

THE LOUISVILLE RUNNER

MAY 2007

Newsletter for the Cherokee Road Runners

Volume XXXI No. 4

FINISH YOUR FIRST MARATHON—It May Be Your Only Chance

By Don Miller

Whether you're a runner or not, you just don't know what's waiting for you around the next turn in the road.

When my wife, DiAnn, and I split up in the late 1970's, I became involved in running. Like many runners, I eventually found my way to the marathon. In 1991, DiAnn and I got back together, and she was drawn into the running family here in Louisville, KY.

After having built up to 5K and half-marathon events, she decided to try the Smoky Mountain Marathon in February, 1993. From the standpoint of beauty and serenity, there could not be a better choice for a marathon course. That year, the course had been changed to a hillier one that was even more difficult than the previous course had been. Since her goal was merely to finish, we did many long walks in the weeks leading up to the marathon. There were winter walks for the most part and were the most enjoyable for the both of us, as we anticipated the marathon to come, in the beautiful environs of Townsend, TN.

On marathon morning, we were allowed to start early. The first few miles were done in the dark. As daylight came, we were joined by a medium-sized black dog. He was an agreeable sort and stayed with us for some 10 miles. He seemed to enjoy himself, occasionally getting water at a mountain stream that ran alongside our course.

The temperature remained at 32 degrees all the while we were out there and, aside from the occasional swirling snowflakes, the weather was neither a help nor a hindrance.

At 23 miles, DiAnn developed a head splitting migraine headache that caused her to stop and take a couple of aspirin. Fearing for her safety, I asked her if she wanted to get a ride and skip the rest of the course. Giving me a dangerous look, she said, "I didn't come this far to quit!"

So we continued. At the finish, Barbara Pate, one of the race directors, had waited for us and clapped us in across the parking lot. As many runners know, it was a special time.

Six months later, DiAnn developed a brain infection and had surgery for removal of an abscess. As a result, she is unable to work or drive, or – worst of all – run. She's rather a tough character though, and carried on well through these years since the surgery, getting out for walks with our dear family member, Spike the dog. Recently, we were recalling that magic 32-degree day in the Smokies. Reliving all that happened that day. DiAnn said, "I'm so glad I finished that marathon. It turned out to be the only chance I had."

At any rate, if you find yourself somewhere along the course in your first marathon, try not to let anything keep you from getting to the finish line. There might not be a next time.

SAUCONY RUN FOR GOOD PROGRAM

The benefits of running go far beyond strong legs and healthy hearts: research shows that running can also help kids get better grades, handle stress and diminish childhood obesity. The Saucony Run for Good Program is a grant program to encourage active and healthy lifestyles in children.

A simple pair of shoelaces **CAN CHANGE A CHILD'S LIFE.**

Please support our effort by purchasing a pair of **RED LACES**. 100% of the proceeds will go to the Run for Good Program which provides grants to non-profit organizations that support their mission. By wearing these **RED LACES**, you are helping the fight against childhood obesity and giving kids the chance to enjoy a healthy lifestyle.

RED LACES are available to purchase for \$1 each at KEN COMBS RUNNING STORE, 4137 SHELBYVILLE ROAD.

For more info on this program visit www.sauconyrunforgood.com

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THE SENIOR OLYMPICS SUMMER NATIONAL SENIOR GAMES LOUISVILLE 2007

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The 2007 Summer National Senior Games will take place this summer June 22 – July 7. We anticipate hosting in between 12,000-15,000 senior athletes and 15,000-20,000 spectators. The athletes will compete in 18 different sports and there will be over 800 events contested over 16 days. We need approximately 4,000 volunteers to make our event successful. These volunteers are needed to assist with Athlete Services, PR/Media, Operations/Logistics, Special Events, Hospitality, Medical and Competition. Currently, we have 12,000 volunteer shifts and over 150 volunteer activities (plenty for everyone).

To volunteer for the Senior Games, please go to:

www.2007seniorgames.com

Abby Bolt, Volunteer Director, 2007 Summer National
Senior Games

Email: abolt@2007seniorgames.com

502-893-1940, ext. 25

502-893-2978 (fax)



LOUISVILLE 2007

presented by

HUMANA

2007 BOARD MEETING SCHEDULE

Cherokee Road Runners' board meets the second Thursday of every month. The meeting is open to all members and we encourage our members to come join us.

Location:	Ray Parrella's Italian Restaurant 2311 Frankfort Avenue
Phone:	899-5575
Time:	7 P.M.

Dates for 2007 are as follows: May 10, June 14, July 12, August 9, September 13, October 11, November 8, and December 13.

Occasionally, the board cancels a meeting or needs to meet elsewhere. We will try to notify our membership as soon as possible if that happens. If you have questions, call Dianne Ernst, 425-6798.

WANTED

Have you notice our "Wanted" ad in the newsletter? If you haven't, please take the time to look for it and read what we need from you....our members!

The Board of Directors and Race Directors work hard to put on quality races throughout the year and at the same time try to provide you with a monthly newsletter, but we need your input. Won't you please help us out?

Submit your stories via email to: ebenmour@yahoo.com or mail your articles and/or pictures to: Eric Benmour, 521 Zorn Ave., #A-11, Louisville, KY 40206.

RUNNING CAN BE CHILD'S PLAY

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Here are some tips for getting your kids started on a running program in a way that's safe and fun:

START GRADUALLY

Kids shouldn't run everyday at first – two or three times a week is plenty. Even more so than adults their growing bodies need rest and repair. Start them out with 4-5 cycles of two minutes walking, two minutes running (12-20 minutes) and as they adjust gradually increase running time and decrease walking time until all they do is run. On off days, take them for a walk, a swim or a bike ride. Combining activities like this is called “cross training”, and it's a great way for youngsters to get fit without getting injured or bored.

LIMIT DISTANCE

Overtraining doesn't work for you and it won't work for your children. With the exception of highly gifted and extremely motivated young athletes, children under 12 should run no more than 15 miles a week tops and in competition, a 5K race is far enough. During hot weather it's even more important to limit mileage; according to medical research, kids are less efficient at regulating body temperature while running.

AVOID BURNOUT

Be on the lookout for overtraining red flags. Common signs that you are pushing your child too hard: He/she engages in a lot of negative self talk, begins sleeping a great deal more or less than usual, he/she isn't eating well or is frequently injured. Beware too, if your child is less social than usual. That's a good indicator it's time to cut down or take a break altogether.

HAVE FUN

No kid wants to go to the track and run 400M repeats so find ways to keep it light. Help your kids catch the running bug by organizing a neighborhood relay race or ramble around the local park. Play some fun running games; here's a few you can try: Act as a “rabbit” by running ahead and having them catch you, race up a grass hill and roll down, jog single file in a circle and take turns sprinting to the back of the line. If you keep it fresh and fun, you'll never have to push your kids to move.

Resource: www.saucony.com, Article by Liz Neporent, M.A.

RUNNER'S TIPS

SOURCE:
RUNNER'S WORLD

Train likes the opposite sex

Women--build strength, burn extra fat and boost your aerobic capacity. Men--break down fat better, increase your flexibility, and improve pacing

Try zigzagging.

When running in the wind, try zigzagging (so long as it's safe).

Train lightly the day before and the day after speedwork

Train lightly the day before and the day after speedwork. This will allow you to have fresh legs and recover adequately for the rest of the week.

A good way to prevent side stitches is to strengthen your abs

A good way to prevent side stitches is to strengthen your abs. Strong abs can keep your organs more firmly in place so that they don't tug so hard on your diaphragm.

You can stop a side stitch by altering your breathing

If you're experiencing a stitch in your right side (which is more common), try to exhale as your left foot hits the ground. If your stitch is in your left side, exhale when your right foot makes impact.

One of the best ways to prepare for your next run is to do a complete cool-down routine at the end of every workout

One of the best ways to prepare for your next run is to do a complete cool-down routine at the end of every workout. A cool down routine should consist of easy running, walking and stretching.

TRAINING & RACING SHOES – What should you look for?

Training for and running in a marathon is no small investment in time, effort, or money. The first two are obvious, and for the third you'll need to consider the entry fee, typically approaching three figures for the larger events, the cost of travel and food and lodging at the race, as well as equipment you'll need to successfully accomplish your goal.

While it's been said that running is the simplest of sports, requiring only shoes, shirt and shorts, that doesn't mean you can get by for nothing. It's possible to do all your training and racing in cotton shorts and a T-shirt, but that doesn't mean you should. Advances in clothing technology have come so far in recent years that lightweight clothes that wick away moisture and provide chafing-free, sun-shielding comfort are a relative bargain. Similarly, outerwear for cold or wet conditions makes grey cotton sweats and a nylon windbreaker seem prehistoric. The breath ability of such garments has improved to the extent that you'll be dry even on the inside as your sweat evaporates through microscopic pores.

But the foundation of any running program is shoes, and this is one area you should definitely not scrimp. Just as putting cheap tires on your car is foolish, a cheap, off-brand pair of shoes won't fit as well or last as long as a pair from an experienced company. Worse, a cheap or worn-out pair of shoes can lead to injury, preventing you from even getting to the starting line in the first place.

If you're embarking on a serious marathon training program it may be advisable to get a new pair of training shoes. Even better, if you find a style that works for you, buy two pairs, and alternate every day. Giving your shoes a day off gives the midsole cushioning time to rebound from a workout's pounding, and allows sweaty moisture, the biggest enemy of shoe life, time to evaporate.

Most runners fall into two categories: those with rigid feet, who need cushioning in their shoes, or those whose feet are more flexible, and need some degree of support and motion control. Your local running store is the best source of advice for what model best suits your needs.

For the majority of runners, it's best to use the same model shoes you trained in to run your marathon. Just make sure your shoes haven't lost their cushioning over the course of a big marathon mileage buildup. You may want to get a new pair three to four weeks before your race, which will give them time to break in without breaking down.

There are lighter shoes available, but the reduction in weight comes with a commensurate loss of support and cushioning that most runners shouldn't give up. If you're a serious, experienced marathoner looking to shave some seconds or minutes off your time, you might consider something slightly lighter. Those who are really serious, hoping for big PRs or age group placing, are probably quick and biomechanically efficient enough to wear true racing flats.

So, pick your goal marathon, pencil in your training on the calendar, then head down to your local running store and stock up on the gear you'll need to make this your best marathon ever.

Resource: Running Times Training Newsletter, April 2007

RUNNER'S TIPS SOURCE: RUNNER'S WORLD

DEHYDRATION

As little as 2% dehydration will have a negative effect on your race performance.

Definition:

Excessive loss of bodily fluids. Symptoms include thirst, dizziness, weakness and nausea. Serious dehydration can lead to cramps, chills and disorientation.

Remedies:

Stop running, get to a cool place and drink plenty of fluids.

Of course, the point is not to become dehydrated in the first place. Everyone's fluid needs vary. You know you're getting enough if you void large volumes of pale urine at least six times a day (note: B vitamins turn urine yellow-green).

To determine how much liquid to take during a run or race, you need to know your sweat rate, and that can vary between 1 and 4 quarts per hour. Weigh yourself nude before a timed training run, and then again after. One pound of weight loss equals 1 pint of water loss. Calculate your sweat rate and use this to determine your fluid needs during a run or race.

For example, if you lose 2 pounds during an hour run, that's 2 pints or 32 ounces. Thus, you need 8 ounces of water or sports beverage every 15 minutes. (Performance note: As little as 2 percent dehydration will have a negative effect on your race performance.)

RACEWAY

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MAY 2007

- 5th 500 Festival Mini Marathon, Indianapolis, IN, info @ www.500festival.com
- 5th Buffalo Stampede 5K Run/Fun Walk @ Buffalo Trace Park, Palmyra, IN, 812-364-6122
- 6th Flying Pig Marathon/Half/Relay, Cincinnati, OH, info @ www.flyingpigmarathon.com
- 12th Run for the Rawhide 5K, 9AM, Tom Sawyer Park, www.louisvilledogs.com or 426-8950
- 12th Throo the Zoo 5K Run/Walk, 8AM, Louisville Zoo, info: Diane Wallace, 562-2033
- 12th Bagdad Days 5K Run/Walk, 8 AM, Bagdad, KY, Phyllis Bailey, 502-747-5256
- 13th Triathlon 400 yd swim/12 mi bike/5K run, Clear Creek Park, www.headfirstperformance.com
- 15th 5K Wally Bright Bake-Off Run, Iroquois Park, Swag Sport Shoes, 368-2443
- 19th Taylorsville Lake Half Iron Tri/Aquabike, Info: 502-834-9942, www.headfirstperformance.com
- 19th Waggin' Trail 5K, Seneca Park, KY Humane Society, www.kyhumane.org
- 19th Gilda's 5K/10K Fun Run, Tammy @ 489-3939 or www.gilasclublouisville.org
- 19th Dances with Dirt 100K Relay/50Mi/50K Brown County St Park, www.danceswithdirt.com
- 19th Run with the Foxes Half/10mi/5k on Trails, Morgan Monroe St Forest, 765-349-0204
- 19th CBS Family 5K Run/1 Mi Walk 8:30 AM Crestwood Baptist Church 241-8534, ext. 120
- 19th Barren River 5K, Barren River Lake St Park, Lisa Deavers 270-646-2151, www.parks.ky.gov
- 20th Mt. Airy Forest Trail Run, Cincinnati, OH, 513-321-3006, www.runningspot.com
- 20th Cleveland Marathon/Half Mar/10K Cleveland, OH, www.clevelandmarathon.com, 800-467-3826
- 26th Run for the Berries Run/Walk, Starlight, IN, 812-944-9208 (PM)
- 26th Run For the L of It 5K Run/Walk, 4th Street Live, David Flaughner, derbycityac.com
- 26th Bellarmine University Fun Run, benefits JCPS Physical Therapy, 452-8356
- 26th Skelter for the Shelter 5K Run/2K Walk, Wilmore, KY, Marianne Sherman 859-885-8318
- 26th Bayshore Marathon/Half/10K, Traverse City, MI, www.bayshoremarathon.com
- 26th Buffalo Trails MultiSport: Duathlon/Triathlon/5K Maysville, KY. www.buffalotrailsraces.com
- 30th July 25th Clarksville Summer Running Series, 812-283-5313; info@clarksvilleparks.com

JUNE 2007

- 3rd VBS 5K, 4 pm, St. Matthews Baptist Church, David Garrard, 896-8883
- 3rd Rock 'n' Roll Marathon, San Diego, CA, Info @ www.rnrmarathon.com
- 9th Daniel Boone Run for Statehood Half Mar & 5K, Falmouth, KY, 859-781-9101
- 9th Barnyard Dash 10K Run/3Mi Walk, Joe Huber's Starlight, IN, Pacers & Racers 812-948-7865
- 14th Freedom Run 5K Run/Walk, Thursday 7pm, Iroquois Park, 964-7147
- 16th St. Joseph/Gray Horton Memorial Run for Children, 8am, 893-0241, ext. 279
- 16th Possum Ridge 5K Taylorsville Park, Taylorsville Ky Brian:502-477-8713, www.parks.ky.gov
- 16th Captains Romp 5K Run/Walk Englishton Park, Lexington, IN Info: CaptainsRomp@c3bb.com
- 30th 1st Leg-Charlestown Founders Day 5K XC Run, Charlestown, IN, 812-948-7865

JULY 2007

- 4th Crescent Hill Independence Day 5K Fun Run/Walk, 7:30 am, www.crescenthill.us
- 4th Bluegrass 10,000 (10K run), 8AM, Lexington, KY, 859-288-2946
- 7th Summerfest 5K Trail Run, Otter Creek Park, Info: www.headfirstperformance.com
- 14th Magnolia 5K, Rough River Dam State Park, Falls of Rough, KY, 270-257-2311
- 20th Oldham Co. YMCA Festival 5K Run/1 mi Walk, 7:30 pm, LaGrange, KY, 222-3901
- 21st Southern Parkway Mile Run/Walk, 6PM, Swags Sports, 368-2443 or 239-8239
- 21st 2nd Leg-Off the Road XC 5K, Lapping Park, Jeffersonville, IN, 812-948-7865

AUGUST 2007

- 4th Tom Sawyer Park Triathlon
- 10th RUN FOR THE HOGS 3K, 7:30 PM, CRR-Dianne 425-6798, www.cherokeeroadrunners.org
- 11th Fastline Fun Raising 5K Run/1mi Walk 8:30 am Buckner, KY, 222-0146, ext 8312
- 18th Texas Roadhouse Stampede for VIPS 5K Run, 9pm Great Lawn, Robin@vips.org, 636-3207
- 25th Vevay River 5K Run/Walk, Vevay, IN, Swiss Wine Festival, 800-435-5688

CRAMMING

Most of us are workout thieves, stealing a run whenever a small window of time is left open. It's stunning what you can accomplish in a pilfered hour; even two short, unplanned workouts a week can propel you to dramatic levels of performance and fitness.

Trouble brews when you come to count on these extra workouts: when you feel unprepared for a looming race, when impatience from a recovering injury urges you to push your progress, or when you're trying to reassert control over a life besieged by personal problems. Injury is the devil's due for squeezing too many workouts into your week. Regardless of the danger, "cramming" doesn't work.

The satisfying burn you feel during a hard sprint tells you that you're building muscle. Alas, it tells you a lie. Hard workouts tear muscle tissue down; only rest makes you stronger. And invariably, rest is the casualty of any hurried training program. The result is overtraining, a notoriously elusive syndrome often unrecognized by coaches and physicians alike. Among its symptoms are moodiness, irritability, altered sleep patterns, depression, decreased appetite, weight lost, persistent muscle soreness, a raised resting pulse, clumsiness, and a greater incidence of injury. These are roughly the same symptoms for being cantankerous and alive, so it's no wonder that running coaches often prescribe extra intervals as the remedy.

Only recently have sports physiologists put rest under the microscope. Its role in building muscle is more complex than anyone imagined. During slow-wave sleep, for example, growth hormone is released from the pituitary gland at the base of the brain, stimulating muscle growth and repair, bone building, and fat burning. This much we know. Human growth hormone is crucial to recovering from grueling workouts. When you cheat yourself of a good night's sleep, lower amounts of the hormone are released, which is why extended sleep loss will eventually hurt your performance.

The mechanics are only dimly understood. Meanwhile, runners who care more about the stopwatch than biomechanics classes are gaining enormous results from putting calculated periods of rest into their workout routines. Most competitive runners, for example, are well versed in tapering, in which the distance and intensity of workouts are gradually reduced during the week or so before an event. Recent studies have shown that tapering not only improves performance, it increases muscle strength and power; it reduces sleep disturbances as well as stress and fatigue; it lowers perceived rates of exertion as well as heart rates during a workout; and it results in an overall brighter mood.

How does this magic happen? No one really knows. Most of us are driven by a cultural predilection to believe that extra effort alone brings results. After all, perseverance and desire separate runners from, well, nonrunners. But this way of thinking ignores half of what your body needs in order to get stronger. So instead of stealing an extra hour for a workout, try stealing an extra hour of sleep.

Resource: Marty Jerome "The Complete Runner's Day-By-Day Log and Calendar" 2007

2007 D.IN.O TRAIL RUN SERIES

All dates Saturday, start time 9 am — 15k and 5k distance at each event

SERIES EVENTS

June 2 – Nashville IN: Brown County State Park

September 8 – Indianapolis IN: Town Run Trail Park

October 13 – Indianapolis IN: SouthWestway Park

November 17 – Indianapolis IN: Fort Harrison State Park



D.IN.O (Do Indiana Off Road) Trail Run races take you through some of the most scenic and challenging trails in central Indiana. You will face a variety of challenges on the trail – rocks, roots, hills, sometimes mud and stream crossings.

Choose your distance: 5K (3.1 miles) or 15K (9.3 miles). Distances may vary by +/- 5% due to the nature of the terrain and layout restrictions.

The D.IN.O Trail Run Series is now in its sixth season. Difficulty levels vary – see course descriptions and ratings.

For more information: www.DINOseries.com or contact Brian07@DINOseries.com.

RUNNING SHORTS

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Mark your calendar and plan to **participate** and **support** our upcoming club races!

Friday, August 10, 2007 – Run For the Hogs 3K

The run is a 1/86 mile loop through the Butchertown area of downtown Louisville. The race begins and ends in front of St. Joseph's Church at 1406 E. Washington Street. Red and white ceramic hog banks will be awarded to the overall and age group winners. **We need volunteers to help out in several areas of the race, please call Race Director Dianne Ernst, 425-6798, or email: cherokeechick@earthlink.net**

Saturday, September 8, 2007 – Apple Patch 5K Run and 1 Mile Walk

Part of the Oldham County Grand Slam of 5K races, this run/walk is on country roads of Oldham County just north of Apple Patch Campus. Race will start next to the Brownsboro General Store & Eatery on Hwy. 329 in Crestwood, Ky. Proceeds go to the Apple Patch Community which provides residential living for adults with mental retardation. For additional information on race call 503-657-0103 or visit applepatch.org. **If you can help with the race, please call CRR Coordinator, Donna McCabe at 459-1615 or email McProf@earthlink.net**

Please visit the club's website for additional events and information on upcoming club runs at www.cherokeeroadrunners.org

REMINDER:

Volunteers are needed in order to put on our races. **If you're not running**, please call one of the race directors and ask **where** you could help out. I know they would greatly appreciate any time you could give. Volunteer at a race to help others run more easily and safely. Thanks so much!

2007 OLDHAM COUNTY GRAND SLAM

The "Grand Slam" has been put together as a way to serve Oldham County and surrounding communities. All races are 5K. You may participate in any of all four "legs" but must enter and be present at all four in the series to be eligible to receive a Grand Slam t-shirt (in addition to individual race shirts). There is no additional entry fee required to participate. [Register for the O. C. Grand Slam online @ \[ocgrandslam.com\]\(http://ocgrandslam.com\)](#). (Deadline to register for OCGS is May 19.)

Official Races of the Oldham County Grand Slam are:

CBC FAMILY RUN RUN/WALK

May 19, 2007
8:30 AM
5K Run/1 Mile Walk
Crestwood Baptist Church
Contact: Mark @ 241-8534, ext. 120

FASTLINE FUN-RAISING

August 11, 2007
8:30 AM
5K Run/1 Mile Walk
Buckner, KY
Contact: Raylene @ 222-0146, ext. 8312

OC YMCA FESTIVAL RACE

July 20, 2007
7:30 PM
5K Run/1 Mile Walk
LaGrange, KY
Contact: Peggy @ 222-3901

APPLE PATCH

September 8, 2007
8:30 AM
5K Run/1 Mile Walk
Brownsboro General Store & Eatery
Contact: Joe @ 657-0103

TRAINING TIP -

The Marathon: A Major Challenge

Running a marathon is a major challenge, usually the biggest one a runner undertakes in his or her career, but there's a difference if you're running your first or your fifteenth 26-miler.

That's the feeling of Terrence Mahon, coach of the Running USA Team California group. In his stable of athletes are two of America's best distance runners, Denna Kastor and Ryan Hall. Both were set to run spring marathons, but that's where most of the similarity ends. Kastor's debut at the Boston Marathon on April 16 was her 11th race over the distance, while Hall will make his first attempt at the marathon this Sunday, in London.

"The biggest thing is not overdoing the training, especially the first time," says Mahon. "For many first timers the marathon is seen as such a monumental event they tend to do that. They'll go out and run a marathon in four hours for practice and not be able to recover, and then they'll be shot for the race itself. The difference isn't so much the training, but the recovery," for novice versus an experienced marathoner, Mahon continues. "There's a callusing effect you get from going through several cycles of marathon training. Denna and Ryan might do similar training, but it takes less out of her at this point in her career. If you have to make a choice, it's better to go into your first marathon a little bit under trained rather than tired or injured."

Whether you're an experienced marathoner or a novice, Mahon advises looking ahead to your next race in planning your training for the current one. "You need to know where you are going to go from here," he says. "Your body needs a new training stimulus to improve, so you need to think about what you are going to do the next time out, and plan ahead for your next one."

The mental benefit of having several marathons under your feet is also important. "You gain the ability to know what your legs are going to feel like at 20 miles," Mahon says. "It's going to hurt, and hurt a lot if you haven't been restrained early on." That brings up another benefit of experience, knowing that the early miles of a marathon should feel ridiculously easy. "Can you honestly tell yourself that you will have the same splits for 20, 22 miles as you're running at 5 or 10?" Mahon asks. "If not, you'd better back off. The biggest thing you learn after a couple marathons is patience."

Finally, an experienced marathoner knows that the race is like open water sailing, with lots of waves and swells to negotiate. "You will have bad mile splits but unlike a shorter race it doesn't mean the next one will be the same," says Mahon. "And it will change from marathon to marathon where you feel good and bad, and how long those patches are. You'll be riding out a lot of emotional storms from seeing what's on your watch. You just have to learn to weather the storm."

Resource: Running Times Training Newsletter, April 2007

KENTUCKY STATE PARKS RACE SERIES

2007 SCHEDULE

Kentucky State Parks is off and running with the 3rd Annual Kentucky State Parks Race Series again this spring. Runners are invited to compete in a series of 5k runs featured at five Kentucky State Parks. Take this opportunity to participate in challenging courses with various park terrains. Runners can race in all **five** or register for **individual** races. Bring your whole family for a weekend getaway and enjoy our beautiful state parks. Race information and registration are available for download at www.parks.ky.gov

May 19, 2007

Barren River 5K Classic
Barren River Lake State Resort Park
Contact: Lisa Deavers 270-646-2151
lisa.deavers@ky.gov

June 16, 2007

Possum Ridge 5K
Taylorsville Lake State Park
Contact: Brian Pharis 502-477-8713
brian.pharis@ky.gov

July 14, 2007

Magnolia 5K
Rough River Dam Resort Park
Contact: Recreation Supervisor 270-257-2311

Each race has a pre-registration fee of \$15 and a race day fee of \$20. But for \$65 paid by Feb. 24, runners can sign up for all five races. **Registration for individual races is through each individual park.** To register for all five races, runners should get a form and send it to: Kentucky State Parks Race Series, 500 Mero Street, 11th floor, Capital Plaza Tower, Frankfort, KY 40601.

Awards will be given to the overall male and female winner of each race and first and second place winners in each male and female age division. The grand prize winners, who must compete in all five races, will be named at the July 14 Magnolia 5K at Rough River. All of those who run all five races will receive a certificate and be registered for a special giveaway prize.

For information on the entire Kentucky State Parks Race Series, please contact Shawn Pickens at 502-564-4940 ext. 247 or shawn.pickens@ky.gov.

FRIENDLY UP YOUR RUNNING

By Larry Holt

You know this time of year everyone seems to be new to the sport. Clinics, seminars, meet and greets abound from work place to church place. To be honest though most all of these soon to be pavement pounders have been down the path of enlightenment before. The outcome most likely was less than idea since now they are trying it again. They know it works for you and me they are just trying to make the connection as we have.

Running/exercise = FUN and Life Long Commitment (Or is that...should be committed for life?)

I challenge you to be a friendlier road mate. I want to lure every possible runner over to the sunny side of exercise. The best way to burn (well nearly the best:) a thousand calories bar none! Come one come all to out stretched arms...“welcome home Lisa/Joe runner.” We have to keep these pilgrims in our camp and the best way to do this is be a good host.

Hopefully, most of us are past our “so serious” mode and now we can enjoy the journey and company as much as the destination. This is the time to make this known. We have evangelizing to do. Now I don’t pretend to think our sport is the best but we know it’s the best for us. We have to lead by example not turning off others who have chosen other activities but be willing to share what we have come to embrace.

A member of the ‘other’ sport passed a group of us runner types the other day, and yes he was running but wouldn’t for the life of him give up a ‘hello’ or ‘hi.’ One member of our group said, “Must be a _____er.” “He’s too serious to say hi.” I hate to think any of the running groups are too focused to have manners and be polite. I know sometimes we do think cars should naturally see us and go around a group that takes up an entire lane of traffic. Fortunately that’s a very few of us and now most of us run no more than a couple abreast leaving plenty room for traffic. And most of us wear lights and reflectivity now so that helps with the “friendly” atmosphere.

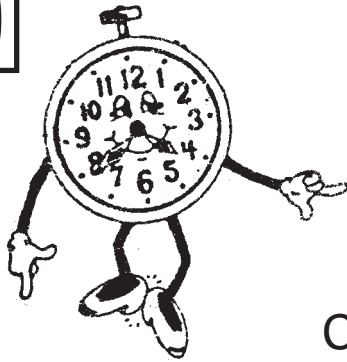
Let’s get back to the new runner in the park, on your street, in your church group. The obsession with every new runner/walker is two fold. It’s on pace and distance. Probably the least two important things to us on a daily workout but it’s what they are concerned with. “Hey Joe Pro Runner, what’s your pace?” “Hey Lisa Newbie, not too fast, but enough to get a workout in and enjoy myself, by the way, it’s not that important, just have fun and it will take care of itself.”

Now Lisa Newbie might be a little less focused on how fast she’s running, and slow down to enjoy the company and see a sight or two without clutching her knees gasping.

For these new folk to continue this running addiction on into their twilight years we have to show them how to enjoy it. No one sticks with an activity they don’t enjoy, especially one that doesn’t get you a paycheck. We can take a passive evangelical approach by getting out of our own head with eyes fixed two feet ahead of us and look up. A friendly wave to those looking lost and a “come join us” would be a first step to show this thing can actually be a lot of fun. Our lack of concern with how fast or far and our attention to enjoying our run might rub off and encourage a life long member to the running regime.

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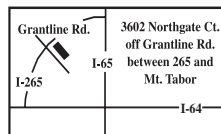
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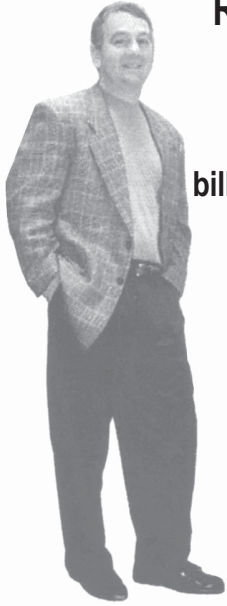
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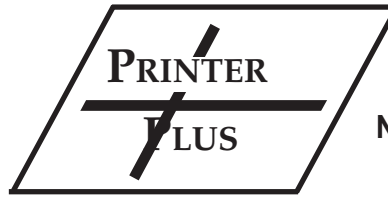
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REWARD

—Cherokee Road Runners—
Publication in The Louisville Runner

Where To 'Run'

> Weekdays

Monday-Wednesday-Friday @ 6:30 a.m.
Rear parking lot of Hurstbourne Baptist Church
@ Shelbyville Rd and Chadwick Lane
3-5 miles. Pace varies 8:30-10 min per mile
Call Nita Bernat @ 896-8505



Tuesday @ 6:15 a.m.
Big Rock Parking Lot – Hilly 4.5 miles.

Thursday @ 6:15 a.m.
Seneca Park Tennis Courts – Flat 4.5 miles.
Pace varies from 8-12 min per mile.
Call Nick Karem 499-0213



> Saturdays

@ 7:00 a.m. Meet at various locations and run various distances. Pace 8:00-9:30 min per mile.
Call Jesse Schook 239-1112 or
Call Mike Bauer @ 499-5336
@ 8:00 a.m. Meet at Seneca Park Rest Rooms by Tennis Courts (most Saturdays).
Pace 8-10 min per mile. Various distances.
Call Rodney Doom @ 957-2448

> Sundays

@ 7:00 a.m. Seneca Park Rest Rooms by Tennis Courts. 5-10 miles or shorter.
Pace 8-9:30 min per mile.
Breakfast at McDonald's on Dutchmans Lane.

Check out our website !

www.cherokeeroadrunners.org

Where to 'Walk'

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> Weekdays

Monday-Wednesday-Friday @ 6:30 a.m.
Rear parking lot of Hurstbourne Baptist Church
@ Shelbyville Rd and Chadwick Lane
3-5 miles.
Call Nita Bernat @ 896-8505

Tuesday and Thursday
If interested in walking on Tues/Thurs
Call Nita Bernat @ 896-8505

> Sundays

@ 7:00 a.m. Seneca Park Rest Rooms by Tennis Courts 3.5 – 4 miles.
Breakfast at McDonald's on Dutchmans Lane



> Track/Interval Workouts

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Waggener High School, 330 So. Hubbards Lane
Information: 895-3410 Ken Combs Running Store
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Membership Applications or renewal forms may be found within this publication and on our website.

**Mail application/
renewal to:**

**Carla Newkirk
Cherokee Road Runners
523 W. Norwood Ave.
Clarksville, IN 47129**

MAY RUNNER'S TIPS & TRICKS

"Not life, but good life, is to be chiefly valued." – SOCRATES

If a hat or headband won't keep the sweat out of your eyes, apply a little lip balm to your eyebrows.

If pain persists in a 2- to 6-inch area around your lower shin—even after a workout—you may have shin splints.

If you repeatedly get blisters, it's likely that your shoes don't fit properly.

Are you ready for a 5K race? If you can run ten 500-meter intervals at race pace with a 40-second walk between them, you should be fine.

Four subtle signs of *overtraining*: an inexplicable onset of skin blemishes, a mysterious case of clumsiness, an elevated heart rate at rest, and out-of-character irritability.

"In returning and rest shall ye be saved; in quietness and in confidence shall be your strength." – ISAIAH 30:15

Membership Application

MAIL TO: Carla Newkirk

Cherokee Road Runners
523 West Norwood Ave
Clarksville, IN 47129

New Member Renewal

_____ Single Membership – \$15.00 _____ Family Membership – \$20.00

Member Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: ____/____/____ Sex: Female Male

Home Phone: [____] _____ Work Phone: [____] _____

Cell Phone: [____] _____ Pager: _____ Digital Voice

E-mail _____ Occupation: _____

Running/Walking Preference? Streets Trails 5K/10K Ultras

Will you be a CRR volunteer? Yes No Call Me

Signature _____ Date: _____

Referred by: _____ List Family Members: _____

Next Board Meeting
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