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The Trotter Chronicles

June 2008

Dedicated to Runners of All Levels

In This Issue

<u>Club News</u>	<u>2</u>
<u>Ask the Doctor</u>	<u>4</u>
<u>Races in Review</u>	<u>5</u>
<u>The Dork Side</u>	<u>6</u>

March 30, 2008

The Bataan Memorial Death March

Co-authored by Mary Papreck, Ed Nikowitz and Steve Sawyer

The Bataan Memorial Death March honors a special group of World War II heroes. These brave soldiers were responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines. They fought in a malaria-infested region with little or no medical help. Food was scarce; equipment they fought with was outdated and there was virtually no air power.

On April 9, 1942, tens of thousands of American and Filipino soldiers were surrendered to Japanese forces. The

Americans were Army, Army Air Corps, Navy and Marines. Among those seized were members of the 200th Coast Artillery, New Mexico National Guard. They were marched for days in the scorching heat through the Philippine jungles. Those that fell were bayoneted and/or clubbed

by Japanese soldiers. Those who tried to help their fallen comrades were also bayoneted. Thousands died. Those who survived faced the hardships of a prisoner of war camp. Others were wounded or killed when unmarked enemy ships transporting prisoners of war to Japan were sunk by U.S. air and naval forces.

It would be almost four years before the POW's were liberated.

The Army ROTC of New Mexico State University started this event in 1989 as a memorial to the 200th Coast Artillery, New Mexico National Guard. White Sands Missile Range and the New Mexico National Guard joined in sponsoring the event in 1992 and the event moved to White Sands Missile Range.

Ed: Our Armed Forces never get the respect that they deserve, but in this small part of New Mexico, they make sure the Bataan POW's are not forgotten.

Mary: Months ago we tossed around the idea doing the Death March. Ed Nikowitz, Steve Sawyer and I are working on completing a marathon in all 50 States, Mary Ann Zemla was on board since she missed out two years ago. The idea was then tossed about as participating as a Civilian Light Team. This event is primarily a military event which is also open to civilians. There are several categories which include either Civilian or Military Individual Light or Heavy (carrying a minimum of 35 pounds at all times); Team (Civilian or Military) Light or Heavy; and Amputee Division. The event grows larger every year and this year had over 4,700 participants.

The Team Challenge requires 5 people on a team. The most important rule is that you never leave a soldier behind and you must finish within 20 seconds of each other or your team is disqualified. Ed has traveled to quite a few marathons with Mark Rudnicki (new Trotter member) so Mark was our 5th participant.



Team members (from left to right): Mark Rudnicki, Mary Ann Zemla, Ed Nikowitz, Mary Papreck and Steve Sawyer

(continued on page 7)

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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.

Save Thursday, June 26 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, June 26**. 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 \$8.00 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

Euro Marathon (22 miles) in Lake Geneva on May 10

Rick Hayes 3:40:45

Elgin Fox Trot 10 Miler on May 26

Dan Roder (4th in Age Grp) 1:05:01

Nancy Roder 1:39:30

Huntley Run thru the Sun 10K on June 1

Dan Roder (3rd Overall; 1st Age Grp) 39:10

Nancy Roder (2nd in Age Grp.) 1:00:12

Frontier Days Workers Needed on July 3

In the past, the Trotters have manned the Beer Tent at Frontier Days. This year our Festival Volunteers will be manning Porky's Tent. We are looking for 16 volunteers between 4:30 p.m. till 10:30 p.m. on Thursday, July 3rd. We can arrange the shifts in any way we'd like. For example: 8 people for all six hours or 8 people between 4:30 p.m. till 7:30 p.m. and another 8 people from 7:30 p.m. till 10:30 p.m.

Please let Steve Sawyer know if you are available at buzzsaw@comcast.net.

You are invited:

Wednesday Night Track Sessions

Come meet us on **Wednesdays at 6:30 p.m.** on the Harper College outdoor track for the famous Trotter Track workouts! These workouts are guided by our track coach, Dr. Nick Nowicki and are free to Trotter members.

The workouts are intended for any of our club members who are interested in increasing pace speed. You do not need to be a speed demon nor a marathon runner to benefit from these sessions!

Please bring a water bottle or Gatorade. For more information contact Nick Nowicki at nicknowick7580@hotmail.com.

Help Needed for Christmas in June

Steve Sawyer is looking for volunteers to help with some handyman or handywoman jobs for the Christmas in June project. See Steve's message below.

We have a house! The home is owned by Ms. Jeannette Werner and is located at 803 Cedar Lane in Northbrook. The house is at the intersection of Dundee Road and Ash Lane (also Cedar).

Ms. Werner is a divorced 67 year old woman that has lived alone for many years. We have a few things to correct for her. She is a perfectionist, so I am not sure why they selected me to head up this one, but a challenge is what we runners look for!

Some of the things we are going to do include:

- mow the lawn and spread weed and feed on thousands of dandelions (I will also bring along a container of spray-weed killer) and trim up the bushes
- spread bug killer around the perimeter of the house (she has bees and ants)
- extend her sump pump discharge hose
- fix a drain pipe
- patch a roof leak with caulk
- caulk around the bath tub
- drano the bathroom sink
- check out her garbage disposal
- repair her garage door opener
- replace two entry locks

- fix some metal screens that have holes or have been pulled out of the frame
- replace a lawn hose
- fix a back storm window (pulled out from the window frame)
- fix the dryer vent

These are relatively simple tasks, but things that an older person finds hard to do. She also has had a number of "contractors" come in to perform service and she told me that they charged her too much and didn't fix anything! We are already ahead on that front as we won't charge her anything!

These are not difficult tasks to do and we should be finished in several hours if we get a nice turnout!

The date I have set for this is Saturday, June 7 and let's plan on meeting there at 10:00 a.m. That way you can get your Saturday morning runs in before you come over to help.

Perhaps we could schedule a morning stroll through a nearby forest preserve in Northbrook.

Please let me know if you plan on helping out (buzzzsaw@comcast.net). It will be fun and moreover, it will provide some comfort to a little old lady in Northbrook.

Thanks,
SS

Start Planning a Run@Work Day Event

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

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

Sign the free pledge to run or walk at least 35 minutes on September 19, 2008 in support of RRCA National Run@Work Day.

To help employers, running clubs, or individuals plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit". The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants.

Run@Work Day events can be posted on the RRCA Calendar for FREE. Event organizers can use the special event code, Run@Work Event.



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.



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.

Looking to run faster times this summer and fall? Then join us for Wednesday evening track workouts at Harper College beginning on May 7 at 6:30 pm. All paces are welcome!

Ask the Doctor about: **Training in the Heat**

by Dr. Nick Nowicki

Believe it or not, summer is almost upon us. It seems like yesterday that we were training outside with our snow-gear. With the weather warming up, numerous runners are hitting the pavement to train for their races in the summer and fall. Seasoned runners can tell you that the elements during the summer months can be just as unforgiving as the winter.

Exercising causes your body to produce heat and temperature to rise. Your body's air conditioning unit is sweat. When sweat dries (evaporates) your skin will cool-down. The problem with the Chicago area is the humidity. Humid air has a high moisture content. As a result, your sweat does not evaporate as effectively. It just clings to the skin and your body temperature will continue to rise. Once your temperature goes above 104° Fahrenheit, your body can lose the ability to cool itself. This can cause problems like dehydration and heat cramps. If these problems are not addressed, serious conditions can manifest such as heat exhaustion and heatstroke.

Recognizing the Warning Signs

Here are some symptoms that you should keep in the back of your mind when you are training by yourself or with a group.

Heat Cramps: Cramping, tightening, or spasms of muscles during or after exercise

Heat Exhaustion: Rising body temperature, increased sweating, weakness, nausea, vomiting, headaches, dizziness

Heatstroke: Body temperature of 104° Fahrenheit or higher, no sweating, confusion and disorientation, seizures, coma.

Management of Heat-Related Illnesses

Heat cramps will resolve by drinking fluids (a sports drink with electrolytes would be the best option) and stretching/massaging out the muscle that is in spasm.

If you suspect that someone in your group (or yourself) are experiencing heat exhaustion or heatstroke symptoms; immediately stop running and get out of the heat. Either go indoors or find some shade. You can

cool the person down using moist towels, spray bottles or a fan. If a tub is available, place the person in cool water or pack in ice until their body temperature has dropped under 102° Fahrenheit. Continue to drink fluids.

If you suspect that the condition has not improved or worsened, then the person must be admitted to the hospital. Heat stroke is a very serious condition that can cause damage to the kidneys, heart, lungs, liver, and brain.

Prevention of Heat-Related Illnesses

Exercise in the early morning or evening hours when it is cooler. Be sure to wear loose fitting clothing. Avoid wearing dark colored clothing because they act as "heat magnets." On your long runs you may want to bring a couple of dry t-shirts. A few pairs of socks maybe a good idea to pack if you are prone to developing blisters due to an over-production of foot moisture.

Thirst is a poor indicator of your body's hydration levels. Drink plenty of fluids throughout the day and your workout. Your body can lose up to 2 quarts of water for every hour you exercise. You should be drinking fluids every twenty minutes. Be sure to wear a water-belt or "camel-back" on those long runs. If you do not like running with either of those items, then hide fluids throughout your route. A sports drink will replace electrolytes lost through sweating. If you notice that the color of your urine is really dark then you need to be drinking more fluids. Throughout the day you should be avoiding drinks that contain caffeine and alcohol because they can dehydrate the body.

Summertime is a great time of the year to train. During those "dog days of summer" we all need to be taking better care of ourselves. If you or someone in your group starts to feel ill while running in the heat, stop immediately and grab some fluids.

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

Races in Review

Marathons in Big Sky Country

by Michael Zielinski

With the approach of June and the longest day of the year on the June 20th summer solstice, an appropriate running article for the sixth month of the year gives mention to each of the six Montana marathons.

The first of these events takes place on Saturday, June 7 in the capital city of Helena. This is Montana's largest running and fitness event, the 35th annual Governor's Cup Marathon. In prior years, the runners started in Marysville, a ghost town that was once the center of Montana's gold mining in the late 1800's. The 2008 race will feature a new course which will begin and end in the capital city with panoramic views of Helena that include St. Helena Cathedral, the State Capitol and the nearby mountains.

The second running of the Missoula Marathon is scheduled for July 13. The marathon course begins northwest of Missoula in Frenchtown and then follows the beautiful Frenchtown Valley and the Clark Fork River into Missoula, the "Garden City" and home to the University of Montana. The finish is in the downtown with the crossing of the Higgins Avenue Bridge over the Clark Fork River. .

The August 16 Grizzly Marathon is the next Montana race. It starts almost twenty miles to the west of Choteau in the Grizzly Bear Recovery Zone along the Rocky Mountain Front (about one hour south of Glacier National Park). Wildlife in this pristine area include: grizzly bears, black bears, mountain lions, wolves, elk, bighorn sheep, mountain goats and moose. The Grizzly Marathon course is on the eastern edge of the Bob Marshall Wilderness, a natural area for wildlife viewing, hiking, fishing, horseback riding and camping. The private land ownership consists primarily of ranchers who have a strong ethic to conservation stewardship.

Although the American Indians won the 1876 Battle of the Little Bighorn, their way of life would never be the same. The Little Bighorn Battlefield National Monument is located about an hour to the east of

Billings, which is Montana's largest city and the location of the September 21 Montana Marathon. The event starts to the west of Billings in a town called Molt which is at an elevation of 4,200 feet. The course goes through the countryside and finishes in Daylis Stadium in Billings at 3,130. This is Montana's only marathon in the large east-ern plain.

The Lewis and Clark Marathon is held in Bozeman, two hours to the west of Billings and is also scheduled on September 21. Lewis and Clark spent a significant portion of their journey in what later became Montana including the area around Bozeman. The 8th annual Lewis and Clark Marathon follows in the footsteps of these heroic pioneers over a course of trails, paved and gravel roads complete with breathtaking views of four mountain ranges and wide open spaces. The marathon begins east of Bozeman at historic Malmborg School. At the halfway point is the campsite where Captain William Clark and other expedition members camped in 1806. The course passes near the historic Fort Ellis archeological site and then heads into the eastern edge of Bozeman following the Bozeman Trail. The racers complete a lap on the Montana State University Track Complex to the finish line.

Montana's third marathon on September 21 is the Two Bear Marathon in northwest Montana. It is a point-to-point course that starts at Skyles Lake Lane at the Two Bear Gate. The first fifteen miles go through the Stillwater State Forest on dirt roads and trails. The remainder of the course is paved with miles 15 through 24 following the north and east shores of Whitefish Lake to City Beach. The final 1.5 miles go through the town of Whitefish on the new bike path before finishing at the Whitefish Community Aquatic and Health Center.

Nicknames for Montana include the "Treasure State", the "Land of Shining Mountains", and "Big Sky Country" along with the slogan "the last best place". Perhaps our world can learn from Montana's example of sustainable growth in harmony with nature. *



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.

Memorial Day, Fourth of July, Labor Day. What words do these holidays bring to mind? Red, white and blue, flags, veterans, USA?

For runners, these holidays mean one thing- races, and lots of them. Memorial Day means the Elgin Fox Trot, Salute Inc., Barrington's Run for Diabetes; Fourth of July is the Arlington Stampede and Barrington's Run for the Arts; Labor Day is Park Forest Scenic 10. These are just some of the most popular Arlington Trotter holiday races. Paging through the Chicago Athlete Event Guide, runners can find many more races in which to wear the red, white, and blue. This is the time to drag out those USA flag socks, shorts, and singlets!

A relatively recent entry to this holiday race calendar is the Salute, Inc. 5 and 10K, run the Saturday before Memorial Day. Salute, Inc. was founded in 2003, and according to the brochure, is "a non-profit organization dedicated to increasing awareness and support of issues facing active military personnel, veterans and their families and to provide financial support through advocacy and fundraising."

As someone married to a Viet Nam vet and the daughter of a WWII vet, I am certainly sympathetic to the plight of veterans. Whatever one's political views, it is hard to argue with Salute, Inc.'s mission. But I am there mostly to race.

The Salute, Inc. races were first run from Miner School, similar to the Stampede course. This year the venue was moved to South Middle School, which is surrounded by parks and an excellent staging area.

The pre race festivities were inspiring. The local winner of an Idol contest sang a great rendition of the Star Spangled Banner. Speeches were made, and Mayor Arlene Mulder made an appearance.

Plenty of Trotters, new and old, appeared at this hometown race. They included Jim Cichowski, Jan Draheim, Roger Thompson,

Tony Gialanella, Mark Rouse, Pom Rouse, Teresa Rouse, Mike Kendrik, Grace Wasielewski, Ken Norwood, and others.

I was struck by the fact that most of us are way past even master running status. Many of us ran times that are much, much slower than times we ran in our prime racing years. But we were there, still doing what we love, running races, and racing the best times we could muster.

After my 5K, I found Rui, who was playing with Katelyn Rouse near South Middle School during the race under the watchful eye of Mark Rouse. I am a graduate of South Middle School, and I grew up in a house just two blocks away from South. I started watching the 10K finishers. The winner, Andrew Jacobi, is the son of Ed Jacobi, the band director at Buffalo Grove High School where I work.

I saw Andrew finish in 35 minutes and change. I saw many other friends and familiar faces finish. And then, well after an hour into the race, the announcers said that two vets would be crossing the finish line of the 5K.

The first was accompanied by his parents, who wheeled him up to within feet of the finish line. He appeared to be in his early twenties. Helped to a standing position, he used every ounce of effort he had to walk to the finish. His arms and legs were twisted, but he walked proudly. Some minutes later, the second vet, also severely disabled, walked gingerly to the finish.

No spectators were dry eyed, no matter what their political views. The tragedy that these young men confronted every day was mind-numbing, and painful to confront. At the end, I had to turn away.

So, Trotters in our 40s, 50s, 60s, and beyond- remember, we are still running. We should be thankful every day for this great gift, at any pace. *

The Bataan Memorial Death March (continued from pg. 1)

Steve: This event held in the high desert at the White Sands Missile Range near Las Cruces, New Mexico is packed with cautions and warnings. These, of course, include not touching things along the side of the trail (unexploded ordnance—for those of you who do not have military training—BOMBS!), to what to do if you encounter a rattlesnake, or large blisters, sun stroke or miserable sunburn; to being properly trained and equipped to run many miles on sand in the desert and at altitude on a mountain trail. To make the event even more difficult a person could also participate carrying a 35 pound backpack the entire distance. While, we are idiots, we are not special idiots! We signed up for the Civilian Light Team category.

Ed: If one of us did not finish, we were all disqualified. If one of us finished outside the 20 second time frame, we were all disqualified. There were no exceptions. Now considering the DNF rate for this event is 25% and the fact that our normal marathon times span more than an hour, this did create some anxiety on my part. But that only added to the adventure.

The first hurdle was to convince our speedier participants that there would be no running ahead and waiting. During the months before the event I made the girls who are the fastest swear they would not run ahead. We would stay together and let the slowest runner lead the way. It was not until I was convinced that everyone would stay together that I would sign up as a team.

Mary: Steve met up with us just outside of White Sands. After some liquid libations we continued on to the Missile Range. Ed was our team captain and attended the mandatory meeting at in processing. Mark stayed with him; and Mary Ann, Steve and I headed over to the gym which would be out home for the night. We hoped that in time to secure some cots but we were sadly mistaken. We met Sgt. Reyes Marquez who was our guardian angel; and he directed us to some private space above the racquetball courts. The space was air conditioned, and there would end up being eight of us sleeping up there.

Steve: The White Sands Missile Range is a very large parcel of land where missiles have been developed, tested, launched and exploded. It is also home to the Trinity Site where the first atomic bomb was detonated.

Being hearty and thirsty souls we determined that it would be difficult to obtain our beverages of choice and food on a military base (especially so without being in the military) so we made a trip to town to fill our larder. In what has become a pre-race beerbo loading procedure, most of us were ready for the event that was to take place the next morning!

To garner the whole effect of the Death March experience we elected to stay on the base in the gymnasium on cots

provided by the base. Unfortunately there were not enough cots so we piled into the rental car once again and headed to the local Walgreens (local is a matter of relevance here) and found air mattresses to sleep on. The female members of our team were able to acquire somewhat better gym accommodations by making friendly with one of the military men in charge at the gym.

Mary: Lights went out around 10 o'clock. The boys arrived later after going to town to find something to eat. They turned on lights which set off a series of groans and calls to turn them off. After tossing and turning all night long and hearing Mary Ann move from air mattress to the wooden bench back to the air mattress, it was our 3:50 a.m. wake up call from our good buddy, Sgt. Marquez. The soldiers in the racquetball courts, as well as the gym got up and dressed and moved out as directed. Us stragglers who were cursing from lack of sleep due to some loud snoring coming from our own group, dragged our feet and finally were ready to leave. Very few people were left at the gym as we muddled around the pitch black parking lot at 5:45 a.m. Ed met Doug, a fellow 50-stater, in the parking lot who offered to pack the five of us in his car to take us to the start. Attached to a crane was a gigantic American Flag. The wind was whipping the flag around, but patriotism was in the air.

Steve: The morning was chilly and dark, by race time the sun was peaking above the horizon and the winds picked up from calm to gale force. We all assembled in the appropriate corrals depending on our race division and waited for the Opening Ceremony that featured the base general, a roll call of those still living and for those survivors that passed on in the last year. It was a moving ceremony and the original march survivors that attended were stationed along the sides of the road before the start line to greet us and shake our hands. It was impressive as well to think that these octo/nanogenarians shook over 4,000 hands in the early morning light!

The first part of the route was relatively easy on a wide sandy desert "road", this portion of the course was made for our team to regulate our combined pace and to rein-in those who wanted to run their "own" race.

The wind picked up even more, but it wasn't a problem as we were "going with it", but that didn't last long. Just as the sun heated the air, the course quickly turned into the wind and we began our climb. From mile 6 to 14 we climbed on both paved and sandy roads. The top elevation exceeded 8,000 feet and it was into the wind coming off the Organ Mountain Range. As we baked and sported salt encrusted red skin we made the turn and began our descent of the mountain. This was by far the best part of the race even though it was on an unimproved path with patches of deep sand and of course it was not all downhill.

(continued on page 8)

The Bataan Memorial Death March (continued from pg. 7)

The temperature climbed even higher and we spoke to one another about how difficult it must be for those behind us with full military fatigues doing this with their boots and rucksacks, for them it would indeed be a full day.

Once back on the flat it began to feel like a death march, clouds of dust kicked up by the wind further added to our misery. To make matters worse mile 21-22 was what they call the sand box, and if there were big cats in the area it would have been a litter box! The sand here is very deep making passage a strain.

During the day one of our teammates experienced an elevated heart rate and he began to fall back, requiring the rest of us to slow and walk with him until he regained normalcy. The air was very hot and dry and dehydration and blood thickening was claiming many participants.

When we re-entered the base town, Captain Ed Nikowitz, led the way with teammates Mary Papreck, Mark Rudnicki, Mary Ann Zemla and I crossed the finish line hand in hand. We were all very proud, dusty, tired, sunburned, wind-burned and blistered as well.

Ed: After a very nice memorial service, the race starts. Within minutes Steve, Mary Ann and Mary run ahead. I stay back with Mark. When they get too far ahead of us, I start yelling at them. They stopped and waited. We all start running together and they do it again. Again I yell at them. This goes on for the first few miles. Eventually, I run ahead and ask them to slow down. Finally they do. But not completely. Instead of running with us, Mary and Steve spend the entire day running 20 yards ahead of us. At first I am aggravated, but after awhile I figure WTH. We are here to have fun. We really treated this more like an ultra than a marathon. At each of the aid stations, we took our time, got refreshments and regrouped.

Mary: Ed was yelling at us even though our first mile was almost 11:30. Yes, we ran ahead, waited, ran ahead, waited until we reached the first real hill that we ended up walking up. Despite what Captain Ed says, we were never really that far ahead. I walked and talked to Mark. Mark let on that he was having heart rate issues, and I let him know I was having shortness of breath. Thank goodness we walked. This hill seemed to go on forever, and I was wondering if it was ever going to end. It was then that I realized this was not a race, but a time to reflect the sacrifices that were made so that we could participate in this event.

Ed: The last stretch of the downhill doubled backed over part of the uphill. Here we saw some people at mile 6 when we were at 19. They were in the heavy division carry the rucksacks. At that point, all of just couldn't imagine going up and around the hill with a rucksack.

Around mile 20, they had what they call the sand pit. It is

about a mile long in soft sand and slightly uphill. They had warned us about this part of the course. The sand was soft and it was uphill, but we were all used to much worse. It was almost a let down. Don't get me wrong because this was by far the most difficult marathon course we had ever run. But somehow, we thought it was going to be more difficult. I think it seemed less challenging because of being together as a team.

The last five miles were relatively easy. Mostly flat on dirt. At the last aid station, they gave us all American flags to carry the last couple of miles of the race. The last mile we ran together at a nice slow pace. Close to the finish line we all grabbed hands and raised them as we crossed the finish line together. We were again greeted by veterans who thanked us for participating in the race. And we all PW'd by a very large margin. Our time was somewhere around 6:15. But still, we were 7th out of 21 Coed Light Teams. And about 25th out of 100 light teams overall.

Up until now, when people asked me which was my favorite race I would always say Chicago or Anchorage. That has changed. It is now the Death March. Would I do it again? Definitely! I would do it again as a team. I would like to do it as an individual to see if I could improve on my time. Sawyer and I even talked about doing the heavy division next time. But then again, we are idiots....

Mary: I had a blast. It was hard because of the winds and altitude. Running on the asphalt streets were hard after running on the soft sandy course. The highlight of the experience was afterwards talking to Evans Garcia, a survivor. We spoke with his daughter, Margaret, both were featured in the documentary we saw the night before. We also shook hands with the Navajo Code Talker who was featured in Ken Burns "War". I would participate in the event again. It truly is an awe inspiring event, and my deep appreciation goes out to our Servicemen and Servicewomen, as well as the volunteers out on the course.

Steve: It is hard to be on the missile range/military base and not get a feeling of what our service men and women go through in service of our country. Everyone we encountered also had a sense of reverence for what had taken place over 60 years ago. It is the first marathon that I have ever run that made me feel that I was running for something other than myself.

The Bataan survivors credo is: "No Momma, No Poppa, No Uncle Sam". After shaking the hands of some that still are alive today and reading, seeing and hearing about the hardships and horrific treatment they suffered through, it was especially poignant for our team.

More information about participating in the next March can be found at: www.bataanmarch.com. *