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# The Trotter Chronicles

July 2008

Dedicated to Runners of All Levels

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## Adventures in Marathoning – May Madness

by Ed Nikowitz

What happens when you run four marathons in four weeks? I was about to find out. This year I should complete my 50 state marathon quest. In order to do that, I would have to run a marathon every weekend in May along with one two weeks before and one two weeks after. It's not that I am doing a million marathons this year. I am doing nine. They just all happen to fall in a very short period of time.

Now I have always believed you can do quantity or quality, but not both. So my plan was simply to complete the marathons in whatever time it took. I had to finish them all. I have used the run/walk strategy before and was looking at it for this string of races.

I had already planned to finish the 50 states in Denver in October. And some of my running buddies jumped the gun by signing up for the Denver race and one even booked her airfare. So it was even more important that I finish all my races. I also needed to keep my streak alive. I have never DNF'd in a marathon.

The May Madness started in Providence, Rhode Island on May 4. I was traveling with Mary Papreck, Steve Sawyer, Mark Rudnicki and Paul. Mary, Steve and I can usually run together for part of the race. On a good day, I can keep up with Steve. But Mary had been running really well for the previous year. So she had consistently kicked both our asses. Off we went. I planned on hanging

with them for as long as I could. We ran together more or less for about 15 miles. Mary was not having a good day. At this point, she had fallen behind a little bit. Steve and I decided to wait for her, sort of. After about a minute, I became impatient and ran ahead. I felt good, so I continued to run. The plan changed. I would run ahead until I go fatigued. They would catch me while I was taking walk breaks. Around mile 20, I realized I would probably finish in the 4:20's. This would be my best time in about 15 marathons. So I had to go for it. My next marathon was six days later. I would go easy then. I would definitely run/walk that race. I finished at 4:24 and felt relatively good considering I had just run 26 miles.

The week went by quickly. Beside my normal busy schedule, I had to complete all my weekend chores during the week. It was Friday before I knew it. Off to Brookings, South Dakota. No fellow idiots with me this time. I couldn't talk any of them into coming with all four marathons. On six days rest I was still kind of tired. Part of me said go easy. We still have a lot to do. The other part (the idiot) remembered that Nancy Roder had PR'd on the course a year ago. I would go easy. It was pouring rain. It rained all day. I was in no hurry. I started off with some other 50 staters. We were just chatting away. I had settled into a very nice pace. Again I felt pretty good. But I would not push it. I would simply go with the flow. As I approached the half,

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

A Trotter Membership Directory is published in the 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.

Save Thursday, July 24 on your calendar for the:

## Busse BBQ and Beer Run

The next Arlington Trotter BBQ and Beer Run of the season will be held **Thursday, July 24**. Traditionally Beer Runs are held every fourth Thursday from May through August at Busse Woods Forest Preserve.

Runners start running around 6:00 p.m. Dinner is served at 7:00 p.m. The cost is \$7.00 per person for food and beverages – all you have to do is show up and enjoy!

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

Hope to see you there!



## Trotter Race Results

**Leaning Tower YMCA Triathlon on May 18**  
Karl Buschmann (5/11 Age Grp.) 1:12

**Twin Lakes Triathlon on June 29**  
Karl Buschmann (13/31 Age Grp.) 1:43

**Batavia Triathlon on June 8**  
Karl Buschmann (6/25 Age Grp.) 1:31

**Wauconda Fest 5K on June 29**  
Dan Roder (4th overall; 2nd Age Grp.) 18:50  
Nancy Roder (2nd Age Grp.) 26:49

## Arlington Trotters Board Meeting Minutes for June 9, 2008

Present: Ed Nikowitz, Steve Sawyer, Roger Thompson, Mary Papreck, Leah Kadamian, Steve Breese, Mike Kendrick, Christine Stahl

### Schedule of Events

1. Not confirmed as to whether the Trotters will be helping out with Frontier Days since our location has been moved from the Beer Tent to Porky's. Steve Sawyer to get more information and report back.
2. Beer Run – June 26th at 6 p.m.  
Steve Sawyer to host.
3. Skirt Run – June 14th at Mark's Store
4. Frontier Days 5k Run – July 6th

### Determining commitments and following through

1. Various requests come to the web site inquiring on various subjects – need to determine who is going to answer them in a timely fashion.
2. The Board is looking for additional help from its member base to take on responsibilities such as responding to potential members. A canned reply which can be modified was created.
3. Once a potential member has been contacted, someone needs to be the greeter.
4. Need to determine whether the Trotters are a running club or social club.

### Thursday Night Runs at Running Unlimited

1. Ed Nikowitz approached Eric at Running Unlimited about getting Thursday night runs started. Eric was all for it.
2. Discussed with the Board and can't commit. May not be able to get enough Trotters involved.

3. Also discussed of possibly restarting Thursday night runs at Lake Arlington.

### Walter Payton Cancer Fund Alliance

1. Mary Papreck was in contact with Devree Molnar of Cancer Treat Centers of America. Devree is in charge of putting a team together to raise funds.
2. Invited their group to join us on Tuesday nights at Runner's High and Saturdays at Busse Woods. We would not be formally training them, but would assist and give pointers.

### Hosts for Future Beer Runs

1. Steve Sawyer – June
2. Roger won't be at June beer run so someone will need to get stuff from him. He has condiments, plastic ware etc.
3. Need host for July
4. Mike Kendrick – August

### Fall Programs

1. Steve Sawyer to ask Carey Pinkowski to speak at a Trotter meeting in September
2. October possible social event such as Dave & Busters or bowling.
3. November - Boot Camp speaker
4. December no meeting due to the holidays
5. January – Winterfest Party date to be determined
6. February – speaker Nutrition
7. March – social event to be announced

## You are invited: Wednesday Night on the Harper Track

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

The workouts began about a month ago and have consisted of running repeat quarter miles, half miles and full mile runs. Last week the group did "ladders".

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

### July Track Workout Schedule (subject to change)

July 2: Super-Sets  
July 9: 1/2 milers  
July 16: Ladder  
July 23: Milers  
July 30: Quarters



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

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

## Ask the Doctor about: **Shin Splints**

*by Dr. Nick Nowicki*

You are running along in Busse Woods when you start to feel this burning pain just above the ankle. The pain is tolerable so you decide to run through it; in hopes that it goes away. But, it doesn't. After a couple miles, that pain has now radiated halfway up towards your knee. You stop running to stretch out and grab some water to calm the spasm down. As soon as you start up again, that deep, burning, pain is back.

Shin splints are the most common lower leg condition that I manage. It is an over-use injury that afflicts many runners. The common causes of shin splints are: sudden increase of mileage, running on hard surfaces, running down hills, wearing worn-out shoes, inflexible calf muscles, and increasing the intensity of your workouts.

### **Types of Shin Splints**

There are two varieties of shin splints: anterior and posterior. Anterior shin splints are more common than posterior shin splints. Anterior shin splints cause pain in the muscles in-front of your lower leg. These muscles allow us to point our feet and toes towards the ceiling. They also function as shock absorbers when we walk and run. Running on hard surfaces or wearing worn out shoes causes your shin muscles to work overtime to absorb the shock. These muscles will fatigue and weaken resulting in burning shin pain.

Tight calf muscles will increase your chances of developing anterior shin splints. The calf muscles are antagonists to the anterior shin muscles. If the calf muscles are too tight the anterior shin muscles will be weak and will not absorb shock as effectively.

Running down hills frequently will cause anterior shin-splints. When we run down hills (especially steep ones) the tendency is to lean back and change our stride so that we don't do a somersault. The anterior shin muscles activity increases significantly as we "brake" down the hill. The anterior shin muscles will fatigue causing shin pain.

The posterior shin splints pain is located on the inside portion of your lower leg. Posterior shin splints are often mistaken for

calf strains or a stress fracture. The muscles that are affected function to stabilize the foot and ankle joint when walking and running. If you are an overpronator, your chances of developing posterior shin splints will increase because the muscles are working too often to prevent the excessive motion in the foot and ankle joint.

### **Managing Your Pain**

Ice massage (freezing water in a Styrofoam cup, peeling it back to expose the ice, and rubbing it over the affected area) for no more than 5 minutes is the best home remedy. It is a more specific icing method than placing an ice pack over your entire lower leg. Weekly mileage should be decreased and avoid running on hard uneven surfaces. If the pain is too severe, running should be avoided and activities such as biking or swimming should be supplemented. Check that your running shoes are in good condition and replace them every 350-500 miles. Remember, always perform a warm-up and cool-down. Be sure to stretch before and after your workout.

### **Shin Splints That Won't Go Away**

When a chronic shin splints case walks in my office, I perform a gait analysis. A gait analysis evaluates your biomechanics when you walk and run. Generally, the cause of chronic shin splints is faulty foot mechanics such as over-pronation. A custom orthotic is recommended. If the faulty foot mechanics are not addressed the probability of a shin splints relapse increases.

In any chronic shin splints case, there is usually a significant amount of inflammation and scar tissue present in the affected muscles. This is because of the pounding and repetitive nature of running. Scar tissue is weak, inflexible, and prone to injury. To reduce the inflammation and scar tissue, I perform manual therapy which is a more aggressive form of massage. I also use ultrasound (the deep heating form) to decrease the shin splint pain.

Once the shin splints pain is resolved, elastic band exercises are provided to the patient to perform at home. These exercises will strengthen the weak lower leg muscles.

## Races in Review

# Fourth of July Tribute to Iowa

by Michael Zielinski

This article is a tribute to the state of Iowa in which 83 of its 99 counties were declared disaster areas earlier this year due to flooding.

Iowa's most famous July athletic event is RAGBRAI®, The Register's Annual Great Bicycle Ride Across Iowa, an annual seven-day bicycle ride across the state. RAGBRAI heads into its 36th year as the longest, largest and oldest touring bicycle ride in the world. Along the way, the bicycle riders will follow part of our country's first coast-to-coast highway, the old Lincoln Highway on U.S. 30. The beauty of Iowa should take the riders' minds off the challenging hilly terrain.

Prior to Iowa's horrific June weather, the Drake Relays were held from April 23-26 in Des Moines at Drake University. The Drake Relays has grown to become one of the largest and most important track meets in United States.

The 10K RiverRun was held on April 27 at the University of Iowa in Iowa City. Not to be outdone, at Ames on May 11, the Central States Marathon and TIMTAM 50K took place on park trails by the beautiful campus of Iowa State University. Twenty days later on May 31, "Iowa's Distance Classic", the Dam to Dam 20K race started on Saylorville Dam.

The next two Iowa 26.2 milers were the June 14 Marathon-to-Marathon from Storm Lake to Marathon and the July 19 University of Okoboji Marathon that started at Pike's Point State Park near the shore of West Lake Okoboji, a lake considered by National Geographic to be one of the world's three most beautiful blue lakes. The course then circled the lake with a finish at the end of the State Pier on the waterfront at Arnold's Park prior to a summer break in the lake water. 2008 also is the 34th anniversary of the prestigious *Quad-City Times* Bix 7 mile run to be held on July 26.

On September 28 the Quad Cities Marathon runs through the popular cities of Bettendorf and Davenport. The next marathon, the Siouxland Lewis and Clark Marathon, takes place on October 18 in Sioux City and is the only 26.2 miler on the far western side of Iowa. The event starts in South Sioux City, Nebraska prior to crossing the Missouri River at mile five on the Veterans Bridge into Iowa.

On October 19 is the Des Moines Marathon with the start at Nollen Plaza and a view of the Iowa State Capitol. The marathon route then goes from downtown to Drake University. The route also includes a loop around the historic track at Drake.

One week later on October 26th is the final Iowa marathon for 2008, the On the Road for Education Marathon in Mason City. The event begins at Music Man Square before reaching the surrounding countryside. Some historic sites that the runners pass include the original site where Mason City began and Meredith Wilson's (the Music Man) boyhood home, a Frank Lloyd Wright designed home and hotel, a historic district of Prairie School architecture and a scenic path along the Winnebago River.

The 23rd Annual Alliant Energy Fifth Season 8K in Cedar Rapids was scheduled for July 4 but has been rescheduled for Labor Day due to the flooding. This run is ranked third among women and fifth among men in 8K runs in the nation (*American Road Racing Statistics, 2007*). Happy 4th of July and in the "Spirit of 76" from The Music Man, "Seventy six trombones led the big parade with a hundred and ten cornets close at hand. They were followed by rows and rows of the finest virtuosos; the cream of every famous band." Antonin Dvorak's New World Symphony was also composed out of Iowa in tribute to the United States and from the Iowa movie Field of Dreams, "Go the distance." \*



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

## Tales from the Dork Side

by Trisha Dean



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

“Convert to skirt.”

“It’s not about the fastest time, it’s about the journey.”

These are the mottos of two races held over two recent consecutive weekends that highlighted women athletes. The first was Skirtchaser, a 5K held Saturday night, June 14 from Runner’s High and Tri in downtown Arlington Heights. This national series is the brainchild of triathlete Nicole DeBoom, who tried unsuccessfully to find feminine running wear for training and racing. Coming up empty, she started her own line, Skirt Sports, which features running skirts and dresses for women runners. The concept of Skirtchaser is that women start the 5K (wearing skirts provided in the race entry) three minutes before the men. The men “chase the skirts,” and the first three to cross the finish line, male or female, are the winners. In the Chicago area stop to the half dozen or so national series races, all three winners were female, though in all previous series races, at least one man “caught the skirts.”

This race was a lot of fun, and not your typical 5K. Not only was it run on a Saturday night, it featured a fashion show, block party, and discounts on skirt products at Runner’s High and Tri (think Convert to Skirt!). Friday night featured a kids’ race, in which my daughter Rui ran. All participants had a great time and earned cool pink medals. Hopefully the Skirtchaser will be back next year, as it was a good time and has a very low hassle factor for suburban runners, yet the race has more of a city feel.

Only eight days later, I participated in another women’s event, and in this race no men are allowed. I braved a very high hassle factor race by driving to Naperville, twice, to race in the US Women’s Triathlon Series. I first participated in a version of this women’s triathlon about twenty years ago. The idea is that some women are intimidated by racing with men, so the all-women’s venue would attract women who

otherwise would not participate in triathlon. At the time I was racing in co-ed triathlons, but a bunch of my female training partners decided to race the women’s series, then held in Milwaukee. One of the husbands sat in a lawn chair and cheered us on yelling, “Go Broads!”

Back then Trotter Bill Capek remarked that women had fought for years to race with men, and he wondered why women wanted a race of their own. A short-lived all male race series followed.

While I’ve never really totally embraced the all women concept, I must admit when I participate in these races, they do have a certain spirit. From the elite athletes to the top age groupers to the first timers who never worked out in their lives, women are supporting women.

This year we had two lightning delays in Naperville, which pushed the race back over an hour, so I had plenty of time to chat with other women in my wave, age 56 and up. There were women of all shapes and sizes, just as there were in the Skirt race. One, Dee Regalie, has been a top U.S. age grouper for years. Other women confessed they had never exercised in their lives until training for this race. So how can an all women’s race be a bad thing? (It’s not about the fastest time, it’s about the journey!) The series benefits ovarian cancer research and featured a “triumph” wave for those who had beat cancer, lost someone to cancer, or raised money for the effort. Our own Peggy Corey, cancer free for a dozen years, opted to race in her age group instead, handily taking 2nd place out of 19 racers.

In high school I was a baton twirler. In those pre-title IX years, it was one of the few athletic options available to girls. Who would have thought that in my lifetime I would be able to participate in two athletic events dedicated to females in a week’s time? \*

## "Pre": If Only for a Moment

by Nancy Roder

Most people when asked can immediately name someone who inspires them, someone they see as a hero. Sometimes it is a family member or a friend. Sometimes it is a celebrity or sports figure. Someone living or someone dead. Death brings a poignancy to that inspiration, especially if that person dies young, at the peak of his/her gift. Most serious runners know the most luminous and yet grounded of running heroes was a young man from Oregon named Steve Prefontaine. "Pre" as most of the running world knows him. I did not know much about him until I met and married Dan, who has our garage walls plastered with his posters, owns t-shirts emblazoned with Pre's face and talks about him with a reverence that I don't hear when he speaks of anything else. So after several years of stories about this paragon of the running world, watching both versions of his life story a number of times and hearing Dan's wistful "some year" we will go to Oregon and "some day" we will run on Pre's trail, I said why "some day", why not this year. And so we began to plan our pilgrimage to where this amazing young man lived, ran and died - Eugene, Oregon.

As fate would have it, this year's Olympic trials in track and field are to be held in the very stadium where Pre spent his collegiate career, Hayward Field, on the beautiful campus of the University of Oregon. Nestled in a river gouged valley and surrounded by stunning blue hazed mountains and lush old growth forests, Hayward Field is the perfect venue for a track meet. And although Pre's Olympic career was not the golden one he envisioned, it is only appropriate that "his" field should be where athletes come to realize the first step toward their Olympic dreams. Sadly, that would not be where Dan would realize his dream, as there were no tickets to be had for any of the week long events.

So we instituted Plan B which still involved Hayward Field, and perhaps even more fittingly, was an event called the

Prefontaine Classic, an international track and field meet held in early June. On the strength of his name alone, stars from the track world descend every year on Eugene to compete in an event honoring him and where innumerable American and World records have been broken. It was to this event and the hollowed stands of Hayward Field that Dan and I came to soak in the aura and perhaps learn to run a little faster and drive a little harder. There is just something about this place that is indescribable.

We arrived into Eugene two days before the track meet and settled into our hotel on the edge of the University of Oregon campus. Besides the track meet, there were three other "must sees or dos" we needed to experience to truly immerse ourselves into the full pilgrimage experience: (1) run on Pre's trail; (2) visit Pre's rock and (3) cover ourselves from head to toe with Pre merchandise. We began our trek at the Nike store where there is an entire wall devoted to Pre, complete with video clips, old beat up shoes and everything "Pre". And of course, there were t-shirts, lots and lots of t-shirts. Dan showed admirable restraint by buying only two and a pair of shoes. Later in the weekend we would visit the University's bookstore and Dan would purchase five more shirts, a hat and a video. This was, after all, a pilgrimage and what would it be without souvenirs?

Next on the agenda was Pre's Rock, a monument to him that resides at the exact spot where Pre's sports car overturned and caused his death. Upon this Rock, those who have been inspired by him have left tokens of their admiration in the form of shoes, race numbers and race medals. It is a solemn place overlooking the town of Eugene with a headstone paid for by prisoners from a nearby prison where he mentored. So many lives touched, such a horrible waste of a gift. Standing there in the cool silence just before dusk, if you stand with your hand on the rock and listen very closely, you can hear the rev of the engine, smell the burn of the tires, feel the vibration of the impact that marked the end an era.

(continued on page 8)



### 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.

## Saturday Mornings at Busse Woods

I know that many of you don't like to be tied to the clock and that is why running is such a great sport for us. However, many of you are now planning on running a 10K, half marathon or a marathon sometime this year and to do this you need to do some "than your neighborhood" runs.

Why not join the group Saturday mornings at Busse (check the Trotter web site for specific details)? Come and see what fun running with a group is! The pain of exertion is greatly reduced when talking to others and the time goes by more quickly than running by yourself or with your ipod.

We frequently get e-mails from potential members wanting to know about us and where we run, and many times we are asked how slow do you run? I remember a time, not so long ago when we used to have a group of about twenty run the loop. Let's resurrect those good ol days!

So, all of you slow folks come on out and join us slower folks and see what real social running is all about.

Thanks,

Steve Sawyer  
Trotter Vice President

*Pre... (continued from pg. 7)*

The next morning we rose early to run Pre's trail in the hazy morning light. Not more than a few blocks from our hotel and across the rushing river by a foot bridge, we came upon his trail. Covered by red wood chips and meticulously groomed and maintained is 4.8 miles of a trail that Pre used to run every day. Winding through wooded groves, past verdant meadows and beside a meandering stream, this trail is a testament to his passion and all those who have followed. Although I was struggling with an injury due to a recent fall, I knew that I had to run that trail, even if only a small portion of his route. We almost felt compelled to talk in whispers, reverently attempting not to disturb the pristine silence that enveloped us. I left Dan to complete his run alone and to commune with his hero's memory.

On the day of Classic, we again rose early, this time to run through the campus, past a awakening Hayward Field on our way to visit Pre's Rock one more time. It just felt fitting to visit his monument on the day we would also be honoring him on the field of competition. To reach the Rock meant running up the side of the mountain, catching glimpses of the ribbon of river far below. Pre once said "I run to see who has

the most guts." That morning, I made it only half way up the hill, Dan gutted it all the way to the top in tribute and inspired by a man long gone, but not forgotten.

What can be said of the Classic itself? Sitting on the hard wooden bleachers of Hayward Field in the bright sunshine after days of spotty rain made us feel like we had come home. The crowds were enthusiastic, the competition fierce and the snap of the flags in the warm breeze was like the sound of Pre's feet striking the track in a never ending race. A complicated, talented and tragic young man who truly believed that, "To give anything less than your best is to sacrifice the gift." He makes you want to run faster, strive harder and be somehow more true to your better self. As runners, he is truly what we all should strive to attain, seemingly effortless running with a large dosage of guts thrown in for good measure. As the last athlete vaulted through the air and one more runner circled the track to bring the Classic to a conclusion, his presence permeated the field, the University and the town of Eugene until we felt as if we knew him, if only for a moment. \*  
\*





...*May Madness* (continued from pg. 1)

I realized I was ahead of last weeks pace. But last week I finished strong. I would be happy if I broke 4:30 again. Around 20 miles, I realized I could break 4:20. Again I decided I would go for it. Again I finished strong. 4:14. It was my fastest marathon in about 20 races. Holy Cow! I would definitely go easy next week.

I was happy that I had eight days rest. I would be fully recuperated by then. I knew Wilmington, Delaware was very flat. But after two races, I just hoped to have a decent time. The weather was perfect. I thought I would have a good day. I started out nice and easy. 9:27. A good first mile. Before I knew it I was running 9's. But I felt okay. So I would go with it for a while. I relaxed and went with the flow. Then at mile 6, I did an 8:35. I forced myself to slow down. If I didn't, I would pay the price later. The next few miles were around 9. My time at the half was 1:57. Not a PR. But I can't remember the last time I broke two for the half. I was sure I would pay for it later. I continued at a good clip until around 20. Then fatigue set in. But so did the adrenaline. I realized I had a shot at finishing around 4:05. I haven't run a marathon that fast since 1995. So I had to go for it. I ran mostly, but took a couple of short walk breaks. I couldn't believe it. I finished in 4:04. Unbelievable! Although, I have to say that Mary told me ahead of time that I would run a 4:05 soon. My running has improved this year, but what about the fatigue factor?

Back at home, the gang that was following my exploits was somewhat surprised, but not shocked. One question I kept getting, was a 3:54 next. I knew it wasn't. I was going to Burlington, Vermont. Not the flattest place in the world. The weather would be warmer. And Mark would be there. Which meant many beers the night before the marathon. My plan was to run to 20 and just combine walking and running the rest of the way. Mile 15 was right in front of our hotel. So was a huge hill. I had already decided I would walk it before the race even started. Again I just went out nice and easy. The course started out down hill for what seemed like

many miles. Well, that would make sense based on the hill at mile 15. I hit the half-way point around 2:06. I was relieved. No reason to push it today. I walked the hill at mile 15 as planned. Then I started trotting along. I was sure I would take it easy the rest of the way. Around mile 18, this girl named Amber pulls up along side me. She comments on my shirt. I had 46 states marked off on the back. We start running together. It was her first marathon. After a while, she says she needs a walk break. I wish her luck and move ahead.

At the next water stop, I reach for a goo from a volunteer, but somehow miss. So I stop and walk back. I finish the goo and get some water. Off I go again. Amber had gotten ahead of me. So we chat some more. It becomes apparent that she would like me to run the rest of the race with her. I'm thinking no big deal. It is her first marathon. She will fade after 20. No such luck. We click off 9's for the rest of the race. So much for taking it easy. I finish in 4:21.

So apparently recovering and tapering are for rookies. I ran another 4:29 two weeks later in Helena, Montana at elevation with hills and 20 mile an hour winds. My next marathon isn't until October 11. I will probably go crazy by then. But how does an idiot go crazy? \*

## Big Thanks to our Jelly Belly Days Volunteers

The site results are in for the 2008 Clearbrook Jelly Belly Days fundraiser. . . drum roll please. . .

Dundee & Hicks for Friday \$1,229.35

Arlington Heights adn Golf on Saturday \$1,551.59

NW Hwy and Smith for Saturday \$1,000.25

Dominick's at Dundee on Saturday \$ 75.00

The total collected at this year's Jelly Belly Days event was equal to last year's total amount raised (\$120,000) but was accomplished by collecting for two days instead of the four days! Janis from Clearbrook sends her deepest gratitude to everyone who helped with this event.