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The Trotter Chronicles

September 2008

Dedicated to Runners of All Levels

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Races in Review

The Illinois Marathon

by Michael Zielinski

With the 2008 Summer Olympics over and the new school year starting, it is interesting to note that a drive south from the Chicago area on Interstate 57 past the bountiful corn and soybean fields of Central Illinois to the Champaign-Urbana area one crosses West Olympian Drive (www.chicago2016.org), about a mile north of Interstate 74 before turning east to the University of Illinois whose motto is "Learning and Labor". The inaugural Illinois Marathon (www.illinoismarathon.com) is scheduled to take place on April 11, 2009 at the University of Illinois in the downstate cities of Champaign and Urbana almost one-hundred years from the very first college homecoming at the University of Illinois in 1910. The various events include the marathon, half marathon, marathon relay, 5K and youth run that all will start outside of Assembly Hall and finish on the 50 yard line of the newly remodeled Memorial Stadium.

The Illinois Marathon starts on the southwest corner of the University of Illinois campus just to the west of Assembly Hall, one of the world's largest edge-supported domes with maximum capacity for 17,200 that opened on Honors Day in 1963 and continues to be the site of basketball games, concerts, performances and commencement ceremonies. The first mile of the marathon follows First Street north before turning east on Green Street and heading through Campustown on the approach to the University of Illinois.

At the southeast corner of Green and Wright Streets is the Alma Mater Statue by sculptor Lorado Taft that has graced the northwest entrance of the Main Quadrangle to the University of Illinois which makes up a large part of the Liberal Arts and Sciences portion of the campus. The statue is a woman in scholastic robes with her arms outstretched

that includes an inscription, "To thy happy children of the future those of the past send greetings." As the runners pass the Alma Mater Statue, just to the south they can also see Altgeld Hall, the home to the Chime Tower that contains fifteen bronze bells. To the other side of Altgeld Hall is the grave of John Milton Gregory (the first U of I president from 1867 to 1880) with the inscription, "If you seek his monument, look about you."

The date of the Illinois Marathon, April 11, 2009, is slightly more than 200 years after the birth of Abraham Lincoln on February 12, 2009. In 1862, President Abraham Lincoln signed into law the Morrill Act that established public land-grant institutions that would include the

University of Illinois. As the runners continue pass the Illini Union, several buildings to the south on the Main Quad is Lincoln Hall, appropriated by the state legislature in 1909 on the 100th anniversary of President Lincoln's birth. Within Lincoln Hall is a bronze bust in the main entrance foyer that students rub for good luck while on the east exterior of the building terra cotta plaques depict scenes from his life with some of his quotations found on the sides. A more recent quotation from the Illinois Marathon is, "I'll C-U There!"

The marathon course continues past the Illini Union and goes near Harker Hall, the oldest remaining classroom building on the campus and home to the University of Illinois Foundation before reaching the Natural History Building. After one more block, the route turns south on Goodwin Avenue close to the College of Medicine before reaching at the two mile marker, the Krannert Center for the Performing Arts, a complex that seats 4,000 on seven acres with four theaters and an outdoor amphitheater with 350 annual performances. At this point,

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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 preceding 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.

Photos from the August Busse Beer Run

On August 28 the club threw the final Busse Beer Run for the 2008 season. The great food and beverages made it quite a picnic! Over 44 Trotters and friends attended until the darkness and the mosquitoes drove everyone out at 8 p.m. A bash in Cary in September will wrap up our club's picnic season.



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!

Raising Funds for Charity

Arlington Trotter club president, Ed Nikowitz is an active member in the the Rotary Club of Palatine. He is passing along this opportunity for Trotter members to join him in helping at OktoberFest.

Please note: if you want to serve beer, sell

beer tickets or ID people, you MUST be certified by the Police Department. The certification is good for three years. Training takes about 10-15 minutes and you must to attend the certification meeting on Friday, September 12 at 5:30 p.m. at the Beer Tent at Oktoberfest.

The Rotary Club of Palatine Presents: Oktoberfest Havin' Fun, Doin' Good – Maybe Both!

And you are invited to join the fun! Please indicate your availability by completing the form below and we'll sign you up for shifts! Turn it into a member of the Palatine Rotary or e-mail to Oktoberfest@palatinerotary.com. It's that easy to participate and help the Rotary Club of Palatine raise funds for charity! Sign up alone, with a friend or as a family!

Fest Dates:

Friday, September 12th from 4:00 PM – 11:00 PM

Saturday, September 13th from 12:00 PM – 11:00 PM

Volunteers needed from Friday, September 12th from 6:00 AM until Sunday, September 14th at 2:00 AM. 24 hours a day!

Name _____ Phone _____ E-Mail _____

I am available Friday _____

I am available Saturday _____

I am available Sunday _____

Opportunities include, pop/water sales, raffle sales, general clean-up, volunteer management, ticket sales, beer serving, glow item sales set-up, tear-down and more!

Beer Run/ Bonfire Bash!

Date: Friday, Sept. 26

Time: 6:00 p.m.

Place: 28892 Pioneer
Grove Road
Cary, IL

Mary Papreck has graciously agreed to host the last Beer Run of the 2008 season at her home in Cary. Please join us for a fun evening.

If you would like to run before the cookout and bonfire bash, Mary will be there at 5 p.m. to give you directions about where to run.

Directions:

From NW suburbs: take Route 14 through Fox River Grove. Cross the river. At the second stoplight after crossing the river, turn right (east) on East Main. Take East Main approx. 1 3/4 miles to Hickory Nut Grove Road. Turn right (south) on Hickory Nut. One short block later turn left on Pioneer. There are parallel streets (Rustic and Pioneer); be sure to stay to the right. Right around the bend, the first house on your left is 28892. There will be boats in the driveway. Park on the side of the road and come to the river.

If you get lost or need directions, call Mary at 847-269-9098.



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.

Ask the Doctor about: **Sciatica**

by Dr. Nick Nowicki

The sciatic nerve is the largest nerve in the body; about the size of your little finger. It is formed by several nerve roots (branches of the spinal cord) that exit the spinal column. The nerve travels down the buttock, the back of the leg, and down to the foot. Sciatica is inflammation of the sciatic nerve. The inflammation can be the result of nerve compression or the body releasing chemical agents. Any type of nerve inflammation can be described as shooting pain, like electricity. It can also burn like fire or tingle much like the feeling when your leg "goes to sleep." The pain can range from slightly annoying to totally unbearable. Some people have pain in one part of the leg and numbness in another part of the same leg.

The Sciatic nerve is susceptible to injury at several locations in the body. The two most common regions that cause sciatic pain are the spine and pelvis. The spine consists of 24 bones (known as vertebra) stacked on top of each other. During an injury, the vertebral can become misaligned or subluxated resulting in muscle spasms that produce pain and reduction of motion. The sciatic nerve roots that exit the low back can become pinched and inflamed during a subluxation. Between each vertebra there is a disc acting as a spacer and shock absorber; very similar to a tire on a bike or car. Over the years a disc will degenerate. The pressure in the disc will decrease and it will bulge. A large enough bulge can also irritate the sciatic nerve.

Sciatic pain can be caused by Piriformis syndrome. Your pelvis consists of your Sacrum (the tail-bone) and 2 Ilii (hip bones). These bones form two joints on the left and right of your pelvis called Sacroiliac joints. Because the pelvic bones are not fused together, the Sacroiliac joints can also become misaligned. When the pelvis subluxates, the Piriformis muscle (runs diagonally from the sacrum to the Ilium) will go into protective muscle spasm preventing further injury. Pain begins in the middle of the buttock. The inflammation and muscle spasm could irritate the

sciatic nerve that travels underneath the Piriformis resulting in leg pain.

Management of Sciatica

In order to eliminate the Sciatica symptoms I must address the source of the problem: the spinal or pelvic misalignment. To restore the alignment I perform the Chiropractic manipulation to the pelvis. The manipulation is a short quick thrust to the misaligned pelvis. Occasionally, a "pop" may be heard when the adjustment is performed. That pop is just built-up gas being released from the Spinal or Sacroiliac joints, not bone crunching on bone.

In office procedures that I perform to reduce pain, spasm, and inflammation associated with sciatica are deep tissue massage, electric stimulation and ultrasound. Once the pain has been eliminated, I work with the patient to strengthen their "core muscles" consisting of the quadriceps, hamstrings, hip flexors, abdominal, low back, and buttock muscles. Strengthening the core muscles will "brace" the lumbar spine and pelvis lowering the probability of a relapse.

At-Home Recommendations

Always stretch the Piriformis muscle before and after your workout. To stretch the Piriformis muscle, lie on your back with both knees bent and the foot of the uninjured leg flat on the floor. Rest the ankle of your injured leg over the knee of your other leg. Grasp the thigh of the uninjured leg, and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your thigh on the injured side. Hold for 30-60 seconds and never stretch to the point of pain. Repeat the stretch 3 times. For best stretching results, warm-up for 5 minutes and then begin to stretch.

Ice the area to decrease pain and inflammation. Never apply ice directly on the skin nor apply it longer than 20 minutes. Also, do not sit on the ice pad.

Swimming is an excellent exercise to supplement running because it strengthens the core muscles, which will diminish

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Arlington Trotters Board Meeting Minutes for Monday, August 11, 2008

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

Nest Year's Board

1. Create two more positions – Volunteer Coordinator/Social Director. Volunteer Coordinator would recruit members to help with various projects. Social/Publicity Director would be responsible for planning events & contacting speakers for meeting.
2. Newsletter Editor – Leah is stepping down. Regina Brown has agreed to take over as Newsletter Editor
3. Current Board has agreed to stay on, however, welcome others to run for positions.

Club Member Participation

1. In June we asked Michael Zielinski to respond to the various requests that come to the web site inquiring on various subjects in a timely fashion. Michael Zielinski stepped to the plate and is responding to the requests.
2. Beer Runs – looking for help from the Club Member base to take over various duties. Need grill hauler/storer; someone to buy beer; someone to buy soda and ice.

Upcoming Events

1. September Bonfire/Beer Run – Friday, September 26, 2008 at Mary Papreck/Terry Betz river home at 28892 Pioneer

GroveRoad in Cary. Possible way of getting to Cary would be the Metra. However, return schedule is limited. Mary to send an e-mail to members.

2. Steve Sawyer is still trying to get someone from Chicago Marathon to speak to us at September meeting.
3. Mark at Runner's High and Tri is working on getting speaker at his store. We will coordinate our meeting at his store which ever month he is able to get a speaker.
4. Possible Boot Camp speaker at Fall Meeting
5. Possibly November 9th Flash Run through the woods. This is also to celebrate Ed Nikowitz completing his 50 States in October.
6. Ride N Tie – need volunteers as a Club to help Mark. The date of the event is November 23rd at Busse Woods at 9 a.m.
7. Winterfest Party to be held in January – 3rd Saturday. Discuss with Ray and Gloria.
8. Nutrition Speaker in February or March
9. Beer Runs next year will be held on the 3rd Thursdays of the month. Too many holidays interfere with 4th Thursday.



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.

Ask the Doctor... (continued from pg. 4)

the likelihood of a relapse. Biking can be supplemented, however, it should be performed with caution. Biking or any activity that requires sitting for long durations can stress the low back and pelvis resulting in a misalignment. Be sure to take micro-breaks every 25 minutes throughout your workout. The micro-break can consist of just hopping off the bike and walking around just for a minute. You could also perform some quick stretches.

This micro-break principle must be applied to other sitting activities at the workplace or on long car rides. Guys should also move their wallet to their front pocket to balance the weight distribution in your low back and pelvis while sitting.

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

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.

Runners are generally very friendly people.

At least I've always thought so. Whether running through Busse or on a local street, it is extremely rare to pass a runner who does not wave, say "hello" or "good morning," or greet me in some way.

Fast or slow, young or old, runners always seem to be willing to converse or lend a hand. Over the years, I've met some of my best friends on group runs, including those at Busse Woods, Runners High and Tri, the Home Economist, and Lake Zurich. Races are another place where everyone is a friend. A part of racing I've always enjoyed is the friendliness of the participants. If you don't know anyone when you go, you certainly will by the end of the race. I've run entire marathons chatting with fellow marathoners and felt they were old friends by the end of the race.

So I was shocked when my belief system was challenged on a recent vacation to Cape Cod, Massachusetts.

Some other Trotters, including Nancy and Dan Roder, Peggy Corey, and Ken Sharmann, were there the same time I was to run the famous Falmouth Road Race 7 miler on August 10. I planned my trip later, to attend my aunt's 70th birthday party in Sandwich, and by the time I knew of the party, the lottery for getting into the popular Falmouth race was long over. Ken decided to really make it a race weekend by running the hilly Brew Run in Brewster, MA, a 4 p.m. race the night before Falmouth. I considered it, but knew my relatives, including my husband, would never speak to me again if I missed the 6:30 p.m. surprise party several towns from Brewster.

Therefore, I was relegated to morning runs from our hotel in West Yarmouth before beginning the day's activities with daughter Rui and husband Don. On prior visits to the Cape I'd stayed with relatives, but many of them were now downsizing from their expansive cottages as they aged. We stayed at a place called the Tidewater Inn,

which I'd found on the Internet, after my husband absolutely refused to stay at another spot I'd found on-line called Cuddle and Bubble. But that's another story.

In any case, I started out on my run the first day, following a sidewalk on the busy Route 28. I passed one runner, who seemed to look the other way as I passed. Subsequently I passed at least half a dozen runners, and none of them said a word, even if I loudly called out a "Hi" or "good morning."

This was strange indeed, and challenged my long-held beliefs about friendly runners. We were at the Tidewater for five days, and every day I'd start a slightly new experiment. Some days I'd loudly greet people before they had a chance to ignore me, and even then I'd get barely more than a grunt. One day I took a route off the main drag, on a small road leading to the beach. Here, the people living in the cottages would say hello, but the few runners I met did not.

What is this about? Are easterners just more reserved? I have more than 20 relatives that live in Massachusetts, many on the Cape. Maybe they are just nice to me because I'm related to them. There might be a reason my father is the only one of six kids who didn't spend his whole life in Massachusetts. He must have found the Midwesterners much more friendly when he relocated here to work for the FBI, and he stayed.

I'll have to ask Peggy Corey, who was born and raised on the Cape, what she makes of this. Maybe I just had a bad week. Maybe all the people on Route 28 were transients, not residents like the people in the neat little cottages by the beach.

In spite of unfriendly runners, I enjoyed our vacation on the Cape. But my first week back in Illinois, I ran in Busse Woods. Without exception, every runner loudly greeted me with a hello, or at least a wave. So go out and do your own research on my "friendly runner" theory. Are runners just friendly in the Midwest? I'd be interested in hearing from you! ✨

The Illinois Marathon (continued from pg. 1)

the main quad is about a block to the west and about two blocks to the other direction is the Campus Visitor Center and Alumni Center as well as the Spurlock Museum that evolved from the prior World Heritage Museum. Nearby is the Hallene Gateway, the east entry to the campus from Lincoln Avenue that features the stone portal from the entrance to the former University Hall.

Returning to the present, the route parallels the Main Quad several blocks to the west with the Foellinger Auditorium as the south anchor before the course goes a block to the east and then two blocks to the south past the Illini Grove park. The marathon then goes east on Pennsylvania Avenue several blocks to the north of the President's Home and Arboretum before leaving the university area by the three mile marker and then turning south on Race Street. For almost the next two miles, the runners are near the University of Illinois owned "South Farms" to the west that include the School of Veterinary Medicine, the Round Dairy Barns, and numerous agriculture and animal science facilities. When the course turns to the east into Meadowbrook Park (a favorite running place for the local Champaign-Urbana Second Wind Running Club), the five mile mark is reached as the route then heads north out of the park into residential Urbana by the six mile mark.

After another two miles to the northwest, the route is near Urbana High School and next door Carle Park, the home to another Lorado Taft statue, Lincoln the Lawyer. A half mile to the north is downtown Urbana with the historic Lincoln Hotel and Lincoln Square Mall on the National Register of Historic Places. Abraham Lincoln made it to Urbana in 1854 and the community continues to be a government center plus the Champaign County Fairgrounds are about a mile to the north. Returning to the runners, the marathon now turns to the west on Green Street and once again reaches the University of Illinois at the nine mile mark.

The route is a repeat from Goodwin to First but this time the runners are heading west. On the north side of Green Street, The Beckman Quadrangle and the John Bardeen Quadrangle occupy the center of the Engineering Campus. The Beckman Quadrangle is on the far north side of the campus and is primarily composed of research units and laboratories that would include the Beckman Institute for Advanced Science and Technology, the National Center for Supercomputing

Applications (NCSA), and the Thomas M. Siebel Center for Computer Science. Just to the south is the John Bardeen Quadrangle with the Grainger Engineering Library Information Center being the north anchor to the numerous engineering facilities to the north of Green Street.

When the marathon reaches the ten mile mark, at Green at First Streets, the runners will have once again left the University of Illinois campus and they will not return until the final few miles. The next mile crosses on Chester Street the former Illinois Central railroad tracks by the Amtrak Station as downtown Champaign is reached. This area has had the historic Virginia Theatre since 1921 and across the street is the more recent headquarters of "Marathon and Beyond", a bimonthly magazine tailored specifically for marathoners and ultrarunners located at 206 N. Randolph Street, Champaign.

The next half of the marathon is mainly in various residential area of Champaign that includes going by or near West Side Park and nearby Champaign Central High School at mile eleven, Lincolnshire Fields Country Club and Robeson Park at mile sixteen, Centennial Park with its Prairie Farm and Champaign Centennial High School between miles eighteen and nineteen, the Champaign Country Club at mile twenty-one, and Hessel Park at mile twenty-two. As the runners continue east back toward the University of Illinois, Hessel Boulevard as it reaches Neil Street (U.S. 45), becomes Stadium Drive and then goes over the railroad tracks with Memorial Stadium in sight at the First Street twenty-three mile mark with the university owned Willard Airport several miles to the south if the last few miles are too difficult to finish. Nevertheless, the course continues north once again on First and then goes east again on Green Street through the University of Illinois at mile twenty-four.

Abraham Lincoln would be proud of his home state Morrill Act University that would evolve to produce 23 Nobel Prizes, 19 Pulitzer Prizes, and more than 80 current National Academy of Sciences Members. More than anywhere else, the U of I shines in mathematics, science, engineering and computers as evidenced by Microsoft hiring more U of I graduates than from any other university in the world while Intel hires more Ph.D's from the U of I than from any other university in the country. Not to be outdone, the University of Illinois is currently helping to build the world's fastest supercomputer, "Blue Waters", that will be capable of performing one quadrillion calculations per second; three times faster than today's fastest supercomputer.

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You are invited: Wednesday Night on the Harper Track

The weekly track workouts at Harper College on Wednesday's at 6:30 p.m. have been quite a success according to first year coach, and chiropractor Dr. Nick Nowicki. "We have had enough runners to break it down into two sections of runners, fast and not so fast. If we had just a few more people, we could break it down even further."

Its never too late and don't be afraid to join in. The workout is great and you will surely be surprised with your improved fitness and times! Please bring a water bottle or Gatorade For more information contact Nick Nowicki at nicknowicki7580@hotmail.com.



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 25 years.

The Illinois Marathon (continued from pg. 7)

Returning to the slower Illinois marathon, mile twenty-five is reached after heading south on Goodwin for a second time. A block to the west is the Institute for Genomic Biology established in 2003 to advance life science research and stimulate bio-economic development (bio-fuels). Next door are the National Historic Landmarks for the Astronomical Observatory and the Morrow Plots, country's oldest experimental agricultural fields in continuous use. Back to the present, the marathon route reaches Illini Grove one last time before heading west on Pennsylvania Avenue for the home stretch.

The final mile of the marathon goes by or near the South Quadrangle's College of Agriculture, Consumer and Environmental Sciences (ACES) to the north of Pennsylvania Avenue. A block from here is the University of Illinois Library (the third largest U.S. academic library after Harvard and Yale). The marathon route continues west on Pennsylvania and reaches the College of Education on the north side just prior to Sixth Street. On the west side of Sixth Street several blocks to the north is the Armory which was designed as a military drill hall, an athletic facility, and an assembly hall. Next door in the Harding Band Building is John Philip Sousa's personal band music library that he willed to the University of Illinois. A block to the south lies the new College of Business Instructional Facility that is directly north of the Krannert Art Museum and Kinkead Pavilion, the second largest art museum in Illinois. On the south side of Pennsylvania just before Fourth Street is the University of Illinois Law School. From here, the runners turn south on Fourth for a block and then turn west on Kirby Avenue for another block before turning north into newly remod-

eled Memorial Stadium for a finish at the fifty yard line.

Memorial Stadium was completed in 1923 as a memorial to the Illinois men and women who died in World War I and later in World War II with the east and west sides of the stadium having 200 columns that display the names of these men and women. The stadium was officially dedicated on October 18, 1924, when the University of Illinois football team hosted the University of Michigan and "Fighting Illini" Harold "Red" Grange scored four touchdowns against Michigan in the first twelve minutes before later running for a fifth touchdown and passing for a sixth. George Halas (a University of Illinois graduate who helped found the National Football League in 1920 before owning the Chicago Bears) later brought Red Grange from the U of I to the Bears as well as bringing his Illini Orange and Blue colors to his Chicago Bears which to date have won nine NFL championships although another famous University of Illinois football player, Dick Butkus, never won a championship with the Chicago Bears.

Returning to the 50 yard finish of the Illinois Marathon on Zuppke Field in Memorial Stadium, the playing field is named for University of Illinois Football Coach Robert Zuppke who won four national championships in 1914, 1919, 1923, and 1927 during his long coaching career from 1913 to 1941. Memorial Stadium currently can seat 71,000 people and the stands are expected to be full for the resurgent Fighting Illini as school starts again near a September weekend that matches the University of Illinois motto of "Learning and Labor". *

Trotter Race Results

Naperville Triathlon on August 9

Karl Buschmann (12/53 in Age Grp.) 1:20

Falmouth Road Race on August 10 (7.1 miles)

Dan Roder 45:50
 Ken Scharmann 57:11
 Nancy Roder 1:11:42
 Peggy Corey 1:15:24

Mark McCormick 15K on August 17 in St. Charles

Dan Roder (2nd Overall; 1st Age Grp.) 1:02:14
 Nancy Roder 1:34:43

Chicago Triathlon (sprint) on August 24

Karl Buschmann (9/62 in Age Grp.) 1:28

Nike Needs Coaches, Leaders and Staff

Nike is looking for a Half-Marathon COACH, (6) PACE LEADERS, and (2) Non-running STAFF for a 5 week program of training runs (Wednesday 6:30 pm with distances up to 6 miles. and Saturday 8:00 am with distances up to 13 miles, starting September 17, 2008) leading up to the Nike + Women's Virtual Half Marathon to be run in Schaumburg from Busse Woods on Sunday, October 19. The virtual half in Schaumburg will be run on the same day as the official Nike+ Women's Half and Full Marathon in San Francisco.

All staff will be PAID for each training run worked plus you will receive a pair of Nike shoes and running clothes. Previous coaching experience required for the Coach role. Pace leaders should have run at least one half-marathon or marathon and can run a consistent pace while leading others. Staff hours: Wednesday 5:30-8:30 pm, and Saturdays 7:00 am – approx. noon for longer runs).

This program is presented by Nike and Lady Footlocker (Woodfield Mall store) and is being held in 5 cities only: Schaumburg IL, King of Prussia PA, Boca Raton FL, Phoenix AZ, and Edison NJ.

All runs are open to the public and all levels are welcome. Distances vary per week. Provided are refreshments and raffle giveaways, Nike+ footwear trials, nutrition and training advice.

If anyone is interested in being part of the staff, please contact Susan Silver, Staffing Manager at 310/344-1932 or 310/780-0115, or e-mail her at susan@silverassociates.com. Please click on the following link for more information and an online application. http://www.surveymonkey.com/s.aspx?sm=FqUvmS_2bHr0Fy3zmvSgsWZw_3d_3d

Dear Runners,

Today, while reading the Washington Post, I was reminded about the importance of continually sharing the RRCA Running Safety Tips. The following is an excerpt from the news article written by Dan Morse, Washington Post staff writer:

“A 30-year-old jogger was raped Monday night after being pulled into a wooded area of Rock Creek Park just south of Kensington, marking the second time in the last week a Montgomery County woman has been taken into woods and sexually assaulted, police said. Investigators are examining whether the events are related, but thus far have found no evidence to that effect.

In the most recent incident, the 30-year-old started her run about 7:45 p.m., wearing a portable music player. As she jogged along a footpath in the area that crosses under Connecticut Avenue, just north of the Beltway, a man came up from behind and grabbed her. After the attack, she was unable to find help from passing motorists, so she walked home to Kensington, and was driven to a local hospital, where she was treated for the assault and trauma to her face, neck and shoulders, police said. She remained hospitalized today.” Our sympathies go out to this woman as she recovers from this traumatic incident.

As a result, I employ everyone in the running community to e-mail their members or e-mail event participants and remind the ever growing number of runners to practice safe running which includes leaving the headphones at home.

The RRCA offers a variety of running safety tips that can be found on our website. We encourage RRCA members and the running and fitness media to circulate these safety tips in newsletters, on websites, in print, radio, and visual news broadcasts as widely and as often as possible.

Sincerely,
Jean Knaack
Road Runners Club of America