



Dedicated to Runners of All Levels

The Trotter Chronicles

February 2008

Dedicated to Runners of All Levels

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A Runner's First Marathon:

The Rock N' Roll Phoenix Marathon

by Nick Nowicki

I arrived at the race about an hour before the start-time. The temperature was about 40 degrees. I said to myself perfect running weather. I was so happy not to be running in seven layers of clothing. I could tell who the natives were because they were all bundled up and huddling together for warmth.

The marathon began in the heart of downtown Phoenix. There were numerous bands jamming away in the background, which was nice because I did not have my pre-race music on me. I performed a brief warm-up followed by a long stretching routine to get myself "limbered-up."

Because the race did not start and finish in the same area, everyone received a bag that you could check in with UPS and they would deliver it at the finish line. I checked my bag and went to the bathroom one last time. The race also offered a shuttle service back to the starting line, however, my road crew would be waiting for me at the finish.

The starting line was divided into corrals based on your predicted time. I envisioned the area to be packed like a heavy metal concert with people bumping into me to get a good starting position. That wasn't the case. There was plenty of space to stand around and relax. I began to mentally prepare myself for the journey ahead during the national anthem and opening remarks of various public officials.

The air horn went off. I started off the race at what I felt was a comfortable pace. At every mile marker there was a different band rocking out. I could not believe the thousands of spectators that were along the marathon route. There was also a cheerleading convention in town that weekend which brought out dozens of squads performing their routines throughout the race. It always brought a smile to my face when a squad would begin a random cheer with "2-4-6-8" because my race number happened to be 2468. It was like I had my own cheering section.

After the 5th mile marker, everything started to go south. Having made the cardinal sin of changing my diet two days before the race (which included consuming a total of three cartons of orange juice mixed with a carbohydrate loading solution), my stomach began to feel upset. I ran off the course and threw up next to some random building. My stomach felt better but I sensed that I was going to be in trouble the rest of the race after losing my race fuel. Ironically, the next mile would be my fastest split of the race.

At the next mile I grabbed the Accelerade sports drink that was provided at the race in hopes to replace any fuel. It tasted rancid! I spat it out and grabbed the nearest water to wash the taste out of my mouth. I am still not sure what flavor that Accelerade was; but it did remind me of a terrible Schnapps experience that I had in college (who hasn't had one of those). I continued to press on.

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Trotter Board

President:

Ed Nikowitz
847/668-5527
ed@jayrosemortgage.com

Vice Presidents:

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

Roger Thompson
847/397-5258
runrog@wideopen
west.com

Treasurer:

Mike Kendrick
847/602-0591
hillrunner58@sbc
global.net

Secretary:

Juli Aistars
847/726-2534
jaistars@ameritech.net

Newsletter Editor:

Leah Kadamian
847/299-2121
Leah@sicreative.com

Track Director:

Ken Muszynski
847/991-0801
kenski3@aol.com

Web Master:

Steve Breese
847/358-8722
breese@nwsburbs.us

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.

2007 Arlington Trotter Award Winners

Congratulations to the 2007 Trotter Award Winners presented at the Winterfest Party on Saturday, January 19, 2008.

Male Runner of the Year	Bill Jensen
Female Runner of the Year	Mary Papreck
George Watson Award	Trisha Dean
Most Improved Runner	Christine Stahl
Most Improved Runner	Nancy Roder
Member Appreciation Award	Tom Gnoyke
Female Amphibian Award	Peggy Corey
Character of the Year	Gordon Lah
Bob Vila Award	Ken Norwood
Best Column Award	Nick Nowicki
Longest Distance Award	Juli Aistars
What Kind of Idiot Award	Juli Aistars
Historian Award	Michael Zielinski
Male Amphibian Award	Karl Bushman
First Ultra Award	Margie McGowan
First Ultra Award	Judi Miko
Creative Designer Award	Leah Kadamian
Whiner of the Year	Nancy Roder



Trotter Race Results

Disney World Goofy Challenge Half-Marathon on January 12
Grace Wasielewski (3rd in Age Grp.) 1:46:54

P.F. Chang's Rock 'n' Roll Arizona Marathon on January 13
Tom Spiegelhalter 3:31:35

S-No-W Fun Run 5 miler in Lake Geneva on January 5
Dan Roder (1st in Age Grp.) 31:09
Ray Holpuch 36:45
Nancy Roder (3rd in Age Grp.) 45:44

Filling Up Fast - Great Western Half Marathon

The Great Western Half Marathon, the extremely popular spring race in St. Charles, is already close to capacity. The race will be held on May , 2008.They have 400 more spots left, which will fill very quickly. If you are planning on running, please make sure to register soon!

Winterfest Party Pix



Note: Date Change for February Monthly Meeting



Mark your calendars! The date for our February meeting has changed. For the month of February we are moving the meeting to **Tuesday, February 19** at Runner's Hi & Tri in Arlington Heights.

Dick Beardsley will be speaking, and we will have a short meeting starting at 7 p.m. before Dick begins his presentation.

If you would like to run with Dick Beardsley, come to the store at 6 p.m. for the normal Tuesday night run.

Dick Beardsley is a phenomenal speaker and has a great story to tell. It will be worth your while to attend. Hope to see you there!

Are You an Introvert or an Extrovert?

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.

Chances are if you are reading this you are an extrovert. The “loneliness of the long distance runner” lore refers mostly to introverts, I think. Extroverts are the people most likely to join a running club, because they run not to be alone, but to run, talk, play, and socialize with other runners.

There must be runners out there who actually enjoy doing twenty-mile marathon training runs by themselves. I just don't know any of them. Back when I ran my first marathon in 1988, I really didn't know many marathoners who ran at my speed. Mary Beth Nowak and friends were training to run sub 3:20, which they did. I was training to finish and was just getting to know the Trotter marathoners. There really weren't any organized marathon training programs back then. Now there are several, including the charity training programs. So I ran twenty miles, alone. It was deadly. I had spent the summer training for triathlons and just threw in a few 20 milers as marathon training. I finished in a pedestrian 4:04, far from my eventual PR of 3:38 (but a time I would be very happy with now!).

After that first marathon training alone, I vowed I would never train alone again. And I didn't. I completed 29 marathons, and to train for every single one I ran with training partners. I often participated in the Lake Zurich 20 mile runs, I ran the Home Economist twice, I ran loops at Busse. I trained for six Bostons and 4 Ice Age 50s with others. Those who helped me along the way include Andi Bell, Beth Onines, Gail Edgar, Robin Gialanella, Teresa Rouse, Mike Bauschelt, Gordon Lah, Pat Gorman, Pat Lerch, Arlene Overheu, Barb Franzen, Kathy Friedman, Mary Beth Nowak, Barb Griffin, Barb Lips, Luanne Hartje, Pam and Lenny Laughland, Lorry LaGreca, Peggy Corey, Nancy Roder, Jack Waddick, and many, many others. In fact, the easiest way to make a friend is to go on a long run. As we always say, it's far cheaper than therapy.

BC (before child), I did almost all my training with others. Monday and Wednesday: swim with Masters team, Tuesday: run at Runners High, Wednesday: track workout

at Harper, Thursday: run from Luanne's or Pam and Lenny's, Saturday and Sundays: long runs or bikes in Barrington, Lake Zurich, or Busse Woods. Now, it's mostly alone, sneaking in workouts between work and child care activities.

I haven't run a marathon in a few years, mostly because I don't want to take that much time away from my 7-year-old daughter, Rui. I wouldn't trade her for the world, but children definitely change your training program. I've been doing short triathlons, which I can train for an hour at a crack. Last year I started running half marathons again, though, which means I have to put in at least some medium-long runs of 12 miles or so. I snuck away to run a few times with Lake Zurich last year, and did some ten milers, alone, while Rui was in religion and Chinese classes of 90 minutes. (as I've written before, those long classes are a boon to mom's training programs!).

This Martin Luther King Day, Arlene Overheu, Mary Beth Nowak, and others went for an early long run together, followed by a leisurely breakfast, since they were not working. Me? Both Rui and I had the day off, but she was going to Medieval Times from 10 a.m.-1 p.m. Ah, ha (I think like a runner) this would be my training time! It was 11 degrees, and I headed out, alone, to run 11 miles in Barrington.

It was late morning, it was cold, and as I took off from the Home Econ, I reflected that I had never done this run alone. I had done it almost every Sunday for ten years with the group, but recently had been running, alone and shorter, on weekend mornings. And I can tell you, running those hills seems about double the length when you run it alone than when you can spend the time in engaging conversation with the aforementioned runners. I had my iPod, thankfully, but I was never so glad to finish a run.

So, extroverts, be glad for those running partners of yours. Thank them every time you see them. I bet a lot fewer of us would be running marathons if we had to do twenty-mile training runs, alone! ✨

Race in Review

Baton Rouge Beach Marathon

by Michael Zielinski

On January 7, 2008, Louisiana State University out of Baton Rouge defeated Ohio State University 38-24 at the New Orleans Superdome before 80,000 spectators and an international audience to become the first two-time Division One NCAA college football champion during the new millennium. It also was the first major national champion out of the State of Louisiana since the August 29, 2005 deviation of Hurricane Katrina.

Compared to all of the above, the 14th annual Baton Rouge Beach Marathon on December 1 presented by the Running Chicken Track Club was a low-key event that had 150 marathon finishers completing a double loop course run through the Louisiana State University campus and residential areas of Baton Rouge. The marathon starts and finishes by the Baton Rouge Beach at University Lake in Stanford Park along Stanford Avenue. From here the course heads toward the Louisiana State University and Agricultural and Mechanical College or more commonly known as LSU, the Baton Rouge main campus of the Louisiana State University System.

Although LSU Football made the news most recently, LSU also is one of only thirteen American universities designated as a land-grant, sea-grant and space-grant research center.

The marathon enters the LSU campus from the southwest and then heads west toward the Mississippi River before turning north and going by Tiger Stadium with its seating capacity of 92,400. LSU Athletics is represented by its mascot, a Bengal tiger that is the symbol of the Confederate soldiers from the two Louisiana Brigades that were known for their fierce fighting and called the Louisiana Tigers.

Closer to the present, in 1988 at the "Earthquake Game" in Tiger Stadium, the crowd's roar registered on a seismograph, shaking the ground as much as a small earthquake and during two games from the 2007 championship season, while also

setting record attendance numbers, the LSU crowd registered unbelievable sound level of 123.4 decibels and 129.8 decibels. Needless to state, the Baton Rouge Beach Marathon could never compete against LSU Football.

The marathon course continues north past the Pete Maravich Assembly Center, a 13,472-seat multi-purpose basketball arena named after Pete Maravich, the all-time scorer in college basketball history. From here the run goes through the heart of the LSU schooling area where Thomas Gaines' in The Campus as a Work of Art praised LSU's landscaping as "a botanical joy" in its listing among the 20 best campuses in America.

The marathon continues north along the western side of University Lake and City Park Lake prior to reaching the most northern point on Kleinert Avenue. This is the closest that the course reaches to downtown Baton Rouge and the State Capitol before heading back to the start.

Briefly, Baton Rouge is the second largest city in Louisiana and is home to both LSU and the state capital while also being a major industrial, petrochemical, and port center. The Louisiana State Capitol building is a National Historic Landmark and at 450 feet tall with 34 stories, it is the tallest U.S. capitol. Governor Huey Long was responsible for its successful completion in 1932 and in 1935 when he was Senator, he was shot in the Capitol and is now interred at the capitol gardens.

Returning to the present, the marathon heads south to the start with parts of the course through tree-lined residential neighborhoods having stately oaks and Spanish moss while returning along the east side of City Park Lake and University Lake before once again reaching Baton Rouge Beach and cajun post-race refreshments of "alligator piquant," gumbo and jambalaya.

In this spirit of joie de vive and laissez bontemps roulez, have a happy February 5th Mardi Gras.



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 years.



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.

A Runner's First... (continued from pg. 1)

Despite taking that "pit-stop" I managed to maintain my pace over the next five miles. I continued to soak in the fans, music, beautiful weather and mountain scenery. Things were going well until mile 10. My stomach proceeded to go into "reject" mode again. This time I managed to get to a port-a-john. I will give a 5-star rating on the both the cleanliness and availability (had to be one every 2/3's of a mile) of the bathroom accommodations. I exited the bathroom a little lighter and ventured ahead.

I managed to keep pretty close to my predicted race time at the half marathon point. It wouldn't last. At the 15th mile "I hit the wall" and puked at the 16th mile. At this point I relinquished my watch to my road crew. I came to terms that my time no longer mattered. The only objective now was to finish.

I made it to the medical tent at the 18th mile to take a break and hope that they had anything other than the nasty Accelerade to rehydrate myself. All they had was Accelerade. In fact, the head of the medical tent did not like the fact that I spoke negatively about the sports drink. The volunteers at the medical tent were very thorough and helpful. I was offered a salt-water solution. After another bout of stomach pyrotechnics, the head of the medical tent did not recommend I finish the race. I told him I was going to continue. Besides, what do doctors know?

I kept running despite the feeling of battery acid flowing through my veins and muscles. I would scrape together the strength and energy to run a 1/3 of a mile and then walk or stop for a couple of minutes. I got to the 19th miler marker and grabbed some Powerade gel. At the twenty and twenty-third mile markers I was greeted by my road crew. They would throw a moist towel on me while I sipped on some Gatorade that I left in the car before the race. On both occasions I threw up my stomach contents (I couldn't believe that I still had any fluid in my system). I tried putting my mind and body in a

happier place. After exiting this solar power field, I was now in the city of Tempe, more importantly I was at the 25th mile marker. The energy in the city was electric.

The last water stop was pirate-themed. Everyone was passing out beads and saying if you drink the Accelerade fast enough it would taste like rum. The band in the background was also playing this song, which was about how we had one mile to go. They must have been playing it the whole entire race.

With a half mile to go, I mustered up whatever energy I had left for one last kick. For the first time since the halfway point it felt like I was running instead of plodding. I was passing people and feeding off the crowd's energy. I made the last turn and the finish line was in my sight. I kept pumping my arms and legs.

I crossed the finish line and a feeling of relief washed over me. Thank God it's over. Afterwards, I zigzagged throughout the finish area to collect my medal, turn in my chip, take my picture, grab my gear from UPS, and of course throw up one last time. By the time I met with my road crew I felt like I walked another 2 miles. I collapsed on the ground and could barely move for about 30 minutes.

In the past few weeks I have been able to look back at my performance and it brings a smile to my face. Despite going through complete utter hell, I managed to finish.

When I tell people this account their response is, "I guess that's the end of your marathon career."

My response is, "Actually, I am running in the Chicago Lakefront 50K in April."

Special thanks goes out to my road crew, without their support I may have not finished the race. Thank you to my fellow Trotters for the positive e-mails that I received after the race. ✨

Arlington Trotters Board Meeting Minutes for Tuesday, January 10, 2008

Board Members Present: Ed Nikowitz; Steve Sawyer; Mary Papreck; Mike Kendrick
Members Present: Leah Kadamian; Christine Stahl; Erin Mink Garvey



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.

Runner's Hi and Tri

Dick Beardsley will be at store on Tuesday, 2/19/2008 at 7 p.m. to talk to the public. Need to change our February meeting date. Talk to Mark about us having our Trotter meeting that night at the store before of after Dick speaks. Ed to talk to Mark.

Meeting Speakers or Events for Remainder of Year

- Christine said we should plan an event for March such as bowling. She will check into the Brunswick lanes and report back
- Steve will talk to the Mission Bay people who are opening up a store in Arlington Heights to see if they would be willing to have us at their store for either a bike ride or bike demonstration.
- Todd H. and Roy will be speaking tonight on Running on the Internet - Part Deux
- Dr. Nick will be talking at the April meeting wherever it is.
- Steve Breese should be notified to list the meeting topic and/or event on the website.

Finances

Finances are in good shape. Dues collected in December will appear on the January statement. Ed will ask Trisha if check was received from Chicago Marathon waterstop.

Increasing Membership and Dues Reminder

- Form a possible partnership with Runner's Hi & Tri. Discuss at the next Board Meeting.

- Ed to talk to Mark about putting posters, business cards or Trotter applications in the store to promote the Trotters.
- Lose and gain about the same number of new members each year.
- Discussed about changing area where Saturday morning runs are. Harper College and Deer Grove were mentioned.
- Deer Grove had multiple courses and is marked. The Forest Preserve has maps that can be printed out.
- Also mentioned about starting the run at 8 a.m. instead of 7 a.m.
- Remind members in the newsletter to renew their membership.
- Mike Kendrick will send out e-mails to those who do not renew. Mike is currently mailing newsletter to 7 members who do not have internet access.
- Mike will handle January - June.
- Steve will handle July - December.
- Leah will include application with newsletter.

Frontier Days

Steve asked if the Club would continue to volunteer at Frontier Days. He will be contacted in April. We agreed the Club should stay involved.

February Board Meeting

February 13th at 6:30 p.m. at Mike Kendrick's home.