



The Trotter Chronicles

August 2009

Dedicated to Runners of All Levels

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Beer Run #3 July 16

submitted by Gordon Lah

We did it again ' - have a great time in the woods. Two dogs and 42 humans gathered to chat and fest on Steve Sawyer's famed pork roast. With plenty of Sam Adams on hand whistles were wetted. No rain, no ranger, just positive vibes. We even shared the pavilion with 2 groups of amigos.



Ken, Jan, Valdis



Marianne, Steve S.

Next
Beer Run
August 20

Stay tuned to e-mail
for details for a
possible September
Beer Run.



Trish, Sandy, Nancy

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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.

2009 Chicago Marathon

submitted by Trisha Dean

It is that time of year to be thinking ahead to the Chicago Marathon. For over twenty years the Trotters have staffed an aid station, and we are continuing the tradition. We will need over 200 volunteers to set up, pour and serve Gatorade and water, and clean up, among other duties. Your reward is a ringside seat to a world-class running event and a marathon jacket.

Sign up today at:

www.chicagomarathon.com/AidStation01Volunteers

Password is AidStation04.

Questions? Contact Trisha Dean at 847 368 0887 or e-mail trisha.dean@d214.org.

**Volunteers
Needed for
October 11, 2009**

Real World-Runners World

submitted by Julie Bane

Last weekend I was standing with Jack Edgar and Mary Papreck when he asked her how far along she was. Yes, wild rumors get started via the Trotter newsletter. Don't go posting about an impending miraculous birth on Facebook. He was only asking how many states she has run in her quest to finish a marathon in all 50 across the nation. As we are all runners, I bet everyone knew that already. We live in an insane reality that is different from normal society.

Do you ever feel like you are living in two worlds? I sometimes feel like I have to go through a reprogramming when I go back to work on Monday after spending a weekend with my running family. In my former life I put foam rollers in my hair. Now I roll my ass across one. When I was younger, I doubt I would have been happy to win an award to weigh over 135 lbs, and be called a Clydesdale. Now I display my award on my bookcase.

No, we exist in a place where although I can admit that I weight 135 and be blasé about the Clydesdale moniker, 135 lbs is considered a big girl. In the real world that is considered slim among the nations burgeooning mid lines. Finding running clothes for sizes 10, 12 and above is difficult in the running stores. So, I am constantly com-

paring myself to the tiny little things that run like gazelles and float across the roads. It is hard to remember that there is a whole world out there of regular people who are regular sizes who run for fun, or even walk. It is hard to remember I am normal. But then maybe I am not....

I tend to forget that I sometimes run abnormal distances that within my running circle is considered standard. I can always find someone who ran longer, faster or farther so I consider myself average in this. But then in the real world we are CRAZIES. I am reminded by the dubious stares I get when I say I ran anything longer than 10 miles. And if I say I only ran 8, and inside I feel like a total loser for bagging it that day, a real worlder will look at you with awe like you are a running goddess. And then, I



may run 14 miles and feel fantastic, but then I drive around and around a parking lot so as not to walk an extra 100 feet to an entrance to the store. I don't even tell new runners that I run anything longer than a marathon. I am sure they look at me and think that a "fat" runner can't really run that far, and why doesn't she have a car?

Distances are relative even the runner's world. I ran The Ice Age 50K this year. They call that distance the "diaper dash". The real runners were running the 50 miles. 4 weeks

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Real World vs. Runners World (continued from page 2)

later I ran the 38 mile night "fun" run that coincided with the Kettle Moraine 100 mile run. I got to wear a bib and my time was recorded, sort of. It was just a fun run, and we didn't get a shirt, but I did get a bandanna. I am cool with that. But, I felt like a kiddie playing in the big pool out on the course. It was a completely self inflicted self-depreciation.

Runners sometimes cross over to do other crazy things like ride their bikes across a state. Mary Ann Zemla, Steve Sawyer and Mark Rudnicki just got back from RAGBRAI. They rode each day to cross Iowa. Sounds natural, even intriguing to me, but as a runner I am already warped. To everyone else it again begs the question, don't they have cars?

For a normal 175 lb man he is now in the upper weight classes for running. He is a big guy. The running hero is the 135 lb - 5'7" guy who was shoved in lockers in high school. Now he is on the podium with a medal around his neck and a girl on his arm. Because face it, girls like the fast boys. Men become much more attractive if they are fast. I have heard it called "Speed Goggles". Girls like the boys who win the race.



Since I have been running with running clubs and racing so much has changed in my perception of the world. I don't know what world I even live in anymore. I can pee in the woods during an ultra. But, I forget I can't pull my car over and pee on the side of the road when there is construction and I am stuck in traffic. It is OK to change my clothes in the parking lot after a run. It is probably not acceptable to be changing my shirt in my office parking lot before the run. My boss may not understand. Baby wipes are not just for babies in my world. I can say the word fartlek with the company I know Leadville as a race, not just a town in Colorado. They actually package the insides of a hostess fruit pies and we suck them down on long runs. Only in a runner's world do we talk about getting loose without alcohol being involved. Well, sometimes alcohol is in-

involved. There is this mysterious vocabulary that must not be uttered in normal society. I cannot break out into and squatting stretch at my desk and tell my boss I have a tight piriformis and my illiotibial bands are inflamed. And as good as downward dog feels, it isn't done at church after sitting in the pew for an hour.

The oddest thing in the runners world is how we are so obsessed with the weather. We have weather updates sent to our Blackberrys. The weather channel is on at 5 AM to get wind speed and probability of showers. The optimum temperature is 50 degrees with overcast skies. We dread a run in 80 degrees. Save those days for the real world. For after the run when we are sitting in the parking lot having a beer, or Gatorade.

Only in a runner's world can you do a bare buns run wearing \$750.00 worth of electronic technology strapped to you. You have Garmins, iPods, heart rate monitors and cell phones. You will never see me in a bare buns run, but there are those that do. I will spend \$120 on a pair of running shoes, but have no problems shopping for clothing. I see it as prioritizing. My

non running friends see it as bizarre when I could spend it on a purse or jeans.

So, I am about to go off to Ohio to stay up all night and run in the dark to pace Juli Aistars while she runs 100 miles in the Cuyahoga Valley National Park. I will eat gels, and drink a beer in the morning when I am done. I can't wait to be surrounded by other like minded eccentric souls. I feel drawn to this utopia where I am always welcome to step completely into the one world where I feel I totally belong. No one will think I am crazy for running 30 plus miles. This is a place where people run marathons in all 50 states, and run ultras from coast to coast. No one raises an eyebrow when someone is asked how far along they are. They just shrug, and shuffle on. They figure it is a runner question. Aren't they all?



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.



Trotter Race Results

Coon Creek Classic 10K 8-2-09

Melissa West (3rd AG) 49:07

Rock-n-Roll Half Marathon 8-2-09

Ray Gobis (5th AG) 1:25:31
 Grace Wasielewski (1st AG) 1:34:44
 Jason Lehman 1:44:40
 Patric Donahue (10th AG) 1:40:46

Waterfall Glen Xtreme 10 7-25-09

Ray Gobis (7th AG) 1:05:53
 Grace Wasielewski (1st AG) 1:13:52

Napa to Sonoma Half Marathon 7-19-09

Patric Donahue (12th AG) 1:43:51

Spirit of Racince Half Iron Man 7-19-09

Nick Nowicki 5:05:07

Splash Pedal Dash Sprint Triathlon 7-12-09

Ken Scharmann (3rd AG) 1:18:19

Not a lot of race results posted for this month! If you forgot to post, please do so on the website. We want to share in your victories! At least send in a picture to the editor for newsletter posting!

If you have nothing to post, we're hoping that it was due to summer vacations and not injuries.

Since there was extra space on the page, below are some of the times from the Mile Repeat Workout that Track Director, Nick Nowicki compiled for the group last month!

Mile Repeats

7-22-09

	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Average
Sherri	7:20	7:13	7:18	7:17	7:12	7:16
Rob	7:55	7:45	7:45	7:39	7:33	7:43
Juli	8:14	8:28	8:34	8:43	8:54	8:34
Christina	8:32	8:38	8:39			
Herb	8:48	8:45	8:51	8:51		8:48
Clint	8:46	9:01	9:02			8:56
Heather	8:32	8:45	9:01			8:46
Tom	10:41	10:38	10:20	9:35		10:18
Denise	10:41	10:38	10:20			10:33

Workout Notes:

Mile Loop (~1.1 miles)
 Rest Period: 2:30 to 3:00 minutes
 Pace: Slightly faster than 5K

As you can see, the paces vary....don't be afraid, you may still be able to get a few workouts in this summer, and put it on your agenda for next summer!

Track Workouts

DAY:
 Wednesdays

TIME:
 6:30 start
 Please arrive early to get in a warm up

WHERE:
 Melas Park in Mt. Prospect

Meet at the first parking lot to your left when you enter the facility grounds.

Melas Park is located on 1326 West Central Road. It is East of Busse Road and West of Northwest Highway. The link below is also helpful:

<http://mppd.org/park-fac.php?location=melas>

Even though there is not a "standardized track", you can expect the same challenging workouts. Melas Park is a very large facility with "rolling terrain", and be assured that Track Director, Nick, will get very creative to determine the length and speed of the workouts. Don't be afraid! Bring a friend! And, remember, ALL PACES ARE WELCOME! Any questions, just contact Track Director, Nick Nowicki

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.

This winter I was a speaker at the Alpine Runners monthly meeting, and the topic was "Try a Tri." My mission was to have hard-core runners try a triathlon, to attempt something different from long distance running as well as to help with injury prevention.

In the audience were some really hard-core runners- 50 States Steve Sawyer, Mary Ann Zemla, Mary Papreck. These people put in more running miles one day before breakfast than some of us do in a week.

Lately I have gone back to my athletic roots, short distance triathlons, both due to limited time and to limit injuries. Try a triathlon, I encouraged them. As we age we are no longer able to pound out 50 plus miles a week on the pavement without injury.

I still stand by that advice, but I omitted one little fact: Sometimes you will crash on the bike.

Biking wisdom is that there are two kinds of bikers: those who have crashed and those who will crash. It is inevitable, if you put in enough miles, that you will crash at some point.

This should not deter you from biking, but you must take normal precautions: Always, always wear a helmet and bike defensively.

I have been biking seriously for over 24 years and have competed in 127 triathlons, and yet have had only two crashes that required medical attention. That's pretty good odds.

One of those crashes happened in Germany in 1995 at Ironman Roth. Those of you long-time readers of this column have heard the story ad nauseum, but the short version is I have no memory of the crash, and in fact have complete amnesia from the entire day. But I woke up in the hospital in Germany with a large lump on my hip and scrapes and scratches. Somehow I biked 112 miles and walked/ran 10, I am told. My helmet no doubt saved me. I was back running in 6 weeks, and back biking almost immediately.

Then 14 years later, July 4, 2009, I crashed again. I was out doing a quick few miles on the Prospect Heights bike path before a planned trip to the Arlington Heights parade with Don and Rui. Shortly after I left, a light rain started falling. That had never deterred me before, though I've heard that light rain is

the most dangerous, making the roads even slicker than in a downpour. Sure enough, coming around a bend on the blacktop near the pool on Euclid, I skidded, and more quickly than I could blink, I went down, landing on my lip, teeth, and left hip.

I was stunned, and felt the blood streaming down my face. Luckily I had a cell phone, which I usually forgo, and I called Don to pick me up. I looked in the pool's bathroom mirror. It looked worse than it was, because I the blood running down my face and chin was really all coming from the cut lip.

Off to the Northwest Community Hospital Urgent Care Center in Buffalo Grove, where I was treated with seven stitches, tetanus shot, some antibiotics, and some general cleaning up. Needless to say it would be tough to find a dentist on the 4th, but mine answered the phone and said they wouldn't treat me anyway until the swelling went down.

I looked like a prizefighter for several days. July 5th I even ran/walked the Stampede, an idea my husband found ridiculous (and I admit he was probably right). A week to ten days later

I looked human again. I had a gigantic multicolored 8 to 10-inch bruise on my left hip, but no limbs were broken and I could even run. The worst of it was Rui missing the 4th of July parade, and of course the \$2000 worth of dental work.

Would I still suggest taking up biking? Absolutely. Our own Jack Thomas has been biking recently to cope with running injuries, and he too experienced a crash. He's still biking.

My main advice is to be careful out there. Remember you will not win any run-in with a car, even if you have the right of way. There was a triathlete we used to call Pink Bike Mike. He seemed to have crashes involving showdowns with motor vehicles every few week. I haven't seen him on the triathlon circuit lately. Let's just hope he didn't have a career ending crash.

So keep running, biking, and swimming, and at least try a tri. It will mostly keep you injury free. One crash every twelve years is still pretty good odds.

Try a Tri

From the Doc: The Rock

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.

Last year I survived my first marathon, 50K, triathlon, and 50-miler. This year my “A” race on the schedule is Wisconsin Ironman. The Rockman Half Iron Triathlon was a tune-up race for Wisconsin. It was also my second triathlon; I only had one sprint distance triathlon under my belt.

The day before the race, I drove out to Rock Cut State Park to pick-up my race packet and check-in my bike. The weather forecast had predicted rain “on and off” throughout the entire weekend. In fact, there were patches of heavy rain during my drive on I-90.

I arrived at the race location, picked-up my packet, and set my bike up at the transition zone. Being new to the triathlon culture, I was observing how other athletes had their transition areas set-up.

I was in awe of the bike quality found in the transition zone. Many of the bikes appeared to be worth more than my luxurious Pontiac Grand Prix. I noticed that the majority of the participants had their bikes covered with garbage bags to protect them from the elements. I thought that was a good idea. I drove to the nearest gas station, picked up some bags, and “gift wrapped” my bike. The bike appeared like a sail; all it would take is one strong wind gust to knock it off the rack. I made sure that my bike was secured to the rack, left the race site, and drove home.

Later that evening, I packed all of the race essentials in the car. Because of the ominous weather forecast, the car looked like I had packed for a 3-day camping trip rather than a triathlon. The next morning my “super-fan” and I drove up to Rockford.

All participants were required to park in an

area that was 2/3 of a mile walk away from the race site. I made some decisions of which race-day items were consider essential or superfluous. I did not want to make two trips; I also had to take in account that I would be dragging on the way back to the car.

We arrived at the race site and the first order of business was to use the bathroom. Two weeks earlier, my Madison Marathon was derailed (resulting in my first ever DNF) by not using the bathroom pre-race due to endless slow lines. I took care of business and thought that today’s events are already going better than my last race.



**The Rockman
Half
Ironman
Triathlon**

I “un-wrapped” my bike and did my best to organize my transition zone. Everything was in garbage bags because the skies looked like they were going to rain any second. Needless to say, it was an unorganized set-up. I slipped my wetsuit on and made the walk to the water.

The weeks leading to the race were unseasonably cool. Race day start temperature was 55 degrees. I overheard one participant state that the water was pretty cold yesterday. I was at the edge of the water now, bracing myself for a brisk swim.

I did not feel too cold until I reached deeper waters. My sleeveless arms began to chill. I could feel my breaths get shallower in reaction to the water. I dunked my head to become fully acclimated. That did not make things better. Looking back, I think my body numbed-up around the halfway point of the swim.

The race consisted of a mass swim start. The number of participants were 1/10 the

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The Rock (continued from page 6)

size of the Wisconsin Ironman. The swim start could be best described as a melee. I was getting clobbered and nearly panicked. It wasn't till after the first turn that I finally relaxed and started focusing on my form and swam in a "straighter" (nice way of putting it) line. I could feel myself swimming more proficiently during the second lap because the field was spread out.

The weather was raining as I exited the water. I took a look back to see how many athletes were behind me. I pleased to see that I was not the last one out of the water.

I walked uphill back to the transition zone to make a pit-stop and switch to the bike. I found my bike right away because my "super-fan" was standing nearby outside the transition zone.

As I began pedaling on my bike, I noticed that the weather was cool and the roads were slippery. Cycling is still my weakest event. My main objective was to stay efficient and not burn myself out before the run. It seemed like everyone and their mother passed me on the bike course. I did not care. I knew coming off the bike that I would be catching a few of those speedy cyclists.

The bike route was an out and back loop along the country-side of Rockford. The course was pretty flat with several challenging climbs during the last 10 miles. There were two aide stations placed along the route with water, heed, gels, and food. The policemen did an excellent job controlling traffic.

Around the 40 mile marker the rain stopped and the skies cleared up. With about 6 miles to go, I almost wiped out when making a sharp left turn. A biker behind me commented that I made a nice recovery.

I hopped off my bike, entered the transition zone, switched shoes, and made a pit stop. As I exited the transition zone, it felt so good to be upright again and not hunched over on a bike. The problem was that my legs did not want to cooperate.

The run course consisted of three out and back sections throughout the state park. The course was very hilly. I was greeted with the first hill immediately exiting the transition zone. I walked the majority of the hills to conserve my energy. My legs felt "normal" 3 miles into the run.

The aide stations were placed roughly every 2 miles on the run course. I did not put on a fuel belt when I exited the transition zone; which was my biggest mistake. Two miles into the run, I noticed that the weather was now hot and humid. I would guzzle fluids and ingest electrolyte tablets at the stations. I felt great when I left all of the stations, however, that sensation would wear off when I was halfway to the next station.

The course did not have any of the mile markers displayed. I was frustrated because I had no sense of pace or distance while snaking through the park. The only thing I felt was body sizzle like a piece of bacon on a frying pan. Every time I reached an aide station, I inquired about what mile marker I was at on the course. If I thought I was at the 6th mile the volunteers would tell me I was at the 5th mile.

The mental challenging portion of the course was the final out and back section at the 10 mile marker (about 2 miles long). The loop would never end. I finally reached the turnaround point and began to increase my speed. I passed a handful of athletes during those last two miles. I felt a noticeable confidence and speed boost when I would pass someone with an Ironman logo tattoo.

As I approached the final hill into the race site, I could see the inflatable finish-line. The end was near. I pushed up the hill and made my final surge. As I entered the race site, I was surprised to see that I still had a 1/4 mile loop to finish in the parking lot. Needless to say, I had a longer distance than anticipated.

Seeing that inflatable finish line at the base of the hill was such a "tease!"

I made my charge down the final straightaway and finished the race. I felt a great sense of accomplishment. This race was important building block to prepare me for Ironman Wisconsin. I also realized that I still have much to learn in the multi-sport world.



Nick Nowicki at the Rockman Half Iron Man June 2009, photo courtesy of "Super Fan" (aka Mom)

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.

MICHIGAN MARATHONS

The recent 333 mile Chicago Yacht Club Race on Lake Michigan from Chicago to Mackinac (pronounced Mack-ih-naw) Island in Michigan took place on July 18, 2009 and it was the 101st running of 'the Mac,' the world's longest annual freshwater sailing distance race. For the walkers, the 52nd annual Mackinac Bridge Walk is scheduled for September 7, 2009 over the world's third longest suspension bridge from St. Ignace (at the north end of the Mackinac Bridge in the Upper Peninsula) to Mackinaw City (at the south end of the bridge in the Lower Peninsula). The five mile long Mackinaw Bridge opened to traffic on November 1, 1957 and the Mackinac Bridge Walk has taken place every year since 1958. There is no fee or registration to participate in the walk that begins at 7:00 a.m. with the Michigan Governor's party leading the start. With nearly 65,000 people participating, start times continue until 11:00 a.m. on the only day of the year that people are allowed to walk across the bridge with the two east lanes on the bridge used by walkers until 9:30 a.m. and the two west lanes by vehicular traffic. After 9:30 a.m., only one east lane is available to the walkers who should know that the average length of time to walk the bridge is about two hours and that there are no restrooms on the bridge. The walking participants are also allowed if applicable to use baby strollers, wheelchairs, and seeing-eye dogs but no other animals are allowed along with any signs, banners, umbrellas, bicycles, roller skates, skateboards, and wagons. In addition, except for pre-qualified, pre-registered participants in the Governor's Council on Physical Fitness, (www.michiganfitness.org) no running or jogging is permitted. All finishers of the Mackinac Bridge Walk receive a numbered bridge walk certificate at the completion the walk and school buses are provided for the journey back to St. Ignace, at the starting point.

Several months ago, Michigan's spring marathon season started on April 5, 2009 with the Martian Marathon that took place in Dearborn with the start and finish by the Dearborn Country Club and the Henry Ford Community College on a course route that went along wooded suburban roads near the Middle Rouge River. Several miles away is the Ford Rouge Factory plus the Henry Ford Museum and Greenfield Village. Almost three weeks later on April 25th, western side of Michigan closest to Illinois, the National City Half Marathon was part of the 30th anniversary of the Borgess runs in Kalamazoo with the motto

of, "Run for the Health of it." This event started and ended at the Borgess Health & Fitness Center with a course that went through the campus of Borgess Medical Center and the downtown Kalamazoo Mall. Crossing back to eastern Michigan, on April 26th, the Running Fit Trail Marathon had the trail runners going along the winding single-track trails inside Michigan's Pinckney State Recreation Area (the wilderness area known to locals as the "Protto" and to the rest as the Potawatami Trail) fifteen miles to the northwest of Ann Arbor. The double loop dirt trail starts and finishes at Silver Lake and follows a 13.1-mile loop route through the wooded forest lands of lower Michigan, and past a number of lakes and streams prior to the lake finish.

Michigan's first spring marathon by one of the Great Lakes was the 27th annual Traverse City Bayshore Marathon held on May 23rd that had most of the run along the East Arm of Grand Traverse Bay in Lake Michigan. The out and back course started at Northwestern Michigan College and finished on the track at Traverse City Central High School. Throughout the race, the crystal blue waters of Lake Michigan are on one side with the beautiful homes and Traverse City's famous cherry trees on the other side. Traverse City recently hosted the National Cherry Festival from July 4-11 and it is known as the "Cherry Capital of the World." This beautiful area is also near the Sleeping Bear Dunes National Lakeshore. Returning to the eastern part of the state, the 36th annual Dexter-Ann Arbor Run was held on May 31st. This half marathon is from Dexter along the winding Huron River Drive to Ann Arbor, home to the University of Michigan. While this event coincides with the Taste of Ann Arbor, on June 13th, Battle Creek, Michigan had its annual World's Largest Breakfast Table that is listed in the Guinness Book Of World Records. At one time, Battle Creek was home to the original Kellogg's, Post, and Ralston cereal factories to be rightfully known as the "Cereal City Capital of the World."

Michigan's first summer marathon was the June 27th Run Charlevoix Marathon with the start and finish by Charlevoix's downtown draw bridge for this out-and-back course. The route begins by proceeding in a mostly northward and eastward direction from downtown, taking runners out for long stretches along the Lake Michigan beaches before turning inward toward town and passing the Charlevoix Country Club before meeting the bike trail at the intersection with Highway 31. The participants then run for the next 3 miles along the

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Michigan Marahons (continued from page 8)

bike trail before reversing at the turnaround point near the beach. Heading north to the Upper Peninsula, the Grand Island Trail Marathon near Munising took place on July 25th and it is the only marathon in the UP. The start is at Williams Landing and the course then follows the perimeter trail of the island counter-clockwise up past Murray Bay and Duck Lake. At three miles the course heads eastward into the Tomolo, up into the

island's thumb and then back along Trout Bay where runners enjoy a spectacular Lake Superior shoreline. The runners then head up the eastern shore of the island with views of the Pictured Rocks National Lakeshore. The northern half of the island features 300 foot sandstone cliffs and the remote and exotic North Beach. The return trail on the island's western shore features remarkable vistas of Lake Superior. Much of the trail is shaded by lush hardwood forests with cool breezes coming off Lake Superior. If possible, a trip to the Upper Peninsula could also include a visit to Tahquamenon Falls State Park and Isle Royale National Park.

The next day on July 26th back in the Lower Peninsula is the Carrollton Education Foundation Festival of Races that includes a marathon. Carrollton is located just north of Saginaw (a historical timber capital) and south of Midland (Dow Chemical) and Bay City on Lake Huron. The marathon starts and ends at Carrollton High School and is composed of 8 out-and-back loops plus a short 1st loop. Another smaller Michigan marathon takes place next month on August 15th near Grand Rapids north of Lowell at Fallsburg Park on beautiful country roads, gravel roads, and on the North Country National Scenic Trail. Next week on August 22nd in a more urban setting is the 33rd anniversary of the Crim 10 Miler in Flint. For the next two weeks, a break from the running can be found in Detroit at the Michigan State Fair from August 28 to September 7. This is the oldest State Fair first held in 1849, only twelve years after Michigan attained statehood. Michigan is a bountiful state growing a wide variety of commodity crops, fruits, and vegetables making it second only to California among U.S. states in the diversity of its agriculture.

The September 5th Beaver Island Marathon starts and ends on the beach in the beautiful downtown area of Beaver Island, a Lake Michigan island 32 miles north of Charlevoix. Time slows down on Beaver Island with its serene and relaxed life-style on the most remote inhabited island in the Great Lakes, with a year-round population of 600. The marathon is an out and back that loops the lighthouse and head out of town on a paved bike path to a clay, dirt and gravel road that goes along Lake Michigan, sand dunes, and forest. After the runners cross the finish line on Beaver Island's Main Street, the pristine waters of Lake Michigan are nearby to cool off in prior to summer becoming autumn.

The seasons begin to transition at the time Frankenmuth in eastern MI (also the location of Bronner's, the World's Largest Christmas Store) has its Oktoberfest from September 17-20. During this time in western MI the North Country Trail Run takes place on September 19th in Manistee. This is a marathon and 50 mile race which is run entirely on a single-track trail in the Manistee National Forest. In a more urban setting is the September 27th Capital City River Run in Lansing. The 5K course features several great views of the Capitol Complex from the State Capitol Building to the Hall of Justice. The half marathon starts off heading east on Michigan Avenue to the Michigan State University campus passing within view of the football stadium and the Jack Breslin Student Events Center, going directly past the famous Sparty statue. After leaving MSU, most of the remaining course is an out and back on the Lansing River Trail back to downtown Lansing, and then run on city Streets into Riverfront Park on the west side of the Grand River, crossing back over to

the east side of the river to a finish on the Lansing River Trail behind the Lansing Center. Three hours to the north on the same day, the Boyne 2 Boyne Marathon takes place on September 27th. Starting at the Little Traverse Township Hall, just down the road from Boyne Highlands, the runners have a 1 mile down hill run which overlooks Petoskey Bay on the way to Petoskey State Park and along the bay with historic residences in downtown Petoskey. Continuing past the marina, and over the Bear River, the half way point is reached prior to going above Walloon Lake. The finish approach is along Boyne Mountain Road lined with great pines before entering the Boyne Mountain Resort for a finish right at the base of Boyne Mountain nestled in the mountain village.

From northwest MI to southwest MI, the 6th annual Grand Rapids Marathon is scheduled for October 18th. The marathon starts and ends in downtown Grand Rapids where the participants will run past the convention center, the Amway Grand Plaza, and the Gerald R. Ford Presidential Museum. The course then heads south along the Grand River for a beautiful West Michigan fall color tour in the parks and residential neighborhoods before returning downtown. Grand Rapids is Michigan's second largest city and the Grand Rapids-Muskegon-Holland Combined Statistical Area is also the second largest behind only Detroit and its major metropolitan area.

Detroit's 32nd annual Marathon scheduled for October 18th starts and ends in downtown Detroit near Renaissance Center (General Motors), Comerica Park (Detroit Tigers) and Ford Field (Detroit Lions). Two miles into the marathon, the runners begin to cross the Ambassador Bridge into Windsor, Canada. This bridge is the single busiest border crossing in North America handling over a quarter of all trade between the United States and Canada. About 4 miles of the marathon are in Windsor, Ontario before returning to the United States via the Detroit-Windsor Tunnel also known as the "Underwater Mile." The Detroit Marathon is the world's only marathon that crosses an international boundary twice. The last highlight prior to finishing is crossing the MacArthur Bridge at mile 19 and again at mile 22 to Belle Island, an island in the Detroit River that is a park and home to the Detroit Zoo. The return to downtown is along the revitalized Detroit riverfront. Detroit's superlative Motown music sounds even better after finishing 26.2 miles. About one month later, Detroit celebrates with one million spectators on the original 1924 route along Woodward Avenue for "America's Thanksgiving Parade."

Michigan with four of the five Great Lakes is named after Lake Michigan meaning "large water" or "large lake", but it should be pointed out that the correct lake should be a one lake combination of Lakes Michigan and Huron since they both are at the same 577 foot elevation and the deep five mile channel at the Straits of Mackinac connects them with the water flowing in both directions. Note how this compares with the 601 to 579 elevation drop between Lakes Superior and Huron by the Soo Locks in Sault Ste. Marie. Michigan has the longest freshwater shoreline of any political subdivision in the world with more lighthouses than any state and it is the only state to consist entirely of two peninsulas. The appropriate State Motto is, "If you seek a pleasant peninsula, look around you" and the state border goes all the way to Illinois where the two states meet in Lake Michigan

The Mackinac Island Bridge view from the south