

Illinois Valley Striders

www.ivs.org



One Weekend; Two Races; A Runners Perspective

This past weekend there were several local races, two of which were the Farmdale Trail Runs and the Whiskeydaddle Races. Here are two racers thoughts on their experiences.

Congratulations to all runners on your accomplishments over the weekend!

Whiskeydaddle Marathon; Roland Savoie; Distance 26.2 miles

Overall, how was your race experience? Since this was my second marathon – I was better prepared physically and mentally for the challenge, so while it was a hard race, it was mentally rewarding.

What worked well for you during the race? Concentrating on small goals. The first 16 – 17 miles were good, but then the little aches and pains started cropping up, so I set pace goals at each mile marker. I also appreciated all the race-approved as well as the community volunteer water stops. Having someone cheer you on really motivates you to do your best.

What would have you have changed or done differently? More long runs. I learned from last year's training that they are essential to achieve your marathon goal, but the more long runs you can do beforehand, the better off you will be.

What advice would you give to others who might do this race in the future? If you have a significant other – include them in the decision: training takes a LOT of time away from everything else. That means every weekend revolves around your training and can put a real strain on home life. It's a big commitment and everyone involved makes a sacrifice.

Farmdale Trail Runs; Kelly Stark; Distance 30 miles

Overall, how was your race experience? This was my first Ultra marathon so I was unsure what to expect going into the race. A mix of nerves were running through, but at the end of the day I am looking forward to my next goal.

What worked well for you during the race? The friends and encouragement I had along the way.

What would you have changed or done differently? More long runs leading up to the race and more runs in in climate weather conditions.

What advice would you give to others who might do this race in the future? Take care of your feet. I learned that if there is a threat of wet weather make sure to slather your feet with Desitin to keep the blisters away! Your feet are your most valuable asset as a runner.



Garrett's Path Satellite Run

Each year a couple of our IVS members travel to Burlington, Iowa to run a 5k race called Garrett's Path. Garrett was a 10 year old boy who lost his life in a tragic accident. In his memory his parents founded the Garret Brockman Foundation to help raise awareness for Organ Donation. This year due to circumstances the members were not able to travel to Burlington, Iowa for the race so they brought the race to Peoria. Several members got together and enjoyed the wonderful late September weather to run the race in Garrett's honor. Needless to say both the human and canine runners enjoyed the activity and treats afterwards. Thank you Mary Sue Baker for sharing the fun!



What's happening around the running block

Amazing things are happening around the running block. Runners are accomplishing their goals despite the late September heat wave.



Photos: Crazy runners in the Das Bier Run
Costumed competitors battle during the Das Bier Run as part of Peoria Oktoberfest.
FJSTAR.COM



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- 656
- Roland Savoie- 649
- Ted Golden- 609
- Scott Sokolowski- 577
- Sandra Theobald- 423
- Tina Bajic- 385
- Kelly Stark- 356
- Maurice Wantiez- 339
- Brenda Shawgo- 337
- MarySue Baker- 332

Upcoming Races

- CITRA McNotagain*
- IVC Ghost Chase*
- Canal Connection*

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

This month's spotlighted member is:

Scott Sokolowski- Not only is Scott a fierce competitor in the IVS Grand Prix Series he is also a frequent volunteer at IVS events. Scott can often be found at a water stop encouraging his fellow runners, or hauling and setting up tables at the IVS Half. In addition this year Scott has stepped up as one of the newest IVS Board Members. Scott truly shows the IVS spirit in all that he does for the running community. Great job Scott keep up the great work!

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.

Rules for Running on Single Track Trails

Article republished from the Road Runners of America website

“Rules on the Run” are principles of trail running etiquette that foster environmentally-sound and socially-responsible trail running. These principles emulate the well-established principles of Leave No Trace, and Rules of the Trail by the IMBA. [The American Trail Running Association \(ATRA\)*](#), believes that by educating trail runners to observe “Rules on the Run,” trail runners will be able to enjoy continued access to their favorite trails and trail running competitions.

Stay on Trail

Well marked trails already exist; they are not made on the day you head out for a run, i.e., making your own off-trail path. There is nothing cool about running off trail, bushwhacking over and under trees, or cutting switchbacks up the side of a hill or mountain. Such running creates new trails, encourages others to follow in your footsteps (creating unmarked “social trails”), and increases the runner’s footprint on the environment. When multiple trails exist, run on the one that is the most worn. Stay off closed trails and obey all posted regulations.

Run Over Obstacles

Run single file in the middle of a trail, even when laden with a fresh blanket of snow or muddy. Go through puddles and not around them. Running around mud, rocks, or downed tree limbs widens trails, impacts vegetation, and causes further and unnecessary erosion. Use caution when going over obstacles, but challenge yourself by staying in the middle of the trail. If the terrain is exceedingly muddy, refrain from running on the trails so that you don’t create damaging “potholes” in the surface. Moisture is the chief factor that determines how traffic (from any user group) affects a trail. For some soil types, a 100-pound runner can wreak havoc on a trail surface in extremely wet conditions. In dry conditions the same trail might easily withstand a 1,200 -pound horse/rider combination. There are many situational factors to consider when making your trail running decision. Trails that have been constructed with rock work, or those with soils that drain quickly, may hold up to wet conditions—even a downpour. But, in general, if the trail is wet enough to become muddy and hold puddles ALL user groups should avoid it until the moisture has drained.

Run Only on Officially Designated Open Trails

Respect trail and road closures and avoid trespassing on private land. Get permission first to enter and run on private land. Obtain permits or authorization that may be required for some wilderness areas and managed trail systems. Leave gates as you’ve found them. If you open a gate, be sure to close it behind you. Make sure the trails you run on are officially designated routes, not user created routes. When in doubt, ask the land managing agency or individuals responsible for the area you are using.

Respect Animals

Do not disturb or harass wildlife or livestock. Animals scared by your sudden approach may be dangerous. Give them plenty of room to adjust to you. Avoid trails that cross known wildlife havens during sensitive times such as nesting or mating. When passing horses use special care and follow directions from the horseback riders. Running cattle is a serious offense. Consider turning around and going another direction when faced with disturbing large herds of animals, especially in winter when animals are highly stressed already.

Keep Your Dog on a Leash

Unless otherwise posted, keep your dog on a leash and under control at all times. Dogs running off leash may result in adverse impacts on terrain and wildlife and degrade the outdoor experience of other trail users. If an area is posted “no dogs” obey signage. This may mean that you leave your dog at home. It is also imperative that you exercise Leave No Trace practices with respect to removing any dog waste, packing out what your dog may leave on the trail. Be prepared with a plastic bag and carry the waste until you come across a proper disposal receptacle.

Don’t Startle Other Trail Users

A quick moving trail runner, especially one who seemingly emerges from out of nowhere on an unsuspecting trail user, can be quite alarming. Give a courteous and audible announcement well in advance of your presence and intention to pass hikers on the trail stating something like, “On your left,” or “Trail” as you approach the trail users. Keep in mind your announcement doesn’t work well for those who are wearing headphones and blasting music. Show respect when passing, by slowing down or stopping if necessary to prevent accidental contact. Be ready to yield to all other trail users (bikers, hikers, horses) even if you have the posted right of way. Uphill runners yield to downhill runners in most situations.

Be Friendly

The next step after not startling someone is letting them know that they have a friend on the trail. Friendly communication is the key when trail users are yielding to one another. A “Thank you” is fitting when others on the trail yield to you. A courteous, “Hello, how are you?” shows kindness which is particularly welcome.

Don't Litter

Pack out at least as much as you pack in. Gel wrappers with their little torn-off tops, and old water bottles don't have a place on the trail. Consider wearing apparel with pockets that zip or a hydration pack that has a place to secure litter you find on the trail. Learn and use minimum impact techniques to dispose of human waste.

Run in Small Groups

Split larger groups into smaller groups. Larger groups can be very intimidating to hikers and have a greater environmental impact on trails. Most trail systems, parks, and wilderness areas have limits on group size. Familiarize yourself with the controlling policy and honor it.

Safety

Know the area you plan to run in and let at least one other person know where you are planning to run and when you expect to return. Run with a buddy if possible. Take a map with you in unfamiliar areas. Be prepared for the weather and conditions prevailing when you start your run and plan for the worst, given the likely duration of your run. Carry plenty of water, electrolyte replacement drink, or snacks for longer runs. Rescue efforts can be treacherous in remote areas. ATRA does not advise the use of headphones or iPods. The wearer typically hears nothing around them to include approaching wildlife, and other humans. The most important safety aspect is to know and respect your limits. Report unusually dangerous, unsafe, or damaging conditions and activities to the proper authorities.

Leave What You Find

Leave natural or historic objects as you find them, this includes wildflowers and native grasses. Removing or collecting trail markers is serious vandalism that puts others at risk.

Giving Back

Volunteer, support, & encourage others to participate in trail maintenance days.

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

About Us



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, and 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, 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