

# The Iroquois Hill Runners

## The Club for Everyone

The club was founded in August 1979 by an avid group of South Louisville runners. Since that time the club has evolved to be a group of runners, walkers, and friends. Today we are dedicated to serving the running community while having fun doing it. All of our races have a strong social component and a friendly atmosphere.

Over the years we have developed a number of courses and routes over the hills of Iroquois Park and the flats of Southern Parkway. Although our main stomping ground is the area around the Park, Hill Runners can often be found participating and working in races all over town. In addition to our organized activities, club members often gather at the amphitheater for runs of varying distances and paces. Two popular times are Thursday afternoons around 4:30 and Saturday mornings around 8:00. New runners are always welcome to introduce themselves and join the group.

### Club activities:

- Thanksgiving Day Race
- Pizza Run
- Ice Cream Social Run
- Annual Picnic
- Canned Goods Run (for charity)
- Christmas Party

### Benefits of membership include:

- The Lookout- the IHR Monthly Newsletter
- Discounts on club runs
- Camaraderie
- Track Sessions/Hill Repeats
- Physical and Mental well-being

## Membership Application

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Other family members who run \_\_\_\_\_

Make Check for \$15 Payable to  
Iroquois Hill Runners  
PO Box 14115  
Louisville, KY 40214