

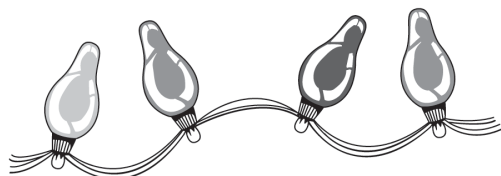
THE LOUISVILLE RUNNER

DECEMBER 2006

Newsletter for the Cherokee Road Runners

Volume XXX No. 10

COME JOIN CHEROKEE ROAD RUNNERS FOR THE FOLLOWING NON-COMPETITIVE EVENTS:



CHRISTMAS LIGHTS RUN/WALK

**Thursday, December 12, 6:30 pm,
Parking lot by McDonald's on Linn Station Road
Distances 3-5 miles
Run or walk through the Hurstbourne neighborhood and
enjoy the Christmas decorations and lights.**

HOLIDAY FUN RUN



Cherokee Road Runners

Monday, December 25th @ 7:30 am

Meet at Jewish Community Center

3600 Dutchmans Lane

for a Five Mile Run/Walk

Note: JCC opens at 7:00 am

Please bring holiday goodies to share after the run

Coffee and tea will be provided

Questions: Contact Kathy

at 897-5084

INSIDE DECEMBER

Minutes	2
Snoring: A Possible Diabetes Risk Factor	3
Raceway	3
Travails of the Traveller	4-5
Manual Girls	5
Running Shorts	6
SLOG	7
My Life So Far	8
Where to Run/Walk	13
Membership Application	14

MINUTES

President

Vice President

Donna Preher Renfrow
454-0519

Editor

Eric Benmour
896-2430

Treasurer

Diana Okon

Secretary

Robert Dorzbach

Advertising/ Merchandise

Dianne Ernst
425-6798

Board of Directors

Carl Barker
Steve Dutton
Dianne Ernst
Brenda Gutmann
Debra Moore
Stu McCombs
Donna McCabe
Ken Meyer
Bill Scearce
Pete Schuler
Kim Stone
Joan Wood

CRR BOARD MEETING MINUTES — NOVEMBER 9, 2006

Attendance; Steve Dutton, Joan Wood, Dianne Ernst, Jim Ball, Brenda Gutmann, Donna McCabe, Diana Okon

Louisville Marathon Successful event. Number of runners down a little due to weather. Very cold and windy. Detailed report will be available for December Meeting.

Old Louisville November 18 in Central Park. Dianne Ernst reports she needs volunteers. (25) Kathy Meekus with the Girl Scouts will be there to shadow the efforts of CRR volunteers and race officials. Khaki Hats for all volunteers. Call Dianne to volunteer.

Christmas Lights Run Tuesday night December 12 6:30 PM. Meet behind the McDonald's on Hurstbourne Lane. Run 3 to 5 miles in the subdivision behind McDonald's before having dinner at Olive Garden at 7:00.

Christmas Day Run December 25 7:30 AM at Jewish Community Center. 5 mile run, out and back from JCC. Bring something to share with the other runners.

Hangover Classic January 1, 2007

Apps are done and in running stores. New prizes for runners. Unique award winner back packs. Packet pick up at Ken Combs Running Store December 23.
Ron Kaininberg will check and mark the course.

Lovin' The Hills February 17, 2007

Jefferson Memorial Forest, 50K and 15 mile event. Web site is up with online registration. See www.cherokeeroadrunners.org for link to Lovin' The Hills. Apps are done an in running stores.

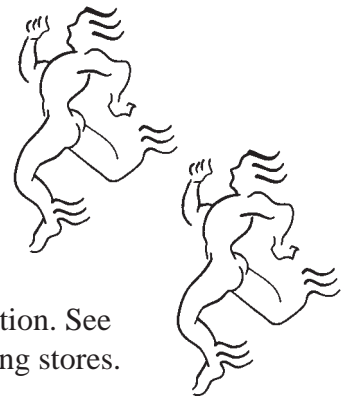
Trail Run Series

Otter Creek Marathon December 8, 2006

Lovin' The Hills February 17, 2007

Land Between The Lakes March 10, 2007

Next board meeting December 14, 2006



SNORING: A Possible Diabetes Risk Factor

Snoring may put women at risk for diabetes. A group of healthy women ages 40 to 65 were asked about their snoring habits. Then every two years for a 10-year period, the women were asked if they had developed type 2 diabetes.

In that time, nearly 2,000 women developed the disease. Regular snorers had double the risk of developing diabetes, compared with non-snorers. This was true regardless of risk factors. Occasional snorers had a slightly higher chance of getting diabetes than non-snorers.

Regular snoring may raise insulin levels and cause resistance. Experts suggest that regular snorers try to reduce their risk for snoring and diabetes by regularly exercising, not smoking and maintain healthy weight.

American Journal of Epidemiology,
Vol. 155, No. 5

HEART DISEASE:

No. 1 Killer of Women

Most women think cancer is their biggest concern, according to a poll by the American Heart Association (AHA). Yet heart disease claims twice as many lives each year.

The AHA surveyed 1,000 women and found that only one-third named heart disease as the leading killer of women.

Two-thirds of the women surveyed believed that heart disease begins to develop after age 35. However, research shows that buildup in the arteries can begin at a very early age. *Circulation*, Vol. 103

RACEWAY

DECEMBER 2006

- 2nd Santa Sprint 5K Run/Walk, 9AM, Barret MS, 893-0346, www.uchmlouky.org
- 2nd Tecumseh Trail Marathon, Bloomington, IN, 317-336-7553, www.dinoseries.com
- 9th Kiawah Island Marathon & Half, Kiawah Island, SC, 843-768-2780
- 9th Charlotte Thunder Road Mar/Half/Relay, Charlotte, NC, www.runcharlotte.com
- 9th Rocket City Marathon, Huntsville, AL, 256-650-7063, www.runrocketcity.com
- 10th Otter Creek Trail Marathon, 8 & 16 Mile, Todd/Cynthia Heady 502-834-9942
- 12th CRR'S CHRISTMAS LIGHTS RUN/WALK, 6:30 PM, Linn Station Rd McDonald's
- 16th Reindeer Romp 4K Run/Walk, Hogan's Fountain, 9AM, 479-8786
- 17th Jacksonville Bank Marathon, Jacksonville, FL, 904-731-1900, www.1stplacesports.com
- 23rd Canned Goods 5K, 9AM, Iroquois Park, Iroquois Hill Runners, Swags 368-2443
- 25th CRR'S HOLIDAY FUN RUN 7:30AM Jewish Community Center, Info: 897-5084

JANUARY 2007

- 1ST HANGOVER CLASSIC 10 MILES, 10 AM, CRR, Diana Okon, 228-7569
- 6th Walt Disney Half Marathon, Lake Buena Vista, FL, www.disneyworldmarathon.com
- 7th Walt Disney Marathon, Lake Buena Vista, FL, www.disneyworldmarathon.com
- 20th Snowman Shuffle 4 Mile Run/Walk, Hogan's Fountain, 9AM, 479-8786
- 28th Miami Marathon & Half Marathon, www.INGMiamiMarathon.com

FEBRUARY 2007

- 17th LOVIN' THE HILLS 50K & 15 MI TRAIL RUN/JEFFERSON MEMORIAL FOREST, 8AM, CRR, Brenda Gutmann, 445-6655 and Joan Wood, 452-6623, www.cherokeeroadrunners.org
- 17th Frostbite 5K Run/Walk, Rugby Field, 9AM, 479-8786
- 18th Pensacola Marathon & Half, www.pensacolamarathon.com
- 24th Run to the Sun, 4 Mi Run/Walk, 9AM, Downtown YMCA, www.ymcLouisville.org
- 25th Anheuser-Busch Colonial Half Marathon, Williamsburg, VA, Rick Platt 757-229-7375

TRAVAILS OF THE TRAVELLER

(Arkansas Traveller 100 Miler)

After doing my first 100 this spring (Umstead), I entered the Arkansas Traveller looking for an incrementally more challenging venue. I got all I bargained for, to be sure. Stan and Chrissy Ferguson put on a fantastic race, and have great volunteer support. You have to admire Chrissy - after all the work and stress of getting it all together as the Race Director, Chrissy ran the 100 herself, and then was leading the breaking down of the tables and tents, etc. afterward. I'd like a bit of whatever she is taking! What a bundle of energy!

The weather cooperated, with temperatures just about as good as one can expect in early October in Arkansas. There was a little concern when they warned us that it was bow season for bear. Not that I care about hunting season, but I am just a bit leery about running alone at night anywhere that a "bear season" is possible.

The aid stations were great, the volunteers the best. Folks would come out to meet the runners as they approached, to fill bottles, etc. At the drop-bag sites, they brought our bags to us and helped us with whatever we needed. In the chill of the night, all the aid stations had huge bonfires going; sometimes it was too tempting to hang around a spell. The stations were very well-stocked but I didn't take much from them, usually just water, as I was relying on Perpetuem and Hammer Gel. I took about 90% of calories on this run from those sources, but at night did take potato soup and coffee from the aid stations. The Perpetuem worked very well - no stomach issues and good energy throughout.

I ran for awhile with Mike Samuelson from Memphis, who completed the Grand Slam this year (Western States, Vermont, Leadville and Wasatch Front); that is a huge feat, accomplished by not a lot of folks. For 2007, he plans to do the Kentucky Slam (LLTH, KUTS and Land Between the Lakes), so we'll be seeing him here in February.

The Traveller is a nice run in the woods, mostly on jeep roads and forest service roads, but some trails as well. Nothing special, no fantastic vistas to enjoy, just your basic woods. But in a backwards sort of way, that is part of its draw, I think. The terrain was a little rougher here, with about 50% more climb than Umstead. But the real difference was in the footing.

Whereas Umstead is so smooth there is no need for a lamp at night for 90% of the course, there are some pretty dicey rocky sections in the AT 100. Particularly at night, I couldn't trust my eyes to tell my feet where to go. But that story begins a couple weeks earlier.....

Two weeks before the race, I had monovision Lasik surgery, which gives me excellent distance vision in my right eye, and equally excellent close vision in my left. I knew depth perception would be impacted, but didn't realize the full extent of its effect. During the daylight hours, I was a little more careful than usual in the rocky sections, and couldn't run the downhills as freely as normal. But at night, I couldn't see well enough to run at all in the rocky sections, and ended up walking most of the last 30 miles, barely making it under the 30-hour cutoff.

The race consists of a 16-mile loop followed by a 42-mile out-and-back, so we got a bit of a preview of what our night run would be like. On the way out, I made it through the rocky sections fairly well, though they did slow me a bit. I reached the turnaround at 58.5 miles at 12:31, under 22-hour pace, and feeling pretty good. Nonetheless, I was beginning to feel a bit uneasy about the return trip in the dark.

Tom Thornton was at the turnaround at the same time; we had been overlapping each other several times during the run. Tom had run Arkansas last year, and was back to try for a 24-hour buckle. He succeeded, running consistently throughout, and finishing at 23:51. Congratulations, Tom! I would not fare as well, to say the least.

On reaching Mile 70, I was still close to 22-hour pace, and feeling relatively strong. But by now it was dark, and I knew the next stretch was very rocky, much of it through a freshly bush-hogged field. I tried running for awhile in this stuff, but tripped and slipped so many times that caution won over the need for speed. I figured I would walk through this section, and take up running again when the footing improved, and would still be well within my 24-hour goal. Sounded good in theory.....

Even walking this section was difficult, due to my poor vision. I had a headlamp, another on my waist and a Maglite in my hand, but to no avail; distance and depth could not be discerned. This section

MANUAL

GIRLS ARE

CROSS COUNTRY

CHAMPIONS

drained most of my time cushion. I did manage to get back to a running pace over the next clear section, after several attempts. After running 70 miles, and then walking for an hour, the running muscles just don't want to reactivate.

After walking substantial portions of the Pig Trail section a bit farther up the road, I was getting pretty bound up and having trouble running at all. In the night chill (still in shorts and singlet) I was shivering badly, and worried about hypothermia, a common cause of the dreaded DNF; I couldn't move fast enough to generate any heat. I had stashed a windshirt and long-sleeve shirt at Lake Winona (85 miles), expecting to be there by the time I needed them. Obviously I was running late, and it was getting colder. A bit of panic enabled me to coax up a bit of a stiff jog.

I finally reached Lake Winona at about 3:30 a.m., and had to sit for a few minutes to change socks and put on my warmer clothes. After this I was no longer able to run. To make matters worse, my muscles only got tighter as the miles wore on, and my stride shorter, until I was barely making forward progress at all. To shorten a long, painful story, just know that I walked the last 1.7 miles, slightly downhill, on pavement, in 64 minutes. I must have looked like a staggering drunk.

Nonetheless, I managed to make the cut-off (29:13). After the finish, I immediately lay down on the grass and went to sleep. Medics moved me to a cot, where I slept for three hours, missing the pancake breakfast which I had dreamed about half the night, and the awards ceremonies, etc. Tom was kind enough to pick up my buckle for me.

The next day (Monday) I was so stiff I didn't think I could get my foot off the gas and onto the brake, so I extended my stay another night, driving back to Louisville on Tuesday. What great fun it is to run!

I know I will do this race again; I can't let it end like this. Back on the horse, and all that This is actually a very runnable 100, if one could just see! And my eye doctor assures me I will get somewhat used to the difference in vision over time. We'll see.....

Next up is Rocky Raccoon in early February. Until then, back to training, so maybe I can get more of the miles in before dark.

Jim Ball

Congratulations to Debra Moore and the girls on the Manual Cross Country Team. After finishing second two years in a row, the girls made it to the top this year. The Manual Girls Cross Country Team are the STATE CHAMPIONS. Many good things will be said about the girls efforts, and rightfully so. The girls trained hard and prepared themselves to win.

Not to take anything away from the girls, but my hat is off to Debra Moore. Debra volunteered to help the Manual Girls Cross Country Team several years ago. In the early years they had trouble fielding a team, much less a competitive team. Each year Debra worked with the girls they became a little stronger and more determined. Debra recruited parents to help in fund raising and team support. Again the results were very positive for the team. Debra not only trained but motivated the girls. Debra is an important part of this win for the team. While the girls deserve the praise and congratulations, we in the running community should take a minute and thank Debra Moore for her efforts. Debra is helping build the next generation of runners - and doing a damn good job of it as well!

By Steve Dutton

RUNNER'S TIPS

SOURCE:
RUNNER'S WORLD

“Whether to build strength or to condition themselves for hilly races, most top runners use hills in their training. Bill Rodgers, who in his prime had an excellent reputation as a hill runner (particularly on the descent), was among them.”

- From Run Fast by Hal Higdon

RUNNING SHORTS

Louisville's only *NEW YEAR'S DAY RUN* is presented by Cherokee Road Runners and will be coming up soon! So, please mark your calendar now and plan to participate and support you club whether you run or volunteer to help on race day. See race application.

Monday, January 1, 2007 – Hangover Classic 10 Miles

Begin the New Year with a classic run! Race location is at American Turner's on River Road just off I-71 at Zorn Avenue. **VOLUNTEERS ARE NEEDED TO HELP WITH VARIOUS DUTIES ON RACE DAY and will receive a shirt. For information and to volunteer, please call Race Director, Diana Okon at 812-989-1005.**

Mark your calendar and plan to participate and support our **Ultra Trail Run:**

Saturday, February 17, 2007- Lovin' the Hills

Louisville's *Lovin' the Hills* is a 50K (31 miles) and 15 mile trail run in beautiful Jefferson County Memorial Forest. Entries are limited in both races. **VOLUNTEERS ARE NEEDED TO HELP ON THE COURSE.** For info call: Brenda Gutmann, 445-6655 or email: bgutmann@hotmail.com; Joan Wood, 452-6623 or email: jwoodzz@aol.com; or visit www.cherokeeroadrunners.org

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!*****

RUNNER'S TIPS

SOURCE:
RUNNER'S WORLD

"Before you go to bed, plop your favorite smoothie ingredients into a blender, and put it in the fridge. After your morning run, hit the switch, and 8 seconds later you'll have breakfast."

- *Lori Adams, RW assistant editor*

"Double-knot your shoe laces when racing. It's not always easy untying your shoes afterwards, but it beats stopping during a race to tie them."

- *Joanna Sayago, RW editorial assistant*

"Determining your honest-to-goodness maximum heart rate involves a very strenuous test. You've got to be willing and able to place enough demand on your heart to get it to beat as fast as it can. I've done it. It wasn't pretty."

- *From Marathoning for Mortals by John Bingham*

"If you experience numerous nagging injuries, remember that more isn't always better. Consider programming some downtime into your training by taking off at least 1 day each week. Also, make sure to give yourself some recovery time after every race."

- *Eric Paul, RW senior designer*

SLOG

If you had a butt like a penguin's, you'd waddle too. It's a cold-weather butt—a glorious, drooping repository of anchovies, sea fern, and other metabolic fuels that stoke cheery warmth through the season's worst. Nature's inviolate lesson about a penguin's derriere is that we shouldn't run in winter.

At least, that's my reasoning as I stare at the fitful rain outside the window. The logic fails. A runner burns up to 12 percent more calories in the cold. A hard aerobic workout lifts the season's gloom from mind and mood like nothing else. It forces blood into ever-cold extremities, urging your body to lay new capillaries like modern plumbing in remote rooms of a creaky house. Cold-weather running builds your cardio base and stamina, the benefits of which—often as not—burst upon you with gratifying surprise when temperatures turn hospitable. Besides, winter workouts prevent penguin butt.

The trick, of course, is to dial back the distance and frequency of your runs during the miserable months while maintaining their intensity. Yes, intensity is key, and cold-weary runners should note that this means interval training. No other workout delivers the efficiency of intervals, which—praise be—return you indoors all the sooner, showered and dialing for an anchovy pizza. Intervals also force discipline on your workouts since they can be counted, timed, and otherwise tallied. Numbers don't lie; backsliders have to confront their shirking resolve.

Trouble is you don't want to sprint from your doorstep, even when the chill is biting at your droopy bum. Cold-weather intervals should begin with a languorous warm-up. Running books typically recommend 4 to 8 minutes of slow going before speed work. Double or triple this amount, according to the day's frigidity and the darkness in your heart. Likewise, resist walking during recovery periods between intervals. Instead, slow to a dawdler's jog, giving yourself luxurious amounts of time for your pulse to drop and your breathing to return to normal.

Competitive runners will scoff at this advice, pointing out that cold-weather cream puffs like me won't get faster until we work a strategic program for intervals, increasing repetitions and distance in systematic doses. They're right. So give them their heart monitors and stopwatches, and let them fly. The rest of us will use deep-winter months for maintenance workouts. The marvel of intervals is that they accommodate almost any kind of running goals.

They also scale nicely. You may find yourself adding intervals to workouts to spite the season's boredom and gloom. Winter is a good time to change your training course to something closer to home—preferably a loop or a circuit that allows you to add or cut intervals as your ambitions allow. Mind you, running in circles is neither scenic nor audacious. But this is winter. Suck it up. You can waddle across clover fields in the spring.

Chapter One: My Life So Far

I am a very lucky guy. On September 16, 2006, I was adopted into a great family. My new family has a mom and dad, and two sisters. All three of us kids were adopted. My new older sister is a normal, cranky 18 year old that prefers to be left alone. But my other sister is just a year and a half older than I am, and we have loads of fun running through the house. She was adopted on December 6, 2005. We tumble, streak, and shriek whenever possible. And, after all our fun, mom and dad let us nap in their laps on the sofa.

It's hard to believe I have been a member of this family for only two months. So much has been going on. We have a busy lifestyle. Both my parents work full time, get their aerobic exercise through running, volunteer for different organizations, and support the Cherokee Road Runners club. Even with this activity, us kids get all the attention we need and deserve.

Nobody has to tell me I can be a hand full. I know my mom loves me, but I also know she is the disciplinarian in this house. Although it is new territory for my dad, he is slowly learning to be consistent when guiding us on acceptable behavior.

I have lots of extended family too. There are aunts and uncles with and without kids. I am told that most of our extended family members are exercise enthusiasts that bike, hike, walk, run, and/or swim. This may be why my sister and I don't get in trouble when we run through the house.

Mom says all three of us kids have strong connections to some of her lady friends and that they supported her in finalizing the adoptions. This explains why we have so many aunts and uncles. I'll share the rest of that story as I learn more about it. Besides my Aunt Dianne, Aunt Barbara, Aunt Donna Mc, I also have Uncle Ray. Whew! Uncle Ray is a runner, and is also my doctor. I guess he means well, but I don't particularly like going to visit him.

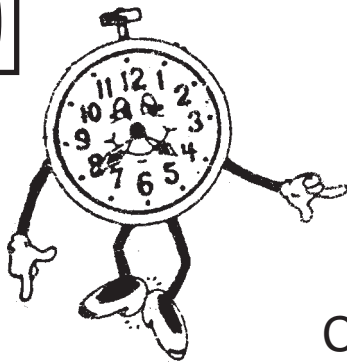
By the time you read this first chapter of my life story, I will have transcended from a young boy to a young man. Uncle Ray and my mom were discussing my 'coming of age' and how critical it would be to get things in order early. Every time Uncle Ray is a part of a conversation, I can expect a trip to his office. Ughhh! I think this is going to hurt. Dad was holding his manhood when he said he would be there for me—but I didn't get the impression this meant he would go with me, nor have the same thing done to him.

Uncle Ray says I will come home from his office feeling a little drunk. Mom's pretty cool if she is going to let me get drunk at my age. I'll let you know how things go.

According to mom, Aunt Di helped name me Booger. I think it had to do with my personality. But, even when I am being a real booger, I am still her Cat's Meow. Toot, Morgan, and I are all pretty lucky.

Don't take your human parents for granted. They love you a lot. Otherwise, you might be living somewhere else, and your life might be a whole lot different.

10



I'm available
Call 895-8049
Accurate Digital Timing

Clarksville Schwinn Cyclery
(812) 948-BIKE
111 W. Hwy 131
Clarksville, IN 47130

Bob & Susie Peters
Fitness Specialists

Finer Components
DMX Freestyle
Exercise Equipment



HOME INSPECTION
OF KENTUCKIANA

Professional
Real Estate
Inspections
Since 1976



Mary Anne Tonini

"An Informed Decision Is A Good Decision"

502-897-1450

812-949-1451



Certification # 212510

Board Of Realtors Member
Radon Test and Remediation

ROBERT DORZBACK PHOTOGRAPHY

4407 RUDY LANE
LOUISVILLE, KY 40207-2339
(502) 897-3002
Email: bob.dorzback@insightbb.com

Weddings — B'nai Mitzvah
Anniversaries — Special Occasions



"You keep the negatives."

Hours
Mon. - Fri.
10 - 8

Since 1980



Hours
Sat.
10 - 6
Sun 1 - 4

"We Treat Your Feet Personally"

SWAG HARTEL, Owner
(502) 368-2443
Fax: (502) 361-3381
7415 Old 3rd St. Rd.
Aubumdale Shopping Center
Louisville, KY 40214
www.swag'ssportshoes.com



972 Breckinridge Lane
Louisville, KY 40207
(502) 899-9262
(800) 895-6895
Fax (502) 899-1505

Locally owned member of a
national franchise network

Donna L. Abell
Travel Consultant

ADVERTISING RATES

Rates	Monthly	Yearly
Full Page	60.00	540.00
Half Page	30.00	270.00
1/4 Page	15.00	135.00
Business Card	7.50	67.50

Race Flyers \$45.00 one-sided/\$75.00 two -sided



Quality
Screenprinting
and Embroidery

11

We Print T-Shirts for Most
Major Races in Louisville.
Call Us for your **EVENT!**

T-SHIRTS • CAPS • JACKETS • SWEATS
SHORTS • BAGS
PROFESSIONAL ARTIST ON STAFF

267-1825

11198 Ampere Court, Lou., KY 40299
*Member of the Cherokee Road Runners



Goose Creek Animal Clinic

Ray Watson, D.V.M.

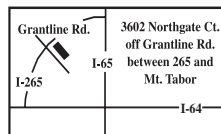
9406 Blossom Lane
Louisville, KY 40241-2275
(502) 425-4022 Fax (502) 425-9311
E-Mail: Craywatson@aol.com



Southern Indiana's Only Full Service Running/Walking Store

Apparel • Birkenstocks • Accessories • Gift Items

3602 Northgate Ct. #19
New Albany, IN 47150
Just East of Grant Line Rd.
Between Mt. Tabor Rd. and I-265



New Albany, IN

812-948-RUNS (7865)
812-948-WALK (9255)

"Individualized, custom fitting with a personal touch."



Ken Combs
Running Store

SHOES & APPAREL
Running • Walking
Aerobic • Cross Training

"Kentuckiana's Largest Running & Walking Store"



4137 Shelbyville Rd.
Louisville, KY 40207
Phone: 502-895-3410
Fax: 502-895-3469

email: larryh@kencombsrunningstore.com
www.kencombsrunningstore.com
www.justsocks.com
Store Hours: 10-7 M-F, 10-6 Sat., 1-5 Sun



**Professional Signs for all Your Race Needs-
Mile Markers, Finish Line Banners,
Directional Signs, And More!**

Call Today!
502-966-9676

Joan Wood, Manager

Lacy*, Designer

12

BILL MYERS

Going the distance for all your real estate needs!

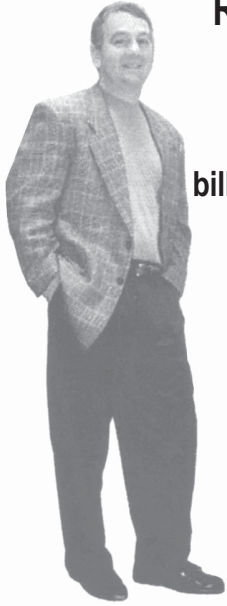
REMAX Properties East

Office: (502) 425-6000

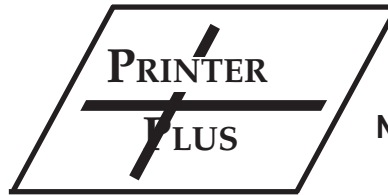
Cell: (502) 639-5399

Fax: (502) 423-1666

billmyers@homesinlouisville.com



Each office independently owned and operated



410 Pearl Street
New Albany, IN 47150
(812) 945-5955

Full Service Printer

*Newsletters • Brochures • Letterheads • Envelopes
Business Cards • Forms • Booklets • Resumes
Typesetting • Layout & Design*

Kentuckiana Health Fitness

The Magazine for People with an Active Lifestyle

BARBARA DAY, M.S., R.D., C.N.
PUBLISHER

P.O. Box 436387
Louisville, KY 40253-6387

(502) 254-5255
Fax: (502) 245-4098

Email: bdaykht@aol.com



JUDAH-MCLEOD PLC
ATTORNEYS AT LAW

ARMAND I. JUDAH

539 W. MARKET STREET, 2ND FLOOR
LOUISVILLE, KENTUCKY 40202
ARMAND@JUDAH-MCLEOD.COM

OFFICE: (502) 561-9797

FAX: (502) 561-9717

CELL: (502) 664-9338

WEBSITE: WWW.JUDAH-MCLEOD.COM

WANTED

CRR WANTS YOUR

- Running Stories (5K-10K-Half Marathon-Marathon-Ultra)
- Biking/Swimming Stories (Bi/Triathlon)
- Walking & Hiking Adventures
- "Your Favorite Race" Story/Group Trips
- Pictures-Run/Bike/Swim/Walk/Hike
- Health & Fitness Information/Advice
- Nutritional News & Your Favorite Recipes

P.O. Box 34532
Louisville, KY 40232

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'

13

> 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

Tuesdays Evenings @ 7:00 p.m.
Waggener High School, 330 So. Hubbards Lane
Information: 895-3410 Ken Combs Running Store
www.kencombsrunningstore.com

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**

RUNNER'S TIPS

SOURCE:
RUNNER'S WORLD

"To stay comfortable in frigid weather, wear a microfiber shirt as a first layer, followed by a breathable windbreaker, gloves or mittens, and a hat. Begin by running into the wind, not with it, which will keep you from sweating too much."
- Matthew Linde, RW senior web producer

"If your feet tend to get really cold on your winter runs, treat your shoes with a waterproof spray. The spray will protect the shoes from the elements and, in turn, keep your feet warmer."
- Kathleen Jobses, RW marketing merchandising manager

"It's important to cut your training during a cold and cease it entirely if you have the flu (with elevated temperature) because you may increase your chance of an injury while in a weakened condition."
- From Marathon by Hal Higdon

"If you haven't gotten to know the folks at your local specialty running store, take a field trip sometime soon. Bring in your running shoes and talk to the folks there about your marathoning plans and training. Tell them about any aches, pains, or discomfort along the way. Chances are that someone at the store will set you up with a piece of equipment that will make your training go so much easier."
- From Marathoning for Mortals by John Bingham

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
December 14, 2006 at 7:00 p.m.
at Rocky's Italian Grill
10206 Westport Road**

PRE-SORTED
STANDARD
US POSTAGE
PAID
Permit #78
Louisville, KY

Cherokee Road Runners
P.O. Box 34532
Louisville, KY 40232