



The Trotter Chronicles

March 2008

Dedicated to Runners of All Levels

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A Magical Marathon

by Erin Mink Garvey

In late February 2008, I kicked up my proverbial heels and ventured to Austin, TX, to visit my brother, Ryan, and his girlfriend, Kristen. My Austin experience included running in the AT&T Austin Marathon, and I signed-up for the race, my third marathon, with the lofty goal of shaving eight minutes off my previous marathon's time.

A little background: prior to running Austin on 2/17, I had only run the October 2007 LaSalle Bank Chicago Marathon (a hell of a way to begin marathoning) and Charlotte's Thunder Road Marathon in December 2007. I'm "relatively" new to running—"relatively," because I was a sprinter during middle school and high school. I could hold my own, but by no means was I a stand-out. When my high school track coach decided that he wanted to experiment with me as an 800m runner (my largest distance at the time was the 400m), I quickly reminded him that I had no interest, nor the endurance, to run such a "long distance." Funny how things change.

In January 2007, I began running again after years of chronic shin splints and periostitis. I signed-up to train and fund raise with Team in Training for the 2007 LSB Chicago race. Twenty-five pounds lighter, and more than a year later, I can definitely say that the marathon bug has bitten: and quite indelibly so. As I learned about the sport and art of marathoning, my ambitious self couldn't help but to begin to romanticize about qualifying for the esteemed Boston Marathon. As a twenty-four year-old

woman, I knew that I'd have to qualify under 3:40:59. I expected that it would take me several years, and many marathons, before I could accomplish such a feat. After finishing Chicago in 4:24 and Charlotte in 3:52, I aimed to finish Austin in 3:46. So nervous was I about hitting 3:46, in fact, that I told very few people about my goal time. I got butterflies in my stomach as I thought about my hoped-for time in the weeks before the race, and it even took some serious convincing from my husband, Connor, (a non-runner) that I could tell him my goal time. I hyped up the Austin race before I ever stepped foot in the state.

Training for Austin, post-Charlotte, and in the treacherous winter we have had this year, has been quite the "character-building" experience. The bruises that lined either side of my legs for most of the winter attest to my lack of gracefulness as I've tried to negotiate the snow and ice that has so often littered my trails and routes. Finishing a long run and realizing that frost formed on the exposed areas of my face has made for some interesting memories, too.

But alas, not all was lost. At the race's start line at 7 a.m., it was a balmy 40 or 50 degrees. An hour into the race, the temperatures climbed to a lovely 60 or 70 with an excellent breeze. The course was very hilly—thank god for preparing on the Home Economist— but Austin was an "honest" course. The race program said that the course favored those with hill training and those who were looking to run negative splits. I trained with both, so I figured, or hoped, that I was ready.

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Race Results

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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.

Midwest Indoor Tri Classic Series

Results for Karl L. Buschmann:
January 27 - 5/15 Age Group
February 10 - 4/13 AG
February 24 - 6/13 AG

March Madness Party

You are invited to our post-race bonfire party at our summer home along the Fox River following the post-race activities for March Madness. Food and beverages will be provided.

When: Sunday, March 16, 2008 - 11 a.m.
Place: 28892 Pioneer Grove Road, Cary

Directions from Cary-Grove High School: Go east on Three Oaks Road. Turn right (south) on Hickory Nut Grove Road. Go past stop sign at East Main. Turn left on Pioneer one block east of East Main. Follow road east; first white house with green trim on your left (east). Park on street and go down towards river.

Call Mary Papreck at 847-269-9098 for more information.

Shuffle Volunteers Needed on 3/30

We all know that volunteers are an integral part of putting on a race. Those of us who have participated in events where there have not been enough volunteers or water stops that didn't have enough or any volunteers (hotatlanta) can appreciate the importance of having good volunteers.

Carey Pinkowski has asked Beth and Pat Onines on behalf of the Alpine Runners to secure 75-100 volunteers for the Shamrock Shuffle. The water stop is located at State and Randolph in front of Macy's. Volunteers need to be there at 7:30 a.m. on Sunday, March 30th. This is a new water stop on this course. We have been asked to spread the word since it is harder to get volunteers this time of year.

If you can give back to the running community and help out, please e-mail Beth or Pat at onines1@aol.com or call Beth at 847/209-8843.

Time to Renew Your Membership

Don't wait any longer to send in your Trotter membership renewal form and membership dues for 2008. Your membership will give you the opportunity to participate in the FREE coached track workouts at Harper College beginning in April. And you will continue to receive our monthly e-mail newsletter which keeps you up-to-date on all the club events and activities.

Please fill out the application form below and return it with your membership fee. We look forward to seeing you 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 _____

Arlington Trotters Board Meeting Minutes for Wednesday, February 13, 2008

Board Members Present: Ed Nikowitz, Steve Sawyer, Roger Thompson, Mary Papreck, Mike Kendrick, Christine Stahl and Erin Garvey

Runner's Hi and Tri

Ed to meet with Mark to see what kind of partnership we can have together.

Dick Beardsley Presentation at Runner's High 'n Tri Fun run canceled. Members should wear Trotter t-shirts to promote club. Ed to bring t-shirts to give to those who sign up that night and for those who didn't get them at the Winterfest Party.

Mark will be having Carey Pinkowski at a March meeting at the store. Date has not been finalized. Steve to confirm with Carey and/or Mark.

Kickoff Saturday Morning Run

Discussed at a prior board meeting about mixing up the Saturday runs. The kickoff run this Spring is at Deer Grove on April 12th. The trails are marked and there are different distances to run. Roger to print maps. Change is to get more people who don't necessarily want to run 8 miles at Busse Woods. There are different routes at Deer Grove. We will work out the remaining details at our next board meeting.

Deer Grove Preservation Group

Steve mentioned the Deer Grove Preservation Group as a potential charity for the Trotter to assist with since we would be running out there. Details to be finalized at the March Board meeting.

Membership Renewal

Leah to publish in newsletter last chance for dues. Mike to send reminder notices to members who haven't renewed.

March and April Meetings

Carey Pinkowski at Runners High 'n Tri in March, but date is not finalized. Also discussed bowling event instead of meeting. Steve was going to talk to Mission Bay people so we would hold our April meeting there. Maybe Dr. Nick can give his talk at store. Possible bike ride.

March Board Meeting

Heritage Park, 506 West Victoria Lane in Arlington Heights. The meeting will start at 7:30 p.m. on Thursday, March 13.

In Memory of Margit

We are saddened by the death of fellow Arlington Trotter, Margit Mikkelsen. Margit fought hard to overcome her battle with ovarian cancer. She will be missed!

Margit B. Mikkelsen was born October 8, 1949, in Trennfurt, Germany, she died Wednesday, March 5, 2008, at Northwest Community Hospital, Arlington Heights.

Margit worked for DieQua Corporation of Bloomingdale for 20 years as an office manager. Some of Margit's hobbies included being an avid marathon runner and a master scuba diver.

Survivors include her children, Brian and Erik (Deanna) Mikkelsen and siblings, Haiti, Isabella, Joachim and Wilfred. She was preceded in death by her parents, Oswald and Sophie Wiessler, and one brother and one sister.

In lieu of flowers memorials would be appreciated for Ovarian Cancer Research Foundation, P.O.Box 83015. Gaithersburg, MD 20883. For information, 847-358-7411.

March 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, March 13.

We will be discussing our kickoff of the 2008 running season. Our plans are to have a kickoff at Deer Grove on April 12. We will be discussing logistics, publicity. The idea is to get more active runners out running with the club. We get a great turnout at our social events, but have trouble getting enough people out running with us on a regular basis. Please come to offer your input. If you have suggestions, but can't make the meeting, please send us an e-mail.

Volunteers Needed for Jelly Belly® Days

Save the date! This year Clearbrook has scheduled their Jelly Belly Days fund raiser for Friday, May 16 and Saturday, May 17. Our members have built a good reputation for helping Clearbrook at this event. Details will be published in April.

Tales from the Dork Side

by Trisha Dean

"Some people go on vacations that do not revolve around running!"

This statement was made by ultra runner Jack Thomas last Sunday during one of my infrequent appearances at the Home Econ run. He was quoting Gail Edgar, who told an incredulous addicted runner that some people take vacations merely for pleasure.

I must admit that for 15 years, I was one of the crazies who almost never took a non-race related vacation. My trips to races included such far-flung destinations as Biwa Lake, Japan; Hamilton, New Zealand; Roth, Germany; Penticton, British Columbia, Canada as well as stateside spots such as Boston, San Diego, San Francisco, New Orleans, St. Louis, Tucson, and various cities in Colorado. And I wasn't even one of the obsessive 50 Marathons in 50 States people, nor the Seven Marathons on Seven Continents crowd. I do confess to trying to talk Robin Gialanella into running seven marathons on seven continents when we did the Millennium Marathon in New Zealand, using the reasoning that running seven marathons is easier than running 50.

Since I became a mom, though, my vacations have not revolved around races but around family activities, and specifically, children's activities for daughter Rui. We've done the Disney cruise twice, visited Disney World, and taken tropical vacations in St. Maarten, Puerto Vallarta, and Puerto Rico (children's pool and beach a must). My husband, who is incredulous that some people take vacations that are not for skiing, has taken us along on some his ski trips to Copper Mountain, Winter Park, and Breckenridge.

Often I try to work a small race into these trips, though racing is not the major purpose of the trip. I did the Race to the Taste 10K when we visited Disney World, I did a snowshoe race on one trip to Colorado, and I did a half marathon in Boulder (the Colorado races with former Trotter Andi Bell).

Even if racing is not the centerpiece of my vacations any more (making sure we get through the line to Alladin's Magic Carpet

Ride is), getting at least short runs in is still high on my priority list. In fact, I join many runners in the opinion that running is one of the best ways to see a new city.

My most recent family vacation took me to San Juan, Puerto Rico this February. Our purpose was to get out of the zero degree and snowy weather and escape to a place where it was 82 degrees and sunny.

Never having been to Puerto Rico, I didn't know if it was safe to run, or even feasible. In some cities, like Beijing and Tokyo, one finds it very difficult to run on city streets with the extreme congestion (1.3 billion in China makes running in the city an impossibility). We arrived in the late afternoon in San Juan, so I wimped out and did a dreaded treadmill run in the Marriott's well-appointed health club. By the next day I decide to check out the city while on the run. My fears about safety were groundless. I ran into at least a dozen runners in the early morning, not to mention passing at least two Starbucks on my route. San Juan doesn't feature extreme heat because of its northern location on the ocean, so while it is still best to run in the morning, one need not rush to run before the sun comes up.

One day I headed out for my run and was shocked when some women, manning water tables, held out cups and yelled, "Agua!" Is this a race? I wondered. Then it hit me—it was Sunday! Just as the Arlington Trotters and other Chicago area running clubs host Sunday runs, so do runners in Puerto Rico. Some very fast runners zipped by in Puerto Rican running club singlets, followed by runners at all paces, and even a wheelchair racer. The Sunday run makes its appearance not only stateside but also in the American territory of Puerto Rico.

Every day I enjoyed exploring the main drag in San Juan on my daily run, clad only in shorts and singlet. It was a shock to return to the Midwest, where tights, hat, gloves, jacket and technical top were the order of the day. So even though vacations no longer revolve around racing, they still include running. Running, albeit short, on my vacation is essential to keeping me a happy, contented, mom and traveler! ✨



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.

Race in Review

A Marathon Journey to Northern California

by Michael Zielinski

Many great races are scheduled in Northern California this year. In fact, this section of the nation has more highly rated marathons than any other part of the country as shown in the book, *From Fairbanks to Boston, 50 Great U.S. Marathons*.

One of the three Northern California marathons found in this book is the Napa Valley Marathon which will be celebrating its 30th year on March 2. Known as the "Biggest Little Marathon in the West" and the "Best Rural Marathon", the run begins in Calistoga, known for its geysers and curative waters, before winding south along the historic Silverado Trail with panoramic views of the Napa Valley wine-growing region that also includes flowering fruit trees and dormant vineyards with golden mustard flowers. The course finishes in Napa. Calistoga can also be returned to for the Napa Valley Trail Marathon on March 29.

Three smaller marathons in April include the Golden Gate Headlands Marathon on the 5th which starts and finishes at Fort Cronkite's Rodeo Beach in the Golden Gate National Recreation Area. This course is a trail run through the Marin Headlands with panoramic views of the Golden Gate Bridge, the San Francisco skyline, beautiful wildflowers and the Pacific shoreline. On April 12th is the Muir Woods Trail Marathon that starts and finishes at Stinson Beach. Most of the run is through the thick wooded trails of Muir Woods that includes the sounds of brooks and waterfalls by towering redwoods and oaks. The other run on the same date is the Diablo Marathon at Mount Diablo State Park, the Bay area's highest mountain.

The above events could make good long runs prior to the April 27th Big Sur Marathon. Bart Yasso of *Runner's World* magazine describes the marathon this way: "If we were told that we could run only one marathon in our lifetime, Big Sur would have to be it." The marathon starts at Big Sur and finishes at Carmel with a route along the Pacific Coast via

Highway This area also has the Big Sur Trail Marathon on October 4th.

Leaving the Pacific coast for the Sierra Nevada Mountains, the Wild Wild West Marathon is the third oldest trail marathon in the nation and takes place on May 3. This challenging point-to-point course starts outside of Lone Pine and traverses the Sierra foothills to the east of Kings Canyon and Sequoia National Parks.

On May 4 is The Avenue of the Giants Marathon in Humboldt Redwoods State Park. This run along the redwoods (plus Napa and Big Sur) are considered to be three of the best marathons in the U.S.A. The Avenue of the Giants Marathon starts just west of the highway 101 overpass and follows Bull Creek Road for 6.5 miles to the first turn-a-round. The course then retraces itself and then turns right, onto the Avenue of the Giants and then crosses the Dyerville Bridge at the half-way point. The route then continues down the Avenue for 6.5 miles to the second turn-a-round before retracing the second leg to the finish area. The Humboldt Redwoods Marathon on October 19 follows the same course but in reverse order.

From the tranquility of the north woods to the heart of Northern California in San Francisco, the next event is the Bay to Breakers. This 7.46 mile run will be held on May 18 and is one of the country's largest and oldest. The name reflects the fact that the race runs by San Francisco Bay past the downtown and then through Golden Gate Park to the west end of the city and Ocean Beach along the Pacific Ocean.

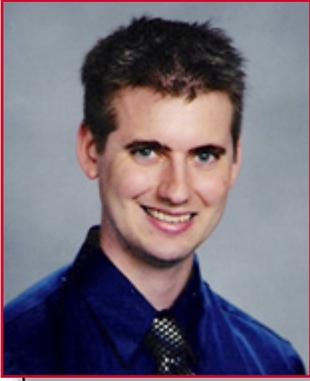
The 35th annual Western States 100 Mile Endurance Run takes place on June 28-29 and runs from Squaw Valley westward across the Sierra Nevada Mountains. If one can complete this hard trail run within 24 hours, a belt buckle is the reward.

Even more difficult and perhaps the toughest run on earth is the 31st Badwater Ultramarathon on July 14-16. 90 of the world's toughest athletes—runners, triathletes, adventure racers, and mountaineers attempt to complete 135 miles non-stop



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.

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Dr. Nick Nowicki joined the Arlington Trotters in January 2007. He is a Chiropractic physician and Certified Strength and Condition Specialist that practices at First Health Associates, SC in Arlington Heights. Dr. Nick's favorite race distance is the 5K, however, he has aspirations of running in his first ultra-marathon in April.

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

Ask the Doctor about: **Plantar Fasciitis**

by Dr. Nick Nowicki

"Doc, I have terrible heel pain when running. It feels like someone has stuck an ice pick in my foot. The pain is excruciating when I take that first step out of bed in the morning."

Plantar Fasciitis is an inflammation of the plantar fascia. The plantar fascia is a dense connective tissue found in the sole of our feet. The fascia's function is to absorb shock and stabilize the foot while walking or running.

What are the risk factors of developing Plantar Fasciitis?

- Running in worn out footwear
- Tight Achilles tendon or calf muscles
- Sudden increase in weekly mileage
- Wearing high heels
- Low or High Arched Feet
- Feet that roll inward too much when you run (over-pronation)

These risk factors cause excessive lengthening and micro-trauma to the plantar fascia. The micro-trauma results in pain, inflammation, and scar-tissue at the fascia's insertion at the base of the heel. Imagine how many steps you take during an easy 5-mile run let alone in a marathon. That is quite a bit of punishment that is dished out to the plantar fascia.

The reason why the heel pain is worse getting out of bed in the morning is because the plantar fascia shortens when we are not weight-bearing. Getting out of bed places a sudden stretch on the inflamed plantar fascia. The intensity of the pain will diminish after walking around for a little bit because the fascia is slowly stretching itself out.

Managing Your Pain

Icing is the best home option to decrease pain and inflammation. Never apply ice directly on the skin nor apply it longer than 20 minutes. Placing a pop-can in the freezer for a couple of hours and rolling it back and forth over your sole for 5 minutes is a good plantar fascia icing method.

Check that your running shoes are in good condition and replace them every 350-500

miles. Ladies should not wear high heeled shoes because they are not built for comfort and provide unnecessary tension to the plantar fascia. High heels also cause tight calf muscles because they are constantly being contracted while you walk on your toes all day long.

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. Always stretch the Achilles tendon and calf muscles before and after your workout. To stretch the calf muscles, stand about a foot from a wall, then extend one leg behind you, keeping both feet flat on the floor, toes pointed straight ahead, and your rear knee straight. Lean into the wall until you feel tension in the calf muscle of the extended leg. To isolate the Achilles tendon bend your rear knee. Hold stretches for 30-60 secs. and never stretch to the point of pain.

Plantar Fasciitis Prevention

The cornerstone of my Plantar Fasciitis treatment protocol is to fit my patients for custom orthotics. All the previous recommendations do an effective job of reducing the symptoms of Plantar Fasciitis but they do not treat the cause of the problem.

Custom orthotics corrects the faulty foot mechanics such as high/low arches or over-pronation. If these mechanics not addressed the probability of having a relapse a few months later are significantly higher. Please do not confuse custom orthotics with Dr. Scholls inserts. The Dr. Scholls inserts that you can buy "off the rack" just provide extra cushion and do not correct foot mechanics. Other procedures I perform are deep tissue massage and deep heat ultrasound to break-up the scar-tissue and inflammation in the plantar fascia.

Runners of all levels dish out a significant amount of punishment to the plantar fascia. Our body works as a big kinematic chain with the feet as our foundation. If we do not address the problems in our feet, it will translate to pain in other areas such as the knees, hips, and lower back,



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.

A Magical Marathon (continued from pg. 1)

As I logged the miles, I felt great. My newly-found race running partner, Kelly, and I cautiously left our 3:45 pace group early in the race, and I began to have good feelings about my anticipated finish. Cosmically speaking, things just seemed to start to align. What the race booklet deemed was the most challenging part of the race, between miles 7-13, didn't faze me. At mile 17, when Kelly and I split from each other, I saw the 3:40 pace group not far in front of me. I knew that I still had to hit the highest point of the race, at mile 18, but things just seemed "right." I knew after mile 18, it was a stair-step downhill for the race's remainder. I wasn't tired; I was enjoying the beautiful weather and the breeze; and the crowd support throughout the race made me forget that I had been running at all. No soreness or hints of dehydration infected me that morning, either. When I saw the 3:40 pace group in front of me, I went for it. I had nothing to lose.

I could ruminate forever, and give you the mile-by-mile description of my strategy and the magical race day details. The long and short of it is that surprisingly, I qualified for Boston. I BQed at a race where I had no intentions to even try to qualify. I thought the hills would be too grand (and they were large and plentiful, believe me). I thought it was too early in my marathoning career to chase something as ambitious as a BQ, and though I knew I trained much more intelligently for this race, I just didn't think it would happen. On the course, as I ran with the 3:40 pacers and eventually left them, I did the math and realized that I would likely qualify, barring any earth-shattering, cataclysmic events. I was incredulous. I focused on everything but the possibility, so as to not freak myself out. I thought about my core and my running posture as sources of strength and power. I thought about my TNT patient honoree, Mrs. Ackron, for whom I endlessly train and fundraise, and what it would mean to BQ wearing my TNT colors with her name on my back. I thought about a book by Thich Nhat Hanh that I had recently read that had challenged me to be mind-

ful, to become "one" with my running. For a time, I was meditating as I was running, as strange as that sounds. I tried to think of anything but qualifying so I wouldn't get excited and do something dumb, in true Erin style (again, gracefulness just isn't my thing). At the end of the day, though, and, 3:37:52 later, I qualified.

Simply stated, and though it sounds silly, 2/17 remains one of the most "magical," surreal days in my young running career. I didn't have to endure intense heat-related atrocities, like those from the 2007 LSB Chicago race; I didn't gut-wrenchingly vomit for the majority of the race; really, absolutely nothing out of the ordinary happened. Everything just fell into place. For as challenging and hilly as the course was, I was absolutely floored—and incredibly humbled—that I qualified at all, and with some time to spare. Immediately after the race, I sent a mass text message to many of my loved ones that simply said "Bq! Bq!" Their responses were amazing.

Other Trotters and TNT participants have been so incredibly generous and complimentary and congratulatory in the past few weeks that I have been constantly reminded what it's like to belong to such a great running community and family. Seeing Trotters and TNT runners' faces light up when they congratulate me on BQing, and hearing them recount their own first times that the BQed, or seeing the hope that brightens their eyes as they talk about working toward a BQ, has reinforced in me that belonging to a running club, or to an organization like TNT, is like belonging to another family. The sense of pride, accomplishment, and understanding that my running families have exuded to me in the past weeks has been remarkable. For my running communities to which I belong, I am entirely grateful, extremely humbled, and I am so fortunate to them call them family.

I'm intrigued to see what I could accomplish on a flatter course later this year. Because my next race is Nashville's Country Music Marathon in late April, for which I am serving as a mentor for the North TNT team, I plan to run Boston 2009.

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A Marathon Journey... (continued from pg. 5)

from Death Valley to Mt. Whitney in temperatures up to 130F. The start line is at Badwater, Death Valley, which marks the lowest elevation in the Western Hemisphere. Along the way, the course crosses three mountain ranges for a total of 13,000 feet of cumulative vertical ascent and 4,700 feet of cumulative descent before reaching the Mt. Whitney Portals at 8360 feet. The trailhead to the Mt. Whitney summit that is the highest point in the contiguous United States.

“The City by the Bay” San Francisco Marathon is to be held on August 3. The start is at the Embarcadero and continues along past Pier 39 where one can hear sea lions on the way to Fisherman’s Wharf. The course crosses the Golden Gate Bridge before looping around Vista Point and returning across the bridge to San Francisco. The final stretch goes along the promenade behind AT&T Park, before going under the Bay Bridge to the finish line.

The first Northern California marathon in the autumn is the Lake Tahoe Marathon on September 28. It is a point-to-point marathon that starts on Commons Beach in Tahoe City and finishes south of Camp Richardson and north of the city limits of South Lake Tahoe on Pope Beach. Along the route is Lake Tahoe, the nation’s second deepest lake.

The next run on October 11 is the Golden Hills Trail Marathon. It starts in Berkeley’s Tilden Park and finishes to the south at Lake Chabot. This point-to-point course is mostly on the East Bay Skyline National Trail which offers magnificent views of San Francisco, Mt. Diablo and the hills of the East Bay.

Several hours to the north in the Lassen National Forest is the Bizz Johnson Trail Marathon on October 12. It is a fast, downhill course that drops 1,300 feet, from 5,500 to 4,200, as it travels along the old Fernley and Lassen Branch of the Southern Pacific Railroad. The last six miles are the prettiest with the trail crossing nine wooden bridges and going through lantern-lit tunnels to the finish.

On October 19 the San Francisco Nike Women’s Marathon is held. 95% of the runners are women. The run starts from Union Square and then heads through the downtown financial district on the way to Fisherman’s Wharf. Views include Alcatraz and the Golden Gate Bridge, Ocean Beach and Lake Merced.

The Metro Silicon Valley Marathon on October 26 starts in downtown San Jose. The route heads to the south and makes its way through the heart of Willow Glen and then onto the Los Gatos Creek Trail through Campbell to

Vasona Lake Park. The course continues across the Old Town Bridge for a short loop in Los Gatos and back to the Creek Trail on the return to downtown San Jose with the finish at Discovery Meadow Park.

On November 9, an inaugural marathon is scheduled to take place in Fresno. The Two Cities Marathon starts and finishes in Fresno’s Woodward Park and uses the system of bike trails.

The final location for the Northern California marathons is the capital city of Sacramento. The smaller of the two races is the October 5 Sacramento Cowtown Marathon. This two loop course starts and finishes in William Land Park.

The more famous run in Sacramento is the December 7 California International Marathon that is a point-to-point fast, net-downhill course that follows an historic gold-miners’ route. The run begins at the Folsom Dam and then passes through semi-rural Sacramento suburbs to midtown Sacramento with a finish by the spectacular California State Capitol. This building is oldest capitol west of the Mississippi River and is located in a multi-block park with over four hundred varieties of trees and plants along with spectacular flower gardens that makes a fitting end to the marathon journey to the Golden State.”

A Magical Marathon (continued from pg. 8)

I want to revel in the cloud-9-like feeling for as long as possible. A note of encouragement: as cheesy as it may sound, don’t underestimate yourself. Your first race? Running in a marathon with the words “death march” in its title? A 24-hour run? Fantastic. Go for it. I received the following motivational quote from Runner’s World on 2/12, just days before Austin’s marathon, courtesy of Bob Clarke, the Philadelphia Flyers’ general manager and NHL Hall of Famer: “I like running because it’s a challenge. If you run hard, there’s the pain-

and you’ve got to work your way through the pain. You know, lately it seems all you hear is ‘Don’t overdo it’ and ‘Don’t push yourself.’ Well, I think that’s a lot of bull. If you push the human body, it will respond.” Surprise yourself at your next race. At your next training run. See what you’re made of. If you don’t try, you will never know your capabilities. And once you become cognizant of them, revel in the experience, and in the joy of knowing, with your running club families.

And as my training partners hear me so frequently say... rock on.

Erin Mink Garvey has been a Trotter since October of 2007 and with Team in Training since February of 2007. She has run three marathons, has three more on her 2008 calendar (right now, anyway), and wants to run an ultra or two in 2008. She loves speed workouts and gets a kick out of running on bridges over highways.