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The Trotter Chronicles

May 2008

Dedicated to Runners of All Levels

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Next Month

Bataan Death March Race Report

My Boston Marathon Experience

by Tom Spiegelhalter

The adventure started about two years ago - May of 2006. I was looking for a new challenge as my normal routine of running and biking was starting to get old. I thought that I would either tackle the Accenture Triathlon or the Chicago Marathon. I tried to sign up for the Tri, but it was closed. I then went on the Chicago Marathon site and signed up. I told a friend who had run twice before about what I had done and he immediately enrolled. The plan was now in place. Run the 2006 Chicago Marathon.

My training began and my Hal Higdon plan seemed to go well. Unfortunately, my friend became injured during his program. I was not yet associated with the Trotters, so I ran by myself and had a successful run of 3:45.

I felt good enough about the race to start planning ahead. I would turn 50 in August of 2007. The qualifying time for Boston for someone hitting the BIG 50 is 3:35. I figured I could cut off 11 minutes with an enhanced training plan and the wisdom of having run the Chicago Marathon once. This time, I would take the added step of joining a running club. The Arlington Trotters came to the top of the Google search for "Arlington Heights IL Running Club". I joined and started running with the groups - primarily the Saturday runs. Once again, my training went well and I was ready to go.

Most Club members will quickly recall the weather at the 2007 Chicago Marathon. I think the high that day was

about 88 and the humidity was the same. I finished the race, but did not come close to the goal of 3:35, finishing in a very dehydrated 4:22. I was extremely disappointed after all the hard work. Happily, I was able to celebrate with my older daughter and her two friends who also finished. My wife saw in the paper that the Denver Marathon was offering a free race to anyone from Chicago - one week later. My response was "yeah right". She also found the Phoenix Marathon. I thought it over. This was a good solution. Run Phoenix in mid-January and then Boston in April.

Although the weather started to turn cold and snowy, the conditions in Phoenix were perfect and I finished in 3:31. I was Boston bound! Continued bad weather and a job change, along with several business trips to Toronto, made Boston training tough. With a less than ideal training, plus a knee that was starting to hurt, I was excited, but felt less than 100%.

My goals were to finish under 4 hours without walking. I planned to run a 3:45 (8:37/mile) pace for as long as I could. I knew I would slow up on the hills. The spare time should put me in under 4:00 - I hoped.

Finally, I arrived in Boston. The weather was perfect and I was ready. I stood in the Corral 12 with 50+ aged men and young women. Why? Boston carefully places everyone based on their qualifying time. Any guy younger than 50 would have had to qualify faster than me and they would be closer to the

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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.

Arlington Trotters Board Meeting Minutes for April 10, 2008

Kick Off Run – Deer Grove Forest Preserve – Saturday, April 12, 2008

We did have new people come and join us on our Kickoff. It was a cold, rainy, windy day. Those who braved the weather, we really appreciate you coming out. We may try this again in June. Thanks Ed, for putting out the Gatorade.

Track Workouts Wednesday, May 7, 2008 at Harper College

Nick Nowicki will be leading the track workouts ay 6:30 p.m. First week will be quarter mile repeats. Come out and learn to run faster and smarter.

Jelly Belly Days Saturday, May 17, 2008 at 9:00 a.m.

We need volunteers to help collect money for Clearbrook Center. E-mail Ed Nikowitz at enikowitz@comcast.net for more details.

Beer Runs – May 22, 2008

We are looking for volunteers to host and help with the Beer Runs. We have a host for the May event, and are looking for others to help out. Please contact Steve

Sawyer at buzzsaw@comcast.net if you can help out. Thank you, Jedi, for volunteering to buy the food for the May event.

Christmas in May – date to be announced

Some lucky individual has been selected to get some much needed assistance in home repairs. If you are handy and available to devote a few hours some Saturday in May, please contact Steve Sawyer at buzzsaw@comcast.net for more details.

Other Board Notes

The Treasurer reported that the finances appear to be in good shape. A final request was sent to past members who have not renewed their membership. We would like some input from the members for ways of increasing membership.

Thanks!

A special thank you to Nick Nowicki and Aaron at Mission Bay for enlightening us on Speed Workouts and Triatholon gear at our April meeting. Congratulations, Nick on a great 50k.

Trotter Race Results

Chicago Lakefront 50K on April 5

Nick Nowicki (12th Overall) 4:18:14

Lisle Run for Education 5K on April 27

Dan Roder (3rd Overall; 1st Age Grp.)18:48
Nancy Roder (3rd Age Grp.) 26:12

Equestrian Connection Half Marathon on April 20

Dan Roder (7th Overall) 1:30:17
Nancy Roder 2:10:16

Back and Better than Ever:

Busse BBQ and Beer Run

The first Arlington Trotter BBQ and Beer Run of the season will be held **Thursday, May 22**. 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!

A Run in the Woods – An Orienteering Event at Busse

Steve Breese, the webmaster for the Club's web site, will be directing an orienteering event at Busse Woods on Sunday, May 18, 2008. The event is being held through the Chicago Area Orienteering Club. Orienteering is a sport that combines cross-country running with land navigation skills in the woods and fields. It is a timed race in which individual participants or teams use a very detailed topographic map and a magnetic compass to navigate through diverse wooded terrain and visit, in sequence, control points that are indicated on the map.

The location of the event is at Busse Woods Grove # 4 which is on the north side of Higgins Road, just east of Salt Creek. There are 5 courses of varying difficulty. You may register and start a course anytime between

10 a.m. and noon. First time orienteers are welcome to attend the free Beginners Clinic at 9:30 a.m. The cost is \$11 which includes a map and rental compass.

For more information, e-mail Steve at sbreese@gmail.com or visit the Chicago Area Orienteering Club's website: www.chicago-orienteering.org/



Join us for the Margit Memorial Run

Brian and Erik Mikkelsen are holding the following two events on Sunday, May 18, 2008, to honor the memory of their mom, Margit Mikkelsen.

All are invited to get together at Busse Woods, Pavilion #31, at 7 a.m. on Sunday, May 18. We will run the 7.8 mile loop in Margit's memory. There will be coffee and bagels provided afterwards in the parking lot. Pavilion #31 is located on the north side of Higgins Road (Route 72). It is the first forest preserve entrance east of Route 53 and it is the second forest preserve entrance west of Arlington Heights Road. A map of Pavilion #31 can be found on the internet at www.fpdcc.com/downloads/BusseForestNedBrownMeadow2007_600dpi.pdf

The second event is a Celebration of Margit's Life Get-Together. Everyone is invited to Busse Woods, Pavilion #31, from 1 p.m. to 5 p.m. for a celebration of Margit's life. There won't be a program or speeches, but rather everyone is invited to bring pictures, stories and memories of Margit to share with others. Chicken and

side dishes will be provided by Brian and Erik. Please bring your own drinks.

If you are able to attend, please reply by May 10 to Debbie Watson at billanddebbie1@comcast.net or give her a call at 847/259-3618 so we will know how much food to have. If you have a question, just call Debbie. Thanks!

– Brian and Erik

Welcome New Members!

We would like to extend a warm welcome to the new members who have recently joined our club and those who have renewed their membership. We hope to see you on the running path or at one of our social gatherings!

Arlington Hts
Russell Noftz

Buffalo Grove
Steve Fulmer

Chicago
Mark Rudnicki

Lincolnshire
Karsten Hansen

Marengo
Peg Donnelly

Palatine
Michelle Calabrese
Veramarie (Sunshine) &
Stephen McIngvale
Kate Thomas
John Thompson

Schaumburg
Sharon Robinson





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:

Low Back Pain

by Dr. Nick Nowicki

After participating in the Chicago Lakefront 50K, I have had my share of aches and pains throughout the weeks. One of my complaints was low back pain; the most common injury I manage.

The spine consists of 24 bones (known as vertebra) stacked on top of each other. The spine is divided into three sections: cervical (neck), thoracic (mid-back), and lumbar (lower back). Each vertebra forms a joint above and below with the adjacent vertebra. Between each vertebra is a disc acting as a shock absorber and ligament (holding each vertebra together). Exiting the spine on the right and left are nerves that transmit information between your extremities, trunk, and brain.

With every low back injury that I manage there is a subluxation present in the spine. A subluxation is a misalignment or jamming of the spinal joints. Subluxations cause muscle spasms that produce pain and reduction of motion. The spinal nerves that exit the spine can be susceptible to injury during a subluxation. Irritation these nerves are often referred to as a "pinched nerve." The pain is described as "electric-like" when performing activities.

The spine is the perfect structure for a quadruped animal. Unfortunately, for us upright walkers, the spine is very susceptible to injury. The reason why is that gravity is constantly stressing the spinal joints and discs. The lumbar spine has the important task of supporting the weight of torso (approximately two-thirds of our body weight). When we walk the lumbar spine is supporting twice the weight of our torso. The pounding nature of running causes our lumbar spine to support 6-8 times the weight of our torso. That is an immense amount of punishment to dish out to the spinal joints during a long run.

Management of Low Back Pain

The cornerstone of my treatment plan is the chiropractic manipulation. A manipulation is a short quick thrust that reintroduces motion in the mal-aligned vertebra which will reduce muscle spasm and pain. The re-introduction of motion allows the vertebra to "reset" itself in the correct alignment. During the adjustment, an audible pop maybe heard. This audible pop is known as cavitation. Cavitation is a release of gas that is built-up in the joint. It is not bone "crunching" on bone. Other procedures used to reduce pain are deep tissue massage, ultrasound, electric stimulation, ice, and stretching tight muscles in the lower extremities (especially the hamstrings and hip flexors muscles).

Is My Pain Muscular or Spinal-Related?

Normal muscle pain after heavy exertion should last only 2-3 days. If pain is experienced longer than this duration, then the problem is located in the spine. The muscle spasm, pain, and decrease in range of motion are the result of the misalignment in the spine. Therefore the spinal alignment must be restored through Chiropractic manipulation. *

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

Races in Review

Colorado's 2008 Marathon Season

by Michael Zielinski

Colorado's marathons can be more challenging than the average marathon since they take place in a state with mountains and mile-high plus elevations. Most of the runs are after the winter skiing season except for the March 15t A Run Through Time Marathon in Salida. In this small marathon about ninety miles west of Pueblo, the participants had to run through some snow. The course begins and ends at Riverside Park by the Arkansas River in downtown Salida with the route following CO RD 175 (Ute Trail) north to the ghost town of Turret before returning via the same route back to Salida. Most of route is on dirt/gravel roads with a total climb of 3,800 feet.

The first major marathon in Colorado is the May 4 Fort Collins Old Town Marathon and it is much easier (if that could be said about a marathon) since the elevation drops over 1,000' with few turns and hills during the 26.2 miles. For the start, the participants take buses northwest from Fort Collins to Steven's Gulch Campground on National Forest Service property before heading down the Scenic Poudre River Canyon through La Porte and on to the Poudre River Trail and finally finishing in Historic Old Town Fort Collins about a mile from Colorado State University.

About an hour to the south is Denver's Colorado Colfax Marathon which will be held on May 18. The course has a single start/finish in Denver's City Park with the runners initially heading west before looping back through downtown Denver on the way back east to City Park.

Two weeks later and about two hours northwest from Denver across the Continental Divide is the June 1 Steamboat Marathon in Steamboat Springs. The course begins at historic Hahns Peak Village and follows a paved country road south down the Elk River Valley before finishing at the courthouse in downtown Steamboat Springs (with an elevation drop from 8,128' to 6,728'). This course was selected by *Runner's World* as one of the

"10 Most Scenic Marathons of the Year" (February 1996) and also named in the November/December 2006 issue of *Colorado Runner Magazine* as the Best Marathon of the Year for 2006.

Two weeks later on June 15, is the Estes Park Marathon, just east of Rocky Mountain National Park. The marathon begins at the Estes Park High School (elevation 7,550 feet). The course then heads south on Fish Creek Road through a wooded, stream-lined residential area where there are spectacular views of Longs Peak and Mt. Meeker on the way to reaching the highest point on the course (8,150 ft.) at Fish Creek Road and CO Hwy 7. The course then turns northwest on Mary's Lake Road by an open mountain meadow and the shoreline of Mary's Lake. The course then turns east before reaching Elkhorn Avenue and going into downtown Estes Park. From here is a loop around beautiful Lake Estes and the lowest point on the course (7420 ft.) below the dam in Wapiti Meadows before heading east, north, west and south past the historic Stanley Hotel, around the south side of Lake Estes and back to the Estes Park High School track to cross the finish line.

Almost three weeks later the Leadville Trail Marathon is held on July 5. This event has seven well-supplied aid stations along the Leadville Rocky Mountain trails that include 13,188 foot Mosquito Pass. The Leadville Trail Marathon can be used as a training run for the August 17 Pikes Peak Marathon.

The Pikes Peak Marathon begins at the base of Pikes Peak, in Manitou Springs, and climbs on dirt trails over 7,700 feet to the top of the 14,115 foot tall peak. 2008 will be the 53rd running of this event and since 1966, the race has occurred each year in the late summer and involves a day for the ascent race (half-marathon) and the round-trip race (full marathon). With the first ten miles of the course gaining almost 6,000 vertical feet and the next three miles having 2,000' of vertical to go, the marathon is named "America's Ultimate Challenge". Above the treeline most runners take thir-

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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.

Track Workouts Begin on May 7

Come meet us each Thursday evening at 6:30 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.

Whether you are looking to improve your race finish times or just want to add some variation to your training schedule, track workouts can help you to achieve your goals.

The Harper College track is located at the northeast corner of Roselle Road and Algonquin Road in Palatine. Each track session begins with a self-guided warm up period. The organized workout begins immediately following the warm up.

Hope to see you there!

Colorado's 2008 Marathon Season (continued from pg. 5)

ty minutes or more due to the climb and less oxygen to cover a mile. Runners must be cautious as they run back down for the second half of the marathon, blisters are common as the temperature may have risen by more than thirty degrees since the race start. Nevertheless, race registration usually fills in a few days and the USDA Forest Service limits the number of runners to 1,800 for the ascent and 800 for the marathon. Race times may differ significantly from year to year depending on weather and trail conditions. Some years it may be hot and dry and other years snowy and cold at the top of the peak.

The next Colorado marathon is fifteen days later on Labor Day, in Colorado Springs which is the home to the United States Olympic Training Center and the headquarters of the United States Olympic Committee. The American Discovery Trail Marathon starts twenty-six miles north of downtown Colorado Springs on the Santa Fe Trail in Palmer Lake. The route generally follows the path of the former Sante Fe railroad right-of-way from north to south. The altitude drops gradually along the trail starting at about 7,300 feet and ending around 6,040 feet near downtown Colorado Springs. The route is just east of the Rampart Range and offers views of the majestic United States Air Force Academy and fantastic glimpses of Pikes Peak. The race ends at the new downtown Colorado Springs' America the Beautiful Park.

Three hours to the west and across the Continental Divide is the September 14 MountainAir Marathon. This event starts from the historic mining town of Crested Butte and then heads south down the East River valley along the banks of the Gunnison River to a finish in the stadium of Western State College in Gunnison. The chill in the air and the beautiful aspen tree colors highlight the approach of autumn.

One week later on September 21 is the Boulder Backroads Marathon which is held north of Boulder, the home to the University of Colorado and framed by the majestic Colorado Front Range foothills. Runners begin at the Boulder Reservoir and travel out through Boulder County's beautiful countryside on mostly soft-packed dirt

roads and quiet rural lanes passing farms, cottonwood groves and ponds before returning to the Reservoir for the finish.

The next Colorado marathon for 2008 is the October 19 Denver Marathon. From the ancient Indian archeological treasures at Mesa Verde to 21st Century Denver with the Rocky Mountains in between, the Colorado marathon journey is coming to an end. The Denver Marathon is Colorado's largest Marathon and *Colorado Runner Magazine* voted it the "Best Marathon In 2007" for the state. The race will start and finish downtown in front of the State Capitol and travels past many of Denver's major landmarks such as the Denver Public Library and the Denver Art Museum, while looping its way through "LoDo" highlighting Larimer Square, Pepsi Center, Union Station, and Coors Field, and then winding through City Park, Cheesman Park, and Washington Park and their neighborhoods creating a community-wide celebration throughout the city. The final stretch of the marathon goes through Denver's art district on Santa Fe Drive past the Museo de las Americas to the finish line and a post-race festival at Civic Center Park in the "Mile High City" of the "Centennial State" established in 1876; one-hundred years after the founding of the United States of America in 1776.

For Memorial Day on May 26th, the city of Boulder, CO will be hosting the 30th annual Boulder Boulder 10K Road Race (www.bolderboulder.com). This event has taken place every Memorial Day since 1979 and has grown to include up to 50,000 runners, joggers, walkers, and wheelchair racers, making it one of the largest races in the nation. Organizers have dedicated three starting waves to current and former members of the U.S. armed forces. The finish is at the University of Colorado's Folsom Field with a Memorial Day Tribute to one of the largest Memorial Day gatherings in the country. The tribute includes the presentation of the Nation's Colors, a 21-gun salute, recognition of the men and women who have served in the Armed Forces, and Taps. The celebration closes with a fly-over by four U.S. Military jets and the singing of the National Anthem. ✨

My Boston Marathon Experience (continued from pg. 1)

front. The qualifying time for women in the 18-34 age group is 3:40. These women were actually faster than their minimum qualifying time. This was going to be fun – and we had not even hit Wellesley.

In my opinion, there are four main sections to the race. Section one runs from the race start to about the end of Mile 5. It is mostly downhill. A lot of people have trouble running downhill, as it bothers their quads. I've never had this problem. I ran at about an 8 minute pace – faster than the 8:37 I planned. Would I regret this later? It was my Phoenix pace and it felt good – so far.

Section two stretches from Mile 5 to Mile 17. It is mostly flat. Could I keep up the 8 min/mile pace? I wanted to try, as I still felt good. I was vaguely aware that my knee hurt a bit, but it was no big deal. I reached Wellesley at Mile 12.5-13 and felt strong enough to “high five” every co-ed in the school (but no kisses). I completed Miles 1-17 in 2:17. One minute slower than the revised pace goal but about 8 minutes ahead of my original goal.

The highlights in section three (Miles 17-21) are the three hills– the last and most famous of them is Heartbreak Hill, starting at Mile 20.5 and finishing at Mile 21. A new goal started to emerge. If I could finish in 3:35, I would have a new 2-year qualification window for the next Boston Marathons. Could I make it up the hills and keep pace? I hit the first hill. Not too bad. I slowed a bit, but felt strong. I wanted to make up the time by hitting the downhill hard – 7:15 – 7:30 pace. Hill 2 – same story. I approached Heartbreak Hill. I had this hill built up in my head as incredibly steep and long. It is tough, but not as bad as I thought. I reached the top and thought – All Run – No Walk and No Errors. I conquered Heartbreak Hill!

Section four is Miles 21-26.2. It is a long down hill and then flat to the end. I ran down the hill, but started to get tired. I finished the downhill and knew that I had to keep pushing to make 3:35. Various body parts were starting to hurt and I

grew even more tired. I kept pushing, but was starting to slow. A little secret about Boston qualifying is that you actually get 59 seconds more than the published qualification time. I would have to finish in 3:35:59 to earn the qualification I wanted. I finally crossed the line in 3:35:40. Nineteen seconds to spare! I had exceeded or reached all of my goals. I was very tired, very sore and very, very excited.

Boston is a tough race due to the hills, but there is much more downhill than up. If you participate in the Sunday, Fisher Nut/Barrington run, you will not have a huge problem with the Boston hills. Since the hills are in miles 17-21, you might want to run 5-6 miles prior to starting the 10.7 mile loop in Barrington. This will be great preparation for your Boston Marathon. As for me, a Triathlon beckons! *



A very tired but very happy Tom Spiegelhalter poses for a photo after his successful Boston Marathon race.



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.



WANTED:
Volunteers of
all ages for
Clearbrook
Jelly Belly® Days



**Friday, May 16
and
Saturday, May 17**



CLEARBROOK JELLY BELLY® DAYS

May 16-17, 2008

Creating Opportunities for Children and Adults with Disabilities

Here's how you or your group can help:



Join friends and family to collect donations at an intersection or storefront.



“Adopt a corner” with your co-workers or members of your organization for a great team-building activity.



Bring our donation can and Jelly Belly® candy to work.



Pledge to match donations collected at a site.

**For more information, contact Janis Edelheit at
(847) 385-5008 or jedelheit@clearbrook.org**

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