



Off the Track



...On the Road

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

SEPTEMBER 2010



DOUG'S ROCK

From Illinois to California



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On The Cover-

On the cover from the left are Barbara Miller (the wife of the late Doug Braasch), Heidi and Mike Ariza, and their dog, Rascal. They surround Doug's Rock, which is a piece of granite Heidi and Mike brought from Illinois. The granite has been etched and installed and will be dedicated to Doug's memory on September 2 at the trailhead of a favorite running trail in East Laloma Park in Modesto, CA. Look for more inside this issue.

Cross Country Time!

IVS is fortunate to play a large role in Central Illinois' cross country season-- both high school and collegiate. Watch the web site and the local media for the large high school and Bradley invitationals.

Cross country is great to watch and fun to be a volunteer at. Also, if you get a chance, thank the Park District for its great work keeping Detweiller Park and Newman Golf Course in shape throughout the cross country season.

Don't Forget The IVS Half Marathon!

Don't forget the IVS Half Marathon on September 12th (7:45 am) in lower Glen Oak Park!

Off The Track

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Mid Pack Musings

By Mike Rucker

“Hey, Mike – Pants on Backwards”

It was the July 4 Firecracker 5000. As usual, I had awakened later than planned and dressed hurriedly. Being Independence Day I decided to wear red, white and blue. The only blue shorts I have are of the brand “Race Ready” which has lots of pockets for Gu and other refreshments to carry in a marathon.

As I got into my car to drive downtown I kinda noticed that my shorts felt somewhat uncomfortable, but I thought no more of it. While standing in the long line for the race sign-up Louisa Blanchard called out to me in a loud voice, “Hey, Mike! Your pants are on backwards.” Naturally this caused everyone within earshot to notice my situation.

Sure enough all the pockets were in front, but the uncomfortable part of the equation was that the lining was also backwards. (Think about that, Guys.) No wonder they felt uncomfortable. Now that I knew of the problem I felt an urgent need to correct the situation – but where to go to pull my shorts off and reverse them? The buildings on Water Street were all locked and the line to the portapotties was too long and the race would start within a few minutes.

So I ran around behind the ELM building. There was no one in sight so I slipped off my shorts, and - just as I was fully bare butted – a couple came jogging around the corner. I hurriedly pulled my shorts back on – the proper way – and smiled embarrassedly to them as they passed by and muttered, “Shorts on backwards,” to which they just looked puzzled and jogged along. I noticed that they exchanged some comment between themselves after they had passed me - and both glanced back to see if I might perform any other interesting antics.

But, regardless of what they might have thought, at least I was comfortable during the race. I gotta start getting up earlier on race days.

Mike

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

in Peoria



DOUG BRAASCH

I have fought the good fight...
I have finished the race...

**SILADOWCHASE RUNNING CLUB
ILLINOIS VALLEY STRIDERS**

Below is our message to Barbara Miller, Doug's wife and the members ShadowChase Running Club to read at the dedication of Doug's Rock at East Laloma Park in Modesto, California on September 2 at 6:30 p.m. On the adjacent page is the inscribed granite memorial to Doug Braasch.

Greetings from your friends from the Illinois Valley Striders in Central Illinois,

We are proud to join with the members of the ShadowChase Running Club in dedicating the Memorial Stone in memory of Doug Braasch. We are sorry that we are not with you today at East Laloma Park, but know that we are with you in our thoughts and spirit. We are in strong accord and have deep appreciation of your thoughtful concept and the wonderful installation of Doug's Rock. We greatly appreciate and applaud the efforts Mike and Heidi Araiza in bringing the rock from Illinois. And of course, our hearts go out to Barbara—we hope that this place will be a place of comfort and celebration of Doug's life for her.

Runners, more than most, depend on markers and landmarks. We use them to define and describe our courses but also to create meeting places for runs and workouts. Such places develop into sites for get-togethers (a Midwestern term), social events and starting and finish areas for races and fun runs. Doug would greatly enjoy his memory serving such roles.

Doug's Rock will also introduce Doug and his role in your Club and in Modesto running to new runners and new members. It will preserve Doug's memory, but also enhance your club's history and its role in your community. Doug is part of that and he would appreciate all that it brings to running and your club.

Doug brought much to both our clubs and our communities. He also greatly contributed greatly to the sport of running to which we are both committed. We are forever indebted to you for including us into this very fitting and beautiful memorial to him.

We won't forget.

Illinois Valley Striders, Peoria, Illinois

WORK STARTS IN REMOVING RAILS TO GO FROM RAIL TO TRAIL ON THE KELLER BRANCH

After almost two decades of political struggle, it appears that the Kellar Branch is finally being derailed and converted to trail. This will allow the Rock Island Trail to connect with Peoria's River Trail and existing trails across the river and south. After all the battles won and lost by trail proponents over the years and the many delays along the way, the party line became "we'll believe it when we see the tracks pulled up!" The adjacent photo shows the Kellar tracks being pulled up sometime during the last week of last month. If you want to see this with your own eyes, it requires a jog down the tracks south of the parking lot of the Barack's Cater Inn on Pioneer Parkway. The distance is the length of a little more than three football fields. The track removal might be completed by the end of fall.

IVS was an original proponent of the Kellar trail. IVS members and our Board supported the drive to complete the Kellar Trail at its every phase. Long-time members may remember the similar role our club played in the creation of the Rock Island Trail. The development of the Kellar portion of the trail will allow Peorians, particularly those living downtown and in central Peoria, to utilize the Rock Island Trail without using their cars to drive to Alta and do long and very long runs without having to deal with traffic. The newly created trail will provide many opportunities for short races and recreational walks and runs without or much reduced traffic control. The possibility of a Peoria marathon and/or an ultra is greatly enhanced by a mostly traffic-free route going north/south. And it should provide safer training routes for all of us, including the hundreds of high school athletes that ply daily up and down Sheridan Road.

There are many people and organizations to thank for all this. George Burrier and the committed members of the Recreational Trail Advocates and the Friends of the Rock Island Trail, the Maloof family, the O'Briens, and Tom Leiter played significant roles in bringing this great asset to our community. However, at the very forefront throughout was Bonnie Noble and the Peoria Park District. IVS has greatly benefited from their patience, determination and bulldog tenacity. Say thank you if you have an opportunity!

The Kellar trail has been a project and an IVS goal since the days of the Rock Island Trail struggle. It's not finished but with the tracks being pulled, we can see accomplishment down the tracks and in the future. Kellar can be the linchpin of a great trail system in Central Illinois for generations of runners, walkers and bicyclists. And as with the Rock Island Trail, the bitter political struggle surrounding its creation will be soon be forgotten.



Illinois Valley Striders
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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 o NO o
 How would you prefer to receive the IVS newsletter? e-mail o or paper copy to your home o

Membership Options:			Optional Donation:	
	Initial	Renewal		
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