Run The Woods 5K - October 4, 2008

Some Run The Woods runners were all smiles during the race. Melinda Cheek (left) and Ines Halloran don’t appear to mind the course changes, even though some hills were added this year. (photos courtesy of Amy Copple)

Fixtures

Circuit Races ............... 2 New Members .................. 8
Member Profile ............. 3 Birthdays ....................... 8
Race Clipboard ............ 4 Volunteer Roundup ........... 9
Sherry’s Observations ...... 5 Race Results .................. 20
President’s Message ...... 6 Race Applications .......... 22
Secretary’s Corner ......... 7 Club Information .......... 23

Features

Tuesday Night Runs ....... 6 Marathon Training ........ 15
Thursday Night Runs ...... 7 Why I Miss Running ....... 16
Common Injuries ........... 10 Membership Database ... 18
Centerfolds ................. 12 Donna’s Fat Ass 30 ....... 19
Benefits of Massage ....... 14
Important Note!!

Did you qualify for the coveted High Five! award by running or volunteering at each of the five club-sponsored circuit races (St Pat, Lake Run, Park 2 Park, Dog Days, & Dawson)? Avoid problems later by checking now to confirm your circuit and volunteer points for those races!

Congratulations to the following preliminary list of High Five! award winners:

Kathy Alexander  Dennis Killian
Steve Beasley  Beth Lamb
Amy Beirne  Debra Lowell
George Brown  Wendy Nafziger
Kirby Cheek  Jennifer Nickrent
Emily DeWald  Paul Peacock
Vince Donohue  Robert Pool
Robbie Garrett  Tim Rood
Kim Guttschow  John Runge
Christine Johnson  Peggy Stark
John Kastigar  Leann Steidinger
Jana Kiefer  Mark Wilkins

2008 Lake Run Club Circuit Races
All races are subject to change.

<table>
<thead>
<tr>
<th>Date</th>
<th>Race</th>
<th>Distance</th>
<th>Location</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Mar 1</td>
<td>Miller Park Zoo</td>
<td>5K</td>
<td>Bloomington</td>
<td>35</td>
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<td>Mar 16</td>
<td>St Patrick's Day</td>
<td>5K</td>
<td>Bloomington</td>
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<td>Mar 22</td>
<td>Mountain Goat (f)</td>
<td>10K, 15K</td>
<td>Danville</td>
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<td>Mar 29</td>
<td>CIDA Eat ‘Em Up</td>
<td>5K</td>
<td>Peoria</td>
<td>35</td>
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<td>Apr 5</td>
<td>Lincoln Memorial (f)</td>
<td>1/2 Marathon</td>
<td>Springfield</td>
<td>43</td>
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<td>Apr 6</td>
<td>CHS</td>
<td>5K</td>
<td>Bloomington</td>
<td>35</td>
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<td>Apr 19</td>
<td>Eureka Race with your Heart</td>
<td>4M</td>
<td>Eureka</td>
<td>36</td>
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<td>May 3</td>
<td>Lake Run</td>
<td>4.37M, 12K</td>
<td>Lake Bloomington</td>
<td>36,40</td>
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<td>Jun 7</td>
<td>Tremont</td>
<td>5K</td>
<td>Tremont</td>
<td>35</td>
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<td>Jun 14</td>
<td>Steamboat Classic (f)</td>
<td>4M, 15K</td>
<td>Peoria</td>
<td>36,41</td>
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<td>Jun 21</td>
<td>Lexington</td>
<td>5K</td>
<td>Lexington</td>
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<td>Jul 4</td>
<td>Park 2 Park</td>
<td>5K</td>
<td>Bloomington</td>
<td>37</td>
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<td>Jul 12</td>
<td>Dog Days</td>
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<td>Lake Bloomington</td>
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<td>Aug 9</td>
<td>Dawson Lake</td>
<td>5K</td>
<td>Dawson Lake</td>
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<td>Aug 17</td>
<td>Danvers Days</td>
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<td>Danvers</td>
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<td>Sep 21</td>
<td>Shoreline Classic (f)</td>
<td>5K, 15K</td>
<td>Decatur</td>
<td>35,41</td>
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<td>Oct 4</td>
<td>Run the Woods</td>
<td>5K</td>
<td>Timber Pt, Lake Blm</td>
<td>35</td>
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<td>Oct 26</td>
<td>Allerton Park (f)</td>
<td>5.5M</td>
<td>Monticello</td>
<td>37</td>
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<td>Nov 2</td>
<td>Canal Connection (f)</td>
<td>10K</td>
<td>Utica</td>
<td>38</td>
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<td>Nov 9</td>
<td>Jingle Bell</td>
<td>5K</td>
<td>Bloomington</td>
<td>35</td>
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<td>Dec 13</td>
<td>Deer Run Run</td>
<td>8K</td>
<td>Lake Evergreen</td>
<td>37</td>
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</table>

(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 AND earn 50 volunteer points 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 (Miller Park Zoo 5K).

• Age groups for the circuit are as follows (for both male and female):
Michelle Chlada is new to the running scene and gaining experience with every step. An ex-smoker, Michelle started running for many of the same reasons many people run – weight maintenance and fitness. Here’s her success story…

**J & G Team:** Michelle, how long have you been a running addict?

**Michelle:** I’m a brand new runner. As a child/teenager I was more interested in team sports like softball and volleyball. In my 20’s, I was more interested in beer, cigarettes, and pizza. In January of this year (somewhere in my 30’s) I started a 10 min walk / 1 min run program and have since worked my way up to running 8+ miles.

**J & G:** But why did you start in the first place?

**Michelle:** I had quit smoking a year before and I’d lost about 50 pounds from a walking program, when I hit a weight-loss plateau. I knew it was time to turn up the intensity if I was going to lose any more weight.

**J & G:** Two amazing accomplishments! Did you have some help along the way?

**Michelle:** My fiancé, Johnny Reed. Not only does he put 110% into everything he decides to do, but he’s been my rock through the good and the bad. We usually don’t run together though; he’s way too fast for me!

**J & G:** How does the Lake Run Club fit into this picture?

**Michelle:** I had always wanted to run the Lake Run and was familiar with the LRC through friends. I knew that making myself accountable to others and creating deadlines for my progress would keep me going. So, as soon as I started running, I joined the LRC, signed up for a few upcoming circuit races, and began looking into ways to volunteer. It seems to be working so far.

**J & G:** It certainly does! Where did your racing career begin?

**Michelle:** It was at the Miller Park Zoo 5K. I had barely worked up to 1 mile of running at that point, so I ran the first mile and had to walk the last two. I was nowhere near ready to run a 5K, but I pushed my way through it despite thinking I would surely throw up or pass out. Looking back now, I can’t believe how hard that first race seemed, and yet I was hooked from the start.

**J & G:** What’s your most memorable race so far?

**Michelle:** The Peoria Steamboat Classic. Johnny and I arrived late and had to run to the start line after everyone else had already taken off. For those who don’t know, Steamboat is a big race and there were a lot of spectators watching us run up the hill to the start. How embarrassing!

**J & G:** We know your running career has been short, but have you heard of a running legend named Rich Beal?

**Michelle:** He’s the guy with the big entourage, fancy clothes, and lots of “bling”, right?

**J & G:** That’s exactly correct! Most runners have some goals they’ve set for themselves – can you tell us about one of yours?

**Michelle:** The PF Chang Rock ‘n’ Roll half marathon in Phoenix through Team in Training. My mom, grandmother, and cousin have all battled Lymphoma and I have an uncle who is battling a variant of Myeloma, so it’s a personal battle for me. I really believe in the organization and I believe that every one of us can help them make a difference in the lives of patients and their families. I chose Arizona because it’s dry and flat and the race month marks my 1 year anniversary as runner. If anyone wants to donate to the cause, have them contact me directly at michelle102774@gmail.com.

**J & G:** Good luck with your race! And congratulations for being part of the Team in Training! Who have you been training with?

**Michelle:** Stephanie Martin and I trained for Park 2 Park and really helped each other work up to the distance. I like to do my long runs with Christy Chamberlain and Kelli Powers because the conversation makes an early Saturday morning fly by. Of course, I have to mention the entire Team in Training; they’re just an amazingly supportive group of people and the experience has been great! I can’t thank the coaches, Terry Plickebaum and

**Profiles continued on page 7**
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, contact the person listed or check the race form to verify dates and times.

NOVEMBER

11/1 Race to Cure Diabetes XC 3M Peoria, IL 10:00am Detweiller Park Michael H helgemr@comcast.net

11/1 Run for Justice 5K Urbana, IL 9:00am Crystal Lake Park serviceandjustice@gmail.com

11/1 Jingle Bell 5K Decatur, IL 9:00am Hickory Point Mall 217-523-2200 mark@grainnet.com

11/2 Canal Connection 10K Utica, IL *Circuit Race* 11:00am Utica Grade School Jon B 815-223-8988 bastuck@mindspring.com

11/2 Rattlesnake Master 10K, 5K Urbana, IL 9:00am Meadowbrook Park www.prairienet.org/gpf

11/8 Gobbler Hobbler 10K Oswego, IL 9:00am Park District Civic Center Kristie V 630-554-1010 www.oswegolandparkdistrict.org/main_programs.htm

11/9 Jingle Bell 5K Bloomington, IL *Circuit Race* 1:00pm The Chateau Craig R 309-451-0785 crogers.arty@yahoo.com

11/9 Rock ‘n’ Sole Trail Challenge 5.25M Chicago, IL 9:00am Schiller Woods West Grove #3 773-868-0893 www.universalsole.com

11/15 Hawk Hustle XC 4M Moline, IL 10:00am Blackhawk College Shelly C 309-796-5052 www.cornbelt.org/r-bhh08app.pdf

11/15 Jingle Bell 5K Rockford, IL 8:00am Rockford Memorial Hospital 815-971-6380 psolberg@rhsnet.org

11/16 Red Eye 8K Joliet, IL 7:00am Memorial Stadium Karen G 815-741-7275 ext 207 www.jolietpark.org

11/22 Turkey Trot 10K, 5K Decatur, IL 9:00am Fairview Park 217-429-3472

11/22 Run for the Library 5K Mahomet, IL 9:00am Lake of the Woods 217-586-2611 www.mahometpubliclibrary.org/wp/

11/22 Jingle Bell 5K Springfield, IL 10:00am Lincoln Land Comm College Nicole C 217-523-2200 ncain@arthritis.org


11/23 Lincolnwood 10K, 5K Lincolnwood, IL 8:45am Prosel Park Shelter (chip timed) 847-673-1540 www.lincolnwoodil.org/RecreationTurkeyTrot.cfm

11/23 Peoria Park Turkey Trot 4M Peoria, IL 1:00pm Detweiller Park 309-681-2866 or 309-688-3667 www.peoriaparks.org/events/sportsrun.html

11/23 Fox & Turkey 4M Prediction Run Batavia, IL 9:00am River West Family Fitness Tom J 630-879-6924 www.frtr.org

11/27 Turkey Trot 8K Chicago, IL 9:00am Lincoln Park www.caprievents.com

11/27 Poultry Predictor 4M Joliet, IL 9:00am Pilcher Park Dave C 630-285-4087 daverun@aol.com

11/27 Turkey Trot 3M Bloomington, IL 9:30am Miller Park registration (free!) begins at 8:30 309-434-2260 www.cityblm.org/events.asp?id=9099

11/28 Trot for Tots 2M Peoria, IL 10:00am RiverPlex www.trot4tots.org/registration.html


DECEMBER

12/6 Jingle Bell 5K Peoria, IL 10:00am RiverPlex 309-682-6600 greaterillinois@arthritis.org
Race Packets
by Sherry Detloff

There are races where you get a bib, safety pins, a T-shirt and some snacks afterwards. Then there are races where you get all of the above, AND a race packet! I’m not sure when and how the ‘goodie bags’ you get at races started being called ‘race packets’; maybe ‘goodie bag’ sounds too much like something you get at a children’s birthday party or when you go trick-or-treating.

Some race packets are pretty skimpy; do I really need another Road ID order form or (no offense) more Team in Training literature? Some race packets are like Christmas stockings but without the stocking. Each item you pull out of the bag is a pleasant, unexpected surprise. For example, in the Save R Sight 5K race packets (very generous), I received a notepad, a clip-on magnet and a pocket photo album, among other things. Somebody put a lot of thought and creativity into those race packets.

My favorite race packet contents are edible, of course. I’m not talking about those chewy rip-your-fillings-out Power Bars you sometimes find in a race packet. I’m talking about practical treats – like chocolate! The early spring CIDA Eat ‘Em Up 5K in Peoria is sponsored by the Central Illinois Dieticians Association (CIDA), and lemme tell ya, you’ll find some delicious un-dietary treats in those race packets. How about a handful of those bite-size candy bars? Good thing they’re too small to feel guilty about eating. I understand why you don’t get chocolate in race packets – like the Crest Spinbrush I received in my Four Seasons race packet. It was practical and useful, even lifesaving gift (yes, men can get breast cancer too.)

I polled my running buddies – as I often do when I’m writing this column – and asked what they like to get in race packets. There are practical, useful items we all like to receive – Band-Aids, Tylenol samples, BioFreeze gel and ‘shoe wallets’. There are fun items – like the Crest Spinbrush I received in my Four Seasons race packet and the coupon for $5.00 off an introductory class at the Upper Limits Climbing gym, something I’ve always wanted to try. Then I asked them, “What’s the most unusual thing you’ve ever received in a race packet?” In no particular order of bizarreness:

- A condom was included in the Illinois Valley Relay race packets. Supposedly, the condom was to be placed on the baton that was passed between runners in order to provide a better grip on the baton. (I know what you’re thinking, because I’m thinking the same thing!)
- A certificate for a free mammogram – and this wasn’t even a Komen ‘Race for the Cure’ event. Now, a free mammogram is a practical, useful, even lifesaving gift for a woman. But how many men actually redeemed their coupons for a free mammogram? (Yes, men can get breast cancer too.)
- A ‘Wet® Body Glide Kit’ that included:
  - A sample lubricant gel that “Does not break down in water, so it stays wet through sweat and swim!”
  - A sample shaving cream gel – “Great for shaving legs, chest, back, head, face and intimate areas, for him and for her alike!”
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  - A certificate for a free mammogram – and this wasn’t even a Komen ‘Race for the Cure’ event. Now, a free mammogram is a practical, useful, even lifesaving gift for a woman. But how many men actually redeemed their coupons for a free mammogram? (Yes, men can get breast cancer too.)
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  - A sample lubricant gel that “Does not break down in water, so it stays wet through sweat and swim!”
  - A sample shaving cream gel – “Great for shaving legs, chest, back, head, face and intimate areas, for him and for her alike!”

The enthusiastic explanation on the kit stated: “Body Glide Is Not Just For The Bedroom! As a maker of some of the world’s best intimacy products, Wet® understands friction. Prepare your skin for success with these premium products!”

Many thanks to this month’s contributors: Wendy Nafziger, Deb McNamara and Vicki King. And keep on racing – you just never know what you’ll find in a race packet! Now, if you’ll excuse me, I must go “prepare my skin for success”…

---

12/6 Jingle Bell 5K
Peru, IL
10:00am Grace United Methodist Church Marilynn H
815-224-2799 arthritisiv@att.net

12/6 Santa Sleigh 5K
Arlington Heights, IL
10:00am South Middle School (all runners get Santa suits)
Bill K 847-290-0753 www.rotaryah.org

12/7 Frostbite Festival 10M, 2M
Springfield, IL
9:00am jones.linda@mhsil.com

12/7 Cross Country Challenge 8K
Gilberts, IL
10:00am Indian Hills Training Ctr Jim B 773-878-3838

12/7 Jingle Bell 5K
Champaign, IL
Centennial Park 309-682-6600 jfrichtl@arthritis.org

12/13 Deer Run Run Euro XC 8K
Hudson, IL
*Circuit Race* 11:00am COMLARA Park
Mike S 309-726-2022 x-221 parks@mcleancountyil.gov

12/14 Rudolf Ramble 8K
Chicago, IL
9:00am Lincoln Park 773-404-2372 www.caprievents.com

12/14 Jingle Bell 5K
Kankakee, IL
9:00am Shapiro Developmental Center 815-937-2461
jwilken@arthritis.org
**President’s Message**

by Jana Kiefer

Congratulations to everyone who completed their first or fiftieth marathon this past month! October seems to be marathon month around the Midwest, and we have many great races to choose from.

Running in the fall weather is sure a pleasure and I hope everyone is enjoying the changing colors and cooler weather. There are still several races this fall and the circuit doesn’t wrap up until Da Deer Run Run on December 13.

**Merlin Anderson** is putting together more ABC Runs to benefit children in the area. This is a great way to help out some children’s charities or individual families with extraordinary medical needs, and get a great weekend run in at the same time! Not to mention the food that mysteriously shows up at each of these runs, include the famous coffee cake baked by **Meg Anderson**. You’ll have to fend Merlin off in order to get that last piece, however!

Enjoy your fall running opportunities, and please, always run safely.

---

**TUESDAY NIGHT GROUP RUNS**

Meg & Merlin Anderson’s house
107 S Orr Dr, Normal

by Meg Anderson

With Daylight Saving Time ending, it will be getting dark as many of us are driving home from work. It’s a great time to run with friends, rather than alone. Remember to keep your runs safe by wearing reflective gear or carrying a flashlight to be visible to others, especially cars.

Runners are invited to meet at our house on **Tuesdays, starting on November 4**, to run with a group. We usually run 4 miles, but the course is a figure 8 in our neighborhood that can be adjusted each mile. Merl goes out with the faster runners and I will always run/walk with the “back of the packers.”

Please arrive after 5:15 pm and we’ll leave promptly at 5:30. The light will be on, so just walk in the front door.

Directions to 107 South Orr:
From Veterans Parkway, turn west onto College Avenue (towards ISU). After the second stoplight (Towanda Ave), take the first left which is South Orr. We are the 4th house on the right. Feel free to park in the driveway. Any questions, call us at 454-4820.

Hope you can join us!
Secretary’s Corner
by Jen Haggerty

Lake Run Club Board Meeting Tuesday October 7, 2008
Fiesta Ranchera
Bloomington, IL


Newsletter (Bob King): The November newsletter will have updated contacts for the new program coordinators and race directors. There will also be a reprint of instructions for updating personal information on the member database.

Membership renewal forms will be mailed in early November. There are some potential changes needed. Jill Usiak’s online volunteer signup system may eliminate or reduce the need for “volunteer interest area” check boxes on the form. Julie Howell (membership chair) would like more lines for additional family members and a check box for “no personal information has changed.”

The subject of allowing easier access to the online version of the newsletter was discussed. The Board agreed to put a link to the current issue on the homepage, keep the current and older issues on the members-only page, and track hits at both sites before deciding what path to follow. Bob will work with Paul Martin and Kent Lowry on this. He will also work with Kent to set up a website link to a standardized reporting form for non-circuit results.

THURSDAY NIGHT GROUP RUNS
Often Running
206 S Linden, Normal

by Kirby Cheek

Join the crowd. There’s safety in numbers!

With the clocks changing in early November, it’s starting to get dark early now. Sooo, the Thursday Night Running Group will shift from running at Lake Bloomington to running in town, beginning Thursday November 6.

Everyone is welcome to join us. The more the merrier – and safer! We meet at Often Running on Thursday nights, at 5:30pm. Running is on the Constitution Trail when lighting permits, or on quieter back streets and sidewalks. The full distance is usually about 4 miles, but if that seems a bit challenging, the out and back course easily permits shorter distances.

Pace is not important. There’s a group of fast runners, for those who wish to push the envelope; and a bunch of really nice “social” runners, out for some exercise and health benefits, running at a very conversational pace.

Not sure about running in cold weather? Just show up. There will be lots of advice and tips from experienced runners. Our goal: No one gets left behind; no one runs alone.

Treasurer (Bob Lambert): All races are up to date. He is gearing up for upcoming fall events.

Billing/Advertising (Cathie Haab): Jana Kiefer, Julie Howell and Cathie are compiling a list of special contacts that the board uses during the race year.

Volunteer Committee (Jill Usiak): The Volunteer Party is Saturday October 18 at the Gorden’s on East Empire (across from BHS). RSVP to Jill if you plan to attend. The committee has contacted Drew Hartman to set up a volunteer sign up webpage. This will aid in tallying volunteer points and circuit standings, and will eventually do away with the need for a volunteer pointmaster.

Race Reports:

Jingle Bell Race: Members of the LRC board met with the Arthritis Foundation.

Volunteer Point Reporting: There will be a trial run for automated point reporting based on volunteer website signups for the Deer Run Run 8K in December.

Final 2008 Circuit Races:
- Allerton Park 5.5M – October 26
- Canal Connection 10K – November 2
- Jingle Bell 5K – November 9
- Deer Run Run 8K – December 13

The next board meeting will be at 7pm on Tuesday December 2, at the Fiesta Ranchera near Best Buy. All meetings are open to the public.

Profile continued from page 3

Julie Riley, enough for all they do and how much they’ve already helped me push past my previous limits.

J & G: We know running takes discipline, time, and commitment – what makes you stay with it?

Michelle: I started running to lose weight, but there are a million reasons why I continue. Don’t get me wrong, I still run to eat! But I also run because I keeping going farther than I thought I could and I want to know just how far I can go. I run because it has given me a purpose through events like TnT and I believe I can help make a difference. And I run because I love the “me” that running has created: better, stronger, happier, and more alive!

Well, Michelle, it looks like you’ve jumped in with both feet! Keep racking up the mileage and you’ll breeze through your half marathon! And thanks for doing such a great job as Circuit Pointmaster for the LRC. Volunteers like you are golden.
Welcome New Members

Kayla Bryan
Melody James
Bill James
Julie James
Jacy James
Katy MacMann
Kelsey McCollom
Patty Solberg
Joe Solberg
Melody Stonier
Sharron Thornton
Ivanco Tomovski

November Birthdays

November Birthdays

1 Nancy Arbogast 14 Gary Campbell 25 Haley Dees
1 Tamara White 14 Michelle Monk 25 Hannah Magnuson
2 Kim Barman 14 Christine Spiezio 25 Gary McGowan
2 Melinda Cheek 14 Shirley Walker 25 Deborah Mullins
2 Jakob Garrison 15 John Chambers 25 Ryan Stites
3 Ruth Gorden 15 Rob Dwyer 25 Jacob Thacker
3 Matt Howard 15 Kristine Klinzing 25 Tove Thomas
3 Tamara Rennick 15 Larry Schumacher 26 Jeff Hatten
3 Jenn Smith 16 John Fryman 26 Chris Magnuson
4 Denny Feicke 16 Victor Strong 27 Julie Fehrenbacher
4 Thom Woodard 16 Laura Verplaetse 27 Jenna Greenlee
5 Jessica Kastigar 16 Mitch Walden 27 Stephanie Roberts
5 Carol Pratt 17 Tanner Gillam 27 John Strong
6 Roger Aukerman 17 Kim Monical 27 Deanna Thomas
7 Jack III Capodice 18 Jesse Baird 28 Joshua Bales
8 Athena Kulb 18 Maggie Ochs 28 Pam Walden
8 Renee Nord 18 Art Wynn 29 Geoff Ower
9 Judy Yoder 18 Stephanie Yoder 29 Maddison Roop
10 Sarah Pilcher 19 Rob Johnson 10 Sarah Pilcher
10 Stacie Rood 19 John Runge 10 Stacie Rood
11 Allison Klein 20 Jacob Harlow 11 Allison Klein
11 David Stiles 22 Tod Williamson 11 David Stiles
12 Nancy Reinhart 23 Savannah Hozie 12 Nancy Reinhart
13 Al Holt 24 Glenn Kinley 13 Al Holt

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It is amazing how we seem to go from the dead of winter to the heat of summer to the cool (and buggy) evenings of fall all in the matter of a few months. I don’t ever remember the drastic, almost light-switch off and on, of our seasons in lovely central Illinois. What happened to a gradual switch from the blistery cold days of winter turning into the pleasant days of spring, and the oppressive hot days of summer being replaced with the type of weather we've been enjoying the last 3 or 4 weeks?

Well, the “season” is slowly winding down, the nights are cooler (and shorter), the leaves are changing and many of you have achieved your 2008 goals by running that marathon, completing that first race, or helping make our Lake Run Club the best running club.

In case you haven’t set or completed any goals related to your own personal fitness OR the betterment of the Lake Run Club, rest assured you have several opportunities left in 2008 and LOTS of time to plan for 2009.

2008 volunteer opportunities within the Lake Run Club circuit include the Jingle Bell run on November 9 and the Deer Run Run scheduled for December 13. Details for these and other volunteer opportunities can be found on our website (www.lakerunclub.org), or by directly contacting Craig Rogers (crogers.arty@yahoo.com) for the Jingle Bell run or Mike Steffa (parks@mcleancountyil.gov) for the Deer Run Run.

Other volunteer news:

Did you see the awesome article in the Pantagraph written by our own Scott Richardson about Tonya Barker and the “Summerfield Running Club”? If you missed it, check out the Pantagraph online. It was a very inspiring story about marathon runner Tonya Barker and her passion to spread the love of running to our children.

In a nutshell, Tonya meets up to 20 kids from the Summerfield subdivision, Monday through Friday, at Northpoint Elementary school and runs with them the 1 mile from school to her home. Once they arrive she has a healthy snack waiting for the kids and the kids play in her back yard until their parents arrive to pick them up!

She has patterned the Summerfield Running Club after the Lake Run Club as she has a monthly newsletter, organized activities for the kids after the run AND she even has T-shirts for the kids to wear on Fridays to promote the club.

It is my hope that someone out there will take her example and start something similar in their neighborhood or school… What an AWESOME example of promoting a healthy life style through the sport we love – running!!!

If you are interested in starting something like this in your neighborhood, send Tonya an email at tonyabarker@msn.com. She would love to share her experiences with you.

How about the volunteer Top Ten? (as of October 1, 2008)

1. Merlin Anderson
2. John Kastigar
3. Rich Beal
4. Jill Usiak
5. Dawn Dieckgraefe
6. Meg Anderson
7. Pam Walden
8. Mitch Hobbs
9. Robert Catanese
10. Jana Kiefer

Congratulations to all of our more than 150 volunteers!

To all of you looking for or even thinking about volunteer opportunities – let’s take that number over 200 for 2009!!!

VOLUNTEER ROUNDUP

by Jeff Wells
Common Injuries in Runners

by Jeffery Kramer, PhD,
Director of Clinical Research,
Millennium Pain Center

At some point in every runner’s life, they are likely to experience a running associated injury. This can be a very frustrating circumstance in life because, apart from the pain and other symptoms, it usually means that running needs to be restricted while the injury heals. For most athletes, not being able to run means a change in routine, a potential loss of fitness, and denial of an enjoyable activity. It is easy to say, “I’ll just run through the injury and it will take care of itself.” However, it is essential that the injury be quickly and appropriately treated or more serious complications can develop which may lead to ever greater injury and the necessity for more advanced treatment.

One of the best ways to address running injuries is to avoid them in the first place. They say that an ounce of prevention is worth a pound of cure, and preventing running injuries takes three basic forms:

1. proper fitness and training,
2. proper running technique, and
3. proper equipment.

Proper fitness can take many shapes, but muscle strength is a key factor. Some running injuries have an underlying etiology of a lack of strength in a particular muscle group. Lack of strength in one particular muscle group puts a strain on other muscle groups and leg structures. This unbalanced strain may eventually lead to an injury. So, proper leg muscle strength is a key component to preventing injury. Proper training will also avert potential injury. Appropriate increases in mileage and intensity are key to increased performance and also maintaining musculoskeletal health. And it cannot be overstated that proper stretching should be a staple of any runner’s warm up.

Proper running technique can also help prevent injury. Specifically, proper heel strike and running form can avert injury. Runners who overpronate (heel rotates inward too far) or supinate (heel rolls outward too much) can be susceptible to various lower leg and foot injuries. Adjusting technique, using special orthotic shoe inserts, or wearing shoes designed to help prevent these problems can all help. And regarding shoes — the proper equipment can also help you keep on running without injury. It is important that you replace worn shoes at proper intervals. Not only do the soles of the shoes wear, but the structure of the shoe will eventually weaken and may leave one susceptible to foot injuries.

Running injuries are, obviously, mostly confined to the hips, legs and feet. Bone, tendon and muscles can all be anatomical sources of injury. Muscle pulls/strains and ankle sprains are common sources of injury. Muscle pulls should not be confused with residual muscle soreness that should naturally resolve itself without treatment.

Working our way from the hip down, one of the most common sources of hip pain from injury is a condition known as iliotibial band syndrome (ITBS). The iliotibial band is a tendon that runs from the outside of the hip (ilium) to the outside of one of the long bones in the lower leg (tibia). If this band becomes thickened, it can become inflamed or may rub against the bone causing inflammation and pain. Stretching exercises, ice and anti-inflammatory medication can help treat this condition. Non-steroidal anti-inflammatory drugs (NSAIDs) are over-the-counter products such as ibuprofen that are helpful in alleviating pain and inflammation.

The knee joint is a fairly common location for running injuries. A condition known as chondromalacia or “Runner’s Knee” occurs when the back of the kneecap is wearing away because the kneecap is not riding over the knee appropriately. Individuals will typically experience pain behind or on the side of the knee, crepitous (grinding sound) when the knee is flexed, and swelling. Treatment includes rest, NSAIDs, icing and strengthening exercises of the quadriceps muscles (the large muscle group in the front compartment of the thigh).

A common lower leg injury is shin splints, used to describe different injuries that manifest themselves as pain in the lower leg. One source of this pain is an inflammation of the interosseous membrane over the leg bone. Pain is typically in the inner area of the shin (tibia bone) and treatments include rest, NSAIDs and stretching of the calf muscles (gastrocnemius and soleus). In mild cases, duration and intensity of running should be reduced.

Moving down to the foot, there are three injuries that are most often observed:

1. plantar fasciitis,
2. Achilles tendonitis, and
3. stress fractures.

Plantar fasciitis is a condition where the plantar fascia (a thick fibrous band of tissue on the bottom of the foot) becomes inflamed and painful. Rest and a course of NSAIDs are initially recommended with a potential for orthotics if indicated. Stretching the calf muscles may also help in treatment.

Achilles tendonitis occurs when the thick tendon at the rear of the heel (it connects the calf muscles to the heel) becomes inflamed and painful. Weakening of the calf muscles, improper stretching, or sudden increases in distance can precipitate this condition. Rest and a reduction in weight-bearing activities are important along with the use of NSAIDs and ice if swelling is present. It is important to not push things with Achilles tendonitis because further weakening could lead to a rupture of this tendon and surgical repair.

Finally, stress fractures can be observed in bones within the foot. These typically occur in the small bones of the foot but can also be observed in the long bones in the thigh (femur) and lower leg (more often in the tibia than fibula). In these cases, running needs to be withheld for the fracture to heal. Pain medications can help alleviate pain. Weight-bearing activities should be avoided, but pool running can be prescribed in order to help maintain fitness and an active lifestyle.

In all cases of running injuries, pain or other symptoms lasting more than 2-4 weeks despite conservative treatment should
prompt a visit to your physician. Other more aggressive treatment options are available to treat all of the above mentioned running injuries. Some of these options include stronger pain management options and corticosteroid injections to help reduce inflammation and promote healing.

Alternative treatment options include injecting solutions of highly purified sodium hyaluronate (hyaluronan) into a painful joint. Our bodies naturally produce hyaluronan and it acts to lubricate and provide shock absorption in healthy joints. Osteoarthritis and other conditions reduce the ability of the fluid in joints to provide these normal protective actions, so supplementing this naturally occurring substance in the joint can provide added protection.

Physical therapy may be recommended in some cases as well to facilitate recovery and get you back on the road to running. In all cases, your physician is the most reliable source of information regarding your injury.
Run The Woods 5K - Centerfolds
Hello fellow runners! This time of year many of us are putting in longer miles – either for a big fall race or just because the weather is so much cooler and nicer. So it seems like a good time to talk to you about one of the best things you can do for your body…

As you prepare for fall marathons, you also need to think about recovery after the marathon. Your body will thank you if you incorporate pre-race and post-race massage into your routine. You invest a lot of time preparing for a marathon and you never know until after the marathon if you will have some on-going aches and pains.

I asked Ryan Case (one of Empire Spa’s favorite clients) to tell me a little about his pre-race and post-race massage experiences:

“For me the deep tissue / sports massages are as important as cross training for my running. It provides a way to keep my body running at its best.

Sports massage has two primary benefits prior to events:

- It breaks up tough / sore muscle tissue, so you have a loose, full stride while racing. When you are able to relax more, you will use less oxygen, and thus run faster.

- It increases flexibility. While stretching does help, typically the muscles needing the most work are difficult to stretch by yourself. But a pre-race sports massage will give you the extra stretch that will help keep pulled muscles at bay.

Sports massage is also great for post-race relief and maintenance:

- Similar to a pre-race massage, a post-race massage will help break up sections of tight muscle adhesions caused by dehydration and muscle strain. This helps to flush out the lactic acid that remains in your body after a race. Because of that, it’s very important to stay hydrated the day before and day of a post-race massage. Avoid caffeine if possible.

- A post-race massage helps to speed up recovery. Damaged muscle tissue needs time to repair. Without a massage, it may take me five days after a big race to feel 100% again; but a massage two days after typically cuts that time in half.”

Massage is very beneficial to everyone, but especially those of us who are runners – whether we are beginners, recreational, or elite runners. You will enjoy many healthy running years if you take care of your body. Stretching and massage are very important to keep you injury free.

A spa is a great place to relax after a tough week at work, with a group of friends for a spa party, a couples’ massage with a special person in your life, or simply by yourself for some true downtime from our hectic lives. Let it be your sanctuary for an hour or more to relax, unwind, and rejuvenate your mind, body and soul.

With all the hard work you put into your running (or biking, or swimming, or whatever form of exercise you choose) – you need to take care of your body. So relax and let yourself be pampered! Your body deserves it.
The 2008 marathon training program was once again successful in safely preparing a motivated group of runners for their fall marathons. A total of 37 runners joined the marathon training program, an increase from the 33 who participated in 2007.

I owe a huge thank-you to the volunteers who helped out again this year by setting out the drinks on a regular basis, being a speaker at a group meeting, and/or running with the group to provide additional motivation. One of those volunteers, John Kastigar, will take on an even larger role next year as the 2009 Marathon Training Coordinator. Thanks, John, for helping to end my three-year reign as the Marathon Training Czar on a high note.

Donna Creditor and Steve Barr spent many an early morning driving all over town putting out the drinks, and picked up the slack when I had to be out of town. Kevin McCarthy not only distributed drinks but also gave a great talk on hydration and nutrition at our second group meeting.

At our third group meeting, Tom Engelhorn gave great advice on tapering and race day strategies, all laced with his special humor and inspiration. And most important is my wife Meg, who always makes so many contributions to all of my endeavors. Thanks so much to all of you!

Of the 37 participants this year, just over half (19) are running their first marathon. A show of hands at the initial meeting indicated that about two-thirds had selected the Chicago Marathon. That so many got into Chicago is something of a surprise to me, seeing as Chicago seems to fill up earlier and earlier every year. Those wishing to do Chicago next year should keep their eye on when registration opens and then get their registration in as soon as possible.

Our 37 participants included:
Katie Altrichter, Miles Bertsche, Larry Blumenstock, Jorge Bonilla, Chris Corpus, Mike Deavers, Suzy Dees, Cheryl Dwyer, Adam Ebreo, Casey Faro, Mike Fazio, Erin Furmisky, Seth Giesen, Jessica Giesen, Ben Halloran, Jacob Harlow, Mike Holzworth, Jenny Holzworth, Jenny Johnson, Kristopher Kahler, John Kahoutek, Elizabeth Phelps, Larry Pinter, Tyler Pinter, Krystyn Rutherford, Benjamin Schmeiser, Larry Schumacher, John Shirpke, Sonya Shuey, Lisa Sparks, Cara Sweet, Ashley Tice, Daniela Tomovski, Ivano Tomovski, Charles Tromp, Kevin Tuuk, and Pam Walden.

Best of luck and congratulations to all of you! You all worked hard to develop your ability to go the distance. May a gentle, cool breeze help speed you to the finish.

Merlin Anderson (center), Marathon Training Coordinator, is surrounded by several of this year’s LRC Marathon Training program participants. 2009 Marathon Training Coordinator, John Kastigar, is on the far right. (photo courtesy of Merlin Anderson)
Why I Miss Running

by Julie Howell

A few years ago this runner became a triathlete. It started as a way to try new things and accomplish new goals. It was especially fun at first, because just like in running, when you’re really bad, you can make big improvements. For example, if your first marathon is 5:35 (as mine was), it’s not too hard for your next one to be 5:09 and then run a 4:36. That’s about an hour of PR in three races – not too shabby! However, it took me 20 more marathons to break four hours, and eventually a total of 31 races to qualify for Boston. It got a lot harder to take off huge chunks of time. With that BQ time, I had accomplished a long standing running goal and needed to set new ones, so I turned to triathlons.

In the past few years I have completed about 15 triathlons at a variety of distances. It’s a very humbling experience because I’m pretty terrible. I like to consider myself a relatively decent runner but I’m an awful swimmer and oddly enough an even worse biker. You’d think having good running legs would translate to success on the bike; definitely not the case for me. In triathlons, I’m constantly last in my age group and often have to worry about being last in the entire race. While I try to compete as a runner, my triathlon philosophy is to show up, have fun, and finish.

Most tri’s have varying distances in the swim and bike, but they tend to include either a 5K (called a Sprint tri), a 10K (an Olympic), a half-marathon (Half-Ironman) or a full marathon (Full-Ironman). Most people know that I’m a little bit crazy already, so it won’t be too much of a shocker when I tell you that this year I decided to go for that ultimate accomplishment, set the highest goal, and signed up for an Ironman. I’ve already successfully (albeit slowly) completed all three distances leading up to the big race. The next logical step in my mind was to try an Ironman. On November 23, I will attempt a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run in Arizona. And yes, I will try to do this all in one day as the time limit is 17 hours.

I have spent the entire summer training for this event. Because I am a strong runner, I have focused my training on my two weakest areas. I have put in countless hours swimming and biking. In the process, I have made the realization that I am and will first and foremost always be a runner. My heart is not in these other two sports; I do them because they are the necessary first two steps to getting to the third event: the glorious run. While I am excited about my upcoming event, part of me can’t wait for it to be over so I can get back to what I love most. Here are just a few reasons why I miss running:

Running is simple. Throw a top, a pair of shorts, socks and shoes in a bag and you’re pretty much good to go. It takes five minutes to pack. However, to swim you need goggles, swim cap, suit, towel, and dry clothes. You need your pull buoy and kickboard. You have to find a place to swim, which is not always the easiest thing to do. To bike you need to have on just the right pair of padded shorts,
triathlon friends. A lot of people don’t swim nor do they have any desire to go for a four hour bike ride. If I need someone to run with, there are usually three or four runner girlfriends a simple phone call away. And running is more social, too. You can’t really talk during a swim, and half the time the wind is so strong on the bike you’re always screaming, “What did you say? I didn’t hear you!” On race day, people are so busy setting up their transition areas there isn’t a whole lot of pre-race chit chat.

It’s easier to find a running race. In the summer you can pretty much find a 5K on any weekend within a local 30 mile radius. During spring and fall there are fewer options and you may have to drive a little bit further, but you can still find a running race pretty easily. However, tri’s need a body of water and require some serious logistics for the bike, so they can’t be just anywhere. The Tri-Sharks put on two great local races, but that’s about it.

This summer I had to drive to Michigan and Ohio to find a Half-Ironman, and will go all the way to Arizona for my full. I also had to drive to Chicago and Wisconsin to compete in open water swimming events.

Running is less time consuming. Even at the peak of marathon training, most people only put in about 5-10 hours of training a week. However, for me Ironman training includes about 1-2 hours per weekday and 5-10 hours on the weekends. Right now I’m hitting about 12-15 hours of training a week, and to be honest I’m not even getting all of it in because I don’t have enough time in my day. Also, it is so mentally tough to drag yourself out on a 2-3 hour bike ride on a weekday after working for eight hours. I ride out to Lake Bloomington on Thursdays and envy those going once around the lake and then having a beer and a burger. I can’t wait to rejoin their ranks.

You can run almost anywhere, anytime. Running requires a street or a sidewalk, period. You can run in the early morning, over lunch, or at night if you’ve got some reflective gear. You can even run in almost any weather conditions, hot or cold. Most neighborhoods are safe and we’ve got plenty of wonderful local trails. However, not everyone has unlimited access to a pool. You’ve got to belong to a gym (where the lap lanes tend to be crowded) or try to make your workout schedule coincide with the limited hours of pool availability at one of the universities. There are even fewer opportunities to get in open water practice. Almost anyone can endure a 30 minute run in adverse weather conditions, but who wants to ride for two hours in the wind and pouring rain? Especially this time of the year, bike workouts are cut short by our shortened days; it isn’t safe to be riding in the dark on the same roads as speeding cars. We’re sometimes relegated to taking a spinning class, but a stationary bike just isn’t the same.

Alas, don’t let my ranting persuade you from attempting a tri. Despite all of these reasons why I prefer to run, I really am glad that I’ve taken up triathlon. It is such good cross-training and I think it has helped to keep me healthy and injury-free as well as get in the best shape of my life. Attempting and accomplishing each new goal has been a very fulfilling experience. Wish me luck at my Ironman, and know that I can’t wait to hang up my goggles and cycling shoes and become just a runner once again.
Now it’s even easier to keep your personal information (such as phone, email, and address) up to date. Follow these procedures to access the online membership database and update your personal information.

**Access to the membership database**

From the home page of the Lake Run Club, www.lakerunclub.org, go to 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 membership directory or to update your personal information, you need a personal user name and password.

**Obtain 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). If you don’t get your email within 5 minutes, we may have an old or no email address for you in our database. In that case, contact Paul Hanaki Martin directly at 309-824-3745 or paulhanakimartin@lakerunclub.com.

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

**Update your personal or household 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.”

As always, if you don’t have internet access, please contact our Membership Director, Julie Howell, at 309-825-6877 to ensure that we have your latest information.
Donna’s Fat Ass 30 Miler

Donna’s 30 mile Fat Ass
Lake Bloomington, Labor Day 8 am
Meet at Green Gables.
3x outer and inner loops Lake Bloomington. (one outer/inner combined roughly 10 miles)
No wimps, no awards, no whiners, no shirts will be given out. This is a true Fat Ass event, no fluff or swag.
There will be a water station set up with just water along the course.
Do as little or as much as you want.
Why you ask??? I needed a long run and thought I could get some crazies to join me for part of it.

by Donna Creditor

This was my recent forum posting. Why? Number 1, like it says, I needed a long run and wanted some crazies to join me. Number 2, I felt the forum needed a little zing and I thought the words “Fat Ass” might do it.

What is a “Fat Ass,” you ask? Well, it’s a distance run with nothing grand about it. It’s a very low-key ultra run. The aid is limited – basically it’s bring your own; although oftentimes runners bring food to share, resulting in big pot luck of running foods of sorts. There is no glamour, no fancy shirts, no fees and no whiners. And what is swag? It’s all that cool extra stuff you get at regular ultras – socks, cups, hats, jackets, etc.

Anyway, usually with a Fat Ass, you do as much or as little as you want. Runners, walkers – both attend. Families and friends gather just to run for fun. Very low key.

So back to my, um, The Fat Ass. It was a fun event. I had 5 total participants.

Since I had little response to my posting, I figured the 30 miles was all mine to do. So Steve Barr and I started a little early to get in some extra miles in the inner loop before the 8am official start at Green Gables.

We did meet up with Jana Kiefer, who ended up doing a total of 18 miles with me that morning. Curt Lowry met us for our second loop. He’s been battling a back problem, so this was his longest distance in a while. It was great to have him there; he told us all about the recent bike trip he and his wife had taken.

It was nice to have people jump in and out at their discretion. The company was much appreciated. And although I was waiting for someone I didn’t know to join in asking “Are you the lady with the Fat Ass?” that never happened.

In the meantime, Steve went home to check on the dog and do a few chores; planning to come back for some late miles with me. At least, that’s what he said. I know he was really off eating pancakes. You all know Steve – he likes to tell how he carbo loads for 5Ks.

Merlin Anderson arrived by bike, jumped in at the 2 mile mark after parking his bike, but when he found out it was a Fat Ass, not a smart ass only ended up running 4 miles. (Frankly, each time I look down at the results, it’s nice to see my name in front of Merlin’s; it’s the only time that will happen.)

Jana finished up; it was great to have her out there all those miles. We discussed her upcoming trip to Colorado and other various things. That’s another thing about long runs with others, you can really find out interesting stuff about them, have time to talk, etc. No time for that at a 5K!

Then Steve joined in again. It got pretty hot out there. I’m glad I brought my E-caps and I tried to drink my sport drink as much as I could, but I think I still ended up somewhat dehydrated. Later that night I couldn’t get enough to drink at home.

Poor Steve, he knew that I would not be happy unless I did the whole mileage, so he was very encouraging. To tell the truth, I don’t think I was a very pleasant person between miles 24-28. Maybe he put up with me because he was still thinking of how he fooled me into thinking he was letting the dog out, running errands, and doing chores while I know he was really eating pancakes.

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So next year mark your calendars!!! There will be more water stations, maybe even a clipboard to record number of loops at the beginning/end.

Here are the 2008 results:
Donna Creditor – 30.01 miles
Steve Barr – 18.64 miles
Jana Kiefer – 18.00 miles
Curt Lowry – 7.44 miles
Merlin Anderson – 4 miles
Lake Run Club Race Results
Lake Run Club finishers at recent races:

### Circuit Results

**Shoreline Classic 5K • Sept 21 • Decatur, IL**

- Overall Male: Mike Heffron (16:46)
- Overall Female: Kristin Chandler (20:18)
- First Male Master: Jim Acklin (18:05)
- First Female Master: Debra Lowell (21:34)

- Total Finishers: 275
- Total LRC Finishers: 14
- % LRC Finishers: 05

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<tr>
<td>1</td>
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<td>John Reed</td>
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<td>14</td>
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<td>251</td>
<td>Jeanne Lambrecht</td>
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**Shoreline Classic 15K • Sept 21 • Decatur, IL**

- Overall Male: Mario Macias (45:54)
- Overall Female: Emily DeWald (1:00:45)
- First Male Master: Jim Dahlquist (55:19)
- First Female Master: Pamela Stevens (1:06:07)

- Total Finishers: 329
- Total LRC Finishers: 20
- % LRC Finishers: 06

<table>
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<th>Name</th>
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<td>Sharron Thornton</td>
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<td>240</td>
<td>Nancy Beatty</td>
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<td>254</td>
<td>Steve Barr</td>
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<td>264</td>
<td>Donna Creditor</td>
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<td>266</td>
<td>Diana Brandt</td>
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<tr>
<td>267</td>
<td>Melinda Cheek</td>
<td>1:33:08</td>
</tr>
</tbody>
</table>

**Run The Woods 5K • Oct 3 • Lake Bloomington**

- Overall Male: Clint Wells (19:59.2)
- Overall Female: Stacey Turilli (20:31.4)
- First Male Master: Tod Williamson (20:01.7)
- First Female Master: Lynn Shook (23:39.4)

- Total Finishers: 147
- Total LRC Finishers: 79
- % LRC Finishers: 53

<table>
<thead>
<tr>
<th>Place</th>
<th>Name</th>
<th>Time</th>
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<tr>
<td>6</td>
<td>Tod Williamson</td>
<td>20:01.7</td>
</tr>
<tr>
<td>3</td>
<td>Brian Copple</td>
<td>20:06.2</td>
</tr>
<tr>
<td>4</td>
<td>Todd McCartney</td>
<td>20:26.4</td>
</tr>
<tr>
<td>6</td>
<td>Steve Beasley</td>
<td>20:39.0</td>
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<tr>
<td>7</td>
<td>Bob Brandt</td>
<td>20:44.5</td>
</tr>
<tr>
<td>8</td>
<td>Larry Schumacher</td>
<td>20:50.7</td>
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<td>13</td>
<td>Tim Rood</td>
<td>21:44.4</td>
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<tr>
<td>14</td>
<td>Scott Shook</td>
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<tr>
<td>16</td>
<td>Kevin McCarthy</td>
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<td>17</td>
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<td>23</td>
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<td>Lynn Shook</td>
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<td>Bob Lambert</td>
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<tr>
<td>29</td>
<td>Pat Sheridan</td>
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<td>30</td>
<td>John Cyr</td>
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<td>Aimee Dziekan</td>
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<tr>
<td>32</td>
<td>Tim Dzvis</td>
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<td>Jennifer Nickrent</td>
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<tr>
<td>34</td>
<td>Paul Armstrong</td>
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<tr>
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<td>Amy Copple</td>
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<td>Greg Baumann</td>
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<td>Sam Kelch</td>
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<td>Julie Howell</td>
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<td>43</td>
<td>George Brown</td>
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<td>Paul Peacock</td>
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<td>Lucas Miles</td>
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<td>Mike Sennett</td>
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<td>Doug Ficca</td>
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<td>Thom Woodard</td>
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<td>Mark Griffin</td>
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<td>Melissa Adams</td>
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<td>John Lamarr</td>
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<td>Stacie Rood</td>
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<td>59</td>
<td>Vince Donohue</td>
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<td>Carrie Hymer</td>
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<td>Paula Pratt</td>
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<td>Rebecca Franks</td>
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<td>John Pratt</td>
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<td>Ken Swanberg</td>
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<tr>
<td>72</td>
<td>Emily Ketelsen</td>
<td>28:07.6</td>
</tr>
</tbody>
</table>

### Non-Circuit Results

**Two Rivers Festival 5K * Sept 6 * Aroma Park, IL**
Charlie Grotevant | 23:04 | 1st Ag

**SportsCare Women’s Biathlon 5K * Sept 14 * Springfield, IL**
Celestia Kenerley | 27:51 | 3rd AG

**Maui Half Marathon * Sept 14 * Island of Maui, HA**
Seanal AlYasiri | 1:30:56 | 1st AG

**Harvest Days 5K * Sept 20 * Dwight, IL**
Charlie Grotevant | 22:27 | 1st Ag
Fox Cities Marathon * Sept 21 * Appleton, WI
finishers 1011
319 Paula Pratt 3:52:38 Boston Qualifier!
319 Paula Pratt 3:52:38

Clarence Demar Marathon * Sept 28 * Keene, NH
finishers 241
118 George Brown 4:07:48 45th State

Run For Education 5K * Sept 21 * Manteno, IL
finishers 169
31 Charlie Grotevant 22:21 1st Ag

Send your non-circuit race results to:
newsletter@lakerunclub.com

Quad City Half Marathon * Sept 28 * Moline, IL
finishers 1181
115 Tim Rood 1:40:32
357 Stacie Rood 1:55:51

Philadelphia Distance Run Half Marathon *
Sept 21 * Philadelphia, PA
finishers 13181
8251 Bob King 2:10:09
9994 Vicki King 2:19:46

Santa Cruz Mountains Trail Run 21K * Sept 27 * Santa Cruz, CA
finishers 107
101 Kent Lowry 3:36:52

Rock Cut Hobo 50K * Sept 28 * Rockford, IL
finishers 70
62 Donna Creditor 6:52:16 3rd AG
67 Steve Barr 7:52:12
69 Jana Kiefer 8:02:14 2nd AG

“"You have to forget your last marathon before you try another. Your mind can’t know what’s coming.”

Frank Shorter, American distance runner and winner of the 1972 Summer Olympics marathon.

<table>
<thead>
<tr>
<th>Member</th>
<th>Total States</th>
<th>Total Marathons</th>
<th>Most Recent</th>
<th>Next Planned</th>
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<tr>
<td>George Brown</td>
<td>45</td>
<td>57</td>
<td>Clarence Demar, NH (9/28)</td>
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<tr>
<td>Sherry Hill</td>
<td>31</td>
<td>57</td>
<td>St. George, UT (10/04)</td>
<td>Overland Park, KS (11/23)</td>
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<tr>
<td>Dennis Killian</td>
<td>29 + DC</td>
<td>64</td>
<td>Omaha, NE (9/28)</td>
<td>Baltimore, MD (11/29)</td>
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<td>Nigel Keen</td>
<td>27</td>
<td>41</td>
<td>Jackson, MS (1/5)</td>
<td>TBA</td>
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<tr>
<td>Donna Creditor</td>
<td>26</td>
<td>20 + 6 ultras</td>
<td>Afon, MN (07/05)</td>
<td>Mother Road 100, OK (9/8)</td>
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<td>Julie Howell</td>
<td>21</td>
<td>33 + 3 ultras</td>
<td>Chicago (10/12)</td>
<td>Ironman AZ (11/23)</td>
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<td>Carolyn Sutter</td>
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<td>Rochester, MN (05/25)</td>
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<td>Cheryl Dwyer</td>
<td>15</td>
<td>19</td>
<td>Lewis &amp; Clark, MO (9/16/07)</td>
<td>TBA</td>
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<tr>
<td>Jana Keifer</td>
<td>11</td>
<td>12 + 4 ultras</td>
<td>Rock Cut Hobo 50K, IL (9/28)</td>
<td>Dallas White Rock (12/9)</td>
</tr>
</tbody>
</table>
Da DEER RUN RUN

YeAH, Da DEER RUN RUN!

Get off the roads and Golf courses for some real cross-country

LOCATION: EVERGREEN LAKE / COMLARA COUNTY PARK
CONTACT: QUESTIONS? CALL McLean COUNTY PARKS (309)-726-2022 x 221

DATE: SAT. DECEMBER 13, 2008 TIME: 11:00 AM DISTANCE: 8K Race

AWARDS FOR OVERALL MALE & FEMALE AND 1ST, 2ND IN EACH CATEGORY
SNACKS AND DOOR PRIZES AFTERWARDS

About the race: “The Deer Run Run” is held at Comlara County Park. The Euro-style cross country run will take you on scenic trails, through streams, up and down hills, and over barriers while allowing you to see nature and wildlife up close.

EARLY REGISTRATION: NOW UNTIL NOVEMBER 21, 2008 FEE: $18.00
LATE REGISTRATION: FROM NOVEMBER 22ND TILL RACE DAY 9AM UNTIL 10:30AM FEE: $25
WARM LONG-SLEEVE T-SHIRT TO FIRST 150 TO REGISTER.

Most of McLean County Park experiences take place outdoors, in conditions often quite different from the controlled environments and predictability of buildings and cities. Nature and weather occur on their own schedule, sometimes unexpectedly, often beyond the control of people to change them.

The undersigned, a participant in the Deer Run Run, offered by the McLean County Parks and Recreation Department agrees as follows:

1. I acknowledge that activities at the Deer Run Run may require strenuous physical activity and endurance.
2. Terrain conditions, weather, and other people affect the overall activity experience. I am aware of the factors that follows:
   - The activities may take place on terrain that is ungroomed. Terrain varies greatly and may be icy, wet, or rough, depending on weather and other participants.
   - Winds, temperature, and occasional storms can affect the experience. I realize that I should take precautions and guard for weather-related conditions.
  - The activities may take place on or near Evergreen Lake, a body of water, which presents natural risks commonly associated with aquatic activities.
3. I certify that, to the best of my knowledge, I have no physical, mental, or emotional condition which might be aggravated by this activity, or which might in any way endanger staff or other participants.
4. I have informed the McLean County Parks & Recreation Department of any physical, mental, or emotional condition which might affect my ability to participate in and withstand all possible trail running activities.
5. I will obey all rules, regulations, and directives of the McLean County Parks & Recreation Department and its representatives and will assist by informing and/or calling to the attention to any situation which might result in injury.

Thus acknowledging the rigors of all activities connected with the Deer Run Run and the unpredictability and power of natural and weather events, and in consideration for being accepted as a participant in this program, I hereby for myself, my heirs, my executors, administrators, and assigns,.do hereby release and discharge the County of McLean, Illinois, and its employees, agents, officers, Board Members, representatives and volunteers for all claims and damages, demands, actions, whatever in any manner arising out of my participation in this Deer Run Run and furthermore do hereby indemnify and forever hold harmless the County of McLean, Illinois, and its employees, agents, officers, Board Members, representatives and volunteers from any and all actions, claims, and demands including legal costs which hereafter arise or are instituted or recovered against the indemnified parties by me or other parties whether on account of personal injuries, suffering, death or property damage sustained by me, or due to my negligent, willful and wanton, or intentional actions.

Please recognize that the McLean County Park and Recreation Department does not carry medical accident insurance for injuries sustained in its programs. Therefore, each person registering themselves or a family member for a recreation program/activity should review their own health insurance policy for coverage. It must be noted that the absence of health insurance coverage does not make the McLean County Department of Parks & Recreation responsible for the payment of medical expenses.

Participant Signature ___________________________ Date ___________ Date of Birth _______________________

Parent or legal guardian if participant is under 18 yrs. old

Name of Participant ___________________________ Age on Race Day _______ E-MAIL ____________________

Address ___________________________________ City __________ State __________ Zip ____________ Home Phone _______

Fee enclosed $ ___________ Male □ Female □ T-SHIRT SIZE (CIRCLE ONE) S M L XL XXL TEAM( optional) _______

M A I N C H E C K S P A Y A B L E T O McLean County Parks Dept.

Mail to: McLean County Parks and Recreation Dept. 13001 Recreation Area Dr., Hudson, IL 61748
President: Jana Kiefer  
jkiefer@growmark.com  ......................... 309-452-7749
Vice President: Kevin McCarthy  
Kevin@PathPerformance.com  .................. 309-451-9927
Secretary: Jennifer Haggerty  
JHaggerty72@verizon.net  ..................... 309-827-6767
Treasurer: Bob Lambert  
boblambo@aol.com  .............................. 309-838-0691
Newsletter Editor: Vicki & Bob King  
newsletter@lakerunclub.com  ................. 309-728-2350
Membership: Julie Howell  
jd6877@aol.com  ................................. 309-825-6877
Billing/Advertising Coordinator: Cathie Haab  
cathie@haabs.com  .............................. 309-726-1475
Volunteer Coordinator: Jill Usiak  
jschm2@yahoo.com  .............................. 309-451-1840
Lake Run Race Director: Tim & Stacie Rood  
t.rood262@yahoo.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

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

www.lakerunclub.org

Sundays ..............10:00 am ........ Green Gables ........ Feb-May  
Tuesdays.............5:30 pm ........ Tipton Trails .......... Apr-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:
Catch The Wave.....Tues 5:30 pm... CCHS ................... Mar-Apr  
Ride The Wave......Thurs 5:30 pm... White Oak Park ...... Mar-Apr  
Kids Run ............Fri 6:00 pm ....... CCHS 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.

Adopt-A-Highway Coordinator: Tammy Knippenberg  
tknippenberg@yahoo.com  ....................... 309-454-5746
Catch The Wave Coordinators: Bill Hahm, Larry & Laurel Schumacher, Jack Capodice  
bill.hahm@countryfinancial.com  .......... 309-820-9824  
llshoes2@gmail.com  .......................... 309-664-3903  
capodicedrjack@aol.com  ..................... 309-663-2526
Circuit Pointmaster: Michelle Clhada  
pointmaster@lakerunclub.com  .............. 309-825-0079
Kids Run Coordinator: Nancy & Shawn Beaty  
nancyybeaty@hotmail.com  .................... 309-830-2150
Marathon Training Coordinator: John Kastigar  
john@kastigar.net  ............................. 309-531-7351
Ride The Wave Coordinator: Tom Arbogast  
tomarbo@yahoo.com  ........................... 309-829-6342

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 Cathie Haab at  
cathie@haabs.com or 309-726-1475
2009 Lake Run Club
Membership Renewal Time!!!!

You will soon be receiving your membership renewal form IN THE MAIL. Please take a few minutes when it arrives to quickly fill out the form and send in your renewal check.

The Lake Run Club is asking all members to renew by February 28, 2009 in order to receive the $5.00 renewal discount. Your renewal 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 (St Pat’s) in order to participate. Note - circuit points and volunteer points will not be awarded retroactively.

Help your club volunteers get their work done in a timely fashion…. Send in your renewal form as soon as you receive it. Thanks!!