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The Trotter Chronicles

October 2008

Dedicated to Runners of All Levels

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The Lake Geneva Triathlon

by Nick Nowicki

For as long as I can remember, I've had aspirations of completing a triathlon. Like most people the biggest hang-up with a triathlon is swimming.

Since I did not have a swimmers background, I thought it would be a good idea to work with a swim coach. I asked around the Wheeling Park District (where I log a few hours outside of the clinic as a personal trainer) to find out who was the best swim instructor. The answer I kept getting back was Lisa. She has been a God-send! Lisa has been very helpful in working with my form, breathing and designing challenging workout plans. Every week, I was swimming farther and stronger.

The end of the summer was drawing near and I really wanted to participate in a triathlon. The Lake Geneva Triathlon was one of the last triathlons that were not sold out. I registered for their sprint distance consisting of a 0.33 mile swim, 17 mile bike, and 3.1 mile run. At 4 a.m. on race day my "Super-Fan" (Mom) and I drove-up to Lake Geneva.

Despite getting bad directions from Mapquest, we managed to find the race by following a random car with a bike attached to the trunk. I scrambled for a spot for my bike and racing gear in a crowded transition area. I got my wetsuit on and began preparing for this new exciting adventure (hopefully not a misadventure). I was not concerned about my finish place or time. I did set specific goals for myself in each stage.

GOAL #1: DO NOT PANIC IN THE WATER

Over the summer I have been working hard swimming countless laps in the pool. Unfortunately, I did not get around to swimming in "open water." The beginning of the race was going to be a "baptism by fire." Every triathlete I talked to said that swimming in open water was really different because you have to worry about the current, waves, "sighting," and aggressive swimmers. No one had a positive first-time experience in the water! Horror stories consisted of broken/lost goggles, bloody noses, bruised ribs, and black eyes.

Not only was this my first time in open water, it was also my first time swimming in a wet-suit. Five minutes before the start I got myself comfortable in the water. I immediately noticed how buoyant I was with the wetsuit. The water temperature was probably around the lower 70's; not something that I would swim in without a wetsuit. The lake itself was very calm with hardly any waves. The course (0.33 miles) consisted of a rectangle which paralleled the shore-line. I positioned myself towards the outside and back aspect of the swim group in hopes of avoiding those "aggressive swimmers." The swim stage started in the water and not the beach. Swim waves were ordered by race number and consisted of 50 swimmers per wave every 2 minutes.

The race began. The first 30-60 seconds seemed a little congested but I did not get kicked in the face nor did someone

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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 September issue of *The Trotter Chronicles*. If you **DO NOT** want your name and contact information in the directory, please notify Leah Kadamian by July 15, 2008.

Bank of America Chicago Marathon

We Need You!

All eyes will be on the volunteer aid stations at the upcoming Chicago Marathon Sunday, October 12. After last year's unseasonably hot weather, the marathon organization has taken extra precautions for all types of eventualities, from heat to every other imaginable emergency.

Trisha Dean will be captain of the aid station this year, and Peggy Corey will be serving as co-captain. We have already attended two meetings in preparation.

After 2007 at mile 11, the Trotters are back at our traditional mile 6 near Fullerton and Cannon. If you are running, please ask your friends and relatives to volunteer at mile 6 to have a great spectator opportunity and to help out. If you are not running, please be part of this spectacular event as a volunteer.

You can volunteer by calling Trisha at 847-368-0887 or e-mailing at trisha.dean@d214.org. The preferred method is to register on line (if you do this no call or e-mail is needed), though I will enter your information if you cannot to register on line. The link is:

http://www.chicagomarathon.com/CMS400Min/Chicago_Marathon/spectators_volunteers/index.aspx?id=5499

Click on "click here to register," and select Arlington Trotters. Password is aidstation04. Enter the site, enter your information, and you are registered!

We can use all the help we can get! A nice wicking jacket, selling for \$79 at Nike, is your reward, as well as a front row seat to one of the world's premier athletic events!

Athens Sister City 5k

by Mary Papreck

This once in a lifetime event enabled runners to check out runway 9R 27L at O'Hare Airport the third Sunday in September. In order to keep my one-race per-month streak alive, this one filled the bill since it was close to home. Saturday prior to race day was supposed to be my 20 mile run, but with the warm temperatures triggering breathing problems and my right knee in pain, I baled out around 10 miles which included some walking. After pouting all day and resting my sore knee, I planned on a mediocre run for Sunday.

Trotters Julie Bane, Pat Harmon, Todd Heideman, Roger Thompson, and Steve Breese as well as some of our Alpine Runner friends were also at the race. Julie, Todd and Roger ran 20 miles on Saturday and were using this event as a cool down. It was a beautiful sunny day not a cloud in the sky, although a little too warm for me. There were competitive 5k runners, non-competitive 5k runners and walkers.

It was well organized and it appeared that many people registered on race day. Although the race started 10 minutes late, we finally were off and running in this

chip timed event. The first stretch was on a road, and then we entered the secured airfield. Planes were taking off overhead from a different runway and if the passengers looked out their windows on takeoff, they would have seen thousands of runners and walkers on runway 9R 27L.

I may have passed the first mile when I saw the lead runner coming back from the turnaround. Not realizing who it was, I started cheering as I said to the people next to me "in my dreams." After the race, it was our own Steve Breese who finished first overall.

Each step taken on that runway was a rare opportunity for all of us that day. I was feeling the heat by the end of the second mile and knew that less than ten minutes separated me from the finish. Being on that flat fast course and wanting to get out of the heat, encouraged me to finish as fast as I could.

The tech shirts we got were great. There were activities for the whole family including trolleys for people who just wanted to go out and be on the runway.

The race proceeds will help fund a statue of male naked runners from the early Olympics. It will be housed in terminal 5. ❁



Trotter Race Results

Run to Remember on May 3rd

Grace Wasielewski (1st Age Grp.) 22:45

Flying Pig Marathon on May 4th

Judi Miko 5:23:36

Great Western Half Marathon on May 4th

Grace Wasielewski (1st Age Grp.) 1:39:49
Joe Kolbaba 1:43:19

Cellcom Green Bay marathon on May 18th

Grace Wasielewski (1st Age Grp.) 3:31:39

HealthBridge RoadRunners on May 18th

Jan Draheim (1st Age Grp.) 45:25

JP Morgan Corporate Challenge May 22nd

Russ Noftz 35:00

Salute Inc. 5K/10K Run & 5K Walk on May 24th

Joe Kolbaba (4th Age Grp.) 41:42
Russ Noftz 1:01:02

BAPA Ridge Run on May 26th

Roy Carlson (3rd Age Grp.) 47:05

Elgin Valley Fox Trot on May 26th

Jan Draheim (1st Age Grp.) 2:35:06

Run for the Roses on June 1st

Steve Breese(9th Overall)(1st Age Grp.) 18:05
Grace Wasielewski (3rd Age Grp.) 21:24
Jan Draheim (3rd Age Grp.) 43:06

North Shore Half-Marathon on June 8th

Grace Wasielewski (1st Age Grp.) 1:45:26

Run for a Reason CAC Half Marathon on June 14th

Grace Wasielewski (1st Age Grp.) 1:43:03

Downers Grove 5 & 10 Miler on June 22nd

Jan Draheim (2nd Age Grp.) 1:12:21

She's Got Sole 8K on June 22nd

Grace Wasielewski (1st Age Grp.) 36:00

Race for Young Life on June 28th

Jan Draheim (3rd Age Grp.) 45:41

Elmhurst 4 on the 4th on July 4th

Jan Draheim (4th Age Grp.) 57:38

Arlington Stampede 5K on July 6th

Jan Draheim 44:19

Chicago Distance Classic on August 10th

Russ Noftz 2:21:42

DeKalb Corn Fest 10k on August 23rd

Jan Draheim (4th Age Grp.) 1:30:42

Accenture Chicago Triathlon on August 24th

Russ Noftz 1:07:54

Buffalo Grove Stampede on August 31st

Jan Draheim 44:34

9.11 Mile Freedom Run on September 6th

Steve Breese (1st Overall) 56:18

Banco Popular Chicago Half Marathon on September 14th

Roy Carlson (13th Age Grp.) 1:45:30

5K on the Runway on September 21st

Steve Breese (1st Overall) 16:46

October Monthly Meeting

Our October meeting will be held the third Thursday instead of the second Thursday this month. Join us on **Thursday, October 16** at **Runner's High 'N Tri** located at 121 W. Campbell in Arlington Heights. The meeting will start at 7:30 p.m.



We are privileged to have Carey Pinkowski, the Chicago Marathon Race Director, as our guest speaker. Hope to see you!

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 Coordinator and Social Director. We will discuss the positions at the meeting on October 16.

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.

How many of the Trotters have kids who are runners?

Should they?

When parents love something, from running to cooking to reading, they want to share their love with their kids. When does sharing this love become pushing it on their kids? There is no easy answer.

As I look around at the Trotters I've known over the years, the answer varies. Some kids become avid, or at least interested, runners. Some kids stay as far away from their parent's running passion as possible. And both are OK, as long as the choice is truly that of the kids.

Excellent runner Barb Franzen has three boys, and one of them, John, is an avid runner. Gail Edgar's kids tried running, once finishing a 10K with mom, but they will always be remembered for Tina's quote, "Mom, don't these people ever take showers?" One of Beth Onines' sons is running his first marathon after quitting smoking. Mark Rouse's 8 year old ran her first 5K this summer. Tammy and Ed Phillips used to run marathons together. Mary Beth Nowak helped coach her daughter's cross-country team. Danny Ellis said, as coach Bill Friedman was calling out times, "People are not numbers." And Bill and Kathy Friedman's daughter became a runner, and later, an excellent swimmer.

There are also those kids who want nothing to do with running, sometimes resenting the sport that they think took too much of their parent's time, time away from them. We all shy away from the stereotype of the pushy parent, trying to live sports glory through their children. I remember a girl I used to lifeguard with saying that she looked at swimming as a job. Her father used to slap her and tell her he didn't want to be the father of a loser.

As with most things, somewhere there is a balance. It's not always easy to find that balance.

With daughter Rui, I try to encourage her to try different activities. Like me, she is

a joiner. Currently she is taking Chinese, learning piano, in Brownies, playing soccer, and taking gymnastic and dance. She wants to try karate and join swim team, but I tell her there are not enough days in the week unless she quits something else. Does she get the "joining" from me, or is she a natural joiner? There is no genetic link, and frankly, I just don't know.

Ever since she was little she liked to participate in kids' fun runs, and has done many short races over the years. She has taken swim lessons since she was a toddler, and this summer at 7 graduated from the park district swim school. Swimming is what I know. Did I push her into it? I don't think so-she always loved the water. But did she love it because I do?

Oddly, the one activity she couldn't do after second grade was ride a bike. Most kids learn in kindergarten, but when she was that age there was not a bike small enough for her. Now she is just eking into a size 5 clothes, a size that most kindergartners wear, and after fits and starts she finally mastered the bike this summer, a very small Dora the Explorer model.

This summer she saw that I did nine triathlons, and she said she wanted to try a triathlon. We had planned to do a late season race in Whitewater with a pool swim, but a make up soccer game from the Arlington Heights monsoon in September changed our plans. Next summer will probably be a better time for her triathlon debut, with more biking experience under her belt. She says "no way" does she want to swim in a lake. That's OK- yet I'd like her to try it. Am I a pushy mom?

There are no easy answers here, and you experienced parents probably have more answers than I do. We want to encourage our kids but not push them. We naturally encourage them to try what we know. I don't know hockey, and I don't think Rui would make much of a hockey player anyway. can't see myself as a hockey mom.

I'll let you know how this all turns out next summer. My daughter, the triathlete? * ❀

Arlington Trotters Board Meeting Minutes for Monday, September 22, 2008

Present: Steve Sawyer, Ed Nikowitz, Mike Kendrick, Judi Miko, Roger Thompson and Mary Papreck

1. Overwhelming response at the beer run, need to get volunteers to help next year
 2. Financially solvent - \$455.00 ahead. Beer runs broke even. Still waiting for resolution of 2007 Chicago Marathon check.
 3. Steve Sawyer to contact Flash about trail run in November
 4. 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
 5. Notes in newsletter for October that current officers are up for re-election. Need to add two more people to the board – names needed by October 25th. E-mail Mary Papreck @ Runit16@aol.com
 6. Remind Michael Zielinski who has graciously responded to potential members to cc one of us in his response. Steve Sawyer to contact him.
 7. The beer runs will be the 3rd week in May-August. Price to be determined later.
 8. Winterfest Party – contact Ray for date
 9. Trotter wearables – See if anyone is interested in ordering clothing and what they would be interested in ordering.
 10. Ask Leah to print out applications for October meeting. Ask Leah for logo so we can have posters made to put in Mark's store and other locations
 11. Winterfest Party – perfect place to collect dues for next year, however, this could be posted in December newsletter.
- Next board meeting, October 16th at Harry's at 6:30 p.m. before meeting at Runner's High 'N Tri

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!

Arlington Heights -
Marion and Steve Rudnick

Mt. Prospect -
Debbie Watson

Park Ridge -
Lisa Lindgren

Schaumburg -
Michele Long

Volunteers Needed

Mark at Runner's High 'N Tri is hoping to get 15 to 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.

Lake Geneva Triathlon (continued from pg. 1)



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.

swim over/on-top of me. About halfway to the first turn the swimmers began to spread out. I visualized myself back in the pool; focusing on my form and breathing. Every so often I would glance to make sure I was swimming towards the turn buoy. I made sure to stay wide of the group; which did not disrupt stroke length and rhythm because I did not have to maneuver between swimmers.

Next thing I know, I am on the backstretch of the swim course. I felt like Aquaman with every swimmer I passed. The new wetsuit made the swim feel so effort-less. I made the final turn and swam towards the shore. I couldn't believe that the swim was over so fast! I said to myself, I have done warm-ups before races which were longer in time duration than the swim stage.

GOAL #2: DO NOT RUN AROUND THE TRANSITION AREA LIKE A CHICKEN WITH IT'S HEAD CUT-OFF

As I got out of the water I began to unzip and "peel" the top half of the wetsuit before entering the transition area. For some reason I could not find my bike! I made a mental note of where it was before I got in the water. I felt like I was stuck in the Seinfeld episode where Jerry and company lost his car in the mall parking lot. I found my bike after wasting a minute (or so).

I began to peel the rest of the wet-suit off. I got the right leg off with no problems but the left leg wouldn't come off. I forgot to take my Champion Chip off my ankle and it was preventing me to peel the other leg off. I finally managed to get the rest of the west-suit off and put on my bike attire. My bike could not have been parked any further from the transition exit. Plus, a couple were walking slowly side-by-side, blocking my path most of the away to the exit. My first transition split was barely under 5 minutes. I hoped the next transition would go a little smoother.

GOAL #3: BE EFFICIENT ON THE BIKE AND NOT BURN MYSELF OUT BEFORE THE RUN

I exited the transition area, hopped on the bike, and pedaled on my way. The major-

ity of the bike course (17 miles) took place in the surrounding farm areas. There were numerous challenging hills spaced throughout the course.

It was so nice to have the roads to ourselves. Biking in suburbia has been a challenge with the all the traffic lights, cars, roller-bladers, unleashed pets, wildlife (don't get me started about those geese), and walkers unaware of their surroundings due to blaring I-pods. Finally, I was able to get into a rhythm without stopping and starting every mile. My approach to the bike stage was to pace myself from start to finish much like a race greater than 10K. At no point during the bike (other than a hill) did I want my legs to feel like they were on fire. I just wanted to cruise.

The final three miles of the course had a series of very steep up and down-hills. During the steepest down-hill, I pedaled as fast as I could to see how fast I could go. I felt like I was on a roller-coaster at Great America. Then I realized I had to slow down because I had to make a sharp left turn up ahead. I squeezed the brakes and made the turn without crashing into a parked car or course marshal.

I began to hear and see the race spectators with less than a 1/4 mile to go. I shifted my bike into a lower gear and "spun my legs out" to get the pooled blood flowing throughout my legs. I dismounted the bike and ventured into the time vortex known as the Transition Area.

GOAL #2 - PART II: DO NOT RUN AROUND THE TRANSITION AREA LIKE A CHICKEN WITH IT'S HEAD CUT-OFF

This time I found my stuff a little quicker. I hung up my bike, slid off the bike shoes, and laced up the racing flats. I began running and weaving throughout the crowd. Once again, my race gear was located as far as possible from the exit. I made a quick pit stop at port-a-potty and exited the transition area. Transition #2 split: 2:59.

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Lake Geneva Triathlon (continued from pg. 6)

GOAL #4: FINISH RANKED “TOP 5” IN THE RUNNING STAGE

The course was an out and back loop with numerous hills. Just before the turn around point you had to run up a hill affectionately known as “Killer Hill.”

I glanced at the previous race results the night before the race. I knew from my brick workouts (riding the bike at race pace and running immediately to simulate race conditions) there was going to be some lead in the legs. I figured that a 19:30 would be a reasonable 5K split on a hilly course for a first time triathlete. That time would also place me in contention for a “top 5” rank in the run stage.

Finally, it was my time to shine in the race. I had only been running for 15 seconds when I heard a spectator yell out at me, “Great pace number 1273!”

I’m a runner that does not wear a watch, heart-rate monitor or GPS tracker during a race. So I pace myself by “feel” or perceived exertion. The hardest aspect coming off the bike is that everything looks and feels like they are moving in slow motion. Although I looked like I was running fast; I felt like I was crawling.

I wasn’t crawling. In fact, I was passing everyone with authority. I attacked every hill that stood in my way. “Killer Hill” was tough. It kept going up and up. At one point, I had to pause briefly to catch my breath.

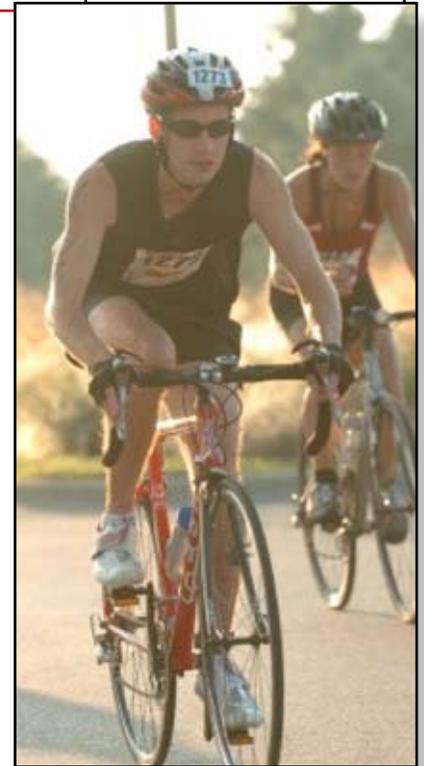
With a mile to go, my running “muscle memory” must have returned because I no

longer felt like I was moving in slow motion. With a less than a half mile to go, I made my final charge. The crowd noise was growing louder as they saw me sprinting down the final straight away like a wild animal. I crossed the finish line and felt great. I wasn’t sure how fast I performed in the run stage. I did know that no one passed me.

Goal #5: HAVE SOME FUN!!

With every new experience there is always going to be a learning curve. Prior to the triathlon, I could have swum in “open water,” done more “power workouts” on the bike, and worked more on my transitions. All that extra preparation could have resulted in a higher finish. No matter how much you prepare, sometimes unforeseeable things happen. Having some fun on race day was priority number one. That mission was accomplished when I received my finishers medal

Later on that day, I checked out my times on the race website. I finished 95th out of 566 and ranked first in the run stage with a time of 18:32. The next fastest time (18:49) was done by the gentlemen who finished first place overall and ranked first in both the swim and bike stages. Two days later, I drove up to Madison Wisconsin, stood in the rain for two hours, and registered for next year’s Ironman Triathlon. *





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.

Races in Review

Texas Marathons in the Lone Star State

by Michael Zielinski

The Texas marathon season begins at about the time of the annual State Fair of Texas that has been held at the historic Fair Park in Dallas since 1886. From September 26th to October 19th this year, more than three million people are expected to visit the largest state fair in the United States. Big Tex, a 52 foot tall cowboy, continues to be the symbol of the fair that also has the annual college football game between Texas and Oklahoma, "The Red River Shootout", scheduled this year for October 11th to be played in the Cotton Bowl at Fair Park.

During the three plus weeks of the Texas State Fair, visitors can enjoy the extensive agricultural, commercial, and recreational exhibits along with numerous food items beginning with native Texas cattle products plus other high-fat foods that include Fletcher's brand corny dogs and some unusual deep-fried foods that include deep-fried Oreo cookies, deep-fried Twinkies, deep-fried pork ribs, fried cheesecake, deep-fried peanut butter, jelly, and banana sandwiches and batter-based fried Coke. After all of this, it is time for the 2008-2009 Texas marathon season.

The West Texas CrossRoads Marathon is scheduled for October 4th with both the start and finish on the CrossRoads Fellowship campus in Odessa with the event designed to promote physical health and fitness, as well as encourage spiritual growth. The out-and-back course is from the campus to the outskirts of Midland before returning to the start. On Friday night before the race, the flavor of West Texas can be experienced with the real "Friday Night Lights" in Odessa and Midland when the Permian Panthers play the cross-town rival Odessa Bronchos; and Midland Lee will see action against Amarillo Tascosa.

Two weeks later and over two hours to the south is the October 18th Marathon 2 Marathon forty miles north of Big Bend National Park. The run through high desert

with nearby mountains is a point-to-point course that starts three miles east of Alpine on U.S. 90 and finishes outside the Gage Hotel in Marathon.

The Texas marathon season continues the following week on October 26th with the Waco Professional Firefighters Association Miracle Match Marathon. The course begins in Indian Springs Park, along the Brazos River near the historic Waco Suspension Bridge. The route is fairly level as it goes past Baylor University before beginning a steady rise across the historic downtown area and then winding through the fairgrounds to beautiful Lake Shore Drive on the way to the crossing of Lake Waco Dam. On the way back to the start, the runners traverse the hills of Cameron Park. At the Pecan Bottoms of the park, the marathon course crosses the Brazos River and continues along the river before crossing the Waco Suspension Bridge landmark to the finish line.

Next month on November 16th is the Rock 'n' Roll San Antonio Marathon in the nation's seventh largest city. The marathon course includes the following sites along the way: The Alamo - Mile 2.25, San Pedro Park - Mile 6.5, King William District - Mile 9, Southtown Arts District - Mile 10.25, Mission Concepción - Mile 12, Mission San José - Mile 14, Mission Espada - Mile 17, and Tower of the Americas - Mile 25. Before or after the 26.2 miles, a visit to the San Antonio River Walk (also known as Paseo del Río), a network of walkways along the banks of the San Antonio River one story beneath downtown, gives a good flavor of the city.

Returning to Texas running is the December 8th Sunmart Endurance Runs, considered one of the premier U.S. ultra events. The ultras of 50 miles and a 50K are located in the piney woods of Southeastern Texas at Huntsville State Park about an hour north of Houston and an hour west of Texas A&M and the George H.W. Presidential Library. The 50 mile course route is comprised of four 12.5 mile

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Texas Marathons... (continued from pg. 8)

loops through the park's extensive trail network with the 50K being on a two loop course.

Three hours to the north on December 14th is the Dallas White Rock Marathon, the third largest Texas marathon in the country's ninth largest city and one of the top ten metropolitan areas in size. The marathon begins and ends in Victory Park at the American Airlines Center approximately one mile northwest of downtown Dallas. The clockwise route goes north near Southern Methodist University prior to almost ten miles around White Rock Lake before the twenty mile mark is reached and then returning toward downtown. In contrast, the April 5th Big-D Texas Marathon starts and ends on the grounds of the State Fair of Texas as the route heads north and goes counterclockwise around White Rock Lake before finishing on the front steps of the historic Cotton Bowl at the fairgrounds. Another historic location near there is where President John F. Kennedy died on November 22, 1963.

As the new year 2009 begins, the January 1st Texas Marathon in the northern Houston suburb of Kingwood is four loops on concrete greenbelt trails starting at the Greentree Pool, proceeding to Lake Houston and returning to the Greentree Pool. This marathon is a bit like a long training run for the January 18th Houston Marathon, the largest marathon in Texas in the nation's fourth largest city and one of the ten largest metropolitan areas. The marathon starts downtown in front of Minute Maid Park, just north of the George R. Brown Convention Center before heading through the Heights and Montrose neighborhoods. By mile nine, the marathoners go through Rice and West University and then continue past the Galleria, Tanglewood and Memorial Park areas before returning to finish in downtown Houston at the George R. Brown Convention Center.

For a change of pace, the February 14th Surfside Beach Marathon in Surfside Beach, an hour to the south of Houston on the Gulf of Mexico, is the only U.S. mara-

thon run entirely on a beach. The scenic Surfside Beach Marathon starts as the sun rises over the water at the Stahlman Park pavilion and follows the public beach to San Luis pass before returning to the start with the entire course on the firm, smooth sand with much of the beach pristine and undeveloped. In contrast to this marathon, on the following day, February 15th, the Austin Marathon is scheduled in the capital city of Texas.

Austin is the sixteenth largest city in the United States and the Austin Marathon is the second largest marathon in Texas. Recent accolades about Austin include it being named the "Best Big City", "Greenest City in America", "Silicon Hills", and "#1 College Town". Bart Yasso of *Runner's World* added, "I consider Austin the top running city in the United States." This would include Town Lake Trail, Zilker Metropolitan Park, and Barton Creek Greenbelt. The Austin Marathon begins and ends in downtown Austin and heads south across the Colorado River before crossing it again several miles later. From here, the route goes through scenic West Austin neighborhoods close to Texas Hill Country before heading north past historic neighborhoods and then south again near the LBJ Library and Museum Complex along with Memorial Stadium, the home of the University of Texas Longhorns. The course continues through the University of Texas campus arriving at the Texas State Capitol several blocks from the downtown finish in "The Live Music Capital of the World."

Almost two weeks later on February 28th is Fort Worth's Cowtown Marathon. At one time, Fort Worth was on the Chisholm Trail at the site of historic cattle drives. Since then, Fort Worth has grown to become the 17th largest city in the U.S. and it is the west anchor to the Dallas-Fort Worth Metroplex. Fort Worth's stockyards offer a taste of the old west along with the Texas Cowboy Hall of Fame with Billy Bob's being the world's largest country and western music venue.

One day later and at the beginning of a new month is the March 1st El Paso Marathon.



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.

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Texas Marathons... (continued from pg. 9)

The start is at the Lynx Exhibits besides the El Paso Convention Center in downtown El Paso with the route continuing past the neighborhoods of Kern Place and through portions of the Upper Valley alongside the Rio Grande River and the Mexican Border. Along the way is the University of Texas at El Paso with its Sun Bowl as the course continues toward Sunland Park Casino into New Mexico before heading back to El Paso and finishing at the same location as the start.

Two weeks later on March 15th is the fourth marathon in the Houston metro area, the Seabrook Lucky Trail Marathon. This event has four loops on the Seabrook Trails, starting at Meador Park, proceeding to Pine Gully Park and then returning to Meador Park. Seabrook is southeast of Houston near the NASA Johnson Space Center to the east and the Battleship Texas and San Jacinto Battleground State Historic Sites further to the north on the Houston Ship Canal with its numerous petro-chemical facilities. About ninety

miles further to the north in Groveton on April 11th is the Davy Crockett Bear Chase Marathon run from the high school track and into the Davy Crockett National Forest before returning to the start. This concludes the Texas marathon season except for the Beach to Bay Relay Marathon, an annual six person relay running event held in Corpus Christi on Armed Forces Day, the third Saturday in May.

This year's 34th running of the Beach to Bay Relay Marathon will be held on Armed Forces Day, Saturday, May 16th, 2009. It begins on North Padre Island at Nueces County Park on the beach and then winds through the Naval Air Station Corpus Christi before ending at Cole Park along Corpus Christi's scenic downtown. The course is divided into six legs of approximately 4.4 miles with the first leg run on the beach and the remaining legs run on pavement. This six person relay marathon helps honor the nation's men and women serving in the military of the U.S.A. *