

Illinois Valley Striders

www.ivs.org

A Soggy Year for the Kids Series

The season has come to a close for the IVS Kids Series. Despite three rain outs the kids once again hit the Proctor track and proved how bright the future for running is in the Peoria area.

If you are unfamiliar with the Kids Series, this is a fun, non-competitive introduction to the world of running. The emphasis of this program is on participation, and is complete with a finish line, individual times, finishing ribbons and refreshments. Everyone who comes out to the Kids Series is a winner just for finishing.

This program is not a success however, without the many volunteers who come out each week. A big shout out goes out to all of the IVS members who come out each Monday and provide their time to make the kids experience great.

Looking forward to next year's kid's series. If you have not had an opportunity to come out and check it out, make sure to mark it down on your calendars for next year!



Allison Deal Jobes

June 20 at 7:02am

Thank you, IVS, for another awesome season for the kiddos! This has been one of my son's favorite activities since we started them at age 3 (6 now). Your event organization, care for the kiddos and enthusiasm for running is unparalleled (especially on a rainy night like last night!). See ya next season!!



Upcoming Events

August 19

Summerfest

September 4

Bridge to Bridge

September 10

IVS Half Marathon

Keeping Pace with Mike.....

On behalf of the Illinois Valley Striders, I want to personally thank all of the participants, sponsors and partners that made this another great Steamboat Classic!!!! I especially want to thank all of the volunteers that provided numerous selfless hours to truly power this event!!!! I am truly blessed to be a part of such a great running club the Illinois Valley Striders in the greatest running community anywhere!!!

Sincerely,

Michael Lewellyn

IVS President

Steamboat Stories

The 2017 Steamboat has come and gone, but the stories abound. Runners of all abilities hit personal goals and in some cases broke records. The Steamboat course proved to once again be the world's fastest 4 mile and Illinois's hardest 15k.

Post Steamboat Classic at the RiverFront - great music, great beer, great time! 🍻🍷🍺🍹🍸🍾



Steamboat Classic! Gear check team. Good luck today Matt! Enjoy the race. Happy feet to all racers today!



What a great group of Whitney's Walk volunteers we had this morning handing out water & encouraging runners at Steamboat Classic! Thank you for spreading awareness of Whitney's Walk!



We ran steamboat & had a great time! Friends make you successful in reach goals 🙌



2017 Boredom Run



This month's spotlighted member is:

Maida Huber- Maida is our resident cheerleader. For the Wednesday night CORE group, Maida has put out a challenge to have the walkers outnumber the runners. She has almost succeeded on many occasions! Maida embodies what it means to embrace members of all paces and abilities! Keep up the good work Maida, for all of you walkers, come join the Wednesday night group! Who knows you could be the one that tips Maida over the edge.

Our members are the heart of IVS, and now we'd like to share some of your incredible stories! To share your story navigate to the IVS website at www.ivs.org.



Grand Prix

There is a tight race this year for the top spots in the IVS Grand Prix. For the first part of the season the top 10 are:

Top 10 Racers

- Bill Holmes- 372
- Roland Savoie- 317
- Ted Golden- 275
- Brenda Shawgo- 243
- Scott Sokolowski- 243
- Kelly Stark- 222
- Sandra Theobald- 212
- Tina Bajic- 216
- MarySue Baker- 181
- Katie Gaston- 180

Upcoming Races

- Firecracker 5k* July 4th
- Cry Me a River Trail Runs* July 8th
- Run for the Health of It* July 8th
- Run for Life* July 15th

It is not too late to register for the Grand Prix. Visit www.ivs.org to register, check out discounts, and much much more.



Running Tips

www.ivs.org

Hot Weather Running Tips

Article Republished from the Road Runners Club of America Website

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- Visit [Gatorade Endurance's site](#). You will find great tools for developing a hydration strategy.
- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your [local weather](#) and humidity level.
- When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade Endurance. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.
- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.
- Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.
- **Do** wear light colored breathable clothing. **Do not** wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!
- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!

RRCA is the parent organization of IVS. To learn more visit: www.rrca.org

About Us

www.ivs.org



Want to learn more about IVS

There are several ways to learn more about the Illinois Valley Striders organization:

On the Internet

The webpage is the one stop shop for learning about becoming a member, upcoming events, and signing up for various IVS activities. www.ivs.org

Via Facebook

There are a couple of pages to help IVS members connect and learn more about what is happening in the running community:

Illinois Valley Striders Facebook Page- this is a page where members can ask questions, learn about upcoming events, and in general connect with other members.

Run309- This is a general page to learn what is happening in the running community in the 309 area code. On this page is where the Wednesday night CORE runs and Saturday morning runs are posted along with other community runs.

Via Meetup

Are you a member of Meetup? If you are Illinois Valley Striders has a group on Meetup where community runs are posted. Join the group "Peoria Running Meetup Illinois Valley Striders" to learn more.

Via Strava

Strava is a mobile app that allows users to track runs, compete against others, join challenges. Illinois Valley Striders has a strava club to allow members to compete each other in the virtual environment.

Board Members

Executive Board Members:

President: Mike Lewellyn

Vice President: Ben Brewer

Treasurer: Jerry Kolb

Secretary: Sue Miller

Board Members:

Marty Baker, Linda Pes, John Pes, Jim McIntyre, Chris Dierker, Herb Kasube, Elaine Lagoda, Gene Jones, Reese Wantiez, JoAn Grane, Kelly Stark, Brant Watson, Jennifer Jacobson-Woods, Scott Sokolowski, David Schroff, Bill Holmes, Jason Young, Martha Reese, Judy Tolliver

Have a story idea, email Kelly Stark at

ivsnewsletter@outlook.com