



The Trotter Chronicles

January 2009

Dedicated to Runners of All Levels

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Have You Been Impacted in the Latest Economic Tsunami?

There is a strong probability that many of the Arlington Trotters may be casualties in the latest "economic tsunami" with the paralyzing predicament of a job loss. If you, or someone you know is in this situation, you may want to consider volunteering to be on the Arlington Trotter Board. We need skilled and enthusiastic individuals and a potential bonus to you would be enhancing your resume with volunteer work; a definite win-win for all. The time commitment for all of the positions is very doable, even working full time. We have a board meeting and a general member meeting once a month,

September thru April. The big bonus for all is the exchange of knowledge and the creation of new friendships; all of which you have to do anyway while looking for a job and/or your next adventure.

Elections for the board will be held at the Winter Fest Party, on January 17, 2009 (see page 3 for further Winterfest details).

Please send nominations to:

Ed Nikowitz

enikowitz@comcast.net

Position	General Duties	Specific Responsibilities
President	Board Meeting Coordinator	Presides over all meetings and public gatherings, provides agenda, coordinates Jelly Belly Days
Vice President (1)	Community Service Coordinator	Coordinates charity events for the club
Vice President (2)	General Club Meeting Coordinator	Coordinates speakers and location for the club
Treasurer	Finance Manager	Manages club income and expenditures
Secretary	Communication Coordinator	Takes notes at meetings, coordinates the dissemination of information via e-mail
Board Member (1)	Social Director	Coordinates social activities such as Beer Runs, Holiday Party (aka Winterfest Party)
Board Member (2)	Newsletter Editor	Coordinates the electronic publication of the monthly newsletter
Board Member (3)	Volunteer Coordinator	Recruits volunteers for club activities such as races, social activities

All Board Members are expected to attend Board Meetings, participate in as many other club activities as possible and help attract new members.

Arlington Heights Santa Sleigh 5K Run December 6, 2008

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.

Many thanks to Mike Kendrick for sharing his pictures of the Santa Sleigh 5K!



All participants received a 5-piece Santa Suit to wear in the Arlington Heights Santa Sleigh 5K. Even though the suits were "disposable", it was a great way to launch the 2008 Holiday Season...it certainly helped Steve Sawyer (at left) get in the spirit for the CEDA Run the following week!

CEDA Santa Family Success!

Thank you from Trisha Dean!

Thanks so much to the Trotters for generously supporting our CEDA family. Through your efforts we were able to buy hats, gloves, coats, pants, sweaters and other clothing items for all six children who had lost everything in the recent flooding. We were also able to supply them with \$75 in food certificates.

Among those who helped were Dick and Regina Brown, Peggy Corey, Gail Edgar, Erin Mink Garvey, Paul Gonzalez, Mike Kendrick, Gordon Lah, Ed Nikowitz, Ken Norwood, Christina Palfy, Mary Papreck, Steve Sawyer, Mary Ann Zemla, and Michael Zielinski (and anyone else I inadvertently did not mention!). Also thanks to Robin and Tony Gialanella to opening their home and providing goodies

to the Trotters after the Santa Run. Thanks to all who participated in the Santa Run and to Santa (aka Steve Sawyer...ssssshh-hhhhhhhh)!



Santa and his Elves spreading Christmas Cheer at Runners High and Tri!



Trotter Race Results



Barb Franzen, Arlington Trotter transplant in Colorado, looking fabulous at the Blue Sky Marathon in Ft. Collins, Colorado.

- Blue Sky Marathon**
Ft. Collins, CO on October 25th
Barb Franzen (1st Age Grp.) 5:16
- New Denver Marathon**
Denver, CO on October 19th
Barb Franzen (1st in Age Grp.) 3:48
- Ultimate XC (24 Miler)**
Moab, UT on November 15th
Barb Franzen 5:10

Check out the New Trotter Race Calendar!

Arlington Trotter Web Master, Steve Breese, has added a WAY COOL feature to the web site. It is a race calendar where you can

1. Search for races
2. Add races that you recommend for Trotter Members
3. Create a "personal profile" for races that you are doing (great way to keep track of all of those "goals" and New Year Resolutions!)
4. See Trotter members that have signed up for races (Great way to connect for car-pooling and training). A log-on is required for this feature, but well worth the clicks to do it.

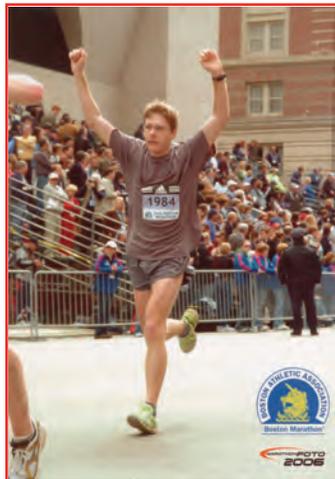
To view this new feature, simply go to the Trotter website

<http://arlingtontrotters.com/>

and click under New Race Calendar to the Trotter Calendar Link.

Feel free to contact Steve Breese for any questions or suggestions:

sbreese@gmail.com



Smokin' Fast Web Master, Steve Breese

January Monthly Meeting

DATE:
January 8th

TIME:
7:30 pm

WHERE:
Heritage Park in Arlington Hts.

AGENDA:
Beginner Boot Camp Program. Rob Rosmis of True Performance will explain how the program can enhance your overall fitness and running.



Information Needed

Have you or any of your Trotter friends completed their first marathon, 50 K or 50 mile race this year? Please give this information to Ed Nikowitz. We want to make sure we celebrate these achievements at the Winter Fest extravaganza on January 17, 2009!

enikowitz@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.

Do you have some hidden items that you hope your loved ones do not come upon if you should meet an unfortunate early and untimely demise?

I've read stories of discovering unknown love letters, pornography, evidence of gambling or drug addiction, proof of an illicit affair, or the hint of scandal. When my mom died, she did not stash away scandalous items, but rather the evidence of a child raised in the Great Depression- bottles of hydrogen peroxide long inert, unused dishes that were decades old, fondue pots, monogrammed stationery with addresses embossed before the Eisenhower administration, ill fitting shoes- just way too much stuff.

As I was routing around in my closet the other day hiding Christmas presents from a curious eight year old who is now asking for proof that Santa exists, I found my own little secret, one that most of you probably share.

That would be my obscenely large and useless collection of running shirts.

I have participated, as many of you have, in hundreds and hundreds of races, including 123 triathlons, 30 marathons, 4 ultras, and too many 5Ks, 5 milers, 10Ks, 10 milers, half marathons, and all types of other races to begin to count.

And I've received t-shirts at virtually all of them. The sad part is, I've given most of them away- I really have- and I still have hundreds left.

When I lived in my coach home and was really tight on space, I'd go through my closet every few months to give away shirts from the Dink Town 5K or the Reindeer Ramble. The shelf in my closet was still warped from the weight of the shirts. I moved to a house and gave away even

more shirts. But I still have many I can't bear to part with.

My Boston Marathon shirts, for instance. They aren't especially attractive, and are almost all blue, white, or yellow with the same design. But I can't part with them, though I rarely wear them anymore. Ditto any of my Ironman finisher shirts. Ironman Canada's finisher shirt was one ugly shirt, and it's now over 15 years old, but it was my first Ironman, so it stays. Ice Age 50 used to give out shirts with belt buckles signifying the number of Ice Ages the runner completed. Now, who can give those away? Ironman Japan- that's just

too unique. And the Ironman Hawaii

shirt is one I can wear thirty years from now in the nursing home as a conversation starter.

Glancing through one drawer, I note I still have an

inordinate amount of no-name 5K shirts from recent years. I really do have to take the time to go through those and give them away. I will need to save some as throwaways for cold race mornings, though. And of course I have about 20 Chicago Marathon jackets, one for every year the Trotters ran the aid station, not to mention a slew of race sweatshirts.

In recent years, races have started giving out technical shirts. Some are nice and some are really ugly, like the Chicago Triathlon shirt, but I can always use them for running as well as post-menopausal hot flash sleep shirts, I reason. They, too, however, are proliferating at an alarming degree.

Before I know it, Rui will have a whole room full of running t-shirts she'll have to give away some day. At least it's not a box of love letters documenting any illicit love affair. Or worse yet, a case of long ago chemically inert hydrogen peroxide!

Planning your Demise as a Runner... the T-Shirt Dilemma

Trotter Recommended Special Events January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Long Grove Run 9am	2	3
4	5	6	7	8 Club Meeting 7:30 pm Heritage Park Arlington Hts	9	10 FYA Run 8:30 am Busse Woods
11	12	13	14	15	16	17 Winter Fest 7:00 pm Sheffield Club, TH Schaumburg
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January Event Detail

January 8 Club Meeting

7:30 pm, Heritage Park in Arlington Hts.
Steve Sawyer secured an awesome speaker. Rob Rosmis, of True Performance will talk about Boot Camp Training. Perfect for taking action on all of those resolutions.

January 10th FYA Run (Freeze Your Ass) 8:30 am Busse Woods.

Locations will be contingent upon weather. Mary Papreck will advise exact parking lots in e-mail announcements closer to the date. After the run, the Club will treat runners to coffee and treats. If you need more details sooner, contact Mary at:
runit16@aol.com or 847-269-9098

January 17 Winter Fest Holiday Party 7:00 pm, Sheffield Club Townhouse, 1000 Walnut Lane, Schaumburg, IL

This is a fantastic event. See details at right.



There's still time to send your pictures to Gordon Lah for the Annual Winterfest Slide Show. E-mail your pictures to gordola66@sbcglobal.net.

Don't Miss Winter Fest

Come celebrate the great events of 2008 and get excited for 2009! Details below:

Dish to Pass

Bring a dish to pass according to your last name. Club supplies beverages.

A-H Appetizer
I-R Main Course
S-Z Dessert

Awards

Male and Female Runner of the Year

Most Improved Runner of the Year

Rookie of the Year

George Watson Award

Idiot of the Year

Soiler of the Year

2009 Elections

Consider putting your name on the ballot before casting your vote. Details on front page story.

Slide Show

As the saying goes... pictures are worth a thousand words!

From the Doc: Ankle Sprains

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 roads, sidewalks, and jogging paths are treacherous terrains due to the snow and ice. Spraining an ankle is easier than you think. It does not occur only on the basketball court or football field. All it takes is one bad step on the outside aspect of the foot, instead of the sole. This causes a “rolling” phenomenon, spraining the ligaments (tissue that connects bone to bone) on the outside of the foot.

There are two types of ankle sprains: inversion and eversion. The most common of the two is the inversion ankle sprain; which was described above and will be focused on in this article. An eversion sprain is when a person “rolls” the inside aspect of the foot.

Ankle sprains are graded by the following criteria:

- **Grade I sprain:** pain with minimal damage to the ligaments
- **Grade II sprain:** more ligament damage and mild looseness of the joint
- **Grade III sprain:** complete tearing of the ligament and the joint is very loose or unstable.

Symptoms of ankle sprains include mild aching to sudden pain, swelling, discoloration, inability to move the ankle properly, and pain in the ankle even when you are not putting any weight on it. In cases in which pain has not diminished significantly after 48 hours of injury, I perform an X-ray to rule out a fracture.

Management of the Ankle Sprain

During the first 24-48 hours after the injury, there are four basic guidelines to follow.

- **Rest:** no weight bearing for the first 24 hours after the injury (Possibly longer, depending upon severity). Crutches are recommended if the patient must have to return to work or school the next day.
- **Ice:** is the best home option to decrease pain and inflammation. Never apply ice directly on the skin nor apply it longer than 20 minutes.
- **Compression:** an ACE bandage or other soft elastic material should be applied to the ankle to help prevent the accumulation of fluid.
- **Elevation:** elevating the ankle helps in removing fluid. By having the foot higher than the hip (or heart), gravity is used to pull the swelling out of the ankle. You can also lie in bed and put your foot on top of a pillow.

Items to Avoid in the first 48 hours that will result in an increase in swelling

- Hot showers
- Analgesic creams such as Icy Hot
- Hot packs
- Drinking alcohol
- Aspirin

Ankle Sprain Prevention

Once the pain has resolved rehabilitation is highly recommended to restore the ankle’s flexibility (range of motion) strength, and proprioception.

- Stretch the Achilles tendon and calf muscles to increase range of motion
- Practice writing out the alphabet with your big toe in the air (range of motion)
- Walk on your heels and toes to strengthen
- Use a wobble-board or balance board to increase proprioception

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Arlington Trotters Board Meeting Minutes for Thursday, December 17, 2008

Submitted by Mary Papreck

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

- Current Board Members will stay on slate for 2009. Need succession plan for next year in case several of the Board Members leave at the same time. Elections to be held at Winterfest Party, January 17th.
- Adding two more positions Social Chairperson and Publicity/Recruiting.
- Current positions – President; VP I; VP II; Finance; Secretary
- Ask Gordo to write histories of the Club
- Ask Michael Z. to write something on races coming up
- Need to post on website a list of the dates and speakers.
- Mark (Runners Hi 'N Tri is having Bart Yasso on February 26th at the store. He would like to have us coordinate the Trotter meeting with that date. Mary to notify Steve Breese for website update.
- Discussed Awards for Winterfest party on January 17th. Mary to send e-mail to club to find out who ran their first marathon; first ultra.
- Mary to remind members to send pictures to Gordo for slide show.
- Need to get Trotter applications in Mark's store and in newsletter. We will have applications at the Winterfest Party.
- Steve Sawyer to discuss volunteer opportunities at Winterfest Party for Jelly Belly Days; Christmas in April; Beer Runs
- For further discussion – Trotter Twosome; Trotterware; Charity donations; Newsletter Club Classifieds
- FYA Run – January 10, 2009 at 8 a.m. exit south side of Higgins first entrance
- Reminder to Jack Waddick for projector and screen for slide show at Winterfest Party
- We have speaker for January meeting. Have Steve Breese update website.

Arlington Trotter Dues are Due!

Don't let your membership lapse! Send in your dues to Mike Kendrick ASAP! You can download the Trotter Application off of the website, www.arlingtontrotters.com click on Club Application, and then mail in your check to Mike Kendrick.

Trotters Earn \$550 for Chicago Marathon Water Stop

Treasurer Mike Kendrick reported the receipt of a check for \$550 from the Chicago Marathon for the work that was done on the Trotter Water Stop this year. Many thanks to all that organized, recruited and showed up for 2008 and all of the years before. With out the stellar reputation that the Trotters have for consistently executing a flawless waterstop, we may not have the opportunity to earn some extra cash. The \$550 will help keep our "boat afloat"

Trotter Secretary, Mary Papreck at far left and Treasurer, Mike Kendrick at far right, joined Nick Nowicki, Christine Stahl, Steve Sawyer and Jack Waddick (left to right) for a Sunday Morning Run at the Fisher Nut Store (aka Home Economist for the old timers!) on December 7th when it was 4 degrees.

YIKES!



Ankle Sprains (continued from page 6)

Proprioception is the ability of your body to provide feedback to the brain. After an ankle sprain, the proprioception of the joint can be damaged, leading to problems controlling ankle movements. The best exercises to improve proprioception are wobble board (balance-board) exercises. If a sprained ankle is not rehabili-

tated, there will be a higher probability of re-spraining the same ankle in the near future.

If you have any questions about Ankle Sprains 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.

#49 ALASKA IS 50!

Alaska comes from the Aleutian Eskimo word "Alyeska", meaning "The Great Land". 50 years ago on January 3, 1959, Alaska was admitted to the Union as the 49th State. Details can be seen at www.alaskaturns50.com and the official website of Alaska's 50th Year of Statehood and Celebration from the Alaska Statehood Celebration Commission is www.gov.state.ak.us/ASCC. Alaska's marathon journey toward statehood began on March 30, 1867 when Secretary of State William Seward successfully acquired the territory of Alaska from Russia with the purchase of 586,412 square miles for \$7,200,000, or approximately 2 cents per acre. The purchase of this frontier land was initially known as "Seward's Folly", "Seward's Icebox", and Andrew Johnson's "polar bear garden" prior to Alaska now celebrating the purchase with Seward's Day on the last Monday of March and the formal transfer with Alaska Day from the October 18, 1867 date.

Returning to the present, at the August Alaska State Fair, the 49th state quarter was released showing a grizzly bear and a salmon in a stream with the North Star above the inscription "The Great Land". The state also has eight National Parks, 70% of the U.S. parklands, 90% of all wildlife refuges, over 3 million lakes and 17 of the 20 highest U.S. mountains. Alaska is "The Last Frontier" with its rugged landscape and climate located in a north remote area away from the lower 48 states while having a land mass larger than Texas, California and Montana combined and equal to 1/5 the size of all the other states together.

Alaska's 2009 marathon season begins with the **May (held on May 24, 2008) Prince of Wales Island Marathon**. Prince of Wales Island is located in Southern Alaska on the west side of the Alaska Marine Highway's Inside Passage Route across from Ketchikan, the "Salmon Capital of the World". Marathon participants traverse a scenic certified course winding across Prince of Wales Island (the fourth largest U.S. island) from Hollis through Klawock to Craig. The marathon is an island-wide event for the island's nearly 6,000 residents and ten communities since the Prince of Wales Island Marathon is the premiere event of the Prince of Wales Runners Club.

The following month on June 20th during summer solstice in the **"Land of the Midnight Sun" is the Mayor's Marathon in Anchorage**, a three time All-America City. This is Alaska's largest marathon (larger than all the rest of Alaska's combined) and is located in the area that is home

to almost half of the state's people. The marathon begins at Bartlett High School on the east side of town before heading into Chugach State Park, a wilderness home to moose, bears and wolves. Although the vast number of runners (including many running for the Leukemia and Lymphoma Society Team in Training) keep these mammals in hiding, one runner wrote on www.marathonguide.com, "What a great race if you like wildlife. I took off my iPod after nearly having a collision with a scared moose calf. Then there was the black bear with cubs! There were two serious grizzly bear maulings in the weeks before and after the race near the course. Carrying bear spray is probably not a bad idea." Leaving Chugach State Park after being there for about half the marathon, the route continues on Anchorage's highly acclaimed city trail system past the University of Alaska at Anchorage to the finish at West High School near Cook Inlet.

Heading into summer, the **King Salmon Marathon is scheduled for July 12th** in the commercial fishing

**Check this out!
Alaska has 7 marathons
for humans and "Last Great
Race on Earth" for dogs....
highlighted in red
for easy reference**

village of Cordova that has a thriving wild salmon migration. The race course is mostly flat and follows the old Copper River railroad route which led to the Kennicott Copper mines with the last few miles along the blue waters of Eyak Lake. The runners are treated to soaring views of mountains being carved by glaciers and beautiful wildflowers, including Alaska's State flower, the forget-me-not. It would be nice to forget what happened an hour away from Cordova when in 1989 the Exxon Valdez hit a reef in the Prince William Sound, spilling over 11 million gallons of crude oil over 1,100 miles of coastline. Nevertheless, the motto "North to the Future Our Alaska" continues to be true with the 1968 discovery of oil at Prudhoe Bay, above the Arctic Circle, and the 1977 completion of the Trans-Alaska Pipeline south to the port of Valdez that led to an oil boom. Debate continues over oil drilling in the Arctic National Wildlife Refuge. The Klondike Gold Rush National Historical Park in Skagway from the late 1890's time period is history since black gold is Alaska's future.

The next month on **August 1st is the Southeast Road Runners Frank Maier Marathon** located on Douglas Island, immediately west of Juneau via a short bridge located just north from the heart of downtown Juneau. The Alaskan capital city of Juneau is Alaska's second largest with over 30,000 people and is also the second largest U.S. city in area (after Sitka, AK). This marathon on Douglas Island is out-and-back, sea level, moderately hilly, and run on the lightly traveled two-lane paved Douglas and North Douglas highways in Juneau. This scenic course offers views of mountains, glaciers, forests, and the

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Race in Review (continued from page 8)

ocean. The start/finish is at the new picnic shelter at Sandy Beach, Savikko Park, in Douglas with the Mendenhall Glacier to the distant east and Glacier Bay to the distant west.

Fifteen days later on **August 16th, Humpy's Marathon** is the second but much smaller Anchorage marathon. The start is at Humpy's Great Alaskan Ale House in downtown with the first mile-and-a-half heading west to the Tony Knowles Coastal Trail along the Cook Inlet. The next fifteen miles are a round trip past Earthquake and Point Woronzof Parks east and north of the airport. Earthquake Park is named after the massive 1964 Alaska "Good Friday Earthquake" that was the second most powerful earthquake in the recorded history of the world measuring at 9.2 on the Richter scale. The course continues south and then north via an eight mile round trip through a heavily-forested area of the Tony Knowles Coastal Trail with the turn around at Kincaid Park. Along the way, there will be bears, but it is more likely that the runners will see moose loading up on tree branches, bark, and other vegetation in preparation for the long winter ahead. As the marathon route returns toward the start, at Westchester Lagoon, the runners head eastbound on the Lainie Fleischer Chester Creek Trail for approximately 4 miles toward the mountains to a second turnaround at Tikishla Park. The course then returns west to the lagoon before following its initial one-and-a-half mile path in reverse back to the start-finish line in front of Humpy's Great Alaskan Ale House.

As summer evolves toward autumn, the **Equinox Marathon is scheduled for September 19th** in Fairbanks, the third largest city in Alaska. Sometimes the weather is sunny and hot while other times there can be snow as the golden yellow and orange colored foliage provides gorgeous fall colors. The run starts at the University of Alaska's Patty Center Athletic Field with the first nine miles on some trails that include a section near a musk ox farm. At mile nine, the course begins a difficult four mile ascent from 400 feet to 2,000 feet to the top of Ester Dome. At the top, weather permitting, Mount McKinley and Denali National Park can be seen along the southern horizon and the area all the way up to the Arctic Circle can be seen to the north. The next four miles go back down Ester Dome followed by a beautiful section through a forest on a dirt road before the finish at the University of Alaska.

Alaska's **final autumn marathon, Kodiak's Run the Rock Marathon**, had its inaugural last year in October. Kodiak is located on Kodiak Island, the second largest U.S. island, and is home to the largest U.S. Coast Guard base. The marathon begins on the Coast Guard Base and then becomes a coast-to-coast run that includes the Pacific Ocean, rivers, tundra, mountains and the strenuous pass to Anton Larson Bay. The Kodiak Bear (Alaskan brown bear) and Alaskan king crab are also native to the island. Alaskan king crab fishing is very dangerous and is performed during a very short winter season in the waters off the coast of Alaska and the Aleutian Islands.

The **most popular athletic event in Alaska is the Iditarod (the "Last Great Race on Earth")**, an annual sled dog race where mushers and teams of 16 dogs cover over 1,150 miles in eight to fifteen days from Willow (near Anchorage) to Nome in western Alaska. Frequently teams race through blizzards causing whiteout conditions, and sub-zero weather and gale-force winds which can cause the wind chill to reach -100°F. The ceremonial start occurs in the city of Anchorage on March 7th and is followed by the official restart in Willow on March 8th. The trail proceeds from Willow up the Rainy Pass of the Alaska Range into the sparsely populated interior, and then along the shore of the Bering Sea, before reaching Nome. Along the way, the teams cross a harsh landscape under the canopy of the Northern Lights, through tundra and spruce forests, over hills and mountain passes, and across rivers with most of the route passing through widely separated towns and villages, and small Athabaskan and Inupiaq settlements. The Iditarod is a symbolic link to the early history of the state and the design of a new U.S. postage stamp honoring Alaska's 50th anniversary of statehood has a photograph of a dog team set against a stunning mountain backdrop with the stamp set for release on January 3, 2009; 50 years to the day that Alaska became the 49th state of the United States of America.



"...for the Land of the Midnight Sun Marathon...one runner wrote on www.marathonguide.com, "What a great race if you like wildlife. I took off my iPod after nearly having a collision with a scared moose calf. Then there was the black bear with cubs!



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.