



www.ArlingtonTrotters.com

The Trotter Chronicles

December 2008

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Dedicated to Runners of All Levels

Who: Steve Sawyer as Santa
What: Santa Run
When: Sat., Dec. 13; 9:00am
Where: Recreation Park,
 Arlington Heights

Join us for our traditional pre-Christmas run through downtown Arlington Heights! We will meet at 9:00 a.m. at Recreation Park (Miner Street two blocks east of Arlington Heights Road and two blocks north of NW Hwy). So join the Trotter Elves and Santa (aka Steve Sawyer) as we run around downtown Arlington Heights spreading Christmas cheer. Wear holiday garb and bring jingle bells. Bring candy canes or other small items to distribute to young and old along the way.

Robin and Tony have graciously agreed to host a light breakfast following the run (about 10-noon). Feel free to bring a food item to share. They live at 619 Pennsylvania in Arlington Heights (south on AH Rd to Golf, left (east) on Golf, right (south) on Goebbert, take a left on Pennsylvania to 619.

Bring your CEDA gifts (see story on page 2) to Robin and Tony Gialanella's after the Santa Run.

Need to get away this winter? Arizona has some great options. See Michael's Arizona races in review on page 10.



A Picture from the "archives" The Santa Run of 2006! Make sure to dress up and bring your camera to preserve the memory for 2008!

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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 : Regina Brown at brownlbs@comcast.net.

CEDA Family Holiday Sponsorship-Coordinated by Trisha Dean

Trotters Have a Heart



Once again the Trotters will be sponsoring a family over the holidays through CEDA (Community and Economic Development Association of Cook County). This organization serves needy families throughout the northwest suburbs.

We are sponsoring a family of six children who need clothing due to flooding. All of the kids need sweaters, gloves, jackets and pants. See detailed list below.

Food certificates to Jewel or Dominicks are also needed. If you prefer to give cash, we will shop for you if we get your donation by December 13.

If you could...e-mail Trisha at trisha.dean@d214.org it would be helpful so we know which items to expect. Don't worry too much about duplicates as this family really needs clothes.

All gifts are delivered December 17, so items need to be delivered to one of the locations (see below) by then.

Thanks for your generosity. As the late Grace Chantry, a founding Trotter who started this event, always said, Trotters have a heart!

Sweaters, Gloves, Jackets, Pants!

NAME	AGE	SEX	SIZE
Jose	13	M	16
Elizabeth	11	F	13/14
Eliazar Jr.	10	M	11/12
Veronica	8	F	9/10
Angel	7	M	7/8
Emmanual	1	M	3/4

Food Certificates and Cash

1. Food Certificates to Jewel or Dominicks are also needed.
2. Cash is also an option. Just make sure that we get the donation by December 13, so that we can shop.

3 Options for Delivering your Gifts

If you are willing to participate, select an item or items for the children listed above. *Wrap the item, write the child's name on a tag marked with Family #69,* and deliver the item(s) in one of the following ways:

1. **Bring to Robin and Tony Gialanella's after the Santa Run,** which is December 13 at 9 a.m. Location details on page 1 of this newsletter.
2. **Bring to Runner's High and Trigh on Highland and Campbell in Arlington Heights.** Be sure to tell Mark, Teresa, or staff the gift is for the Trotters.
3. **Drop off at Buffalo Grove High School at Dundee/AH Road.** Make sure you have Trisha Dean's name on it. Or call Trisha at 847/718-4021 work or 847/368-0887 home to arrange a drop off.



Trotter Race Results

**Pick your Poison:
Jacksonville, Florida
vs.
Oak Brook, Illinois
November 15, 2008**

Dan and Nancy Roder, as well as Steve Breese are faithful race participants and reporters. This past month, they all completed races on November 15th, although the conditions were very different (see below). Despite the differences, it did not seem to have a negative impact on their performances! (at right)

THE RACES:

Get Outside 5K Run/Walk 5K
Mandarin Native Sun 10K

THE LOCATIONS:

Oak Brook, Illinois
Jacksonville, Florida

THE CONDITIONS:

Oak Brook: Sunny and 42
Jacksonville: Pouring Rain and 84



No, this is not our Nancy Roder, but it sure has a remarkable resemblance! Nancy did not get any pictures from the Mandarin Native Sun 10K. This picture was featured in the Mandarin Sun, November 22, 2008 taken by Randy Lefko.

Halloween Hustle on October 25th

Jim Janaszak (2nd Age Grp.) 25:15
Gordon Lah (2nd Age Grp.) 42:41

Sycamore Pumpkin 10k on October 26th

Dan Roder (3rd in Age Grp.) 38:29
Nancy Roder (19th Age Grp.) 56:41
Jan Draheim (4th Age Grp) 1:32:25

Cantigny 5K on November 1st

Jim Janaszak (4th Age Grp.) 24:13

Westchester Veterun on November 9th

Margie McGowan (6th Age Grp.) 55:52

Get Outside 5K Run/Walk on November 15th

Steve Breese (1st Overall) 17:29

**Mandarin Native Sun 10K Jacksonville, FL
On November 15th**

Dan Roder (2nd Age Grp.) 38:45

Nancy Roder 59:31

Lincolnwood Turkey Trot on November 23

Jan Draheim (5th Age Grp.) 44:45

Palatine Turkey Trot

Steve Breese (2nd Age Grp.) 10:56

**Do you have a question
on how to submit your results on
the website?
Send your questions to Steve Breese:
sbreese@gmail.com**

December Monthly Meeting

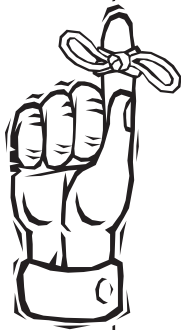
DATE:
December 11

TIME:
7:00 pm

WHERE:
Runners
Hi N Trigh in
Arlington Hts.

AGENDA:
Short, as we need to get
on the roadsee next
point

DON'T FORGET:
Your running gear, as
we will be going on a
Christmas Caroling Pub
Crawl



Thanks Mike!

Mike Kendrick is the Treasurer for the Arlington Trotters. He does a magnificent job of keeping track of all of the details of our finances. Mike just paid our club insurance for next year, a protective measure for us all, so that all we need to concern ourselves with, is showing up at the right time and place.



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.

Most of us have skills that help us earn a living. These include teaching, computing, selling, persuading, counseling, designing, building, enforcing, administering, organizing, ministering, providing medical care, and many others. We need our skills to get jobs, support our families, and have enough extra money to fuel our running addiction.

But many of us have totally useless skills too. These are skills that we can use in very limited situations, or sometimes not at all. These include juggling, making noises with your armpit, winning video games, cracking your knuckles, talking like Donald Duck- I'm sure all of you can come up with a list of your useless skills. One of mine is baton twirling. This was the one "sport" open to me as a pre-Title IX high schooler. The only time I can ever use it now is perform in faculty "talent" shows. The kids probably think, "Wow, how did this old lady ever learn to do that, and why would she want to?"

I have developed another useless skill that is totally useless in the workplace, but very valuable as a runner. My useless skill is that I can predict the outside temperature very accurately, usually within two degrees.

This skill has been honed over twenty-three years of running, which is how I got good at it. I became even better at this skill when thermometers reading outside temperatures became a popular feature in cars. I make a game of this every day. I walk from the parking lot to my car at work, getting a feel for the weather. I turn on the car, guess the temperature, push the button for "outside temperature," and voila! I guessed 34, and it is 36. I guess 88, and it is 87, I guess 50, and it is 50 on the head. This is something I am really good at! While most of the world would

think this useless skill is about as valuable as being able to wiggle your ears, for runners it is a need!

Like most runners, I have developed a mental checklist of what to wear in most temperatures. This varies by person- we have all seen Tony Gialanella wear shorts when it is 20 degrees! But my personal guidelines are these: 70 degrees and up- shorts, singlet, or when it is really hot, long jog bra. If it's 90 degrees or up I'd rather swim, but if it is a race and I have to run, I wear as little as possible. 50-70 degrees- shorts, long or short sleeved wicking top, depending on the temperature. 20-50 degrees- probably tights, long sleeved wicking top, vest or jacket, light gloves, headband. Below 20 degrees- ditto, with maybe heavier tights, bring a face mask or neck warmer just in case.

Below zero degrees (which as I've gotten older I try to avoid)- second layer of pants, extra wicking top or and GoreTex, extra layer of gloves, hat, facemask.

I am sure that running helped me develop my useless skill of temperature prediction. On every run, runners have to make choices based on temperature. When I started running in the spring of 1985, I wore a sweat suit and jacket. It was probably 50 degrees...I quickly learned that it was shorts and top weather (not a lot of wicking fabrics in those days). Even today I can spot the non-runners or beginning runners in a second. Those are the people who are wearing sweatshirts, sweatpants, and face masks- when it's 40 degrees!

With practice, maybe these new runners can develop my useless skill too- predicting temperatures within two degrees. Right now, in fact, I think it's 31. Yahoo just confirmed it is 29. My useless skill ability is as sharp as ever!

Trisha's secret "useless skill"

Trotter Recommended Special Events December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Santa Sleigh 5K Run
7 Gilberts Cross Country Challenge	8	9	10	11 Christmas Caroling/Pub Crawl/Club Meeting 7pm	12	13 Santa Run with Steve Sawyer 9am
14	15	16	17	18	19	20
21	22	23	24 Long Grove Run 7am	25	26	27
28	29	30	31	1 Long Grove Run 9am		



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.

December 2008 Event Detail

December 6 Santa Sleigh 5K Run
10:00 am, 400 South Highland Ave, AH.
This looks like a blast. You get a 5 piece Santa Suit in your goody bag. Perfect for your attire on December 6,7,11,13!
www.signmeup.com/site/reg/register.aspx?fid=CB2V9K7

December 7 Gilberts Cross Country Challenge
10:00 am, Indian Hills Training Center 16 N 503 Powers Road Gilberts, Illinois 60136
Another dress-up event!
www.signmeup.com/61337

December 11 X-mas Caroling/Pub Crawl/Meeting
7:00 pm, Runner's Hi n Trigh, 121 W. Campbell, AH Short club meeting, then X-mas caroling/running/pub crawl. Bring your running shoes and holiday garb (again).

December 13 Santa Run with Steve Sawyer
9:00 am, Recreation Park 410 N. Arl. Hts. Rd., AH
Yet another dress up event. Details on page 1. Collection for CEDA, brunch at Tony and Robin's.

December 24 Long Grove Run
7:00 am Village Tavern, 135 Old Mchenry Rd., Long Grove, IL Same as Thanksgiving. Details in November newsletter. Link to route:
<http://www.usatf.org/routes/view.asp?rID=178822>

January 1, 2009 Long Grove Run
9:00 am Village Tavern, Long Grove, IL
Same as above except start time is at 9:00 am

Save the Dates January 2009!

January 1 Sign up for March Madness 1/2 Marathon
March Madness is March 15, 2009
This race fills up quickly. Quickly as in 1-2 days. Don't miss out on the event. Start the year out right. Sign up on January 1 (1st available day for sign up)
www.active.com/page/Event_Details.htm?event_id=1617252&assetId=0AEDC449-E11A-453F-A1DA-99C55D1B397C

January 8 Club Meeting
Time and location will be forthcoming.
Steve Sawyer secured an awesome speaker. Rob Romis, of True Performance will talk about Boot Camp Training. Perfect for taking action on all of those resolutions.

January 10th FYA Run (Freeze Your Ass)
Start running between 7 and 8 am for a 3 mile or 8 mile option. Tailgating starts at 8:30 am. Busse Woods. 1st entrance east of Hwy. 53.
Contact Mary Papreck for additional details
runit16@aol.com

January 17 Winter Fest Holiday Party
7:00 pm, Sheffield Club Townhouse, 1000 Walnut Lane, Schaumburg, IL
This is a fantastic event. Club awards, slide show, board election and good cheer. Bring a dish to pass as follows according to your last name:
A-H Appetizer, I-R Main Course, S-Z Dessert.
Club supplies beverages.

The Journey of 50 Marathons in 50 States Editor's Q & A with Ed Nikowitz



1. Top 3 favorite marathons out of the 50 States?

- The Bataan Death March at White Sands Missile Base in New Mexico. It is a military event that honors the WWII POW's that had to march 60 miles to a Japanese POW camp. Most did not survive. Our five person team all had to finish together. If one did not, we were all DQ'd.
- Denver, CO – The time of my life. See last month's newsletter.
- Anchorage, AK – The scenery was awesome. The company was awesome.

2. The worst 3 marathons out of the 50 States?

- By far the worst was the Martian Marathon near Detroit in March 2002. At the start of the race, it was 20 degrees with 20 mile an hour wind at our back on an out and back course. To top it off, I had no desire to run the race. I would have skipped it had I not been with two other people. I struggled through the first 8 miles. Decided to quit and started walking back to the starting line. After about 1/2 mile of walking, I got my head out of my ass and decided to finish. By the time I got to the turnaround at the half the temps increased to 40, but so did the wind. The second half of the race was into a 40 mile an hour head wind. And in case you didn't pick up on it, I actually did over 27 miles. No other race even comes close. But when I finished this race, I knew I would never drop out of a marathon. And I never have.
- Hottest temp -Boston 2004, 82 degrees at the start. What a buzz kill. This would have definitely been in my top three had it not been for the weather.
- Coldest temp - It was probably the Martian marathon.

3. *Best pre-race dinner?* - Myrtle Beach. The short version. Free beer at the expo, beer at the sports bar, beer in our room before dinner, more beer when we met some other people for dinner. I think we ate dinner

4. *Worse feeling at start of race?* - Myrtle Beach. Very hung over. But after about 6 miles we flushed the toxins out of our system and had a good race.

5. *Best post race celebration?* - Denver. I'm not real big on celebrating after a marathon. I do most of mine before the race.

6. *Best time?* - 4:02 Chicago 1995. I also did a 4:04 in Wilmington, DE in 2008.

7. *Worst time?* - 6:15 Bataan Death March

8. *Which was the biggest?* - NYC 2005 35,000 plus people

9. *Which was the smallest?* - Clinton, MS 2006 15 people

10. *Least expensive out of town marathon?* - Des Moines, IA - \$59.91, \$38 race fee, \$15 for my share of the room and \$6.91 for my share of gas and tolls.

11. *Most expensive marathon?* - Boston - \$1,081. It was the only race that cost over \$1,000. I got in through the Boston Police Department which included a substantial donation to their charity of choice. So Airfare \$145, parking \$36, hotel \$350, race fee and donation \$550. The treatment we received from the Boston PD was second to none. Picked us up at the airport, prerace morning meal, luxury buses, police escort to race, special area at the race. I would recommend doing this if you are ever given the opportunity. Much better than being part of the normal pack.

12. *Least expensive race fee?* - \$15 Birch Bay, WA 2007. A no frills marathon. No T shirt, no medal, no post race goodies. I do think they had few water stops. The overall male and female winner got a piece of drift wood that was picked up off the beach.

13. *Most expensive race fee?* - \$125 Boston 2004

14. *Most marathons in one year?* -11 in 2008 including Tecumsah on December 6.

continued on page 7

True Performance Boot Camp is Coming!

DATE:
Starts January 5, 2009

TIME:
7:30 pm

WHERE:
West Meadows Ice Arena, Rolling Meadows, IL.

COST:
\$20/ session
\$150/ Limited Pack
\$180/ Unlimited Pack

PROJECTED SCHEDULE:
Mondays: 7:30 pm
Wednesdays: 7:00 pm
Saturdays: 8:30 am

SPECIAL OFFER:
\$50 OFF Limited and Unlimited Packs. Check it out:
www.trueperformance.blogspot.com/2008/11/boot-camp-2009-special-offer.html

CONTACT:
Tony Romis
847-894-5058
info@trueperformance.com

Great Idea for a Holiday Gift!

Trotter Annual Awards

We will be delivering the Trotter Annual Awards at our Winterfest party, January 17, 2009. We have identified the following categories in the red box at right. Please feel free to make nominations for categories not listed. We are looking for nominations. Please send your nominations to any board member.

Ed Nikowitz
847/668-5527
enikowitz@comcast.net

Steve Sawyer
847/394-9546
Buzzzsaw@comcast.net

Roger Thompson
847/397-5258
runrog@wideopewest.com

Mike Kendrick
847/602-0591
hillrunner58@sbcglobal.net

Mary Papreck
847/269-9098
runit16@aol.com

2008 Trotter Award Categories

Male Runner of the Year

Female Runner of the Year

Most Improved Runner of the Year

Rookie of the Year

George Watson Award - This award goes to a Trotter who goes above and beyond in performing service to both the Trotters and the community.

Idiot of the Year - This award goes to a Trotter who may use questionable judgement in determining his or her race schedule and events.

And our new category -

Soiler of the Year Award

50 States Q & A Continued

(continued from page 6)

- 15. *Years to complete the 50 states?* - I ran my first marathon in 1995, but didn't really start this mission until 2001.
- 16. *Cost?* - Right around \$14k for travel expenses and race fees. \$28k if you include the cost of beer.
- 17. *Money raised for Team in Training?* - Over the years I have raised over \$50k for Team in Training.
- 18. *Next adventure?* - I have already run Indianapolis on November 1 and I am doing Tecumseh on December 6.
- 19. *Future goals?* - I have been running really well this year, so I am currently on a mission to break 4 hours. Also on the list is a 50 miler, probably an Ironman, Pikes Peak marathon, four marathons in 9 days, 100 total marathons, qualifying for Boston and many more.

Arlington Trotters Board Meeting Minutes for Thursday, November 13, 2008

submitted by Mary Papreck

Attendees: Steve Sawyer, Ed Nikowitz, Judi Miko, Mary Papreck, Gordo

December Meeting Christmas Carol Pub Crawl – meet at Mark’s store at 7 p.m. for short meeting.

Ride N Tie – Trotters have 9 people signed up to volunteer. Ask at the meeting for more volunteers. Event starts at 10 a.m., November 23rd near the boat launch on the south side of Higgins.

2009 Trotter Board - At today’s meeting we are determining the slate of board members. Ed will put together a list of different responsibilities. We need to determine what our individual responsibilities are. Current board comprises of President; VP; VP; Treasurer and Secretary. Other positions: Social Chairman; Newsletter Editor; Webmaster.

Need to find speakers for meetings. Have a potential speaker for January.

Angel Tree – Mary to contact Trisha Dean for information for Angel Tree. Info to go out in newsletter and e-mails.

Winterfest Party – January 17, 2009. Cost of room has increased to \$150.00 with \$150.00 refundable deposit. Additional \$10/hour cost. Elections to be held; Awards; Slide Show. A-G – salads and appetizers; H-O – main course; P-Z – desserts. Mary to send e-mail reminders about pictures for slide show. Gordie will put together. Reminders to be sent 12/10; 12/31 and 1/15 to get pictures to Gordie.

January Meeting – January 8th – Speaker will be announced in Newsletter.

FYA Run – to be held once a month at Busse Woods. First run January 10 at first entrance east of Route 53 south of Higgins. First left in Forest Preserve. Eight mile to start at 7 a.m.; 3 mile 8 a.m. Tailgate at 8:30 a.m. Contact Mary if interested. Will send out e-mail reminders.

Elections for the Arlington Trotters Board January 17 Great Way to Give Back! Great Way to Network!

Send your nominations to Mary Papreck runit16@aol.com

Whether you are new to the club or a previous Board member, we can use your help. We are looking for nominations and volunteers in the following categories: President, Vice President (2), Treasurer, Secretary, Board Members (2), Social Director. If you are a long time Trotter and haven’t been on the Board for awhile, please consider volunteering again. We can use your experience. Below is a list of duties for all Board Members.

Position	General Duties	Specific Responsibilities
President	Board Meeting Coordinator	Presides over all meetings and public gatherings, provides agenda, coordinates Jelly Belly Days
Vice President (1)	Community Service Coordinator	Coordinates charity events for the club
Vice President (2)	General Club Meeting Coordinator	Coordinates speakers and location for the club
Treasurer	Finance Manager	Manages club income and expenditures
Secretary	Communication Coordinator	Takes notes at meetings, coordinates the dissemination of information via e-mail
Board Member (1)	Social Director	Coordinates social activities such as Beer Runs, Holiday Party (aka Winterfest Party)
Board Member (2)	Newsletter Editor	Coordinates the electronic publication of the monthly newsletter
Board Member (3)	Volunteer Coordinator	Recruits volunteers for club activities such as races, social activities

All Board Members are expected to attend Board Meetings, participate in as many other club activities as possible and help attract new members.

Send Your Pictures to Gordon

Gordon Lah is coordinating the slide show for our Winterfest Party this January 17, 2009. He really needs pictures by December 10, 2008



Send Your Thoughts on the Elgin Fox Trot to Nancy Roder ASAP

The Elgin Fox Trot is entertaining the notion of changing the 10 mile race that they have been putting on for the past 30 years to a half marathon. If you have an opinion about this change, send your thoughts to Nancy Roder at: roder_N@cityofelgin.org

The Treadmill

by Dr. Nick Nowicki



Dr. Nick Nowicki is the Track Workout Director for the Arlington Trotters. He is a Chiropractic Physician and Certified Strength and Conditioning Specialist who practices at First Health Associates, SC in Arlington Heights. Dr. Nick is a frequent newsletter contributor for injury prevention tips and tales of his racing adventures.

Each week the readings on the thermometers are plummeting. At some point during the winter we will wake up for our morning run, take a peak outside the window, and see 6-8 inches of snow on the ground with gusting winds. Some runners will “suit-up” for an adventure. Others will turn off their alarms and crawl back underneath their warm blankets.

Needless to say, training during the winter can be character-building. Runners that have an aversion to cold weather find it difficult to maintain their fitness level. Many of them become reacquainted with their local gym; racking up their mileage on the treadmill. Runners have a variety of opinions regarding treadmills. Some love them while others feel like a hamster on a spinning wheel.

The treadmill offers numerous “pro’s.” The most important benefit is that a runner can maintain their fitness on those brutal winter days. They offer a surface that absorbs more shock than pavement. As a result, less punishment is delivered to the joints and muscles. Another benefit that a treadmill offers is that a runner can monitor their pace and heart-rate. “Hills” can be introduced into a workout by adjusting the incline. For those runners experiencing track workout with-drawls; speed workouts can be performed by increasing the treadmill speed for a given length of time. The recovery period is done at a significantly slower speed.

There are some downsides to treadmills. The biggest treadmill “con” is that a runner’s biomechanics are altered. A runner’s

stride becomes significantly shorter and quicker on a treadmill. The moving surface also places a runner in a more upright body position; opposed to a slight forward lean when running on pavement. These alterations in mechanics can plant the seeds for a potential injury. Runners that have difficulty running in a relatively straight line should use caution when working out on the treadmill. It can be very easy to misplace a step slightly off the belt, resulting in a fall or injury (I’ve almost done it a couple of times). The lack of scenery can introduce boredom. Sometimes a TV with our favorite program does not cause the time to go by fast enough.

If you decide to take your workout indoors, be sure to follow your outdoor routine. Perform a warm-up at a pace that you can carry on a conversation for 5-10 minutes. Stretch out those major muscle groups: hamstrings, quadriceps, hip flexors, IT bands, and calves. Some gyms have foam rollers that do an excellent job of loosening up those tight areas. During those long workouts, take a quick break every 30-45 minutes to stretch out. Always get yourself familiar with the emergency stop buttons before performing vigorous workouts. If you hit the stop button, place your feet on the rubber padding found on the right and left side of the treadmill. Never stop completely on the belt and ride off it backwards because you can hit someone walking behind you or lose your balance and fall.

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

The Treadmill
1. Pro's
2. Con's
3. Injury Prevention
read all about it!

Race in Review

by Michael Zielinski



Michael Zielinski joined the 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 25 years.

PHOENIX AND VALLEY OF THE SUN MARATHONS

The Phoenix is a mythological bird that burns itself and is born again from its own ashes representing a symbol of immortality from resurrection to renewal. This rebirth, especially of the sun, has variants in Greek, Roman, Central American, Egyptian and Asian cultures with a new phoenix always rising from the ashes. The name "Phoenix" is the word "red" in Greek language which also associates it with the sun. The Phoenix metropolitan area is the 13th largest in the U.S. with over 4.5 million inhabitants and is also known as the Valley of the Sun. This includes the City of Phoenix (the nation's 5th largest city with over 1.5 million people) and Maricopa County (the country's 4th largest county with over half the people in Arizona). Arizona which will not turn 100 until 2012 has recently been one of the fastest growing states with the growth of Phoenix and its metropolitan area that also includes the mega-suburb of Mesa with over 450,000 people and additional mega-suburbs of Chandler, Gilbert, Glendale, and Scottsdale that all have over 200,000 residents with Tempe just below this number. There also are three 26.2 mile marathons scheduled for the Phoenix metro area in early 2009.

The first of these marathons, the 6th annual **Rock 'n' Roll Arizona Marathon, is scheduled for January 18, 2009** and is close to being in the top ten for total finishers in a U.S. marathon. For the 2009 event, 35,000 runners and walkers are expected for both the marathon and half marathon with the starting area for both events to be in downtown Phoenix by The Wesley Bolin Memorial Plaza,

an urban park and gathering place located in front of the Arizona State Capitol complex. The plaza serves as a home to a number of memorials honoring prominent figures in Arizona history along with memorializing significant wars and other events. On a lesser note, the marathon heads north with the Heard Museum several blocks to the east and the Arizona State

Fairgrounds several blocks to the west between Miles 2 and 3. After Mile 5, the runners head east for three more to reach the Arizona Biltmore Resort with the next half mile south on 24th Street going by the Biltmore Fashion Square as the route then continues east on Camelback Road to Mile 11 at 44th Street; two miles west of the Phoenician Resort at Camelback Mountain. The next three miles of the marathon go south on 44th Street and then the course heads northeast toward Scottsdale. By



Mile 18.9, the runners are in the heart of downtown Scottsdale with its array of restaurants, unique shops, exquisite art galleries, and nightclubs. To the east is the county's largest of its 12 Indian reservations, the Salt River Pima Maricopa Indian Community and to the south of the Phoenix metro area is the Gila River Indian Reservation. Returning to the marathon, Mile 20 at Scottsdale Road and Thomas is where the runners go through the "20-mile wall," and catch a glimpse of P.F. Chang's "Great Wall." Both the marathon and half marathon finish to the south of here in Tempe in the parking lots between Arizona State University's Sun Devil and Sun Angel Stadiums with the Finish Line Festival providing live music and refreshments.

The next marathon scheduled in the Phoenix

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metro area is the smaller but older 15th annual **Arizona Road Racers Desert Classic Marathon to take place on January 31st in Surprise**. This town is northwest of Phoenix via Glendale (the 2008 Super Bowl was here at the University of Phoenix Stadium), Peoria (named after Peoria, IL), and Sun City (retirement village). The start and finish of the marathon is at Riverboat Village, 18300 West Bell Road in Surprise with a course that heads mainly west for thirteen miles to the north of White Tank Mountain Regional Park to near Buckeye, AZ before returning back to the start along the same route. Due to the amount of land that Buckeye has annexed or plans to annex (up to 600 square miles), the population may increase to two million inhabitants by 2050. The population growth in the "West Valley" is evident in a 2007 Forbes study that ranked Buckeye, Surprise,

tions to U.S. 60 for 1.5 miles and then turns north on Kings Ranch Road in the beautiful and historic Kings Ranch and Gold Canyon area. There are rolling hills in this area while in the Superstition Mountains to the north less than an hour away is the Tonto National Forest and Monument along with the Theodore Roosevelt Lake and Dam. The marathon returns to U.S. 60 at approximately the 15 mile mark and follows this route for another 1.5 miles to Mountain View Road. The course follows Mountain View Road, with a couple of diversions, to Lost Dutchman Boulevard where the runners will follow a hill that is a tenth of a mile from bottom to top with a 50 foot elevation gain that is called the Dutchman's Revenge. From the top of the hill, the finish line can be seen three miles in the distance at Prospector Park in Apache Junction.

4 Arizona Races to Escape the Frigid Illinois Tundra

- January 18, 2009: PF Chang's Rock N Roll Marathon, Phoenix
(6th annual, 35,000 participants, MLK day is Jan 19, good for travel and recovery)
www.rnrz.com
- January 31, 2009: Desert Classic Marathon, Surprise (Phoenix Suburb)
(15th annual, put on by the Arizona Road Racers)
www.arizonaroadracers.com/Calendar/2009-desert-classic-marathon.php
- February 15, 2009: Lost Dutchman Marathon, Apache Junction
(8th annual, President's day is Feb16, good for travel and recovery)
www.lostdutchmanmarathon.org
- March 8, 2009: Valley of the Sun Half Marathon, Mesa
(9th annual , relay option available, very scenic)
www.valleyofthesunmarathon.com

and Goodyear as the respective 2nd, 3rd, and 4th fastest growing cities in the United States.

Returning to athletics, fifteen days later on February 15th is the 8th annual **Lost Dutchman Marathon held every Presidents' Day weekend in Apache Junction, AZ** on the east side of the metro area. This event is listed by Runner's World Magazine as one of the "Best Little Marathons in the Country." It is run at the base of the Superstition Mountains near the rumored site of the legendary Lost Dutchman Mine. Lost Dutchman is named after a legendary gold mine, supposedly started by a local family in 1840, and then developed by Dutch immigrant Jacob Waltz who left no record of its location. Many people have tried but failed to find the mine and nearby gold which are believed to be somewhere around Weaver's Needle in the Superstition Mountains a few miles east of the Lost Dutchman State Park. The marathon begins near Gold Canyon, AZ and is a scenic, rolling, point-to-point course to Prospector Park in Apache Junction with the first six miles being on a unpaved road with beautiful Sonoran Desert vistas that include saguaro cactus and the Superstition Mountains. The next mile is paved as the course transi-

As the winter Arizona marathon season comes to a close it is replaced by Major League Baseball spring training in Arizona represented in the Cactus League by 14 of the 30 professional teams including the Chicago White Sox who will be moving to Glendale Stadium and the Chicago Cubs who play in Mesa's HoHoKam Park (named after the ancient Hohokam Indians). The 125-acre Glendale Stadium site will be the league's largest facility with 14 playing fields, 10,000 stadium seats and 3,000 lawn seats which will surpass the current largest site, Mesa's Hohokam Park which has 12,632 seats. Few parts of the country can also match the 325 sunny days a year in the Phoenix area.

The final longer distance winter running event is **Mesa's 9th annual Valley of the Sun Half Marathon on March 8, 2009** run in the shadow of the Usery Mountains. The Valley of the Sun Half Marathon takes runners on a fast course with long, gently sloping downhill grades and a few hills mixed in. Along the course through the northern sections of Mesa, the runners can see majestic mesas, snow-capped peaks of the nearby McDowell Mountains, and the peaceful waters of the Salt River prior to reaching the finish line on N. Bush Highway; relevant to the Phoenix bird with an ending but also a new beginning.