



Off the Track



LOUIE, LOUIE May 28
Don't Miss It!

...On the Road

Illinois Valley Striders Newsletter
700 West Main Street, Peoria, IL 61606

May 2010



Hooray, it's May!



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V. President– Philip Lockwood
V. President– Nancie Margetis
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Secretary– Yvonne Smith

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John Winkler
Mike Lewellyn
Danny Weis
Dave Tapp
Erik Bush
Adam White

On The Cover-

The cover features the award-winning IVS Kids Series which started on May 3rd and continues on successive Mondays through June with an off day on Memorial Day. Registration starts at 5:30 pm. See inside for more details. Many thanks to Judy and Jennifer and all the great IVS volunteers that make this great program work year after year...one kid at a time. A parent once said “if this is ALL your club did, it would be a great club!”

Louie Louie– FRIDAY MAY 28th!

You want to be a drum major? Make it happen by calling the St. Jude office on Sheridan Rd. @679-4590... Bring your own group and march in support of St. Jude Runners on the Friday afternoon before Memorial Day. Not good at marching? They will let you run too! Celebrate afterwards at the Louie Louie Festival at the Riverfront—Music, food and refreshments all in support of St. Jude and the IVS Kids Programs.

Renew Your Membership-

If you haven't renewed your membership the time is NOW! We will soon be purging those that have not paid their 2010 dues. Renew using the form on the back cover or do it online. You will be supporting a great club that does a bunch for fitness and running in Central Illinois.

Off The Track

Co-Editors– Steve Shostrom 688-7313
sss@mtco.com
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nastwood@rissenco.com

Schedules– Craig Thompson and Judy Tolliver

Photography– Bob Padilla

IVS Kids Running Series 2010
Opening Day Monday, May 3
Proctor Hospital Fitness Path
Monday Evenings May thru June



Registration Begins @ 5:30 PM
Stretching Begins @ 5:50 PM
Running Heats Begin @ 6:00 PM Sharp
\$2.00 per runner
\$5.00 per family of 3 or more
Ages 12 and under
Finishing Ribbons for All
Refreshments for all runners
(provided by Proctor Hospital)

? jtolliver2@comcast.net
Jennifer_Klobnak@rlicorp.com





**37th running of the STEAMBOAT CLASSIC
Four-Mile Race and Fifteen Kilometer Races**
7:00 a.m. Saturday, June 19, 2010, Downtown Peoria, Illinois

ENTRY FEES

Regular Entry Fee is \$30.00 if received between April 4 and June 11 (\$28.00 for RRCA and USATF Club members; and \$25.00 for Illinois Valley Striders members).

Late Entry Fee is \$35.00 for everyone through from June 12 through June 16.

NO ENTRIES ACCEPTED AFTER JUNE 16.

Contact Information:

Mailing Address: Steamboat Classic, 311 SW Water Street, Suite 206, Peoria, Illinois 61602

Website: www.steamboatclassic.org

email: info@steamboatclassic.org

Phone: (309) 672-6442 Fax: (309) 672-6432

The Steamboat Classic Four Mile Race is known as the world's fastest course. All of the recognized world records for four miles have been set at the Steamboat Classic:

Open Men's World Record 17:24 Josphat Machuka, Kenya, 1995

Open Women's World Record 19:28 Delillah Asiago, Kenya, 1995

Masters Men's World Record 18:24 Pierre Levisse, France, 1992

Masters Women's World Record 21:05 Lorraine Moller, New Zealand, 1995

The Steamboat Classic Fifteen Kilometer Race is regarded as Illinois Toughest 15 Km. (New TOUGHER course for 2010!)

PACKET PICK-UP/EXPO

Packet pick-up is Friday, June 18 from 12:00 noon to 8:00 p.m. at the RiverPlex located at immediately north of the Gateway Building (located at the foot of Hamilton Boulevard at Water Street).

AWARDS

The Steamboat Classic Four Mile and Fifteen Kilometer Races will feature awards to the top 25 men and women; top three Masters; the top three finishers in every age group; and top three in each of the Clydesdale Classes. (New for 2010 - Clydesdale Class participants are **subject to mandatory weigh-in** at the RiverPlex between 12:00 noon and 8:00 p.m. on Friday, June 18.)

The Awards Ceremony begins at 9:30 a.m. at Festival Park at the RiverFront.

AGE GROUPS FOR MEN AND WOMEN

Four Mile Race: 10 & Under; 11 - 14; 15 - 18; 19 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 & Older; Wheelchair Open and Masters

Fifteen Kilometer Race: 18 & Under; 19 - 24; 25 - 29; 30 - 34; 35 - 39; 40 - 44; 45 - 49; 50 - 54; 55 - 59; 60 - 64; 65 - 69; 70 & Older



2010 Steamboat Classic Application

Application may be reproduced for another participant

Official Use Only

Register on-line at: www.steamboatclassic.org

Grid for First Name and Last Name

First Name (please print)

Last Name (please print)

Grid for Street Address

Street Address

Grid for City

City

Grid for State

State

Grid for ZIPCODE

ZIPCODE

Grid for Employer/Company Name

Employer/Company Name

Grid for Province/Country

Province/Country

Grid for Home Phone

Home Phone

Grid for Age

Age (on June 19)

Grid for Sex

Sex

Grid for Check if IVS Member

Check if IVS Member

Grid for T-Shirt Size

email address

T-Shirt Size

ANHEUSER-BUSCH CLYDESDALE CLASSES (circle appropriate class) – WEIGH-IN REQUIRED – JUNE 18!!!

MEN: 190 – 219 lbs. 220 – 249 lbs. 250 lbs. +

(please indicate weight) _____

WOMEN: 150 – 179 lbs. 180 lbs. +

(please indicate weight) _____

PLEASE SELECT FOUR MILE OR FIFTEEN KILOMETER RACE

Register me for the **FOUR MILE RACE**

Grid for Best 4 Mile Time

Best 4 Mile Time

Grid for Best 5 Km Time

Best 5 Km Time

Register me for the **FIFTEEN Km RACE**

Grid for Best 10 Km Time

Best 10 Km Time

Grid for Best 15 Km Time

Best 15 Km Time

Register me for the **Steamboat Classic**

Regular Entry Fee (per Participant):

\$30.00 – through June 11, 2010. \$28.00 for RRCA and USATF Club Members through June 11, 2010. \$25.00 for Illinois Valley Striders Members through through June 11, 2010.

Late Entry Fee (per Participant):

\$35.00 for ALL ENTRIES FROM JUNE 12 THROUGH JUNE 16.

* Register me for the **Illinois Valley Striders** – Individual - \$15.00

* Register my family for the **Illinois Valley Striders** – Family - \$20.00

REGISTRATION FEE INFORMATION AND WAIVER ON OTHER SIDE. ENTRY WILL NOT BE PROCESSED WITHOUT YOUR SIGNATURE!



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NO ENTRIES ACCEPTED AFTER JUNE 16, 2010!

**Return entry form, waiver and check payable to IVS to:
STEAMBOAT CLASSIC, 311 SW Water Street, Suite 206, Peoria, Illinois 61602 USA**

SORRY, NO REFUNDS

ELIGIBILITY: The STEAMBOAT CLASSIC has never been limited on the basis of age or ability. People of any age or ability level may enter, and race officials strongly encourage all entrants to honestly evaluate their own fitness and preparedness. The best available medical evidence indicates that children may safely engage in distance running in approached sensibly. However, runners who are under the age of 16 may be more susceptible to heat injuries and other injuries; and are encouraged to run the Four Mile Race. Runners under the age of eight will be required to be accompanied by an adult who is registered in the race. **For safety reasons, running with pets, music head-sets, and strollers is prohibited!**

The Steamboat Classic 15 Km Finish Line will close at 9:00 a.m. Runners exiting Glen Oak Park after 9:15 a.m. will be allowed to complete the course at their own risk.

WAIVER: I know that running a road race is a potentially hazardous activity. I know that I should not enter and run 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 the run. I assume all risks associated with running this event. I also know that although police protection will be provided, I assume the risk 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 the Illinois Valley Striders, the City of Peoria, the Peoria Park District, 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 of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Participant Signature

Date

Parent/Guardian Signature (if participant under 18)

Date

Mid Pack Musings

By Mike Rucker

Did it Again: Screwed Up Somehow!

I've been asked why so many of my Mid Pack Musings are self-deprecating. The short answer is that those make the best stories and they only make fun of me. And the longer answer is that I seem to screw up so often while running. So I recently screwed up again and created another story of sorts.

It happened at the 30th annual Wildlife Trail Classic. This used to be just a four mile race, but this year it was both a four miler and a 5K. I signed up for the four miler. I wore my special Wildlife Trail Classic cap which consists of a duck head, wings and tail. The wings and tail flop up and down as I run. I only use it in the Wildlife Trail Classic because it seems so appropriate. I won it in 1994 at a 5K called "A Run on the South Side." It always gets lots of attention at Wildlife Prairie Park – but only from the people, not the wildlife.

So off I went in my special duck hat. Somewhere along the route the two race courses diverged and I took the one less traveled by – that is the wrong one – i.e. the 5K instead of the four mile route. I was just following feet (I'm always just following feet) and somehow missed the turn point of divergence.

I hadn't a clue that I was on the wrong course until I came upon the finish line. By my watch I knew that I had only run 5K so I bypassed the finish line assuming that was the thing to do for the four milers. The finish line crew called me back and tore off my tag. I protested that I was running the 4 miler and still had a ways to go. They said, "Rucker, you ran the wrong course." I told them to just discard my tear strip since that would screw up the 4 mile race results. They said they would fix it; i.e. put my finishing time on the 5K spindle – and they did.

As I mingled with the crowd after the race I learned from several others that they, too, had taken the wrong turn. It's good to know that others also screw up occasionally.

Mike

Mike is a children's book author and a member of IVS. He runs and writes in Peoria

June 19, 2010 Peoria, Illinois USA

Steamboat Classic

I do
Steamboat!

Drinking is the most common performance-sapping mistake that athletes make, but it's also the most preventable. Here are some guidelines to help athletes stay well hydrated.

DO

Start exercise well hydrated---drink 2-3 cups of water before you go to bed at night; drink 2-3 cups 2-3 hours before exercise to allow excess fluid to be lost as urine; drink 5-8 ounces about ½-hour before exercise. Try not to drink excessively. Practice your drinking patterns prior to race day.

During exercise drink 6-12 ounces of fluid every 20 minutes. Heavy sweaters can benefit from drinking more often (say every 10-minutes) and light sweaters less often (every 30 minutes). Follow your own plan--everybody sweats differently, so everybody needs a drinking plan tailored to his or her individual needs.

Weigh yourself--the best way to determine if you'd had enough to drink during a workout is to check to see how much weight you've lost. REMEMBER, that weight loss during an exercise session is water loss, NOT fat loss, and must be replaced. A 2-3% loss in water weight can result in a 5 to 7% reduction in performance. Drink 16-24 ounces of fluid for every pound of weight loss

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Minimal weight loss (less than 2%) means you've done a good job staying hydrated.

Do consider using a sports drink, one that is a 6% carbohydrate solution (14g per 8 Oz). A sports drink can beat plain water because it has sugars to fuel muscles and the brain, flavoring to encourage drinking, and sodium to hold fluid in the body and help replace sweat losses.

DON'T

Rely solely on water for events lasting longer than 1-hour. Sports drinks can help replace electrolytes lost in sweat. Boosting carbohydrates can help you to train/race longer and stronger.

Don't gain weight during exercise--this is a sure sign of drinking too much. Drinking large amounts of fluid is not only unnecessary, but can be dangerous. If you weigh more after practice than you did before, that means that you drank more than you needed.

Be sure to cut back the next time so that you don't gain weight.

Don't use dehydration to lose weight--restricting fluid intake during exercise impairs performance and increases the risk of heat-related problems. Dehydration should be kept to a minimum by following a wise fluid-replacement plan.

Don't delay drinking during exercise--stick to a drinking schedule so that you avoid dehydration early in exercise. Once dehydrated it's next to impossible to catch up to what you body needs because dehydration actually slows the speed at which fluid exits the stomach.

Caffeine in some people acts as a diuretic (promotes fluid loss). If caffeine use affects you this way, make sure you offset any additional fluid loss by drinking more water.



Blair T. Gorsuch, MS
Exercise Physiologist/Director
Proctor Hospital Cardiac Rehabilitation



EMPLOYERS'
ASSOCIATION

Visit us at www.steamboatclassic.org

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And celebrate afterwards at the Louie Louie Festival at the Riverfront—Music, food and refreshments—all in support of St. Jude and IVS Kids Programs.







Illinois Valley Striders
700 W. Main
Peoria, IL 61606

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Illinois Valley Striders Membership Application

All memberships expire March 31st of each year. Please complete all appropriate spaces (please print).
 Be sure you sign your name and send to the address listed below.

Personal Information:

Name: _____ Phone: _____
 Address: _____ City, State, & Zip _____
 E-Mail: _____

Would you like to be listed on the IVS's web directory? YES NO

How would you prefer to receive the IVS newsletter? e-mail or paper copy to your home

Membership Options:	Initial	Renewal	Optional Donation:	
Individual -\$15			5K -\$25	
Family -\$20			10K-\$50	
			Marathoner -\$100	
Total Amount Enclosed			Ultramarathoner -\$250	

Legal Agreement

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and / or participate in club activities unless I am medically able and properly trained. I agree to abide by decisions of race officials relative to my ability to safely compete at any event / activity. I assume all risks associated with running and volunteering to work in club races included, but not limited to, falls, contact with participants, the effects of weather (including high heat or humidity), conditions of road or course, and traffic that may be on road or course. All such risks being known and appreciated by me. Having read this waiver and knowing the facts, I, myself and anyone entitled to act on my behalf, waive and release the Illinois Valley Striders, event sponsors, AARC / RRCA, Member Organizations, club representatives and successors from all claims and liabilities of any kind arising out of my participation in club activities and events.

 Signature Date

 2nd Signature (if family membership) Date

 Parent's Signature (if under 18 yrs.) Date

Please send form to: **David Schroff** Please make checks payable to: **Illinois Valley Striders**
726 W. Corrington
Peoria, Illinois 61604