



The Trotter Chronicles

February 2009

Dedicated to Runners of All Levels

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Winterfest was a BLAST!

by Regina Brown

Thanks to all who came to Winterfest on January 17, 2009! About 60 Trotters came to share in the festivities. A special thanks to *Christine Stahl* for coordinating all of the set up and making sure we all had plenty to eat and drink in a very snappy setting! Huge thanks to *Gordon Lah* and *Jack Waddick* for setting up the slide show...very entertaining for all that were paying special attention (wink, wink).

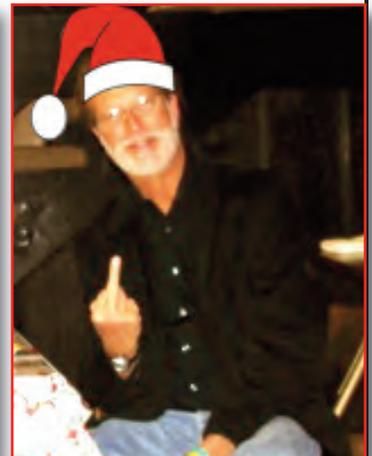
Elections for the Board were held and the same slate from 2008 will continue for 2009 with the following changes:

- *Roger Thompson* is resigning as Vice President after numerous years of service for which we are all very appreciative. *Flash* will take his place on the board.
- *Judy Miko* will serve as Social Director
- *Leah Kadamian* is resigning as Newsletter Editor after numerous years of service for which we all very grateful for all of the time and effort she put into making the newsletter aesthetically pleasing and newsworthy. *Regina Brown* will (has) assumed the Newsletter duties.

We are still in need of a Volunteer Coordinator. If you are interested, please contact any member of the board, complete listing on the following page.

We are in a very fortunate position to have some extra cash in the club treasury. We had a lively discussion at the party regarding what we should do with the excess funds. President, Ed Nikowitz requested a vote from the membership to give the board authorization to donate \$500 to 3 local charities. Some thoughts that were communicated were to consider saving the money in lieu of the economic tsunami and other thoughts were to invest in promoting the club with apparel. The group did vote to allow the board to make the donations at their discretion.

All of the conversation was thought provoking and I encourage everyone with an opinion, to get involved and make your voice heard! We welcome all of your input, via e-mail, phone or showing up at a board meeting. We seriously need more people involved, so that we can sustain the club for a long time...which is a good segue to Trisha Dean's Tales from the Dorkside this month. Check it out on page 4.



Some great shots from Winterfest Emily, Walter, Peggy, Steve...way to go Santa!

My Maui Marathon Trip Last Week

by Mary Papreck

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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.

I begged off Cheeseburger in Paradise Saturday night before the marathon and opted for Koot Kats instead. Sitting at the bar drinking a nice Hawaiian Weisbeir and eating a Mahi Mahi sandwich was my carboload dinner before the race. Went to bed around 9:30 for an early rise at 3:15 a.m. Had most of my stuff together realizing I had brought my number belt, but forgot the little pack to carry gels and stuff. Oh well, made sure I had plenty of sunscreen though.

Walked a few blocks to the bus which I got on at 4:05 a.m. Had I known I could have slept for 10 more minutes to catch a later one, I would have. However, the long drive to the start was somewhat nerve wracking. The drive felt forever realizing I was going to have to run this back. It was pitch black outside and chilly. We were able to sit in the bus for almost 20 minutes

after we arrived until they kicked us out since this bus was taking the people from the start to the 20 mile start and the Half Marathon start which was a little later.

The announcement below was made that a power pole was down around the 6 mile mark. It would mean adding mileage to the course, however, I would rather have it longer than not marathon distance (did I really say that?)

This was the 50 States Reunion and they were well represented. One marathoner had completed his 7th round of 50 states; another 6th round of 50 states. One runner was completing number 50 and wore #50; another completed over 600 marathons and Chuck Engle, who ran 50 marathons last year and won 34 was there

also. We were at one or more races he was at last year and won.

The Canoe Club (at least 12 of them) were dressed in native dress had their conch shells (or something big like conch shells) and blew them. The tiki torches were lit and a Hawaiian prayer service to Haleaka was done. It was really moving and so Hawaiian. They blew the shells to start the race and off we went at 5:45 a.m. in the dark.

Two hours before race time a driver severed a power pole at about the 6.4 mile mark. The Maui Police closed the race

course at that point. The Marathon course was rerouted Up Lipoa to the Piilani Hwy, northward to Uwapo Rd, and then back down to the South Kihea Rd.marathon course. It is estimated by runner's



using GPS to be one mile longer or 27.2 miles. This distance may change upon an official measurement. The rerouted course also caused an additional hill and climb of about 120 feet over 6/10th of a mile. It is said that the Boston Marathon will accept a proportally time in situations like this.

So we were diverted from the original course, missing an aid station which wasn't too bad. It was hard to tell without a watch the time and exactly how off we were. I asked one girl at one point what the mileage and time was. She said we were at 8 miles at 1:15 so I was clipping along okay. The aid stations after mile 10 were well stocked with pretzels, m&m's; powerball balls(I love them) and some sort of sports drink. Thought I was drinking



Trotter Annual Awards

The Trotter Annual Awards were presented at the Winterfest Party, on January 17, 2009. President, Ed Nikowitz was the Master of Ceremonies and did a fantastic job of telling a little story behind each award. It was a big highlight of the evening. Check it out...

- Most Improved Runner of 2008: Nick Nowicki
- 2008 Speedster of Year: Steve Breese
- 2008 Best Dresser of the Year: Gordon Lah
- 2008 Rookie of the Year: Erin Garvey
- 2008 Proudest Wife of the Year: Nancy Roder
- 2008 Red Herring Award: Gordon Lah
- 2008 1st Marathon Award: Jim Janaszak
- 2008 1st 50 Miler Award: Nick Nowicki
- 2008 Biggest Idiot of the Year: Pat Harmon
- 2008 Board Member Service: Roger Thompson
- 2008 Newsletter Service: Leah Kadamian
- 2008 Male Runner of the Year: Dan Roder
- 2008 Female Runner of the Year: Juli Aistars



Top Picture, L-R
Jim Janaszak, Roger
Thompson, Gordon
Lah, Steve Breese.

Bottom Picture, L-R
Nick Nowicki, Erin
Garvey, Ed Nikowitz

Coming Next Month: *Trotter Chronicle Classifieds!*

Steve Sawyer had a brilliant idea of having classified ads for the Trotter Chronicles. He was not ready with his "offer" for the February Chronicle publication. I would like to solicit from the members to bring forward any thing that they would like published in the Chronicle Classifieds. My first thoughts were for those seeking employment, as this is a great group for networking. After all, the exchange of knowledge and information can happen anywhere. Perhaps you have a baby jogger to sell, or are looking for a "bib number" for a race that has been closed. The possibilities are endless.

Please send your "offers" to Regina Brown no later than the 25th of the month:

brownlbs@comcast.net



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.

If a tree falls and there is no one there to hear it, did it make a sound?

If a run or race goes on and you are not there, did it happen?

I think people are still debating the first question. The answer to the second, however, is a resounding yes.

I realized this the other Sunday, when I showed up to run the old "Home Economist" 11-mile hilly route in Barrington. I've been there a few times in the last few years, but Sunday mornings are now mostly spent helping daughter Rui with homework, with a quick run thrown in, rather than spending hours at the Home Economist with breakfast following, now I think officially called Fisher's Nuts. (The Fisher Nut Run just does not have the right ring to it!)

For more than ten years, I ran the Home Econ course every Sunday, especially in the winter, the colder the better. We prided ourselves on being out there no matter what the weather, even below zero. Summers I'd often be found doing long bike rides for triathlon training, but almost every other week I was there, and usually went out to breakfast at the Bread Basket, Egg Harbor Café, or Einstein's, depending on the trend at the time.

Eight or so years later, the run is still going on, with me or without me. While some of the runners have changed, many are the same, including Robin and Tony Gianlanella, Dan and Nancy Roder, Steve Sawyer, Jack Waddick, Arlene Overheu, and Ed Nikowitz.

It's both comforting and upsetting that the run is going on with or without me. Comforting because it is there when I can

run it, such as right now in preparation for the March Madness Half Marathon. And it will still probably be going on in a few years when Rui sleeps until 8 instead of 6, or even 10 or noon, some parents tell me. Upsetting because I realize I have missed eight years of long runs with friends.

Races have gone on without me, too, and in some cases disappeared. Although there are some races I continue to run year after year, like the SNOW FUN Run, there are others I haven't run in years, like Bix or the Shamrock Shuffle. Presumably those will be there when and if I want to return, but not necessarily. I was running with Robin Gialanella, and somehow it came up that Labor Day's Park Forest Scenic 10 had not been staged for years.

What? I had run that race for years and years, and I just assumed that it would be there in the event that I ever again wanted to spend almost all of Labor Day driving to Park Forest and back to run ten scenic miles.

Haunting questions for runners...something to think about in supporting clubs, runs & races...

The venerable Boston Marathon has been going on for well over 100 years, and I haven't run it since the 100th. I remember once when I was injured, someone said, "There have been 96 Boston Marathons, and there will likely be a 97th." I hobbled through it anyway. Hopefully I will qualify for Boston again, and the race will still be going. At times it seems more likely that it will still be going than I will qualify again.

In ten or twenty years, I can only hope that Trotters and friends are still running 11 miles at the Home Economist, or Fisher's Nuts, or whatever it may be called then, every Sunday. And I can only hope that I am still able to run those hilly 11 miles.

From the Doc: Cross Train

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.

By now many of us have grown sick of the nasty winter weather. Every week we are buried in snow. When the roads, side-walks, and jogging paths are finally cleared; mother-nature delivers sub-zero weather with -30 degree wind-chills.

Treadmill running becomes more boring by the day. Many of us are starting to feel like a hamster on a spinning wheel. An easy 5-mile jog on the treadmill lasts an eternity. Running in the winter has become just plain WORK.

What can be done to beat the “winter blues?” CROSS TRAINING!

Cross training is a great way to condition different muscle groups and develop a new set of skills. It also allows you the ability to vary the stress placed on specific muscles or even your cardiovascular system.

Runners whose goal is to have an injury-free season should strongly consider cross training. A 20+ mile training run on hills and pavement can tear a “healthy” runner apart. Combine a long training run with muscular strength/flexibility imbalances and a runner has the perfect recipe for a potential injury. Cross training reduces the repetitive stress delivered to the muscles and joints. It can improve your flexibility and strengthen those “weak links” in your body. For those runners that have recently caught the “injury-bug,” it is vital to incorporate cross training to maintain aerobic fitness.

Examples of Cross Training Activities

- Resistance Training
- Biking
- Swimming
- Cross-Country Skiing
- Snow-Shoeing
- Pilates
- Yoga

Cross Training Precautions

With every workout you must always perform a warm-up, cool-down, and stretches. All of these activities will decrease the likelihood for soreness and injury. When warming up and cooling down, you should be able to carry on a conversation with someone else. If you cannot carry on a conversation, you are working out too hard. Warm-up and Cool-down duration should be 5-10 minutes.

Take it easy your first several visits at the weight-room. People tend to run into trouble (injury-wise) at the gym when they try to do too much too soon. If it is your first time back in a while, chances are you are going to feel sore no matter what exercises you perform. Killing yourself in the first workout will most likely keep you out of the gym for the remainder of the week.

**Cross Training
...something you need to do if
you want to keep running!**

During the first month of weight training, strength gains are the results of improved coordination instead of increases in muscle mass. Increases in muscle mass typically do not occur till after 6-8 weeks of training. Therefore, the main objective in the first month is building muscle endurance. I typically recommend people to perform 2-3 sets of 12-15 repetitions. Rest periods should be 30-60 seconds.

Focus on proper technique. Many of the weight room/group exercise class related injuries are the result of poor form. Those of you that have recently joined a gym, I highly suggest that you schedule an equipment orientation with a personal trainer. Runner's that are interested in participating in their first triathlon and can only “doggy-paddle” should sign-up with a swim coach to learn the stroke

continued on page 7

Trotter Recommended Special Events February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 FYA Run 8:30 am Busse Woods
8	9	10	11	12 Abe Lincoln is 200! Check the races on page 8	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Club Meeting 7:00 pm Runners High Arlington Hts	27	28

Arlington Trotters Board Meeting Minutes for Thursday, January 8, 2008

submitted by Mary Papreck

Attendees: Ed Nikowitz, Judi Miko, Mary Papreck, Mike Kendrick, Regina, Flash, Christine, Steve Breese, Roger Thompson, Sawyer

- Reschedule FYA Run due to snow until February 7th at 8:30 a.m.
- Winterfest Party – Ed to bring beer & wine; Sawyer to bring water, pop and ice; meet at 6 p.m. p.m. to set up; need an agenda; Roger is bringing plasticware, tablecloths, etc; Jack Waddick is bringing the projector and screen.
- Agenda for meeting at Winterfest Party
 - Cocktails and appetizer 7 p.m. – 8 p.m.
 - Dinner 8 – 8:30 p.m.
 - Slide show on all of the time
 - Desserts
 - Formal meeting starts at 8:30 p.m.
 - Elect board members – slate to be presented
 - Ed Nikowitz, President
 - Steve Sawyer, VP, Community Service
 - Flash, VP, Set up meetings and arranges for Speakers
 - Mary Papreck, Secretary
 - Mike Kendrick, Treasurer
 - Judy Niko, Social Director
 - Regina Brown, Newsletter Editor
 - ????, Volunteer Coordinator
- February 26th at Runner’s High N Tri – Bart Yasso speaker (short meeting). This is in lieu of meeting 2nd week in February.
- Solicit from members – Speakers for upcoming meetings
- Beer Run volunteers
- Ed to get input from members what they want out of club
 - Regina to make Mike a sign to wear to collect dues
 - Ed bringing clip board and a list of things they can volunteer for.
 - Get input from club about making charitable donation

February Monthly Meeting

DATE:
February 26

TIME:
7:00 pm

WHERE:
Runners
Hi N Tri in
Arlington Hts.

AGENDA:
Short, we want to hear
Bart Yasso Speak, see
next point below

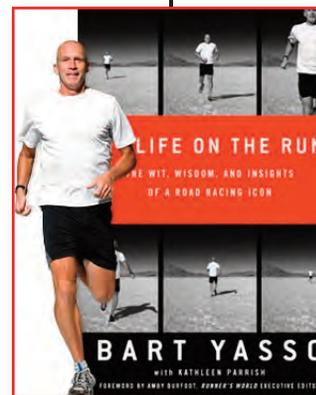
**CHECK THIS OUT FROM
BART YASSO'S WEBSITE,
www.bartyasso.com:**

Yasso joined Runner's World in 1987 to develop the groundbreaking Runner's World Race Sponsorship Program, creating a vehicle for Runner's World to work with over 7,000 races representing 4 million runners per year. In

2007, Bart was inducted into the Running USA Hall of Champions.

Yasso also invented the Yasso 800s, a marathon-training schedule used by

thousands around the world. He is one of the few people to have completed races on all seven continents from the Antarctica marathon to the Mt. Kilimanjaro marathon.



My Trip to Marathon Trip to Maui (continued from page 2)

guava juice. The people were friendly, but we were running along a highway which was any where from 40 - 45 miles per hour. The shoulder was wide enough in most places and the police were patrolling to make sure we wouldn't get hit. Didn't enjoy the hill climbs running so I walked them. Found myself walking a little more than I thought I would whale watching at the same time. Around mile 22 one guy running gave me the words of encouragement I couldn't pull from deep down. It got me moving and I ran more than I walked. Once that sun was up, the air was breezy enough in my face, but the sun was still beating down behind my neck. I know if I had a few more longer runs in, I would have been in better shape. It was heavenly to be able to run in shorts and tank top. So as we got off the highway and diverted towards Front Street, I knew I had to be close to the hotel. One lady that I passed and she passed me back and forth, I made an effort to blow her away. She looked like she might be in my age category which didn't matter anyhow since the only people that could afford to go to Hawaii are in my age category or the 50-54.

I ran by the hotel and then realized the finish line was right there. I was afraid I had to run to the banyan tree in town a few more blocks away. I saw Kellee and Tom. Kellee had a lei for me and got my medal. The ribbon is chintzy, but the medal is cool. After laying on the ground wanting to go to sleep like I wanted to do on the course many times, I didn't even hang around for the award ceremony. My clock time was 4:55:51 for the 27.2 miles or until they remeasure and let us know what we ran.

Couldn't eat - had no appetite. Couldn't drink either. Had

the kids go eat without me. I went straight to the beach, took off my shoes and soaked my feet and knees. Crawled on the sand, put my head between my legs and fell asleep for at least 20 minutes. A couple came up to me to make sure I was all right. We talked for about 15 minutes and I decided to go change into my swimsuit. Managed to burn the top of my feet so that was the end of wearing flip flops the rest of the trip.



We did the touristy things of a whale watching cruise which was a blast; ziplining in the rain forest; laua in Kanapali. It was hard for me to make the time transition. The kids stayed out much later than I, but I did use this as a vacation and rested on the beach and spent a lot of time in town walking and shopping.

Great trip! Love Maui and would go back again, but not until I finish my states!

Maui Oceanfront
Marathon
01/25/2009
Wailea to Kamehameha Iki Park, Lahaina
www.mauiocceanfrontmarathon.com
Official Overall Results by
JTL Timing Systems
(808) 325-0287

From the Doc (continued from page 5)

fundamentals. Yoga and Pilates enthusiasts should alert the instructor if you are uncertain that you are in the correct position. Always be mindful of your technique when you feel fatigued towards the end of your set or workout.

If you begin to feel pain during an exercise or stretch, stop immediately. There is no such thing as "no pain, no gain." Feeling a "burn" in your muscles may occur. Never work through the sharp, stabbing pain; your chances of injuring yourself will increase significantly.

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

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.

SPRINGFIELD RUNS FOR THE 200TH ANNIVERSARY OF THE BIRTH OF ABRAHAM LINCOLN

February 12, 2009 is the date for the 200th anniversary of the birth of Abraham Lincoln. Although he was born in Kentucky and lived a quarter of his life in Indiana, the foundation of his professional success was the twenty-five years he lived in Springfield, IL before becoming the 16th President. On this note, from the Springfield Road Runners Club web site, www.sprrc.net, there is a quote from Abraham Lincoln, "...to afford all an unfettered start, and a fair chance, in the race of life."

The oldest run in Springfield is the Lincoln Memorial Half Marathon which is scheduled to have its 45th running on Saturday, April 4, 2009. From the race web site at www.RunAbe.com, the course in simple terms is "Run where Lincoln

obtaining "endorsed" status, the Lincoln Memorial Half Marathon will be included among the premier events celebrating the life of Abraham Lincoln as the Lincoln Bicentennial approaches in 2009 (www.lincoln200.gov).

On April 4th at 7:30 a.m., the tag-timed Lincoln Memorial Half Marathon begins on 6th Street in front the Abraham Lincoln Presidential Library and Museum that has the following Lincoln quotation about Springfield on its web site, www.alplm.org, "To this place...I owe everything." As the race begins, the runners cross Jefferson Street and head south through historic downtown Springfield and in two blocks they go past the Old State Capitol State Historic Site on the northwest corner of 6th and Adams Street. Although this building was rebuilt in 1966, it was first built between 1837 to 1853 when Springfield became the capital of the State of Illinois while Abraham Lincoln gave speeches at the State Legislature and argued cases before the Illinois Supreme Court. The half marathon route also goes by the Lincoln-Herndon Law Offices State Historic Site on the southwest corner of 6th and Adams Streets across from the Old State Capitol.

The run continues south on 6th Street for another two blocks before heading east on Capitol Avenue. After just one block, to the north on 7th Street, is the First Presbyterian Church where Abraham Lincoln worshiped with his family. The half marathon continues with one more block east on Capitol Avenue and a block south on 8th Street before reaching the Lincoln Home National Historic Site, the only home Abraham Lincoln ever owned and where he lived with

2 Great Races in Springfield, IL

- April 4, 2009: Lincoln Memorial Half Marathon (45th annual, 808 finishers in 2008, 490 in 2007) www.runabe.com
- August 23, 2009: Abe's Amble 10K (32nd annual, race website not yet posted, link below is to the Springfield Road Runners Club, which has a fantastic website with race listings) www.sprrc.net/srrc-races/

walked." Beginning in 2007 in preparation for the Bicentennial of Abraham Lincoln's birth, the half marathon course was moved to the streets of Springfield from its prior location south of the city along the rural roads of Chatham, IL. This change was successful when in 2008, the Lincoln Memorial Half Marathon was named an officially "endorsed" event by the Illinois Abraham Lincoln Bicentennial Commission (www.lincoln200.net). By

continued on page 9

Race in Review (continued from page 8)

his family from 1844 to 1861 prior to it becoming the only National Park Service site in Illinois.

The run continues south on 8th Street past the one mile mark and then goes several more blocks before heading west on Vine Street for a block and then returning north toward downtown on 7th Street reaching the two mile mark near the Lincoln Home Visitor Center. The half marathon course then turns to the west on Capitol Avenue with the Illinois Executive Mansion one block to the south on 5th Street before arriving at Capitol Avenue and 2nd Street, the location of the current Illinois State Capitol that was built between 1868 and 1888. The route then continues along the south side of the Capitol complex past the Illinois State Museum on the way toward Washington Park several miles to the southwest.

After a stretch of several blocks on scenic brick streets, the half marathon course enters Washington Park, Springfield's premier park in an area near some of the city's finest homes. After the runners loop through the park, they exit north onto Lincoln Avenue and stay on this street for approximately two miles as the half way point is passed before heading east and entering Springfield's historic North End where the participants will pass Camp Lincoln, home of the Illinois National Guard. A mile later, runners will enter Oak Ridge Cemetery and pass Lincoln's Tomb State Historic Site, the final resting place for Abraham Lincoln, Mary Todd Lincoln, and three of their four children.

After the runners pass the Lincoln Tomb and exit the cemetery, the ten mile mark is passed prior to reaching the over 100-year-old Lincoln Park. Around the eleven mile mark while looping through the park, the Illinois State Fairgrounds can be seen in the distance. This is familiar terrain for Abe's Amble, Springfield's premier 10K road race held on the final day of the Illinois State Fair. This year will be

the 32nd anniversary of Abe's Amble with the 10K to take place on August 23, 2009 on a course starting in the Illinois State Fairgrounds adjacent to Grandstand and then continuing out of the fairgrounds near Main Gate, west on Sangamon Avenue, into Lincoln Park to Oak Ridge Cemetery and its to War Memorials area before returning back to start. There are spectators throughout the course and at the finishing stretch with the Grandstand as the backdrop, the runners go through a wall of people cheering.

Returning the Lincoln Memorial Half Marathon, when the runners exit Lincoln Park, they pass some classic, older homes with only 1.5 miles to the finish line on the campus of St. John's Hospital two blocks to the north of the Abraham Lincoln Presidential Library and Museum. Several blocks to the southeast of the finish is the Lincoln Depot Museum at the corner of 10th and Monroe Streets where Abraham Lincoln gave his farewell address to the people of Springfield on February 11, 1861 (one day before his birthday) prior to leaving for his final calling in Washington, D.C.



Lincoln Memorial, Washington, D.C..



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.