

The Lake RUNNER

Volume 21 • Issue 11

December 2006-January 2007



Jingle Bell 5K

November 12, 2006

*(Photos courtesy of Bob Lambert
and Vicki King)*

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saturdaybeforechristmasrun

by pat dunagan

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2007 Lake Run Club Circuit Races

All races are subject to change.

Date	Race	Distance	Location	Points
Mar 4	Miller Park Zoo	5K	Bloomington	35
Mar 11	St Patrick's Day	5K	Bloomington	35
Mar 17	Mountain Goat (f)	10K, 15K	Danville	38,41
Mar 24	CIDA Eat 'Em Up	5K	Peoria	35
Mar 31	Lincoln Memorial (f)	1/2 Marathon	Springfield	43
Apr 1	CCHS	5K	Bloomington	35
Apr 14	Eureka Race with your Heart	4M	Eureka	36
May 5	Lake Run	4.37M, 12K	Lake Bloomington	36,40
Jun 9	Tremont	5K	Tremont	35
Jun 16	Steamboat Classic (f)	15K	Peoria	41
Jul 4	Park 2 Park	5M	Bloomington	37
Jul 7	Dog Days	5K	Lake Bloomington	35
Jul 14	Lexington	5K	Lexington	35
Aug 11	Dawson Lake	5K	Dawson Lake	35
Aug 19	Danvers Days	5K	Danvers	35
Sep 15	Shoreline Classic (f)	5K, 15K	Decatur	35,41
Sep 22	Morton St Jude	5K	Morton	35
Oct 6	Run the Woods	5K	Timber Pt, Lake Blm	35
Oct 28	Allerton Park (f)	5.5M	Monticello	37
Nov 4	Canal Connection (f)	10K	Utica	38
Nov 11	Jingle Bell	5K	Bloomington	35
Dec 8	Deer Run Run	8K	Lake Evergreen	37

(f) indicates featured races organized by other running clubs in Central Illinois. Having them on our circuit gives our members a chance to see how other clubs in the area organize their flagship races.

CIRCUIT RULES

- Points are awarded on an age group basis. A first place finish in the age group will award that runner the maximum number of points for that race. (i.e. 1st place in age at a 5K will earn 35 points, 2nd = 34, etc.) Points possible for each race are listed in the far right column in the table on the left. For races with two distances, the higher of the points is for the longer distance.
- Members who participate in 7 circuit races, plus volunteer at one club event will win an award. The top 10 race scores will count for the final circuit point total.
- Age group is determined by the age of the participant at the FIRST RACE on the CIRCUIT (March 4th).
- Age groups for the circuit are as follows (for both male and female): 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.



Profile on Robbie Garrett

by Phil "Geno" Warlow & Jana Kiefer

Who is **Robbie Garrett**, and how did he get involved with the Lake Run Club? Well, the story goes like this: Robbie began running about a year and a half ago when he realized that he was in worse shape than the patients he was helping rehabilitate. The wake-up call came at 8am one morning and... well, read on...

G & J Team: Hi, Robbie. You sound like a perfect candidate for our inept, umm, in depth interview for the Lake Runner. Let's start your story at the beginning: Why did you start running?

Robbie: To lose weight and get in shape. When I started running I was able to run for only 4 minutes at a time before I had to stop, and I have just gone from there.

G: I can run 4 minutes. And puke.

J: Not a pretty sight, readers, let me tell you. Who was your inspiration, Robbie? We understand it probably wasn't Geno.

Robbie: Not so much who, but what. I work as a Physical Therapist Assistant on an acute rehab floor at St Francis. I work with patients who have had things happen to them that range from having a stroke, head injury, or a knee replacement and everything in between. It completely changes their lives. One day I realized that it was 8am and I was already sweating with my first patient of the day! I knew it was time to do something. Any time I think that running is too hard I think about all the hard things I ask of my patients. It helps me to keep pushing myself.

G & J: Tell us about your first race.

Robbie: My first race ever was the Lake Run last year. I did the 4.37 mile race. When I was half-way through I thought to myself that maybe I should have started with a 5K for my first! But I finished right at my goal of 40 minutes.

G & J: Dang! Not bad for a first race; how about your favorite race?

Robbie: My favorite race is the Lake Run because it was my first race and all of the people are so friendly before, during, and after the race. And, oh yeah, there is the beer tent at the end of the race.

G & J: Beer? There's beer at the Lake Run? Whose idea was that? What else sticks in your mind?

Robbie: I signed up for Ride The Wave and got in a training group that I thought was going to train for a goal time of around 8:35 per mile. But the first night we ran at that pace or faster the whole time! I stayed in that group for the entire training and it really paid off. **Jesse Baird** was the group leader and he really did a great job of pushing us to become better runners. In one year I increased my miles and dropped my per-mile time by almost a minute. I felt great.

G & J: We agree that RTW is a great training program and the leaders are top-notch. Now that you're logging more miles, where's your favorite place to run?

Robbie: I don't have a favorite. I like a change of scenery so I change it up from time to time.

G & J: Would "changing it up" include any specific race?

Robbie: I am training to do a half marathon, but my schedule wouldn't allow me to run the Chicago Half this year even though I really wanted to. If I could, I would like to run the Disney Half. I think that would be fun too. It is hard for me to do long runs at a slower pace because I worked so hard to get faster and now they tell me I have to slow down. I am working on pacing myself to complete them. In July I did 9 miles with **Kim Gutschow** and **Ron Barnette**.

G & J: Good running partners to have - did you know Ron claims to read the President's Message? Any memorable running experiences you'd like to share?

Robbie: Just the usual - getting chased by dogs and having close calls with cars.

G & J: Any **Rich Beal** sightings in your past?

Robbie: I have never met Rich Beal so I don't know if I've seen him.

G & J: Don't worry; he has that effect on people. No one ever remembers him, which is becoming a bit of a concern - especially for Rich! What are your running goals (besides meeting Rich some fine day in the future)?

Robbie: I would like to complete a half marathon this year and I am trying to complete it in less than two hours.

G & J: You go! What's your favorite training food?



(Photo courtesy of Robbie Garrett)

RACE CLIPBOARD

Many of the forms for these races can be picked up at Often Running in Normal or at Read's Sporting Goods in Bloomington.
Please call the number given or check the race form to verify dates and times.

DECEMBER

- 12/2 Jingle Bell 5K Peoria, IL
10:00am Peoria RiverPlex
- 12/3 Frostbite Festival 10M/2M Springfield, IL
9:00am Brent Leach 217-787-35278
bleach@espcpa.com
- 12/3 Reindeer Ramble 5K Moline, IL
9:00am Dick Fislar 309-788-0500 mtope4@aol.com
- 12/9 Deer Run Run 8K Euro-Style X-Country Hudson, IL
Circuit Race 11:00am Comlara Park
McLean County Parks 309-726-2022 ext 221
- 12/10 Rudolf Ramble 8K Chicago, IL
9:00am 773-404-2372 www.caprievents.com
- 12/16 Rock Cut Trail Series 5K Rockford, IL
Noon Rock Cut State Park Larry Swanson 815-877-8164
larrydswanson@cs.com
- 12/23 Saturday before Christmas Run Lake Bloomington
Noon Green Gables Kirby says "Just Show Up!"
- 12/31 Get Lit New Year's Eve Run 2M E. Peoria, IL
11:50pm Festival of Lights Winter Wonderland
Jim McIntyre 309-698-6300

JANUARY

- 1/6 Siberian Express Trail Run 7.45M Danville, IL
11:00am Kickapoo State Recreation Area
Scott Hendren 217-469-2134
- 1/14 Fat Ass 50 50K McNabb, IL
10:00am No fees. No awards. No wimps. All welcome.
Bob Rehn. rehnfarms@nabbnet.com 815-882-2120
- 1/20 Rock Cut Trail Series 10K Rockford, IL
Noon Rock Cut State Park Larry Swanson 815-877-8164
larrydswanson@cs.com
- 1/27 CFS Frosty 5K Peoria, IL
Greg Woith 309-676-2400 gwoith@cfspeoria.org

FEBRUARY

- 2/3 B-rrry Scurry 4M Clinton, IA
Noon Clinton Community College Ann Schmidt
aschmidt@eicc.edu
- 2/4 Winterfest 5K Kankakee, IL
1:00pm Small Memorial Park Rich Olmstead 815-936-1088
talkinglvs1@aol.com
- 2/17 Rock Cut Trail Series 15K Rockford, IL
Noon Rock Cut State Park Larry Swanson 815-877-8164
larrydswanson@cs.com

MARCH

- 3/24 Bridge to Bridge Hope Run 10K Peoria, IL
Courtney Heiser 309-688-3488 Ext. 214




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Sherry's Observations

by Sherry Detloff

RUN, HURT, HEAL: BREAKING THE CYCLE

One principle that running teaches us is to listen to our bodies. Unfortunately, it takes some of us longer than others to learn this rule. I didn't listen to my body last March when my heel started hurting. I was in denial. The pain wasn't that bad, compared to labor, so I tried running a few more times - until my foot swelled to the size of a bagel. I was still in denial when the doctor slapped a removable cast on my foot. Why, I'd never had a broken bone in my entire life; and the fracture couldn't have been all that serious since the cast was removable.

After three months of healing, I started the process of learning how to run again. As in the Catch The Wave program, I alternated walking and running, gradually increasing my running and decreasing my walking each week. I was paranoid about the possibility of reinjuring myself. By August, I was overjoyed to be able to run a few 5Ks again.

In September, I began training for October's Illinois Valley Relay (IVR), which requires each runner on a team of six to run the equivalent of three 5K's in one day. To prepare for the somewhat hilly IVR, I included one hill training workout per week on a treadmill at the gym. One day, when I cranked the treadmill incline up to Level Six, I felt that old familiar pain in my heel - and I stopped. Immediately. I hit the stop button on the treadmill so fast that I was nearly thrown off. I had no desire to clomp around in a cast again, because when you're wearing a cast, people notice the cast, not the person who's wearing it. And the cast is the first thing they notice.

I decided right then and there on the treadmill to take a hiatus from running - however long it took to stop hurting. There were plenty of other things I could do instead of run. Fortunately, my gym membership helps me retain what little sanity I have left. I decided to break out of my treadmill-and-light-weight-lifting rut and try some of the different classes my gym has to offer. A new class called 'Body Jam' debuted in September; it has nothing to do with jam, jelly or preserves. I thought it would be a combination of aerobics and dance - good cardio exercise...

Lo and behold, Body Jam was more like a hip-hop class. Yes, my hips were hopping, and so was the rest of me! As a matter of



fact, I thought I'd thrown one or both of my hips out of place with all that wild gyrating. I was too embarrassed to go to the chiropractor, because I'd have to explain how I injured myself by pretending I was a 'Fly Girl' at the gym. (In case you don't remember, JLo was a 'Fly Girl' on the 90's television show 'In Living Color' with the Wayans brothers.) I discovered that I'm definitely too old to be a Fly Girl.

I recovered from the Body Jam class while on an anniversary trip to Captiva Island, Florida, where I spent four days wearing flip-flops (rhymes with 'hip-hop') and walking barefoot in the sand. When I returned from Paradise to 32-degree Normal, I noticed that my heel didn't hurt any more. This was too good to be true! I waited for the heel pain to return; when it didn't, I cautiously returned to

the gym and discovered that they had installed new treadmills - oh, joy! I couldn't wait to hop on one and try it out. Wow, the difference between the old and new treadmills was like the difference between running on plywood versus running on a well-cushioned track. I was surprised that after a month-long hiatus from running, I was still able to run for thirty minutes on the treadmill - a very, very SLOW thirty minutes! Heck, I don't care about speed: I'm just happy to be running again!

As I write this, I'm in the process of weaning myself from the treadmill and returning to running outdoors, where there's wind, hills and the elements to deal with; but the weather isn't cooperating. Oh well, running on a treadmill is better than not running at all. The Jingle Bell 5K was the first race I'd run in almost three months, and I was so happy just to be able to run. I'm definitely motivated to participate in some of the upcoming holiday and wintertime races. There are group runs at 5:30 on Tuesdays (meet at **Meg and Merlin Anderson's** house on Orr Drive in Normal) and Thursdays (meet at Often Running on Linden Street in Normal).

Running is a great stress-reliever during the holidays or any time. So do yourself and your family a favor: No matter how busy your holiday schedule is, schedule some time to run. Go for a scenic run and enjoy the outdoor holiday decorations. If you jot down 'running' on your calendar, you'll be more likely to stick with it. Include consistent running in your New Year's Resolutions. Okay, that's enough lecturing for this year - I'll save the rest for next year! Feliz Navidad! 🎄

President's Message



by *Jana Kiefer*

What motivates you?
What motivates me?
What motivates the other runners you see on the Constitution Trail?
What motivates **Paul Martin** to anticipate running 150 miles next April? (That's a darn good question!)

Why are we out there - logging the miles, wearing out shoes, and

keeping **Mitch Hobbs** of Often Running in business? Why are we out there training to get faster or run farther or both?

Are we running because we want to stay healthy and fit? Are we running because we enjoy the people we run with? Are we running simply because we can? I don't ask myself these sorts of questions often, but every once in a while, the subject comes up.

As runners, we're sometimes looked upon as slightly crazy. Non-running friends have told me they "don't see many runners out there smiling!" so I try to smile a lot when I run. That's not hard for me. I like to smile and I love to run.

When I first began running, my mother informed me that I was "nuts" and would hurt myself. She saw no benefit at all in my doing this. She would ask "When are you going to stop running?" and "Don't you ever get tired of running?"

Then, over time, things changed. Now, she proudly introduces me as "My daughter, Jana. She runs marathons." When my sister-in-law spent a hefty sum on a new pair of dress shoes, Mom was shocked. I tried to rationalize the purchase by telling her how much I spend on each pair of running shoes. Her reply was: "But that's different! You have to have those to run!" She now refers to 5Ks as "only 3 miles" and although she doesn't understand why I do it, she puts up with the fact that I enjoy running marathons. I think she's turned into a Marathon Mom!

To the people who don't appreciate this sport, I can't explain how it feels to be out running with a group of my best friends on a crisp winter morning. Laughing and talking, feeling great and moving along at a good pace almost without effort. Feels like my feet aren't even touching the ground. That's the good part. That's why I'm a runner. 🏃

PROFILE continued from page 3

Robbie: Pasta for the carbs.

G & J: There are rumors flying around that beer has carbs. With that in mind, what's your favorite "after the race or workout" treat?

Robbie: Pizza and BEER.

G & J: Now you're talking. Who are you running with now?

Robbie: Kim and Ron. I run with them on Saturdays as schedule allows, but I am always looking for people to run with so if anyone out there wants to, let's go!

G & J: Who do you look to for motivation?

Robbie: Anyone who runs well and meets a goal they have set for themselves motivates me. Those who have done multiple marathons and are not dead yet also motivate me. To me that's such a long distance I'm not sure my body would allow me to go that far at one time.

G & J: Ditto, Robbie! After all is said and done and the miles are adding up, are you glad you've become a runner?

Robbie: I have lost almost 70 pounds (!), dropped 3 pant sizes, and almost 2

shirt sizes by running. I've become a healthier person. I am able to perform my work duties better and I have more energy. I love running and now if I am not able to run 3-4 times a week, I don't feel the same. Running has changed the way I feel about myself. If I can start running, anyone can.

Running readers, if this story doesn't motivate you (or someone you know), nothing will. Robbie's a perfect example of why the Lake Run Club is popular and successful: We have the best people in the world to run with - other members!

Take care, everyone, and run safely. 🏃

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December Birthdays

02 Ann Clary	08 Gail Matesevac	17 Karen Khusro	29 Rich Gordon
02 Doug Ficca	09 Jane Beal	17 Vernon Pumm	29 Tony Greenlee
02 Jacob Heitz	09 Jessica Bynum	17 Lance Ziebart	30 Angie Beasley
02 Dayna Nielsen	09 Matt Isbell	18 Kevin Fahling	30 Pat Bryant
02 Michelle Runyon	09 Kelsey Schweinberg	18 Barbara Feeney	30 Nathalie Op de Beeck
03 Joyce Dachauer	10 Dalton Kerschieler	18 Bill McNamara	31 Bryce Beckstead
03 Megan Hoffman	10 Saket Raizada	18 Sheldon Nicol	31 Terresa Bunton
04 Jack Bach	11 Jeff Lonergan	19 Hannah Bach	31 Kevin Coppersmith
04 Rebecca Franks	11 Rob Orwig	20 Stacey Gelsthorpe	31 Ray Kolodzieski
04 Brad Sheriff	11 Connie Reeser-Hall	20 Ann Husk	
05 Jason Ehlers	12 BJ Bailey	20 Mindy Stielow	
05 John Hill	12 Jennifer Keen	21 Maia Smith	
05 Terri Hoss	12 Shelby Magnuson	21 Isabelle Strong	
06 David Caspers	12 Rob Nickrent	21 Kristen Tripicchio	
06 Jennifer Haggerty	14 Chad Cusac	22 Kira Dees	
06 Eric Hoss	14 Jill Schneider	22 Chris Piazza	
06 Delmar Smith	14 Trevor Stielow	24 Chris Friedman	
06 Bruce Sutter	15 Paula Pratt	24 Randy Gleason	
06 Greg Yount	16 Charles Cunningham	26 Craig Isaacs	
07 Jeremy Diamond	16 Scott Feid	26 Mallory Maher	
07 Mark Kastorff	16 Dick Lindsey	28 Shannon Payne	
07 Tricia Madey	16 Steve Snyder	28 Suzanne Rogers	
08 Greg Feller	16 Sarah Zywiec	28 Frank Smith	
08 Duane Frichtl	17 Nancy Beaty	29 Carson Collet	



January Birthdays

1 Eric Cook	11 Caroline Lartz	20 Eric Miller	29 Justin Hubbart
1 Christine Isaacs	11 Cynthia O'Connor	20 Chona Miller	30 Amber Waldschmidt
2 Laurel Schumache	11 Barbara Pumm	20 Deb O'Rourke	31 Scott Davis
2 Janet Connelly	12 Kristen Bane	21 Ray Johnson	
2 Gina Holtz	13 Jerry Bach	22 Gregory Black	
2 Maria Rivera	13 Maribeth Lartz	22 Dana Eagan	
2 Les Usiak	13 Randy McKain	22 Kris Peacock	
3 Loren Keim	14 Lunne Frichtl	22 John Pratt	
3 Richard Paul	14 Mike Kenerley	23 Connor Bailey	
4 Jeffrey Curtiss	15 Mary West	24 Bob Brandt	
4 Kayla Goeken	16 Steve Barr	24 Johnny Diamond	
6 Vicki King	16 Jackson Bettis	24 Michael Erdman	
7 Gary Bean	16 Susan File	24 Todd Seghi	
7 AJ Regnier	16 Brogan Friedman	24 Paul Spiezio	
7 Rose Strong	16 Michele Kinley	24 Auburn Wells	
7 Vicki Weikle	16 John McIntyre	25 Matt Hunsaker	
8 Ky Bailey	17 Bob Hoy	26 Tyhad Harrison	
8 Greg Baumann	17 Tracey Parsons	26 Georgia Keen	
8 Sara Donahue	18 Tom Arbogast	26 Kelsey Kinley	
8 Bob Keller	18 Jeff Feid	26 Phil Warlow	
8 Launa Sheriff	19 Nancy Allen	28 Sue Deuel	
9 Nick Fulfer	19 Jesse Hahm	28 Joyce Grotevant	
9 Sean McGowan	19 Gary Wester	28 Melissa Gutierrez	
9 Paul Weber	20 Aaron Curtis	28 Jill Henry	



Welcome New Members

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*Catch The Wave completer Barb Feeney.
See her article on page 20.
(Photo courtesy of Jen Ho)*

VOLUNTEER ROUNDUP

by Jenna Wojciechowski



“No act of kindness, no matter how small, is ever wasted.” – Aesop

As we go through life, many of us can get caught up with everyday events such as getting the kids to school on time or scrambling to clean our homes.

Regardless of the situation, these events consume our lives... so much that we may forget about the little but *big* things, such as random acts of kindness.



In the Lake Run Club, we observe these acts of kindness on a regular basis... because of our volunteers. Just think - if it weren't for **Bob & Vicki King**, we would not be blessed with this monthly newsletter full of information.

And consider the website; if you're not checking it out regularly, you're missing a big benefit. If **Kent Lowry, John Kastigar**, and **Paul Martin** didn't spend time maintaining this site, how would we all keep in touch?

And while you're out there, take a look at the pictures our volunteer photographers have taken. But you wouldn't be able to view them if it weren't for **Bob Lambert** posting them after a race.

And think about club members who cheered on fellow LRC runners at the Chicago Marathon this fall... like **Julie Howell**.

Or, you could start thinking about 2007 and sign yourself up as a Catch The Wave leader, in that great program led by **Deb McNamara**.

Help your local environment by assisting **Tammy Knippenberg** with Adopt-a-Highway.

Join the summer fun by helping with the Kids Fun Run, coordinated by **Tim & Stacie Rood** the past few years. The opportunities are endless.

As you go through your journey of life, think of how you can be involved in little random acts of kindness... particularly through the Lake Run Club. Not only will you feel better about yourself, but you'll get to know your fellow club members and make lifelong friendships.

Looking for opportunities? Check the forum (www.lakerunclub.com) or contact a board member or any of the people mentioned above. And as always, our Volunteer Coordinator **Pam Walden** would love to hear from you at (309) 662-4405 or at pmwalden@ilstu.edu.

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OVER THE EDGE

by Dave Hurst

Runners often talk about “cross training.” If anyone asks, I tell them my cross training is swimming. That’s sort of ironic, because I’ve been swimming a lot longer than I’ve been running.

When I was about 6 years old, my uncle started taking me to a swimming pool in Joliet. I enjoyed splashing around in the cold water, but I didn’t learn much about swimming per se, staying in 2 feet of water most of the time.

At age 10, I was offered the opportunity to take swimming lessons at the YMCA. I took the week-long course... and flunked it. So I repeated it the following year, and did well enough to pass. Through vigorous kicking, I made it across the 20-foot width of the Y pool. It would take me a few more years to learn how to use my arms.

As a teen, I spent parts of three summers at a camp in northern Wisconsin. It was on a lake, and we were allowed to swim twice a day. The air temperature usually hovered around 60 degrees; I’m afraid to guess what the water temperature was. But we were all young and foolhardy and seldom missed a chance to swim.

One of the adult counselors made fun of the way I swam, taking a big breath out of the side of my mouth. (I was merely imitating the way my uncle swam; by then I knew what to do with my arms.) I decided to try to earn a certificate by swimming 70 yards without stopping. I made it, but long after all the other guys had finished the course. (This would be a precursor to my running races as an adult.)

My most embarrassing swimming experience came at a post-prom beach party in my junior year of high school. A male lifeguard spotted me flailing around in the lake and blew his whistle. You know the type – a natural-born bully who likes to exert his limited authority by barking orders.

This guy ordered me to swim from one raft to another. I did it, proving to his satisfaction that I could swim. “You have a very awkward stroke, though,” he said as my date and everyone else on the beach looked on.

For about 10 years, I did very little swimming. An exception was during my tour of duty with the Army in Vietnam, when I swam in the South China Sea with some other soldiers. This is the

only time in my life I’ve swum completely naked; there were no women within 100 miles.

Soon after moving to Bloomington, I joined the Four Seasons Association, and I’ve been swimming there ever since, more than 30 years. I still run into occasional critics of my swimming technique. One time another swimmer pointed out that I barely use my left arm when doing the freestyle. Hey, I’m right-handed, whaddaya expect? Another time an instructor working with a bunch of kids urged me to “pull your arms back more!”

Since the mid-1980s, I have taught myself to do the breaststroke and the backstroke in addition to the freestyle. I have a little trouble backstroking in a straight line (“That’s not your best stroke,” another wise guy once informed me. “How do you know?” I replied. “You’ve never seen my other strokes.”), but those plastic ropes help me stay on course.

The thing about swimming is this: It feels good, it’s easy on your body, and it doesn’t take a lot of concentration. But it’s boring. Except when someone new gets into the pool, the scenery never changes. It’s just back and forth, back and forth, like running around a track. When you run outdoors over different courses, the scenery is constantly changing.

I’ve never figured out why I’m so slow at swimming. Most other swimmers seem to cover twice my distance in the same amount of time. I’ve tried speeding up, but get tired quickly. Sort of like trying to do a surge or sprint for an entire 5K. But I can plod along for almost half a mile before heading to the whirlpool.

Once in a while someone asks me if I do triathlons. Ha! Running, I explain, is the only sport in which I’m halfway competitive. The course would be closed before I completed my swimming leg.

As for biking, I haven’t been on a bicycle in more than 20 years. I have a hard time with the concept of racing on a bike. I never did that. I always thought of a bicycle as something used for a leisurely trip around the neighborhood or out into the country.

First thing I’d have to learn is how to put on a helmet; that’s not something they used “back in my day.”



*Dave Hurst and Annette Lobdell
at Steamboat Classic.
(photo courtesy of Connie Reeser-Hall)*

Chicago Half Marathon

by Mike Steele

It was a beautiful morning on October 1, 2006. The temperature was 47 degrees - just right for the start of this race. My goal time was 2:24 (11 minute pace).

Now let's go back to how I got to this point. I began to run two years ago. I joined the Catch The Wave program two years ago. Then I did the Ride The Wave program this year. My first official race was the Sullivan triathlon in April, 2005. I did several running races and a few triathlons over the last two years. I followed a training program for this half marathon.

My wife and I stayed with friends over the weekend. On Saturday, we took public transportation (bus and the El) to the Merchandise Mart to get my registration package. What a trip!! Detours, train closed part of the way, thank goodness for good friends and nice strangers to help us to get there. After the expo, we went to see the play "Wicked" that afternoon.

On Sunday morning, the race start time was 7:30am. Nothing was open that early on a Sunday and it was not easy to get to the Museum of Science & Industry by public transportation. Sooooo, I took the car to the race site. My wife and I left about 6am from our friend's house. We arrived at the exit about 6:20. There was a long, long line of cars to get off on this exit. Stop and go, stop and go. We got off the exit about 7:15. My next goal was to find a parking spot. Now where I was, near the University of Chicago, not a parking spot for at least two miles. I drove around and saw one small spot right before a bus stop. I read the parking signs. Yes!! I can park in that spot!! I told my wife that I would meet her at the finish line and I started to do the power walking for a mile.



*Mike Steele after finishing the Chicago Half Marathon.
(photo courtesy of Mike Steele)*

When I came closer to the Museum of Science & Industry, there were so many people all over. I did not find the starting line. I asked a lady where the starting line was. She said, "Go down a little bit and turn right and start running!" When I got there, the place was empty. I was about 300 feet from the starting line. I started to run. I heard some beeping sounds. It was my chip telling me that I crossed the start line. In fact, I started 15 minutes late.

The first mile: I saw the runners coming back in another direction. I was catching up with the walkers. Lots of them!!! I saw the race clock ticking the time away. It was 24:00. Okay, I did the first mile in 9 minutes. I came to the first water station. Oh my gosh, a sea of smashed blue paper cups on the course. I had to be careful around those things.

The second mile: I caught up with the back of the pack runners.

The third mile: The time on my watch for the third mile was 28:00. I saw the 2:40 pacer. There was a large group of people surrounding this guy. I had a hard time passing this huge wall of runners. I ran laterally to get around them.

The fourth mile: I was on the Lake Shore Drive. I saw the Chicago skyline ahead and the Lake Michigan on the right side of me. More blue cups to run over!! I saw a beautiful thing on the left side of the Lake Shore Drive - a port-a-potty!! I needed to go down there and take care of business.

The fifth mile and the half-way mark: The sun was very bright!! I wore the long sleeve Decatur Shoreline shirt. It was getting warmer and warmer. The clock at the half-way mark was 1:24. Minus 15 minutes - I was at 1:09.

At the seventh mile, I saw the 2:30 pacer. Eighth, ninth, and tenth miles: I felt comfortable. Then after the water station, my calves were aching. For the next half mile, I walked. Finally I felt better.

The eleventh and the twelfth mile: I said to myself, "You can do this, keep going, almost there."

The thirteenth mile: Where is that darn finish line!!

THE LAST ONE-TENTH MILE: Around the bend, there was the finish line. People cheering us on. I went crazy the last 100 yards. I did the half-marathon. My race time was 2:27:40. Where was my wife at the finish line? Finally I found her five minutes later.

I appreciated the spectators, volunteers, sign holders, and the bands along the race course for the encouragement.

Now what's next: a marathon?



My First Marathon

(third time's the charm)

by Jeff Hall

In 2004, after a few years running with the Lake Run Club, I got this crazy idea to join some other club nuts (oops, members) and run a marathon. **Cheryl Dwyer** and **Bob Catanese**, marathon junkies, actually made it sound fun. Little did I know just how much “fun” the training and actual race would be.

But before getting to the race, I must look back at the LRC marathon training program that made all this possible. I didn't know it when I started, but my training took a little longer than the standard 16-week program. I took the seldom used 3-year route. Along the way I learned some lessons, which led me through the longer-term training plan.

The first round (2004) of training started well. I surprised myself at how far I could actually run – farther than I'd ever run before. About a month before race day, I made my first mistake - I went to **Mitch Hobbs** at Often Running for new shoes. (OK, that part wasn't the mistake.) The new shoes felt so good that I went out immediately and did a hard five mile tempo run. A couple of days later I headed out for a 14 miler with a slight pain in my Achilles tendon. Three miles into that run, training round 1 was done and so was a 2004 marathon. I'll never forget how tough it was to limp those three miles back to the triangle. Lesson learned: Break in new shoes slowly and carefully; don't go crazy and run hard and long.

Round 2 also started well in 2005. BobCat was once again leading the training program and got all of us psyched up. After about a month of training, I took a 2-week vacation trip and unfortunately took a vacation from most of my training. Coming back I had a difficult time getting in the long runs, but pushed hard to try and complete them on schedule and maintain a good speed. Knee and ankle pains started causing me to skip weekday runs in order to heal enough to continue increasing the long run mileage. After not being able to complete a few long runs, I gave myself an ultimatum: Finish the 18 miler that coming weekend or pack it in. So about six weeks before race day I pushed hard to mile 13 before hitting the wall. Limping back to the triangle I knew that I was done once again. Lesson learned: Don't skip too many training runs and don't push too hard trying to catch up, and put speed in your back pocket.

Round 3 (2006) felt like a “last chance” for me – especially after paying those Chicago marathon entry fees the prior two years and not running it. My training motto this time: “Be careful, do the training runs, don't push hard, get the miles in, and don't worry about speed.” **Merlin Anderson** led the group this year, getting all of us psyched up by sharing his own marathon stories. While Merlin talked about his first fast marathon and running without enough training, I reminded myself that I'm not Merlin, I'm not fast, and I need as much training as possible.

My 2006 training went very well. As in prior years, the best part was making new friends along the way and sharing the “fun” with old friends. Vacation time came and, although I didn't get in all the training runs, I did some and then gradually got back into the program afterwards. During one weekend run where I went out a little too fast and couldn't finish the miles, I took Merlin's advice and made that my cutback week. I then ran the longer distance the following weekend at a slower pace I could sustain. I continually reminded myself that a fast pace wasn't important; the miles and longer total running times were. On a few occasions, I ran slower than a pace I felt I could sustain just to increase the total running time and get it closer to what I expected come race day. At the end of the 20 miler longest run, I asked myself, “Could I actually run 6 more miles now?” When the answer “Maybe” came to mind, I felt I was ready to go.

The big day started off with some anxiety. I'd had some slight knee pain over the past week and hadn't run. After getting a



Jeff Hall during the Columbus Marathon.
(photo courtesy of Jeff Hall)

massage a few days before race day, the pain got worse. After three nights of ice/heat treatments, the pain wasn't bad, but I wondered if it would return as soon as I started running. My goals: Run the entire race, except for the water stops, and not limp across or away from the finish line.

Race day was sunny but cold in beautiful Columbus, Ohio. The porta-potties were a nice surprise – they were actually clean and fresh – didn't know that was possible. Co-race buddy **Ron Barnette** chuckled at my shorts/singlet attire, but I hoped that I'd be grateful later in the race and perhaps the cold would give me something to think about instead of aches and pains. Before the race began, a couple of large military planes flew overhead just above the city skyline - loud, a little scary, but definitely exciting. We had a nice sized group of about 6,000 including about 3,000 half-marathoners.

Miles 1 through 3 were crowded as we started downtown and headed out. A lot of excitement and anticipation and fun watching people undress while running, toss warm-up gear aside, and take side trips to find impromptu bathrooms. Why didn't they use the nice porta-potties before the race? A couple of ladies running by me chatted about how guys had an unfair advantage with impromptu potty stops. Pains I was afraid of didn't occur, but a surprise little shin splint started. I happily went out at a comfortable pace.

Miles 4 through 6 included a challenge – a short stint over a brick road. I took that opportunity to slow down a little more and be extra careful with my footing. The shin splint got worse and worrisome. How will I be able to finish when I already have pain? I took this as reason to focus on my stride and keep my pace comfortable. I noticed some big beautiful homes in this neighborhood and realized I hadn't been looking around much enjoying the scenery.

Miles 7 through 9 brought on new challenges – a lot of walkers, as the race included a walking division that started before the runners. Had to keep my head up and not run into people. Shin pain stayed strong but manageable and kept me focused. Noticed that some women started squatting down behind cars, not sure why. Passed an elderly homeless man cheering us on while a couple of young men close to me commented that that's what marathoners look like when they get old.

Miles 10 through 16 were a blur. Either I was "in the zone" or lost my mind. Luckily I was able to keep my pace fairly steady. A lot more walkers to pass - I tried to feel some accomplishment. The shin splint started feeling better, or perhaps I was getting numb. Energy level down, especially with some up hill sections – how will I ever make it? Crowd support got better as we returned to downtown and I started enjoying the support, smiling and waving to my fans. I zoned out and missed mile markers 13 and 14, but happy to return to downtown and pass the half-way mark. The half-marathon group turned off and the running group became immediately sparse as we headed into the Arts district.

Miles 17 through 19 took us into some open country. Looking left I could see the city skyline, which appeared to be about 20 miles away. Knowing the finish line was back downtown, I once again wondered how I'd make it. Temperature warmed up and I was happy with my clothing choice. I started worrying about

hitting the wall and started counting down the miles and glancing at my watch much more often.

Miles 20 and 21 went through some neighborhoods and I enjoyed seeing lots of small children cheering and giving us high-fives. Came upon and congratulated a gentleman with a shirt announcing this is his 26th running of this race. I'm feeling some tightness in the hammies and knees, little toe rubbing inside my shoe. Thought a lot about my sons during this stretch and not stopping. Many onlookers told us it was all downhill (literally) from here which sounded great.

Miles 22 through 24 went surprisingly well. I passed a lot of people walking and many stopping to stretch sore muscles. I took some time to enjoy the scenery as we ran through the Ohio State University campus and past the famous horseshoe stadium of the top ranked Buckeyes. I thought of my father, a huge Buckeye fan, who passed away a few years ago but would have loved to see me run this race. Although tired with sore muscles, I stayed consistent with my pace, focused on my stride, and didn't feel like I hit the wall. The road turned uphill a couple of times, and I growled about how it was "all downhill from here." Smiled and fist-pumped to a lot of fans, which was fun since they weren't seeing many smiles at this point, and pretended to be feeling better than I was.

Mile 25 was filled with thoughts that I can actually do this and that there's no way I can stop now after running this far. A bit of competitiveness hit me and I picked up the pace, ran my fastest mile, and passed as many people as possible. I had to slow down near the end of 25 when I came upon a pretty woman that I felt might need some encouragement.

Mile 26 and .2 were all about picking up the feet, putting them back down, and "just doing it." Very happy to see the tall buildings of downtown getting closer and the larger crowd support, but unable to find the energy for many smiles and waves. I tried to find some solace in the fact that a guy who kept passing me, and then walking, wouldn't be able to beat me in the end, but he passed me for a final time in the last .2. Turning the corner and seeing the finish line was simply awesome. Running down the middle of 6 lanes pretty much alone, with crowds cheering like crazy, I couldn't help but smile and put my arms in the air as I crossed the finish line.



Allerton Park Trail Run

October 29, 2006
(photos courtesy of Amy Copple)



Adventures Benefiting Children

ABC Run #18

by *Merlin Anderson*

Nine hearty runners endured the cold winds and ran at Funks Grove on October 22 to benefit the Children's Advocacy Center. The nine runners included ABC run veterans **Kathy Alexander, Meg and Merlin Anderson, Deb Aukerman, Steve Barr, Lisa Sparks, and Michelle White**, as well as two new ABC runners, **Nicole Kurtain and Carolyn Sutter**.

The runners had a choice of accurately marked 7 and 9 mile road courses and also had the option to enjoy the many wooded trails in the area. As we ran, I wondered if the bikers were hearty enough to show up and make good on their threat to beat the runners to the food. We had enough food to feed an army but no bikers showed. What gives? Surely those big, tough, trash-talking bikers wouldn't let a frigid 20 mph wind discourage them. So I called the leader of the pack, **Phil Warlow**, and found out that he was enduring the flu but would have rather been enduring the frigid wind.

In addition to the cold wind, the runners endured a lack of mid-run refreshments. When we got to where I placed the refreshments, the bucket of Gatorade and water bottles was missing! Good thing it was such a cold day. It could have been more than an inconvenience if this happened in July. Even stranger, this happened only one week after the marathon training group had a bucket of refreshments stolen. Are we being stalked by a beverage bandit driven by a greed for Gatorade?

We made up for the missing mid-run refreshments with an overabundance of food & refreshments at the end. Thanks, everyone for your camaraderie, the food you shared, and your contributions to the Children's Advocacy Center. A total of \$212 was donated, including generous donations from the nine runners; from Phil, our missing biker; and from **Walt Anderson**, my brother from Michigan. Your contributions help the Children's Advocacy Center in their mission to serve the

best interests of abused and neglected children.

ABC run #19 will be at 9am on Saturday December 16 at the picnic area at the north end of Lake Bloomington (one mile north of Green Gables). This one will benefit the Salvation Army Coats for Kids program. As always, the run is free, but donations of any amount will be deeply appreciated. If you write a check, please make it payable to the Salvation Army and write "Coats for Kids" in the memo line. You may also contribute new or clean, gently used coats, hats, mittens, or gloves. There will be a marked 3 mile walk/run, a marked 8 mile run, optional trails at Parklands, and, as always, food. Hope to see you there!



*From left: Merlin Anderson, Michelle White, Carolyn Sutter, Lisa Sparks, Steve Barr, Nicole Kurtain, Deb Aukerman, and Kathy Alexander. Not pictured: Meg Anderson.
(photo courtesy of Meg Anderson)*

Canal Connection 10K

November 5, 2006
(Photos courtesy of Amy Copple)



Lake Run Club “*Hawaiian Luau*” Award Banquet

Plan now to attend the Lake Run Club year end awards banquet. As a benefit and a tribute to all the members who help make the club what it is today, the LRC is picking up part of the banquet cost. Come out and celebrate with other LRC members. Meet new friends. Enjoy spending time with “old” friends. And this year, consider dressing up to match the Hawaiian Luau theme!!

Where: Tri-Lakes Club
2100 S Bunn Street
Bloomington, IL

When: Saturday, February 17, 2007
5pm Happy Hour
6 pm Dinner - catered by Keller’s Iron Skillet
7pm Awards
8-11pm Dancing and fun with
DJ “Tommy E” of E-Man Productions

What: **Circuit Awards
**Door Prizes
**50/50 Drawing (Proceeds will go to the American Heart Association)
**Hawaiian Luau Costume Contest
Prizes for Individual, Couple, or Group

Menu: Chicken Breast & Lasagna
7 Layer Salad & Au Gratin Potatoes
Green Beans & Fruit Tray
Dinner Rolls & Butter
Hot Cherry Cobble
Free Beer, Coffee, Tea, Punch, and Pop



Have a friend who wants to start running???
Sign them up and bring them along to join in the fun!!!

Lake Run Club Awards Banquet Reservation Form

Name: _____ Phone #: _____

Number in party _____ @ \$10.00 each = \$ _____

Please make checks payable to: **Lake Run Club**

Please complete this form and send it by Wednesday, February 7, 2007 to:

Sarah Butler
1404 Rosebud Lane
Normal, IL 61761

Questions? Call Sarah Butler at 862-3063 (home) or 824-4853 (cell)

High Five!

The Lake Run Club recognition program

Congratulations to the following (updated) preliminary list of Lake Run Club members who participated in all five of our club sponsored circuit races – St Pat’s, Lake Run, Park2Park, Dog Days, and Dawson Lake. If you recall, the qualifications you had to meet to receive the yet-to-be-determined fantastic “recognition prize” included:

- be a LRC member on or before the first race (St Pat’s)
- run or volunteer at each of the five club sponsored circuit races.

If you don’t see your name listed here but you believe you qualify, first check the website (www.lakerunclub.org) to see if you were credited with circuit points for the races you ran, and volunteer points for the races at which you volunteered. Contact the race director or your volunteer coordinator to correct any errors. Then contact Paul Martin (paulmartin@lakerunclub.com) to have your name added to the list of High Five! qualifiers.

- | | | | |
|----|--------------------|----|-------------------|
| 1 | Barbara Feeny | 36 | Stephanie Roberts |
| 2 | Bob King | 37 | Vicki King |
| 3 | Dean Bettis | 38 | Vince Donohue |
| 4 | Deb Aukerman | 39 | Wendy Nafziger |
| 5 | Elaine Hunsaker | | |
| 6 | George Brown | | |
| 7 | George Ford | | |
| 8 | Greg Hunsaker | | |
| 9 | Jana Kiefer | | |
| 10 | Jeff Hall | | |
| 11 | Jeff Simpson | | |
| 12 | Jennifer Haggerty | | |
| 13 | Jennifer Henderson | | |
| 14 | Jesse Luesing | | |
| 15 | Jessica Manier | | |
| 16 | John Pool | | |
| 17 | Julie Howell | | |
| 18 | Kathy Alexander | | |
| 19 | Kathy Arbogast | | |
| 20 | Kent Lowry | | |
| 21 | Kevin McCarthy | | |
| 22 | Leann Steidinger | | |
| 23 | Mark Griffin | | |
| 24 | Mary Pinkham | | |
| 25 | Matt Hunsaker | | |
| 26 | Michael Holzworth | | |
| 27 | Michelle Monk | | |
| 28 | Mike Steele | | |
| 29 | Paul Gorden | | |
| 30 | Paul Martin | | |
| 31 | Peggy Stark | | |
| 32 | Phil Lovell | | |
| 33 | Rich Beal | | |
| 34 | Robert Pool | | |
| 35 | Roger Aukerman | | |

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Membership database

Have you checked out the Lake Run Club membership database, now online at www.lakerunclub.org? Now it's even easier to keep your personal information (such as phone, email, and address) up to date.

From our membership coordinator **Julie Howell** – “We’re trying to streamline the way we handle address changes by making a person’s membership information available to them online. Of course, if someone doesn’t have internet access, they may continue to send me their address changes through the regular mail. But we think people will be pleased with the way they can now view their own information and update it whenever necessary.”

Access to the membership database

From the home page of the Lake Run Club website, under the section called ‘About the Lake Run Club’:

- Click on ‘Membership Page’.
- Enter “pass” for both user name and password.

From this point, anyone can see member birthdays and volunteer points. However, to access the member directory or to update your membership information, you need a personal user name and password:

- Click on ‘Get my login information’.
- Enter your first name and last name, and click on ‘Email Login Info’.

Your login information (user name and password) will be sent to the email address we have on file for you (the last one you gave us when you renewed/joined the LRC). If you don’t get your email within 5 minutes, we may have an old or no email address for you in our database. If that is the case, contact **Paul Martin** directly at 309-824-3745 or paulmartin@lakerunclub.com.

Once you have your personal user name and password, you can access the online versions of the newsletter and the member directory, as well as update your personal and household membership information.

To update your personal or household membership information:

- Click on ‘Update your Membership Information’.
- Enter your personal user name and password, and click on login.

Your name, address, phone, and email information will be displayed. You may change any of the data displayed there.

1 – If you are the only member in your LRC household, you will see this message: “You are the only member at this address.”

2 – If you are the main member for your LRC household (ie, the newsletter comes in your name), you will see this message: “Any updates to the address will also update these member addresses: Jane Doe, Jimmy Doe, Janie Doe. Just the address will be updated; no other info for the other members will change.”

3 – If you are not the main member for your LRC household, you will see this message: “You are not the main LRC member for this address. Updating the address here will change just your information and will not change the address to where the newsletter is mailed. Check the mailing label on the newsletter to see whose member info to change.”

4 – If there are multiple members who receive newsletters at the same address, you will see this message: “There are multiple members at your address who receive a newsletter. We can update only your address. Please update the other members via their login.”

2007 Lake Run Club Membership Renewal Time!!!!

This year, the Lake Run Club is asking all members to **renew by February 28, 2007 in order to receive the \$5.00 renewal discount**. New memberships cost \$20 per person, or \$25 for a family; while a renewal membership is only \$15 per person, or \$20 per family – if you renew by the end of February.

Early renewals ensure that you won’t miss a single issue of the newsletter, or a single circuit point of the new circuit race year! And don’t forget the High Five! recognition program – you must be a member prior to the first club-sponsored circuit race of the year in order to participate. Please note, circuit points and volunteer points will not be awarded retroactively.

You should have already received your membership renewal form IN THE MAIL. Help your club volunteers get their work done in a timely fashion.... Send in your renewal as soon as you can! Thanks!! (If you lost your form or didn’t receive one, use the one printed on page 31 of this newsletter.)

CATCH THE WAVE 2007

by *Deb McNamara*

Our beginning running program will celebrate its tenth anniversary this year and it's still going strong. I'm excited to be heading up the program again this year. Each year I still experience the thrill of the CTWers when they realize they can run and how much fun they are having.

As always, to make Catch The Wave successful, we need the help of many volunteers. As a Team Leader your commitment would be for 10 **Thursday** nights, for about 1 ½ hours each night. All Lake Run Club members are welcome to be team leaders - whether you have been running 1 year or 100 years - we will mix team leads so our CTWers benefit from the experiences of the newest runner to the most experienced runner.

Our regular sessions will be from March 1 through May 3. Due to major construction in downtown Normal, we will be renting the auditorium at **CENTRAL CATHOLIC HIGH SCHOOL**. CCHS is located at 1201 Airport Road, Bloomington - just north of the Central Illinois Regional Airport. CCHS will provide us with a wonderful facility, plenty of parking, lots of restroom

facilities and a track. However, due to conflicts with some CCHS activities, we have to change our meeting night to **THURSDAY**.

I would like to try something a little different this year. We've had problems in the past matching people with the right speed groups. So, during March, we will be running on the CCHS track. Team placements will be after week 4 or 5. I'm hoping that this will make the groups more "speed cohesive". More on this later and as always, I'm open to any ideas or comments.

This is a great way to get some volunteer points while having fun teaching new runners what a great sport running is. With your help, I'm looking forward to our best Catch The Wave program ever. If you'd like to be part of the CTW leadership, please contact me at dmcnamara@ameren.com or (309) 467-2589. I hope you're willing to be part of this great program.

Another volunteer opportunity - CTW registration will be held on Saturday, February 10th from 10 to 4 at Often Running. Sherry Detloff has agreed to coordinate registration this year and she is looking for volunteers to help out. Please contact her at sherry.detloff@verizon.net or (309) 454-4316. 🇺🇸

Catch The Wave Success Story

Side Effects May Occur

by *Barbara Feeney*

If you watch television you probably have noticed the numerous prescription drug commercials that are aired. First they describe the wonder drug, then they list the symptoms it may cure and how you should ask your doctor all about it, and then they spend the last half of the commercial listing the side effects that may occur. These commercials really catch my attention because when you listen to the side effects it sounds like you may end up in worse condition than before you started the wonder drug!

In early spring 2006 I joined the Catch The Wave program offered by the Lake Run Club and I am happy to report the excitement has lasted longer than four hours (safely)! I recommend this program to anyone who has even the slightest interest in running or jogging. Catch The Wave is a great place to meet positive people, learn a little about the sport, and start to get into shape. I had never run just for the sport of it before in my life, but now I am running 2-3 times a week, have done 9 races this year, and plan to do more. Warning! Warning! Running is very addictive and some side effects may occur - such as sore muscles, stronger lungs, more self-confidence, tougher leg muscles, making new friends, hearing cheers of motivation from strangers, and being in an all around better mood!

Really, I can not say enough positive things about the program and the leaders. It starts you out from never running at all to

being able to run the Lake Run 4.37 mile race in May. I personally would like to thank my group - the "A team" - and its leaders for being so encouraging. **Bill Hahn, Pat Sheridan, Frances Connolly, and Larry Schumacher** all took turns giving pointers and offering support.

Catch The Wave also provided information on other fun things to do to help stick with running. I quickly decided to

- become a LRC member,
- complete the Thursday Night Accumulation Marathon,
- have my kids join the Kids Run for Fun, and
- sign up for races left and right.

One thing I've found is the spirit and energy from CTW is spread throughout all of the LRC events. At every race I've seen someone from the program cheering other runners or helping with the race. If you are **Vicki King** or **Deb McNamara** you are probably somehow doing these things while also running the race. I keep telling myself I'm going to catch up with them some day. After Run the Woods I complimented them and ended up with this assignment, so watch out for them!

My goals are to improve my speed and be more involved with volunteering. I feel I have gained so much from CTW that I would like to give back when I can. Yes, this too will happen to you if you go through the program. I realize many of you are already runners but if you know someone who would like to try it out, please suggest the CTW program. It works wonders, and any and all side effects that occur are very positive! 🇺🇸

CATCH THE WAVE 2007

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ EMAIL: _____

DATE OF BIRTH: ____/____/____ AGE ON 05/05/2007 _____

SEX: MALE / FEMALE T-SHIRT SIZE (adult sizes): S M L XL XXL

**Your registration fee includes registration for the CATCH THE WAVE program
AND registration for the LAKE RUN on May 5, 2007 only.**

CATCH THE WAVE volunteers will be at **OFTEN RUNNING**, 206 S Linden, Normal
Saturday February 10th from 10:00 am – 4:00 pm
to take registrations and answer questions. Or you can drop off completed registration forms at
Often Running during regular business hours before February 23, 2007.

<u>REGISTRATION FEES:</u>	ON / BEFORE FEBRUARY 10, 2007	
	Lake Run Club Members	\$45.00
	All Others	\$55.00
	AFTER FEBRUARY 10, 2007	
	Everyone	\$65.00

Make checks payable to: **THE LAKE RUN CLUB**

Mail registration and payments to:
Deb McNamara
570 County Highway 8
Congerville, IL 61729

NO REFUNDS AFTER MARCH 1

Have a question? Contact Deb McNamara at (309) 467-2589 (before 8:30 pm please) or e-mail
Dmcnamara@ameren.com. Visit our web site at www.lakerunclub.org for more information.

Waiver:

I know running and training for a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a class official relative to my ability to safely complete the run. I assume all risks of running in traffic. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release Catch The Wave, The Lake Run, the Lake Run Club, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature / Date

Guardian's Signature if under 18 / Date

CATCH THE WAVE 2007

CATCH THE WAVE is a 10-week training program designed to help **beginning runners** learn the basics of running. The short-term goal of the program is to help participants prepare for the Lake Run 4.37 mile race held at Lake Bloomington on May 5, 2007. The long-term goal is to help participants develop a better understanding of the sport of running and get on the road to a life of better fitness and health.

Who Should Join?

- Anyone with a desire to begin living a healthier lifestyle and increase their level of fitness
- Folks who have run in the past and want to get back into the sport gradually
- Those who run a little but would like to work up to running longer distances

What Happens At Class?

Sessions begin with a short discussion on topics important to your success as a runner, including stretching, cross-training, nutrition, running tips from the pros, hydration, and more. THEN, we hit the streets for a training run. We start out slowly; walking and running. Don't worry about being too slow to keep up. We'll divide runners into small groups according to their speed and fitness level. There will be a group to fit you. Experienced runners accompany each group to provide on-the-run coaching. **As long as the weather isn't severe (tornadoes, hail, lightning), we'll meet and run outside no matter how cold, hot, humid, or wet it is. Check the Lake Run Club forum at www.lakerunclub.org for class information.**

Your Registration Fee Includes:

- Ten weeks of expert instruction that will have you ready to run the *Lake Run*
- Paid registration to the *Lake Run* race, a *Lake Run* race T-shirt, and other cool give-aways
- A limited edition *Catch The Wave* training T-shirt
- A day-by-day running schedule and training log that will keep your training on track
- Your registration fee does NOT include membership in the Lake Run Club.

See reverse side for information about registration, fees, dates, and mailing address

2007 Meeting Dates (5:30pm every Thursday March 1 through May 3):

Meet at CCHS: March 1, 8, 15, 22, 29 April 5, 12, 26, May 3. Meet at Green Gables, Lake Bloomington: April 19.

FAQs

I can already run about 4 miles. Should I sign up for Catch The Wave?

Catch The Wave is designed for beginning runners. If you run 3 or more miles consistently, you may want to consider Ride The Wave, an intermediate running program.

I'd like to take part, but I've had health problems in the past. What should I do?

Ask your doctor if your participation in a running program is a good idea. If your physician gives you approval, PLEASE make your *Catch The Wave* team leader aware of your limitations.

I can barely run a block now! Will I ever be able to run 4.37 miles?

Yes, you can! But, it will take work, and you'll need to run more than just once a week. By following the training log, you'll gradually increase your time running. You'll be running comfortably for longer distances before you know it.

What if it rains on the night we're supposed to have class?

We'll meet and, unless there is lightning or hail, we'll run outdoors. In the case of extreme weather, check the Lake Run Club forum at www.lakerunclub.org for last-minute class information.

What if my group is too slow or too fast for me?

Let your Team Leader know and we'll move you into a group that's a better fit. Don't get discouraged. There will be a group where you're comfortable.

What should I wear to class?

Wear what you're comfortable running in: shorts, tights, sweats, whatever. Wear good running shoes. The experts at *Often Running can fit you with the right shoes.*

Am I too Old, Slow, or Out of Shape to join?

Absolutely not! *Catch The Wave* participants are all ages, sizes, and skill levels. Experienced runners will be there every step of the way to encourage, coach, and answer your questions.

Can my child participate?

Catch The Wave is designed as an adult running program and that is our first priority. If you feel your child can keep up with the program, it's your responsibility to run with them and monitor their progress. We strongly recommend that children under 12 not participate. We do not provide day care for children.



2007 Ride The Wave

by Tom Arbogast

If you can already run three miles and are considering running the 2007 Lake Run, read on.

Ride The Wave (RTW) is a program designed for intermediate runners, geared towards helping them prepare for the Lake Run. In 2007, RTW will run from Feb 28 to May 2. Sessions will be on Wednesday evenings at 5:30pm. Some sessions will begin with 15-to-20 minute discussions on topics pertinent to running and racing. Participants will have to be Lake Run Club members (or become members) and should be able to run at least two miles non-stop by the beginning of the program.

Experienced runners will accompany program participants to provide on-the-run coaching. You'll have the chance to run tempo runs, speed work, and hill work in a group setting. We will also run the race course on two different occasions towards the end of the program.

Features:

- Ten weeks of expert instruction that will have you ready to run the *Lake Run*.
- Paid entry into the Lake Run, a *Lake Run* T-shirt, and access to the one of nicest post-race parties around.
- Introduction to various speakers and workouts to improve your performance.
- A special *Ride The Wave* racing shirt.
- A day-by-day running schedule that will keep your training on track.
- Lots of fun and camaraderie with fellow *Ride The Wave* runners.

Who Can Benefit?

- Folks who've been away from running for a while.
- Runners who do shorter distances, but who'd like to work up to 10K and 12K distances.
- Runners who want to improve their time at the 7K or 12K *Lake Run*.
- Runners who want improve their overall running ability and fitness.
- Families, couples, or friends who want to make preparing for the *Lake Run* a group event.
- Runners looking for training partners with similar goals.

RUN FURTHER, FASTER

RIDE THE WAVE 2007
*Intermediate Training Program for the
Lake Run, May 5th, 2007*

*Wednesdays 2/28 through 5/2 5:30pm
Meet at White Oak Community Room at
White Oak Park, Bloomington*

RUNNER PROFILE & REGISTRATION

NAME _____

ADDRESS _____

EMAIL ADDRESS _____

DATE OF BIRTH ____/____/____

NUMBER OF YEARS RUNNING: _____

LAKE RUN DISTANCE YOU ARE

PLANNING TO RUN: 7K or 12K

Are you a veteran of (Circle)?

Carth The Wave OR Ride The Wave

YOUR RUNNING GOALS

PARTICIPANT or VOLUNTEER?

YOUR LAKE RUN 2005 GOAL (Circle One)

LOOP: 4.37 Miles

LAKE: 12K

Goal Pace _____

Goal Pace _____

CURRENT PERFORMANCE

(If you haven't raced, then please include your current training pace)

DISTANCE _____ PACE PER MILE

5K (3.1 mile)

4 Mile

7K (4.37 Mile)

10K (6.2 Mile)

12K (7.5 Mile)

15K or #/mile

EXPLAIN YOUR LAST 6 MONTHS OF

TRAINING: _____

LIST INJURIES, MEDICAL CONDITIONS,
MEDICATIONS?

Will you be able to run 3 miles non-stop
by the end of February? If so, at what
pace?

Shirt Size (circle one): S M L XL

Waiver: I know that running and training for a road race is a potentially hazardous activity. I should not consent and run unless I am medically able and properly trained. I agree to abide by any decision of a class official relative to my ability to safely complete the run. I assume all risks associated with running this event. I also know although public protection will be provided at the race, I assume the risk of running in traffic. I understand this waiver and knowing these facts, and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release RIDE THE WAVE/ Ride The Wave staff and volunteers, City of Bloomington, Town of Normal, Township of Hudson, The Lake Run staff and volunteers, the Lake Run club and all other sponsors, representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all the foregoing to use my photographs, motion pictures, recordings or any other record of me for this event for any legitimate purpose.

Signature

Date

Guardian's signature for runners under 18 years old

LRC membership is required. If you are not an LRC member, please fill out an LRC membership form and send it in with the RTW application.

{ **HYPERLINK**

"http://www.lake-run-club.org/forms/Join.pdf" }

<u>PRICING</u>	
\$50.00	Includes instruction, singlet, and Lake Run race entry & shirt. (Price includes a discount for existing LRC members)
\$65.00	Includes instruction, singlet, Lake Run race entry & shirt, AND LRC membership.
Write NON REFUNDABLE check to "Lake Run Club". Send check and completed form to: Tom Arbogast 57 Vermont Avenue Bloomington, IL 61701 Questions? Call 309-829-6342	

Lake Run Club Race Results

CIRCUIT RESULTS

Allerton Park 5.5M • October 29 • Monticello, IL

Overall Male - Daniel Luis	30:13.0
Overall Female - Amy White	35:41.7
First Male Master - Duffy Smith	32:46.8
First Female Master - Frances Connolly	39:02.1

Total Finishers: 462

Total LRC Finishers: 75

% LRC Finishers: 16

3	Mike Heffron	31:00.9
3	Mike Heffron	31:00.9
8	John Collet	32:21.8
11	Chris Sweet	33:06.8
14	Tom Smith	33:40.4
18	Nigel Keen	34:36.6
24	Merlin Anderson	35:39.0
33	Mary Ellen Schupbach	36:38.7
37	Kevin McCarthy	37:12.0
52	Les Usiak	38:14.7
53	Mike Brown	38:28.6
56	Saori Hanaki	38:48.9
58	Aaron Damkoehler	38:52.8
59	Frances Connolly	39:02.1
71	Bob Lambert	39:52.8
77	Paul Martin	40:16.0
83	Ann Collet	40:58.5
85	Carol Pratt	40:59.7
90	James Williamson	41:10.6
100	Bob Brandt	41:37.0
113	Amy Copple	42:08.7
118	George Brown	42:22.6
119	Melissa Adams	42:29.7
121	Bruce Sutter	42:37.3
125	Paul Gorden	42:57.1
137	Tim Clark	44:00.8
150	Dennis Killian	44:28.9
157	Hannah Magnuson	44:37.4
160	Cara Sweet	44:41.3
161	Rich Beal	44:44.7
164	Steven Stiles	44:56.6
174	John Fryman	45:16.4
185	John Steele	45:44.0
188	Jill Schneider	45:54.7
194	Carolyn Sutter	46:14.1
195	Charlie Grotevant	46:15.2
206	Chris Magnuson	47:14.8
234	Leo Hermes	48:32.2
235	Greg Yount	48:33.5
238	Kim Guttschow	48:40.8
240	Jessica Manier	48:42.4
242	Joe Morrow	48:43.9
256	Lisa Sparks	49:24.6
259	Jim Ginzkey	49:28.2
270	John Pool	49:56.7
279	Jeanne Kleen	50:25.4
283	Meg Anderson	50:40.2
297	Scott Todd	51:25.5
304	Robert Pool	52:08.6
309	Jana Kiefer	52:29.4
310	Kathy Alexander	52:33.3
314	Deb Aukerman	52:47.3
315	Becky Roesner	52:54.9

331	Gena Stephenson	53:57.4
350	Kirby Cheek	55:07.7
359	Mary Pinkham	55:43.3
364	Sarah Butler	56:06.3
365	Tom Butler	56:06.9
376	Randy Gleason	56:59.8
383	Lisa Tippy	57:30.0
385	Nancy Beaty	57:30.6
387	Melinda Cheek	57:31.9
393	Beth Lamb	58:03.3
394	Jeff Simpson	58:08.3
397	Judy Oltman	58:20.7
398	Ginger Shepard	58:29.1
402	Dawn Dieckgrafe	59:18.6
415	Dave Hurst	1:00:54.8
417	James Robinson	1:01:09.3
419	Ed Mason	1:01:43.1
421	Vicki King	1:02:02.1
422	Debra McNamara	1:02:05.1
423	Wendy Nafziger	1:02:17.0
435	Patrick Dunagan	1:03:57.7
452	sheldon nicol	1:09:15.9
459	Chris Girard	1:13:08.5

Canal Connection 10K • November 5 • Utica, IL

Overall Male - Bryan Glass	31:57
Overall Female - Emily Dewald	38:33
First Male Master - Christopher Toepfer	33:14
First Female Master - Chris Walsh	40:32

Total Finishers: 613

Total LRC Finishers: 85

% LRC Finishers: 13

5	Chris Friedman	33:58
8	Mike Heffron	34:15
10	John Collet	35:07
18	Seanan Alyasiri	36:38
24	Tom Smith	37:13
33	Merlin Anderson	38:24
43	Steve Beasley	39:21
57	Larry Schumacher	40:27
65	Les Usiak	40:54
68	Thomas Weber	40:59
71	Kevin McCarthy	41:17
77	Paul Armstrong	41:52
78	Brian Eades	41:54
100	Bob Lambert	43:16
103	Carol Pratt	43:22
104	Chuck Van Hoorn	43:27
113	Jeff Feid	43:47
118	James Williamson	43:58
136	Charlie Grotevant	45:00
138	Bruce Sutter	45:15
139	Debra Lowell	45:16
145	Ann Collet	45:32
146	Bill McNamara	45:34
150	Amy Copple	45:51
155	Melissa Adams	46:06
163	Paul Gorden	46:38
177	Lynn Baber	47:24
187	John Fryman	47:42
190	Kelsey Emmert	47:48
191	Julie Howell	47:49
193	Dennis Killian	47:54

300	Mark Griffin	24:08.9	629	Patrick Dunagan	28:11.5
302	Rose Strong	24:10.6	631	Erika Feiner	28:14.5
304	Bernadette Strong	24:11.6	639	Greg Hunsaker	28:27.7
306	Michelle Mancias	24:13.8	652	Ann Husk	28:39.0
310	Celestia Kenerley	24:16.8	657	Chery Lambert	28:41.9
311	Kelsey Stiles	24:20.6	658	Jennifer Keen	28:42.9
339	Auburn Wells	24:43.5	665	Judy Oltman	28:47.8
341	Greg Yount	24:44.3	670	Julie Heitz	28:50.6
342	Chris Stiles	24:44.6	678	Annette Lobdell	28:55.4
343	Connor Donohue	24:45.1	683	Karen Shinville	28:58.2
345	Tom Arbogast	24:47.7	689	Dave Hurst	29:02.6
346	Lisa Sparks	24:48.8	695	Kelsey Henderson	29:10.1
351	Aaron Schneider	24:53.7	703	Julie Waldschmidt	29:15.8
352	Laura Griffin	24:54.5	710	Nancy McGowan	29:26.5
357	Kathy Alexander	24:56.9	715	Matt Hunsaker	29:32.3
358	Michael Holzworth	24:57.2	735	Kirsten Gee	29:48.5
361	Jeff Hobbs	24:58.4	756	Alex Arbogast	30:14.1
371	Tanner Gillam	25:10.1	757	Becky Glinka	30:15.3
372	Doug Gillam	25:10.5	761	Randy Bales	30:19.3
376	Meg Anderson	25:14.6	762	Aubrey Williamson	30:20.6
379	Deb Aukerman	25:19.9	768	Denise Deroeck	30:28.4
380	Lanny Lobdell	25:20.7	769	Amy Themer	30:29.2
384	Vince Donohue	25:23.4	777	Rose Marsaglia	30:38.4
390	Lesley Davis	25:27.3	782	Janie Butler	30:44.7
397	Barbara House	25:30.2	786	Debra McNamara	30:47.9
403	Nancy Nakahara-Hulett	25:32.1	787	Wendy Nafziger	30:48.6
404	Joe Morrow	25:32.4	792	Scott Ramirez	30:54.4
409	Ed Bush	25:34.6	795	Kaitlyn Ryan	31:00.2
410	Craig Bouas	25:37.1	798	Jan Shane	31:03.4
416	Dan Whalen	25:42.0	799	Vicki King	31:06.1
417	Jim Insalata	25:42.4	800	Connie Reeser-Hall	31:07.3
421	Michael Eack	25:44.3	812	Diana Nicol	31:25.0
427	John Pool	25:48.4	816	Cathie Haab	31:27.6
432	Robert Pool	25:51.8	817	Nancy Arbogast	31:28.2
436	John Runge	25:53.8	823	Greg Ekdale	31:34.6
440	Jim Ginzkey	25:57.6	844	Kathy McIntosh-Wilkins	31:55.3
448	Bob King	26:00.8	845	Shawn Eiker	31:55.7
452	Diana Campbell	26:02.8	861	Chris Girard	32:27.2
454	Gena Stephenson	26:03.5	863	Elaine Hunsaker	32:30.3
464	Steve Snyder	26:14.0	864	Jeffrey Curtiss	32:31.0
471	Steve Barr	26:18.3	865	Sherry Detloff	32:31.8
474	Brandon Butler	26:20.8	870	Cara Redfern	32:35.5
476	Melissa Adams	26:21.4	880	Jennifer Henderson	32:48.9
477	Nigel Keen	26:21.8	884	Donna Johnson	32:51.9
479	Ed Wells	26:22.4	886	Peggy Stark	32:53.4
487	Melody Donnelly	26:26.8	889	Tammy Knippenberg	32:54.6
489	Justin Large	26:28.8	897	David Stiles	33:04.4
493	Jana Kiefer	26:29.8	904	Tammy Barba	33:19.3
502	Lisa Tippy	26:32.4	905	Julia Schneider	33:21.5
506	Jeff Simpson	26:34.4	906	Laurette Stiles	33:22.4
515	Beth Lamb	26:45.7	908	Rose Ramirez	33:27.1
518	Stacie Rood	26:46.8	915	Jessica Chambers	33:36.5
524	Mark Johnson	26:49.6	930	William Bey	34:21.2
527	Isabelle Strong	26:50.4	932	Barbara Feeney	34:30.3
531	Rebecca Franks	26:56.1	953	Michelle Runyon	35:45.2
533	Lucas Miles	26:58.9	954	Terresa Bunton	35:46.5
537	Mary Pinkham	27:00.9	960	Sheldon Nicol	35:59.6
539	Rhonda Todd	27:04.7	971	Suan Guess-Hanson	36:30.3
540	Tom Butler	27:05.2	975	Sally Emmert	36:34.5
542	Kent Lowry	27:08.5	979	Karen Khusro	36:45.5
543	Mark Husk	27:09.2	987	Marge Ehlers	37:14.0
582	Jamie Champion	27:32.4	1000	Kathy Arbogast	38:55.4
588	Andrew Heitz	27:35.6	1003	Margaret Kampfner	39:08.5
599	Laurel Schumacher	27:41.7	1005	Thom Woodard	39:14.9
612	Holly Pfister	27:52.7	1047	Bill Smlak	49:35.0
622	RJ Whitworth	28:03.4			
623	Michelle Monk	28:04.3			
628	Kirby Cheek	28:09.7			

NON-CIRCUIT RESULTS

Please send your non-circuit race results to newsletter@lakerunclub.com.

2006 Marathon Training Group Fall Marathons

- Lakefront Marathon - Oct 1 - Milwaukee, WI
- Columbus Marathon - Oct 15 - Columbus, OH
- Indianapolis Marathon - Oct 21 - Indianapolis, IN
- Louisville Marathon - Oct 22 - Louisville, KY
- Grand Rapids Marathon - Oct 29 - Grand Rapids, MI
- Greater Hartford Marathon - Oct 14 - Hartford, CT
- Philadelphia Marathon - Nov 19 - Philadelphia, PA

Name	Time	Marathon
Aaron Damkoehler	3:34	Chicago
Amber Thomas	3:56	Chicago
Amber Waldschmidt	4:09	Chicago
Becky Radel	4:37	Milwaukee
Bill Hahm	3:54	Milwaukee
Chad Cusac	3:59	Chicago
Cheryl Dwyer	5:46	Louisville
Curt Lowry	5:40	Chicago
Daniel Lambole	3:46	Chicago
Erin Miller	4:05	Chicago
Eric Kuchenmeister	3:32 PR!!	Milwaukee
George Brown	3:51	Hartford
George Brown	3:42	Philadelphia
Heather Johnson	4:15	Chicago
Jamie Champion	5:31	Grand Rapids
Jana Kiefer	4:47	Indianapolis
Jeff Hall	4:36	Columbus

Jeff Hobbs	5:17	Chicago
Jeff R. Norton	4:02	Chicago
Jeff Simpson	4:50	Indianapolis
Jessica Manier	3:59	Chicago
John Kohoutek	3:45	Chicago
John Wutz	4:22	Chicago
Julie Heitz	5:46	Louisville
Julie Howell	3:50	Chicago
Justin Large	4:17	Chicago
Karen Shinville	5:19	Milwaukee
Kathy Arbogast	5:35	Indianapolis
Ken Barba	3:53	Chicago
Kristin Tripicchio	5:16	Chicago
Lance D. Ziebart	4:40	Chicago
Larry Pinter	3:45	Chicago
Larry Schumacher	3:48	Milwaukee
Mary Kentzler	4:55	Chicago
Melissa Unruh	3:55	Chicago
Michelle Mancias	4:50	Chicago
Pam Walden	5:46	Louisville
Peter Lykkebak	3:44	Chicago
Ron Barnette	4:23	Columbus
Tammy Barba	4:49	Chicago
Tom Arbogast	4:41	Indianapolis

Farmdale Trail Run Ultra • 33 Miles

Mark Kastorff	6:48:54
---------------	---------

Rotary Run For Wellness 10K • October 15 • Hinsdale, IL

Bill McNamara	48:23
Deb McNamara	1:04

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Our goal is to provide a true spa experience in an authentic spa environment

Our full service day spa offers a complete range of services and the highest quality products by Pevonia



309-820-1600
1234 E. Empire • Bloomington, IL 61701

We offer:

- Massage Therapy
- Skin Care
- Youth Light 2010
- Teen Services
- Vichy Shower
- Skin and Body Care Products
- Bridal Packages and Gift Certificates
- **Sports Massage by Certified and Licensed Therapist**
- Hydrotherapy
- Body Treatments
- Nail Care
- Pedicures
- Spa Packages

Lake Run Club members will receive a 15% discount with this ad.

Call now to schedule an appointment.

309-820-1600

(Discount does not apply to gift certificate purchases or services less than \$30.00)

Owned by Lake Run Club Member Beth Lamb

The Lake Run Club's 20th Annual Chilly Chili Run of Aught 5

January 20, 2007 (Saturday)

1:00 p.m.

Green Gables - Lake Bloomington

4.5 miles - inner loop

**First 3 Men and Women finishers;
Best dressed Man and Woman; and
Least dressed Man and Woman;
Receive a mysterious garment**

BEER AND CHILI - "BEST IN THE WEST"

.....

All you can eat chili and free drinks. There will be a variety of road kill in the chili this year. Ranger Rick's been collecting it all summer and curing it in his shower. Expect an interesting flavor. No cheap crappy door prizes. Sissies need not apply. This race will be run regardless of the weather. There is a bounty this year on the Kennekuk runners. All runners over 60 must still submit an EKG with their APP. No dogs, cats, ferrets, unruly children or ruly children. No barfing on the course - except at Hawk's food stop. Barf bags will be provided. Fullest bag turned in at finish line will be awarded an extra drink ticket. Same for the chunkiest.

As you know the guy in the cow pants is AOL but you never know when you will get a sighting on him. But the other idiots are still here, so come on out. This years garment is inspired by Janet Jackson and her wardrobe malfunction.

It's still eight bucks in advance and ten on race day. (for those of you who work in Systems or Data Processing, \$8.00 in advance and \$10.00 race day.)

.....

Send to: Deb O'Rourke, 1402 Challis Court, Bloomington, IL 61704 (309-662-3195)
Chilly Chili Run

Name:.....

Address:.....

I release the Green Gables, the Lake Run Club and everyone else involved from any and all claims I may have as a result of my participation in this event. I know I could slip on the ice and hurt myself and that's okay. I admit I'm dumb enough to run in freezing, icy, snowy weather, so I can't complain if something happens and I get hurt.

Signature..... Date:.....

Lake Run Club Board

President: Jana Kiefer
 jkiefer@growmark.com 309-452-7749
Vice President: Jeff Hall
 jeff.hall35@verizon.net 309-452-4609
Secretary: Jennifer Haggerty
 toothclnr72@aol.com 309-827-6767
Treasurer: Jeff Curtiss
 jaccell@aol.com 309-829-2822
Newsletter Editor: Vicki King
 newsletter@lakerunclub.com 309-728-2350
Membership: Julie Howell
 jdh6877@aol.com 309-825-6877
Billing/Advertising Coordinator: Jill Schneider
 jrschn2@yahoo.com 309-664-0950
Volunteer Coordinator: Pam Walden
 pmwalden@ilstu.edu 309-662-4405
Lake Run Race Director: Tim & Stacie Rood
 t.rood@insightbb.com 309-451-3309
Member at Large: Tom Arbogast
 tomarbo@yahoo.com 309-829-6342
Member at Large: Mitch Hobbs
 shoeguy@hotmail.com 309-452-7749
Member at Large: Kevin McCarthy
 Kevin@PathPerformance.com 309-451-9927

**Lake Run Club
 P.O. Box 742
 Normal, IL 61761**

www.lakerunclub.org

Other Club Contacts

Adopt-A-Highway Coordinator: Tammy Knippenberg
 tknippenberg@yahoo.com 309-454-5746
 Catch The Wave Coordinator: Deb McNamara
 dmcnamara@ameren.com 309-467-2589
 Kids Run Coordinators: Tim and Stacie Rood
 t.rood@insightbb.com 309-451-3309
 Marathon Training Coordinator: Merlin Anderson
 merlinanderson@growmark.com 309-454-4820
 Pointmaster - Circuit Points: Paul Martin
 pointmaster@lakerunclub.com 309-824-3745
 Public Relations: Jen Ho
 runhojen@netscape.net 309-828-7479
 Ride The Wave Coordinator: Tom Arbogast
 tomarbo@yahoo.com 309-829-6342
 Webmaster: Kent Lowry
 kentlowry@yahoo.com 309-888-9039
 Chilly Chili Director: Deb O'Rourke 309-662-3195
 St. Pat's Director: Bill Read 309-663-0355
 Park to Park Directors: Julie Howell, Leann Steidinger
 jdh6877@aol.com 309-825-6877
 lmsteidinger@insightbb.com 309-530-6037
 Dog Days Director: Mitch Hobbs
 shoeguy@hotmail.com 309-452-7749
 Dawson Lake Directors: Curt Lowry, Kent Lowry
 jazzfan50@msn.com 309-451-9103
 kentlowry@yahoo.com 309-888-9039

Lake Run Club Group Runs

Sundays 10:00 am Green Gables Feb-May
 Tuesdays 5:30 pm Tipton Trails May-Oct
 Tuesdays 5:30 pm M & M Anderson's Nov-Mar
 Thursdays 5:30 pm Green Gables Apr-Oct
 Thursdays 5:30 pm Often Running Nov-Mar

Program Runs:

Ride The Wave Tues 5:30 pm White Oak Park Mar-Apr
 Catch The Wave Thur 5:30 pm CCHS Mar-Apr
 Kids Run Fri 6:00 pm IWU Track Jun-Aug
 Marathon Training... Sat & Sun am Triangle Jun-Sept

Check the Lake Run Club website, www.lakerunclub.org, for more opportunities to run with others.

Listen to WJBC

WJBC 1230 AM radio has agreed to be the official voice of Lake Run Club events. If you have questions regarding upcoming LRC events, listen to WJBC.



Advertising Rates

Would your company benefit from advertising your products or services directly to an active group of people in the Bloomington/Normal area? The Lake Runner is published 11 times a year and is circulated to over 1000 members in more than 600 homes.

Monthly Advertising Rates

Double-sided Insert \$100
 Full Page \$65
 Back Half Page \$60
 Half Page \$45
 Quarter Page \$25
 Business Card \$15

Send your ad work to:

newsletter@lakerunclub.com

-or-

Lake Run Club
 P.O. Box 742
 Normal, IL 61761

Deadline for submission is the 1st of every month.

For more information, contact Jill Schneider at jrschn2@yahoo.com or 309-664-0950

Lake Run Club Membership Form

www.lakerunclub.org

Membership runs Jan. 1 through Dec. 31. Renewal deadline is Feb. 28 to receive discount.

Membership Type (select one):

- New Individual \$20.00 (Includes 1 T-shirt) Individual Renewal \$15.00 Late Ind. Renewal \$20.00
 New Family \$25.00 (Includes 2 T-Shirts) Family Renewal \$20.00 Late Family Renewal \$25.00

Select T-Shirt Size – NEW Members ONLY, please (one for individual; two for families):

New Member: __ Small __ Medium __ Large __ X-Large __ XX-Large
New Family Member: __ Small __ Medium __ Large __ X-Large __ XX-Large

You should receive your membership T-shirt(s) within a month of joining.

Primary Contact:

Name: _____

Street Address: _____

City/State/ZIP Code: _____ / _____ / _____

Date of Birth: _____ (mm-dd-yy) (used for race age groups/recognize birthdays)

Email: _____

Home phone: (_____) _____ Work phone: (_____) _____

Sex: Male / Female (Circle one)

Family Member Names (family membership only / list additional names on reverse side):

Name: _____ Date of Birth: _____ Sex: M / F

Email: _____ (if different)

Name: _____ Date of Birth: _____ Sex: M / F

Email: _____ (if different)

Name: _____ Date of Birth: _____ Sex: M / F

Email: _____ (if different)

The Lake Run Club always welcomes volunteers; please check areas below if you'd like to be involved:

- | | | |
|---|--|---|
| <input type="radio"/> General Help | <input type="radio"/> Kids Series | <input type="radio"/> One-time Admin Projects |
| <input type="radio"/> Race Registration | <input type="radio"/> Marathon Training | <input type="radio"/> Board Activities |
| <input type="radio"/> Finish Line | <input type="radio"/> Catch the Wave | <input type="radio"/> Finish Line Coordinator |
| <input type="radio"/> Split Timer | <input type="radio"/> Ride the Wave | <input type="radio"/> Finish Line Software |
| <input type="radio"/> Water Stops | <input type="radio"/> Adopt-a-Highway | <input type="radio"/> Co-Race Director |
| <input type="radio"/> Lake Run Race (May) | <input type="radio"/> One-time Newsletter Articles | <input type="radio"/> Website Maintenance |
| <input type="radio"/> Help Photograph | <input type="radio"/> Monthly Newsletter Help | |

Please send your application to: **Lake Run Club, P.O. Box 742, Normal, IL 61761.** Make checks payable to: **Lake Run Club.** Any questions? Call Julie Howell at (309) 825-6877 or email at jd8877@aol.com

I know that running and volunteering to work in club races and programs are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete a run. I assume all risks associated with running and volunteering to work in club races and programs including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Lake Run Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver.

Signature of member: _____ Date: _____

Signature (Parent if under 18)



Lake Run Club
P.O. Box 742
Normal, IL 61761

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Nominate Your Runners

This year is almost at an end, and work is underway on what's sure to be another great Lake Run Club banquet early next year. As part of the banquet, we'll recognize outstanding achievements. This year we're adding 2** new awards – see details below.

Please turn in your nominations for:

- 1) Volunteer of the Year
- 2) Female - Runner of the Year
- 3) Female - Best New Runner
- 4) Female - Most Improved Runner
- 5) Male - Runner of the Year
- 6) Male - Best New Runner
- 7) Male - Most Improved Runner
- 8) **Comeback of the Year

For the runner who has made the biggest comeback from a prior year's performance or frequency of racing. The comeback award is not limited to those who have been injured. Not running or racing for numerous reasons are applicable. Also, this award is open to runners of all distances and abilities.

- 9) **Race Performance of the Year

For the runner who had an outstanding performance in a specific race. The "outstanding" part may be relative to a runner. Please indicate the race for which the person is being nominated.

Please submit your nominations by Friday January 5. Send them to **Jeff Hall** at jeff.hall35@verizon.net or 1317 Ogelthorpe Ave Normal, IL 61761. They can be in any format, but try to include a few sentences to support your nomination. You may nominate any club member, including yourself – who better to know how successful a year you had!

The nominations will be compiled and available for voting in early January. Check our website www.lakerunclub.org for information on how to vote.