

The Lookout

Magazine of the Iroquois Hill Runners

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Number 10



Canned Goods Run

Iroquois Park

Saturday, December 22, 8:00 - 9:00am

[More information at our website](#)

President's Message

Swag Hartel



Last month I didn't deliver a message, the first time in a long time. I got sick and then had some friends in from England to see the Breeder's Cup. I'm back in the saddle and ready to fulfill my duties.

In October I had lunch with Al Wagner, now 96, a long time runner. On October 16 Art Gunderson died at the age of 70. He ran the first forty Mini-Marathons and I got to know him better by selling him shoes. He struggled to do the last few Minis. He had diabetes, but it was still quite an achievement.

Once again the Thanksgiving Day Race was tremendous. It is amazing to see all of the great volunteers who help. I don't want to name names because the list would be exhaustive and I would leave someone out!

I expect to see you at our next function, the annual Christmas Party. It is great to be around fellow runners. It is like a badge of honor! Our Canned Goods Run will be three days before Christmas. I love it, love Louisville, and love this club.

Your President in all humility,

Swag Hartel



Woman Completes Marathon a Month After Getting Stung 500 Times on Training Run

Andrew Dawson Runner's World



© Jessica Turnbow Doctors, nurses, friends, and family had pull the stingers out over two days.

Jessica Turnbow was on mile 16 of her 19-mile training run for her first 26.2 at the Las Vegas Rock 'n' Roll Marathon when a bee buzzed by her ear along the canal path in Chandler, Arizona.

The canal paths were one of her favorite running routes, and she ran there often, even passing that spot just five minutes prior before she turned around to finish her run.

The bee was persistent. Because of that distraction, and someone cutting grass nearby, she wasn't able to see the swarm of bees around her. "Before I could even think, I had a head full of bees," Turnbow said to *Runner's World*. "They just landed on top of my head and kept coming."

Turnbow admits she didn't react the right way. She swatted and flailed until she she knew had to do something else. She had three options.

"I could continue what I was doing, try to run, or jump in the canal," Turnbow said. "I have always thought the canal looked refreshing after a long run, even though it's gross and dirty."

She jumped in, and submerged herself to try to get the bees off her. But the bees held on. Turnbow rubbed her hands through her bee-filled hair to try to dislodge them, leading to many stings on her hands.

Then, a woman came to her aid, helping her get to a staircase that led out of the water.

The whole ordeal lasted about 10 minutes before EMTs arrived and began to treat her. At the hospital, the staff removed Turnbow's clothes only to discover more bees still on her. Two bees even ended up escaping into Turnbow's room—a nurse had to track them down.

At the hospital, doctors trying to remove the stingers counted 300 to 400 of them, not counting the ones under her hair. Then, after Turnbow was discharged, her family removed 50 to 100 that first day. The next, a friend and Turnbow's daughter removed 150 more from her head.

In total, more than 500 stingers were removed. But even with the stingers out, the ordeal wasn't over. "I spent the next week swollen all over and trying to rest," Turnbow said. "I was supposed to do a half



marathon that coming weekend and had to miss it."

What worried Turnbow the most was her marathon training. This was a big week for her going into her first marathon—her 20-mile run week. After a week of being inside, she went for a walk, but her heart rate was elevated during it, and she sweated even though it wasn't hot outside.

The next day she tried to run, and although she actually made it three miles, it still didn't feel right. When



© Jessica Turnbow Turnbow's swelling days after the incidents.

the weekend came, she ended up completing her 20 mile run, but also didn't feel the best.

It seemed like all of her training and all of those miles were ruined by one day.

"I was feeling so strong going into that 19-mile run," Turnbow said. "With a couple hundred bee stings, that was all gone."

[Smash your goals with a Runner's World Training Plan, designed for any speed and any distance.]

What worried Turnbow the most was meeting the cutoff time. The Las Vegas Rock 'n' Roll Marathon has a strict cutoff of five hours. But Turnbow kept on her training plan, and come race day November 11, she toed the line and crossed the finish with a time of 5:00:16.



© Jessica Turnbow Turnbow after completing her first marathon November 11, four weeks after being stung more than 500 times.

"I could not have been happier to finish," Turnbow said. "Four weeks prior to the race, I could barely walk, and I finished something that most people will never start."

With the race done, Turnbow is back to normal. She was happy to inspire her two kids through all of this, both of whom are runners, showing them that no matter what, they can finish. She's also happy to have her head feel back to normal now.

"My poor head got the worst of it," Turnbow said. "I am happy to say that five and a half weeks after the incident, my head finally feels normal again."

Hit The Hills, Reap The Benefits

Jeff Gaudette / November 27, 2018



Photo Credit: Shutterstock

One of the hardest parts about constructing a great training plan is trying to figure out how all the pieces of the puzzle fit together. For each week or training cycle, you have a myriad of possible workouts to choose from—threshold runs, VO2 max, speed work, hill repeats and slight variations of all of these training elements. It can seem daunting to understand how each type of workout fits into a plan and how it helps you take a step toward your goal of running faster on race day.

In particular, many runners struggle with how to incorporate hill work into their training if their goal race is on a hilly course. It stands to reason that if you're racing on a hilly course you need to work hill repeats into your training, right? Not as much as you may think. While hill repeats aren't exactly race specific workouts, I do believe there is a beneficial way to incorporate hill sessions into your training.

In this article, we'll outline the different types of hill workouts and highlight the benefits of each so you can better understand the physiological components and better incorporate the right type of hill workouts into your training.

Short, Explosive Sprints

Short, explosive hill sprints have become popular in today's training programs thanks to the work of coaches such as Renato Canova and Brad Hudson, but they are something elite athletes have been performing for decades. They are NOT a primary fitness-building workout, but rather a great ancillary training component.

The idea is to run for 10-15 seconds up a steep hill (7-10 percent grade) at maximum effort. They're called explosive hill sprints because you power up the hill like a sprinter coming out of the blocks. After each repeat, you take a full (2-3 minute) rest so that you're fully recovered before starting again.

These types of hill sprints are designed to activate and improve the function of the neuromuscular system and increase maximal stroke volume in the heart.

The neuromuscular system is the communication vehicle between your brain and your muscles. A boost of "fitness" to the neuromuscular system allows your brain to increase the speed at which it sends signals to the muscles and, more importantly, allows your body to activate a greater percentage of muscle fibers and fire them more forcefully.

Enhancing maximal stroke volume increases the amount of blood your heart can pump with each stroke. A greater stroke volume decreases the heart rate and makes the heart more efficient.

As a reminder, these types of hill sprints are not a fitness-building workout, but more an ancillary training component, much like strides and form drills. Likewise, the physiological benefits won't make you a better hill runner, even though they can help you improve as an overall runner.

Long Hill Repeats

Long hill repeats are the traditional type of hill workouts many runners want to do when they feel they need to improve their hill running skills. A good example of this type of workout is 10 x 90 second hill repeats at a hard effort with a walk or jog back down the hill for recovery.

These types of hill workouts are fantastic for improving VO₂max and increasing muscle strength. In fact, long hill repeats are almost a form of strength training. As a runner, you can do squats, lunges, and

hamstring curls until your muscles burn, but nothing compares exactly to running. The forceful contractions caused by the lifting of the hips, glutes and quads when you're running up the hill utilizes the same principle mechanics as many plyometrics exercises. Also, because these long hill repeats are often very intense and last anywhere from 30-90 seconds, they are a great VO2 max workout.

Unfortunately, doing lots of hill repeats will not help you run faster over a hilly course. During a race, many of the hills you encounter will be long and gradual, not steep and short. Furthermore, the pace at which you ascend the hill will be conservative, not an all out sprint. Therefore, the specific muscles you are working and the demands you are placing on your body will be drastically different between a hill repeat workout and race.

This doesn't mean that long hill repeats are useless. You can build general running strength and fitness when you integrate them into your training plan. I suggest sprinkling them into your training schedule in place of a VO2 max workout to help build muscle strength and enjoy a nice change of pace.

Rolling Hills

If you're looking to improve your ability to tackle hills on race day, then incorporating rolling hills into your threshold and long runs is the best solution. This is how most elite training groups handle races contested over difficult courses. Case in point, in 2008, the Hansons-Brooks marathon training group did all of their workouts on a hilly out-an-back loop to simulate the rolling hills they would face at the Olympic Marathon Trials in New York City. That plan worked out great for eventual Olympian Brian Sell, who finished third that day and punched his ticket to Beijing.

Incorporating rolling hills into your runs provides your muscles and physiological systems the specific stimulus that it will face on race day — improving form over longer and more gradual hills and maintaining pace up and over the hill.

Furthermore, throwing some hills into your road runs teaches you how to pace yourself up and over hills so you can keep the effort within your target pace range during the race. Many runners attack hills too hard during a race, and as a consequence they go anaerobic and have to slow down considerably once the hill is over. The appropriate way to approach hills during a race is to maintain the same effort up and

down, which will even out the pace over the long run. By practicing this tactic in training, you can become an expert at it on race day and save yourself from exerting too much energy.

Finally, rolling hills are a great way to prepare for a hilly race because they don't require a change to your normal training routine. You can still execute all the threshold and long runs you need, but by changing your route to include a few hills, you'll be specifically preparing yourself to handle the hills on race day.

When you're putting together your training plan to prepare for a hilly race course, consider adding rolling hills to your long runs and threshold workouts to prepare for the specific demands you'll face on race day.



On your marks, get set, cheat: Marathon race ends in chaos after dozens of runners were caught taking shortcuts

Afp and Tracy You For Mailonline - DailyMail.com



© Provided by Associated Newspapers Limited More than 250 runners were caught cheating during the Shenzhen Nanshan Half Marathon on Sunday. In the file photo above, runners compete during the 2014 Shenzhen Marathon

A Chinese marathon race has ended in chaos after more than 250 runners were caught cheating, including dozens who took shortcuts.

Police footage has captured how some of the contestants ran across a traffic barrier filled with trees instead of jogging alongside it until they were able to make a U-turn.

The act potentially helped them shave two or three kilometres (1.2-1.8 miles) off the 21-kilometre distance (13 miles) during the Shenzhen Nanshan Half Marathon on Sunday. A total of 46 runners were found to have cut corners and their act was exposed by Shenzhen traffic police in a [social media post](#) on the same day.



Provided by Associated Newspapers Limited 258 offenders have been penalised by the organiser of the Shenzhen Nanshan Half Marathon. In the file photo above, runners wear different costumes in 2014 Shenzhen Marathon



© Provided by Associated Newspapers Limited Shenzhen traffic police released a footage on Sunday to show how the cheating runners cut corners. They ran across a traffic barrier filled with trees instead of jogging alongside it

Another 190 runner cheated in various other manners, the race's organiser said in a [statement](#) yesterday.

In addition, 18 people had fake bib numbers and three ran in someone else's place.

All of the 258 offenders have been penalised.

Those who faked registration numbers or hired other people to run in their place were deemed to be the most serious offenders and will face lifetime bans from the race. The others will not be allowed to take part in the race for two years.

The organiser urged runners to follow the rules, respect other contestants and the athletic spirit.

Commenting on the incident, China's state news agency [Xinhua](#) branded it 'deeply shameful'.

The report said: 'No matter the participants or the organisers, they should reflect: What is the significance of participating in and holding marathons?'

"Don't run and forget why you run. Don't let the marathon turn sour."

The news comes less than two week after Chinese national marathon runner He Yinli unwittingly sparked a national debate about patriotism during a race in eastern China.



© Provided by Associated Newspapers Limited A volunteer gives Chinese athlete He Yinli a national flag at Suzhou Taihu Marathon last week

Controversy emerged after an overly enthusiastic volunteer darted onto the course to hand He a Chinese flag as she vied for victory at the Suzhou Marathon earlier this month.

She briefly held onto it before letting it fall to the floor, explaining later that it had slipped from her grasp.

Some Chinese internet users questioned He's patriotism for dropping the flag, but many others faulted the volunteer for interfering.

He Yinli was beaten to the line by Ethiopian Ayuntu Abera Demisse after the fiasco.



Almost as pretty as the North Overlook in Iroquois Park!

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

IHR had its annual Christmas party at the South Park Country Club. Over seventy people came and had a good time.



Sam Lashley receives an award from Swag Hartel and Tim Reinert for 30+ years service as IHR Secretary.







John and Anne Laun have been traveling...

Coming Attractions

Saturday, December 15, 2018 - Otter Creek Trail Marathon,
26.2M, 16M, 8M Trail, 8:00 A.M., Otter Creek Park,
Brandenburg, KY, ultrasignup.com,
headfirstperformance.com.

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

Tuesday, January 1, 2019 - Hangover Classic, 10M/5K Rd,
10:00 A.M., Clear Creek Park, 717 Burks Branch Road,
Shelbyville, KY 40065, active.com.

Saturday, January 12, 2018 - Frostbite 5K, 9:00 A.M.,
Cherokee Park, Hogan's Fountain, rivercityraces.com.

Saturday, January 19, 2019 - Turkey Run Trail Bash, 5M
Trail, 8:30 A.M., Turkey Run Park, 8706 Stout Road, Louisville,
KY 40291 runsignup.com.

Saturday, February 2, 2019 - Cocoa Classic, 5K Road, 8:30
A.M., Waterfront Park, (224)-757-5425,
cocoaclassic@kentuckyruns.com, kentuckyruns.com.

Saturday, February 9, 2019 - Snowman Shuffle 4-Miler, 9:00
A.M., Cherokee Park, rivercityraces.com.

Saturday, February 9, 2019 - Louisville's Lovin' the Hills,
50K, 15M, 6M Trail, 8:30 A.M., Jefferson Memorial Forest,
Headfirst Performance, 7024 Buckcreek Road, Shelbyville, KY
40022 Todd Heady (502)-550-9553
todd@headfirstperformance.com, Cynthia Heady (502)-220-
3440 cynthia@headfirstperformance.com.

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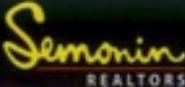
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IHR Membership

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*.

Mail to:

Iroquois Hill Runners
P.O. Box 14115
Louisville KY 40214

or sign up online:

RunReg.com