

"Dedicated to runners of all levels"



# the Arlington Trotters

## NEWSLETTER

January 1998

**JANUARY MEETING -- JANUARY 8 @ HERITAGE PARK 7:30 P.M.**

### 1998 Trotter Board

The Board of Directors for the Arlington Trotters was selected at the December club meeting. The Board looks forward to serving you in the upcoming year as it works to make the Trotters the premier running club in the Chicagoland area.

- President Phil Richardson
- Vice Presidents Trisha Dean ← \*  
→ Gordon Lah
- Treasurer Robin Schroeder
- Race Directors Gail Marinaro ←  
Steve Sawyer ←  
Peggy Richardson ←  
Joe Tomsyck
- Track Director Heidi Schmidt
- Social Directors Larry Hennessy  
Jack Waddick ←
- Program/Publicity Jeannie Siewert
- Profiles Dick Weisz
- Newsletter John Siepl  
Tony Gialanella

The Board needs your help. Feel free to give them any ideas or suggestions you might have to make the Trotters even better.

Meet your officers in *Trotter Profiles* later in this issue.

**\* Dues Due! \***

We are now accepting 1998 Trotter dues. Don't miss out on Trotter benefits-organized runs, Christmas party, summer party, veggie dinner, newsletter, discounts on merchandise at local stores, and more. Bring your \$15 to the next meeting, or mail or drop off your dues to Trisha Dean, 376 Newgate, Schaumburg, Illinois, 60193. Don't delay!  
**FEBRUARY WILL BE YOUR LAST ISSUE!**

### January Meeting

The January meeting will be held Thursday, January 8, 1998 at Heritage Park, at the corner of Highland and Victoria in Arlington Heights. At press time there was no outside speaker scheduled. There will still be a meeting and this will be a good time to let the new board hear your ideas.

As is always the case with Trotter meetings, the post-meeting socializing is also important. That will take place at Home Run Inn on Algonquin Road, just east of Arlington Heights Road. Even if you can't make the meeting, join us afterwards. We'll probably get to Home Run Inn around 8:30 p.m.

### Your Newsletter

Hi! I'm Tony Gialanella and I'm responsible for preparing your newsletter this year. All of us have to work together for the newsletter to be everything that it can be. I'll do what I can but I need your help. Trisha is going to continue to be a major contributor but the rest of the newsletter has to come from you.

I've included a few of my ideas in this issue-see the Race Review and Preview on the Race Results page. I'd like to continue those if that is what you'd like to see. Even better, I'd like you to contribute those kinds of items. The *Runnin' With the Rhinos* and *Trotter Road Trip* are the kinds of thing you'll be stuck with each month if you don't help me out. You don't have to be as eloquent as Trisha, just do something you think your fellow Trotters will be interested in.

On the race results page I've included a bunch of ways to get in touch with me, so, give me a hand. Thanks.

TRAINING RUNS				
<b>Barrington run</b> Saturday mornings at 7 a.m. At Barrington High School. This is a hilly, challenging run. Distances vary. Call Dave Davis at 304-4275.	<b>Busse Run</b> Saturday mornings at 7 a.m. At Busse Woods by the elk. This is a more relaxed pace and a run of 8 miles. Call George Watson at 297-7479.	<b>Home Economist run</b> Sunday at 7 a.m. In Barrington on Route 14 in Barrington. Paces vary; the run is 11 miles. Call Mark or Teresa Rouse at 670-9255.	<b>Fun Run from Runner's High</b> Tuesday at 6:30 p.m. The distance is about 5 miles at various paces-everyone is welcome. Call Runners High at 670-9255.	<b>Track workouts</b> Wednesday at 7 p.m. from May through October. Held at Harper College in Palatine. Call Trotters Track Director.

Training runs are at various paces from 6 minute miles to 10 and up, so don't be intimidated.