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# The Trotter Chronicles

April 2008

Dedicated to Runners of All Levels

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## Marching to Half Marathon Madness

by Nancy Roder

Someone recently told me that a runner can expect to peak about ten years into their running career. That a time will come when PRs will be a thing of the past and breaking records will be outside of the range of possibility and thus unattainable.

I started running in 1999 as I was approaching my 40th birthday, which puts me in my ninth year of running. And as I have in the past year broke four of my personal bests (5K, 5 miles, 10K and marathon), I fear that I have peaked and my PR days may woefully be behind me. With that in mind, I entered 2008 with one goal and one goal only in mind— breaking the only major PR that eluded me last year, the half marathon. With four to five half marathons planned throughout the year, one of them has to give me the much coveted PR.

On January 1, as soon as registration was open, Dan and I signed up for March Madness. Seen by many as the kick off race of the year, it has always been a must on our racing schedule. Because of its brutal combination of hills, cold temperatures and early race date, it has never been one that I eagerly anticipate. And yet because of these same factors, it has attained almost legendary status as the race to not just survive, but to conquer.

Unfortunately, after a horrific winter of spotty training, I looked to Cary as merely a warm up, something to endure until a more manageable race

came along. Last year, I missed breaking my PR in Cary by five seconds. FIVE SECONDS. That time haunts me still, but one I had no hope of repeating at this year's race. Dan and I had faithfully trained on hills in Barrington on the weekends, but our training during the week amounted to workouts in the basement on an elliptical and a bike as storms raged outside. Nothing that would adequately prepare me for the appropriately named March Madness and its many and daunting hills.

On race morning, Dan made the decision not to run due to an illness that would later be diagnosed as strep throat. I tried desperately to convince him we needed to both skip the race so that he could go to the doctor, but he would have none of it. I was running the race no matter what. So with heavy legs and dampened spirits I headed to Cary. My confidence level was at an all time low. An equally unhappy Dan planned to wait and watch from the sidelines.

I hooked up with our esteemed President, Ed, at the start line and headed out with him on to the course. After the first mile, I told Ed we were running too fast and that I needed to slow down before I pooped out. Instead of a reduction in speed, however, mile two saw us running at even a faster clip and mile three was not much better. By mile five, I knew I was in trouble. At mile seven I was seriously dragging and Ed ran on ahead to the 10 mile water stop where Bloody Marys and beer were promised to be waiting. Not long after, as the sun peaked from behind a cloud, I came to a

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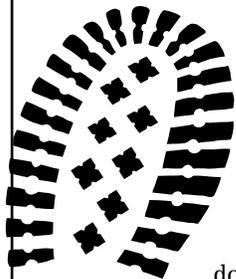
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The Trotter Chronicles newsletter is e-mailed monthly. Articles written by our members are welcome and are due on the 25th of the month proceeding the issue date. E-mail your articles to: Leah Kadamian at Leah@sicreative.com.

A Trotter Membership Directory is published in the August issue of *The Trotter Chronicles*. If you **DO NOT** want your name and contact information in the directory, notify Leah Kadamian (contact info above) by July 15, 2008.

## A Message from the Club President- Running Season Kicks Off on April 12



It's March 22nd. I thought I would be starting off this article with how brutal this winter was and how glad I am that it is over. But no. This morning's run was again in the snow and ice and slush. This has to end sometime, doesn't it?



Hopefully, it will end in time for our season kickoff. The Trotters are trying something new again. **We are going to have a kickoff event to start the running season!**

The idea is to round up as many runners as we can from the north-west suburbs. And we aren't just talking about long distance runners or speedsters. We're talking about average Joe or Jane Runner. And even average Joe or Jane Walker. You know the guy (or girl) you see running out by himself all summer long. We don't care what the distance or speed is. Anywhere from three miles to thirty miles. Any pace from five minute

miles to twenty five minute miles. Our goal is to match up runners and walkers so they have someone to train with all summer.

**We're going to run at Deer Grove in Palatine.** The way the course is laid out there, you can do just about any distance. We're also going to have a 7:00 a.m. and 8:00 a.m. start time. A bunch of us are going to get there at 7:00 a.m. to start with one group and then do a short loop so we are back at the start to greet another group at 8:00 a.m.

We'll be publicizing the event by sending out press releases, putting flyers in all the appropriate places and talking up the event with all the runners we know. If you would like a flyer to print out to post at your health club or local running store, please use the flyer shown on the last page of this newsletter. The details for the run can also be found on our web site.

So come out to join us on April 12 and bring all your running buddies. Maybe by then winter will actually be over!

— Ed Nikowitz



## Trotter Race Results

### Publix Super Markets Gasparilla Distance Classic Marathon on February 10, 2008

Jim Janaszak 4:28:04

### March Madness Half Marathon on March 16, 2008

Bill Jensen (6th Overall) 1:17:59  
Steve Breese 1:36:33  
Grace Wasielewski (1st In Age Grp.) 1:40:50  
Rob Burns 1:47:25

Michael Davenport	1:48:28
Beth Onines (2nd In Age Grp.)	1:51:17
Kielo Sauvala (6th In Age Grp.)	1:52:18
Mary Ann Zemla (7th In Age Grp.)	1:52:45
Tony Gallagher	2:00:49
Mary Papreck (6th In Age Grp.)	2:00:90
Ed Nikowitz	2:08:28
Julie Bane	2:16:55
Jack Thomas	2:18:39
Trisha Dean	2:25:30
Todd Heideman	2:43:00

## Coming in May: The Busse Beer Run Returns!

Get out your calendar — May marks the return of the famous Busse Beer Runs which are held on the fourth Thursday of each month (May through August) at Busse Woods forest preserve.

We will need two more hosts and helpers for these events. Please contact Steve Sawyer at 847/394-9546 or e-mail him at Buzzsaw@comcast.net to volunteer your services!

## March Madness Bonfire Party

Many Trotters gathered for food and drink at Mary Papreck's summer home along the Fox River following the March Madness Half Marathon.



## Note: Venue Change for April Meeting



Please join us for our April monthly meeting at the new Mission Bay Fitness and More Store located at 213 S. Arlington Heights Rd. in Arlington Heights (847-222-1002).

**There will be a pre-meeting bike ride from the store at 6:30 on Thursday, April 10. The meeting will then be held at the store beginning at 7:30 p.m.**

Ed Nikowitz will begin the evening with club news. Then Aaron, the store manager, will talk about what they specialize in, the history of MB and biking in general.

**The second part of the meeting will feature Trotter track coach, Dr. Nick Nowicki.** Nick will talk about speed training. He will also give us an idea about what we can expect at the upcoming Harper College track workouts, which will begin Wednesday evenings starting on May 7 at 6:30 p.m.

**After we adjourn we will head over to a local establishment for refreshments.**

## Y-Me Wine Tasting

Running season is upon us and so are the many worthy causes that make us go out and run just a little bit harder.

My name is Michele Malo and team captain for Team ASA in the Y-Me Race to Empower. Every year on Mother's Day we have a team of about thirty runners and walkers that raise quite a bit of money for Y-Me that provides support programs for families battling breast cancer. These programs give support to the patients as well as the families.

This year we are hosting a Wine Tasting at Wine Styles in downtown Arlington Heights. The cost is \$20 and we will have some great wines and some appetizers to share. It'll be on Friday night, April 11 from 6-8 p.m., at Wine Styles 47 S. Evergreen (right next to the Arlington Theaters). The majority of the proceeds from the tickets sales will go to Team ASA's Y-Me fundraising efforts plus 10% of all sales for the night.

We are also looking for more people to join our team at 8 a.m. on Mother's Day for the 5K race. You can go online to Y-Me .org and join Team ASA or we will have all the information available at the Wine Tasting also. We hope to see you Trotters there!

## Palatine Woman Pushed Herself to Live Life to its Fullest

by Renee Trappe - Daily Herald Staff  
Published: 3/7/2008

*Editor note: Margit was a member of the Arlington Trotters club for many years. She had numerous friends in the club and was active at many club events. She will be missed by all who knew her!*

As Margit Mikkelsen was crossing the finish line of the 1997 Chicago Marathon, her sons lifted a huge homemade poster above the heads in the crowd: "Margit, We Love You!"

The race announcer's voice crackled over the loudspeaker.

"Coming in ... is Margit Mikkelsen of Palatine," he boomed, "who just five days ago was diagnosed with ovarian cancer!"

The crowd exploded, and Brian Mikkelsen turned to his brother, tears streaming down his face. "Erik, they're talking about Mom!" he shouted, trying to make himself heard.

"All the spectators on the bleachers were cheering for her," said Diane Winters, who was among the close friends and family who got up at 4 a.m. to cheer Margit in her first-ever marathon. "It was such an emotional moment."

Less than 24 hours later, Margit Mikkelsen was on the operating table, blisters on her feet and, at her insistence, her marathon finisher's medal around her neck. The surgeons removed her ovaries and tubes — and treated her blisters for good measure.

She followed up with nine months of chemotherapy and radiation and for a while things seemed fine.

But she could never completely shake the cancer. Over the next 10 years she had two more recurrences and associated complications. Ms. Mikkelsen finally lost the battle on Wednesday, dying at age 58.

The story of those 10 years, her friends and family say, is of a woman who pushed herself to do more, achieve more and

constantly explore new avenues of interest.

Ms. Mikkelsen came to America from Germany when she was 18. After two sons and a 14-year marriage that ended in divorce, she worked two jobs and went to night school, often getting up at 4 a.m. to do her homework.

Eventually she told her sons, "I need a hobby," and took up scuba diving.

"She was a driven woman who set goals for herself and lived life to the fullest," said Winters, whose friendship with Ms. Mikkelsen included years of long, satisfying walks and deep conversation.

Since that first cancer diagnosis in 1997, Ms. Mikkelsen completed 11 marathons and two "ultra" marathons (33 miles). She went scuba diving in exotic locales like Micronesia, Palau and along the Great Barrier Reef, as well as Lake Michigan. She loved snow skiing, belonged to two running clubs and was an avid walker.

Her cancer recurred in 2000 and again in late 2003.

In January 2000, while in remission, she ran the Walt Disney World marathon in Florida, finishing in the top third. In a March 2000 *Daily Herald* story about that race, she described how she fell in love with running, and how she refused to allow cancer to have control over her body.

"I believe my constant training is what helps me stay healthy," she said, adding that being in excellent physical condition before going into cancer surgery helped her recover.

"Now I tell my doctor I have no time to get sick again. There are so many marathons to run, so many oceans to dive and so many mountains to ski."

Brian Mikkelsen says his mother's motto was, "If you think I can't, watch me."

As amazing as her first marathon in Chicago was, he says her second was more

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## Races in Review

# Marathons in Salt Lake City, Utah

by Michael Zielinski

The fifth annual Salt Lake City Marathon is scheduled for April 19, 2008. The course begins at the Olympic Legacy Bridge at the University of Utah, the site of the 2002 Winter Olympic and Paralympic Athlete's Village, and then ends 26.2 miles later at the Olympic Legacy Plaza in downtown Salt Lake City's Gateway District. The start and finish of this event are a reminder of Salt Lake City's 2002 Winter Olympics with "The Greatest Snow on Earth".

Although the marathon is held in April, the runners usually have cool running weather. The course heads south and follows the base of the snow-capped peaks of the Wasatch Mountains to the east. The run continues through the municipality of Holladay before heading west and then north through Murray and South Salt Lake before returning to Salt Lake City. The final miles pass through Liberty Park and into the city center about one mile from the Utah State Capitol.

The word Utah is derived from the Ute Indian language, meaning "people of the mountains". The first pioneers to settle in the Salt Lake Valley were the Mormon Latter-day Saints who, on July 24, 1847, came down from the mountains after having traveled from Nauvoo, Illinois to seek an isolated area to practice their religion. Upon arrival, President of the Church, Brigham Young, is recorded as stating, "this is the right place." From the beginning, the pioneers who arrived in the valley before 1869 were honored with a dinner each July 24. The first "Pioneer Days Parade" was held on July 24, 1849. Since 1947 the parade has been known by its current name "Days of '47 Parade"

July 24 is also the date for the forthcoming 38th annual Deseret Morning News Marathon. The race starts at 5:30 a.m. at the top of Big Mountain above Emigration Canyon. From the starting area the runners can look down over the course through the canyons and see the glow of Salt Lake City. By the time the runners reach the finish in Salt Lake's Liberty Park

they will have descended 3,200 feet!

The marathon route follows the Mormon Trail through the canyon of forbidding Wasatch Range before reaching Salt Lake City. At the University of Utah, the runners pass Rice-Eccles Stadium, the location of the 2002 Winter Olympics Opening and Closing Ceremonies, before heading west toward the downtown on South Temple Street and then heading southeast with the final miles along the Parade route prior to finishing in Liberty Park.

The Days of '47 Parade is one of the largest and oldest parades in the United States. The parade route starts at South Temple and Main Street, the location of Temple Square. This block has the Salt Lake Temple, Assembly Hall and Tabernacle. The Tabernacle is home to the Mormon Tabernacle Choir that was founded in August 1847 and now has 360 men and women in "America's Choir". Like the Deseret Marathon, the Days of '47 Parade also finishes in Salt Lake's Liberty Park. After these events, the participants can soak and float on the Great Salt Lake. Those wishing to learn more about their genealogical history can go to the The Family History Library.

Utah's State Motto is "Industry" which plays off of the State Nickname of the "Beehive State". Even the name Deseret derives from the word for "honeybee" in the Book of Mormon.

The nation's first Transcontinental Railroad was completed north of the Great Salt Lake at Promontory Summit on May 10, 1869 and is commemorated at the Golden Spike National Historic Site. Utah also is home to five U.S. National Parks and numerous National Monuments. Is it too much of a coincidence that the Jordan River connects the Great Salt Lake with freshwater Utah Lake in the same way that the more famous Jordan River connects the saltwater Dead Sea with the freshwater Sea of Galilee? \*



*Michael Zielinski joined the Arlington Trotters in 2001. He is an average runner who has done marathons in 50 States and Washington, D.C. Compared to other Arlington Trotters, he has never won a race, qualified for the Boston Marathon, done an Ironman or run a 100 miler. He is a native of Mount Prospect, went to high school in Arlington Heights, is a graduate of the University of Illinois, and has done audits for over twenty-five years.*

## Tales from the Dork Side

by Trisha Dean



*Trisha Dean has been an Arlington Trotter member since 1985 and has served as President, V.P., Social Director, Program Director, and Newsletter Editor. She has completed 30 marathons, including 6 Boston Marathons, and over 100 triathlons. She has also completed four Ice Age 50 Mile races. When she is not training, Trisha is an assistant principal at Buffalo Grove High School and holds a Ph.D. from Loyola University Chicago.*

The head Old Knucklehead has moved to Colorado.

You longtime Trotters are familiar with The Old Knuckleheads, a masters women's running team that participated for many years in relays such as River to River, Lincoln to Lincoln, and others.

The year I turned 40, I was recruited to run on the Lincoln Park Pacers masters women's team at River to River, an 8 person, 80 mile relay in southern Illinois. The next year I joined Beth Onines and others in a team named the Hot Flashes. This name was short lived; it seems to make others, especially over 40 women, somewhat uncomfortable.

Meanwhile, speedy Barb Franzen was turning 40 a year after I did, and she conceived of the team name Old Knuckleheads. Apparently it was the name of a West Coast beer, and not a very good one at that. But it was a great name. Instead of making people uncomfortable, it made them laugh. A lot. Isn't it just fun to call someone an "Old Knucklehead?"

The original Old Knuckleheads included Barb Franzen (our leader), Pat Lerch, Barb Griffin, Kathy Friedman, Mary Beth Nowak, Beth Onines, myself, and others. As our running friends turned 40, the group expanded to women such as Lorry McPherson, Teresa Rouse, Lynne Morris, Kathy Ptak, and any willing woman 40 plus who would travel to southern Illinois and arise at 3:30 a.m. to run ten miles of hills in a van with other sweaty 40 plus women. Quite often, we'd be one or two women short due to injury or just life a week prior to the race, and we'd look far and wide to find a replacement.

The last few treks to R2R, at least one member (Barb, usually) had to run two legs back to back for a missing member. The relay rules are such that subs must run the entire three legs of their own, plus the three legs of the missing person.

Barb put in a lot of work over the years organizing these relay teams. Not only did

she sometimes run twenty miles, but she also found the members of the team, dealt with cancellations, navigated the race entry and deadlines, made room reservations, rented vans, did van preparation and clean-up, and purchased food, Gatorade, and of course, beer, for the trips.

But what a great time we all had. Not only did the Knuckleheads enjoy running and laughing together, we went through child raising, marriages, divorces, career changes, going back to college, elder care, menopause, and other travails of the over 40 set.

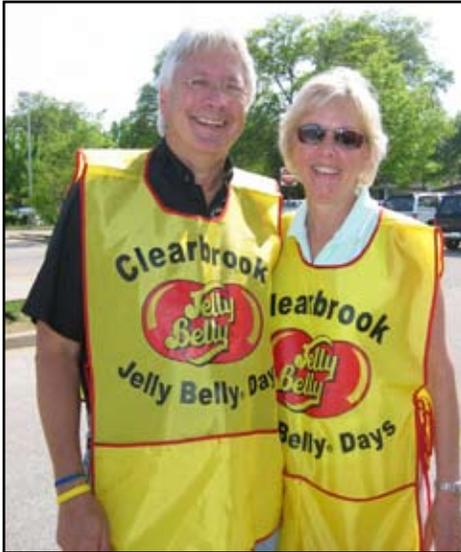
It has been a couple of years since the Old Knuckleheads made an appearance at River to River. No one was willing or able to take on the monumental tasks of finding eight women willing to commit for entire weekend and do all the work required. Besides, the Old Knucklehead Master's Runners, who had placed in R2R for years, are now well over 50. Two of them have even turned 60! In our last outing, the team placed fourth, losing by only one second over eighty miles with Arlene Overheu in the last leg demonstrating a Herculean effort, throwing up at the finish.

The Knuckleheads continue to socialize and run, however, celebrating 60 year old birthdays, running on weekends, and finally, meeting at Dirty Nellie's for a going away party for Barb. We may yet do another relay. We've taken trips together to marathons and other races, where the logistics is not so tough and the team does not have to rely on having eight able bodied runners.

After living all her life in Illinois, Barb took advantage of an opportunity to transfer jobs to Colorado. What better spot for a runner than a place where mountain running trails, trail marathons, ultra running races, downhill and cross country skiing, snow shoeing, and river rafting are a way of life?

The Old Knuckleheads will really miss Barb, but we'll all have a place to visit for altitude training.

And one last plea to the Trotters— anyone know someone who wants to buy a condo in Palatine? ❁



**WANTED:**  
Volunteers of  
all ages for  
Clearbrook  
Jelly Belly® Days



**Friday, May 16  
and  
Saturday, May 17**



# *CLEARBROOK JELLY BELLY® DAYS*

**May 16-17, 2008**

*Creating Opportunities for Children and Adults with Disabilities*

## **Here's how you or your group can help:**



Join friends and family to collect donations at an intersection or storefront.



“Adopt a corner” with your co-workers or members of your organization for a great team-building activity.



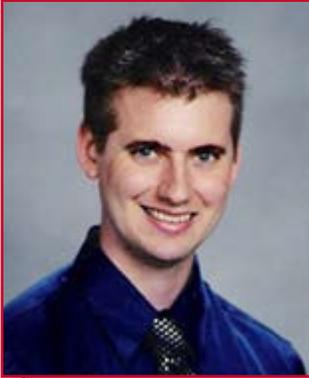
Bring our donation can and Jelly Belly® candy to work.



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**For more information, contact Janis Edelheit at  
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*Dr. Nick Nowicki joined the Arlington Trotters in January 2007. He is a Chiropractic physician and Certified Strength and Condition Specialist that practices at First Health Associates, SC in Arlington Heights. Dr. Nick's favorite race distance is the 5K, however, he has aspirations of running in his first ultra-marathon in April.*

*If you have any questions about Interval Training or any other health-related topic, please e-mail me at: [nicknowicki7580@yahoo.com](mailto:nicknowicki7580@yahoo.com).*

**Track workouts at Harper College begin May 7 at 6:30 p.m. If you would like to learn more information about our summer program, come out to the monthly meeting on April 10! See page 3 for more details.**

Ask the Doctor about:

## Interval Training

by Dr. Nick Nowicki

Whether your goal is to qualify for the Boston Marathon or just shave off a hand-full of seconds from your 5K time; interval training should be incorporated in your training regime.

Before we discuss interval training, we need to go over some basic human physiology concepts and terminology.

VO<sub>2</sub> max is the maximum amount of oxygen you can load into your tissues. It tells us our performance ceiling. A person with a high VO<sub>2</sub> max can load more oxygen and potentially run faster. Long slow distance runs should be performed at 60-70% of your VO<sub>2</sub> max.

Lactate is an energy source that is created in the body during high intensity exercise. For many years lactate accumulation (in the form of lactic acid) was linked as the cause for next day muscle soreness and injuries after races or high intensity workouts. Research over the years has found this theory to be a myth.

When running (or performing any aerobic exercise) at high intensities lactate begins to build up in our tissues. The body will absorb lactate and transform it into glucose. Glucose will ultimately be broken-down to release more energy to sustain us during our workout or race.

Lactate Threshold is the level of performance at which the muscles produce more lactate than can be removed. The body will still convert lactate into energy; however, it can no longer keep up clearing the excessive amount of lactate produced in the body. Lactate will accumulate in greater quantities in the body resulting in fatigue and decrease in performance. Lactate threshold is slightly below 100% of your VO<sub>2</sub> max.

### What is an Interval Training Workout?

Interval training workouts are high-intensity training sessions performed for short durations of time at intensities that are

greater than lactate threshold. Although you can design an interval workout however you wish, let's use quarter mile repetitions as an example.

Run a quarter mile at a high intensity, but below an all-out effort. After you have run your quarter mile, perform a light jog for a duration less than or equal to your quarter mile pace (this is your recovery period). If you ran a quarter at 100 seconds, your recovery period should be no longer than 100 seconds. Your recovery period allows your body to clear any excessive lactate accumulation.

After your recovery period, toe up to the starting line and perform another quarter mile. You can perform as many repeats as you want, however, if you see that your splits have slowed significantly, your workout is complete.

Interval training can be performed on the track or on your favorite jogging route. If you do not know the distance markers on the route, you can alternate between running a certain time duration hard followed by a recovery jog. Because of the high intensity nature of interval training, take the necessary precautions in preventing injuries such as warming up, cooling down, and stretching.

### The Benefits of Interval Training

The most important benefit that you will reap from performing interval training is an elevation in your lactate threshold. A runner with a higher lactate threshold can work at higher intensities for longer durations, defeating opponents of equal (or even greater) physical strength and VO<sub>2</sub> max but with lower lactate thresholds.

Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out. Interval training will also burn more calories and fat than an nice easy jog. \*

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*Marching to Half Marathon Madness (continued from pg. 1)*

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stretch of approximately two miles of blessedly flat roadway. Having a resurgence of energy, I decided to pick up the pace as I knew the hills were still in front of me.

Upon struggling up the hill just before mile ten, I was happy to see Ed at the water stop waiting for me, though I only availed myself of Gatorade, not the other liquid libation being offered. As we approached mile 12, I saw Dan walking toward us. Despite being sick, he was determined to run me to the finish. Shortly after, Ed commented that I was taking the race much too seriously, though coming from a man who had just consumed two cocktails it did not surprise me much. What Ed did not know, was that deep down in my heart, I really wanted to make this run my PR breaking race, though the way I was feeling, there was not much hope of that. With ever increasing dread, I asked Dan what the time was, figuring if I had no hope of breaking my PR, I needed to seriously slow down before I broke down. When Dan made his patented “you really don’t want to know” comment (one I hear from him often), I knew that a PR was in sight. After two years of marriage, he knows exactly what or what not to say to keep me motivated. There would be no slowing down for another half a mile.

As bad as I was feeling, I was completely surprised when I came up toward the finish to see the clock reading 2:08:27. Not only had I beat my time from last year, but I had crushed my PR by a full minute on the hills of Cary. Inconceivable! For the second year in a row, I have gone into Cary with dread and left it stupefied. Those dreaded five seconds were erased with a vengeance.

Now that I have broken my PR, I really don’t need to run another half marathon this year, right? But as Dan has pointed out, if I can run that fast on a hilly course, just imagine what I can do on a flat or a trail course. And if I only have one or two more years before I peak and my PR days are behind me, shouldn’t I endeavor to not break it once, but as often as I possibly can? Besides, who says you only have ten years of peak running? I propose to prove them wrong. And I intend to do it on the big hills of a little town called Cary. ✨



*Nancy Roder has been an Arlington Trotter member since 2000 and served as Treasurer for four years. She started her running career in 1999 and since then has completed 20 marathons, two triathlons and one 50K. Since her marriage to fellow-Trotter, Dan Roder, she has added innumerable shorter races to her schedule. Nancy is also an avid traveler and a voracious reader.*

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*Palatine Woman Pushed Herself... (continued from pg. 4)*

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remarkable. Three weeks after her last chemo treatment she started training, and three months later ran the mountainous Honolulu race. She ran and walked, ran and walked, and finished in 5:15.

Services for Ms. Mikkelsen were held at Ahlgrim Family Funeral Home. At the

service, Brian and Erik had something to display they’ve kept for more than 10 years.

It’s a giant poster that says, “Margit, We Love You!” ✨



## Running On

Come meet your fellow Trotters for a run this week! Runners of all ages and experience levels are welcome.

### **Sunday Morning Run -**

The Home Economist Run meets at 7:00 a.m. at the Fisher Nut Store parking lot at the corner of Northwest Highway and Hillside Road in Barrington. The distance is 10.6 miles and the pace varies.

### **Monday Evening Fun**

**Run - 6:30 p.m.** at the Dick Pond’s Schaumburg, 927 S. Roselle Road. All levels welcome. “Party Night” on third Monday of the month.

### **Tuesday Evening Fun**

**Run - 6:00 p.m.** at the Runner’s High store, 121 W. Campbell in Arlington Heights. Runners of all levels are invited to participate. The distance is about 5 miles.

### **Saturday Morning**

**Run - 7:00 a.m.** at Busse Woods. Meet at the entrance by the elk pen (N.W. corner of Arlington Hts. Road and Higgins Road). This is a relaxed pace run of about 8 miles followed by breakfast at the Rose Garden restaurant just across the street.

# Kick Off Your Running Season and Come Run With Us!

**Where: Deer Grove Forest Preserve  
(entrance on Dundee just west of Hicks Rd.)**

**When: Saturday, April 12**

**Times: 7 a.m. and 8 a.m.**

**This group run will be organized into 3 mile,  
5 mile and longer distance loops!  
Fast or slow, ALL runners are welcome.**

**No entry fee required - this is a fun run!  
Just come out and enjoy the trails with us.**

**Gatorade will be provided by the club.**



[www.ArlingtonTrotters.com](http://www.ArlingtonTrotters.com)

