



# The Trotter Chronicles

July 2009

Dedicated to Runners of All Levels

## Beer Run #2 June 18

*submitted by Gordon Lah*

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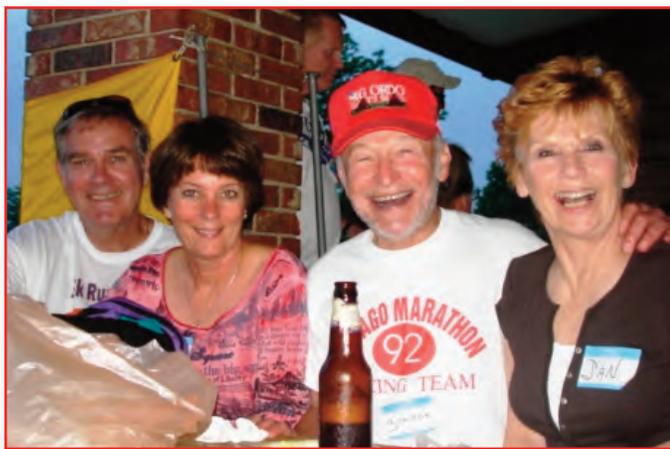
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For those of you who got scared off by the forecast of T-storms at 3 pm on Thurs, you wimped out of a real goodie. Thanks to our hosts Mike Kendrick and Chris Stahl with help from Judi Miko, we enjoyed an outstanding meal and accoutrements on a super nice, pleasant evening in Busse. 'Only' 35 brave souls came out to participate, but wow, did they ever fall into it. It was about perfect weatherwise and with plenty of great company and a variety of munchies and good beverages, a SUPER time was certainly had by all.



Jim, Trisha, Gordon, Jan



Tom, Jim

### Beer Run Dates

Only 2 more Beer Runs left for the Sumer of 2009. Make sure you get these "Thursdays" on your calendar. Also, we need a volunteer to transport the grill! Contact Judy Miko if you can help. Email [xbugs@aol.com](mailto:xbugs@aol.com)

**July 16**  
**August 20**



Marion, Steve, Gordon

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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.

# Sawyer's 50th State

a poem by Lisa Milie

his name is steve.  
you best believe  
he is a running man  
but if you see  
him by a tree  
pass quickly if you can... (ahem)  
he'll run with you  
real fast or slow  
he'll help you reach the end  
it good to have  
a guy like steve  
to be your running friend  
if you are tired  
he'll tell a joke  
sometimes you can't repeat 'em

but when you laugh  
the time goes by  
and soon you're off your feet then.  
(that was a stretch to rhyme...)  
steve's traveled far  
by plane, by car  
to run some marathon races  
so many now  
its hard to count  
the different towns and places  
in iowa  
he'll run this week  
it's good to be back home!  
now he's got fifty  
ain't that just nifty  
he's earned that beer with foam!!!!



Steve Sawyer (3rd from left) holding hands with the usual "Trotter Posse" as they cross the finish line at the end of his 50th state marathon, in his home state of Iowa on June 13, 2009. Many thanks to Steve's Daughter, Alexandra, for capturing this very special moment.

# Crabby and Slow

by Julie Bane

A couple weeks ago, I was running with my usual running partner along the the Des Plaines river trail as we came upon a snapping turtle on the edge of the trail. We stopped to examine the large crusty reptile. I warned my friend not to pick up the or touch the beast as they can be quite ornery and give a nasty bite. She opted to take a picture instead. As she went to save it, she accidentally ascribed it as my called ID instead. We had a good laugh as it aptly represented myself as the runner I seem to be lately, crabby and slow.

I don't think that I have had a good hard

run this season. I don't think that I have had a good hard run this year. I don't think I have had a bitch free run since, well, I would have to ask those that run with me. In the last year. Since January, I have run a marathon, a 50K, and a multitude of other long distances and training runs. The runs hurt, they feel slow, they basically suck. But, I am not giving in. I am not giving up. I keeping hearing the words of my dear grandmother in my ear that "This too shall pass".

I have foregone the 5Ks and the 10Ks until things turn the corner. I figure I can save

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# Trotter Race Results

## Frontier Days 5K & 10K 7-5-09

Chelsea Crigler (3rd AG 5K) 24:57  
 Jim Cichowski (10K) 1:00:39

## St. Charles Freedom 4 Miler 7-4-09

Dan Roder (1st AG) 24:51  
 Nancy Roder 35:50

## Heart for Life 5K 6-28-09

Steve Breese (3rd AG) 17:41

## Twin Lakes Triathlon 6-28-09

Regina Brown (12th AG) 1:47:44  
 Steve Sawyer (12th AG) 1:56:22  
 Trisha Dean (5th AG) 1:58:43  
 Judy Miko (6th AG) 1:59:36  
 Mary Ann Zemla (13th AG) 2:15:35  
 Mary Papreck (7th AG) 2:22:12

## Oswego Prarie Fest 5K 6-21-09

Dan Roder (1st Age Grp.) 18:54

## Road Kill 5000 6-21-09

Jim Cichowski (2nd AG) 29:48

## Woodstock 32nd Annual 10K 6-20-09

Jim Cichowski (6th AG) 1:06:55

## North Shore Half Marathon 6-14-09

Steve Breese (2nd AG) 1:19:14

## Batavia Sprint Triathlon 6-14-09

Ken Scharmann (1st AG) 1:30:53  
 Trisha Dean (3rd AG) 1:44:05  
 Peggy Corey (1:47:18) 1:47:18

## Ludington Lakestride Half Marathon 6-13-09

Melissa West (4th AG) 1:51:11

## Streamwood Stride 5K 6-13-09

Dan Roder (1st AG, 5th OA) 19:49  
 Nancy Roder (1st AG) 27:11

## Run for the Roses 5K 6-7-09

Jan Draheim (1st AG) 45:59

## Soldier Field 10 Mile 5-23-09

Steve Breese (31 OA, 8th AG) 59:43

## 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](mailto:nicknowicki7580@yahoo.com)



Trotters Try a "Tri" Twin Lakes Triathlon 6-28-09  
 Bottom Row: Support Staff (L-R) Tarben, Sandi Coletto, Mickey Power, Skippii Athletes Regina Brown, Marianne Zemla, Marianne Cantieri, Top Row (L to R) Athletes Steve Sawyer, Mary Papreck, Support Staff Ron Zemla



Tri-Athlete and Trotter Track Director, Nick Nowicki at the completion of the Rockman Half Iron Man June 7, 2009

# 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.*

It's the end of an era: My baby jogger days are (almost) over.

As a runner, I found that the baby jogger was my most useful baby item ever purchased. Even before I adopted Rui, I found a baby jogger Mother's Day half price special on the Road Runner Sports website. The Road Runner brand jogger, complete with hood and under carriage basket, was less than two hundred dollars, far below the three or four hundred dollars that many brand name joggers go for these days.

I can honestly say the \$200 or so dollars is the best money I ever spent. Now that Rui is almost 9, I am almost ready to give up the jogger.

The high chair, the car seat, the Burley (thanks to Trotters who gave me this other useful item!), the Pack N Play, the baby carrier, the baby toys are long gone. Thanks to Rui's small stature, the baby jogger is still occasionally put to use.

I will cry when I finally have to give it up. Almost as soon as I adopted Rui at age 11 months, our regular runs became a ritual. The runs with Rui in the jogger saved me from becoming a couch potato during my 12 week leave of absence from work. Every day we would go out for a run. Rui happily rode in the jogger for half an hour, and we eventually worked up to more, though she didn't have the patience for really long runs.

Once I went back to work, we both looked forward to our runs in the baby jogger. Rui would bring books, toys, and snacks along for the ride. I remember we once did a race in Arlington Heights in the jogger. It was an unusually cold morning, and Rui cried that she was cold at mile 2 of the 5K race. Feeling like a child abuser, I continued to finish the race, feeling that my quickest way to warm Rui up was to get to the finish line.

From the time Rui was one to about age four, I rarely did a race without her in the baby jogger. She would yell, "Faster, Mommy," to spur me along. There is also a little sub race going on among people

running with kids in baby joggers. "First baby jogger!" people would sometimes shout as we went by.

CARA races disallow joggers, so soon enough I sought out local races that allowed baby joggers. Rui enjoyed those events and sometimes participated in the children's races associated with the adult races.

By the time Rui was about 5, I no longer ran in races with her. I started to get back into triathlons, and Ricky Hoyt aside, triathlons are not too practical to do hauling a child. However, we often ran with the baby jogger on weekends or after work. By then Rui had graduated to her Nintendo DS and DVD player to amuse herself while on the run. A neighbor joked that she had everything but a microwave with her when we headed out in the jogger.

## The End of an Era

The jogger saw us through runs on driving vacations to Wisconsin, Michigan, and Missouri. It saw us on runs from about March through October, weather permitting. It even saw us through the SNOW Fun Run one January when Don was out of town.

Many parents have to give up the baby jogger even before their children are in kindergarten. Not us. With Rui falling in the zero percentile in both height and weight, we were granted many extra years. Even now going into fourth grade, Rui is 48 pounds, still well under the 60 pound suggested limit.

I have to face it, though- it would be more than a little embarrassing for a middle schooler, even weighing 60 pounds, to sit in a baby jogger with mom. Gradually in the last few years our baby jogger runs have become more infrequent. On the weekends I run early while Don is still asleep. Rui is more than old enough to amuse herself at home. Only in an emergency- such as when Don is out of town and I really need to get in a run, do we go out together in the jogger.

When I was giving away baby items this

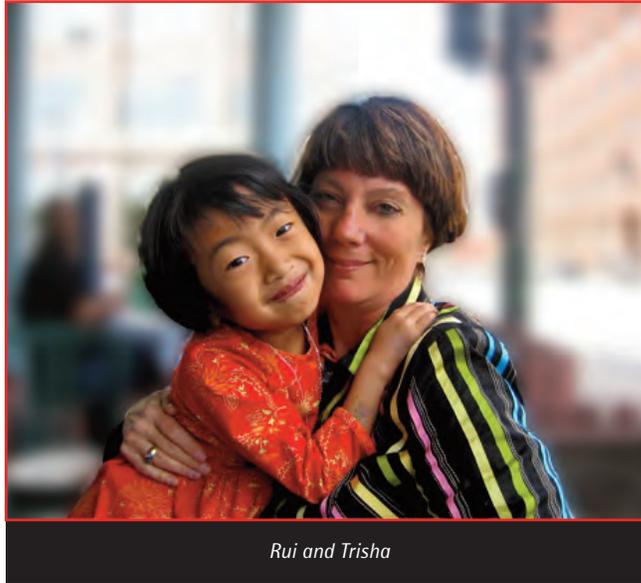
*continued on page 5*

*Tales from the Dorkside The End of an Era (continued from page 4)*

summer, I told husband Don that I was not ready to part with the jogger. This week in fact, one day he left the house before 6 a.m., and he still insists I not leave Rui at home alone while I do even a half hour run. It was one of those 95-degree days, so I took Rui on a run in the jogger at 6 am to escape the heat later in the day. I assured her that it would be unlikely she would see anyone she knew at that hour of the morning. Just in case, though, she brought a blanket to cover her head in case we ran into a classmate. We did not.

As much as she used to beg me to take her out on a run, this soon-to-be fourth grader will no longer be seen in a baby jogger, unless it is dark or she is in disguise. I can't blame her for that. I've already had three or more extra years out of the jogger, and our runs together, than most parents get.

But parting with my baby jogger of eight years, and memories of runs together, will not be easy. My solace is that hopefully I will be able to run faster without pushing forty-eight extra pounds!



Rui and Trisha

## Arlington Trotters Board Meeting Minutes Tuesday, June 15, 2009

Attendees: Ed Nikowitz, Judi Miko, Mary Papreck, Mike Kendrick, Steve Sawyer, Regina Brown, Christine Stahl,

- Find out from Flash whether he will bring grill. Flash lives in the city and it is inconvenient to transport.
- Beer at 6:30 p.m. Food to be served at 7 p.m.
- Ed to bring pop and water and red wine and ice. Steve to bring 3 cases of beer. Christine and Mike are cooking and also bringing 2 cases of beer. Steve to pick up coolers at Ed's
- Trotter Stimulus Package – Beer run will be subsidized by Trotters. \$5.00 for members, plus each member can bring a guest for \$5.00.
- Sawyer to host July beer run. Regina Brown and Mary Papreck to host August beer run.
- Frontier Days, Sunday, July 5th need volunteers to help with run and finish line. Steve to talk to Craig. Race begins 7:30.
- Paypal was suggested as an alternative way of paying dues. More people likely to sign up online instead of printing off a Membership Application and mailing it in. Mary will work with Mike K. to get it set up.
- Change name to Palatine Pacers. Direct comments to Ed.
- Probably no Trail Teaser Trail Run at 6 due to rain. It will be muddy.
- Trotter wear discussion at next meeting. Add Arlington Heights, IL to current logo.



## 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 Classified: Futon for Sale



Solid oak frame and in mint condition. It is full size, 8", extra firm mattress.

The cover is off white and a wedgewood blue - perfect condition. No stains or anything.

Spare cover in linen neutral color, mattress pad, sheets all included Price: \$300 OBO

Contact: Robin or Tony Gialanella 847/228-6997



## *Crabby and Slow (continued from page 2)*

\$30 on a 30:00 5K. If you do the math, that is \$1.00 a minute, or \$60.00 an hour. When I am making that kind of money, or can run a much faster race, and get more bang for my buck I will run another 5K. I certainly don't need another race shirt. Just like Trisha Dean wrote in her excellent article, I too have totes of race shirts in my closet.

Before I start sounding too pessimistic, believe me that is not my goal. I realize that it just isn't going to happen for me right now. I have to just muscle through no matter how difficult it is. Just like the American public are reorganizing their finances, and making plans to get through this economic crisis, so too I need to make a plan to get through the running hard times. I have a plan. Without one, I fear I may end up fat, out of shape and back at square one. Running and fitness has been a part of who I am for way too long to let it go.

One way to stick with it is to run with someone. I can always count on my running partners to tell me to suck it up and run. They tell me when I am whining too much. And likewise, I tell them the same. When we don't want to run, we at least go and walk. Getting out the door is half the battle. We give each 5 minutes to tell each other why our run will suck, what hurts or why we will be slow. More than likely, it won't be as bad as we anticipate. But, we have gotten it out, released it.

Also, I keep making goals. I have been nursing injuries since last summer, so I won't do any short races that will aggravate the trouble spots. Instead, I sign up for long distances. I am not sure if that is the smartest idea. I enjoy the longer

distance most so I might as well do the races I enjoy even if the running part isn't enjoyable. I am running them much slower. But, I am still running. And I refuse to give up.

I use everything to inspire me to keep going. I think of runners with disabilities they have overcome to run again. They run because they love running. I think of the soldier in Iraq who ran 100 miles in a circle around the compound simultaneously as the runners at Western States. He runs because he loves to run. I think of my son who just ran 15 minutes on a treadmill and asked for a pair of running shoes. He had a smile on his face from ear to ear. I hope he is going to love running as much as I do.



As I write these words I can feel the perfect run. I have flashes of collective memories of runs when I don't even feel the miles fly by. Those are the runs when there is only the Joy. That memory never leaves. It is part of us all. I don't really need to find that again. I just need to access it again.

So, I am not giving up. I refuse to give up on this life I have created, and these friends I have made. I crave the new experiences. And soon, as my grandmother predicted these dark days will be behind me, and I will be blazing down the trail feeling great. But for now, watch out if you come across me on a run. You will have to go around me on the path and I might be cranky, but I promise this slow turtle gal doesn't really bite.

# 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.*

## THE OHIO STATE BIG 10 MARATHONS

The Ohio Division of Travel and Tourism created in 1984 the slogan, "Ohio, The Heart of It All" since Ohio is a very populous state with many activities and the State resembles a heart in shape. By the early 2000s, the Ohio Division of Travel and Tourism created a new slogan, "Ohio, So Much to Discover," which would also include the following ten marathons beginning with the **Last Chance for Boston Marathon**. This event took place on February 15th in the heart of Dublin, a northwest suburb of Columbus, on a 1 mile flat, fast, loop course with 26 fluid/support stations. The race web site states, "After you qualify, we'll even hand-deliver your Boston application to the Post Office!"

Returning to the average marathoners since only about one in ten qualifies for Boston, a trip to Athens in southeastern Ohio on April 5th would have been for the 42nd annual **Athens Marathon** with the start at Ohio University's College Green. About a mile and a half into the race, the course heads northwest on the Hocking Adena Bikeway, a flat bike path along the scenic Hocking River. Approximately 13 miles into the race, the runners turn around and then head back on the bikeway and finish on the track at Pruitt Field, home to the Bobcats' field hockey team. It is named in honor of Dr. Peggy Pruitt, a key figure in Ohio Athletics from 1975 to 2001. The multi-purpose facility features a top-of-the-line artificial playing surface and it also encompasses Goldsberry Track, the home to Ohio University's track and field teams.

Two weeks later on April 19th was Gambier's 3rd annual **Earth Day Challenge Marathon**. The first Earth Day was held on April 22, 1970 as an environmental teach-in on widespread environmental degradation that would have included during this era when on June 22, 1969, an oil slick and debris in the Cuyahoga River caught fire in Cleveland, Ohio, drawing national attention to environmental problems in Ohio and elsewhere in the United States. Returning to the present, the Earth Day Marathon had its start at the Kenyon Athletic Center on the campus of Kenyon College that then included a 4 mile loop through historic Gambier with a portion run on Kenyon's tree-lined Middle Path. After the Gambier loop, the runners for the remainder of the race were on the picturesque Kokosing Gap Bike Trail along the Kokosing State Scenic River as it goes through the Knox County countryside. The return finish at the the Kenyon Athletic Center was a short walk from downtown Gambier.

One week later on April 26th was the 33rd an-

nual **Toledo Glass City Marathon**. The run began with a 3 mile downtown loop highlighting many landmarks of Toledo including the Old West End, The Toledo Museum of Art, and Fifth Third Field (home of the Toledo Mud Hens Triple-A Minor League Baseball team). From here, the river-bank loop course route crosses the Maumee River and then follows the river southwest along city and country roads through Toledo, Rossford, and Perrysburg before once again crossing the Maumee River at mile 14. The marathon then returns to the start heading northeast along the river through Maumee and Toledo before finishing in downtown Toledo. The Glass City Marathon takes place on the 4th Sunday in April with the 34th annual running scheduled for April 25th.

Cincinnati's **Flying Pig Marathon**, the largest in Ohio, takes place on the first Sunday in May. The 11th annual in 2009 took place on May 3rd with the 2010 version to take place on May 2nd. The start is between the Ohio River and Paul Brown Stadium, home to pro football's Cincinnati Bengals. After several blocks, the run goes by the National Underground Railroad Museum prior to crossing the Ohio River near Newport's Aquarium. After two miles, the route returns back to downtown Cincinnati with miles four and five near Fountain Square and the next few miles on the bluffs in Eden Park overlooking the Ohio River. The course then heads east of the city prior to returning downtown. Near the finish, the marathon is on Pete Rose Way where he also is honored at the Cincinnati Reds Hall of Fame with 4,256 baseballs three stories high for each one of his hits. About a mile from the finish, the run went near Bicentennial Commons at Sawyer Point with its Flying Pigs Sculpture. At one time Cincinnati, "Porkopolis", was once the world's pork packing capital with excess fat used for soap production which later was the start of Procter and Gamble. The finish of the Flying Pig Marathon is near the Great American Ballpark, home to the Cincinnati Reds who were the first professional baseball team who later evolved into the "Big Red Machine."

Two weeks later, the 32nd annual **Cleveland Marathon** took place on May 17th with the 2010 event scheduled for May 16th in Ohio's largest metro area. The course starts in front of the Galleria Mall downtown, and sends racers immediately towards Lake Erie and past the Rock and Roll Hall of Fame, Great Lakes Science Center, and the Cleveland Browns Stadium. Prior to leaving the downtown area and heading west through Ohio City, the runners also pass the Gateway Sports and Entertainment Complex that

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*Race in Review (continued from page 8)*

includes Quicken Loans Arena (the home of the NBA Cleveland Cavaliers) and Progressive Field (the Major League Baseball stadium for the Cleveland Indians of the American League). Once the course route reaches its western point near Edgewater Park, the marathoners run west to east and have a runner-friendly 9-mile stretch along and near the Lake Erie shoreline with prevailing winds at runners' backs from about mile 7 to mile 16 at Gordon Park. After a couple of miles to the south with University Circle nearby, the runners reach Rockefeller Park around the twenty mile mark. University Circle is the cultural, educational, and medical center of Greater Cleveland, and is located on the east side around the campus of Case Western Reserve University and also includes the Cleveland Museum of Art, Cleveland Museum of Natural History, Cleveland Botanical Garden, Cleveland Play House, and the home of the Cleveland Orchestra. Returning to the marathon, the course route goes by Cleveland State University and other Cleveland landmarks prior to finishing indowntown near the Cleveland Browns Stadium on the shores of Lake Erie.

After taking a summer break from the marathons that would include the Ohio State Fair from July 29th to August 9th, Ohio's first autumn marathon is the **Road Runner Akron Marathon** scheduled for September 26th in the "Tire City" that is the "Rubber Capital of the World". The marathon starts downtown near the National Inventors Hall of Fame that highlights men and women whose patented inventions, life-saving tools, labor-saving devices, and technological innovations have become the basis of the American economy and society. Although the Hall is currently closed for construction of the National Inventors Hall of Fame School Center for Science, Technology, Engineering and Mathematics Learning, the less important marathon heads north across the All-America Bridge, a Y-bridge which offers a spectacular views of the Little Cuyahoga River and the Valley nearly 300 feet below. Runners pass the one-mile mark near the north end of the bridge and find themselves in the North Hill section prior to reaching the two-mile mark as they start their return trip south over the Y Bridge back to downtown Akron by mile three. During the course route, Firestone can be found at the five-mile mark in front of the Firestone Akron Headquarters and Firestone Park is at mile seven. The course then heads back toward downtown via the University of Akron that includes the Zips' athletic facilities along with the brick walkways of the University's Buchtel Commons passing the center of the campus between the Goodyear Polymer Center Building and E.J. Thomas Performing Arts Hall. From the ten-mile mark back at the starting line, the next mile descends into the Valley and after crossing the 11-mile mark at the historic Mustill Store, the next four miles are on a crushed limestone path that is part of the Ohio & Erie Canal Towpath Trail and the next three miles are on the Sand Run Parkway. The most famous landmark in West Akron at mile 22 is Stan Hywet Hall & Gardens built by industrialist and Goodyear co-founder F.A. Seiberling. Closer to the present, at mile 25 is the alma mater of basketball player LeBron James, St. Vincent-St. Mary High School. The finish is in Canal Park, the AA baseball park. Speaking of pro sports, the Professional Football Hall of Fame is in nearby Canton.

The 18th annual **Towpath Marathon** in Cuyahoga National Park between Cleveland and Akron is scheduled for October 11th has been described by Runner's World as "one of the most beautiful race courses in America" since most of the route is on the historic Ohio and Erie Canal Towpath Trail with its crushed limestone surface surrounded by peak fall foliage. The entire marathon is in the

National Park with most of the running done on the Towpath Trail on an out and back course starting at the Boston Mills Ski Resort with the northern turnaround north of the Station Road Bridge before heading south and finishing at the Boston Store near the start. The Towpath Marathon was established in 1992 to introduce the Towpath Trail as a new recreational amenity and to promote the establishment of the Ohio and Erie Canalway when the Towpath Trail was completed through the Cuyahoga Valley National Recreation Area prior to it becoming Cuyahoga Valley National Park in 2000.

Returning to 2009, one week later on October 18th is the 30th annual **Columbus Marathon**. Columbus is named after Christopher Columbus and the city has evolved to be both the capital and largest city in Ohio. The marathon start is in downtown near the Ohio Statehouse and then heads east on Broad Street past the Columbus Museum of Art and Franklin Park's Conservatory to Bexley prior to returning to south of the downtown in German Village. Miles 11 to 15 head north on High Street past the Ohio Statehouse at Mile 13 in downtown on the way toward Ohio State University. The course route then goes through the OSU campus and by the unique Ohio Stadium with its double-deck horseshoe design on Woody Hayes Drive, named after the former Ohio State football coach Woody Hayes who won five national titles and 13 Big Ten championships in 28 years at Ohio State University. The marathon course route heads back toward downtown through Upper Arlington, Grandview Heights, and the Victorian Village prior to finishing by the Nationwide Arena in the Arena District. Nearly 20 percent of the 2008 field qualified for the Boston Marathon - making the flat and fast Columbus Marathon one of the top marathons in the United States.

Ohio - where the phrase "Birthplace of Aviation" is etched on license plates - was where flight was born, Buckeyes claim, because the Wright brothers made their plans and constructed their aircraft in their Dayton bicycle shop. From this theme, the 13th annual **United States Air Force Marathon** will take place on September 19, 2009, at Wright-Patterson Air Force Base in Dayton. The USAF Marathon is always held in September to commemorate the founding of the Air Force as a separate military service on September 18, 1947 with the first official marathon held on September 20, 1997 to celebrate the 50th anniversary of the Air Force. Each year one aircraft is chosen to be highlighted during the marathon and on the unique finisher's medal. Prior to the events that include the marathon, wheelchair marathon, half marathon, and 10K, a 5K will take place on September 18, 2009, at Wright State University, the location of the September 17 and 18 Sports & Fitness Exposition in the Ervin J. Nutter Center with all Marathon and Expo events open to the public. The marathon course route traverses historical places on Wright-Patterson Air Force Base, including the National Museum of the United States Air Force, the Air Force Institute of Technology, Headquarters Air Force Materiel Command, the Wright-Patterson AFB flight line, Huffman Prairie Flying Field, and the Wright Brothers Memorial Monument. Ohio is also the state that has produced the second most U.S. Presidents with seven and the most astronauts, 24 in all, that includes John Glenn, the first American astronaut to orbit the earth in 1962 who later became a Ohio U.S. Senator before returning to space one last time in 1998 at age 77 as the oldest space traveler. Ohio native Neil Armstrong also became on July 20, 1969 the first person to set foot on the moon almost 40 years ago. Happy 4th of July.