



Illinois Valley Striders

www.ivs.org

The Streets Were Alive for St Jude

Every year runners hit the streets in August runners hit the pavement to raise money for St. Jude. The St. Jude Runs, were co-founded by Mike McCoy and Gene Pratt in 1982, and is a relay-style even benefiting the St. Jude Children's Hospital. Runners begin their journey from St. Jude in Memphis, Tennessee, or one of the 37 satellite communities, all concluding in Peoria, Illinois home of the St. Jude Midwest Affiliate.

In addition to the many IVS runners who represent and support this cause by running as St. Jude Runners, IVS also helps out in a few additional ways as well. Did you know that the Louie Louie festival, the official kick-off of summer, is an IVS event to help raise money for the kids of St. Jude? This year \$1528.95 was donated to the kids of St. Jude from the Louie Louie festival.

IVS volunteers also help on the day of the run to help keep the runners and spectators safe as the runners make their final leg into the Civic Center. This day is always a great experience to see all of the runners achieve their goals and give their hearts for this great cause. These runners truly go the extra mile for the kids of St Jude.



IVS Half

On behalf of the IVS Half committee, a huge thank you to all of the runners, and volunteers that made the IVS Half a success this year! This race is always one of the highlights of the IVS year and this year was no exception. The enthusiasm and determination of each and every participant was felt throughout the day as personal bests were achieved. We are sincerely looking forward to seeing everyone again next year!

IVS Half Memories

The weather could not have cooperated any better for this year's IVS Half. The enthusiasm of the runners was infectious as runners tackled the hills and the challenge of the beautiful Springdale Cemetery.

Derek and I won the coed division quarter marathon today at the IVS half. He ran with his buddy Miguel. He was so excited.



This month's spotlighted member is:

Randy Swenson- One of the key founding principles of the IVS organization is volunteerism and promotion of the sport of running. When I think about this month's spotlighted member these two things stand out. Whether it is offering rides, providing water on the course, encouraging a fellow runner, or riding a bike alongside checking on the welfare of the runners, Randy is always there to help out. His acts of volunteerism are truly too many to count. Thank you Randy for all that you do, all of your hard work and volunteerism is truly appreciated!

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- 626
- Roland Savoie- 620
- Ted Golden- 580
- Scott Sokolowski- 517
- Tina Bajic- 386
- Sandra Theobald- 363
- Brenda Shawgo- 337
- Kelly Stark- 327
- Maurice Wantiez- 311
- MarySue Baker- 302

Upcoming Races

- Das Bier Run*
- Shoreline Classic 5k/10k*
- Strides for Justice*
- Snackpac 5k/10k*
- Get in Gear*

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



General Rules for Running in an Event

Article republished from the Road Runners of America website

- **FOLLOW THE RULES OF THE RACE OUTLINED ON THE RACE ENTRY FORM!** All runners have a collective responsibility to keep the event safe. Races generally discourage running with dogs, headphones, cell phones, and jogging strollers.
- Pre-register even if same day registration is offered. This will help ease the registration process for everyone involved.
- Arrive early for the event, especially if you are picking up your number on race day. Check your registration information carefully, especially if you are racing for an award or prize money.
- Use the facilities before the race start to lessen the need once on course, and help keep the facilities clean for person in line after you.
- Pin your race number on the front of your shirt/shorts. This is where it is most visible for photographers and race officials.
- Line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.
- Pay attention to the pre-race instructions. This is **NOT** the time to be blaring your favorite song on your personal music device (which should be locked in your car or at home).

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



Road Runners Club of America
Growing the Sport of Running Since 1958

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 Stava

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