

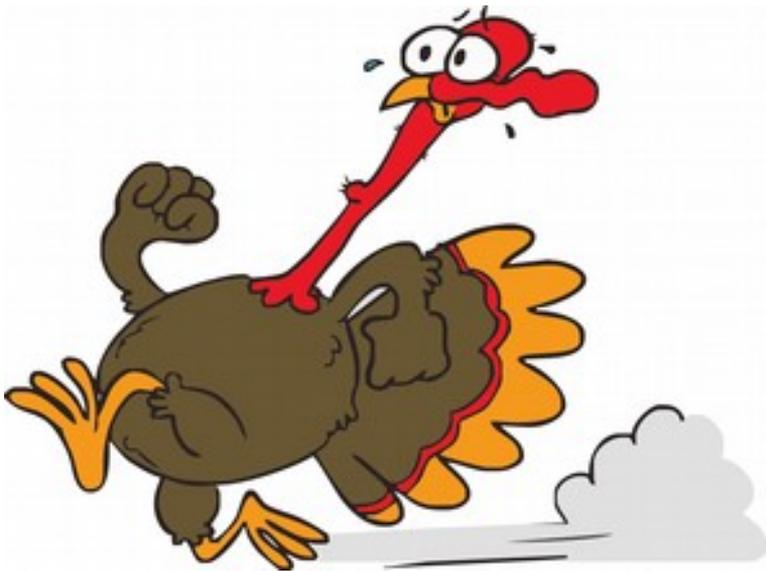
# The Lookout

Magazine of the Iroquois Hill Runners

Volume 39

October 2018

Number 8



## IHR Thanksgiving Day Run

*5-mile run and 1.25-mile walk*

Iroquois Park

Thursday, November 22, 9:00am

[More information at our website](#)

## President's Message

*Swag Hartel*



We are now coming into the fall – always my favorite time to run. If you run through the heat and humidity it feels so good. You know you are in a race with the cold weather coming. This was when I ran my best PR time on the roads!

Here in my old age the nerve in my leg is still there, but the pain level is lower. I have tried everything I know to get rid of it so I will have to accept it is there. The only thing I can do is get even tougher. My only goal is to come back and run some good 5Ks. It feels great to be out there again and feeling the wind passing by. I hear trains, see planes, see homeless people, see horse vans, and see the weather. It brings your senses alive. This is why I run.

On September 12 I was on a flight from Atlanta to Louisville sitting next to two young women. They were talking loudly and one of them said that “Beechmont was an up and coming neighborhood in Louisville.” This is our area. Let’s embrace it.

I was on my way back from a trip to my birthplace in London for six days. Some of the highlights of the trip was going to the horse races at Royal Ascot, going to the top of St. Paul’s Cathedral, going to Madame Tussards, and seeing a show, “The Motown Story.” I love going home, but also love coming back to my home.

I sadly have to report the death of Mary Hansford, who died at the age of 82 on September 23. She started running in her 40s and ran for over twenty years. She was a character and always so much fun. I really liked her. Mary, you were special and will be missed.

A couple of board meetings ago our secretary Sam Lashley handed over the reins to Corinne. Sam had done the job around thirty years and we owe her a debt of gratitude for all she has done for the club. A tough runner and a wonderful lady (don’t get jealous Silver Fox). Thank you Sam, an IHR Hall of Famer.

In 1992 I ran the Masters Mile at the Penn Relays in Philadelphia. I got third in the race (4:17.1) and afterward met Bill Cosby, who presented our awards. He ran track at Temple University and always supported the Relays. We spoke for a few minutes and this week, as an 80 year old man, he went to jail. Who would have predicted at the beginning of this year the fall of Rick Pitino and Papa John?

Thank to Kevin Mudd for organizing the picnic and it was a good time. Great to see his daughter Lauren in from Raleigh, North Carolina. Gene Younger finally made an appearance. He couldn't come up with a train excuse and even complimented me on turning him on to HOKA. I give you the shoes, but can't help you if you are mentally flabby!

I hope to see you on the Parkway or park, but definitely on Thanksgiving Day. Be grateful for every day.

Swag Hartel



## Record-Breaking Distance Runner Diane Leather Never Let Lack of Opportunity Slow Her Down

The first woman to run a mile in less than five minutes has died at age 85

By [Brigit Katz](#)

[Smithsonian.com](#)

September 14, 2018 12:36pm



*Diane Leather winning the women's 880 yards in 2:15.8 on May 12, 1956. (PA Images / Alamy Stock Photo)*

On May 29, 1954, a young chemist named Diane Leather became the first woman to run a mile in under five minutes. For most of her life, Leather's accomplishments were met with little fanfare. But in later years, the record-setting athlete, who died of a stroke earlier this month at the age of 85 as Amisha Padnani reports for the New York Times, was recognized as a pioneer in the sport and an inspiration to other runners.

Born in Staffordshire, England, in 1933, Leather decided to start running after catching a broadcast of the women's 100- and 200-meter races at the 1952 Helsinki Olympics.

"I thought I'd love to do that," she told the *Great Barr Observer*, a local Birmingham publication, in 2014, according to Padnani.

At the time, Leather was working as a chemist at Birmingham University. She joined the Birchfield Harriers, a local running group, and began training with the influential British coach Dorothy Nelson. On May 26, 1954, Leather broke a world record when she finished a mile run in 5:00.2. But she was determined to crack the five-minute mile.

Three days later, Leather sped across the track at Alexander Stadium in Birmingham, breaking her own record with a time of 4:59.6. It wasn't even Leather's first race of the day; she had run 800 meters earlier that afternoon, Neal Sean Ingle noted for the *Guardian* in 2014.

"When I broke the record, it was very exhilarating," Leather told Jessica Shepherd of the *Birmingham Post & Mail* in 2004. "I enjoyed the competitive aspect of breaking the barrier and it was, of course, great to win the race."

A few weeks before Leather's victory, the British runner Roger Bannister became the first person to break the four-minute mile. His feat was trumpeted in headlines around the world. Leather's did not even make it into the record books.

In 1954, women's track and field remained hamstrung by prejudice and taboo that had plagued women's endurance events throughout the 20th century. The global body in control of women's track and field, the International Amateur Athletics Federation, only began recognizing world records in the mile for women in 1967.

After a long push led by the International Federation of Women's Sports in the 1920s, the IAAF had first allowed the inclusion of five women's track and field events as an "experiment" at the 1928 Amsterdam Games. But the natural exhaustion showed by women at the finish line of the 800-meter race, the longest distance for women to be included in the program, was seized upon by officials and the press to claim that such a distance was too dangerous for women's bodies. That smear campaign was so effective that the women's 800-meter race was not reinstated at the Olympic Games until 1960.

But the lack of opportunities for recognition did not stop Leather from running. In May of 1955, she once again beat her own best time when she ran a mile in 4:50.8. Four months later, she finished a mile in 4:45.0—an unofficial record that she would hold for seven years.

Leather also won two silver medals for 800-meter events at the European championships, and broke world records in women’s 440-yard, 800-meter and 880-yard relay races.

When the 800-meter race returned at the 1960 Rome Games, Leather competed in a preliminary heat, but did not advance. She retired from competitive running that year, at the age of 27. She went on to study social work and worked at a nonprofit agency in Cornwall.

In 2013, Leather was inducted into the England Athletics Hall of Fame. And this past Sunday, when 57,000 athletes converged in northeast England for the Great North Run, the U.K.’s largest half marathon, Leather was on the minds of prominent participants. Athletes Mo Farah, Kathrine Switzer and Laura Muir “all paid tribute to Leather Charles as an inspiration since 1954,” reports Roger Robinson of *Runner’s World*.

Leather’s great-niece Ellie Leather, who runs track and cross country at California State University, Fresno, remembered her aunt as “a huge pioneer for the sport” who “led the way for women, in general, to break barriers that had never been broken before.”

For many years, however, Leather took a more humble view of her accomplishments. “We used to see [running] as something we did in our spare time, after a day at work,” she told the *Post & Mail*. “Now it is so professional and intensely competitive.”



## Exercise to Prevent a Heart Attack

*Dr. Gabe Mirkin's Fitness and Health e-Zine, September 23, 2018*

The same training principles that improve athletic performance in competitive athletes also help to prevent heart attacks and prolong lives:

- The SUN Study on 18,737 middle-aged people showed that those who exercise intensely have half the rate of heart attacks as those who do the same amount of exercise less intensely (*Am J of Cardiology*, Sept 11, 2018)
- Vigorous exercise is associated with a much lower rate of metabolic syndrome and diabetes than low-intensity exercise (*American J of Prev Med*, April 2017;52(4):e95–e101)
- An extensive review of major articles shows that exercise helps to prevent heart attacks and strokes (*J of Clinical and Preventive Cardiology*, 2017;6(3):109-114)
- Even low doses of exercise, such as slow walking, are associated with reduced likelihood for heart attacks and strokes (*Am J Lifestyle Med*, Jul 1, 2009;3(1 Suppl):44S–49S)
- The amount of time teenagers spend exercising intensely predicts markers of arteriosclerosis and inflammation far more than how much time they spend sitting still (*PLoS Medicine*, Sept 2018;15(9):e1002649)
- A Mediterranean diet and regular exercise, individually and combined, are associated with reduced risk for heart attacks and strokes (*Eur J of Prev*, June 26, 2018)

### **How Intense Exercise Helps to Prevent Heart Attacks**

Intense exercise [makes muscles stronger](#), including your heart muscle. All people lose heart muscle as they age, which increases risk for frailty and heart failure. Strengthening your heart muscle helps you to live a more vigorous lifestyle and to protect you from heart failure. Intense exercise also helps to [stabilize plaques](#) in arteries and widens heart arteries to help protect you from a heart attack.

### **Stress and Recover**

If you try to exercise intensely every day, you are at high risk for injuries. To become stronger and faster and have greater endurance, you need to exercise on one day intensely enough to damage your muscle

fibers and feel short of breath. Then you will feel sore on the next day and are supposed to exercise at a reduced intensity for as many days as it takes for your muscles to heal and the soreness to lessen or disappear. Only then should you take your next intense workout.

- You can tell you are exercising intensely enough to damage your muscles by a feeling of burning in your muscles when you exercise.
- You will not improve your maximal ability to take in and use oxygen unless you exercise intensely enough to become short of breath.

### **Use Interval Training to Avoid Injuries**

Adding interval workouts to an endurance training program specifically makes muscles stronger than continuous endurance training (*Med & Sci in Sports & Exe*, June 2017;49(6):1126–1136). To use intervals in your exercise program, first you warm up for 10 or more minutes by going at a slow pace. Then you pick up the pace in your sport (such as running, skiing or cycling) until you start to feel a burning in your muscles or start breathing hard, usually after about 5-30 seconds. Then slow down. When you have completely recovered your breath and your muscles feel fresh again, start your next interval. Alternate picking up the pace and slowing down for full recovery until your muscles start to feel stiff or heavy, and then cool down by exercising at a slow pace for about 10-15 minutes. Most people will be able to do 5-20 short intervals of less than 30 seconds each in their early workouts and increase the number slightly as they keep on doing intervals two or three times a week. You can avoid injuries as long as you listen to your body when it tells you to reduce the intensity or to stop your workout.

### **Recovery Days**

Most athletes in endurance and strength sports exercise on their recovery days and do not plan to take many days off. However, on recovery days, they work at a markedly reduced intensity to put minimal pressure on their muscles. If you develop pain anywhere that gets worse as you continue exercising, or doesn't go away when you slow down, you are supposed to stop exercising for that day. Active recoveries on easy days at low intensity make muscles tougher and more fibrous so your muscles can withstand harder workouts on your intense days.

### **My Recommendations**

- Before you start a program of interval training to improve your en-

duration, you should have exercised regularly for many months, be in good shape and not have any health conditions that can harm you.

- Try to set up your exercise program so that you take a hard workout that damages your muscles so they feel sore on the next day. Then take easy workouts until the soreness goes away, and then take your next hard workout.
- Immediately after an intense workout, eat whatever source of carbohydrates and protein you like best. I eat oranges and nuts immediately after I finish an intense workout to help me recover faster for my next workout. See [Why You Should Eat Within One Hour After an Intense Workout](#).
- When you are training properly, your muscles may feel sore every morning. If they don't feel better after a 10 minute warmup, take the day off. I do not recommend taking [NSAIDs to Relieve Muscle Soreness](#); they can interfere with your strength gains.
- If you feel pain in one spot that does not go away after you slow down, stop that workout immediately. Otherwise you are headed for an injury.

**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.*



## Human Gene Mutation May Have Paved the Way for Long-Distance Running

Mice with engineered versions of the CMAH gene exhibited 30 percent better endurance than those without

By [Meilan Solly](#)

[smithsonian.com](#)

September 18, 2018



*Humans' CMAH gene mutation may enable them to exhibit higher endurance over long periods of exercise (U.S. Air Force / Staff Sgt. Natasha Stannard)*

On Sunday, Kenyan distance runner [Eliud Kipchoge](#) broke the world marathon record by [78 seconds](#), racing across a Berlin course in just 2:01:39. As Vernon Loeb notes for [The Atlantic](#), this time translates to “26 straight, blazingly fast, 4-minute and 38-second miles.”

Kipchoge may be in a class of his own, but a new study published in [Proceedings of the Royal Academy B](#) suggests that all humans share an innate propensity for long-distance running. These findings, based on research led by University of California San Diego cellular and molecular physician [Ajit Varki](#), trace physical endurance to the cellular level, pinpointing a genetic mutation as one of the key factors in early hominids' transition from forest dwellers to speedy, upright predators roaming the dry African savannah.

[Popular Science](#)'s Jillian Mock reports that the study focuses on the CMP-Neu5Ac Hydroxylase, or CMAH, gene, which mutated roughly two to three million years ago—around the same time hominids underwent a shift in lifestyle from non-human primate behavior to actions more in line with contemporary humans. As Kashmiri Gander writes for [Newsweek](#), this change was accompanied by physical adaptations, including the development of larger feet, stronger gluteal muscles, and longer legs.

Kashmiri explains: “Early hominids could run for longer distances and until the point of exhaustion—known as persistence hunting—all while coping with the sun’s heat, while other animals snoozed.”

Today, animals ranging from cows to chimpanzees and mice carry a functional CMAH gene, which aids in the production of a sugar molecule called sialic acid. These mammals can make two types of acid, but as Elizabeth Pennisi writes for [Science magazine](#), humans’ CMAH gene is “broken,” leaving them unable to produce more than one type of acid.

Previous studies have linked humans’ mutated CMAH gene to severe degenerative [muscular dystrophy](#) as well as increased risks of cancer and type two diabetes, but Varki and his colleagues argue that its ramifications aren’t completely negative. In fact, CMAH may be the driving force behind long-distance running, a seemingly singularly human trait.

To test their hypothesis, the researchers recruited two groups of mice. One contained animals with functioning CMAH genes, while the other consisted of mice with doctored “broken” genes. According to [Discover](#)'s Mark Barna, when the team prompted the mice to run on miniature treadmills, the group without functioning CMAH exhibited 30 percent better endurance than their CMAH-equipped counterparts. They also ran, on average, 12 percent faster and 20 percent further.

Following the treadmill tests, co-author Ellen Breen, a physiologist at UCSD, analyzed the mice’s muscles and determined that those carrying the mutated gene were more resistant to fatigue. [Popular Science](#)'s Mock adds that the same animals tended to process oxygen more efficiently.

“It is reasonable to speculate that this mutation may have been essential for running faster and further,” the authors conclude in their [study](#).

Still, additional research is necessary to cement the connection between CMAH and human endurance. University of Massachusetts biological anthropologist Jason Kamilar, who was not involved with the research, tells *Science*'s Pennisi that “mice are not humans or primates. The genetic mechanisms in mice may not necessarily translate to humans or other primates.”

In an interview with *Popular Science*, University of California Riverside biologist Ted Garland adds that it's too soon to call the mutation “essential” in the evolution of long-distance running.

“If this mutation had never happened, likely some other mutation would have happened,” he notes.

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## Realistic Safety Tips for Female Runners

© Laura Norris and [This Runner's Recipes](#)

Recently, it made the news that a young woman was brutally assaulted and murdered while running in Queens, New York. Tragedies like that are horrific and shake many of us female runners to our very core. What if that happened where I live?

I abhor the general advice that tells female runners to not run outside alone for safety. This advice perpetuates two mindsets I personally despise: (1) that I am a weak woman who requires a defender, and (2) that all men are out to rape me, which is sexist against men and assumes the worst in the other gender.

Both of those mindsets are BS: we are women, while not as strong as men because we don't have testosterone, aren't inherently weak, and most men are not out with the goal to attack a woman.

Plus, how realistic is it actually to tell a runner just to not run outside by herself?

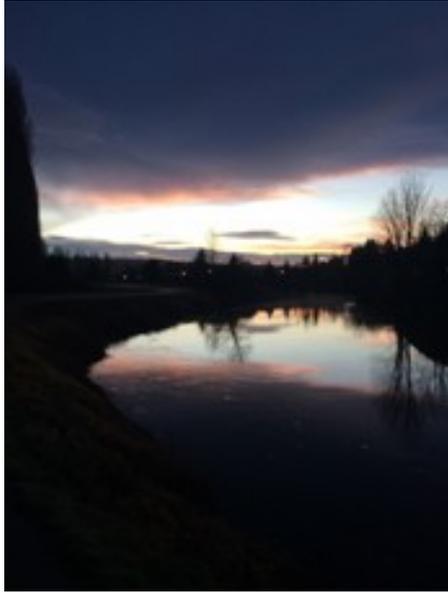
Granted, I live in an area with incredibly low murder and rape rates – the scariest thing that has ever happened on a run here was when a possum jumped out of a small bush at me (updated: a rooster chased me and that was terrifying). I'm grateful that we live in a safe area, but I still practice safety on my runs because unfortunately an attack can happen anywhere.

Ultimately, staying safe on a run doesn't come down to always running inside (unless you live in a truly dangerous area); rather, try these realistic safety tips for female runners to be prepared for what will hopefully never happen on a run.

### **Ditch the headphones.**

Music or podcasts may be entertaining, but they reduce your awareness of your surroundings. Many types of headphones, especially wireless ones, aYou get distracted by your music and podcastre noise-blocking. [You get distracted by your music and podcast](#), which means you are distracted from what is around. Additionally, headphones indicate a lack of awareness to others – meaning a potential attacker may see you as more of an easy target than another runner who isn't plugged in.

Running without headphones is especially important if you are running in the dark when your field of vision is comprised. Unplugging will let you hear the slightest rustle of the bushes – which will likely just be a possum, but it's better to be safe and aware than sorry.



### **Have an assertive presence.**

Run tall, swing your arms strong, and gaze ahead of you. Assess your surroundings every few yards and look forward with a firm, assertive gaze. Don't hunch over, look like you're lost, or appear to be day-dreaming. Statistics indicate that attackers will target those who look insecure and vulnerable – which makes sense when you think about it.

### **Carry something on you that you can use to fight back.**

I am not one to advocate violence unless it is in the situation of self-defense. If someone is attacking you, it is the morally just and necessary action to take – for your safety and the safety of others – to fight back.

Runner's mace straps onto your hand or your SPIbelt/Flipbelt. A pocket knife discreetly slips into the pockets of many shorts. Companies even make [claw-like contraptions](#) for female runners wear

on their hands. Whatever you choose, carry something with you on a run to be able to protect yourself from an attacker or a vicious animal.

While some people argue that these items can be used against you, I would rather take that risk than be caught defenseless. That said, you must be confident in your ability to use a self-defense weapon. Don't rely on the excuse that you don't know how to use mace or a pocket knife- teach yourself how to use it.

**Build upper body strength.**

A stronger upper body means you will have a better chance at fighting back against an attacker. Strong arms can throw effective punches and jabs and resist against an attacker if the worst were to happen on a run.



I roll my eyes every time I hear women say they don't want to lift because they're worried about looking bulky. Besides the fact that women do not have enough testosterone to get bulky without

manipulating their diet and weight lifting to the extreme, I'd rather be more muscular and capable of defending myself than be skinny and fragile.

That's not to mention that lifting heavy weights makes you a better runner and is good for your overall health and well-being. Try one of these upper body workouts for runners or, when in doubt, stick to simple bodyweight push ups and pull ups.

### **Take a self-defense class.**

Being physically and mentally able to fight back increases your chances of escaping an assault. Learn how to fight back by enrolling in a self-defense class or [learning some basic self-defense moves](#). Learning self-defense will enable you to practice those moves in the worst case scenario and give you the confidence you need on a run.

### **Let someone know when and where you are running.**

Text your significant other or close friend (ideally someone who lives nearby) to tell them when you are starting your run, where you are running, and for how long you anticipate running. Once you finish, text them to let them know you are done.

### **Don't share your routes on social media.**

Mark that privacy setting on Strava or Runkeeper to keep your exact route private and don't geo-tag your running photos on Instagram or Facebook. You never know what type of creepers are out there on the internet; what's even worse, many assault cases occur from someone a person knows, so even sharing your route with friends (whether real or virtual) can be risky.

### **Mix up your routes.**

I have at least three different running routes I alternate amongst during a training week. Not only is the variety of terrain good for my muscles and the different scenery good for my brain, but that way no creeper can know that I run by a certain place every weekday morning.

If you have no option but to run the same route, then try to run it in a different direction or at a slightly different time of day (even just 10 minutes earlier or later) to remove predictability from your routine.

### **Use Common Sense**

If it's late at night and you live in an area with violent crime rates, then don't go running on an empty road with dark allies. Heavily

wooded areas and marshes can be dangerous also at night since there is cover in which an attack can hide.

If you live in a wealthy neighborhood, don't let this make you think you are completely safe – a person can commit a violent crime regardless of their class. This is not to scare you, but thinking you are completely immune is not a good mindset. No matter where you live, you should be aware of your surroundings when you run and able to defend yourself – even if the worst is unlikely to happen.

**Carry your phone with you.**

Having your phone on you allows you to call 911 immediately if an attack happens, and camera phones also equip you with the ability to identify your attacker. If something happens, you can call 911 and snap a photo of the attacker. If someone follows you in a car, take a photo of their license plate so you can report their behavior.

**Don't let fear rule your life**

Don't let stories of violent crimes keep you from going out there. You should always exercise prudence – don't run at night alone in a dangerous neighborhood – but don't stop participating in a healthy and enjoyable activity because of fear. You don't stop traveling because of terrorist attacks or stop seeing movies in theaters because of horrific shootings. By allowing a few assholes in the world to dictate how you live your life, you're letting them win.

## Club Notes

September was IHR membership renewal month. Please visit [RunReg.com](http://RunReg.com), or get more info at the end of this newsletter.

Our new email address is [iroquoishillrunners@gmail.com](mailto:iroquoishillrunners@gmail.com)

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



*A good crowd at the annual IHR picnic at Iroquois Park*



*Donna Younger (center) and friends at the recent Frog-Town-Hop.*

## Coming Attractions

**Sunday, October 7, 2018 - Skeleton 5K**, Oldham County Parks Series #4, 2:00 P.M., Wendell Moore Park, Oldham County, [www.oldhamcountyky.gov](http://www.oldhamcountyky.gov).

**Thursday, November 22, 2018 – IHR Thanksgiving Day 5-mile Run**, 9:00am, Iroquois Park. For information go to [IroquoisHillRunners.org](http://IroquoisHillRunners.org). To sign up online go to [RunReg.com](http://RunReg.com)



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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 [iroquoishillrunners@gmail.com](mailto:iroquoishillrunners@gmail.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 [iroquoishillrunners@gmail.com](mailto:iroquoishillrunners@gmail.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)