

# Illinois Valley Striders

[www.ivs.org](http://www.ivs.org)

## A Trail of Tears and Accomplishments

On Saturday, July 8<sup>th</sup> runners hit the trails at Camp Wokanda to run the Cry Me a River 100 mile, 110K, 50K, and Half Marathon events.

This course is not for the faint of heart. For the 100 mile participants the course consists of 2-mile loop around Camp Wokanda, and then a 9-mile trek to Detweiller park (one way) and back –five times. Add a total of 23, 500 feet of elevation because of all of the hills on the course and you have one daunting task.

Not sure you are up for the 100 miler there are distances for everyone that offer no less of a challenge. As a runner who ran the half marathon, even the short distance is a challenge with the hills and brutal humidity that was experienced.

Despite all of that runners had a great weekend of challenging themselves to push hard and reach goals.

Want to read more about this year's Cry Me a River race check out the Peoria Journal Star article about the race:

<http://www.mortontimesnews.com/sports/20170709/distance-jamboree-at-camp-wokanda>



## Upcoming Events

### August 19

IVS Summerfest

### September 10

IVS Half Marathon

## Upcoming Race Information

It is getting to be fall and that means that the IVS Half is right around the corner.

### IVS Half, Quarter Marathon, Team Event-

A new race has been added this year the quarter marathon, come on out and give it a try.

<https://secure.getmeregistered.com>

Due to unforeseen circumstances the Bridge to Bridge will not be held this year. The race will be back next year with the addition of the Cedar Street Bridge!

## What's Happening Around the Running Block

IVS Members have been caught out and about doing some amazing things. Keep up the good work and remember when it's hot hydrate!



A beautiful cool morning set the stage for a wonderful Run309 Saturday Fun Run. Friendship and encouragement abounded through each mile. Fantastic job everyone!



**This month's spotlighted member is:**

**Maureen Kiesewetter**- Have you seen the postings on Run309 for the Saturday morning fun runs? If so then you are seeing the leadership skills in action of Maureen Kiesewetter. For several months now Maureen has stepped up to the plate to help plan routes and ensure runners have the opportunity to get their long miles in on the weekend. If you have not gotten the opportunity to join this group, check it out! To learn more about the group or the routes check the Run309 Facebook group to learn more.

Our members are the heart of IVS, and now we'd like to share some of your incredible stories! To share your story navigate to the IVS website at [www.ivs.org](http://www.ivs.org).



## Grand Prix

There is a tight race this year for the top spots in the IVS Grand Prix. For the first part of the season the top 10 are:

### Top 10 Racers

- Bill Holmes- 468
- Roland Savoie- 454
- Ted Golden- 447
- Scott Sokolowski- 362
- Tina Bajic- 353
- Kelly Stark- 327
- Maurice Wantiez- 311
- Brenda Shawgo- 304
- Sandra Theobald- 273
- MarySue Baker- 272

### Upcoming Races

- Mr. C's Wenona 5k
- Brimfield Old Settlers Days 5k
- IVS Summer Fest Beer Mile
- Lacon Old Settlers 10k, 5k

It is not too late to register for the Grand Prix. Visit [www.ivs.org](http://www.ivs.org) to register, check out discounts, and much much more.



## A Letter from the President

I am taking the time this month to reflect on my years with our organization, the Illinois Valley Striders and why I am a lifelong member.

A co-worker of my grandfather was running road races to stay in shape and he told my grandfather to have me check out the Steamboat Classic. So on our way back from a track meet in Morton we stopped to see Hoover run the Steamboat Classic. It was awesome to see this as a 14 year old and I knew then between my hometown team winning the state cross country title the previous Fall and this race I wanted to be a runner. They were handing out newsletters at the race and on the back was a membership form. Well suffice it to say my folks signed me up as a member of the Illinois Valley Striders. Little did I know then that I would someday be the president of our local running club.

I had served as vice president for a number of years and have seen some highs and lows for our organization. However, after four decades we are still going strong. I firmly believe it is because we have members the give selflessly of their time and efforts to help promote our sport locally, nationally and even internationally. We have good membership base and have many platforms to run, walk, trail run and move with others on just about any day of the week. We have recently started in formalizing our support for other runners at races we aren't competing in but offer our support in the form of a "Cheer Zone". We also have taken our Meet up Fun Runs and have evolved to offer a run every Wednesday night all year round. We have a Grand Prix Circuit that offers race discounts to select races and a fun competition of point scoring for those that like to run a lot of races. We are partners with Running Central in some of these ventures and we also have offered our support of other organizations to promote their events, like One Motion and C.I.T.R.A. to name a few. Speaking of events we have a Kids Series that we offer in the Spring followed closely by the Steamboat Classic. Next we the Summerfest Beer Mille followed by Bridge to Bridge Run and then our hearty IVS half marathon and relay. We then offer our services as course monitors and support for cross country races in the Fall with the biggest being the IHSA State Cross Country Championships in November.

A lot of our members and board members have logged countless hours to keep our club moving forward and those in Central Illinois constantly moving and improving. My challenge to all of you is to get involved, volunteer go for a run or walk with us or just come hang out with us and I'm sure you will see why I love this group and have dedicated a good portion of my life to help promote and support our mission. It is always a great day to be a Strider, I hope you will either renew or become a member soon. I am glad I did!!!

Sincerely,

Michael Lewellyn

President, Illinois Valley Striders

# About Us



## Want to learn more about IVS

There are several ways to learn more about the Illinois Valley Striders organization:

### On the Internet

The webpage is the one stop shop for learning about becoming a member, upcoming events, and signing up for various IVS activities. [www.ivs.org](http://www.ivs.org)

### Via Facebook

There are a couple of pages to help IVS members connect and learn more about what is happening in the running community:

*Illinois Valley Striders Facebook Page*- this is a page where members can ask questions, learn about upcoming events, and in general connect with other members.

*Run309*- This is a general page to learn what is happening in the running community in the 309 area code. On this page is where the Wednesday night CORE runs and Saturday morning runs are posted along with other community runs.

### Via Meetup

Are you a member of Meetup? If you are Illinois Valley Striders has a group on Meetup where community runs are posted. Join the group "Peoria Running Meetup Illinois Valley Striders" to learn more.

### Via Strava

Strava is a mobile app that allows users to track runs, compete against others, and join challenges. Illinois Valley Striders has a Strava club to allow members to compete each other in the virtual environment.

## Board Members

### Executive Board Members:

President: Mike Lewellyn

Vice President: Ben Brewer

Treasurer: Jerry Kolb

Secretary: Sue Miller

### Board Members:

Marty Baker, Linda Pes, Jim McIntyre, Chris Dierker, Herb Kasube, Elaine Lagoda, Gene Jones, Reese Wantiez, JoAn Grane, Kelly Stark, Brant Watson, Jennifer Jacobson-Woods, Scott Sokolowski, David Schroff, Bill Holmes, Jason Young, Martha Reese, Judy Tolliver

**Have a story idea, email Kelly Stark at**

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