

# The Lookout

Magazine of the Iroquois Hill Runners

Volume 40

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Number 1

## Anthem 5K fitness classic

*February 23, 2019*

## RODES

CITY RUN 10K | LOUISVILLE KY

*March 9, 2019*



## Papa John's 10 Miler

*March 23, 2019*

## President's Message

*Swag Hartel*



Today is Sunday, February 10th, and I went out and ran nearly four miles. I have been running every other day and have had my resolve checked a few times lately due to bad weather. The only reason I ran is because I couldn't come up with a good excuse and didn't want to get mentally flabby like my rival Gene Younger!

I am still having trouble with the nerve in my leg, but I hope to get back to racing this year. The first leg of the Triple Crown, the Anthem Fitness 5K, is upon us and soon spring will be in the air.

I am really pleased with the state of the Hill Runners. In the past few years we have had some new young blood become involved and they have made some valuable contributions. I am talking about Della, Corinne, and Amy. The club seems to be in good hands and we need to thank Jim Pipes for all of his work solving our tax problems (New 6% levy). I also give a special shout out for all of the race work of Mark Vincent . I would be remiss not to mention Sam Lashley, our now retired secretary, for all she did for so long.

When I travel and come back to Louisville, I realize what a great city this is to live in. I could go back to England or move to Florida, but I love it here. This feels like home. Iroquois Park is a jewel for the South End and it is great if we can contribute to the community. I am proud to be your President and let's keep up the great work!

Cheerio,

*Swag Hartel*

## The Vatican's New Track Team Includes Priests, Nuns and a Scholar

By [Brigit Katz](#)

smithsonian.com

January 14, 2019 6:00AM

In recent years, visitors to Vatican City hoping to take in the Sistine Chapel and St. Peter's Basilica may have also been treated to the sight of a ragtag club of Vatican employees running along the Tiber River. It started as an informal gathering, but the group is now racing toward a bigger goal. As the Associated Press reports, the Vatican has launched its first official track team, in the hopes of competing in international games.

Vatican Athletics, as the team is called, is made up of around 60 runners who also perform a variety of roles within the Vatican. There are nuns, priests, Swiss guards, police officers and pharmacists. The oldest runner, according to the Telegraph's Nick Squires, is 62. Two Muslim migrants, 20-year-old Jallow Buba, from Gambia, and 19-year-old Anszou Cisse, from Senegal are serving as honorary members of the team, reflecting Pope Francis' support for asylum seekers.

The team is being backed by the Italian Olympic Committee (CONI), which allows it to participate in international competitions, reports CNN's Rob Picheta and Livia Borghese. "The dream that we have often had is to see the Holy See flag among the delegations at the opening of the Olympic Games," said the team's president, Monsignor Melchor Jose Sanchez de Toca y Alameda, according to Picheta and Borghese. Sanchez acknowledged, however, that this ambition "is a long shot."

For now, the team is setting its sights a little more modestly. Its members will run in the non-competitive "La Corsa di Miguel" in Rome on January 20, a race that honors Miguel Benancio Sánchez, a marathon runner killed during Argentina's Dirty War. They also hope to participate in the international Mediterranean Games, and the Games of the Small States of Europe, which is open to countries with less than 1 million residents.

his is not the first time that the Vatican has launched an official sports club; it also has a cricket team and a soccer team. Before the Olympic games in PyeongChang last year, Vatican officials were invited to participate in a general assembly that met to discuss global issues pertaining to sports—an important opportunity for the Holy See, which seeks to promote sport as a means of fostering positive relationships between diverse peoples.

"Sport cancels the differences," said Michela Ciprietti, a Vatican Athletics member who works for the Vatican pharmacy, according to Picheta and Borghese. "During the races we challenge each other, at the end we hug each other, no matter what your religion or country of provenance."

Read more: [smithsonianmag.com](http://smithsonianmag.com)

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## Carbohydrate Loading Does Not Work

Dr. Gabe Mirkin's Fitness and Health e-Zine  
January 27, 2019

"Carbohydrate loading" the night before a big race can impair your performance and damage your health. More than 45 years ago, in the *Journal of the American Medical Association* (March 26, 1973;223(13):1511-1512), I reported the case of a marathon runner who had a heart attack after carbohydrate loading.

The "carbohydrate loading" regimen was supposed to increase the amount of sugar stored in your muscles before a race or endurance competition (*Acta Physiol Scand*, 1967;71:140-150). First proposed in 1939, the process took several days: a four-day depletion phase and a three-day loading phase.

- Seven days before a competition: Exercise for several hours to deplete your muscles of their stored sugar supply (glycogen).
- Six to four days before competition: Keep your muscles empty of sugar by severely restricting all carbohydrates (sugar, fruits, flour, bakery products, pasta and so forth)

- Three to one days before competition: Eat your regular meals with lots of extra carbohydrates including bakery products and pastas.
- The night before competition: Eat a huge high-carbohydrate meal of pasta and bakery products.

### **Why Carbohydrate Loading Doesn't Work**

We now know that the theory behind carbohydrate loading was wrong because even if you are skinny, you have a tremendous amount of fat in your body but only a very limited amount of sugar stored in your liver and muscles. You have only enough stored sugar to last for 12 hours at rest and 50 minutes of intense exercise. When you eat a lot of carbohydrates, a small amount of sugar (glycogen) is stored in your liver and muscles, and after your muscles and liver are filled, all of the rest of the sugar you take in is quickly converted into a type of fat called triglycerides. When you load up on refined carbohydrates such as bakery products and pastas before a competition, you just become fatter. All the extra fat that forms will cause you to carry extra weight and slow you down during your race. If you already store too much fat, this overloading can load your liver with fat to make you diabetic or even suffer a heart attack. If you already have blocked arteries leading to your heart, you increase heart attack risk by eating a large amount of carbohydrates that cause high rises in blood sugar (*Arch Intern Med*, Apr 12, 2010;170(7):640-7). This is called glycemic load, which is the product of the amount of carbohydrate times how high it raises your blood sugar. For example, an apple and spaghetti may cause the same rise in blood sugar called glycemic index. However, the apple may contain only 15 grams of carbohydrate, while the spaghetti contains 52 grams. The glycemic load of an apple is  $(40 \times 15) / 100 = 6$ , while the glycemic load of spaghetti is  $(40 \times 52) / 100 = 20.8$ , so the higher glycemic load of spaghetti would be far more harmful than the apple. More at [Glycemic Index and Glycemic Load](#).

A review of 88 studies showed that eating carbohydrates during competitions lasting longer than 70 minutes will prolong your endurance far more than anything you eat before a competition. The longer the event, the greater the benefit of eating during competitions (*Sports Medicine (Auckland, NZ)*, September 2011;41(9):773-92).

### **How Muscles Use Carbohydrates for Energy**

Carbohydrates are single sugars, double sugars, chains of sugars called starch, and millions of sugars bound together called fiber. You

cannot absorb any carbohydrates until they are broken down into single sugars. Your muscles use primarily sugar and fat for energy, but sugar is the primary energy source for speed and endurance. The limiting factor to how fast you can move is the time it takes to bring oxygen into muscles. During intense exercise, if oxygen is not transported to muscle cells fast enough, you have to slow down because you run low on an energy source called ATP. However, fat cannot generate ATP as fast as sugar can, so the harder you exercise, the greater the percentage of sugar that your muscles need as their source of energy. When you run low on sugar to power your muscles, you run low on ATP and you have to slow down (*Clin Physiol*, 1981:1:27-42). Therefore, taking sugar during prolonged exercise raises levels of ATP and helps you to exercise more intensely (*Am J of Physiol Regul, Integr and Compar Physiol*, July 2007).

### **How Endurance Athletes Can Maximize Sugar in Muscles**

Research in the 1980s led to replacement of the old seven-day carbohydrate-loading regimen with a new three-day training program that eliminated both depletion and loading phases. All recent research on the subject shows that conditioned athletes can store the maximum amount of sugar in their muscles just by continuing to eat their regular diet and cutting back on the amount of training they do for three days before a competition.

*The day before the race:* Do a very short, extremely high-intensity workout (such as a few minutes of sprinting) and then eat some extra food during the next 24 hours. Avoid sugared drinks and sugar-added foods as these can cause high blood sugar levels that can make you feel sick.

*The pre-race meal:* You can eat anything you want as long as it:

- can pass from your stomach before you start the race, and
- is not full of sugar.

Most athletes take their pre-race meal three to four hours before they compete. The meal should contain some protein in addition to carbohydrates, but avoid sugar-added drinks or foods. A pre-race meal could include eggs, oatmeal or other whole-grain cereals, bagels and so forth.

*Eating and drinking just before your race:* The best time to take sugar to help you prolong your intense exercise is 30 minutes or less before

you start. You can even eat chocolate because it contains both sugar and caffeine. Taking a sugar load more than 30 minutes before competition can cause a high rise in blood sugar which will cause your pancreas to release large amounts of insulin. Then you start your race with high insulin levels that, combined with your muscles suddenly pulling large amounts of sugar from your bloodstream, can cause low blood sugar levels that can make you feel exhausted even though you have just started your race. Researchers in Scotland showed that taking a sugared drink 30 minutes before exercise allowed the subjects to exercise at 90 percent of their maximum capacity for 12 percent longer than when they took the same sugared drink two hours before exercise (*International Journal of Sport Nutrition and Exercise Metabolism*, November 2013). The researchers showed that taking sugar two hours before exercise does not help you to sustain intense exercise any longer than taking nothing at all.

*Eating and drinking during competition:* Athletes start to run out of the sugar stored in their muscles after 50 minutes of intense competition, so you need to take sugar during endurance sport competitions that last longer than 50 minutes (*Medicine & Science in Sports & Exercise*, July 2010). However, you can exercise at a relaxed pace for more than three hours without needing sugar. Caffeine can increase the rate that sugar enters muscles by more than 26 percent (*Journal of Applied Physiology*, June 2006), so most athletes take their sugared drinks and foods with some source of caffeine. Ordinary beverages containing both sugar and caffeine are fine; there is no need for special sports energy drinks or gels. See [Caffeine Improves Endurance](#). *Caution:* very rarely, caffeine can cause some susceptible people to develop irregular heartbeats.

*For endurance events lasting more than three hours:* During endurance events lasting longer than three hours, you need carbohydrates, protein, fluid and salt, in addition to rich sources of sugar (sugared drinks, fruit, chocolate bars). You can eat heavily-salted potato chips, French fries, any sandwiches of your choice or anything else that you normally eat, as long as it does not make your stomach feel uncomfortable.

### **NO Sugared Drinks When You Are Not Exercising Intensely**

You should take sugared drinks only during vigorous exercise and for up to an hour after you finish. Contracting muscles remove sugar from

the bloodstream rapidly without needing much insulin. Taking sugared drinks when you are not exercising causes high rises in blood sugar that increase risk for diabetes and cell damage. More on [Sugared Drinks](#)

### **Eat Carbohydrates and Protein to Recover Faster**

You will recover faster by eating a high-carbohydrate, high-protein meal within an hour after finishing a race or a grueling workout (*Journal of Applied Physiology*, May 2009). Taking the same high-protein-and-carbohydrate meal before a race or intense workout does not hasten recovery. Carbohydrates in the post-race meal cause a rise in blood sugar that causes the pancreas to release insulin, which helps to drive the protein building blocks (amino acids) from the meal into muscle cells to hasten healing. Muscles are extraordinarily sensitive to insulin during exercise and for up to an hour after finishing exercise, so the fastest way to recover from intense workouts and races is to eat within an hour after you finish. You can use either plant or animal sources of protein; both contain all of the essential amino acids necessary for cell growth and muscle repair. [Foods for Recovery](#)

### **Minerals**

The only mineral that you need during long endurance events is sodium. The food you eat will supply all of the potassium, calcium and magnesium you need. To get plenty of sodium, you should eat salty foods during and after you finish long rides and races, particularly on hot days when you sweat a lot. More on [Salt](#)

### **No Advantage to Restricting Sugar During Training**

The question has been asked whether restricting carbohydrates, particularly sugar, during training could enhance performance by teaching the muscles to get along with less sugar. A study from Copenhagen showed that taking sugar while you exercise increases the amount of training you can do, and does not lessen the benefits of your increased training (*Journal of Applied Physiology*, June 2009). The researchers showed that enzymes used to convert sugar and fat to energy function just as well when sugar is taken continuously during exercise. In this study, men trained one leg while ingesting a six percent sugar drink and the other leg while taking an artificially sweetened (sugarless) drink, two hours a day, on alternate days, five days a week. The legs trained with sugar had 14 percent more power and a 30 percent greater

time to exhaustion. The muscles trained on sugar had no loss in the amount of stored sugar or the ability to convert food to energy.



## Runner kills attacking mountain lion on Colorado trail

Alex Johnson

NBC News, February 4, 2019



© National Park Service via AP. A trail runner fought off and killed a mountain lion in self-defense in northern Colorado on Monday, state officials said.

The runner, who wasn't identified, was attacked on the West Ridge Trail at Horsetooth Mountain Open Space in Larimer County near Fort Collins, Colorado Parks and Wildlife, or CPW, said in a statement.

Authorities didn't say how the runner managed to kill the mountain lion, which they described as a "juvenile." They said the lion lunged at the runner, biting his face and wrist and causing serious but non-life-threatening injuries.

Wildlife officers found the mountain lion's body within a few feet of some of the man's possessions, authorities said.

"The runner did everything he could to save his life," said Mark Leslie, CPW's Northeast region manager. "In the event of a lion attack you need to do anything in your power to fight back, just as this gentleman did."

Mountain lion attacks on people are rare, with fewer than 20 people having been killed by one in North America in more than 100 years, state officials said. The last attack in Colorado [was reported in June 2016](#), when a 5-year-old boy was seriously injured outside his home in Pitkin County, west of Denver. The boy survived.

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## 4 Tips for Long Distance Running Form

Fitday Editor

[Fitness](#)

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Proper running form is just as important for long-distance runners as it is for those doing the 100-meter dash. While poor form can cost sprinters the fractions of seconds needed to win, sloppy long distance form will quickly fatigue runners and cause them to expend unnecessary energy. Hunched shoulders and improper strides can even lead to injuries in the long-term for distance runners. Read below for suggestions on how to hold and move your body for multiple miles.

### **1. Lessen the Impact**

One of the distinct differences between short and long distance running is the way in which your legs propel you from one step to the next. Sprinters pound the pavement in quick short steps, with their calves absorbing a great deal of the impact. They can afford to do so, though, because their races are short enough that the short, intense steps won't cause injury. Long-distance runners have a much different challenge. The volume of steps they'll be taking on a given run doesn't allow them to hit the ground with such speed and force. Rather than letting calves take much of the impact, long distance runners should open up their stride. The step should feel like much more of a full glide, rather than an abrupt burst, with your calves and quads working together to push the body forward.

## **2. Strengthen and Stretch**

On the days you're not running, do exercises that will build up the various leg muscles supporting your stride. Squats will build your quads and good, solid lunges will shape your calves and promote flexibility, as the exercise requires you to stretch one leg in front of you as far as possible, while keeping the other stretched behind you and dropping your knee down low. Doing legwork at a fast, aerobic pace or to music will also enhance your agility as it strengthens the muscles.

## **3. Practice Posture**

Building up your back, shoulder and chest muscles will help you keep proper posture and support your upper body during the long runs. It can be easy to slouch when the rest of your body is fatigued, but slumping your shoulders during a distance run will tire you at a much faster rate than a strong and upright back will. Alongside your running routine, be sure to do push-ups and other exercises to strengthen your upper body. The tightly aligned form required in a push-up will translate well to running. Practice your posture throughout the day by keeping a super straight back while sitting at your desk for work.

## **4. Carve Your Core and Arms**

Strong abs will support your back and keep your body balanced as you're gliding forward. Do a few sets of crunches a week after your runs, but be conscious not to strain your neck and shoulders. Be sure to keep strong, deliberate arms while running. Do what feels most comfortable, but keeping your forearms at about a 90-degree angle to your upper arms, with elbows slightly bent, is a good template.

Swinging arms straight in front of you will add speed, while swinging arms across the core will help maintain balance for your running form.

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## 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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The Canned Goods Run went well. Thanks to Jim, Swag, Carl, Mark, and everyone who made it possible.



## Coming Attractions

**Saturday, February 23, 2019 - Anthem 5K Fitness Classic**, 8:30 A.M., Louisville Triple Crown of Running, Brook Street at East Market, Louisville, KY [www.anthem5k.com](http://www.anthem5k.com), [www.rivercityraces.com](http://www.rivercityraces.com).

**Saturday, March 2, 2019 - Shamrock Beer Run**, 1:00 P.M., Waterfront Park, 129 River Road, Louisville, KY 40202, (317)-696-8196, <https://shamrockbeerrun.com/louisville>, [chet@shamrockbeerrun.com](mailto:chet@shamrockbeerrun.com)

**Saturday, March 9, 2019 - Rodes City Run 10K**, 8:00 A.M., 1<sup>st</sup> and Broadway, Louisville, KY, Louisville Triple Crown of Racing, [www.rodescityrun.com](http://www.rodescityrun.com), [www.rivercityraces.com](http://www.rivercityraces.com).

**Tuesday, March 12, 2019 - Leprachaun Run 2019**, 6:30 P.M., 300 Spring Street, Jeffersonville, IN, (502)-554-7245, [www.fredrun.com](http://www.fredrun.com), [www.pacersandraces.com](http://www.pacersandraces.com).

**Thursday, March 14, 2019 - “Clover Leaf” 5K Run/Walk**, 6:30 P.M., Briar Hill Park, 7400 East Orchard Grass, Crestwood, KY 40014, Oldham County Parks and Recreation, Tim Curtis, (502)-225-0655, [tcurtis@oldhamcountky.gov](mailto:tcurtis@oldhamcountky.gov), [Website](#).

**Saturday, March 16, 2019 - 27<sup>th</sup> Irish 10K Classic**, 9:00 A.M., E.P. “Tom” Sawyer State Park, 3000 Freys Hill Road, Louisville, KY 40241, (502)-429-7270, [Clinton.Joplin@ky.gov](mailto:Clinton.Joplin@ky.gov), [Website](#).

**Saturday, March 23, 2019 - Papa John’s 10 Miler**, 8:00 A.M., Third Street and Central, Louisville Triple Crown of Running, [www.papajohns10miler.com](http://www.papajohns10miler.com),

Kevin L. Mudd, CPA, PLLC



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The advertisement features a large, stylized, light-colored letter 'S' on the left side. To the right of the 'S' is the text "SWAG'S" in a large, bold, serif font. Below "SWAG'S" is the text "SPORT SHOES" in a smaller, sans-serif font, followed by "Since 1980" in an even smaller font. Below this is the name "SWAG HARTEL" in a bold, sans-serif font. Underneath is the contact information: "(502) 368-2443 • FAX (502) 361-3381" and the website "www.swagssportshoes.com". At the bottom of the advertisement, a black 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](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

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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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or sign up online:

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