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# The Trotter Chronicles

4th Quarter 2009

Dedicated to Runners of All Levels

## Save the Dates!

### In This Issue

Editor & Julie B.	2
CEDA	3
Race Results	4
Dorkside	5
Club Business	6
From the Doc	7
Beer Run Pics	8
Race in Review	9

### Long Grove Fun Runs

- Thursday November 26 7:00 am
- Thursday December 24 7:00 am
- Friday January 1, 2010 9:00 am

The Trotters and the Alpine Runners meet at the Village Tavern in Long Grove for a hilly 10<sup>ish</sup> mile run thru the scenic neighborhoods of Long Grove on the for Thanksgiving, Christmas Eve and New Years Day. 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. 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 tail-gating in the parking lot after the run. Don't forget to bring a treat to share and a dry clothes!

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

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

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

### Races

- Saturday December 5 10:00 am  
*Santa Sleigh 5K. Each participant receives a Santa outfit that is worn during the 5K run or 1 mile walk. Link to website that will link you to online registration [www.rotaryah.org](http://www.rotaryah.org)*

### Social/Charity Events

- Tuesday December 8 COB  
*Trisha Dean needs CEDA gifts. See details on page 3.*
- Thursday December 10 6:30 pm  
*Ed Nikowitz will be coordinating a Pub Crawl in lieu of the regular club meeting. Plan on starting out at Emmets in Palatine at 6:30. Be ready for possible caroling!*
- Saturday December 12 10:00 am  
*Santa Sawyer Run. Meet at Recreation Park in Arlington Heights. Bring candy as the group will run through downtown AH Spreading Holiday Cheer!*
- Saturday January 16 7:00 pm  
*Winterfest Annual Party. End of the year awards, and board elections. This will serve as the January meeting. Set up will start at 6 pm, Mary Papreck will send e-mails as to what "last name letter" will bring as their "pot luck dish".*  
Address:  
Sheffield Club Townhouse  
1000 Walnut Lane  
Schaumburg, IL 60194

## Trotter Board

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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 : Regina Brown at brownlbs@comcast.net.

# Editor's Explanation

I want to apologize for the sporadic and missing publications of the Trotter Chronicles for 2009. For those of you who do not know, my husband just completed his 7 month journey with Glioblastoma Multiforme (the fancy term for the same brain cancer that afflicted Ted Kennedy). Needless to say, we had to adjust our lives to battle this all-consuming, insidious disease. The support that we received from all of the friends that we made through our love of running was incredible, and made it possible to face each day. Our gratitude is eternal for all of the prayers, cards, e-mails, phone calls, hugs and love.

Link to obituary that ran in the Northwest Daily Herald. <http://www.legacy.com/daily-herald/Obituaries.asp?Page=Lifestory&PersonId=134676212>



Skippii (aka Dick) Brown  
April 19, 1952-October 19, 2009

# A Look Back on Yesterday

submitted by Julie Bane

It's inevitable that as August comes to an end and you see skinny boys with no shirts, and pony-tailed girls in Softe shorts running in packs through the streets of your town that your brain rewinds to your own memories of former days of running glory. It might be from high school. Or, you might think of that perfect 20 you ran 10 years ago that lead to the perfect marathon at Chicago or The Lake County Races.

Every time I see the Barrington Girls Cross Country team running down the streets of town, I remember some of the most joyful times of my high school days. The running was easy. I was able to slack all summer lounge at the pool, and then just start practice, and get right back into it with little or no effort. Things were good back then. Those were the glory days of my youth. I recently found my team records with my splits for all my races. I never knew I ran as fast as I did. I was considered middle of the pack back then. The best I did was fifth runner in a conference meet. Oh, to be running like that now.

Recently, I met someone very fast. So fast that I didn't even believe him. This new acquaintance ran a 2:17 at Grandma's

marathon. I didn't believe him because I figured he would have qualified for the Olympics with a time like that. (I did verify it was indeed true). What I wish were also true was that he was still running. I really hope he gets back out and starts again. Runners tend to recognize each other, whether fast or slow, and soon the stories start to flow.

It is funny how runners tend to talk about what we ran once upon a time. We will sit around the table at breakfast after a run and relate a race, or a marathon of yore, or even a high school conference meet. We are not bragging. We are simply getting that wistful faraway look in our eyes as we go to a happy place and bring to the surface a memory to share with other like minded souls. While it is great to look back on our glory days and what we did back in the day and talk about it with our friends, or acquaintances, we can only measure ourselves by where we are now. Sure, I used to also be 108 lbs once upon a memory. Sure, I was running a 7 minute mile in 1980. I cannot measure who I am now by where I was then.

We sometimes get stuck in a cycle of trying

continued on page 3



# CEDA-Trotters have Heart

Once again the Arlington Trotters will be sponsoring a needy family through CEDA (Community and Economic Development Association of Cook County). This is a longtime tradition started by the late founding Trotter Grace Chantry.

Here are the names of the children, ages, sizes, and items needed/wanted. If you plan to purchase an item, please e-mail me at trisha.dean@d214.org and let me know what you plan to purchase so we can avoid duplication. Gift and food cards are always welcome.

**Amanda** age 14, female, medium size junior shirts, pants size 3 jr. -needs/wants- underwear, pillow, jackets, lip gloss/makeup, gift cards

**Yvette**- age 13, female, small size junior shirts, pants size 1 jr.-needs/wants- gift card, underwear, make up organizer, hair straightener

**Rafita**- age 15, male, XXL mens' pants, pant size 40 adult, needs/wants-hoody sweatshirts, jacket, gift cards, t-shirts

**Stephanie**- age 9, female, small size junior shirts, 16 size child's pants, need/wants- Hannh Montana CD, Hannah Montana DVD, movies, personal DVDplayer, long sleeve shirts

**Marie**-age 1 and a half, female, shirt size 24 months, pants 24 months,needs/wants- jacket/coat, clothese, baby shampoo, learning toy, diapers

- Buffalo Grove High School
- Trisha Dean's House : 3135 N. Walker Ln. E., Arlington Heights
- Runner's High in Arlington Heights on Highland and Campbell
- Trisha will also be at the Arlington Heights Santa Run Race December 5 if you want to give gifts then.
- If you want to donate money, please send a check to Trisha by December 2 so that we have time to purchase the items

Trisha Needs the Gifts by December 8 Drop Off Options

## *A Look Back from Yesterday (continued from page 2, Julie is in the longer hair in pics below)*

to recreate the perfect race, or run like we did in high school. I need to accept where I am today in my running, and be the best that I can be right now. And when I see the girls fly by in the Soffe shorts I remember my own team runs. It is a hazy sunny vision where I am running down Otis Road in Barrington Hills and I have a pony tail, gym shorts and waffle trainers and I am running with Tobie, Sherri, and Julie. We are singing and laughing along at a 7 minute pace. And when I see the skinny boys with no shirts and long hair fly by effortlessly, I remember the fast boys of my youth and how they played "The Cars" on the team bus before meets, how they took 3rd in State Junior year, and I wonder which ones are running now.



So, now I run the Home economist course in late August at a 10:30 pace and the shirtless boys blow by doing 6 some-things. They are breathing easy and laughing. The sun is coming up over the lake on Otis Road and the mist that is rising is the signal that the weather will soon turn. The season of conference meets and fall marathons is beginning. The season that will measure who we are now. For those boys, last season means nothing. They only look ahead to the what is right in front of them. Because what happened last season, last year, or for us 10,20 or 30 years ago makes no matter for the races we have this season.

So, I tuck the memories away and go out on the road and

focus on today and my goal for this season. As I tear up the roads at a blistering 10 minute mile, if I am lucky I will think of what I want to achieve. The sky is the limit. Or maybe... if I can infuse some of the hope and youthful enthusiasm from my glory days, along with just of dash of the energy. I can reclaim that easy breezy running. That is the true runner's high.

So, my friends. Let us fondly recall our best running memories because they make us so happy. For me, it is the girls

cross country team runs at Barrington High School running the back roads of Barrington Hills will the girls. For others it may be running a 2:17 at Grandma's Marathon, or running at Detweiller Park in the Illinois State

Cross Country meet back in high school. Maybe you hold the school record to this day in the 400 meter, or the mile. But, now let us say to ourselves that we are just as good a runner for where we are now. And if we are not the best we can be now. Let us be so. Let us create glory days today with the friends we have with us now. These days today can be looked back at as the peak of our running years. I want to remember my marathon's and my training partners as some of my most valued memories of my life with equal value as my high school cross country memories. These will be the best running years of my adult life. So it shall be with Cindy, Juli, Mary Ann, Mary, Steve etc...



# Trotter Race Results

## Pleasant Prarie Sprint Triathlon 8-16-09

Ken Scharmman (2nd AG) 1:25:52  
Peggy Corey (2nd AG) 1:55:06

## DeKalb Corn Fest 10K 8-22-09

Ray Gobis (7th AG ) 38:50  
Grace Wasielewski (2nd AG) 43:53  
Jason Lehman 44:25  
Jan Draheim (3rd AG) 1:32:07

## Helping Hands 5K 8-29-09

Dan Roder **\*\*\*(1st OA)\*\*\*** 18:40  
Nancy Roder 27:08

## Spirit of Columbus Half Marathon 8-30-09

Patric Donahue (4th AG) 1:38:51

## Batavia Half Marathon 9-6-09

Patric Donahue (3rd AG) 1:40:48

## Buffalo Grove Stampede 10K- 5K 9-6-09

Ken Scharmman (1st AG) 10K 45:52  
Peggy Corey (1st AG) 5K 28:58

## Park Forest Scenic 5 Mile 9-7-09

Ray Gobis (6th AG ) 30:51  
Grace Wasielewski (2nd AG) 34:57  
Jan Draheim (3rd AG) 1:14:37

## Walter Payton 16,726 Yd/ (10 mi) 9-12-09

Joe Kolbaba (3rd AG ) 1:05:32  
Jim Cichowski 1:35:45  
Russ Noftz 1:56:57

## Irish Jig Jog 5K 9-12-09

Dan Roder **\*\*\*(1st OA)\*\*\*** 18:58  
Nancy Roder (1st AG) 27:52

## Chicago Half Marathon 9-13-09

Steve Breese (12th AG) 1:18:31  
Ray Gobis (8th AG ) 1:25:29  
Grace Wasielewski (1st AG) 1:35:11

## Rockcut 10K Nite Trail Run 9-18-09

Ken Norwood (1st AG) 1:02:16

## CARA Ready to Run 20 Miler 9-20-09

Russ Noftz (1st AG) 4:20:00

## Rock Cut Hobo Trail 50K 9-20-09

Ken Norwood (1st AG) 7:42:37

## Midtown 5K Run 9-26-09

Jim Cichowski (3rd AG ) 27:29  
Jan Draheim (6th AG) 45:38

## Montgomery Octoberfest 5K 10-3-09

Dan Roder (2nd AG) 18:24  
Nancy Roder (1st AG) 26:12

## Park Ridge Carity Classic 5K 9-26-09

Ray Gobis (7th AG ) 18:13  
Dan Roder (5th AG) 18:21  
Grace Wasielewski (2nd AG) 21:06  
Nancy Roder (10th AG) 26:37

## Itasca OctoberFast 5K Run/Walk 10-3-09

Jason Lehman (1st AG) 22:00

## Milwaukee Lakefront Marathon 10-4-09

Jim Janaszak (1st AG) 3:48:54

## Bank of America Chicago Marathon 10-11-09

Steve Breese (46th AG) 2:44:21  
Ray Gobis (51st AG ) 2:59:29  
Grace Wasielewski (3rd AG) 3:32:13  
Patric Donahue (103rd AG) 3:37:08  
Jim Janaszak (7th AG) 3:51:04  
Russ Noftz 5:57:03

## Indianapolis 5K 10-17-09

Dan Roder (1st AG) 19:22  
Nancy Roder (1st AG) 26:20

## Indianapolis Marathon 10-18-09

Ken Scharmman (2nd AG) 3:43:26  
Jason Lehman 4:00:14

## Halloween Hustle 5K 10-24-09

Chelsea Crigler (14th AG) 28:07

## Ridge to Bridge Marathon 10-25-09

Joe Kolbaba (13th AG) 3:43:18

## Frank Lloyd Wright 10K 10-25-09

Steve Breese (2nd AG) 35:10  
Ray Gobis (8th AG ) 38:23  
Jan Draheim (1st AG) 1:30:51

## Sycamore Pumpkin 10K 10-25-09

Dan Roder (1st AG) 38:36  
Nancy Roder 56:22  
Russ Noftz 1:10:30

## Hot Chocolate 15K 11-1-09

Steve Breese (3rd AG) 54:48  
Ray Gobis (8th AG ) 59:16  
Patric Donahue (6th AG) 1:08:30  
Grace Wasielewski (1st AG) 1:09:37

## Cantigny 5K Run/Walk 11-7-09

Jim Janaszak (1st AG) 23:25

## Westchester Veterun 10K 11-8-09

Grace Wasielewski (2nd AG) 44:05  
Jason Lehman 47:37  
Russ Noftz 1:08:05

## December Monthly Meeting

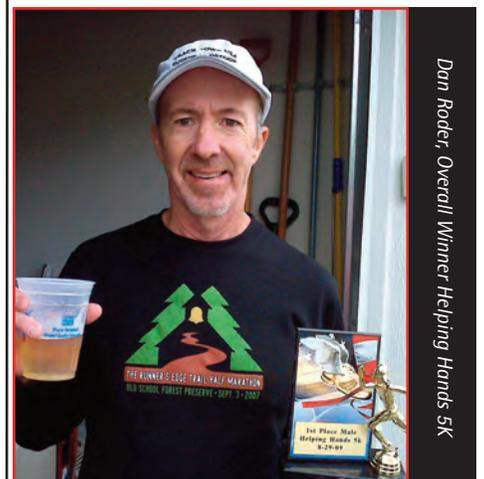


Ed Nikowitz will be organizing a Pub Crawl on December 10, 6:30 pm starting out at Emmett's in Palatine. This will be in lieu of the regular meeting. Be prepared to go caroling as the "crawl" progresses. Emmetts 847-359-1533. 110 North Brockway Street, Palatine, IL 60067

## Good Article in the WSJ on "Mega Marathoners"

I came across a FANTASTIC article in the Wall Street Journal on "Mega-Marathoners". It was written by Neil King Jr. and was in the online edition of the WSJ on November 18, 2009. Neil highlights runners that have done literally thousands of marathons and are still running marathons well in to their 70's. I believe the article is accessible by subscription only. I would be happy to send anyone an e-mail copy of the article.

Regina Brown  
[brownlbs@comcast.net](mailto:brownlbs@comcast.net)



Dan Roder, Overall Winner Helping Hands 5K

# 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.*

Summer seemed rather short and cold this year, so I decided to extend it. It is the end of September, and I am in Orlando, Florida at Disney World, where it is 92 degrees in the shade. While I like the heat, a few more days of frying in the sun and I will be ready to head back to Chicago's cool fall temps.

Lately, I've been measuring the passage of summer by the short triathlons I've been doing. This year I did eight triathlons, and as each one passed I mourned the passage of the summer months.

I started doing triathlons in 1985, and at that point many of the triathlons around were international distance, a .9-mile swim, a 25-mile bike, and a 10K run. It was possible to race these distances almost every weekend and stay healthy, and I did, doing half a dozen to almost a dozen races each summer.

During the 90s, I started racing Ironman distance triathlons. This caused me to cut way back on my racing schedule. I could fit in a few short triathlons, but I had to spend most weekends biking 100 miles and running 20 miles. This proved to be fun if I was training with friends for Germany, Canada, or Lake Placid in late summer. It was not so much fun if I was training for Japan, for example, in early July and had to ride 100 miles by myself in May and June.

But the last four years I am back to my roots, short triathlons, and I'm having a lot of fun racing almost every weekend again, or at least as many weekends as my husband will tolerate. But hey, with the short tris I am up at 4 and home by 10 or 11 when my husband and daughter are still at church!

So here was the schedule this year: Early summer was Batavia, right after school gets out. There are a few races before that, but they conflict with the ballet recital and graduation schedule. June 14 was a big triathlon weekend, with Batavia, Naperville, and Lake in the Hills to choose from. Lake in the Hills is a great race too; Naperville is

an all women mega race, but I picked Batavia due to the nice wooded run and the fact that I applied before I knew the others were happening. Next on June 28 was Twin Lakes. This is a great local race with many Trotter participants. A flat tire the day before AND the morning of the race, plus the fact that I had to leave for Dallas at 11 am AND was a participant in the Ups for Downs team for Down Syndrome made this a rather stressful day.

Some say the 4th of July signals the middle of summer. NO! We had only been out of school for three weeks, but most importantly, I had done only 2 of my 8 triathlons, so summer was young. I did the Arlington Stampede instead of a tri that weekend, though the year before the Schaumburg Tri and the Stampede were the same weekend.

## 8 Tri's in 2009

July 12 was the Schaumburg Tri, a nice local and convenient race. The week after that I decide to add Harbor Lights in Waukegan to the schedule on July 19. The 56-degree water gave me pause, but it is a nice little race. Wauconda was a week later on July 26. This was my fourth year doing this race, also in its fourth year. I had to leave right after I finished as we were leaving for vacation that morning. And you wonder why my husband thinks eight tris is a bit excessive for the summer!

Wow, after three tris three weeks in a row, I took two whole weeks off from racing. By the time this withdrawal ended, I was ready for Pleasant Prairie on August 16. Peggy Corey and Ken Scharmann had been doing this course every week all summer, so they were well prepared. It is a nice race only 45 minutes from the northwest suburbs. This was the week before school started, so I had to face the fact that summer was drawing to a close. And incidentally, this was really the only hot race I did all summer, with temps somewhere in the 80s in early morning.

August 30, after school started, was the famous largest triathlon in the world, the

## Trotter Karl Buschmann featured in Trib Local

### *Schaumburg resident completes 16th consecutive triathlon*

By: Kara McGrenera, Triblocal reporter

09/15/09 04:31 PM 175 hits

Karl Buschmann, an international marketing professional and Schaumburg resident, completed his 16th consecutive triathlon, participating in the annual Chicago Triathlon on Sunday August 30. The race, which consisted of a 750 meter swim, a 22 kilometer bicycle ride, and a 5 kilometer run, took place in sunny, 57-degree temperatures and 63-degree water in Lake Michigan's Monroe Harbor.

"This was an exhilarating feeling of accomplishment," said Buschmann, an Indianapolis native. "Especially since I was so close to losing my life earlier this year."

Understandably, his time was a bit slower than the one he posted last year by six minutes, yet he still managed to finish in the 84th percentile of his age group.

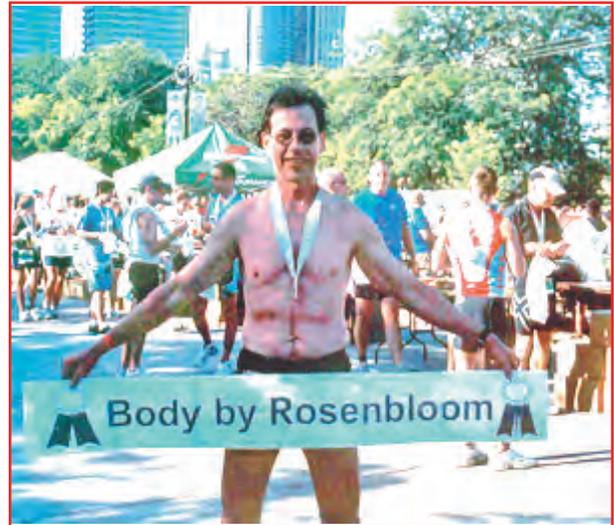
Soon after having emergency surgery to remove a portion of his large intestine in the spring, Buschmann's surgeon, Dr. Robert Rosenbloom of St. Alexius Medical Center in Hoffman Estates, challenged him to comeback for the race.

"This man's story is a metaphor for the health care crisis," Rosenbloom said. "His success is attributable to his dedication to good health and exercise, as he is a gold medal example to all of America of how taking care of your body dramatically alters your medical outcomes."

Commenting about his recovery, Rosenbloom further noted that "Karl did not know that the battle he was about to enter did not have a bike pedal or pair of Nike running shoes. He unknowingly had prepared himself for a medical emergency because of the great care he takes of his body.

He came through rapidly and without incident because of his preoperative preparation."

Buschmann, who is in job transition, credits many fellow job networkers from the Holy Family Parish Job Support Group for their kindness, support, and inspiration during the months following his surgery to remove a portion of his large intestine. The group which began in the late 1980's, meets every Saturday morning at the Inverness church, and is the area's longest-running group of its kind.



## Arlington Trotters Board Meeting Minutes for Thursday, November, 2009

Arlington Trotter Board Minutes

Thursday, November 19, 2009

Attendees: Ed Nikowitz, Judi Miko, Mary Papreck, Mike Kendrick, Steve Sawyer

- Thanksgiving Day Run, November 26th 7 a.m. in Long Grove. Bring something to share.
- Trisha Dean heard from CEDA. Family of five plus two adults. Gifts and gift cards need to be brought to Runner's Hi N Tri; Buffalo Grove H.S. or Trisha's house by December 8th.
- Sleigh Run put on by Arlington Heights Rotary, Saturday, December 5th at 10 a.m.
- Ed putting on Pub Crawl in Palatine on Thursday, December 10th. Meeting at Emmett's at 6:30 p.m. Possible caroling. This is in lieu of having a regular meeting.
- Santa Sawyer run 10 a.m. at Recreation Park in Arlington Heights. Bring candy for the young of heart. Steve to check with Park to make sure it is okay for us to meet there.
- Slate - We need people to step up and get on the Board next year.
- Christmas Eve Run, December 24th 7 a.m. in Long Grove. Bring something to share.
- New Year's Day Run, January 1st in Long Grove. Bring something to share and I don't remember what time it starts.
- Winterfest Party, Saturday, January 16th same place. Set up 6 p.m. Can always use help. Starts at 7 p.m. Bring food to share. E-mails will go out as to what last name letter brings what. Also, this is our January meeting.
- Ask members for suggestions for speakers for next year.

**Elections for the  
Arlington  
Trotters Board  
January 16  
Great Way to  
Give Back!  
Great Way to  
Network!  
Send your  
nominations to  
Mary Papreck  
runit16@aol.com**

# From the Doc

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.*

## *The Spirit of Racine Triathlon*

With one half iron triathlon under my belt, I felt calm and relaxed leading up to the Spirit of Racine Triathlon. I was not too concerned about my performance that day. My objectives were to continue to learn and problem-solve for my full length Ironman in September.

The swim course consisted of a point to point swim in Lake Michigan. This was a new experience because the only thing I had to focus on was swimming in a straight line, which is easier said than done. The downside about the swim was everyone had to hike over a mile up the beach to reach the starting line. I commented to another participant that the race director should subtract the beach walk mileage from the run course.

The swim waves were organized by age group. Since I am still on the good-side of 30, I was in the second swim wave. Before the swim waves started, I tried to acclimate to water. The water temperature was 65 degrees; two degrees warmer than the air temperature. Much like my first half iron triathlon, I did not fully acclimate to the water for the first 5-10 minutes of the swim.

The race director instructed everyone to exit the lake and line up on the beach. The beach start was another new experience. There were roughly 80 people in my age group. I positioned myself towards the back of the group. The race began and I jogged into Lake Michigan.

I had the opportunity to talk to a few people that participated in the race in previous years. The most frequent comment was that the water conditions tend to be pretty rough. The triathlon gods must have been smiling on me that day, because Lake Michigan was very calm. The physical contact with other swimmers was very minimal compared to the Rockman Triathlon swim melee.

The odd moment of the swim was roughly at the halfway point. I was clicking on all cylinders when I noticed that my hand hit something solid underwater. It was the

floor of the lake. I turned my head for air and next to me there was a participant walking. I kept swimming and I turned my head to the other side for air and I noticed another participant walking. I stopped swimming and stood up. The water depth was barely up to my waist. I laughed and walked for 15 seconds. I found an open space in the swim pack and began to swim.

I reached the end of the swim and jogged up the beach towards the transition zone. My "super-fan" commented that I finished the swim significantly earlier than anticipated. A participant commented to me that the lake current must have been really "forgiving." After the race, I learned that the swim course was short an unknown distance.

I entered the transition zone and found my bike on the rack. I took off my wetsuit with little struggle (I was practicing the night before in the bath-tub) and put on my cycling gear. For some reason, I forgot to put on my gloves. I did not realize it, until I started pedaling. I'm sure it was a funny site to see me try to put on my gloves while riding a bike because I have the worst coordination and balance.

The bike course had a few challenging climbs, otherwise, it was a pretty fast course. Like previous triathlons, I was passed like a 95 year old lady driving on the expressway. There were at least four occasions during the bike when a pack of 6-10 cyclists would pass me. I found this to be peculiar because drafting was illegal in this triathlon. A few days after the race, I noticed that over 60 drafting penalties assessed during the race.

As I approached the end of the bike, I felt pretty good about my cycling performance. I did not feel any stiffness in my neck or back and I rode at a 19.8 mph pace which was 1.7 mph faster than my previous race. The only question that remained was how were my legs going to feel when I am off the saddle?

I entered the transition zone and found my running gear. One of my bad habits is that

*continued on page 10*

# Beer Run #4 in Pics



Jack and Cindy Jo



Happy Birthday Walter!



Judy and Mary



See you next Year!

## *Tales from the Dorkside (continued from page 5)*

Chicago Triathlon. It has a "high hassle factor," but it is wonderful to bike down Lake Shore Drive. 50 degrees at the start, it would have been great marathon weather. Let's only hope we have a repeat on October 11 for the marathon, and not another 80-90 degree day as we've had the last two years.

And on September 12, the Lake Geneva Triathlon, I have to face the sad fact that it's the last triathlon of the season, and that summer is long over, as it's a week after Labor Day.

So I had to come to Orlando to extend the season, although admittedly not for a triathlon, though I would have done one if there had been one here.

Triathlon season, and summer, is long gone. But I can dream of 2010, ticking off the triathlons all season as the precious summer slips out of my grasp.



## 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.

# Race in Review

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.*

## TORONTO'S 2 MARATHONS

Labor Day in the United States is a Federal holiday observed on the first Monday in September with all 50 states additionally making Labor Day a state holiday. This same day on September 7, 2009 across Canada is also observed as Labor Day to celebrate the symbolic end of summer with worker solidarity and the new school year. Following this same line of thought with the approach of autumn, it is still possible to do a marathon in a world-class North American city even with the Chicago, Washington, D.C. Marine Corps, and New York City Marathons already filled up, if one looks north of the border to Ontario, Canada. The 20th annual Toronto Waterfront Marathon took place on September 27th and the 15th annual Toronto Marathon had its running on October 18th. Toronto is currently a sister city with Chicago under the terminology Partnership City and recently celebrated its 175th anniversary in 2009 one year after Chicago. From Chicago, a passport is now needed for the journey that takes a day by car or train and less than two hours on a flight to Toronto.

Toronto is the provincial capital of Ontario and it became in 1998 Canada's largest city from the combination of East York, Etobicoke, North York, Scarborough, and York with Toronto to have 2.5 million residents. It is also the largest metropolitan area with 5.5 million and it is part of a densely populated region in Southern Ontario known as the Golden Horseshoe, which is home to over 8 million residents that has approximately 25% of Canada's population. As Canada's economic capital, Toronto is considered a global city and is one of the top financial centers with The Toronto Stock Exchange (the world's seventh largest) headquartered in the city along with a majority of Canada's corporations while at the same time being one of the world's most livable cities. This includes being home to the National Ballet of Canada, the Canadian Opera Company, the Toronto Symphony Orchestra, the Canadian Stage Company, and the Art Gallery of Ontario (one of the largest art museums in North America). The production of domestic and foreign film and television is a major local industry with many movie releases screened in Toronto before wider release and the Toronto International Film Festival is one of the most

important annual events. Toronto also has over 2,000 buildings above 300 feet in height, which is second only to New York City in North America. Defining the Toronto skyline is the 1,815 foot CN Tower, the world's 2nd tallest freestanding structure and the tallest tower in the western hemisphere. On a smaller scale, Toronto also has two excellent autumn marathons.

The Toronto Waterfront Marathon on September 27th started and finished at Nathan Phillips Square, an urban plaza that forms the forecourt to Toronto City Hall in the heart of downtown near the Toronto Eaton Centre, Canada's third largest shopping mall plus an office complex that has one million visitors per week. Most of the run is parallel to Lake Ontario with the exception of being on Bay Street through the downtown to the lakefront. Just before the lake is the Air Canada Centre, a multi-purpose arena home of the Toronto Maple Leafs of the National Hockey League (Toronto is home to the Hockey Hall of Fame) and the Toronto Raptors of the National Basketball Association. At city's harbor, the Toronto Islands are a chain of small islands located in Lake Ontario just offshore from downtown and they are a popular recreational destination connected to the mainland by several ferry services for the visitors to enjoy an amusement park, trails, swimming beaches, and boating. Meanwhile the marathon heads west past the CN Tower and Rogers Centre (formerly known as SkyDome), a multi-purpose stadium home to the American League's Toronto Blue Jays, the Canadian Football League's Toronto Argonauts, and it also hosts other large-scale events such as conventions, trade shows, concerts, and fairs. This venue is also noted for being the first stadium to have a fully-retractable motorized roof. Further west just south of Exhibition Place is Ontario Place situated on three artificially constructed, landscaped islands. Ontario Place features the world's first permanent IMAX movie theater (the Cinesphere), the Molson Amphitheater (an open-air venue for large-scale music concerts), and Canada's Walk of Fame that acknowledges the achievements of successful Canadians. The marathon course continues further west before turning around and once again passing the above points of interest heading east past the Port of Toronto, parks and beaches prior to reversing once again to

*continued on page 10*

*Toronto's Two Marathons (continued from page 9)*

head back to finish where the Toronto Waterfront Marathon began at Nathan Phillips Square in front of the City Hall with its summer reflecting pool that is frozen in winter for an ice skating rink. Americans may have to get used to a course marked in kilometers in the Toronto Waterfront Marathon, one of only 4 sub-2:10 North American marathons in 2007 and in 2008 it was awarded a prestigious IAAF Silver label as one of the 50 best road races in the world.

Three weeks later, the Toronto Marathon on October 18th started on the north side of the city at Mel Lastman Square. The marathon route then proceeds south on Yonge Street with the the Ontario Science Centre several miles to the east before winding around the Casa Loma castle to the west. The course then steers east towards Yonge but heads into one of Toronto's many ravines going across the bottom of downtown prior to reaching Lake Ontario and heading west by the same points of interest along the Toronto Waterfront Marathon. Returning east toward downtown, the participants then turn north on University Avenue to the finish at Queen's Park. This park is famous for being the location of the Royal Ontario Museum (Canada's largest museum of world culture and natural history and being the fifth largest museum in North America), the University of Toronto, and the site of the Ontario Legislative Building, which houses the Legislative Assembly of Ontario where the Members of the Provincial Parliament meet.

Canada Day is Canada's national day, a federal statutory holiday celebrating the anniversary of the July 1, 1867 enactment of the British North America Act that united Canada as a single country, which at the time was composed of provinces Nova Scotia, New Brunswick, Quebec, and Ontario. Canada today is a federation composed of ten provinces and three territories that can be grouped into the following regions. Western Canada consists of British Columbia and the three Prairie provinces (Alberta, Saskatchewan, and Manitoba). Central Canada consists of Quebec and Ontario. Atlantic Canada con-

sists of the three Maritime provinces (New Brunswick, Prince Edward Island, and Nova Scotia), along with Newfoundland and Labrador with Eastern Canada being Central Canada and Atlantic Canada together. Three territories (Yukon, Northwest Territories, and Nunavut) make up Northern Canada. At the present time, the web sites for the 50 States and DC Marathon Group and the 50 States Marathon Club show respective marathon finishers in each of the provinces and territories at only 34 and 28 finishers. In the meantime, Toronto's Canadian National Exhibition is held annually at Exhibition Place and continues to be the oldest annual fair in the world and Canada's largest along with i being the fifth largest in North America with an average attendance of over one million taking place in 2009 from August 21st to Labor Day on September 7th.

On a somber note, this article is also a tribute to Dick "Skip" Brown who successfully completed his earthly labors and like Christopher Columbus before him on an unknown journey, there is the faithful hope someday of a joyful reunion of all those in the past, present, and future in a land of continuous Thanksgiving.



Nathan Phillips Square, in Toronto

*Spirit of Racine (continued from page 7)*

I do not untie my shoes when I take them off. I cursed myself when I found my shoes already double knotted in my transition area.

As I exited the transition zone my legs were feeling heavy. There was a huge crowd located around the transition zone and finish area. Among the crowd were a group of small kids with their hands out looking for "high-fives" from the participants. I made sure to slap every little hand that was placed out in front me. It was definitely my rock-star moment of the race.

The run course consisted of a 2-loop out and back course with two hills. All of the mile markers were clearly labeled on the pavement. The water stations were spaced about a mile apart, but they were not located at a specific mile maker. I had a pretty good fueling system down on the run. Every mile marker, I would walk and take a swig of fluid from the fuel belt. Every water station, I threw a cup of water on my head and neck.

My leg motion began to feel "fluid" again at the 4th mile. I was fighting through a small side cramp and my stomach felt a little unsettled during the majority of the first loop. Looking

back, I may have consumed too many electrolyte supplements during the race. The weather was significantly cooler and less humid than my last half ironman. I definitely produced less perspiration.

As I exited the zoo, I was approaching the beginning of the second loop. The crowd was larger and louder. I was feeling looser and stronger. The side stitch and stomach discomfort were gone. I slowly increased the pace throughout the second loop.

With one mile to go I began to shift into high gear. I was passing people with authority. The finish line was visible; however, a noticeable incline was placed right before the final straight away. I charged up the hill and made my last surge towards the finish line. The announcer called out my name as I ran through the finish line.

I felt great, especially with my stylish finisher medal around my neck. Later that evening, I checked my results and saw improvement in all three disciplines (not sure how much I improved in the swim due to a short course) and transition times. I could not image a better race performance leading into Ironman Wisconsin on September 13th.