



Dedicated to Runners of All Levels

The Trotter Chronicles

January 2008

Dedicated to Runners of All Levels

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Adventures of a Lifetime

by Mary Papreck

It started before I became a Trotter. I was perfectly content running one marathon per year. Then I met some real "whack jobs" who convinced me to travel to run numerous marathons. The story begins with my friend Terry and his high school friend, Jay, who had moved to Phoenix over 30 years ago. Jay called me up late summer of 2003 and told me that Phoenix was having their inaugural Rock N Roll Marathon in January 2004. Then Jay started sending me news articles about the marathon. Jay knew that the way to get Terry out to Arizona for a visit was to entice me to run a race in Arizona. So, as much as I thought I could credit the whack jobs for getting me to travel to run numerous marathons, it was truly Jay who got me out of Illinois in the first place and on the start of adventures of a lifetime.

Each year since 2004, I had run multiple marathons and had mediocre finish times. My mission for 2007 was to qualify for Boston. Knowing that my birthday in the first quarter of the year would move me into a new age category in 2008, I had 12 months to qualify at my younger age and still get an extra 10 minutes to boot to qualify for Boston in 2008. It was a year of traveling to Houston, TX; Atlanta, GA; Eugene, OR; Fargo, ND; Duluth, MN; Pocatello, ID; Hell, MI; Chicago; Hartford, CT; Washington, D.C.; New York and Kiawah Island, SC to accomplish this goal. The few marathons that I did not travel with a fellow Trotter were Houston, Washington D.C. and Kiawah Island.

In Houston, I met for dinner at least 10 running buddies from the Southwest that I have been corresponding with since 1998. We had a great time together and the marathon was terrific. I felt after that event I was getting closer to achieving my goal.

"Velcro Man" Steve Sawyer, made sure Mary Ann Zemla and I survived Hotlanta. Feeling quite dehydrated by mile 10, Steve stayed with me and Mary Ann. He would run ahead and come back for us constantly. Around mile 15 or so, Mary Ann flagged down a lady with a cooler to see if she could get me some water. Instead of water, the lady had the fixings for Bloody Mary's which Steve and Mary Ann promptly took advantage of the situation and indulged. She did have celery stalks which I figured was less dehydrating on that 85 degree day. Shaking Steve and Mary Ann loose, they were able to complete the marathon with a respectable time. I was able to muddle through the hilliest course, but one of the prettiest courses I have ever encountered. It was knowing the course could be conquered, that my next marathon could only get better.

Terry and I went to Portland, Oregon to visit Terry's son. I purposely picked our visit to coordinate with the marathon in Eugene. We picked up Velcro Man (aka Steve Sawyer) at the airport on our way to Eugene. After sampling some of the best brews ever made in Eugene and becoming member of the Rogue Nation, we continued our little party at the Hospitality Suite at the hotel we were staying. Feeling totally carbo-loaded for

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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.

Come Celebrate at the Holiday Party!

Shake off the post-holiday blues and meet us for an evening of fun at the annual Trotter Holiday Party! **The party will be at 7 p.m. on Saturday, January 19.** Many Trotters enjoy wearing their party best for the festivities, but it's not a requirement.

The club will provide beverages. Please bring a dish to share based on your last name:

- A-L Main Dish
- M-R Side dishes / Salads
- S-Z Desserts

Location -

Sheffield Townhomes Clubhouse - 1000 N. Walnut Lane, Schaumburg (the same location as last year).

Directions: From Intersection of Barrington Road and Golf Road - Drive East to Walnut Lane (about 3/4 mile, at the 7-11 convenience store), turn right, drive two blocks to Stop Sign, the clubhouse parking lot on right side of Walnut Lane.

From the East on Golf Road, drive West past Rte. 53, Meacham, Roselle, Higgins, Gannon, Salem and Harmon to stoplight at Intersection with Wendy's, Osco and 7-11 stores (Walnut Lane) and turn left, drive two blocks to Stop Sign, the clubhouse parking lot on right hand side of road.



Trotter Race Results

Northern Central Trail Marathon on November 24 in Sparks, Maryland

Rick Hayes 4:21:14

Chilly Chili 5K on December 1

Dan Roder (1st in Age Grp.) 18:38
Nancy Roder (3rd in Age Grp.) 24:46

Renew Now and Get a Free Club T-shirt!

Don't wait to send in your membership renewal form and membership dues for 2008. **Anyone who renews before January 10, 2008 will receive a free club t-shirt!**

These short sleeved white cotton t-shirts have the Arlington Trotter logo and slogan "Come Run with Us" on the front and our web site address on the back. The t-shirts will come in sizes from XS to XXL.

Please fill out the application form below and return it with your membership fee. We look forward to another great running season in 2008!

Arlington Trotter Application Form

Annual membership is \$20 for an individual and \$30 for a family (persons living together at the same address). Make your check payable to *Arlington Trotters* and return it with a completed application form to:

Arlington Trotters
c/o Mike Kendrick
200 N. Arlington Hts Rd., #1114
Arlington Hts, IL 60004

Name(s) _____

Address _____

City, State, Zip _____

Evening Phone _____

E-mail _____

Shirt size (circle one): XS S M L XL XXL

President's Message

Another year has come to an end. Each year seems to pass by more quickly. For the Trotters, it has been a time of change and accomplishment. As part of the running community, we experienced the most unusual Chicago Marathon ever.

A lot of us set running goals during the year and we probably accomplished them unless something unforeseen prevented us. We had several members set PR's at various distances. But this year one of our members did something truly astonishing. Juli Aistars did a six day race completing 387 miles. It takes me almost three months to run that far. She placed second among an international field of woman. Had it not been for stress fractures in both legs during the race she probably would have finished first. Way to go Juli.

On the other hand, the 2007 Chicago marathon was a disaster. And it was everybody else's fault. Pointing fingers became a new post marathon event. For some reason, the organizers did not prepare properly for a hot day and many people did not seem to know how to run in the warmer weather. Hopefully, everyone learned something that day. I certainly did. Be prepared for anything.

As for the club, we made some changes in 2007. First, we switched over to an electronic newsletter thanks mostly to Leah Kadamian and Steve Breese. What a great job they did. We did forget to snail mail the newsletter to the few people who don't have e-mail. Oops! We'll correct that in 2008. With some of the money we saved, we purchased T-shirts for everyone in club who renews their membership for 2008.

We also reestablished regular Board meetings in the hopes that we will continue to work on changes that will improve the club. And we are working on improving communication by sending out announcements more frequently and including the Board minutes in the newsletter.

In the spring, we established a beer run committee. The beer runs take a lot of work and are a favorite of many members. By

establishing the committee, we spread the work out among more people. We could use a few more people on the committee.

Another project the Board took on was redoing the membership application. This is just about done at this point. We are just looking for a couple more pictures to include. A group picture would be nice if anyone has one to offer.

In the fall, we had a combined meeting with the Alpine Runners and The Leukemia and Lymphoma Society's Team in Training program. This was a huge success. We had about 80 people in attendance and four local running stores donated prizes. We are looking for more opportunities like this if anyone has any ideas.

Next year we have more changes in mind. We have added a new committee to our club called the Events Committee. Christine Stahl will be our Event Coordinator and she has two members on her committee. They will be in charge of making sure all of our events run smoothly.

The Board has already established a couple of items to review for next year. The first one is to increase membership. We are hoping to do this through increased publicity and improving attendance at our sponsored runs. Look for our kick-off run sometime in the spring. A second item is to take a look at our web site. Steve Breese does a great job of maintaining it, but we would like to find ways to make it more attractive.

It is also time to put in a new Board. At our January meeting, we will nominate and vote for new Board members. So if you are interested, now is the time to let us know.

Well, that's the year in review. I never know how to end my updates. I wish I had a saying like "To infinity and beyond," but I don't. So, I will simply wish everyone a happy, prosperous and injury free 2008.

— Ed Nikowitz

January Monthly Meeting

Please join us for our next monthly meeting at Heritage Park, 506 West Victoria Lane in Arlington Heights. The meeting will start at 7:30 p.m. on Thursday, January 10. Meetings are scheduled for the second Thursday of each month September through April.



The topic for the meeting will be "Running on the Net - Part II". Our speakers, Roy Carlson and Todd Heideman will discuss various web sites that they have found regarding running and fitness that will be of interest to members of the club. Of course members are welcome to bring some of their own favorite sites to tell others about as well.

Hope to see you there!

Tales from the Dork Side

by Trisha Dean

We runners are an odd lot, and our oddities extend to gift giving.

I was reminded of this fact during the recent Christmas gift-giving season as I reflected on a gift received by a former boyfriend. You old time Trotters would know him, though he shall remain nameless. A runner himself, he gave me an expensive gold necklace as a Christmas gift. While I knew I should be more appreciative, I had to muster up enthusiasm to give adequate thanks. A technical running shirt or Gortex jacket, rather than jewelry would have really set my heart racing, I thought at the time.

This man quickly got the drift, and the next year he surprised me with a bike. Now we're talking- this was truly a "WOW" gift, and it might have cost even less than the jewelry. Non-runners might think athletic equipment an odd romantic gift. Women runners, however, often appreciate athletic equipment more than diamonds.

This year I once again contemplated what to buy my husband. He is harder than I am to buy for, and I always think I have the perfect gift idea, only to find it is not quite right. One year he was looking at juicers, and I bought a top of line juicer from William Sonoma at a hefty price. Nope. He'd been researching them and discovered that a whole food Vita-Mix was the way to go, so he returned my William Sonoma state of the art item. Another year I thought the Sirius radio subscription would be just right for his sometimes two hour commute. No, he decided he'd wait until he got a new car. And the company went bankrupt after paying Howard Stern billions of dollars, so maybe it was the right call.

Finally this year he told me what he wanted- a Trigger Point Total Body Package, which contains rollers, balls and other items to help relieve sports inju-

ries. As a cyclist, he has various aches and pains that this kit relieves. A hit- and sports related!

I'm probably not the easiest person to buy for either. I have a collection of sweaters, perfume, and jewelry he has given me that are quite nice, but he often complains that I wear jewelry I have bought for myself while the pieces he has bought me sit in a drawer (with the exception of my wedding and engagement ring).

Of course with a seven year old, I spend much of the holiday season anticipating her gifts of the moment from Santa. The last few years Santa has brought a castle, a kitchen, and Butterscotch, the near life size horse. This year I was more than ready to make the transition to electronics- pricey, perhaps, though less so than Butterscotch, but blessedly small in size. Nintendo DS- in pink, of course, was the item she asked Santa for, and sadly, this could possibly be the last magical year for Santa.

When my turn came to open gifts, I found, among other items, a hand-made card and picture from Rui proclaiming, "Marry Christmas, Mommy. I love you!" (Guess they haven't gotten to the distinction between "merry" and "marry" in second grade!) And from my dear husband, a Garmin Forerunner Runner's Pack.

Interestingly I had just been talking to Gail Edgar about the merits of her Garmin, the same model, on our Christmas Eve Long Grove run. After my own family finished opening gifts on Christmas Day, I headed out for a short run, using my new GPS and measuring my regular route and pace exactly. Wow! This year my husband found it- a perfect gift for a runner, odd as it may seem to others.



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.

A New York New Year

by Michael Zielinski

New York City had two recent anniversaries – 75 years of the Radio City Christmas Spectacular in 2007 and the 100th year of the famous ball drop in Times Square to ring in 2008. An estimated one million people come to Time Square to watch the event in person (a similar number of spectators are expected at the November 2 New York City Marathon - the world's largest marathon) and over a billion watch throughout the world with hope for the year ahead.

Compared to the large New York New Year's crowd, the 35th running of the Hudson Mohawk Marathon in Albany on February 24, 2008 is a low key winter marathon that has never had 100 finishers. Each loop of the five loop course takes the runners from the State University of New York to the State Office Complex Campus and back again with the entire course to be completed within five hours.

For slower runners, the Long Island Marathon on May 4 will be open for six hours. The start of the 2008 Marathon will be on Charles Lindbergh Boulevard in Uniondale, adjacent to the Nassau Coliseum (home to the New York Islanders Hockey team) before heading north to the Village of Westbury and then returning to finish near the start at Eisenhower Park in East Meadow.

Three weeks later on May 25, the Buffalo Marathon is run in New York's second largest city. The race starts in downtown Buffalo and then heads south toward Lake Erie with the new course having more miles along the waterfront. Halfway through the marathon, the course passes through downtown again and heads north past Delaware Park, designed by Frederick Law Olmsted, before returning back to downtown with the finish in front of the Buffalo Convention Center.

New York's next marathon is on June 15 in Lake Placid which was the site of the 1932 and 1980 Winter Olympic games. The marathon is a two loop course that starts and finishes on Main Street in front of the Olympic Speedskating Oval.

New York's Rochester Marathon is the first September marathon and is run in the state's third largest city. The runners for the full marathon start just north of downtown Rochester and head east before turning onto the Erie Canal Bike path from after the nine mile mark to Genesee Valley Park at the twenty-two mile mark. At this intersection of the New York State Barge Canal and the Genesee River, the runners turn north along the river and go past the University of Rochester before leaving the bike path and finishing just west of the downtown on Morrie Silver Way in front of Frontier Field.

One week later on September 21, New York has three marathons scheduled: The Yonkers Marathon, the Poughkeepsie Journal Dutchess County Classic and the Adirondack Marathon. The Yonkers Marathon, held in New York's fourth largest city, is also the second oldest marathon in the United States with its 83rd anniversary second to only the Boston Marathon. It is a double loop course mainly through urban areas just north of New York City with the best scenery overlooking the Hudson River.

The 30th annual Poughkeepsie Journal Dutchess County Classic is a double loop course run in the Wappingers Recreation Area. Three hours to the north is the Adirondack Marathon. It is a single loop course around beautiful Schroon Lake through woods, hills and small villages. It ends by the Schroon Lake Town Beach.

Returning to near New York City, six days later on September 27 is the second annual Hamptons Marathon with a course going through Amagansett, Springs and East Hampton with views of the Atlantic Ocean and Napeague Bay out to the Long Island Sound. For the next weekend on October 5, the Westchester Marathon is a two loop course starting just south of the Westchester County Center in White Plains with the runners then heading south on the Bronx River Parkway to Scarsdale Road before returning back to the start and then doing another loop.

Also on October 5th, New York State's wine country by the Finger Lakes and Cornell University has the Wineglass



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.

Ask the Doctor about: Weight Training

by Dr. Nick Nowicki



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 marathon in the future.

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

Happy New Year fellow Trotters! Every new year brings those infamous resolutions. The most common resolution is getting back into the gym to decrease the body fat and the increase the muscle mass. This month I thought I would write about some resistance training tips that you can take to the gym.

With every workout you must always perform a warm-up, cool-down, and stretches. All of these activities will decrease the likelihood for soreness and injury. When warming up and cooling down, you should be able to carry on a conversation with someone else. If you cannot carry on a conversation, you are working out too hard. Warm-up and Cool-down duration should be 5-10 minutes.

After the warm-up, be sure to stretch. When stretching, you want to reach out and hold the position. You should feel some discomfort. Do not bounce or stretch to the point of significant pain; doing so will increase your chances of injury. Stretches must be held for at least 30 seconds (up to a minute hold for those tight areas).

Basic Weight Training Principles

When weight training, do not workout the same area on two consecutive days. Alternate the days that you workout the upper and lower body. Your muscles need 48 hours to recover/repair from weight training.

If you begin to feel pain during an exercise, stop immediately. There is no such thing as "no pain, no gain." Never work through the pain; your chances of injuring yourself will increase significantly.

Take it easy your first several visits to the gym. People tend to run into trouble (injury-wise) at the gym when they try to do too much too soon. If it is your first time back in a while, chances are you are going to feel sore no matter what exercises you perform. Killing yourself in the first workout will most likely keep you out of the gym for the remainder of the week.

During the first month of weight training, strength gains are the results of improved coordination instead of increases in muscle mass. Increases in muscle mass typically do not occur till after 6-8 weeks of training. Therefore, the main objective in the first month is learning proper technique.

If your objective is to "tighten" those loose areas the general rule is to lift lighter weights, but perform more repetitions. The rest periods between sets are short in duration. Weight should be increased if you can perform two or more extra repetitions on each set for two consecutive workouts. I typically recommend people to perform 2-3 sets of 12-15 repetitions. Rest periods should be 30-60 seconds. If your goal is to increase your muscle size and strength then you lift heavier weights, but perform less repetitions. The rest periods are longer in duration to allow your muscles to recover.

Should I Be Working with Free Weights or Machines?

Machines do an excellent job at isolating a specific muscle group. The problem is that all of our muscles work together as unit. Very seldom, do we perform activities that isolate a specific muscle group. Working with machines will make your muscles stronger individually, however, you might not be strong as a unit or "functionally strong." As a result, your strength training may not translate to a specific activity. Freemotion makes the best weight machines, which will make you "functionally" stronger. Freemotion machines allow you to perform a variety of different exercises that recruit several different muscle groups at the same time.

Free weights require the recruitment of stabilizing muscles. Because free weights require more stabilization they tend to be more difficult to perform. You will notice that even though you are working the same muscle group you will lift less weight with free weights compared to a machine. That is because you are expending energy to balance those weights. Some of the best free-weight exercises you can perform

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Adventures... (continued from pg. 1)

the next day, Velcro Man was again by my side. Velcro Man had a habit of ducking into the woods a lot, so he would catch up to me on various portions of the course. With the spirit of Prefontaine all around us, the running gods were with me that day. Steve and I stopped for pictures at mile 16. I continued on, while Velcro Man talked to Terry. Mile 16, along the Willamette River is where our hotel was. The hotel is definitely a place we will have to return to if not just for the Happy Hours during which we were really happy. After catching up to me past mile 17, Steve decided at mile 20 he was going to walk. Feeling good I continued on and set my BQ time for 2008.

Hoping that my time in Eugene was not a fluke, I continued on my marathon quest of trying to rack up states as well. Could the feeling I had that day in Eugene be replicated? Although some of my marathon times were not what I hoped they would be and my ultra time was helping someone else achieve their goal, the adventure those days were far more important to me than the time on the clock.

The marathon for the most part was the anti-climatic part of the adventure. The pre- and post-race adventures traveling with these wonderful friends made all of the trips so much more fulfilling.

Knowing that my trip to Kiawah Island was my last for the year, and one that I was traveling with Terry, I had no expectations other than to finish a 4:15 - 4:30 marathon time. We were on an extended vacation staying in Charleston for several days. The only restaurant Terry was interested in going to (the whole time we were in Charleston) was the Noisy Oyster. So that he could dine on a minimum of 40 oysters at a sitting, my pre-race carbohydrate dinner consisted of 10 teriyaki chicken wings, red beans and rice and Palmetto and Yeung Ling beers. We headed back to the hotel for a good night's sleep that never came. In the morning on our way to Kiawah Island, I gave Terry incorrect driving instructions so we headed close to 5 miles in the wrong direction. Turning around he patiently drove us to Kiawah.

It was my friend and fellow Trotter, Lisa Milie's birthday on race day. Standing in a store about 15 minutes prior to start time, I called her to wish her happy birthday. Learning that she chose not to run outside in 11 degree temps, she wished me luck and I was off to the start. Mary Ann was running a 50 mile run at SunMart in Texas. My thoughts were also with her and Veronica who was running her first 50 mile run. As I was running, I thought about the boot brigade. These are friends who at various times this year were wearing a special boot on their foot for some foot injury. Velcro Man, Paul, Beth, Juli, Schramm, Bonnie P to name a few. I thought about the people I run with on Saturday mornings and how their quick pace pushed me to run a lot faster than I would have on my own. The Sunday morning group at Barrington amazes me with their stamina to carry on conversations as they run up and down those rolling hills. I admire each and every one of them for pulling me along on Sunday mornings.

Before I knew it, the first loop and a half were completed on the course. The hours and minutes quickly ticked away as well as the miles. I thought about the man who over 20 years ago encouraged me to start running in the first place. It didn't cross my mind to run longer than a 10k in those early years. Terry was there to encourage me every step of the way. He enjoyed our adventures in Washington, D.C. since that is where Roger, another high school friend we visit lives.

As I rounded the last turn and saw the 26 mile mark, the adrenalin kicked in as did my step. I heard my name called on the loud speaker and Terry calling to me as I was completing my journey across the finish line. Knowing that he was there to see me finish was icing on the cake. ❁



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.

Many Thanks to the CEDA Contributors!

Gifts were delivered December 12 and once again the Trotters were remarkably generous to our CEDA families. A small but hardy bunch participated in the Santa Run from Recreation Park on December 8. The group was led by Santa Ken Scharmann, who did a great job. (Longtime Santa Steve Sawyer was recuperating from injury.)

Thanks again to Robin and Tony Gialanella for hosting the post-run breakfast. We really appreciate all who donated gifts and gift cards to six children. Donors included Gail Edgar, Peggy Corey, Robin and Tony Gialanella, Trisha Dean, Ken Norwood, Ken Sharmann, Jan Draheim, Gordon Lah, Roger Thompson, Ted Brown, Lu Brigham, Grace Wasielewski, Christina Palfy, and anyone else who assisted!

Arlington Trotters Board Meeting Minutes for Monday, December 17, 2007

Board Members Present: Ed Nikowitz; Steve Sawyer; Juli Aistars; Roger Thompson; Mike Kendrick
Members Present: Leah Kadamian; Christine Stahl; Mary Papreck

Trotter Membership Application

- Verified Judi's last name is Miko.
- Pictures are needed for the application. Mike Kendrick to provide.
- Pictures will be updated to coordinate with the season.
- The application will be on the club's web site and also included in the newsletter.
- Leah will e-mail membership renewal form to members in the next newsletter. Included will be a notice to mail dues by January 10, 2008 in order to get a free Trotter t-shirt. Size of shirt, ranging from XS - XXL, will be listed.

Treasurer's Report

- There is \$3,490.29 in the bank account.
- Ed to contact Trisha Dean regarding the money received from the Chicago Marathon for the water stop.
- RRCA insurance renewal due 1/1/2008. Roger to turn over to Mike all of the information. Renewal was paid week of 12/17/2007.
- Dues received this month will be recorded on the books in January, 2008 in order to close the year end as Mike will be out of town on 12/22 for two weeks.

Trotter Holiday Party

- The club will purchase beer, wine, soft drinks, water and ice for the party to be held on January 19, 2008.
- Have on hand plenty of tablecloths, plasticware and cups
- Roger will purchase wine and bring extension cord; Steve will purchase soft drinks and water; Ed will purchase beer and nibbles; Juli will bring the coolers (from fall party) and purchase ice; Mary will bring powerstrip; Steve to look at items for give away.

- Members to bring main dishes; sides; salads; and desserts. Also adding appetizers to the list. The next party the dish assignments will be rotated. A-L main dish; M-R sides and salads; S-Z desserts and appetizers.

Club Shirts

- 150 T-shirts to be ordered. Logo will be red and black - front of shirt will say "Come Run With Us". Back of shirt will have web site address.

Board Nominations

The following slate will be presented at the January 2008 meeting:

President	Ed Nikowitz
Vice-President	Steve Sawyer
Vice-President	Roger Thompson
Treasurer	Mike Kendrick
Secretary	Mary Papreck
Special Events Director	Christine Stahl
Special Events Assistant	Juli Aistars
Special Events Assistant	Erin Garvey

Awards

- Recommendations were made to give plaques to the Male and Female Runner of the Year and also for the George Watson Award. Recognition Certificates would be given to the others.
- Juli and Leah would coordinate their efforts to get the plaques.
- Leah would design the plaques, if not too expensive, and the Recognition Certificates.
- Leah would also print Recognition Certificates.

New York... (continued from pg. 5)

Marathon from Bath to Corning. The Marathon starts at Philips Lighting in Bath and then runs parallel to Route 17 going through small villages before passing by the Corning Museum of Glass and ending on the historic Centerway Bridge at Centerway Square in Corning.

One week later on October 12 is the 26th Mohawk-Hudson River Marathon from Schenectady to New York's capital city of Albany. The course starts at Central Park in Schenectady and finishes on the bike path in downtown Albany. Along the way, the route generally follows the Mohawk River on paved bicycle trails before reaching the

bike path along the Hudson River for the final five miles.

Two weeks later on October 26 is the Niagara Falls International Marathon; the only marathon in the world that starts in one country and finishes in another. The race starts by the Albright-Knox Gallery in Buffalo with the first four miles of the race along the parkways of Buffalo before crossing the Peace Bridge into the historic old town of Fort Erie, Ontario. The route then follows the Niagara River Parkway with the course finish at the magnificent Niagara Falls. ❄️

Ask the Doctor... (continued from pg. 6)

are the ones that require a good amount of "core strength" and work both the upper and lower body together as a unit.

Machines are a safer alternative to free weights. Free weights require more of an emphasis on proper technique. The likelihood of injury is greater when performing free weights if proper technique is not followed. This is the cause of the majority of gym related injuries that I manage at my clinic. Perform your exercises in front of a mirror, so that you can see that you are executing proper technique. Be mindful of your technique towards the tail end of your set. If you are fatigued at the end of your set, your form will breakdown. This increases your likelihood for injury dramatically. If you are planning to lift a heavier weight than normal, ALWAYS have a spotter present.

The Benefits of Weight Training
Weight machines and Free-weights offer both pro's and con's. When

I work with my novice clients I typically start them off performing exercises on Freemotion equipment. As their skill and confidence increases, I introduce free weight exercises into their workout plan.

The benefits that you will reap from hitting the weights include faster recovery from injuries, prevention of overuse injuries, and reduction of muscle imbalances. You may also notice that on race day that you will be able to tackle those hills with ease and bridge the gaps between running groups quicker. If you happen to get into a dogfight with another runner at the end of the race, your final kick will be stronger because of those hours you spent pumping iron.

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

Santa and His Helpers...

On December 8 a group of Trotters headed out into the streets of Arlington Heights for the club's annual Santa Run. They greeted holiday shoppers and spread Christmas cheer.

Robin and Tony Gialanella were the gracious hosts for the post-run snacks and party. A great time was had by all!

