

# the Southwestern



A SOUTHWESTERN ELECTRIC COOPERATIVE MEMBER MAGAZINE

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## The High Cost of Catching Carbon

**Director and Retiree  
Set High-Water Marks  
For Service**

**Lower Temps Bring  
Higher Electric Bills**

**Where to Save With  
Co-op Connections**

**Step Into Spring**



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**On Account:** We've hidden a member-account number in this issue (mailing label excluded). If the account number belongs to you, contact us within 30 days and we'll take \$25 off your electric bill. Good luck!



Photo courtesy American Volkssport Association

## Co-op Reminders

### April 1

Operation Round Up grant application deadline (second quarter)

### April 18

Offices closed for Good Friday



## On the Cover

The rocky bluffs on our cover don't say spring, but they do showcase the Spartan beauty you'll see as you follow the River Road to Grafton for Bald Eagle Days. You'll find more about Bald Eagle Days in our Area Events section, which begins on page 24.



# Stepping Out

## Spring is the Season for Walk/Run Events in Southwestern Illinois

**I**t's been a brutal winter. Between the cold and snow, most of us spent little time outdoors in January and February. Weather willing, we'll emerge from hibernation to stretch our legs in March. Making a basic, brisk walk part of your daily routine is a key step toward living a healthier life. Walking helps us maintain a healthy weight. It contributes to the prevention of heart disease, high blood pressure and Type 2 diabetes. It also strengthens your body and elevates your mood.

If you're ready for more than a walk around the block, you might try volkssporting. Volkssport is a personal fitness and recreation program that offers noncompetitive walks, hikes, bike rides, and swims.

In the U.S., the American Volkssport Association (AVA) offers about 300 active clubs presenting more than 3,000 volkssporting events annually. Walking, or "volksmarching," is the most popular

of all the volkssporting activities. While most participants begin walking for fitness, they continue because of friendships they've built through the sport.

### Walk This Way

It isn't uncommon to find two or three generations at volkssporting events. About 25,000 volkssporters are members of local clubs. The average volkssporter is in his or her mid-fifties. The organization offers more than 3,000 events each year. Of those, about 1,200 events are scheduled, with many participants coming together to enjoy a family weekend. Another 1,870 events are self-guided and open every day of the year.

You'll find AVA events posted at [www.ava.org](http://www.ava.org). We've included a list of local AVA clubs with contacts and, when available, web sites. Those clubs with web sites have events listed online.

### Area Volksmarch Clubs

**Illinois Trekkers Volkssport Club**, Belleville  
[www.illinois-trekkers.org](http://www.illinois-trekkers.org)  
Contact Debra Kruep at (618) 277-0830 or [debmarkkruep1@yahoo.com](mailto:debmarkkruep1@yahoo.com)

**Ridgewalkers Walking Club**, Champaign  
Contact: Kimberly Bradley at (217) 778-1718 or [KimiBradley@comcast.net](mailto:KimiBradley@comcast.net)

**Lebanon Cedar Cruisers**, New Baden  
Contact William E. Malina at (618) 588-4097 or [pmalina@charter.net](mailto:pmalina@charter.net)

**Railsplitter Wanderers**, Springfield  
[www.railsplitterwanderers.org](http://www.railsplitterwanderers.org)  
Contact Robert J. Bouldin at (217) 627-3242 or [rifleman05@yahoo.com](mailto:rifleman05@yahoo.com)

### On The Run

If you already walk or run regularly and you'd like to meet people with the same interest, there are plenty of 5K (3.1-Mile) Walk/Run events in our area. Most of them don't stress competition, so much as pursuing a healthy habit in a pleasant environment. Many of the events in our area also serve as fundraisers for not-for-profit organizations.

At this point, we'll add a reminder: Before beginning any exercise program, consult your physician for advice. After you have your doctor's consent, ease into exercise. If you overdo it, you're more likely to injure yourself and less likely to stick with the program. Your objective isn't to qualify for the Boston Marathon—it's to build a habit that will improve your health and overall quality of life.

If you'd like to structure a walk/run routine that suits your needs, you'll find a "Couch to 5K" training program at [coolrunning.com](http://coolrunning.com). Click the training tab, then look for C25K: Couch to 5K.







## Southwestern Illinois Spring Run/Walk Events

**March 8** WILLIAM BEDELL ARC MARCH HARE MADNESS, Alton. Held in scenic Gordon Moore Park, the March Hare Madness 5K competitive run and one mile fun walk is held to benefit The William M. BeDell Achievement and Resource Center in Wood River, Ill. 10 a.m. - 12 p.m. Gordon Moore Park, 4550 College Ave. For more information contact Andrea Welsh at (618) 251-2175 or [awelsh@bedellarc.org](mailto:awelsh@bedellarc.org).

**March 9** TOP OF THE MORNING 5K RUN/WALK & ½-MILE FUN RUN, Shiloh. The Ancient Order of Hibernians present the 15th annual top of the morning 5k run/walk & ½-mile fun run. All proceeds will benefit local Ancient Order of Hibernian charities. Refreshments, attendance prizes, & Irish entertainment available after the race. The 5k run/walk begins at 8:30 a.m. The ½-mile kids' fun run will immediately follow the completion of the 5K. 3220 Green Mount Crossing Drive, Shiloh, IL 62269. For more information contact Toolen's Running Start at (618) 628-9898 or [www.running-startsports.com](http://www.running-startsports.com).

**March 15** RUNNIN OF THE IRISH, Effingham. Live music and a festive atmosphere make this race an area favorite. 10K race starts at 10 a.m, 5K race starts at 10:30 a.m. Effingham Performance Center, 1325 Outer Belt West. For more information call (217) 259-9112 or log on to [www.irishrun.com](http://www.irishrun.com).

**March 15** RUN OR DYE, Madison. Run or Dye, the world's most colorful 5K, is headed to Gateway Motorsports Park! Bring your friends and run a color-blasted 5K, where you get showered in safe, eco-friendly, plant-based cornstarch dye every kilometer. Then enjoy our world-famous Dye Festival afterward, where you can Tie-Dye the Sky (not to mention your friends) in this ultimate celebration of life, friendship, fitness, and fun. No need to worry about if you are too fast or slow, too old or young—

Run or Dye is for everyone. 9 a.m. Gateway Motorsports Park 700 Raceway Blvd. For more information visit [www.runordye.com](http://www.runordye.com) or email [info@runordye.com](mailto:info@runordye.com).

**March 22** LEGS FOR LIFE 5K, Centralia. This USATF certified road course includes short hills through beautiful Foundation Park. All proceeds go to the Leukemia & Lymphoma Society. 8 a.m. Registration held at Trinity Lutheran Church gymnasium, 201 S. Pleasant Avenue, across the street from the starting line. For more information contact Reid and Shannon Shipley at (618) 367-0003 or via email at [legsforlife@gmail.com](mailto:legsforlife@gmail.com).

**March 22** RAMBLE INTO SPRING, Lebanon. Run or walk a 5K, try a 10K, or stretch your legs for a 10-mile-run. The race begins at McKendree Fountain on beautiful McKendree University campus and finishes beneath the water tower. 8 a.m. McKendree University, Melvin Price Convocation Center (MPCC), Alton Street. For more information call (618) 537-6420 or 537-6941, or visit [www.mckendree.edu/raceday](http://www.mckendree.edu/raceday).

**March 22** 5K PUCK N RUN, Fairview Heights. This first annual event offers a 5K run/walk and a fun run for ages 12 and under. All proceeds benefit the Southern Illinois Ice Hawk Organization a 501C Youth Hockey Club. Race begins at 9 a.m. Long Acre Park, 525 south Ruby Lane, Fairview Heights. For more information visit [www.icehawkshockey.org](http://www.icehawkshockey.org) or email [siievents@yahoo.com](mailto:siievents@yahoo.com).

**March 29** EVANGELICAL MARCH TO WASHINGTON 5K RUN/WALK, Alton. The March to Washington 5K Run/Walk is a fundraiser presented by Evangelical School (located in Godfrey, Ill.). This year's 7th grade class is raising money for their October 2014 trip to Washington, D.C., and the monies received will go toward offset-

ting travel expenses. Also, a percentage of the money will be donated to a local veteran's charity. The event includes a 1-mile fun run, prizes, and you're welcome to run dressed as your favorite president. The course takes a scenic route through the 704-acre Gordon Moore Park. Race starts 9 a.m. Gordon Moore Park, 4550 College Park Ave. For more information visit [www.EvangelicalMarchToWashington.com](http://www.EvangelicalMarchToWashington.com) or email [shawkins@evangelical-school.org](mailto:shawkins@evangelical-school.org).

**March 29** 17TH ANNUAL CHALLENGE OF THE BLUFFS, Alton. The race begins at 200 West Third Street in front of the Riverbender.com Community Center. Runners will make their way up a scenic and challenging 5-mile route through the Christian Hill and Fairmount neighborhoods and finish on Belle and 4th Street. Walking participants have the option of a 2-mile route to Riverview Park and back on the same course. Race starts at 8 a.m. For more information call the Alton Main Street office at (618) 466-1016.

**April 12** THE 2ND ANNUAL KYLE DEATHERAGE MEMORIAL 5K RUN/WALK, Highland. All race proceeds benefit the Trooper Kyle Deatherage Memorial. The Trooper Kyle Deatherage Memorial is a 501c3 organization formed in 2013 that provides monetary assistance to families of first responders killed or severely injured in the line of duty. Race begins at 10 a.m. Lindendale Park, 1999 Park Hill Drive. For more information call (618) 541-7948 or email [KDeatherage5k@gmail.com](mailto:KDeatherage5k@gmail.com).

**April 26** EYE OF THE TIGER 5K & 1M FUN RUN/WALK, Edwardsville. N.O. Nelson Elementary is hosting the 3rd Annual Eye of the Tiger 5K & 1-Mile Fun Run/Walk. The 5K begins at 8:00 a.m. in the back parking lot of N.O. Nelson Elementary School. The course is along the beautiful MCT trails. The 1 Mile Fun/Run walk begins immediately after the 5K (roughly 9 a.m.), also along the MCT trails. This is a fun filled family event! 1225 West High Street. For more information email [eyeoftiger5k@gmail.com](mailto:eyeoftiger5k@gmail.com).

If you're interested in a race, we recommend you call now to confirm registration deadlines, entry fees, event times and dates, and weather plans (most events are held rain or shine).