

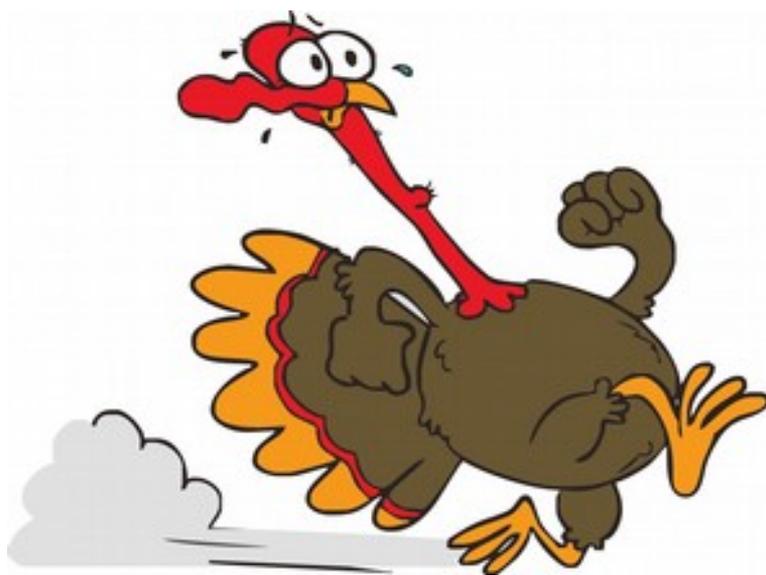
The Lookout

Magazine of the Iroquois Hill Runners

Volume 39

November 2018

Number 9



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



Swag has been under the weather, and has had some friends from England visiting. He hasn't had any time to himself lately.

But, from last month's message:

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

Swag Hartel



Fifth grader completes 50 5Ks in 50 days in honor of grandfather

A California 10-year-old just completed a physical challenge most adults wouldn't consider trying. Niall McDermott, a fifth grader from San Francisco, finished 50 5Ks in 50 days Sunday — all in honor of his grandfather who is battling cancer, [CBS San Francisco](#) reports.

McDermott took on the quest after he was inspired by a movie about a man called the "Iron Cowboy," who completed 50 triathlons in 50 days.

"I wanted to do 50 5K's in 50 days," he told CBS San Francisco.

McDermott's grandfather has lung cancer and he wanted this challenge to be about raising money to help him. So far, he raised \$4,000 in donation pledges throughout his seven-week runs, according to the station.

Fifty days ago, he ran his first 5K near his home in Golden Gate Park. Then, each following day, he ran another until he met his goal.

Even his parents had their doubts that he would continue to run one 5K per day.

"No, I thought it was very unlikely," said Ryan McDermott, the boy's father. "Ten-year-olds are fantastic, but they embark on a lot of things that they don't finish."

Ryan said Niall got approval from his doctor before starting his epic journey, but nobody thought he'd actually finish it.

"He never complained a single day, said he didn't want to do it, or he's too tired or something hurt," he said. "He was just ready to go every day."

On Sunday, he finished the last 5K, becoming an inspiration to others for his strong will.

"I was thinking 'I'm gonna finish this and I can do it, and when I finish it, I won't have to do it anymore,'" he said.

The funds that McDermott raised will be donated to the Bonnie J. Adario Lung Cancer Foundation in honor of his grandfather.

BNQT

Cross country team saves lost hunter's life

[David Strege](#)

A hunter facing a life-or-death situation was saved by a chance encounter with a cross country team Wednesday after being lost in the wilderness of New Mexico for 36 hours without food or shelter, and enduring freezing temperatures.

"The odds were very much against him," Cuba Fire Chief Rick Romero [told KRQE](#). "For somebody to even walk through [that area] with the amount of downed trees, it's almost impossible."

Ronnie Duran, 65, was last seen hunting near the La Paloma Trail in the Jemez Mountains on Tuesday. He had traveled 10 miles to the Vallecitos area where the Cuba High School Cross Country team was training.

"I was almost finished running and I was making a turn and I see him right there, and I was wondering who it was because no one's up there," Osiris Putnam, a runner, told KRQE.

Duran told the runners he was lost and asked for help.

"After awhile seeing how he was walking and his voice and he could barely walk, that's when I knew something was wrong with him," Putnam told KRQE. "We were like, yeah, we can help you."



When she spotted the team walking across a road, Cuba High cross country coach Mary Lou Gooris was initially taken aback.

"We don't let the kids walk so we were like, 'What are they doing?'" Gooris told KRQE. "And there was somebody with them and it turned out they were walking back together as a team with the lost hunter, and he did have his rifle with him.

"We were so proud that the kids right away took this person under their wing."

Duran was suffering from a sprained ankle and was disoriented when he was found. His family expressed thanks to all involved.

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

October 21, 2018

Cooling Down After Intense Exercise

"Cooling down" means that after you exercise intensely, you slow down and exercise at low intensity for a while before you stop exercising for that session. The scientific literature is controversial on whether cooling down helps to reduce next-day muscle soreness to help muscles to recover faster. I believe that cooling down may help you to heal faster from muscle soreness after intense exercise, which allows you to recover faster from intense workouts. There is some evidence that cooling down augments your immune system response to help muscles fibers heal faster from the [Z-line damage](#) caused by hard exercise (*Sports Med*, July 2018;48(7):1575-1595; *Nat Rev Immunol*, 2011;11:607-615).

You can tell you are damaging muscles when you exercise vigorously enough to feel burning during exercise and when you get soreness in those muscles that develops 8-24 hours later (*Strength & Conditioning Journal*, October 2013;35(5):16-21). This is called Delayed Onset Muscle Soreness (DOMS); see my report on DOMS below. The old explanation that cooling down helps muscles recover faster by ridding them of lactic acid does not adequately explain any improvement in recovery time after intense exercise. Lactic acid build-up from intense exercise lasts, at most, for only a few minutes even if you do not cool down. Muscle soreness that starts more than four hours after stopping exercise is not caused by lactic acid accumulating in muscles; it is caused by damage in the muscle fibers.

Cooling Down May Help You Recover Faster

Many coaches and athletes believe that cooling down helps muscles heal so the athlete can resume intense workouts sooner and thus become a stronger athlete. However, there is conflicting scientific evidence whether cooling down helps to prevent DOMS. There is some evidence that cooling down does help to relieve DOMS three days after intense exercise (*J Strength Cond Res*, Oct, 2012;26(10):2777-82), but smaller studies on non-competing athletes fail to show that cooling down reduces next-day muscle soreness (*J Hum Kinet*, Dec 2012;35:59-68; *Aust J Physiother*, 2007;53(2):91-5), or helps athletes to recover faster (*J Hum Kinet*, Mar 2012;31:121-9). There is data to show that cooling down reduced pain when pressure was applied to muscles with DOMS 48 hours after intense exercise, more so than on the muscles of those who did not cool down (*J of Human kinetics*, Jan 26, 2013;35(1):59-68). A recent review of the scientific literature concluded that cooling down does not enhance same-day or next-day sports performance, even though it may help to clear lactic acid in blood faster, but cooling down may partially prevent immune system depression and promote faster recovery of the heart and lungs (*Sports Med*, Jul 2018;48(7):1575-1595).

Known Benefits of Cooling Down

- Cooling down can help to keep you from feeling dizzy or passing out after very vigorous exercise (*Medicine and Science in Sports and Exercise*, Sept 1994;26(9):1095-1101). Most people who pass out in races do so after they stop running suddenly at the finish line. In one study, all of the runners who collapsed had an excessive drop in blood pressure when they went from lying to standing, and the few cases of collapse away from the finish line were far more serious and were often caused by diseases such as asthma, heart damage or heat stroke (*Physician and Sportsmedicine*, 2003;31(3):23-29).
- Cooling down can help to clear lactic acid and relieve oxygen debt after intense running (*J of Applied Physiol*, Nov 6, 1966;21(6):1767-1772).

Cooling down has NOT been shown to improve fitness level, make you stronger (*J Strength Cond Res*, Nov 2012;26(11):3081-8), or to prevent injuries.

My Recommendations for Recovery After an Intense Workout

- Before every intense workout, warm up by going slowly until your muscles feel fresh.
- After every intense workout, do a prolonged cool down of at least 10 minutes (*Sports Science Exchange*, 87:15, 2002; *J Sports Sci Med*, 2004 Sep; 3(3):131-138).
- Drink fluids for a faster recovery (*Journal of Sports Sciences*, January 2004).
- Add salt on hot days if your muscles feel excessively fatigued or if you develop cramps (*Can J Appl Physiol*, 2001;26 Suppl:S236-45).
- Eat as soon as you finish your intense workout (*J Sports Sci Med*, 2004 Sep; 3(3): 131–138). It doesn't matter what you eat in your post-intense-workout meal, as long as it contains lots of protein and carbohydrates (*Am J Clin Nutr*, Jan 2017; *Med Sci Sports Exerc*, Oct 2008;40(10):1789-94). In one study, fast foods such as French fries, hash browns and hamburgers helped athletes recover just as quickly from hard workouts as sports nutrition products such as Gatorade, PowerBars and Clif Bars (*International Journal of Sport Nutrition and Exercise Metabolism*, March 26, 2015).
- After each intense workout, get off your feet and do as little walking as possible.
- Try to sleep within a few hours after your intense workout as you may recover faster by sleeping than remaining awake (*South African J Research in Sport, Physical Education and Recreation*, Jan 2012;34(1):167 - 184). Loss of sleep can impair exercise performance (*European Journal of Applied Physiology*, April 2017;117(4):699-712).
- Do not take non-steroidal anti-inflammatory drugs (NSAIDs) to relieve muscle soreness. NSAIDs can block gains in strength and endurance (*PNAS*, June 27, 2017;114(26):6675-6684; *Med & Sci in Sports & Ex*, April 2017;49(4):633-640).

For a more complete review, see [Recovery: The Key to Improvement in Your Sport](#)

Mom Runs NYC Marathon for Child Who Died of Brain Tumor: 'I'm So Happy She was My Daughter'

Emily Zauzmer



© DON EMMERT/AFP/Getty Images New York City Marathon

One runner in Sunday's [TCS New York City Marathon](#) trained for the race in a deeply sentimental way — along a route that spelled her late daughter's name.

"I call it Marit's run," Jennifer Swenson, whose 16-year-old daughter Marit died of a brain tumor in August 2017, told [Today](#). "The hardest part was the 'R.'"

The mother from Minnesota, 47, and Marit were planning to run the [Disney Princess Half Marathon](#) together when Marit's pediatric high-grade glioma was discovered in February 2017, [CNN](#) reported.

Over a year after losing her daughter, Swenson — who also has sons Bjorn, 15, Birk, 12, and 10-year-old twins Anders and Soren with husband Peter Swenson, 49 — is [running](#) the marathon to raise money for research of Marit's disease. Her [fundraising page](#) for the National

Brain Tumor Society has raked in more than \$32,000, exceeding its goal.

She also aims to raise awareness. “Neil Armstrong’s daughter died of a DIPG tumor 40 years ago and nothing as far as treatment has changed in 40 years, despite people’s efforts,” Swenson told CNN. “That’s the word I want to get out: There is a type of pediatric cancer that there’s been no progress on in 40 years despite doctors’ best efforts.”

On her fundraising page, Swenson remembered her daughter as an avid runner. “Marit loved many things, but she loved to run!!!” Swenson wrote. “When she was a little girl, she raced her brothers around the backyard. Marit ... loved competing in elementary, middle school and high school track. In fact, Marit’s name is still on the record board at her elementary school for the 5th-grade girls’ pacer running test!”



© Provided by TIME Inc. Jennifer and Marit Swenson

Swenson noted that her last run with her daughter was an eight-mile trek around Minnesota’s Como Lake a month before Marit’s diagnosis. “She kicked my butt!” Swenson said. “She was so genuinely happy to have completed that training run with me on such a beautiful winter day.”

As she has prepared for the marathon, Swenson has experienced highs and lows. “Some days it’s, ‘I’m so happy she was my daughter,’” she explained to Today. “Other days it’s sadness, or anger that in this advanced society, there isn’t anything we can do about this.”

“I knew I wanted to do this to honor and remember her and to raise awareness,” Swenson added. “I thought, ‘I can do this and still grieve and take care of my boys.’”

Club Notes

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

Our new email address is iroquoishillrunners@gmail.com

The annual IHR Christmas Party will be December 6, 6:00pm at the South Park Country Club, 915 South Park Road, Fairdale, KY 40118. southparkcountryclub.com.

It will be a catered event, with a cash bar available. Bring desserts or goodies if you wish.

This year we are welcoming prospective members. If you are interested in a good meal with a friendly running group, contact Dallas Harshfield ([email](mailto:dallas@iroquoishillrunners.com)) before Dec. 1st. We hope you consider joining the club at the normal \$15 rate and get a good meal to boot.



So good to see Andrea Gorce this morning at the Bowman Field 4 miler! She ran an awesome race and got 1st in her age group. I got 2nd in mine. Nice course but the heat about did me in. Oct 7.

IHR volunteers at the Louisville Ironman





Ron Jenkins





The Burmeisters



Debbie Gassman

Reinert family at the Race for the Cure



Coming Attractions

Saturday, November 10, 2018 - Louisville Beer Run 2018, 11:00 A.M., Iroquois Park, [active.com](#), [facebook.com](#).

Saturday, November 10, 2018 - D*A*S*H 5K and Veterans Tribute, 9:30 A.M., Jeffersonville Overlook, 101 W. Riverside Drive, Jeffersonville, IN 47130. (812)-283-0301, [www.jeffmainstreet.org](#).

Sunday, November 11, 2018 - Louisville Marathon/Half/10K, 8:00 A.M., Beckley Creek Park, 1411 Beckley Creek Parkway, Louisville, KY 40245 (224)-757-5425 [kentuckyruns.com](#).

Saturday, November 17, 2018 - 360 Degree Chiropractic Turkey Trotter 5 Miler/4K Walk, 8:00 A.M., Wendell Moore Park, 1551 North Hwy 393, LaGrange, KY 40031. [oldhamcountyky.gov](#).

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

Thursday, November 22, 2018 - Hungry Turkey 5K, 9:00 A.M., Waterfront Park, 231 Witherspoon Street, Louisville, KY 40202 (224)-757-5425 [kentuckyruns.com](#)

Thursday, November 22, 2018 - YMCA Turkey Trot, 10K 8:00 A.M., Kid's Trot 9:45 A.M., Northeast Family YMCA, 9400 Mill Brook Road, (502)-425-1271 info: ajohnson@louisvilleyymca.org.

Thursday, November 22, 2018 - Fast Freddie's 5 Mile Festive Foot Fest, 9:00 A.M., Newlin Hall-Floyd County 4-H Grounds, 2818 Green Valley Road, New Albany, IN 47150 [fredrun@fastfred.com](#).

Saturday, December 1, 2018 - Santa Sprint and Stroll 5K run/Walk, 9:00 A.M., Barrett Middle School, 2561 Grinstead Drive, Louisville, KY 40206, [rivercityraces.com](#)

Saturday, December 1, 2018-Miles for Merry Miracles 11th Annual 5K Run/Walk, 10:00 A.M., New Albany Amphitheatre, New Albany, IN [m4mm.org](#).

Thursday, December 6, 2018 – IHR Christmas Party. 6:00pm, South Park Country Club, 915 S Park Rd, Fairdale, KY 40118

Saturday, December 22, 2018 – IHR Canned Goods Fun Run. 9am, Iroquois Park. Bring canned goods or donations to benefit The Lord's Kitchen. Accepting donations from 8 to 9am.

Kevin L. Mudd, CPA, PLLC



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Certified Public Accountant

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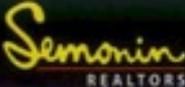
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The advertisement for Swag's Sport Shoes features a large, stylized, light-colored letter 'S' on the left side. To the right of the 'S', the word "SWAG'S" is written in a large, bold, serif font. Below "SWAG'S", the words "SPORT SHOES" are written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

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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, 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 iroquoishillrunners@gmail.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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Iroquois Hill Runners
P.O. Box 14115
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