



The Trotter Chronicles

November 2008

Dedicated to Runners of All Levels

In This Issue

Club News/Mr. 50	2
Alerts and Dates	3
Race Results	6
The Dork Side	7
Board Minutes	8
The Glacial 50	9
A Madison Marathon	11

Hello from Regina!

Just a quick note to let you all know how honored I am to assume the newsletter duties for the Trotters. Leah has done a magnificent job making this publication aesthetically compelling with relevant content. As I am an “apprentice” in the world of graphic design, I feel especially blessed to learn from the best!

All of the contributors are fantastic with their writing skills and timely submissions, which is a VERY BIG deal to an editor. Michael Zielinski made me feel so welcome when he offered to do his article on races in Madison, Wisconsin, my home town!

Although I am new to the Editor position, I am not new to the Trotters. I can remember the day (more than 13 years ago) that I found out about the Trotters while reading an article in the Chicago Tribune. I can remember the day that I called George Watson to clarify directions to “hook up” at Busse Woods. And I will always remember and treasure all of the Tuesdays, Saturdays, dinners and races spent with the Trotters.

Since moving to Lake Barrington after

getting married to a Trotter (Dick, aka Skippii Brown), it has been difficult to make the drive to Arlington Heights. I have not given up running, just running closer to home and venturing in to the world of triathlons. I’m looking forward to “changing up” my routine and running on some Sundays with the Trotters in Barrington. I want to keep up with the latest and greatest with the group so that I can put in meaningful content in the newsletter, as well as “fit in my pants”.

It is important to me to fill the “very big shoes” that Leah has left and continue to make this newsletter interesting to all. Please let me know what you would like to see. Articles and pictures are always welcome! Just make sure to send them to me by the 25th of the month preceding the month of publication. E-mail:

brownlbs@comcast.net



**Why is there a picture of the Capitol of Wisconsin?
Read Michael Zielinski's article to get the details on 5
great race options in Madison, Wisconsin this spring!**

Trotter Board

President:

Ed Nikowitz
847/668-5527
enikowitz@comcast.net

Vice Presidents:

Steve Sawyer
847/394-9546
Buzzsaw@comcast.net

Roger Thompson
847/397-5258
runrog@wideope
west.com

Treasurer:

Mike Kendrick
847/602-0591
hillrunner58@sbc
global.net

Secretary:

Mary Papreck
847/269-9098
runit16@aol.com

Newsletter Editor:

Regina Brown
847-304-9344
brownlbs@comcast.net

Track Director:

Nick Nowicki
nicknowicki7580@
yahoo.com

Web Master:

Steve Breese
847/358-8722
breese@nwsburbs.us

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

October 12, 2008 Bank of America Chicago Marathon

Thank You from Trisha Dean!

Thanks so much to all who volunteered at the Arlington Trotter Aid Station #4 at mile 6! After last year's heat wave, the marathon organization put many plans in place, including almost double the water and Gatorade. Unbelievably, it was another eighty-degree plus day, but all of you more than came through with flying colors.

Dave Wurster, Mary Beth Nowak for impromptu harnessing of Gatorade workers, and all who jumped in to assist wherever needed. And of course many thanks to all who mixed, poured, handed out water, cleaned up, and did the myriad of duties needed. We could not have done it without you!

In addition to all of the volunteers, I'd like to thank everyone who took on leadership roles, including Peggy Corey (co-captain), Ken Scharmann, Mike Kendrick, Gordon Lah, Marion Stawski, Roger Thompson, Judi Miko, Mark Rouse, Teresa Rouse,

Thanks also to Carey Pinkowski and the whole Bank American Chicago Marathon Team who did a fabulous job in another year of hot conditions!

Mr. Fifty

Life is a journey made up of adventures. This was a great one. Everyone made me feel like a superstar which was very cool. The cast of characters could compete with any Hollywood blockbuster. Starring in this adventure were Erin, Carolyn, Mark, Marlene and Deb. Costarring were Sawyer, Mary and Mary Ann. The supporting cast included Veronica, Brian, Lisa, Jackie, Paul, Mike, Amber and a cast of thousands. They all came to join me in Denver.

with them since April. I was hoping they would follow through, but was somewhat unsure. So when we got to the expo I hurried over to the board that listed all the entrants and their numbers. There I was with the number 50. How cool! I picked up my packet and proceeded to show everyone my number. We spent

Trotter President, Ed Nikowitz, has completed a marathon in each of the 50 states! Read on for the details on his last state to complete the journey!

Saturday was spent doing normal prerace stuff. Marlene, Carolyn, Mark, Erin and Deb spent the day with me. I, of course, got to call all the shots. After a quick lunch, we headed over to the expo with much anticipation. Months earlier I contacted the race staff to see if I could get the number 50. They told me I could. I had no contact

everyone my number. We spent some time walking around the expo where the rest of the gang kept telling everyone I was doing my 50th. Many congratulations.

After the expo, we headed to a liquor store so Mark and I could do some beerbo loading before the race. We met a local runner who was also getting supplies to beerbo load. After chatting for a bit, it was back to the room to start our beerbo loading. It felt like a photo shoot or wedding. Everyone had to take a million pictures. I hope I get to see

continued on page 4



Runners Be Alert!

The Daily Herald just printed a scary story on 5 runners in Arlington Heights being assaulted by a man on a bike on October 21, and 2, on September 19 near Thomas Street and Ridge Avenue. Check out the link to the complete story:

<http://www.dailyherald.com/story/?id=246103&src=9>.

According to Trotter, Steve Sawyer, this man has been sighted on the north side of Arlington Heights. Victims have told police he is in his 20's, thin build, between 5'6" and 5'10", dark complexion, short dark hair, and several recalled a cast on his wrist. Anyone with information should contact Detective *Joseph Pinello, of the Arlington Heights Police Department at (847) 368-5356*.

As a reminder for safe running habits, the Daily Herald article listed the following that bear repeating:

- Be aware of your surroundings and have a plan. Know what you will do if a dangerous situation comes up.
- Always trust your instincts. If something feels wrong, it probably is.
- Look confident. Offenders tend to choose victims who look like easy targets.
- Walk with a friend or stay near a group of people.
- Always take a route you know best and stick to well lit, busy streets.
- Avoid passing stationary cars with running engines and people sitting in parked cars.
- Music headphones will prevent you from hearing trouble approaching.
- If a vehicle pulls up suddenly alongside you, turn and walk in the other direction. You can turn much faster than a vehicle.

You Don't Want to Miss This Run!

If you log on to any race listing, you will see that there are a plethora of Turkey Trots all thru the Thanksgiving weekend that may make it difficult to decide which option to choose for T-day running plans. An alternative to all of those 5K Turkey Trots may be the Long Grove Village Tavern run. This has been a Trotter tradition for decades. The Trotters and the Alpine Runners meet at the Village Tavern in Long Grove at 7:00 am on Thanksgiving morning for a challenging 10-ish mile run thru the very scenic neighborhoods of Long Grove. If you are not up for 10, there is always a group that will do 6. If you are not up for running at all, there is always a group of walkers that will walk a variety of distances. No matter which distance

you choose, paces vary and you will undoubtedly find a group that meets your pace. Depending on the weather, there can be anywhere from 50-100 people that will run. The best part of the run, is the impromptu tailgating in the parking lot after the run. So plan on making the Long Grove run part of your Thanksgiving Tradition. Don't forget to bring a treat to share!

Address is below for the Long Grove Tavern and a link below for the route.

135 Old Mchenry Rd
Long Grove, IL 60047
(847) 634-3117

<http://www.usatf.org/routes/view.asp?rID=178822>

Save the Dates!

There is a saying that goes "failing to plan is like planning to fail. So here on some dates to get on your calendar for your social and running events that are "Trotter Recommended".

November 8

Tyranena Beer Run in WI <http://www.tyranena.com/beerrun/web site.htm>

contact Steve Sawyer if interested in joining a group of Trotters. buzz-saw@comcast.net

November 9

Westchester Veteran 5K <http://www.westchesterchamber.org>

November 13

Trotter Monthly Meeting. Watch your e-mail for details

November 23

Ride N Tie, in Busse Woods

<http://www.runner-shigh.biz/runner-shigh/events.aspx>

November 27

Long Grove Holiday Run
Check our the story at left

December 7

Gilberts Cross Country Challenge

<http://www.signmeup.com/61337>

December 13

Santa Run in AH. More details at the November meeting and on e-mail

Mr. Fifty (continued from page 2)

some of them.

When the time came, we headed off to dinner. More beerbo loading for Mark and me. At dinner, I asked everyone to raise their glasses so I could propose a toast. I thanked Marlene for being so supportive, for allowing me to complete this journey. After dinner we spent some time looking for the number 50 at the local shops. I wanted to put it on my back. No such luck. Carolyn found a balloon with 50 on it, but the store ran out of helium. Just as well. I wanted to feel special, but didn't want to be a constant source of attention.

Finally we made it back to the hotel. There was Sawyer sitting in the bar. One more round of beerbo loading was in order. The three idiots on the trip had one more beer before calling it a night. Steve had been leading the costars and supporting cast on an adventure of their own earlier in the day. After topping off those carbs we headed to bed.

Our plan was for all of us to meet in the lobby of the hotel in the morning. Most of us made it. At 6:40, we headed over to race grounds for the 7:00 start. We were only two blocks away from the start, so felt this was plenty of time. Sawyer was apparently serious about not leaving the hotel until 6:50. We didn't see him before the race began. When we got to the race, we got split up as many people went to gear check and didn't make it back before the start. So it was just Erin, Carolyn, Mark and I. Carolyn and Erin peeled off to their respective starting paces. Mark and I went by the 4:30 pace group. This is where we were to meet some of the others, but it never happened.

Those of you that know me well know that my running has never been only about myself. Although I have been diligent in achieving my personal goals, I have also used my running to help others. I do this through raising

money for the Leukemia and Lymphoma Society, by coaching new runners and by being supportive of struggling runners during a race. This is something I am very proud of. So it was important that I incorporate this into my 50th state. I thought I had accomplished this by raising money for the race. As of today, I have raised over \$2,100 for the Denver marathon and hope to raise more.

As the race started, Mark and I did our usual fist bump, wished each other well and went on our merry ways. I started the race with the idea I would take a shot at breaking four. Something I have never done, but came close to in May with a 4:04.

The weather was perfect. My first mile was a comfortable 9:10. The pace was perfect. Two and three were about 9:15. Still good. It takes me a few miles to warm up. Right around three Erin showed up. We had talked about her pacing me to break 4 earlier, but not before the race. There



From left to right, Mary Ann Zemla, Mark Rudnicki, Erin Mink Garvey, Ed Nikowitz, Mary Papreck and Carolyn Huber

she was to help. 4 and 5 were 9:07s. We were actually on track. This was probably the last time I thought we would make it.

Although I felt good, we started running into hills. Add a potty break, and we hit the half at 2:02. Considering the hills and altitude, this was a great time for me. But I would not break 4. I would finish at 4:10-4:15 if I kept it up. But like I said, my running has never been always about me.

Around 10 Erin started struggling. Erin is faster than I, but not as experienced. This was her third marathon in four weeks. The miles had taken their toll. Around 10, Erin started trailing me rather than running with me. She was battling a hip flexor and foot injury. I had to decide whether to stay with her or run my own race. A few of you will know the choice was easy. This actually added to the adventure. I could not have scripted it better myself.

continued on page 5

Mr. Fifty (continued from page 3)

Had I been on pace to break 4, I would have left her behind.

The course was a loop, but it also had several out and backs. This allowed us all to see each other on the course. At one point or another, I saw everyone except Amber. They had very visible pace groups which made it easy to figure out where everyone was on the course. The first person Erin and I saw was Sawyer around 4. He was already struggling. He probably should not have started the race. But being the idiot that he is, he persevered. Shortly after, we saw Mary. We blew by her too. We were flying.

Around 10, we caught Mary Ann. She yelled out to everyone that I was doing my 50th. When they didn't cheer loud enough, she scolded them and made them cheer again. We were still clipping along at this point so went ahead of Mary Ann.

Since I had fundraised, I was wearing my TNT singlet. So was Erin. As a result, we also had 75 TEAMmates on the course. Laurie in particular kept leap frogging with us. The Denver chapter had 6 coaches on the course who checked on us and ran with us at various points on the course. Rick checked on us four times.

Throughout the day, Erin was telling everyone I was completing the 50 states. This is something I would not have done myself.

Somewhere after the half, one of us suggested we start taking walking breaks. Erin suggested I run ahead. No way! We slowed down from 9 pluses to 12s to 15s. At 14, the 4:15 pace group caught us. We ran with them until we decided to take our next walk break. Then we let them go ahead.

Eventually, we started walking more than running. But we were still keeping a pretty good pace. Erin was concerned that she was slowing me down, but I didn't care. Around 16, Mary caught us. She ran ahead then came back to us. Then took off again. I could tell she was conflicted. Shortly afterwards, Mary Ann caught us. She stayed with us until one of our walk breaks became too long.

Around 20, the 4:30 pace group caught us. Erin was sur-

prised it took them that long. I told her it was about right. Had we run in from there, we could still break 4:30. But by now, we were doing 15 minute miles. Our goal became breaking 5.

At some point, we were only running the downhills. At 23, we started discussing our finishing strategy. We would walk to 25 and run in from there. But at 24.5, we approached a long downhill. So we pretty much ran in from there. We did the final mile in 9:05.

Approaching the finish, Marlene gave me a sash that said "Ed 50th State Denver October 19 2008." I grabbed it from her and put it on. Erin grabbed my hand so we could hold hands crossing the finish line. The announcer announced that I was

finishing my 50th. The crowd cheered. A reporter from the Denver Post

...a photographer from the Denver post approached. He took many pictures of me getting my medal, walking through the finishing area and talking to everyone. He also asked more questions.

I felt like a rock star.

...The next morning I was up early checking the Denver Post. There was no story or pictures. But it didn't matter. I have plenty of pictures and a great story. I am blessed to have such a great wife and friends who accompanied me on this adventure. I had the time of my life.

interviewed me right after I crossed the finish line before I even had my medal. Then hugs and congratulations all around. Mary and Mary Ann were waiting for us. Carolyn and Marlene joined. More hugs, kisses and congratulations.

Then a photographer from the Denver post approached. He took many pictures of me getting my medal, walking through the finishing area and talking to everyone. He also asked more questions. I felt like a rock star.

We waited for Mark by the food tent. Here we took a hundred more pictures. Eventually, one of the volunteers kicked us out and told us we had to go to the beer tent. Bummer! I guess it was time to start our recovery. We sat in the beer tent for about an hour chatting and drinking our recovery drink of choice.

Back to the hotel for a shower and some much needed rest. We turned on the Bears game to find them winning 48-31 early in the 4th quarter. Go Bears! After watching the rest of the game and taking a shower, I called around to see who was coming to dinner. Mary, Lisa and Amber had early evening flights. Veronica had dinner plans with her sister who lived in Denver. The rest of us made plans

continued on page 8



Trotter Race Results

Dan Roder sets Goal to be an Overall Race Winner for his 50th Year and Acheives it!

Nancy Roder dutifully e-mailed the couples' race results to the editor for November publication. In her e-mail, she wrote, "Dan just keeps getting faster and better! His goal when he turned 50 was to win a race and he accomplished that yesterday. I was so proud!!". Dan was the overall winner for Cal's All Star 5K on October 18th with a superfast time of 18:17, beating out all of the youngsters! Looking to put more in the newsletter, I replied to Nancy's e-mail inquiring what Dan's next big adventure would be. She wrote that Dan would like to run a sub 18:00 5K. He is getting close to that goal with his 18:07 finish at the Montgomery Oktoberfest 5K just a few weeks ago. Perhaps we can get Dan to share some of his "secrets to success" in upcoming publications.



Dan Roder, holding the Overall Race Winner Trophy for the Cal's All Star 5K (picture from Nancy's cell phone!)

Long Grove Heritage 5K on September 6th
Jan Draheim (1st Age Grp.) 44:29

Walter Payton 16,726-Yard Run on September 13th
Margie McGowan (4th Age Grp.) 1:31:58)

Fall Festival 5k Run on September 20th
Jan Draheim (2nd Age Grp.) 43:36

Midtown 5K Run & Walk on September 27th
Steve Breese (2nd Overall) 17:28

Jan Draheim (6th Age Grp.) 42:50

Montgomery Oktoberfest 5K on October 4th
Dan Roder (1st Age Grp.) 18:07

Nancy Roder (2nd Age Grp.) 25:37

Run for the Bear 10K on October 5th
Margie McGowan (1st Age Grp.) 56:59

Chicago Marathon on October 12th
Steve Breese (65th Age Grp.) 2:54:14

Cal's All Star 5K on October 18th
Dan Roder (1st Overall) 18:17
Nancy Roder (9th Age Grp.) 25:43r

Shannon McNamara Memorial 5K Run on October 26th
Margie McGowan (1st Age Grp.) 26:48

Sycamore Pumpkin 10k on October 26th
Dan Roder (3rd in Age Grp.) 38:29
Nancy Roder (19th Age Grp.) 56:41

November Monthly Meeting

Next November meeting is Thursday, November 13, 2008. Check your e-mail in the next coming weeks for details on the time and location.



Put Your Name on the Ballot

Trotter Board Member positions are available. Anyone interested in throwing their hat in the ring, please contact Mary Papreck via e-mail, Runit16@aol.com.

In addition to the current Board positions, we are looking for two more people for Volunteer Cordinator and Social Director.

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.

Throwaways are getting a bad name.

Throwaways, of course, refer to the sweat-shirts, t-shirts, singlets, or garbage bags that runners wear prior to or during the early stages of a race to keep warm. Runners may wear throwaway sweatshirts before the race when it is 50 degrees and they are standing around, waiting for the starting gun, and then toss them right before the race when their body heat while running will keep them plenty warm.

If you read the most recent issue of Runner's World, it was all about being green, from recycling your shoes to participating in races that make a commitment to "going green." Certainly the Sierra Club would not endorse having 45,000 runners shed plastic garbage bags at the start of the Chicago Marathon, only to end up in gigantic runners' landfill. (Though the last two years at Chicago, no one even considered wearing a plastic garbage bag to keep warm!)

This year, while working the aid station at mile 6, I encountered a different type of throw away. A man named David, who was running a 3:00 pace, saw me wearing my Captain vest and handed me his hat and singlet, quickly telling me to mail them back to him, address and postage enclosed. Wow, I thought at the time, that must be some lucky hat and singlet, or a guy who was really "green." I would have worn some old singlet and thrown it away, saving me from a trip to Good Will.

Dutifully I put the then quite smelly garments in my car, which was parked nearby. Only after clean-up and I was driving a few people in my car did someone say, "What is that smell?" "Some guy's hat and singlet," I said.

Safely home, and a bit tired after my 3:30 a.m. rising time that morning, I washed both, finding David's name, address, and \$10 for postage encased in a very small plastic bag. Whoa, this guy really planned

ahead! Since I had the Monday after the race off, I stopped at a UPS store, mailed it the most expensive way, \$8, and returned the \$2 change in the envelope. Had I not had Monday off, it could have been weeks before I got around to mailing it.

Only two days later, I received an e-mail from David (I had written on the back of my business card that we were the Arlington Trotters), thanking me for returning his lucky singlet. He lived in Minneapolis, and ran a 3:04. He also said it was his 3rd Chicago. I wondered if this was some grand experiment. Did he run marathons in many cities, or maybe 50 states, and collect data as to how many people mailed back his singlet and hat?

Then a week or so later, I receive a thank you note and a \$20 gift certificate to Barnes and Noble from David the 3 hour marathoner. I wasn't expecting this largesse just for mailing something he paid me to mail! A nice gesture but not necessary, I e-mailed back.

Throwaways are getting a bad name

I, a child of Depression era parents, often wear throw aways, but quite often never have the courage to really throw my items away. This summer I did at least three triathlons in which I retrieved my throwaway after the race to throw them away again. One sweatshirt, with rips across the back, was once my favorite- a 1990 San Diego Marathon sweatshirt with a cool logo. I still have it- next year I vow to really throw it away. In my PR marathon years ago, I wore my throw away the whole race. It never really warmed up, and it became my "lucky shirt" for a period of time. I will confess I do actually throw away the plastic garbage bags- landfill waiting to happen.

So in your next race, try this experiment- put your name, address, and postage in a small plastic bag, and affix it to your throw away. Whoever gets it back is a winner! And if you do get it back, don't forget to send your Good Samaritan a gift card! *

Arlington Trotters Board Meeting Minutes for Thursday, October 16, 2008

submitted by Mary Papreck

Attendees: Steve Sawyer, Ed Nikowitz, Judi Miko, Roger Thompson, Mary Papreck

1. Message to get out at Thursday Meeting – Carey Pinkowski speaker.
 - a. Local Running Club
 - b. Where we run Tuesdays at Runner High N Tri; Saturdays at Busse Woods; Sundays at Fisher Nut's aka Home Economist
 - c. Social Events – Beer Runs; Santa Runs; Winterfest Party
 - d. Charities – Christmas in April; Jelly Belly Days; Help at Races; Marathon; Angel Tree
2. New Board Members – solicit from audience at October 16th Meeting at Runner's High N Tri. Election to take place at Winterfest Party in January.
3. Awards – put together categories – nominate people. Member to e-mail their choices to Mary Papreck at Runit16@aol.com. Categories will be mentioned at November meeting.
4. CEDA – Angel tree. More info to follow in November. Angel tree is for our Members to buy Christmas gifts for children.
5. Santa Run – December 13th. Steve Sawyer will be Santa. Time and location will be announced at November meeting and via e-mail.
6. FYA Winter Runs- (freeze your ass) Deer Park bring your own beverage runs. Watch your e-mails for dates. To start after first of the year.
7. Steve Sawyer to contact Flash about trail run in November; Boot Camp speaker in January.
8. Ride N Tie – November 23rd. Need 15 – 25 volunteers at Busse Woods for Mark at Runner's High 'N Tri. Contact Judy Miko via e-mail at xbugs@aol.com. Send e-mail to remind everyone. Some people signed up to volunteer at October 16th meeting.
9. Winterfest Party – contact Ray for date – tentatively scheduled for January 17th same location.
10. Trotter wearables – See if anyone is interested in ordering clothing and what they would be interested in ordering. Roger to get information as to pricing and what is or will be available to order.
11. Next Trotter meeting – November 13th. Next Board meeting to be determined.

Mr. Fifty (continued from page 6)

to meet at 5 in the hotel bar.

Marlene and I wanted to walk the mall before dinner so we headed outside. There we found Mary sitting in the sun. We said good bye and went on our merry way. After walking around for about an hour, we headed back to the hotel bar. There was most of the crew. Sawyer scored Marlene and me a free beer.

We headed to a local brew pub where we did some more recovery drinking and had dinner. I was presented with a 50 states finisher

shirt and a card which were both signed by everyone. I was tired for some reason. I started fading fast. We headed back to the hotel where I wasn't even interested in one more recovery drink. Up to the room and straight to bed.

The next morning I was up early checking the Denver Post. There was no story or pictures. But it didn't matter. I have plenty of pictures and a great story. I am blessed to have such a great wife and friends who accompanied me on this adventure. I had the time of my life. *

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 very soon!

Mt. Prospect
Dave Poore

Rolling Meadows
Sheryl Getzan

Volunteers Needed

Mark at Runner's High "N Tri is hoping to get 15-25 volunteers for the November 23 Ride N Tie event to be held at Busse Woods. Please contact Judy Miko via e-mail at xbugs@aol.com if you can help--or let her know on the run!.



The Glacial 50

by Dr. Nick Nowicki



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 is a frequent newsletter contributor for injury prevention tips and tales of his racing adventures. Dr. Nowicki set forth a goal of completing a 50-mile race in October 2008. Read on for the details!

“Only those who risk going too far can possibly find out how far they can go.” -T.S. Eliot

The Glacial 50-mile Ultramarathon took place in the northern unit of the Wisconsin Kettle Moraine State Forest. The course was an out and back loop. The trail would be best described as ankle-breaking; consisting of numerous rocks, hills, and steep up-hills/downhills. There were seven aide stations on the course. Crewing was only allowed at these stations.

This race was my first 50-mile ultramarathon. As I look back on this experience, it was the most physically and mentally challenging race of my life (so far).

The race started at 6 AM in the streets of Greenbush Wisconsin. All runners were required to wear head-lamps because it was pitch black outside. I entered the woods after running on the pavement for 2/3's of a mile. My head-lamp was excellent for seeing 10-15 feet ahead of me, however, I could barely see the ground directly in-front me (unless I ran with my head down). That first hour in the dark I was filled with anxiety because I knew that if I sprained an ankle early, my day could be over. I did trip a few times. On every occasion I caught my balance quickly and it felt like my body temperature dropped 2-3 degrees.

I exited the woods and was approaching the first aide station (7 miles). Everything appeared really bright with the sunshine. The aide stations were loaded with water, Gatorade, pop, candy, pretzels, nuts, and fruits. I drank some water, dropped off my head-lamp to my crew, and ventured back into the woods.

Around nine miles I made a quick pit stop. I thought this was a great sign because that meant I was taking in an appropriate amount of fluid. I decided to have a granola bar that I had in my Camelbak. I started to chew the bar, but for some reason I just could not swallow it. I thought maybe I

wasn't too hungry.

As I racked up the mileage the day grew warmer. I was noticing that my fluid supply was not lasting as long as in the early stages of the race. At the fourth Aid station (20.5 miles), I still could not get any solid food in my system. I did manage to get a few gel packs down for some energy.

I reached the turn-around point just under 5 hours. I thought it would be a good idea to take a break and put my legs up. The volunteers at all the aide stations were very friendly and helpful. They asked me if I was doing alright. I told them I was fine and commented that it was really hot on the course. One volunteer came back and threw some cold wet towels on my body, which felt great.

I stood up and began the second half of the race. It was the hottest part of the day now and the unseasonably warm weather was sinking its teeth in me. The next ten miles had some “good” and “bad” patches. I did manage to finally get some solid food (banana) into my system. But, the “bad” patches seemed to appear more frequent and last longer. The wheels eventually fell off at the sixth aide station (36.7 miles).

I felt miserable. I was lying on the ground and I could not move. My crew and the volunteers rushed over to check on me. They threw some water, moist towels, and ice on me. It helped a little but I felt like I was burning up. I would try to stand up, only to drop back down to my knees because I felt dizzy and sick. There was little shade at this station. An umbrella was opened up to get me out of the sun.

I remember uttering the words that I never thought I would say during a race, “I don't think I can finish.”

My crew asked the race staff if it were “legal” for me to sit in a car with air conditioning. We got the “green-light” and I crawled into the car. The air conditioning was turned up full blast as I sat there for a

continued on page 10

The Glacial 50 (continued from page 6)

while. Eventually, I started shivering and got out of the car.

I started weighing my options. Quit now and all this misery will be over. Or suffer through these last 13.3 miles and get your finisher's medal. I knew that I would forever regret not finishing the race. I threw on a fresh shirt, gathered my race supplies (camelback, extra water, and a couple of bananas), and started running.

The next six miles, I had the pleasure of running with a terrible side cramp. I just could not get rid of it. The hills seemed to be getting taller and steeper. I could barely walk up them. I remember thinking that the course was 50 miles uphill both ways.

When I got to the top of a hill, I would have to walk the steep down-hills loaded with rocks and tree-roots. I almost fell on my butt a couple of times.

I made it to the last aide station (43 miles). I was feeling significantly better compared to the last aide station.

I thought it was a good idea to take another break. The weather finally felt like it was cooling off.

I stood up and started running again. My side cramp was gone, however, now I had this sensation that my legs were on fire. With about five miles left I took a very brief pit stop. With all the fluids that I was guzzling, I could not believe that I had gone 8 1/2 hours without using the bathroom.

It was getting noticeably dark outside. I

was off the ankle-breaking trail now and running through a grass field. I crossed a couple of make-shift bridges; basically two 2X4's placed side by side that stretched about 40 feet. I almost fell off the side of these narrow "bridges" earlier that morning.

I came up to a sign that said "Glacial Trial 50: One Mile Left." It was almost over. I started pumping my arms and legs through the forest. I was back on pavement with 2/3's of a mile to go. My feet felt weird to be back on solid ground. I kept pushing. I made the final turn and the finish line was within sight.

I charged down the final straight away with what little energy I had left. I

was determined to

finish strong. I

ran through

the finish

line and

another

15 feet

where I

collapsed

in a ditch

by the side

of the road.

The race lasted

11:36:26.

The race director walked up and congratulated. He told me that everyone had trouble running in the heat. He asked me how many 50 milers had I completed. I told him that it was my first one. He shook my hand and gave me my finisher's medal. I placed the medal around my neck and smile instantly came across my face.

Special thanks go out to my race crew. I would have never completed the race without their support and quick thinking. *

"Only those
who risk going too far
can possibly find out how
far they can go."
-T.S. Eliot



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 Madison Marathon

by Michael Zielinski



Michael Zielinski joined the 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 25 years.

As the Wisconsin winter fades away into the rebirth of spring, the Madison, WI running season also returns with the long distance highlight being the Madison Marathon scheduled for May 24, 2009. During the first full month of spring in April, the city hosts the Midwest Horse Fair one weekend before the Crazylegs Classic 8K and two mile walk on April 25th, the same date that the Dane County Farmers' Market, the nation's largest producers' only market starts on every Saturday up to early November. Both events take place on or near Capitol Square, the area in downtown Madison at the Wisconsin State Capitol.

The Crazylegs Classic is named after Elroy "Crazylegs" Hirsch, a former University of Wisconsin football player and later Director of Athletics who earned election to both the College Football and Professional Football Hall of Fame. Accolades of this run include the Road Runners Club of America picking the Crazylegs Classic as one of twenty races across the country chosen for "Great Races! Great Places!", Runner's World magazine rating the Crazylegs Classic as one of America's Best 100 Events, and readers participating in the Capital Times/Wisconsin State Journal Reader's Choice Award survey have voted the Crazylegs Classic the favorite local area running event every year since 1995.

The 28th running of the Crazylegs Classic on April 25th is expected to have about 15,000 participants at the start on the Capitol Square along with Bucky Badger, the University of Wisconsin Cheerleaders and the Badger Marching Band. Campus celebrities aboard the Bucky Wagon greet the runners and walkers as they arrive and the Wisconsin Governor is expected to participate, continuing the tradition of former Governors. The 8K starts opposite the State Capitol Building and then goes down State Street to the University of Wisconsin before heading along Observatory Drive by Lake Mendota to Picnic Point and then returning down University Avenue to Camp Randall Stadium where it ends at the 50 yard line. The walkers circle Capitol Square and then continue down State Street to Henry Street on a two-mile course to Camp Randall. Both the runners and walkers finish on the 50 yard line of Camp Randall Stadium and are shown on the video board as they enter the stadium, al-

Madison is a 2 hour ride from Chicago's Northwest Suburbs!



lowing the participants to watch themselves cross the 50 yard line upon completion of the Crazylegs Classic.

The following Saturday on May 2nd is the 31st anniversary of **Madison's Lake Monona 20K run**. The start and finish is on the south shore of Lake Monona at Winnquah Park in Monona with a clockwise course around the lake that includes winding residential streets and paved bike paths close to the scenic shoreline. Along the way is the spectacular state capitol skyline as Lake Monona is crossed on the causeway just prior to the halfway point in the run. About a mile further is the Monona Terrace Community and Convention Center, opened in 1997 from a Frank Lloyd Wright exterior design to house a state-of-the-art building for exhibitions, cultural events, meetings and other public gatherings. Shortly after the 15K mark, the run route descends into Olbrich Park, the home of the Olbrich Botanical Gardens and Conservatory. Once the 20K is completed, a good training run has been done in the preparation for the 37th annual 20 mile Syttende Mai Run two weeks later on May 16th.

The Syttende Mai Run is a 20 mile race from Madison's Capitol Square to Stoughton's Mandt Park that also includes a non-competitive 17 mile walk in the tradition of Europe's "volks marches" with much of the course on rolling rural roads. The Norwegian heritage of many of Stoughton's citizens is celebrated each year as the town and thousands of guests observe Syttende Mai, Norwegian or "seventeen May", with the event held on the weekend closest to May 17th. On that day in 1814, the Norwegian Constitution was signed, giving Norway independence from its 500 year union with Denmark and the start of a new union with Sweden that lasted until 1905. Since at the time of this article, the world-class University of Wisconsin has had seventeen nobel laureates affiliated with the university, (the same number as in May 17th), it can be pointed out that the Nobel Peace Prize is presented annually in Oslo, Norway, on December 10 (the anniversary of Alfred Nobel's death), while on the same date the Nobel Prizes in the specific disciplines (Chemistry, Physics, Physiology or Medicine, and Literature) and the Prize in Economics are presented in Stockholm, Sweden. Returning to athletics, the Madison Marathon is scheduled for May 24, 2009 in the capital city of Wisconsin.

The Madison Marathon starts at Capitol Square just like the previously mentioned Crazylegs Classic and Syttende Mai runs. The Wisconsin State Capitol, located on the isthmus between Lakes Mendota and Monona, is taller than the Nation's Capitol in Washington,

continued on page 12

A Madison Marathon (continued from page 8)

D.C. and at the top is the "Wisconsin" statue sculpted by Daniel Chester French. The statue is a lady wearing a helmet with the state animal, the badger, on top while the left hand holds a globe with an eagle on it and her right arm is outstretched to symbolize the state motto, "Forward." Prior to going forward, also on Capitol Square, is the Wisconsin Historical Museum and the Wisconsin Veterans Museum (Veterans Day is on November 11th).

Over 5,000 participants are expected on May 24th for the marathon, half marathon, quarter marathon, and kids run. The marathon course heads northeast from Capitol Square for the first mile and then goes north for the next three miles up to Warner Park before turning west for the next mile to arrive at Lake Mendota. The route is then to the south and west near the lake up to the halfway point in the marathon. Along with way is the Maple Bluff Country Club between miles six and seven, the Wisconsin Executive Residence (Governor's Mansion) at mile eight, and by mile twelve, the University of Wisconsin; established in 1848 with the motto, "The divine within the universe, however manifested, is my light."

At the U of W, the route goes by the Memorial Union before following along Lake Mendota the UW Lakeshore Path parallel to Bascom Hill. Bascom Hall, named for John Bascom is an administrative university building located at the top of Bascom Hill with a famous Abraham Lincoln statue situated in front. John Bascom was President of the University of Wisconsin from 1874 to 1887 and was the author of at least thirty books. He said in his biography the books cost him more money than he ever received from their publication but he added that he was glad to have written them and that he was only sorry that he could not have been of more service to his fellow men.

Robert La Follette, Sr. while at the U of W was deeply influenced by John Bascom on issues of morality, ethics and social justice prior to becoming an American politician who served as a U.S. Congressman, the 20th Governor of Wisconsin (1901-1906), and Republican Senator from Wisconsin (1905-1925). A 1982 survey of historians that asked them to rank the "ten greatest Senators in the nation's history" based on "accomplishments in office" and "long range impact on American history," placed La Follette first and he has been called "arguably the most important and recognized leader of the opposition to the growing dominance of corporations over the Government"; a matter still applicable today. "The Wisconsin Idea" represents the state being served in the best possible way by the university.

Returning to the marathon, (the marathon of life), the course continues along the Muir Woods stretch (in honor of U of W student John Muir who later became a famous environmentalist)

Five Roadtrip Races for 2009 Madison, WI

- April 25, 2009: Crazy Legs 8K
(28th Year, 15,000 participants, Saturday Race
www.crazylegsclassic.com)
- May 2, 2009: Lake Monona 20K Run
(31st Year, Saturday Race
www.lakemonona20k.com)
- May 16, 2009: Syttende Mai 20 Mile Run
(37th Year, Saturday Race
www.stoughtonwi.com/runwalk.shtml)
- May 24, 2009: Madison Marathon
(5,000 participants, Sunday Race
www.madisonfestivals.com/marathon/index.html)
- September 13, 2009: Madison Ironman
(It's already full, Sunday Race
www.ironmanwisconsin.com)

from Observatory Drive to the Howard Temin Lakeshore Path. Although it is tempting to stop at the near by Babcock Hall Dairy Plant and Store for delicious university made ice cream, the run is only halfway over. At this point, the route turns southeast from Lake Mendota and goes by the University of Wisconsin Hospital plus the agricultural and engineering parts of the campus before going by Camp Randall Stadium prior to mile fifteen. The next three miles go to the southwest before reaching Nakoma Golf Club and then entering the University of Wisconsin Arboretum at mile nineteen for the next

two miles on the south shore of Lake Wingra. The Henry Vilas Zoo is at mile twenty-two on the north shore of Lake Wingra before the course heads east near the Kohl Center at mile twenty-three. The next two miles are by Lake Monona prior to the finish near the Dane County Fairgrounds at the Alliant Energy Center that includes the Exhibition Hall, Willow Island and Veterans Memorial Coliseum.

The marathon journey to Madison is now complete unless one wants to do the Ironman Wisconsin Triathlon on September 13th that has a course of a 2.4 mile swim, a 112 mile bicycle ride, and then a 26.2 mile marathon. An easier autumn in Madison is the October World Dairy Expo and the Wisconsin Book Festival. Is there any doubt that Madison is one of the nation's highest rated cities for overall quality of life and with the approach of Thanksgiving, the Abraham Lincoln statue in front of Bascom Hall is a reminder that in 1863, President Abraham Lincoln set aside the last Thursday of November as a national Day of Thanksgiving.*



Lake Monona Bike Path-popular for training and racing in Madison