



Off the Track



...On the Road

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

March 2006



An Award For Bob!!



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## Editors' Comments

### *On The Cover-*

Official IVS photographer Bob Padilla receives an award called IVS Outstanding Contribution (Phil Lockwood is on the left, Bob is in the center and Danny Weis is on the right.) Bob has taken numerous photos of high school and college track meets, cross country events, road races and special events (Cruddy Buddy, etc.).

Bob, who is a manager at Running Central, is tireless in his efforts to make sure people get the photos that they want of their race. Possessed of good humor and mild temperament, it was especially fitting that Bob be recognized and thanked by the club and its members. Bob, we just wanted you to know how much we appreciate all your efforts.

### ***Renew Your Membership!!***

Please don't forget to renew your membership with IVS. We are sure that you are aware of all the great activities the club is involved in and your membership helps our effort within the community.

## Off The Track

**Co-Editors**– Steve Shostrom 688-7313  
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**Schedules**– Craig Thompson and Judy Tolliver

**Photography**– Bob Padilla

## **Think Safety**

### **By Steve Shostrom**

Recently, St. Jude Director and Peoria Sheriff Mike McCoy and Elmwood Community Unit School District 322 Superintendent Tom Kahn were struck and seriously injured while running near the Northwoods Mall. Mike and Tom were properly attired for early morning running and running in the right direction and in the proper area under roadway circumstances.

Although the motorist admitted that he did not see the victims (Mike and Tom might be described as full sized adults), the authorities failed to infer that if he didn't see them, he wasn't looking where he was going and they failed to issue a ticket. Makes you wonder if the victims were little kids on bicycles or police officers on motorcycles or just another car, would you have the same result?

This incident underscores the awful truth shared by all pedestrians--fault means little, we are out there by ourselves on roads with motorists that don't look both ways, don't look where they are going and think they own the road. And apparently that's ok with the Peoria authorities. Better, I guess, to chase down jaywalkers!

We have little choice as long distance runners to take to the streets and roads and even if you have a good route that utilizes only sidewalks, you still have to cross intersections and driveways. Each time we face off with a vehicle, even a bicycle, we are at a big disadvantage. The following tips even the playing field just a bit, but always be careful out there and always be watchful and never underestimate the stupidity and the carelessness of drivers!

**Editors Note:** You younger runners (40's and under) should pay particular attention to the above article. Approximately 25 to 28 years ago in an earlier form of a club newsletter, an article was written on the benefits of "aggressive running" and not yielding to traffic. The czar of the Illinois Valley Striders at the time that article was published was none other than Steve Shostrom. Take heed of old age!

P.S. It was also common practice amongst the old YMCA noontime runners to "punch a car" if it came too close to you when passing by. If you get the chance, ask one of those old guys what happened when Steve S. "punched a car" one snowy day during a noontime run.

## **RUN SAFELY**

**\* Pick your route carefully. Trails are the best. Peaceful sidewalks are next. Try to avoid routes that have stretches of road walking. If you have to run on a road, the general rule is to walk against traffic so you can see approaching vehicles. Run with traffic if you are going up a hill that would impede vision of approaching vehicles.**

**\* Always be alert on a road situation. If you are walking against traffic, look back over your shoulder when you hear traffic sounds--make sure the traffic does not involve someone passing another vehicle and using your lane.**

**\* DON'T WEAR HEADSETS OR OTHER MUSIC MACHINES. See above. Hearing is a big part of your safety equipment.**

**\* Wear reflective material if you must run before or at dawn or in the evening. Always assume that your run will take longer than you think and dress accordingly. Avoid dark clothing on dark days.**

**\* When approaching an intersection or confronting a driver poised to cross the sidewalk to leave his/her driveway, make eye contact with the driver waiting to proceed. If you are not sure or if tinted glass is involved, wait or run behind the vehicle.**

**\*Carry I.D. w/ pertinent medical information.**

**\*Carry or know where you can get water or know where you can get water on your run.**

**\* Leave word or a note re the direction of your run and when you plan to return.**

**Some of this material is from safety tips provided by the Road Runners Club of America.**



## **Signs, Signs Everywhere Signs**

**By Mike Chittick**

Last month I was on my usual Sunday run to the east bluff and I couldn't get this 1970s classic by The Five Man Electrical Band out of my head.

It got me to thinking about all the signs I see to and from the east bluff and the information they do or do not convey.

Below are my TOP TEN favorite signs.

1. "Don't Walk" – how can this sign be flashing both ways simultaneously at an intersection ?
2. N. North St. – I always wondered what redundant meant.
3. N. Twelve Oaks Dr. – a quick look reveals more than 12 oak trees.
4. Forrest Hill Ave. – where did the extra "r" come from?
5. Dead End St. vs. Not a Thru St. – what's the difference?
6. "For Sale by Owner" – as opposed to whom?
7. "Sharp," "low mileage," "extra clean" – show me a vehicle, any vehicle, on a used car lot that doesn't have one of these signs in the windshield.
8. "Lotto, gas, soda" – all we need are cigarettes and beer.
9. "Beware of dog" – generally the dog owners are much more frightening than the canine.
10. No Jaywalking – I've never seen this sign anywhere in Peoria so it must be OK to do. Also, is it jaywalking if you're running?

**Editor's Note: This is an example of a person with too much time on his hands.**

2005 Illinois Valley Striders Award Winners

**IVS President's Award**

Jim McIntyre

**IVS Community Service Award**

Leo Hermes, Starcrest Cleaners

Edward Hine Company

**IVS/Running Central Race Director Award**

Gary Baker, Canton Park District

**IVS Outstanding Contribution Award**

Bob Padilla

**IVS Ambassador Award**

Ed McGraw

**Mike and Sue Sonnemaker IVS Worker Award**

Mindy Elliot

Pat O'Bryan

Terry Whitehead

**IVS Second Wind Award**

Norm Astwood

**IVS Outstanding Performance**

Josh Banister

**IVS All-American Award**

|         |             |
|---------|-------------|
| Doug    | Braasch     |
| Tim     | Broe        |
| Maggie  | Carroll     |
| Caitlin | Comfort     |
| Barb    | Gurtler     |
| John    | Malson      |
| Larry   | McMasters   |
| Doug    | Newton      |
| Leo     | Vandervlugt |

**IVS Runner of the Year**

Allison Arndt

**Illinois Valley Strider Award**

Glenn Herold

**Illinois Valley Striders Hall of Fame**

Ed Ricca

# Eight Hour Run To Reduce Stigma Jubilee State Park March 18, 2006

**Dates: March 18 Time: 8:00am – 4:00pm Place: Jubilee State Park – Prairie Pavilion**

**Course:** Beautiful 5-mile loop. Approximately three miles are hilly, single-track bike trail with remainder on wider, more open trails. As many or few loops as you care to walk, run or crawl in 8 hours.

**Aid:** One fully-stocked at Start/Finish. Dinner afterward.

**Awards:** First place male/female

**Timing:** Self-timed with sign-in after each loop. RD to run.

**Entry Fee:** \$50 with give-away, \$30 without give-away, (\$10 of each entry goes to the Mental Health Association of Illinois Valley)

**Packet Pick Up:** Race day 7:00-7:45 Apps must be in by 3/13/06

**LIMITED TO 50 PARTICIPANTS**

**Mail Applications and Make Checks Payable To:**

**Paul Kelley-309-691-1888**

**c/o Independence Village**

**1201 W. Northmoor Rd.**

**Peoria, IL 61614**

**Email:** paulkelley47@hotmail.com

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ email address \_\_\_\_\_

Favorite Ultra Foods \_\_\_\_\_ Beverages \_\_\_\_\_

**Waiver: I know that trail running is a potentially hazardous activity. I assume all risks associated with this event, including, but not limited to: falls, contact w/ other participants, and the effects of weather. Having read this waiver and knowing these facts, I, for myself, and anyone entitled to act on my behalf, waive and release Paul Kelley, Mental Health Assoc. of Ill. Valley, Jubilee State Park and the Illinois Valley Striders.**

Signed \_\_\_\_\_ Date \_\_\_\_\_

Links:

<http://www.autism.org/>

<http://www.timardisfoundationforhope.org/>

<http://mhaiv.org/>

[http://www.janickelley.com/8\\_hour/www.ccs.ohiostate.edu/NewWebTextOnly/StigmaReduction.htm](http://www.janickelley.com/8_hour/www.ccs.ohiostate.edu/NewWebTextOnly/StigmaReduction.htm)

## **THE JOYS OF THE OBCURE MARATHON VIII**

### ***By Drake Stockert***

I had previously written about the lack of marathons available in the summer months. However, this is also a real problem if you are looking to race in January, unless you like going to Florida to race every winter.

Since I had already competed at the House of the Mouse, I wanted to find someplace else to visit and race. To me, January is a great month to run a marathon since the majority of the training is in November and early December, and until this year that meant cool dry running. In reviewing the race calendar, I found a race scheduled for Saturday, January 14th in Jackson Mississippi. The small field and relatively short drive (680 miles) fit my parameters.

Unfortunately, the weather here turned very cold before Thanksgiving and stayed that way for most of my training. Undaunted, or as some say, oblivious and maniacal, I entered the race and booked my hotel room. On Friday the 13<sup>th</sup> (Coincidence? Maybe not.), I left home at 4:45 am and pulled into the hotel at 3:15 in the afternoon. There is no expo and packet pick up is race morning, so after checking in, I drove to the start and along the course, before returning to my hotel room for a sandwich, couple of beers and a relaxing evening with my guitar and a magazine.

The race is put on by the Mississippi Track Club of Jackson. The course follows the Natchez Trace Parkway from Clinton south, with the race start about 5 minutes from my hotel. The out and back course is tree-lined and has a number of long low rolling hills, but is not closed to traffic which was light. Race day saw 38<sup>0</sup> and breezy. Fortunately the trees along the road provided some shelter as well as a visual distraction. The race started promptly at 8:00 with approximately 150 in the marathon, 100 in the 10k and 50 in a 5k race walk. With the relatively small number of competitors, a small and obscure marathon advantage, it was easy to get started and find a rhythm without stumbling and bumbling along with the big city masses.

Water and Gatorade was offered every 2 miles by enthusiastic volunteers and a young lady provided Gu at mile 16 for those of us needing a carbo fix. The finish line was a typical low-key chute with overhead clock and was as always, an extremely welcome sight. After finishing, I was presented my finishers medal by another cheerful volunteer and for those of us who remember the days of the popsicle sticks at the finish, I was given a 3x5 card with my finish place to turn in.

After doing so, I waddled back to my car, a mere 50 yards from the start/finish (another small race positive) for a well-deserved beer and returned to the finish area for some pizza. Since my hotel was so close, I went there to shower and check out before returning to claim my 2<sup>nd</sup> place age group award (yet another advantage of the small & obscure marathon).

My time of 3:21:24 was even good for 12<sup>th</sup> overall. I left the race site at 12:40 pm and drove the 680 miles home in 10 hours, arriving in time to kiss the wife and kids goodnight before settling in with a glass of wine and a chance to read the newspaper. Just another weekend for this crazed marathoner. So if you're looking for that January marathon, I would highly recommend you give this one a try. For information, their website is [www.mstrackclub.com](http://www.mstrackclub.com).

## Race Calendar

2006

| Date         | Time       | GP | Location                         | Name   | Distance           |
|--------------|------------|----|----------------------------------|--|--------------------|
| 3/11         | 9 AM       |    | Peoria -<br>Glen Oak<br>Park     | Jack Kenny 5K  | 5K                 |
| 3/12         | 1PM        | X  | Delavan                          | The 31st<br>Annual<br>Delavan<br>Panther<br>Frostbite<br>Classic | 1/2 Marathon       |
| 3/18         | 8 AM       |    | Jubilee<br>College<br>State Park | 8 Hour Run to<br>Reduce Stigma                                   | 5 miles loops      |
| 3/25         | 8:30<br>AM | X  | Peoria<br>Riverfront             | CIDA Eat'm Up  | 5K                 |
| 4/1          | 9AM        | X> | Peoria -<br>Detweiller<br>Park   | Lakeview<br>Interplanetary<br>5K<br>Race/Walk/Kids<br>Fun Run    | 5K                 |
| 4/15         | 9:30<br>AM |    | Eureka                           | Eureka Spring<br>Classic   | 4 Mile             |
| 4/15         | 9AM        | X  | Galesburg                        | Carl Sandburg<br>College   | 2 & 4 miles        |
| 4/15<br>& 16 | Early      |    | Pekin -<br>McNaughton<br>Park    | McNaughton<br>Park Trail Runs                                    | 30, 50 & 100 miles |
| 4/29         |            |    | Metamora                         | Save Our Sight   | 5K                 |