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The Trotter Chronicles

August 2008

Dedicated to Runners of All Levels

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Adventures in Ultra-running – Juli Takes on the Grand Slam

by Roger Thompson

After Juli Aistars decided to take on the challenge of ultrarunning's Grand Slam, I thought it would be fun to write about it. I had already agreed to be a crew member at Western States. I figured I could follow her progress as the series unfolded. I did not count on Juli's increase in training and the resultant speed she has gained.

The first change in her training was she decided to be a streak runner. Picking two miles a day as her minimum she has already done more than seven months of daily running. This includes running the day after finishing 220 miles in a 72 hour race. As an outside observer I must admit she has gained in speed, recovery and all-around energy.

The Grand Slam consists of four trail 100 mile races in the mountains within a ten week period. To improve her climbing and descending strengths, Juli added running stairs, both up and down. I believe her normal session was about a total of 30 flights up and down. If I ever catch up to her I will ask her. I also remember a mention once about daily sit-ups. Another question for later.

The Slam So Far

Even before leaving for California the news was full of fire news. A single storm ignited at least 800 fires throughout California's middle areas. Several of the fires were near the Western States (WS) race course. The smoke levels near the finishing area were ten times

the level considered dangerous. As a result the race committee announced on Wednesday that the race was cancelled. Since all of Juli's crew were already in California, we decided to go to Squaw Valley anyway.

When I arrived, I learned we planned to go for an easy 4 mile run on roads. Except it was on the WS course. It was also four out and four back and the grade exceeded 10%. Ouch! After this easy run I hurt like a first time marathoner. No more running for me for a few days.

We did have a very fun weekend hanging around with all the people who came out anyway. I saw little of Juli since she was constantly running somewhere.

The committee in charge of the Grand Slam met that Sunday. The decision was made to substitute the Arkansas Traveler for WS. This choice keeps the total time span for the three races at 10 weeks. Thus the first race became Vermont. Tom Gladfelter was also running his first 100 mile race. Hot and humid weather greeted the runners. Temperatures were around ninety and humidity was high enough to cause it to storm. Juli and Tom ran about half the race together. Tom went ahead and finished well. Lack of sleep, heat and fog combined to make Juli struggle at night. She napped as needed allowing herself to finish very strong.

In the two weeks since Vermont, Juli has run an "easy" marathon in 4:20. This

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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 preceding the issue date. E-mail your articles to: Leah Kadamian at Leah@sicreative.com.

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

Save Thursday, August 28 on your calendar for the:

Busse BBQ and Beer Run

The next Arlington Trotter BBQ and Beer Run of the season will be held **Thursday, August 28**. Traditionally Beer Runs are held every fourth Thursday from May through August at Busse Woods Forest Preserve.

Runners start running around 6:00 p.m. Dinner is served at 7:00 p.m. The cost is \$7.00 per person for food and beverages –

all you have to do is show up and enjoy!

To get to Busse Woods, take Golf Road just east of Route 53, turn south in to Busse Woods then take the first left and look for a group of Trotters under the first shelter on your left. If that shelter is not available we try to grab the shelter next to it.

Hope to see you there!



Letter from the President

by Ed Nikowitz

When my kids were little, the beginning of August would signal that summer was winding down. But these days, I consider it to be just about the middle of summer with summer ending at the end of September. Summer is not my favorite season. I prefer the cooler Spring and Fall temperatures. I don't normally do any races in the summer except for an occasional triathlon. It's just too hot. I do enjoy coaching during the summer. And I like the fact that running in the heat of the summer will improve my performance in the fall. And we can not forget the beer runs. But like most runners, fall is by far my favorite season. So I guess, I will plod through the summer and look forward to the fall.

So enough about my opinion of summer from a runner's view point. Here's an update on what's going on with the club.

- The Beer Runs are coming along nicely. Three down and one to go. Attendance has been good with a number of new and potential members attending. Thanks to Mary, Steve and Roger for cooking, Lou for bringing the grill, Judy for bringing the food, Roy for bringing the pop and water and me for bringing the most important

ingredient – the beer. We are looking for someone new to bring the grill next year. After doing for six years, Lou is looking to pass on the torch.

- Weekly runs are coming along nicely. We are attracting new members with sparkling personalities like Tom greeting and running with the new people.

- Fall meetings – We are starting to line up our speakers for the fall. Speaking of speakers, interestingly enough, we have some interesting speakers interested in speaking about interesting topics. But since we don't have anything finalized yet, we give you more details when available.

- Our next Board meeting is coming up. Possibly, Monday, August 11. If you are interested in attending, please let me know. Our elections will take place in November which will be here before you know it. We are looking for new Board members. So feel free to make nominations (including yourself).

Well that's about it. Since it is the summer, we don't have much time for club business. Too busy with other things. BBQ's, picnics, festivals, concerts, etc. I love the summer.

Notes from the Newsletter Editor

I volunteered to design and edit *The Trotter Chronicles* newsletter back in 2000. What started out as a 4-page newsletter printed in black and white has evolved into a 10-page digital format newsletter complete with four color photos.

It has been a great experience getting to know and work with the many fine Trotters who have contributed articles and photos over the years. My special thanks to the writers like Trisha Dean, Nancy Roder, Michael Zielinski and Barb Lips who have submitted articles tirelessly over the years. You made the newsletter interesting and fun to read!

After eight great years of coordinating, editing and distributing the *The Trotter*

Chronicles, I believe that it is time to give another Trotter club member the chance to take the newsletter to the next level.

Truth be told, the newsletter really "writes itself" each month. Column contributors like Dr. Nick Nowicki, Trisha Dean and Michael Zielinski write wonderful articles which make the editing job easy!

If any Trotter member is interested taking over the position as newsletter editor when my term is up in November, please contact me either via e-mail (Leah@sicreative.com) or on my home phone 847/299-2121 so that I can give you more details.

Thanks!
Leah Kadamian

You are invited: Wednesday Night on the Harper Track

The weekly track workouts at Harper College on Wednesday's at 6:30 p.m. have been quite a success according to first year coach, and chiropractor Dr. Nick Nowicki. "We have had enough runners to break it down into two sections of runners, fast and not so fast. If we had just a few more people, we could break it down even further."

Its never too late and don't be afraid to join in. The workout is great and you will surely be surprised with your improved fitness and times! Please bring a water bottle or Gatorade For more information contact Nick Nowicki at nicknowicki7580@hotmail.com.

Welcome!

We would like to extend a warm welcome to the new members who have recently joined our club and those who have renewed their membership. We hope to see you on the running path or at one of our social gatherings!

Arlington Hts
MaryAnn Metz

Mount Prospect
Tad Huntington

Palatine
Kendall Raczek



Dr. Nick Nowicki is the Track Workout Director for the Arlington Trotters. He is a Chiropractic Physician and Certified Strength and Conditioning Specialist that practices at First Health Associates, SC in Arlington Heights. Dr. Nick has aspirations of running in his first 50-mile race in October.

Ask the Doctor about:

Antique Footwear

by Dr. Nick Nowicki

I'm sure at one point during your running career you came across a pair of shoes that you absolutely loved. One day you notice that the design colors are not as vibrant and that the treads on the soles are fading away. You go shopping for another pair, only to find that your favorite shoe has been discontinued or that there is a significant change in the latest model. You buy the new model or a completely different shoe. After a few weeks, something does not feel quite right. The new shoes do not feel like an extension of your body like the old pair. You search the house or car and switch back to the old pair of shoes.

I recently attended a weekend seminar regarding the management of lower extremity complaints. During the seminar, the instructor took a survey of how many of us manage runner-related injuries. I raised my hand. Because I was sitting in the front row and wearing a race t-shirt, the instructor asked me what I thought was the most common risk factor of developing any running related injury. Other than a sudden increase in weekly mileage, the most common injury risk factor is running in worn-out footwear. The instructor agreed and commented that runners love their "antiques."

Unfortunately, running is an activity that delivers tremendous force throughout the entire body. Our footwear are designed to absorb shock. The shock absorbing ability of shoes diminishes with every mile you log. Running in worn out footwear causes an increase of stress and micro-trauma delivered to the joints, muscles, tendons, and bones. Injuries are the result of excessive micro-trauma accumulated in the tissues.

Common "Antique" Related Injuries:

- Plantar Fascitis
- Arch Pain
- Shin Splints
- Iliotibial Band Syndrome
- Hip Bursitis
- Piriformis Syndrome
- Low Back Pain

Preventing "Antique" Related Injuries

Everyone has different physiques, mechanics, and running goals. A 50-year-old clydesdale training for a marathon requires different footwear than a 21-year-old woman training for a sprint triathlon. The best place to get fitted for a new pair of shoes is at a runner's specialty store such as Runners High N Tri. A specialty store has employees (with racing experience) that are update with the latest technology appropriate to your specific needs.

Replace your shoes every 350-500 miles. Runners who do not keep track of their mileage should not be running in the same pair of shoes for over 5-6 months. Remember to get a few shorter runs in with the new shoes before venturing out on an 20 mile training run

Inspect your footwear once in a while. Look at the shoe soles for any excessive wear patterns. Pull out those insoles; if they appear paper-thin you may want to replace them with some new inserts. If your shoes have holes, then they need to be replaced.

The feet are the foundation of our body. Problems with our feet and footwear could cause knee, hip, and low back complaints. Changing your "tires" every 350-500 miles will decrease the likelihood of developing aches and pains. Before your next jog, take a good look at those shoes.

If you have questions about any other health-related topic, please e-mail me at: nicknowicki7580@yahoo.com. *

Races in Review

Arkansas – Marathons in the Natural State

by Michael Zielinski

August will mark the start of the 2008 Summer Olympics as well as the start of a somewhat smaller event – the Hope, Arkansas Watermelon Festival. The “world record” spirit has been alive in Hope Arkansas ever since the Hope Farm Store was certified by the Guinness Book of World Records as the holder of the largest melon, weighing in at 268.8 pounds! Hope is also the birthplace of the 42nd President of the U. S., Bill Clinton and the former governor of Arkansas, Mike Huckabee.

While serving as Arkansas Governor, Mike Huckabee implemented the Healthy Arkansas initiative (www.healthyarkansas.com), a comprehensive effort defining specific areas where behavioral changes can lead to healthier individuals. In 2003, physicians diagnosed Mr. Huckabee with adult-onset type 2 diabetes and informed him that he would not live more than ten years if he did not lose weight. He began adding walking into his lifestyle and he began to lose weight. Eventually he lost over 110 pounds and, by 2005, he had completed the Marine Corps and Little Rock Marathons. In 2006, he completed the New York City Marathon as well as Little Rock for a second time.

In Mike Huckabee’s native Arkansas, the state’s first scheduled autumn marathon, the Arkansas Marathon, is scheduled for September 27 in Benton, about a half hour to the southwest of Little Rock. The course starts and finishes front of the Benton High School Cook Field House.

About a half hour to the west, the 26.2 mile finishers can reward themselves at “The American Spa” in Hot Springs National Park. An even greater reward might be found nearby at The Crater of Diamonds State Park located near Murfreesboro. Over 25,000 diamonds and other gemstones have been found since this area became a state park. The public is allowed to keep whatever they find.

The November 1 Midsouth Marathon in Wynne is about an hour northeast of Stuttgart, the “Duck and Rice Capital of the

World”. (Arkansas is the largest rice producer in the United States.) The start and finish of the marathon is located at the Wynne High School stadium. Much of the flat and lightly rolling course takes runners along the scenic highway overlooking expanses of Delta farmland.

On November 15, in the northern part of Arkansas, is the Mountain Home Marathon for Kenya. The marathon is for the worthy cause of helping to install fresh water wells for a village in Kenya. Near the start of the point-to-point marathon, the route goes through the Arkansas State University, Mt. Home, campus and then continues out into the country. The course has beautiful fall scenery that included rolling hills during the first part and an even run along the White River flats during the second half.

The Little Rock Marathon is scheduled for March 15, 2009 and includes other events like a half marathon, marathon relay, and 5K fun run/walk. The start and finish is in the heart of Little Rock’s River Market District with the course going near the William J. Clinton Presidential Center and Park that includes the Clinton presidential library. The popular half marathon and full marathon races are anticipated to sell out by early February 2009.

The last marathon for the 2008-09 Arkansas running season is the 33rd annual Hogeye Marathon to be held in April at Fayetteville, home to the University of Arkansas. The run begins off the Fayetteville Square and continues through several historic scenic areas of the city. The runners also pass the Donald W. Reynolds Razorback Stadium, the home of the University of Arkansas Razorbacks football team. The loop course also goes on the Mud Creek Trail and the Lake Fayetteville Multi-Use Trail before returning to the start.

Hopefully Team U.S.A. in the 2008 Summer Olympics will do as well as the world’s most decorated coach, University of Arkansas Track Coach John McDonnell. He has won more NCAA Championships than any coach in any sport that includes 42 NCAA track and cross-country championships with 23 of his athletes going to the Olympics. *



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.

As athletes we sometimes think we conquer all, racing in heat, rain, snow, and sleet.

We sometimes forget those that have it way worse than we do when it comes to contending with weather conditions, and those people are the underappreciated race directors.

I've thanked them a few times this summer when I've participated in races on mornings it was thundering and lightening. My decision to get up and go was nothing compared to the anguish those race directors must have experienced.

Saturday July 19 I awoke at an inhumane 4 a.m. to travel to the 2nd annual and my inaugural Lake in the Hills Triathlon. When my alarm went off I immediately noted the pouring rain pelting on my window, accompanied by thunder and lightening. I've never let that stop me before. Often when it is storming at 4 a.m. it is calm and fabulous by 6:30 a.m. So I donned my swimsuit, grabbed my pre-packed backpack, and headed off to the races.

When I arrived to the race site, the calm and fabulous weather was nowhere to be seen. I sat in the car waiting for the rain to abate, but finally decided I'd have to set up my two transitions if I wanted to get to the swim start. I wrapped running shoes and socks into two plastic bags, dropped the running bag in the second transition, and headed to the swim start dressed in attractive garbage bag. It was still pouring, though I had not heard thunder for at least a few minutes.

Down at the beach, announcer Kate O'Hara said that as long as it was not lightening, the race would start a mere 15 minutes late. I thought back to the Naperville Women's Triathlon of June 22, when it was beautiful at 5 a.m. Then just as we were to enter the water it started lightening, and the race was delayed for over an hour. After each lightening sighting, the director had to push back the race for 30 minutes. And at that race we had not anticipated rain so had not packed shoes or other items in plastic. Most

people were forced to run in very soggy shoes and socks.

Trudy Wakeman, the Lake in the Hills race director, is an experience race director and Ironman Triathlon veteran. No doubt she spent a sleepless night and an unbelievably anxious morning deciding how to proceed. While you can't send hundreds of athletes into a lake when it is thundering and lightening, canceling the race has to be a race director's worst nightmare. All the set ups are done, money is invested that cannot be recouped, and yet people will at least expect a free entry into the next year's race. It's usually impossible to reschedule the race for the same year.

But this time the race went on. I set out on my swim only 15 minutes late. While it was raining, the thunder and lightening had ceased. The bike was a little scary- it was still raining, and I had to wear sunglasses due to debris getting into my contacts without them, yet they made it hard to see with raindrops pelting on them constantly. I certainly didn't set any land/speed records on the bike, but I figured it wasn't worth getting killed to try to go faster. The run was nearly rain free. Almost 300 people still finished that day, and Trudy got a little teary at the awards ceremony, no doubt relieved beyond belief that she was able to allow the race to go on. I won my age group only because no other old broads were nutty enough to get up on a day like that. (Arlene Overheu was volunteering due to shoulder surgery, and she surely would have beaten me if she were racing.) The perfect ending for me (and some others) was that due to the mud created by the fierce rain, we were stuck in the muddy grass parking lot. Finally two burly gentlemen pushed me out and I was on my way.

Trudy was a champ, and let's not forget what may go down as the worst race director's nightmare in the history of the world- the 2007 Chicago Marathon. Carey Pinkowski took a lot of heat in the press, undeserved in my opinion. It was 88 degrees and humid. In October. What would you do? You couldn't get thousands

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Trotters at the Waterfall Glen Xtreme 10 Miler



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.

▼ Grace Wasielewski outkicks the men to take a first place finish in her age group.



▲ (From left to right:) Erin Garvey, Mary Ann Zemla, Barb Lips, Roger Thompson



▲ (From left to right:) Grace Wasielewski, Tony Gialanella, Roger, Robin Gialanella, Erin Garvey and Christine Stahl.



▲ Steve Breese runs like the breeze to capture third place finish in his age group.

...Dork Side (continued from pg. 6)

more volunteers overnight. And some of the six-hour plus people should have just picked a different day. The unfortunate fact race directors face is while they can control many aspects of the race, they can't control the weather.

I was at Pleasant Prairie Triathlon last year during fierce thunder and lightening. They finally got a two-hour window of no lightening and were able to run the race. I've done the Chicago Triathlon when they had to cancel the swim due to lightening,

and couldn't delay too long and close down Lake Shore Drive for hours. I was at the Schaumburg Triathlon one year when they had to cancel entirely, thanks to thunderstorms. These are all agonizing decisions for race directors.

So next time you bemoan your fate when you arise to find imperfect weather on race day, think of the poor race directors. And be sure to thank them for their heroic efforts. *

Plan Your Run@Work Day Event

On September 19, 2008, the Road Runners Club of America will promote the 3rd Annual National Run@Work Day®.

The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running clubs, company-based wellness programs, and individuals nationwide are encouraged to plan fun runs and walks with their employers.

Sign the FREE pledge to run or walk at least 35 minutes on September 19, 2008 in support of the RRCA National Run@Work Day. Download a free pledge sheet via the following link: www.rrca.org/programs/runatwork.

To help employers, running clubs, or individuals plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit". Download the free kit at www.rrca.org/programs/runatwork.

...Grand Slam (continued from pg. 1)

weekend she is off to Utah to run about 47 miles on the Wasatch course. Her goals are to learn the course and advance her altitude conditioning. She is leaving for Leadville a week early to also allow herself to get acclimated.

Juli is fitter now than at anytime before in her life. As proof she ran a 5K on the fourth

of July breaking 23 minutes for the first time. The next day she ran a hilly 21 mile training run. Then came Sunday where she PR'd by over two minutes in a 10K. All of which explains why I can never catch her this summer! *

Trotter Race Results

Arlington Heights Stampede 5K on July 6

Nick Nowicki (12th overall) 18:06

Sugar Grove Corn Boil 5K on July 26

Dan Roder (1st in Age Grp.) 18:23
Nancy Roder (2nd in Age Grp.) 26:43

Schaumburg Triathlon on July 13

KarlBuschmann (4/15 Age grp.) 1:22