

The Lookout

Magazine of the Iroquois Hill Runners

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At this year's Papa John's 10-mile race, Brian and Anna Hobbs were awarded a Louisville Stoneware plate in honor of their wedding five years ago on the course.

President's Message

Swag Hartel



Once again I am on the deadline. It's like when I tuned-up the last minute for races. It gets the adrenaline going.

Last week I took the pooches for a walk around Iroquois Park. I ran into an old friend, Tony "Paul" Colon. His mother had just died of cancer and she loved the park so much that she wanted her ashes thrown from the Lookout. Our park has a big hold on us; that's why I settled here. Her name was Ada Colon and God rest her soul.

A few weeks ago I took my two girls for my favorite walk across the bridge across Southern Heights over the railroad tracks by the Watterson. I was stopped by a railroad policeman who said I was trespassing and could not cross the railroad tracks. He took my name down and threatened me with legal action if I did it again. Girls just want to have fun!

Today I walked around Churchill Downs. Have you notice the huge video screen? I guess you'll have to see it if you do the Derby mini.

Don't forget the Wally Bright 5K on May 20th. We plan to step it up this year. The annual track sessions will begin on the following Tuesday, May 37. We had a big crowd last year and I had so much fun. Coach Wade will soon post the schedule.

If you have any concerns, please contact me. I hope to see you soon.

Swag Hartel

Like I'm 'floating': Teen with MS becomes running star

Lisa Flam TODAY

She has gone from being one of the slower runners on her high school team to one of the fastest distance runners in the nation, a rise fueled by an improbable motivation.

Three years ago, Kayla Montgomery, 18, was diagnosed with multiple sclerosis, an incurable yet treatable disease of the central nervous system.

While Kayla can run long distances without feeling pain in her legs, when she stops, her limbs give out and she collapses. As she crosses the finish line, her coach catches her to keep her from falling.

"I don't feel anything at all," Kayla said in a TODAY segment Wednesday.

"It kind of feels like I'm just kind of floating," she added. "There's nothing underneath me."

Kayla was profiled in Tuesday's New York Times, in a story that explained that her condition blocks nerve signals from her legs to her brain and describes how her legs gradually go numb as she races yet become uncontrollable when she stops.

At the time of her diagnosis, Kayla was among the slowest runners at Mount Tabor High School in Winston-Salem, N.C. But she was determined to improve her times, despite her condition.

"Instead of letting it stop me from running, I've used it to motivate me to break records," she said on TODAY. "This past cross country season I was undefeated by any other North Carolina runner."

Now, she's one of the nation's fastest female distance runners, so good that she trains with the boy's team, according to TODAY, and she receives no special treatment.

MS can cause muscle weakness, balance problems and in the most severe cases, paralysis. It's not known how Kayla's illness will progress, but she is making her running days count.

"Since I know that my mobility is a gift right now, I guess I make every day that I run as best I can, so I don't waste that gift," she told TODAY's Natalie Morales.

While some may say that the inability to feel pain is a competitive advantage, Kayla's doctor says the key to her success is her attitude, not her illness.

"If any benefit is to be gained by her disease, it's a mental edge, not a physical edge," says her neurologist, Dr. Lucie Lauve.

Kayla's parents, Keith and Alysia, were devastated when Kayla was found to have MS.

"Finding out she had MS was gut-wrenching," her dad said.

"I was thinking about, like all of the things that she maybe wouldn't get to do," said her mom.

But they have been amazed by her accomplishments.

"I don't know how much faster she can get," Keith Montgomery said. "I never thought she could get this fast, but at this point, I've quit doubting."

Kayla's coach, Patrick Cromwell, has also marveled at her progress.

"Is she going to be an All-American or Olympian?" he said. "I don't know. But I would have never thought she would improve 8 minutes in four years either."

Later this month, Kayla is due to compete in the national indoor track championships in New York and she is headed to Lipscomb University in Tennessee in the fall.



Interval Training Helps Your Heart

by Gabe Mirkin, MD

A heart attack is caused by lack of oxygen. Anything that increases the supply of oxygen to the heart markedly reduces risk for suffering a heart attack, improves a heart attack victim's chances of surviving a heart attack and of not having another heart attack, and makes him or her able to be far more active after a heart attack. People who have had heart attacks often have a markedly reduced ability to take in and use oxygen. A study published this month shows that interval training improves a heart attack victim's maximal ability to take in and use oxygen far more than continuous exercise does (*J Cardiopulm Rehabil Prev*, Feb 13, 2014).

A heart attack weakens the heart because it causes part of the heart muscle to die from lack of oxygen. Interval training builds up oxygen debts that stimulate the heart muscle to become much stronger than it would be by just exercising at a lesser intensity continuously (*Circulation*, 2007;115:3086-3094). One of the strongest risk factors for heart attacks is having diabetes or being pre-diabetic. Interval training is far more effective than continuous exercise in lowering all the factors that make a person susceptible for diabetes: high blood sugar, high fasting insulin or having sugar stuck on cells (*Circulation*, 2008;118:346-354):

What is Interval Training?

Interval training means not to exercise at a constant pace. It means to alternate slow movements with very fast movements at a fixed pace for a fixed time until a person's muscles feel heavy or hurt. For example, a runner may run 20 repetitions of 220 yards trying to average 32 seconds with each run followed by very slow jogging usually until he recovers his breath. A bicycle rider may do an interval workout in the middle of a ride that includes 20 repeats of 100 pedal strokes at a pace fast enough to make him short of breath, with each burst followed by slowing down enough to recover his breath.

Why Interval Training Helps in Competition

People who compete in sports requiring speed and endurance use interval training to improve performance. The limiting factor to how fast an athlete can move over distance is the time it takes to bring oxygen into

muscles. The faster you can bring oxygen into your muscles, the faster you can move. When you can't meet your needs for oxygen, muscles start to burn and hurt and you have to slow down. Interval training is far more effective than continuous exercise to increase your maximal ability to take in and use oxygen.

Precautions for Interval Training

Since the intensity of the short bursts of exercise during interval training is far greater than during continuous exercise, greater stress is put on the heart. This could cause irregular heart beats or even a heart attack in people with blocked arteries or weakened hearts. Therefore, check with your doctor before you attempt this more intense form of exercise. The person most likely to suffer a heart attack during exercise is the one who has just started to exercise, or has just increased the intensity or duration of his exercise program. In the studies of interval training for heart attack victims, the training program was conducted under supervision in a medical facility.

How to Begin Interval Training

Jog or walk slowly for 10 minutes of warm up.

Then pick up the pace for either 10 seconds or 50 steps, slow down, and pick up the pace again when you feel like it.

or

Pedal your bike for 10 minutes warmup.

Then pick up the pace for 50 pedal strokes.

Slow down until you feel ready to start your next interval and repeat the short bursts until your legs start to feel heavy or hurt or you feel uncomfortable.

or

Pick your favorite aerobic exercise machine or sport.

Warm up for 10 minutes, then pick up the pace for 10-30 seconds, then slow down again.

Repeat the intervals until you feel tired or sore, then quit for the day.

How long you rest between the intense intervals is not important to athletes and is not important to you. The main benefit comes from the intense burst

Magazine Makes Fun of Cancer Survivor's Tutu

[By NBC San Diego](#)

A San Diego runner and cancer survivor says she was snubbed by a popular women's magazine that used a photo of her wearing a tutu to make fun of the fitness fashion trend.

Monika Allen says she was excited to receive an email from SELF magazine asking for permission to use a photo that showed her running the LA marathon dressed as Wonder Woman and wearing a tutu in an upcoming issue.

But when the April issue came out, Allen said she was “stunned and offended.”



Monika Allen of San Diego runs the Los Angeles marathon dressed as Wonder Woman and in a tutu.

“The reason we were wearing those outfits is because this was my first marathon running with brain cancer,” Allen explained.

Another reason was that she made the tutu herself. Her company Glam Runners makes them and donates the money to Girls on the Run, a charity that sponsors exercise and confidence-building programs for young girls. She said she's raised about \$5,600 for the nonprofit by

making about 2,000 tutus over the past three years.

"I feel like we were misled in providing the picture. Had I known how the picture was going to be used, I wouldn't have wanted to send it," she said.

Allen said she emailed SELF magazine Tuesday night. As of Wednesday afternoon, she had not received a response.

In a statement to NBC 7, SELF apologized "for the association of her picture in any way other than to support her efforts to be healthy."

"Of course if tutus make you run with a smile on your face or with a sense of purpose or community, then they are indeed worth wearing, for any race," the statement read.

This marathoner knows firsthand that a smile can go a long way.

"One little smile or an extra cheer from a stranger can really make things better," Allen said.

There are dozens of messages of support for Allen on the [Glam Runner Facebook page](#). Allen says friends and customers have also sent letters to SELF.



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Club Notes

- Please welcome a new member - Jessica Elliot
- Wakeley Purple will have hip replacement surgery on April 28.
- Sam Lashley is mending well from foot surgery.
- Former member Bill Olrich Jr. died.
- Mike McNabb wins U.S. Poker Championship April first.

Mike McNabb entered the U.S. Poker Championship in Las Vegas in the last minute and surprised everyone by winning. Mainly a recreational player, he decided to compete while he was vacationing.

“I wanted to do something different. I had a certain amount of money I could spend and if I lost it I would have quit playing. This shows someone can do anything if they put their mind to it.” His main honor before this was being named Science teacher of the year in Kentucky.

Mike and his wife will go to London for the world championships in London at the end of July.

- Cindy Barger was surprised to meet up with coworker/friend from about 20 yrs ago at the City Run. “We had a great time talking and walking. Finished with less than 15 min miles.”



Please send in pictures and articles about what you've been doing to runner@iglou.com. We all want to see them!

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Coming Attractions

Saturday, April 12, 2014 - Hammertime Hustle 5K Run/Walk, 5K Road, 9:00 A.M., Beargrass Christian, 4100 Shelbyville Road, Louisville, KY 40207 Kelley Dick (5025)-896-1181
www.hammertimehustle.com.

Saturday, April 12, 2014 - Taper for the Cause-Kenyan Kids Foundation, 5K Road, 9:00 A.M., Iroquois Park,
www.kenyankidsfoundation.org

Saturday, April 19, 2014 - Derby Festival Marathon/Minimarathon, 7:30 A.M., 13.1/26.2M Rd, www.derbyfestivalmarathon.com.

Friday, April 25, 2014 - Noon Vibe 5K, 7:00 P.M., 5K Rd, Iroquois Park, <https://theneonvibe.webconnect.com/louisville>.

Saturday, May 10, 2014 - Throo the Zoo 5K Run/Walk, 8:00 A.M., Louisville Zoo,
www.rivercityraces.com.

Saturday, May 10, 2014 - Girls on the Run Louisville Spring 5K, 10:00 A.M., Iroquois Park,
www.gotrlouisville.org.

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

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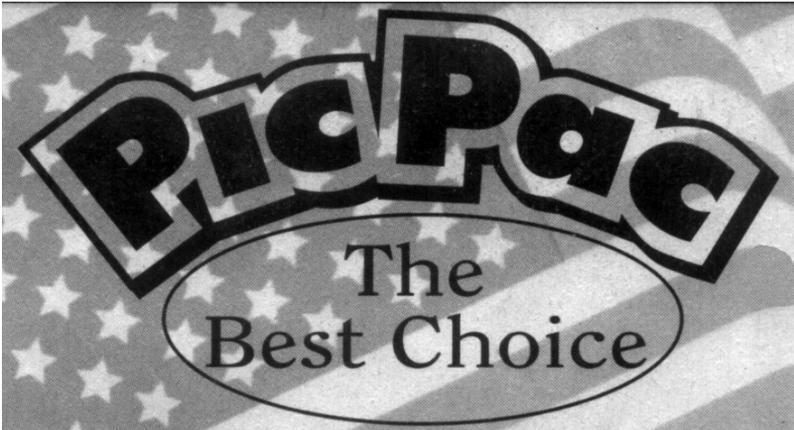
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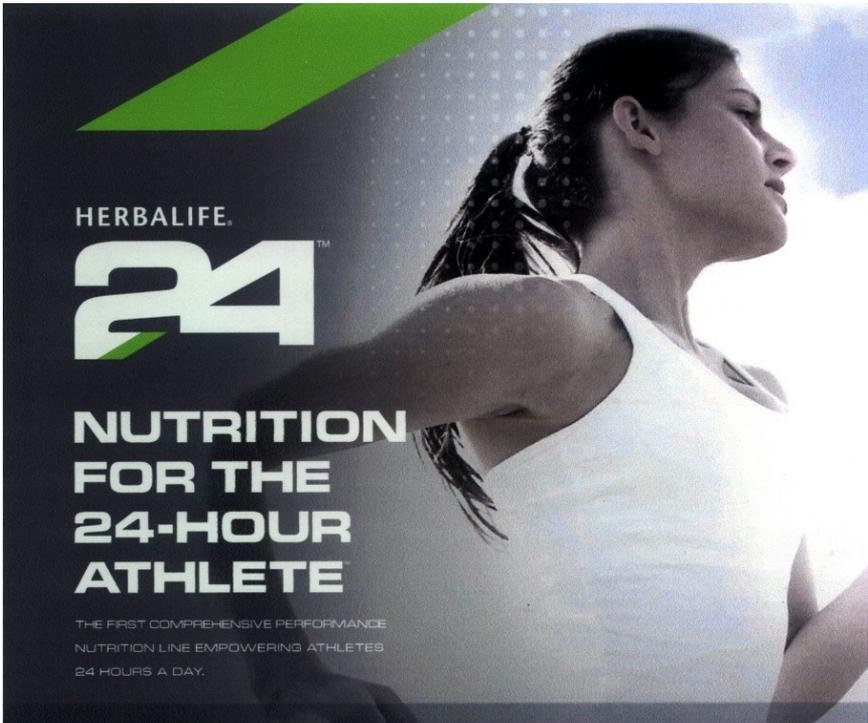
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If your address or email changes please let Dave Maxwell know by emailing him at picpacdm@aol.com. By doing so this will ensure that the IHR newsletter will be mailed to the right address. Thanks.

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 or 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:

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- Rob Haneisen