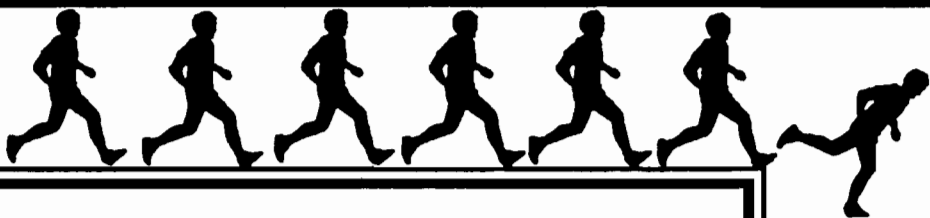




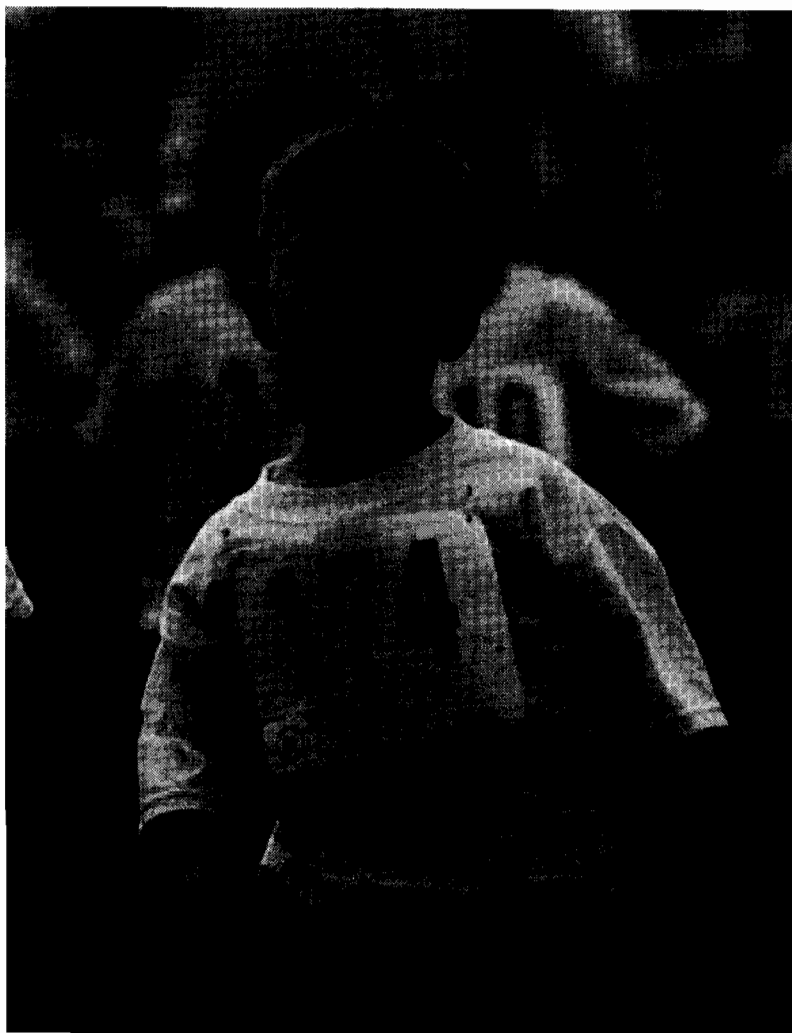
Off the Track



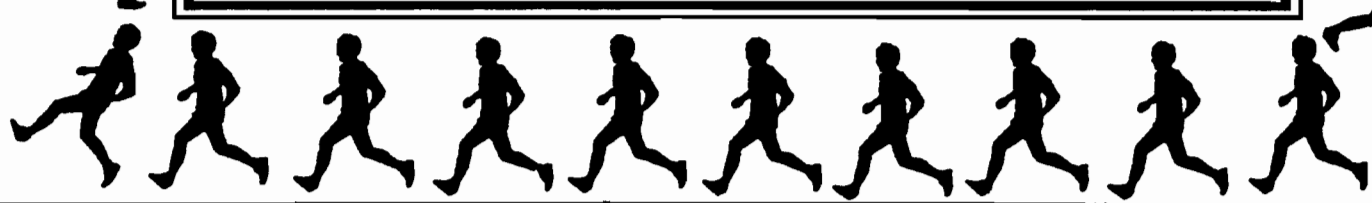
...On the Road

Illinois Valley Striders Newsletter
700 West Main Street, Peoria, IL 61606

July/August 2006



IVS Kids Still Running!!!



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Editors' Comments

On The Cover-

One of the great traditions of IVS is the IVS Kids Series. No matter how many times you see kids getting the joy of running, the thrill never disappears. Over the years, many members have dedicated themselves to the cause of the Kids Series.

Now we have a new group headed up by Jennifer Klobnak. But we would also be remiss if we didn't mention Dan Gray or Judy Tolliver still attending to make sure the new group of volunteers had enough help. In any case, we can still be proud of having the best kids running program in the country!

Thank you, thank you, thank you.

As always, we had more volunteers than we have space for to thank for their support for the Steamboat Classic. Whether it is the people that stuff bags, hand out t-shirts or run water stops, the work never stops and the volunteers continue to help.

You all can take pride in keeping Steamboat as one of the premier road races.

Off The Track

Co-Editors– Steve Shostrom 688-7313
sss@mtco.com
Norm Astwood 688-3441
nastwood@mtco.com

Schedules- Craig Thompson and Judy Tolliver

Photography– Bob Padilla

2006 GRAND PRIX SERIES — by Steve Foster

Congratulations to the (43) excellent Grand Prix runners that competed in the 2006 Steamboat Classic!!!

Results as of 6/18/06

Name	Points	# Races	Name	Points	# Races
Marysue Baker	112	4	Nicholas Laux	312	6
Josh Banister	152	4	Paul Laux	196	7
Angie Banister	284	8	Diane Legaspi	150	5
Kristen Cannady-Stash	50	3	John Matson	73	2
Larry Cobb	90	3	Nancy Margetis	102	3
Lucy Davies	92	3	Joni McDermaid	180	6
Mindy Elliot	148	4	Doug Newton	288	8
Ben Evans	0	0	Pat O'Bryan	212	6
Steve Foster	31	1	Sheila Peckham	107	3
Chris Friedman	149	4	Jeff Reboltz	0	0
Steve Friedman	62	2	Robert Robertson	374	11
Fran Garcia	179	6	Roger Shafer	54	2
Mike Grieshaber	209	7	Mike Shekleton	109	3
Regina Hartley	258	8	Jody Simpson	29	1
Barb Heiser	139	4	Steve Simpson	31	1
Norm Heiser	145	4	Frank Stash	50	1
Mike Helgeson	152	4	Jack Stone	147	4
Robert Hill	0	0	Stephen Svymbersky	40	1
Steve Holden	167	5	Laura Swickard	0	0
Bill Holmes	266	8	Sandy Theobald	214	7
Patty Isit	69	2	Paul Urycki	150	5
Jean Janes	111	4	Leo Vanderybgt	122	4
Cheryl Jeffery	176	5	Dorothy Venturi	32	1
Russ Johnson	110	3	Dana Wallace	177	6
Herb Kasube	122	4	Joe Werth	254	7
Jim Katter	214	6	Terry Whitehead	204	6
Christy Lairmore	268	8	James Wilhelm	32	1

Top Ten Reason to Volunteer at a Strider Finish Line

10. You have an incredibly good time.
9. You get an excellent workout for your fingers and thumb (select timing) or hand and wrist (collecting tags).
8. You provide support for the charity or cause of the race.
7. You get free food and drinks without having to work very hard.
6. You support your running brothers and sisters by providing excellent race results.
5. You get to see the top finishers grimace in pain, rather than seeing them do a cool down as you finish your race.
4. You meet some very interesting people and make new friends.
3. You get volunteering credit toward your **Grand Prix** points award.
2. You will be registered for a free trip drawing at the end of the year.
1. You help make the Illinois Valley Striders one of the best running clubs in the country.

Local Runners Dominate High Altitude Race!

Records were shattered by three IVS members at the first annual Leadville, CO "Heavy Half Marathon" on July 1st.

By Mike Chittick

These runners were not only the first three IVS finishers, the first three finishers from central Illinois, but also the first three finishers from all of Illinois! They also set a PR in a 15.4 mile race.

OK, it just so happens that we were the only three runners from Illinois and had never run a 15.4 mile race before.

Results: Christopher Friedman	8 th overall in 2:45:58
Steve Friedman	47 th overall in 3:40:57
Mike Chittick	70 th overall in 4:43:35

We decided to run this race on our way back from Silverton, CO after staying with long-time IVS member Everett Lyons. The race was advertised as an out and back half marathon from Leadville to the top of "notorious" Mosquito Pass.

We naturally thought that a half marathon meant 13.1 miles. Upon receiving the race packet, the name had changed to the "Heavy Half Marathon" and the distance was listed as 15.4 miles. I suppose that logic would call the Steamboat Classic 4 Mile Race a "Heavy 5K."

75 runners toed the line at 8:00 in Leadville on a sunny 50 degree morning. Leadville boasts of being the highest incorporated city in the United States at a cool 10,152 ft. Since we weren't at the highest point in Leadville, we probably started the race around 10,000 ft. A half mile stretch of pavement led us out of town to a nice dirt road up to the first aid station at 2.9 mi. We were then surprised to be directed **downhill** for the next 1.5 miles to the second aid station at 4.4 mi. We quickly realized that the elevation gain/loss was going to be much more than the 3,033 ft. that an up and down race would produce. After the second aid station the route turned into a rocky road/path up to the top of Mosquito Pass at 13,185 ft.

Chris was the first runner through the first and second aid stations before he realized that he wasn't in Illinois anymore. Nevertheless, he ran a strong race and was the first non-Colorado runner to finish. Steve hates downhill running, but outdid himself with only six non-Colorado runners finishing ahead of him.

Chris and Steve both announced that they were from Peoria, IL upon reaching the top of Mosquito Pass. I didn't know what to say except that if I had a gun I would shoot myself. To my surprise, one of the volunteers replied that if he had a gun he would shoot me too. I didn't stay long at the top.

My goals were to (1) finish and (2) eat a peanut butter and jelly sandwich (PBJ) at one of the aid stations. I had only taken liquids at all the aid stations until I hit the last one at 12.5 miles. I picked up a quarter piece PBJ and headed off downhill to Leadville.

Who can't eat a small PBJ on the run?

That small PBJ quickly turned into a glob of goo that impaired my breathing. I had to leave it on the side of the road so I could continue breathing through my mouth. My only goal should have been to finish.

The race organization was excellent with well stocked aid stations, enthusiastic volunteers and the spectacular scenery of the Rocky Mountains.

Would I do this race again? Yes, although I need to do more training with eating PBJ on the run.

"My picture in The Peoria Journal Star Running Steamboat, WOW!"

By Walter Ruppman

The phone rang early Sunday morning the day after Steamboat. It was my daughter. She said, "Happy Fathers Day, your picture is in the paper". I jumped out of bed, ran down stairs out onto the porch and picked up the newspaper. Opening the paper to the obituaries, not seeing my picture, I went back to bed.

Later I did come across my picture, in four colors, right in the middle of an extensive story on the Steamboat race. Although my name was not mentioned, I was clearly recognizable. Then in the afternoon a friend called to say that he had seen my picture and had thought that my bib number was my age. When I confirmed that my age was my number, he then wondered how it was that I was behind a person that was 228.

I had not been feeling well for three or four days with a bad cold. My nose would run all day, I wasn't. I was congested at night so I had trouble sleeping. The night before the race, my wife suggested that perhaps I should just go and watch the race. As I got out of bed on race day my wife said, "You are not going to run are you"? To which I answered, "Sure". As I left the house, I thought, "How would she ever know"?

wruppman@hotmail.com

THE JOYS OF THE OBSCURE MARATHON X
THE ROAD TO KONA
By Drake Stockert

OK. All right. I know what you're thinking. How much had I had to drink before I wrote this one? Didn't he mean to send this to Tri Peoria instead of IVS? Au contraire. Yes, Kona is Mecca in the world of the triathlete as it is the home of the Hawaiian IronMan World Championship. However, Kailua-Kona is also the site for the Kona Marathon and family of races held in June.

This year's race was the 13th annual which also fields a half marathon, 10K and 5K, the latter in which my daughter, Kelsey competed. Unlike the mega masses of Honolulu and large field at Maui, this race has remained low-key usually drawing around 500-700 runners. Despite an influx of participants in the Run to End Stroke group, this year's field drew only 408 to the marathon.

Kailua-Kona is located on the west side of the big island of Hawaii and has a hotter and drier climate than most of the islands. The scenery is stark with miles and miles of lava and little vegetation. We stayed at the resort complex in Waikoloa about 18 miles north of town. It had the ocean on one side and was completely surrounded by lava on all remaining sides, an oasis in the middle of an endless sea of lava rock.

The race started at 5:30 am at the Outrigger Beach Resort in Keauhou-Kona, just south of Kailua-Kona. The temperature was already 78 degrees with 60% humidity. The 1st 5 miles ran north along the ocean into Kailua-Kona and turned inland at The Pier, famous as the start of the IronMan. At 10K we poured out onto the Queen Kaahumanu Highway. It is a smooth, undulating ribbon of asphalt laid through miles of lava rock, ideal for bicycling. We followed Queen K for 5 miles out of town before turning onto a side road leading to the ocean and the half way point. At about 6:30, the sun had cleared the top of Mauna Loa, one of the two 13,000 foot volcanoes that dominate the skyline, and the temperature soared into the upper 80s. That strip of roadway and all that lava did a very efficient job of absorbing all that sunshine and radiating the heat back up.

From the halfway point, we retraced our path with those next three miles climbing from near sea level back to the highest point on the course at just 150 feet. Even though the climb was not steep, we were running consistently up and directly into the sun. By the 16 mile mark I had noticeably slowed down and the ambient temperature from all that radiant heat was easily in excess of 100 degrees. At each aid station I would slow to a walk, drink a cup of sports drink and water, and then dump ice water on my arms and down my back before resuming. At mile 20, we left the Queen K highway and reentered Kailua-Kona but my struggles continued to mount. At this point I was too tired to even figure my pace or what time I might finish which is something I have always used to push me through to the end. By mile 22 I had been reduced to a slow jog for 3-4 minutes followed by 30 seconds of walking. At the 25 mile mark I decided I would push through to the end and finished in 3:34:18. Upon crossing the finish line, I was draped with a beautiful finisher's medal and a lei made of shells.

Though in no great physical pain, mentally I was shot. My wife and Kelsey found me bent at the knees and sobbing and both remarked at how hot my skin felt to the touch. Foolishly, I chose not to go to the medical tent for an IV, cool misting fan and quicker relief. However, it one of those things, like stopping and asking for directions, that I just can't bring myself to do.

After 30 minutes, I was able to regain my composure and began to feel a little better, just in time for the 5K awards. With the 5K race starting 80 minutes after the marathon, I had missed seeing Kelsey run which is a shame because she had a great race, finishing in 23:15 which was good for 1st place in her age group (she's 14), 2nd female overall and 13th out of the field of 139. Needless to say I was as proud of her race as the way she came to my aid after mine.

In the finish area, there were a series of tables with baskets designated by race number. Shortly after finishing, they placed a post card with your race number, name, finish time, place in age group and overall which is a touch I had never seen before. Kelsey retrieved mine which showed I too had won my age group and was 16th overall in the field of 408. Despite the shade, the heat was still too much for me to deal with, so for the first time after a race I asked the race director for my award and left. We returned to our condo where a cool shower and two hour nap fully revived me.

That evening we attended the Island Breeze Luau and from our table I could see The Pier nearby and wondered what it must look like full of bikes and triathletes for the great Hawaiian IronMan. My experience that day has left me in awe at what those competitors accomplish in the waters and roads into and out of Kona.

For those triathletes who might travel to Kailua-Kona, the buoys marking the swim route are left out year-round and the Kona Bike Shop rents road bikes and handles a large variety of equipment. Next year's Kona Marathon is tentatively set for Sunday, June 24th.

Even though you will not find this a PR course and conditions, the race staff and volunteers are outstanding and I feel fortunate to have participated and would certainly recommend this event. More information can be found at their website www.konamarathon.com. Aloha!

Editor's Note: Drake has traveled many places in his quest to participate in obscure marathons. He definitely earned his reward for this one! Now, be sure when you see him to ask him to pronounce for you all of the names in this article that you had never seen before.

MID PACK MUSINGS

By Mike Rucker

The Farmer with the Manure Covered Boots

Races at small country towns are among my favorites. And it is not just that I'm more likely to get an age group trophy. No, I really enjoy the ambiance of the community and the friendliness of the crowd.

One of the more memorable such races for me occurred some years ago. It was the Wyanet Summer Festival 5K. I found a parking place and was preparing to jog up to the check in table when a farm truck pulled in and parked beside me. A farm couple got out. The man was dressed in overalls and had muddy (make that manure covered) boots. It was obvious that he had just completed his farm chores. I spoke to them and noted that he was shedding his farm clothes and changing into running shorts. I also decided that he was about my (advanced) age, although I chose not to ask about that. I decided to be alert during the race to try to make sure that I stayed in front of him – just in case he was in my age group.

The race was an out-and-back. I thought the farmer was close behind me, but at the turn around down along the creek road I looked for him but he was not in sight among the runners approaching the turnaround. I assumed for a moment that he had fallen behind a ways – but then, he came by me in a flash just after the turnaround – a great psychological move, as any experienced runner knows.

I was taken by surprise, but intensified my effort to keep him within a reasonable distance and try to catch and pass him later in the race. He knew I was there and did not yield his pace. He was clearly an experienced – and competitive – runner. We fought it out for the last mile or so, neck to neck, right up to the finish line.

It turned out that he and I **were** in the same age group. Now, believe it or not, I do not remember which of us beat the other. I only remember the thrill of our two person race. I recall becoming acquainted with him and his wife after the race – nice folks - and talking with them about their farm and hogs. I learned that he had run track and cross country in high school and had kept up the sport ever since. Yes, he was an experienced and competitive runner. I wish I had kept in touch with them.

Why do we like competitors? Because they make us run faster and add excitement to the race. Here's to competitive runners, especially those who surprise you with their ability; like the friendly pig farmer from Wyanet with the shit covered boots. Onward!

Mike is a children's book author and a member of IVS. He runs and writes in Peoria

President's Comments

By Jim McIntyre

Giving Thanks.

Building Steam brought out 80+ volunteers to assist 320+ participants to get ready to run. To see individuals make progress each week and actually do more than they thought possible is great. It makes me understand how a teacher must feel when they get to hand out good grades because students grasped the concept so well. Great job group leaders!

Team Steam had 120+ participants this year. Needless to say Greg White and Blair Gorsuch did an outstanding job of putting on a great program. The summer training program will now be known as Blair Dog Training. Blair and Big Dog have been doing some serious planning that won't disappoint you. By the way, happy 40th anniversary Janet and Greg.

Judy Tolliver and company put on the Kids Series an incredible 17 years. We have a new group of volunteers that are getting those smaller feet moving.

The number of volunteers who have answered the call to help is incredible. The finish line teams are well manned and doing a great job. This year's Louie Louie attendance was beyond all expectations and we did a great job making sure a fun time was had by all. The Harley Owners Group of Illinois was in town June 1 - 3 and we did our best to help them enjoy the Peoria area.

The Steamboat Classic is history for 2006. This is all possible because so many have given freely of their time and talent. Thank you to everyone.

Some more to read when your done running....

Is this year going fast, or is it just me? The year is more than half over, and the dog days of summer are upon us. It doesn't seem all that long ago you probably said that you will never complain about heat and humidity ever again. But then it was January, and you were trying to keep from freezing when trying to justify running with the temperature in single digits.

Would you really like to run year around where the climate never varied? Hawaii is a nice and no doubt would have an incredible number of beautiful places to run. After a year or so the most ardent runner might like a change in the weather. We get to acclimate our body for each season of the year. No doubt spring and fall in the Midwest make it easy to get out the door and enjoy a run. The heat and cold of the summer and winter makes us appreciate the spring and fall that much more. Here is hoping you took advantage of the spring weather.

Bring on the heat and humidity, I'm tired of running in good weather.