

The Lookout

Magazine of the Iroquois Hill Runners

Volume 38

July-August 2017

Number 6

Toys for Tots – Poker Run
5k

Tuesday, August 8

Iroquois Park 6:30pm



Poker Run 5k - August 8

President's Message

Swag Hartel



It has been a long time since I last wrote a President's Message. And a lot has happened.

We started the track sessions at Iroquois on Tuesdays and Ballard on Thursdays. We have had our summer races, except for the Poker Run, which is just around the corner. The races have been so successful and we have given and gotten more in return. And remember the picnic is in September.

I was inducted into the Kentucky Sports Hall of Fame on June 1st. I had to give a speech to over 300

people and I was so nervous, like before the big races I used to run! A group of Iroquois Hill Runners attended. I was grateful and mentioned the club. I never expected this to happen and I humbly accepted.

Even though the races are up I see running has generally declined. I see fewer runners and competitive standards have dropped considerably. And I haven't been a good example having not run for over 20 years and having a gut bigger than Gene Younger! So after I had the catheter in my heart, I started running again. I began to realize my heart is good and I soon began to push it, wanting to feel the pain again. Then in March I bought a pair of Huka One One shoes and was amazed. I loved the cushion and it seemed they helped me to run more on my forefoot. I felt that I would not have been able to run again if I didn't have these shoes.

Anyway, in the first week of April I hurt my right thigh. I went to the doctor and was diagnosed with a pinched nerve. I had intensive physical therapy but did not get better. I will have to go back to the doctor to get more treatment. I am still running three miles and I would like to run a 5K.

In all of the years I have written messages I have never talked about shoes, but I feel like I'm running again because of the two H's: Heart & Hoka.

I would like to mention a great South End guy, Kenny Brown. He was a policeman and has worked at U of L security for many years. He is a longtime runner and truly awesome guy. In September he is having a stem cell transplant, so keep him in your prayers and thoughts.

I am so honored to be President of such a great club.

Swag Hartel



Side Stitch: Belly Pain while Running

June 25, 2017 - Dr. Gabe Mirkin's Fitness and Health E-Zine

drmirkin.com

It took years for the medical community to learn what causes a side stitch in which a runner suddenly develops a sharp stabbing pain, usually in the right upper part of the belly just underneath the ribs. With continued running, the pain worsens, but it goes away as soon as you stop running.

Dr. Tim Noakes, a medical school professor from South Africa, offered the first reasonable explanation and successful treatment. Thick fibrous bands called ligaments extend downward from your diaphragm to hold your liver in place. When you run, your liver drops down at the same time that your diaphragm goes up from breathing out, stretching the ligaments to cause the pain.

Humans have a fixed pattern of breathing when they run. When you run slowly, you usually breathe out once for every four strides. When you run fast, you can breathe once for every two strides. When you breathe out, your diaphragm goes up, and at the same time, the force of your foot strike causes your liver to go down. Most people breathe out when their right foot hits the ground, so the cause of a side stitch during hard running is a stretching of the ligaments that hold the liver to the diaphragm on the right side. The cure is to relieve the stretching of the ligaments.

When you get a side stitch, stop running and press your hand deep into your liver to raise it up toward your diaphragm. At the same time, purse your lips tightly and blow out. Pushing the liver up stops stretching the ligaments. Breathing against pursed lips retards fully emptying your lungs and doesn't let your diaphragm rise too high. The pain is relieved immediately and you can resume running as soon as the pain disappears. The pain usually will not go away unless you stop running long enough to raise your liver.

If You Get Frequent Side Stitches

- Breathe deeply when you run. The deeper you breathe, the more air you take in and the lower you push your diaphragm to decrease the stretching of the ligaments. Shallow breathing keeps the diaphragm in a high position to stretch the ligaments further.

- Breathe through pursed lips. This keeps your diaphragm high and allows you to relax your diaphragm.
- Try to breathe out when your left foot strikes the ground. Avoiding breathing on your right foot strikes will help to prevent maximum stretching of the ligaments when your diaphragm goes up as you breathe out.

Previous Theories About Side Stitches

We have learned that side stitches are not usually caused by:

- A liver swollen with blood during running. The liver has a very distensible capsule and it does not enlarge that much during exercise.
- Cramps in the belly muscles. The belly muscles are not held rigidly during a side stitch, and pushing on the belly muscles does not cause more pain.
- Lack of oxygen to the diaphragm. Blood flow to the diaphragm is not shut off by running.
- Trapped gas in the lungs. Gas does not get trapped in the lungs during exercise. Side stitches are rarely caused by intestinal gas. Pain caused by intestinal gas is relieved by passing the gas.
- Food in your stomach. Most runners have to eat during runs lasting longer than an hour. Eating does not cause discomfort unless you go so slowly that you spend more effort eating than running.

Constipation Can Cause Belly Discomfort

If your colon is empty when you run, it does not contract much during exercise. However, when you have stool in your colon, exercise can cause giant contractions of your colon which push stool towards the outside and can have catastrophic results. You will know that this is happening to you because you will feel these contractions in your lower belly and an urge to defecate. Always try to empty your colon before you exercise. If you are often constipated:

- Eat plenty of vegetables, fruits, whole grains and nuts. These are rich sources of fiber that keep food moving along your intestinal tract.

- Eat dried fruits such as dried apples, prunes and apricots. Dried skins of fruits contain lots of soluble fiber that binds to sugar in the fruit to prevent the absorption of these sugars in your upper intestinal tract. When soluble fiber reaches your colon, bacteria break it down to release the sugars so they are fermented immediately, drawing large amounts of fluid that dilates the colon and pushes stool toward the outside.
- Restrict constipating foods made from flour such as bakery products, pasta and many dry breakfast cereals.
- Try to have a bowel movement half an hour after you eat a meal to take advantage of the gastro-colic reflex. When food reaches your stomach, the stomach is stretched, sending a message along nerves from the stomach to cause the colon to contract and push foods forward. The longer stool remains in your colon, the drier and harder it becomes.

Why Athletes Need Rest and Recovery After Exercise

Essential Tips to Improve Sports Performance

By [Elizabeth Quinn](#) | Reviewed by [a board-certified physician](#)

Updated June 29, 2016

Most athletes know that getting enough rest after exercise is essential to high-level performance, but many still overtrain and feel guilty when they take a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes.

Rest days are critical to sports performance for a variety of reasons. Some are physiological and some are psychological.

Rest is physically necessary so that the muscles can repair, rebuild, and strengthen. For recreational athletes, building in rest days can help [maintain a better balance](#) between home, work, and fitness goals.

In the worst-case scenario, too few rest and recovery days can lead to [overtraining syndrome](#)—a difficult condition to recover from.

What Happens During Recovery?

Building recovery time into any training program is important because this is the time that the [body adapts](#) to the [stress of exercise](#) and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Exercise or any other [physical work](#) causes changes in the body such as muscle tissue breakdown and the depletion of energy stores (muscle glycogen) as well as fluid loss.

Recovery time allows these stores to be replenished and allows tissue repair to occur. Without sufficient time to repair and replenish, the body will continue to breakdown from intensive exercise.

Symptoms of [overtraining](#) often occur from a lack of recovery time. Signs of overtraining include a feeling of general malaise, staleness, depression, decreased sports performance, and increased risk of injury, among others.

Short and Long-Term Recovery

Keep in mind that there are two categories of recovery.

There is immediate (short-term) recovery from a particularly intense training session or event, and there is the long-term recovery that needs to be built into a year-round training schedule. Both are important for optimal sports performance.

Short-term recovery, sometimes called [active recovery](#) occurs in the hours immediately after [intense exercise](#). Active recovery refers to engaging in low-intensity exercise after workouts during both the [cool-down phase](#) immediately after a hard effort or workout as well as during the days following the workout. Both types of active recovery are linked to performance benefits.

Another major focus of recovery immediately following exercise has to do with replenishing energy stores and fluids lost during exercise and optimizing protein synthesis (the process of increasing the protein content of muscle cells, [preventing muscle breakdown](#), and increasing muscle size) by eating the right foods in [the post-exercise meal](#).

This is also the time for soft tissue (muscles, tendons, ligaments) repair and the removal of chemicals that build up as a result of cell activity during exercise.

[Getting quality sleep](#) is also an important part of short-term recovery. Make sure to get plenty of sleep, especially if you are doing hard training.

Long-term recovery techniques refer to those that are built into a seasonal training program. Most well-designed training schedules will include recovery days and or weeks that are built into an annual training schedule. This is also the reason athletes and coaches change their training program throughout the year, add [crosstraining](#), modify workouts types, and make changes in intensity, time, distance, and all the other training variables.

Adaptation to Exercise

[The Principle of Adaptation](#) states that when we undergo the stress of physical exercise, our body adapts and becomes more efficient. It's just like learning any new skill; at first, it's difficult, but over time it becomes second-nature.

Once you adapt to a given stress, you require additional stress to continue to make progress.

There are limits to how much stress the body can tolerate before it breaks down and risks injury. Doing too much work too quickly will result in injury or muscle damage, but doing too little, too slowly will not result in any improvement. This is why personal trainers set up specific training programs that increase time and intensity at a planned rate and allow rest days throughout the program.

Sleep Deprivation Can Hinder Sports Performance

In general, one or two nights of poor or little sleep won't have much impact on performance, but consistently getting inadequate sleep can result in subtle changes in hormone levels, particularly those related to stress, muscle recovery, and mood. While no one completely understands the complexities of sleep, some research indicates that sleep deprivation can lead to increased levels of cortisol (a stress hormone), decreased the activity of human growth hormone (which is active during tissue repair), and decreased glycogen synthesis.

Other studies link sleep deprivation with decreased aerobic endurance and increased ratings of perceived exertion.

Balance Exercise With Rest and Recovery

It is this alternation of adaptation and recovery that takes the athlete to a higher level of fitness. High-level athletes need to realize that the greater the training intensity and effort, the greater the need for planned recovery. Monitoring your workouts with a training log, and paying attention to how your body feels and how motivated you are is extremely helpful in determining your recovery needs and modifying your training program accordingly.

Sources:

Spiegel L, Leproult R, Van Cauter E. Impact of sleep debt on metabolic and endocrine function. [The Lancet](#). 1999;354:1435-1439.

Lamberg L. Sleep May Be Athletes' Best Performance Booster. *Psychiatric News*. 2005. Volume 40, Number 16.

Mujika I, Padilla S. Scientific basis for precompetition tapering strategies. [Medicine and Science in Sports and Exercise](#). 35: 1182-11187, 2003.

The Value of “Naked” Runs

06/15/2017 - By Amanda Loudin

Leaving the GPS watch at home now and again can have big pay-offs.



Like many runners today, 33-year old engineer Amy Shuman never leaves home to train or race without her GPS watch. “If it’s not on the Internet, it never happened, right?” she jokes. “It’s such an easy task to put it on that I never really consider going without it.”

For a new generation of runners like Shuman, no run is complete without feedback from technology. These runners want to know pace, mileage, elevation and more, and there are plenty of methods today to provide all that information. Whether using a GPS watch, a phone app, and/or linking up on [Strava](#), a run didn’t happen if it wasn’t tracked in some way, shape or form.

But runners who have been around since before the advent of this technology—and plenty of coaches—say that all that feedback has definite downsides. This crop of runners and coaches would argue that there’s great benefit to dropping the technology now and again, and in some cases, all together.

Bobby Gessler, MD, 60-year old coaching certification instructor for the RRCA, is among those who want to see more runners weaned off

the technology. “People who have been running for a long time and who started before the technology existed have a better sense of pace,” he says. “It’s better not to be a slave to the watch.”

Chicago-based runner and coach Jennifer Harrison, 46, agrees and takes things a step further. “I think in some cases, it’s ruining runners,” she says. “It’s so important to understand what a 5k effort is or a 10k effort. Instead, runners look at their watches and they lose a feel for pacing in training and in racing.”

Harrison says that, too often, she sees athletes panicking if their technology breaks or fails to work properly. “They can’t figure out how to do the workout without it,” she says. “So my job becomes asking them to do some training without it and helping them learn to understand their body without the data.”

The History of the Computer on Your Wrist

- For newer runners, it might feel like GPS watches have been around forever. Reality is that they are relatively new additions to the running toolkit.
- GPS technology can trace its roots all the way back to the U.S./Russian space race of the late 1950s. In an attempt to track the Russian’s Sputnik, researchers at Johns Hopkins Applied Physics Lab (APL) developed a method for tracking early satellite positions.
- The military continued the research into the 1970s and by the 1980s, the military began allowing widespread civilian access to the technology. These units were large and cumbersome, a limiting factor.
- By 2010, however, researchers and manufacturers had figured out how to whittle down the size of the units, and the portable GPS watch craze began. As of 2014, the GPS fitness device market amounted to \$2.6 billion, and there’s no sign of its slowing down any time soon.

Some runners have figured this out for themselves through trial and error. Charlotte Walsh, 50, owner of the Boston-based Charles River Running

store, says that while she grew up running without the technology, she was open to giving it a try. “I was late to the GPS scene, but about six years ago, I gave in and bought a very basic model,” she explains. “I liked knowing the data, but I found that I began trying to beat every run.”

This mentality eventually became stressful, Walsh says. “I was beating myself up if I wasn’t faster than the day before,” she says.

One day, pressed for time and not wanting to wait for her satellites, Walsh left the watch behind. “I realized I enjoyed the run so much more like this,” she says. “I haven’t worn it since.”

Learning to go without

While it might be intimidating, you can learn to go without your GPS feedback with a little work.

Gessler recommends that runners learn to run by perceived exertion. “I like runners to use a scale of one to 10,” he explains. “This way, an easy day is an easy day.”

The thinking, says Gessler, is that your body knows what it needs on a given day. “Your legs might feel easy is an 8:30 pace one day, and a 9:00-minute pace another,” he says. “If you are hung up on hitting a certain pace, however, it might not be the right answer for you on that day.”

Gessler points to the fact that most runners run hard days too easy and easy days too hard, missing out on the value of both. Trying to hit certain paces on those easy days can easily contribute to this phenomenon.

Amanda Folk, a 26-year old exercise physiologist from Philadelphia, says this was one of the issues she had when using a GPS watch.

“I was burned out and injured, and I realized I wasn’t listening to my body, because I was always trying to hit certain miles and certain paces,” said Folk. “Once I gave up the watch, my runs became less stressful and interestingly, I became faster.”

Like Folk, Walsh has found the joy in her runs since losing the watch. “I realize that what’s important to me is the endorphin hit,” she says. “Plus, as I get older I recognize that there are different phases in our running lives. Right now I’m all about relaxing and enjoying my runs.”

Harrison says that learning to go without the GPS is a process for most runners. “Most don’t have the confidence to leave the watch behind,” she says. “The data messes with their minds. But with practice, you learn

how certain paces feel and most athletes end up learning to trust themselves.”

Gessler says that you can tap into indicators other than numbers to gauge how you should be running. “Listen to your breathing,” he advises. “If you are breathing hard when you’re supposed to be going easy, back off.”

In a racing situation, he suggests running the first half by your GPS watch pace, and then pushing the pace by feel for the second half. This is an effective method for weaning away from the data and you might just find that you run the second half faster than the first. Running on the track with an old-fashioned chrono watch such as a Timex Ironman, is another way to increase your internal pacing knowledge, checking in on quarter mile splits.

All of this advice isn’t to say that there’s no place for a GPS watch in your running life. Harrison, for instance, will strap one on during easy runs to ensure she isn’t going too hard. “I tend to overdo it when I should be running at a recovery pace,” she says. “So I’ll check in on my splits to make sure I’m not running too fast.”

Shuman says she loves having the data from races so that if/when she goes back to the same course for a second or third time, she can go into it with an informed strategy. “I’ll go back and review the course, elevation, and splits,” she says. “There are plenty of times when I’ll have my watch on under my shirt sleeves or don’t look at it during a run, but I always go back to see the data after.”

Gessler says that mixing up the runs to slowly incorporate more and more without a watch is a good way to ease into it, eventually working up to completely “naked” running. If you’re hesitant, he says this, “Sometimes you just have to take a leap of faith.”


Coming Attractions

Saturday August 5, 2017 - Warrior 4 Miler, 9:00 A.M., 4 Mile Run/Walk, Christian Academy of Indiana, 1000 Academy Drive New Albany, IN warrior_xc@icloud.com, www.warrior4miler.com.

Tuesday, August 8, 2017 - IHR Toys for Tots Run Poker 5K Run, 6:30 P.M., Iroquois Park, Donna Younger (502) 708-1136, donnalyounger@yahoo.com. Entry “fee” is a new toy or cash donation to the [Toys for Tots Foundation](#).

Saturday, August 27, 2017 - Progeria Race Against Time, 9:00 A.M., 5K Road, Norton Commons Amphitheater/Oval Park, 10920 Meeting Street, Louisville, KY 40059, www.progeriaraceagainsttime.com,

Kevin L. Mudd, CPA, PLLC



Kevin L. Mudd
Certified Public Accountant

2210 Goldsmith Lane, Suite 131A
Louisville, KY 40218

(502) 836-3883
kevinmudd7@gmail.com



**Buy Local,
Run Local**



4137 Shelbyville Road
Louisville, Ky 40207

Ken Combs Running Store 502.895.3410



WESSEL Insurance Agency, Inc.

4101 Cane Run Road, Louisville, Kentucky 40216

*THERESA WESSEL YOUNG
CERTIFIED INSURANCE COUNSELOR*

OFF: 502-448-1625

RES: 502-375-3700

FAX: 502-447-7142

EMAIL: theresa@wesselinsurance.com

FEGENBUSH LANE ANIMAL CLINIC



ROBERTA MEYER, D.V.M.

Member: American Veterinary Dental Society,
Association of Veterinarians for Animal Rights,
American Association of Feline Practitioners

7816 Outer Loop, Louisville, KY 40228
Phone: (502) 239-8530 Fax: (502) 239-6610
www.fegenbushac.com

WE TOTE THE NOTE



Jeff Harvey Auto Sales

**LOUISVILLE'S OLDEST INDEPENDENT AUTO DEALER
SINCE 1939**

**3501 SEVENTH STREET
LOUISVILLE, KY 40216**

JEFF HARVEY, JR.
PRESIDENT

Office: (502)363-5311

Cell: (502)744-4634

Email: jeff.harvey@insightbb.com

WWW.JEFFHARVEYAUTOSALES.COM



TRILBA SMITH, ABR, GRI
Top Producer Realtor®

Semonin
REALTORS

600 N. Hurstbourne Pkwy., Ste.200, Louisville, KY 40222

Cell: 502-767-1334
Office: 502-897-1414
Fax: 502-471-5322
Email: trilba@semonin.com
Website: trilbasmith.semonin.com





L&N
FEDERAL CREDIT UNION
502-368-5858
www.LNFCU.com



SWAG'S
SPORT SHOES
Since 1980

SWAG HARTEL

(502) 368-2443 • FAX (502) 361-3381
www.swagssportshoes.com

7415 Old 3rd St. Road • Auburndale Shopping Center • Louisville, KY 40214



LONNIE JUDD PAINTING, INC.

7414 Old North Church Road
Louisville, Kentucky 40214
(502) 361-3224

IHR Membership

The club depends on the support of our dues paying members to continue to function. The board has voted to make the membership renewal for all members the month of September, the anniversary month of the club's founding. We hope it will streamline paperwork and minimize trips to the bank. If your membership expires in the coming months, consider it extended until September. If you have already renewed some time since last September, you will have the opportunity to prorate the fee to adjust for months short of one year when you renew. Dues will continue to be \$15/year per household. If you believe in what the club is doing to support and promote running, we hope you'll continue to renew.

If you have any questions please contact us at runner@iglou.com, or Tim Reinert at (502) 451-9507.

Please join or renew by sending a check to:

Iroquois Hill Runners, Attn: Membership
P.O. Box 14115
Louisville KY 40214

or online at

www.runreg.com/iroquois-hill-runners-membership.

If your address or email changes please let Dave Maxwell know by emailing him at picpacdm@aol.com.

Iroquois Hill Runners, Inc.
Founded September 1979

Monthly Board Meetings:

Monthly board of Directors meetings are held on the first Monday of each month at 7:00 p.m. at the Iroquois Branch Library on Sixth and Woodlawn. Guests and members are welcome.

Club Questions:

Call President Swag Hartel at 368-2443.

Newsletter:

The Lookout is published via email monthly except mid-summer and mid-winter. Send newsletter articles and comments to IHR, P.O. Box 14115, Louisville KY 40214 or email to runner@iglou.com or glwarren_633@msn.com. Editors: Garry Warren, Wakeley Purple (technical advisor), Joe Runner, and Eugene Barker (in memoriam).

Advertising:

Ads in The Lookout are accepted on an annual basis with payment in advance. We reserve the right to reject advertisements that are determined to be inconsistent with the public image of the Iroquois Hill Runners, Inc.

Membership:

Annual dues are \$15.00. Membership applications are available in The Lookout and on the club website. Send applications to IHR, P.O. Box 14115, Louisville KY 40214, or online at www.runreg.com/iroquois-hill-runners-membership.

Web Site:

iroquoishillrunners.org

IHR Membership Application

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone (include area code) _____

Birthday _____

Names and birthdates of other family members who run:

Annual Membership Dues: \$15.00, due in September. If you join in a different month your membership will expire in September of the year following the year you joined.

Membership entitles you to run in club races for \$2.00, and a year's subscription to the club newsletter, *The Lookout*.

Mail to:

Iroquois Hill Runners
P.O. Box 14115
Louisville KY 40214

or sign up online:

RunReg.com