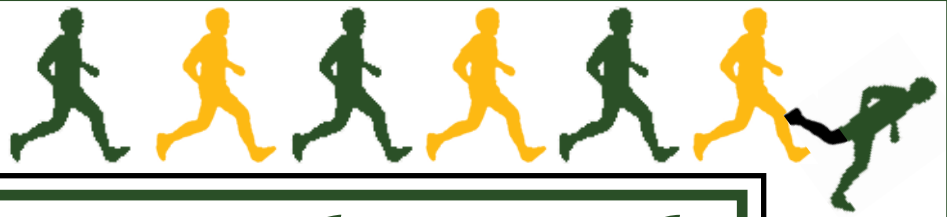




Off the Track



...On the Road

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

April 2011

A TIME TO RENEW!



Trail Action Starts



Illinois Valley Striders Board of Directors

| | |
|---------|--------------|
| Chris | Alexander |
| Josh | Banister |
| Theresa | Barker |
| Cliff | Brown |
| Erik | Bush |
| Chris | Dierker |
| Jenny | Every |
| Joe | Every |
| Mike | Klopfenstein |
| Mike | Lewellyn |
| Philip | Lockwood |
| Nancie | Margetis |
| Coleen | Martin |
| Jim | Martin |
| Hector | Martinez |
| Ed | McGraw |
| Jim | McIntyre |
| Martha | Reese |
| Jerry | Reibling |
| David | Schroff |
| Bob | Smith |
| Yvonne | Smith |
| Drake | Stockert |
| Dave | Tapp |
| Craig | Thompson |
| Judy | Tolliver |
| Amy | Weis |
| Danny | Weis |
| Adam | White |
| Ian | White |
| John | Winkler |
| Adam | Zimmerman |

Illinois Valley Striders Board of Directors – Officers for 2011

| | | |
|----------------|--------|----------|
| President | Nancie | Margetis |
| Vice President | Mike | Lewellyn |
| Vice President | Philip | Lockwood |
| Secretary | Yvonne | Smith |
| Treasurer | Drake | Stockert |

ON THE COVER

The cover photo captures the excitement of the start of the Cactus Classic trail race. Photo credit goes to Brian Coates. Other Cactus Classic photos in the issue are from Bob Padilla of Fujimo Photos. Check inside for our new president's contribution "From Nanci." Will it be a regular feature? As regular as she wants! She is the president!

RENEWAL

Spring is a time for renewal! Yet, T.S. Elliot mourned that April was the "cruellest month." IVS combines both thoughts. Spring brings the start of warmer running and the resurgence of our racing season. The cruel part is that April is the time for us to pay our dues! Not that cruel because the dues are reasonable and the benefits are great and you are making Central Illinois running great! Think about getting Off the Track electronically! You get it faster and always in color and you save a bunch of trees and money for IVS. The back cover has all you need to join or renew. Do it NOW!

THE CRUDE 8 TRAIL RUN!

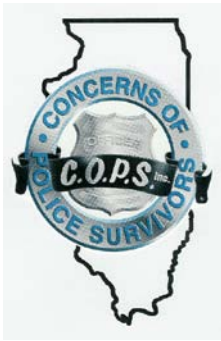
Our CITRA friends have another trail treat in store for us. Join the CITRA gang on May 20-21 for the 2d Crud 8 Trail race. Both the 8 hour and the 24 hour races will feature two options—There is a Team Relay-teams composed of 2-4 runners logging as many miles as possible. Or you can do the same alone. In the solo race. Great awards and post-race party. Details at www.crud8trailrun.com.

Off The Track

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Schedules— Craig Thompson and Judy Tolliver

Photography— Bob Padilla



RUN TO REMEMBER

5K RUN – 1 MILE WALK
BENEFITING ILLINOIS
CHAPTER OF C.O.P.S.

(CONCERNS OF POLICE SURVIVOR)

OPEN TO EVERYONE

REGISTRATION DEADLINE:

APRIL 30 @ 7:45AM

PARTICIPANTS RECEIVE:

T-SHIRT SIZE: (CIRCLE ONE)

ADULT S M L XL XXL
YOUTH 10-12 14-16

PARTICIPATING IN MEMORY OF:

NOTE: APPLICATION MUST BE RECEIVED BY 4/9 IN ORDER
HAVE YOUR OFFICERS NAME LISTED ON THE T-SHIRT.

E.O.W.

**MAKE CHECKS PAYABLE TO: RUN TO REMEMBER – ON MEMO LINE NOTE FOR: IL C.O.P.S.
*IL C.O.P.S. IS A 501(c)(3) ORGANIZATION***

**MAIL TO: RUN TO REMEMBER
P. O. BOX 414
DUNLAP, IL 61525**

**PACKET PICK-UP: FRI. – APR 29 (4-7:30 PM)
THE BUTCHER BLOCK – JUNCTION CITY
OR
RACE DAY 6:45-7:45
BOTH AT JUNCTION CITY
FOR MORE INFORMATION CALL (309) 208-7844**

AWARDS:

TROPHIES WILL BE GIVEN TO OVERALL
MALE AND FEMALE **RUNNER.**
AWARDS WILL BE GIVEN TO TOP 3 RUNNERS
OF EACH MALE AND FEMALE GROUP.

**AGE GROUPS: 14 & UNDER, 15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54, 55-59, 60 & OLDER**



POLICE CHALLENGE

**ARE YOU A POLICE OFFICER? IF SO, WHAT DEPT. ARE YOU WITH?
AWARDS GIVEN TO TOP 3 OFFICERS RUNNING:**



DEPARTMENT: _____

SATURDAY – APRIL 30, 2011

RUN/WALK STARTS @ 8:00 AM

AT

JUNCTION CITY

5901 N. PROSPECT RD.

PEORIA, IL 61614

\$20: ENTRY FEE

PRINT NAME: _____

ADDRESS: _____

CITY: _____ STATE: ___ ZIP: _____

PHONE #: _____

E-MAIL: _____

SEX: M F AGE: (AS OF 4/30) _____

5K RUN _____ 1 MILE WALK _____

WAIVER: I KNOW THAT RUNNING A ROAD/OFF-ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND WALK/RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING/WALKING IN THIS EVENT. 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 IL C.O.P.S., ALL VOLUNTEERS AND SPONSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS ON THE PART OF THE PERSON NAMED IN THIS WAIVER.

SIGNATURE: _____

(ALL ENTRIES MUST BE SIGNED BY PARTICIPANT)

SIGNATURE: _____

(PARENT OR GUARDIAN IF UNDER 18)

INFORMATION: THIS IS THE FIFTH ANNUAL RUN/WALK TO REMEMBER FALLEN OFFICERS. ALL PROCEEDS TO BENEFIT THE ILLINOIS CHAPTER OF CONCERNS OF POLICE SURVIVORS. AN ORGANIZATION THAT HELPS FAMILIES OF FALLEN OFFICERS TO LIVE, LOVE, RENEW LIFE.

FOR MORE INFORMATION ON THE RUN/WALK OR THE IL COPS ORGANIZATION, CHECK OUT OUR WEB SITE AT: WWW.ILCOPS.ORG

CONTACT:

JOE & MARY MULAY

(309) 208-7844 or (309) 243-9017

joem@pipco-co.com

mamulay@msn.com



From Nancie...

A Time For New Beginnings

Spring is about here, and that means warmer weather, longer days, and signs of life beginning again. It is also a new time for IVS leadership. Jim McIntyre has done an excellent job leading the Illinois Valley Striders as their president for the last five years. I have been chosen for that position, and I will try my best to walk in the same footsteps as Jim and provide IVS with sound, fair, visionary and compassionate leadership. I did not hesitate one second when offered the opportunity to lead the best organization I have ever been involved in (and I have been in a lot of organizations!)

Running is just a small portion of what IVS is all about. With over 700 members, we are an all-volunteer organization that provides the Peoria community with events and training programs to help individuals increase their fitness level, we contribute to the neighborhoods along the Steamboat Classic route, and host the best races in Illinois: the Steamboat Classic and the IVS Half-Marathon!

I hope you find this spring a time of new beginnings for you, whether you want to begin running, want to improve your finish time, wanting to volunteer and give something back to the community or just hang around a great group of people—IVS has something to offer you, and I am confident you will get more in return.

I look forward to this year as my inaugural year as your President, and through communicating with the members, runners, race directors, community leaders and event coordinators, hope to make this a great year for the Illinois Valley Striders and the Peoria community.

Spring is here...bring it on, and begin something!

"The miracle isn't that I finished. The miracle is that I had the courage to start."

-John Bingham, running speaker and writer

A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty.

- G. Thomas Gale

Mid Pack Musings

by *Mike Rucker*

East Peoria – The Trail Friendly City

East Peoria is quickly becoming the most trail friendly city in Central Illinois. That community has a number of trails under construction, more in the planning stage and even more contemplated. Ty Livingston, East Peoria Director of Planning says, “Our goal is connectivity. We want to link together the trails we have and add a lot more throughout the city. And, in particular, we want to connect them with the neighboring communities in every direction.” The city plans to have dedicated trails wherever possible, but there will also be designated bike lanes along major streets wherever possible.

The most visible (and eagerly anticipated) new East Peoria trail will connect the Morton Trail to the Bob Michel Bridge. This 1 mile-plus section has been one of the “broken links” in the major east-west trail corridor across Central Illinois. This connection was held up for several years by delays in getting the funding through the State although the funding was approved in 2006. Unfortunately the trail cannot yet be opened to the public until a planned bridge is built to connect a new street with Camp Street. This new public street will cross the former Caterpillar factory property. The bridge is currently under construction and is planned to be finished by the end of 2011. The city hopes to have some sort of trail continuity restored by then, as well.

Plans are underway to provide for a bike/pedestrian corridor along Camp Street parallel to the above mentioned trail which will create a nearly three-mile loop through the city. This upgrade to Camp Street will initially have a bike lane, but in the future will, hopefully, include a separate sidewalk/bike path when funds become available.

In addition, there is to be a trail connection from River Road going between Arby’s and TGI Friday’s to Riverfront Park, then along the riverbank behind Walmart. This is the location of the former CILCo power plant. The trails in this park will run northward and cross under the I74/Murray Baker Bridge along the forthcoming Bass Pro Drive onto the new Bass Pro development. A new trail will run along the river behind the Bass Pro Shop up the river about 3½ miles to connect up with the Fondulac Park River Trail that terminates at Spindler Marina.

Plans are also being developed for a park on Farm Creek Delta. That is the recent build up of erosion sediment just upstream of the Murray Baker Bridge. This “new land” will also have a pedestrian/bike trail looping through it.

These are just a few of the great trail plans underway by the City of East Peoria. Stay tuned for the completion of these great trails with more in the works.

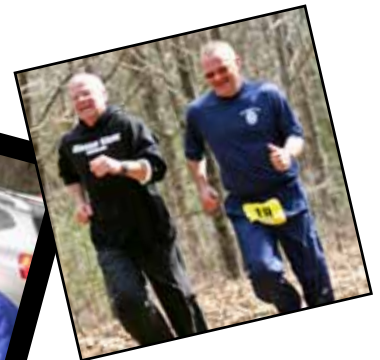
Mike

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



2011 CITRA Trail Races:

| Date | Name | Distance | Location | Website & Registration Info |
|--------------|--------------------------------------------|---------------------|--------------------------------------|---------------------------------------------------------------------------------------|
| 2/12/2011 | Wildlife Winter Trail Run | 6K | Hanna City, IL | Wildlife Winter Trail Run |
| 3/12/2011 | Cactus Classic | 10K & Half Marathon | Manito, IL | Cactus Classic |
| 4/2/2011 | Black Partridge Trail Run | 10K | Metamora, IL | Black Partridge Trail Run |
| 4/9-10/2011 | Potawatomi Trail Run at McNaughton Park | 50mi, 100mi | Pekin, IL | http://www.potawatomitrailruns.com/ |
| 5/20-21/2011 | CRUD 8hr & 24hr Trail Run (Solo and Relay) | 8Hr and 24Hr Ultra | Jubilee State Park Brimfield, IL | www.Crud8TrailRun.com |
| 7/9/2011 | Jubilee Trail Run | 10K | Brimfield, IL | Jubilee Trail Race |
| 8/27/2011 | Eureka Trail Run | 5K | Eureka, IL | |
| 9/18/2011 | Lake Evergreen Trail Run | 25K, 50K | Hudson, IL (Near Bloomington/Normal) | Shady Hollows Trail Runners |
| 10/8/2011 | Farmdale Trail Race | 10mi, 30mi, 50mi | East Peoria, IL | http://www.farmdaletrailrun.com/ |
| 10/29/2011 | McNotAgain | 10mi, 30mi, | Pekin, IL | |





Cactus Pictures by Bob Padilla

Illinois Valley Striders
700 W. Main
Peoria, IL 61606

Non Profit
US Postage
Paid
Permit 955
Peoria, IL

Now is the time...

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