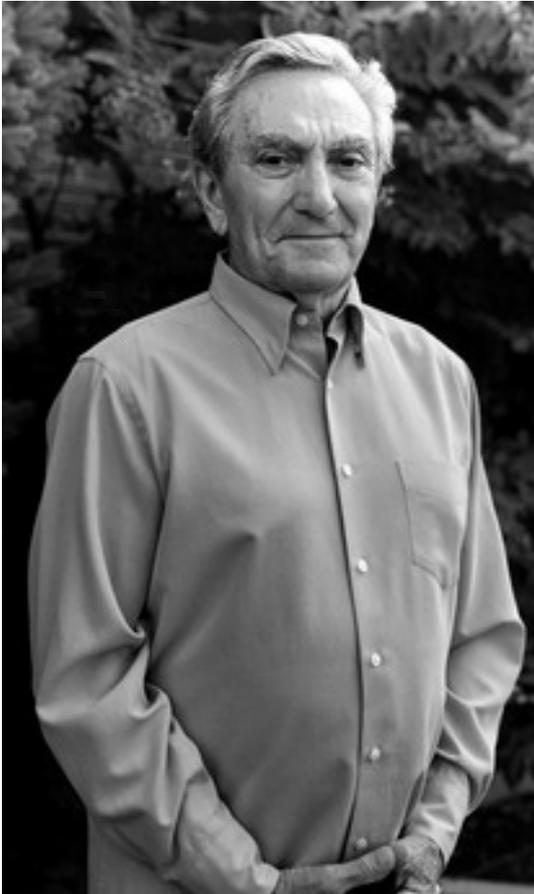
However, it is all good between the Densford boys and Ray.

In fact, Ray hired them at age 13 to be busboys.

"Ray was great to work for. It was a blast. He's so charismatic," Bill said. "Oh, he could get excited. I won't lie ... but it was good at the end of the night. There was nobody better to work for than Ray."

Beyond the income, though, Ray gave the boys a strong example of how to be a good man and a successful entrepreneur — and both boiled down to treating others with respect and care.

“Putting Ray up on that wall is a well-deserved honor,” Bill said. “Ray is an incredible guy. There’s nobody more deserving than Ray Parrella.”



Do You Need a Heart Rate Monitor?

www.drnikin.com

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 oth-

ers 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).

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The Run of His Life

Mary Bolster, BrainAndLife.org 2018

Three years after he was diagnosed with Guillain-Barré syndrome, Michael Ring, 55, finished his 30th marathon.

You were diagnosed with a severe case of Guillain-Barré (GBS) syndrome in May 2014. Up until then you had run 29 marathons. How did running help you recover? I knew I wanted to run again, and that gave me a goal to work toward. I wasn't able to participate in the New York City Marathon in November 2014—I was still in a wheelchair—so I set my sights on 2015. By the next summer, I had moved from the wheelchair to a walker and was able to complete a 5K race with the walker. By 2016, I was walking unaided and started running half-marathons with an eye toward the New York City Marathon in November. Then, in mid-September, I stepped in a hole and broke my foot.



Photograph by Marius Bugge

How did you come back from a broken foot? I was about to let my home health aide go when the accident happened. The doctors put me in a boot, which I was only allowed to take off when sleeping and showering. Since I needed help with that, I kept the aide on longer. By December 2016 I was out of the boot, taking longer and longer walks, and had rejoined a gym. Less than a year later, I was at the start of the New York City Marathon.

How did the 2017 New York City Marathon differ from previous races? This time I was part of Achilles International, an organization that supports athletes with disabilities. My teenage son was one of my guides. Our group started at 8:52 a.m.—an hour before any of the other runners. My goal was to cross the finish line before race officials took the clock away at 7:30 p.m. Even after falling at the 15-mile mark, I finished in nine hours and 52 minutes. In previous years, I was the guy who ran the marathon in five hours or less.

Are there any other activities that have helped? I got involved with the GBS/CIDP Foundation (<http://GBS-CIDP.org>) and became its liaison with newly diagnosed patients in Brooklyn, Queens, and Long Island. As a liaison, I hold annual meetings at a YMCA near me. We tell our stories and listen to others. There's a lot of empathy in the room.

How did your diagnosis affect your family? My twins were in eighth grade when this happened and I was the stay-at-home dad. Overnight, I went from the caregiver to the guy who needed care. My kids had to step up and pitch in. GBS was a big disruption to their lives, but they were cool about it. My wife was 100 percent supportive. The whole time I was in the hospital, she worked remotely from the window sill in my room.

How's your health today? My neurologist says I've probably healed as much as I'm going to, but I still walk funny. I also have severe foot drop, and I can't lift my wrists when my hands are facing down.

What keeps you positive and motivated? I try to live by the words of Arthur Ashe: “Start where you are, use what you have, do what you can.”

Club Notes

September is IHR membership renewal month. Please visit RunReg.com, or get more info at the end of this newsletter.

See more info and pictures about the recent Toys for Tots race at [our website](#).

Please send us reports and pictures from your runs and races.



Coming Attractions

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

Saturday, September 22, 2018 - Animal Care Society's Bark in the Park 5K, 8:00 A.M., Seneca Park, Animal Care Society, 12207 Westport Road, Louisville, KY 40245 Phone: (502)-426-6303 Fax; (502)-426-0829 www.animalcaresociety.org/bip2018.

Saturday, September 22, 2018 - Great Pumpkin 10K, 9:00 A.M., Fall Runathon Series #2, Egg Lawn Parklands, Beckley Creek Park, <http://greatpumpkin10K.com>.

Saturday, September 22, 2018 - Jogging for Frogmen, 8:30 A.M., 5K Rd, Crestwood, KY South Oldham High School, 5901 Veterans Memorial Parkway, Crestwood, KY 40014
www.joggingforprogress.com.

Saturday, September 29, 2018 - The Great Commission Race, 9:00 A.M., 5K Rd, Southern Baptist Theological Seminary
<https://events.sbts.edu/grace/>.

Saturday, September 29, 2018 - Dr. Mark Lynn and Associates Stampede for VIPS, 8:00 A.M., 8:00 A.M., 5K Rd, Louisville Zoo, VIPS, 1906 Goldsmith Lane, Phone; (502)-636-3207, Fax: (502)-636-0024, Tollfree: (888)-636-8477 www.vips.org.

Sunday, September 30, 2018-Downtown Doubler 15K/30K, 7:00 A.M., Louisville Waterfront Park, 201 E. Main Street, Louisville, KY 40202 www.rivercityraces.com.

Saturday, October 6, 2018-Bowman Field 4 Miler, 8:30 A.M., Bowman Field, 2815 Taylorsville Rd, Louisville, KY 40205
www.rivercityraces.com.

Sunday, October 7, 2018-Skeleton 5K, Oldham County Parks Series #4, 2:00 P.M., Wendell Moore Park, Oldham County,
www.oldhamcountky.gov.

Kevin L. Mudd, CPA, PLLC



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Certified Public Accountant

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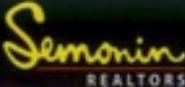
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The advertisement features a large, stylized, light gray letter 'S' on the left side. To its right, the word "SWAG'S" is written in a large, bold, black, serif font. Below "SWAG'S", the words "SPORT SHOES" are written in a smaller, black, sans-serif font, followed by "Since 1980" in an even smaller font. Below this, the name "SWAG HARTEL" is written in a bold, black, sans-serif font. Underneath, the contact information "(502) 368-2443 • FAX (502) 361-3381" and the website "www.swagssportshoes.com" are listed in a black, sans-serif font. At the bottom, a black horizontal bar contains the address "7415 Old 3rd St. Road • Auburndale Shopping Center • Louisville, KY 40214" in white, sans-serif 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*.

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P.O. Box 14115
Louisville KY 40214

or sign up online:

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