



# The Trotter Chronicles

March-April 2009

Dedicated to Runners of All Levels

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## Summer Beer Runs.... A Trotter Tradition Starts May 28, 2009

There are only "4" Thursdays in the summer where the Trotters congregate at Busse Woods for the traditional "Beer Runs".

We should let you know that we use the term "run" very loosely, as there are all kinds of activities that occur on "Trotter Beer Run" Thursdays. Some Trotters will run, or bike, or kayak, or roller blade, or just show up for the beer on these evenings in Busse Woods, but they make sure that it gets done before 7pm. Around 7pm, the grill fires up and the beverage consumption begins. We stay in the park and enjoy the summer as long as we can get away with it. The club has recruited volunteers to furnish the food and beverages for each of these (4) beer runs. Usually, we "pass the hat" and suggest putting \$5 in the hat to offset the costs to the volunteers.

We'll have to take note of our experience on each of these evenings and perhaps have an award at the Winterfest party for the most memorable parts of these evenings....food, beverage, conversation....etc.

Details on the exact location in the park will be forthcoming on e-mails from Mary Papreck. What we need you to do now is to put these dates on your calendar and make whatever adjustments you need to do with the rest of your life, so that you can enjoy the Trotter Tradition of the Summer...remember, there are only (4)!

**Put these Dates  
on your  
Calendar  
Today!**

**May 28, 2009**

**June 18, 2009**

**July 16, 2009**

**August 20, 2009**

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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.

# Trotter Charity Donations

At our Winterfest Party last January, we voted on what to do with the "surplus" of funds in the Trotter Treasury. We voted to give the Trotter Board the authority to donate the money as they deemed appropriate. At our last board meeting, March 30, 2009, the Board decided to donate \$250 to the CEDA organization and \$250 to the Clearbrook Center that will be used for the participation in Special Olympics for its Residents. These are great organizations in our community and we are very blessed to be in a position to "give back" to the community.

If you know of any other ways where the Trotters can make a difference, LET US KNOW! Contact any of the Board members.



## Kick your Ass off the Couch April 18, 2009

Now that we have had the FYA (Freeze Your Ass) Runs at Busse, it's time to Kick your Ass of the Couch and get ready for summer running. Perhaps there is a 5K or a 10K that you want to do this

summer...well you won't be able to do it just by thinking about it on your couch. Mary Papreck will send out the details on e-mail regarding location this week.



The Trotters at the FYA Run...Looks like they all survived...just think, you need as many layers for Kick your Ass of the Couch on April 18, 2009.



# Trotter Race Results

## Rock Cut Survivor Trail Series 5K 12-20-08

Ken Norwood (3rd Age Grp.) 31:28

## New Year's Day 5K Run/Walk 1-1-09

Russ Noftz (23rd Age Grp.) 32:35

## Snow Fun Run 5 Mile 1-3-09

Steve Breese (2nd for 31 YOA) 30:20

## Instep Indoor Marathon 1-17-09

Joe Kolbaba (6th Age Grp.) 3:34:40

## Rock Cut Survivor Trail Series 10K 1-17-09

Ken Norwood (1st Age Grp.) 1:18:42

## P.F. Chang's Rock N Roll Marathon 1-18-09

Grace Wasielewski(2nd Age Grp.) 3:40:23

## Frosty 5 Mile 2-8-09

Steve Breese (3rd Age Grp.) 29:19

## Sarasota Grouper Marathon 2-15-09

Jim Janaszak (8th Age Grp.) 4:26:01

## Falcon 5K Run 2-21-09

Jim Janaszak (2nd Age Grp.) 24:29

*Nice recovery race!*

## Rock Cut Survivor Trail Series 15K 2-21-09

Ken Norwood (1st Age Grp.) 1:42:41

## Frosty Footrace 2-22-09

Steve Breese (1st Age Grp.) 17:51

## Gasparilla 5K 2-28-29

Jim Janaszak (3rd Age Grp.) 25:20

## Delavan Panther Frostbite Classic Half Marathon 3-8-09

Steve Breese (2nd Age Grp.) 1:30:39

## March Madness Half Marathon 3-15-09

Jim Cichowski (Not avail.) 2:29:00

Ken Norwood (7th Age Group) 2:00:54

Jim Janaszak (5th Age Group) 1:58:07

Patric Donahue (16th Age Group) 1:48:12

Grace Wasielewski(1st Age Group) 1:43:25

Joe Kolbaba (37th Age Group) 1:37:28

Steve Breese (1st Age Group) 1:18:56

## Rock Cut Survivor Trail Series 20K 3-21-09

Ken Norwood (2nd Age Grp.) 2:12:49

## Clinton Lake Trail Run 50K

Ken Norwood (4th Age Grp.) 7:03:23

## Shamrock Shuffle

Jan Draheim (5th Age Group) 1:19:03

Steve Breese (28th Age Group) 29:46

## Chicago Lakefront 50K 4-4-09

Ken Norwood (2nd Age Group.) 6:16:29

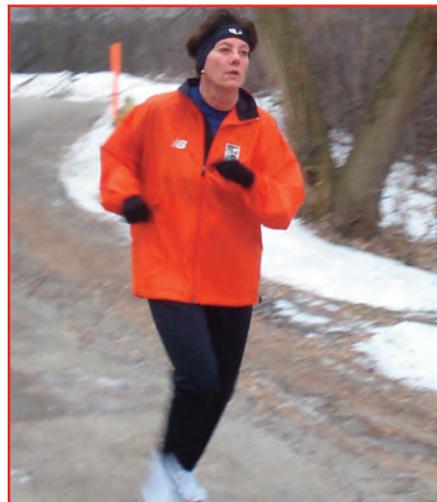
## Bunny Dash 5K

Jan Draheim (1st Age Grp.) 46:03

Steve Breese (1st Age Grp.) 17:43

## Lake in the Hills 10K 4-5-09

Jim Cichowski (3rd Age Grp.) 1:04:00



Trisha Dean at the Snow Fun Run in 2009

**Do you have a question  
on how to submit your results on  
the website?  
Send your questions to Steve Breese:  
sbreese@gmail.com**

## Track Workouts start May 6, 2009 6:30pm



Dr. Nick Nowicki will again be coaching the Trotter Track workouts this year. The group will meet at the northeast corner of the Harper College track (by the water fountain and tennis courts). Friendly reminder that parking is NOT permitted next to the track's bleachers/press box.

It is highly recommended that all participants arrive prior to 6:30 for warm up running and stretching.

All paces are welcome! The track workouts are designed to "inject" some speed into your legs so that you can attain and EXCEED your race goals for the season!

Any questions...contact Dr. Nick Nowicki at

[nicknowicki7580@yahoo.com](mailto: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.*

Five seconds can throw a big wrench into your running and racing season.

I have long been aware of this when injury, accident, or illness has ruined my best-laid plans for an upcoming race. Five seconds can mean weeks, months, or even years of rehab and recovery.

After a terrible winter of snow, ice, and cold, I had survived with nary a scrape. I was oh, so careful not to run outside on the iciest of days, something I never did in my youngest and more foolish days. I wore boots with skid free soles all winter. I watched where I walked going into work. When I did run outside, I carefully picked out the clearest routes. I ran three long runs in preparation for March Madness, the half marathon that closed in 26 hours, yet I garnered a spot.

Then Thursday, February 12 it happened. Walking into work at good old BGHS, a couple days after record 60 degree temps and wearing my supposedly skid-free Danskos, my feet came out from under me on a patch of black ice. Both feet high in the air, I tried to break my fall with my elbow and tried to "save" myself with my left toe, which I contorted all kinds of ways in my effort to stop the fall. Five seconds is all it took. I was flat on my back, starting at the sky. My first thoughts were, "I won't be doing that 11 mile training run Sunday, I won't be doing March Madness, and how will I be the Girl Scout Cookie Mom and pick up the troop's cookies at Palwaukee Airport Saturday?" At times like these, the really important issues in life come to the forefront.

A parent who saw me flat on my back came to assist. I got up, gathered my belongings, and tried to hobble into the building. I could tell immediately that this was more than a minimal injury. Every step was excruciating.

Someone called the school nurse, the wonderful Stacy Wodka, who immediately wrapped and iced my foot. I was told this would be a workman's comp claim, and I had to call our third party company for workman's comp. The workman's comp nurse told me not to wrap my foot to see

how big it would swell and to wait a day to get an x-ray. No way- after covering my morning meetings, I hobbled off to the Northwest Community Hospital Treatment Center in Buffalo Grove.

An x-ray found no break. The doctor gave me an air cast and told me what all runners (but not the workman's comp nurse) know- RICE- rest, ice, compress, elevate. I didn't do too well on the rest, as I hobbled to a few meetings at another school. Each step was unbelievably painful. Luckily after two days of this the weekend arrived, when I tried RICE as much as possible. Husband Don took over as cookie dad at Palwaukee airport.

Needless to say, running was out of the question. My March Madness hopes were dashed. I did a million "What ifs.... What if I'd worn boots? What if I noticed the black ice? What if it had been 9:15 rather than 7:15 and the ice had thawed?"

## 5 Seconds

I took one day off training, but the next day I hobbled to the bike in the BG fitness center. I tried the elliptical, but it hurt too much to do.

At home, my dear husband set up my bike on the 24 year old trainer that I hadn't used in years. I thought I saw a pussy willow in the flywheel. It turned out to be... a mouse! My husband kindly took care of that for me. Sunday I ventured into the pool- no kicking, but I was able to stay stable with a light right foot kick.

So between the indoor bike and the pool, I have been able to train every day, though I'd much rather be running. The good news is I'm biking and swimming, which I had not done much of all winter. Hopefully I will be OK for the triathlon season this summer. I still cringe when I see people running in my neighborhood.

As I was feeling sorry for myself the Saturday after the fall, I hobbled in to supervise the school play. At the moment I entered the building, I saw one of our students who had been seriously injured in a car accident two years prior. He walks with a cane, has various long term medical issues, and very likely will never have a normal gait again. Five seconds changed his fate, too. And I realized how very lucky I am.

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

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

- Treasury report – we are flush. Looking to subsidize Club Wear.
- Mary Papreck and Steve Sawyer to look into Club Wear.
- Mary to send out e-mail to Club Members regarding the passing of Bill Capek. Memorial service is Saturday, April 4th.
- As agreed upon at the Winterfest Party, the Board voted to donate a total of \$500 to two charities - \$250 to CEDA and \$250 to Clearbrook Center towards participation in the Special Olympics for its residents.
- We need volunteers for Jelly Belly Days for Clearbrook Center on Saturday, May 16th. Could use 16 volunteers for two shifts at Golf and Arlington Heights Roads.
- Flash has speaker for April. The speaker is John Stelnicky who is Director of Physical Therapy in Palatine.
- Membership Renewals - 41 people who did not renew.
- Spring Kick-Off, Saturday, April 18th 5k – 10k. Start at the Elk Pen at 8:30 a.m.
- Trail run coordinated by Flash at Busse Woods just prior to Beer Run. Trail Teaser is 4.5 mile loop which will start at 6 p.m. on Thursday, May 28th.
- Regina will post Beer Runs on newsletter calendar
- Gordie is in charge of May Beer Run; Mike Kendrick is in charge of June Beer Run; Steve Sawyer is in charge of July; Regina is in charge of August.
- Hopefully the Christmas in April will be before Christmas. Sawyer will let us know when he hears more.
- By-laws – Ed wants to rewrite by-laws. More in line as to what we are as club. Ed to route to everyone to review.
- May 11th – Monday Board Meeting

## Article pull from Jim Cichowski

Raliegh

**Racers run 2 miles, eat 12 doughnuts, run back**

It's a challenge, all right. In a charity race Saturday, more than 5,000 runners ran two miles to a downtown Raleigh Krispy Kreme shop, ate a dozen glazed doughnuts each and returned to North Carolina State University in less than an hour.

That's 2,400 calories and 144 grams of fat consumed while burning about 400 calories during the run.

The student-run Krispy Kreme Challenge raised about \$35,000 for the North Carolina Children's Hospital. The event began on a

dare amount college friends in 2004. Then-freshman Ben Gaddy won the first race by beating nine guys in about a half-hour.

His reward? A terrible stomach ache.

Thanks Jim for sending this in...a couple of thoughts came to mind...did you run this race? If not, are you planning to?

## Don't get Dropped!

If you have not yet renewed your Trotter dues, please get it done right away! Failure to act SOON will result in getting dropped off the distribution list for announcements and newsletters.

## Volunteers Needed for Jelly Belly Days!

Jelly Belly Days benefit the Clearbrook YMCA. The Arlington Trotters need 16 volunteers (8 per shift) to staff an assigned intersection in Arlington Heights on May 17, 2009. Great opportunity to give back to the community. Please contact Judy Miko via e-mail at [xbugs@aol.com](mailto:xbugs@aol.com) if you can help or Michele Long at [michele\\_m\\_@adp.com](mailto:michele_m_@adp.com)



# Interval Training

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.

Whether your goal is to qualify for the Boston Marathon or just shave off a handful of seconds from your 5K time; interval training should be incorporated in your training regime.

Before we discuss interval training, we need to go over some basic human physiology concepts and terminology.

**VO2 max** is the maximum amount of oxygen you can load into your tissues. It tells us our performance ceiling. A person with a high VO2 max can load more oxygen and potentially run faster. Long slow distance runs should be performed at 60-70% of your VO2 max.

**Lactate** is an energy source that is created in the body during high intensity exercise. For many years lactate accumulation (in the form of lactic acid) was linked as the cause for next day muscle soreness and injuries after races or high intensity workouts. Research over the years has found this theory to be a myth.

When running (or performing any aerobic exercise) at high intensities lactate begins to build up in our tissues. The body will absorb lactate and transform it into glucose. Glucose will ultimately be broken-down to release more energy to sustain us during our workout or race.

**Lactate Threshold** is the level of performance at which the muscles produce more lactate than can be removed. The body will still convert lactate into energy; however, it can no longer keep up clearing the excessive amount of lactate produced in the body. Lactate will accumulate in greater quantities in the body resulting in fatigue and decrease in performance. Lactate threshold is slightly below 100% of your VO2 max.

### *What is an Interval Training Workout?*

Interval training workouts are high-intensity training sessions performed for short durations of time at intensities that are greater than lactate threshold.

Although you can design an interval workout however you wish, let's use quarter mile repetitions as an example. Run a quarter mile at a high intensity, but below an all-out effort. After you have run your quarter mile, perform a light jog for a duration less than or equal to your quarter mile pace (this is your recovery period).

If you ran a quarter at 100 seconds, your recovery period should be no longer than 100 seconds. Your recovery period allows your body to clear any excessive lactate accumulation.

After your recovery period, toe up to the starting line and perform another quarter mile. You can perform as many repeats as you want, however, if you see that your splits have slowed significantly, your workout is complete.

Interval training can be performed on the track or on your favorite jogging route. If you do not know the distance markers on the route, you can alternate between running a certain time duration hard followed by a recovery jog. Because of the high intensity nature of interval training, take the necessary precautions in preventing injuries such as warming up, cooling down, and stretching.

### *The Benefits of Interval Training*

The most important benefit that you will reap from performing interval training is an elevation in your lactate threshold. A runner with a higher lactate threshold can work at higher intensities for longer durations, defeating opponents of equal (or even greater) physical strength and VO2 max but with lower lactate thresholds.

Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out. Interval training will also burn more calories and fat than a nice easy jog.

Track workouts at Harper College start May 6th at 6:30 p.m. If you would like to learn more information about our summer program or any other health related topic, please e-mail me at

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

Track Workouts  
begin May 6, 2009...  
read on for details

# Trotter Classifieds

**For Sale: Garmin Forerunner 201** personal trainer with built-in GPS. Compact, lightweight, waterproof wrist computer that provides accurate pace/speed, distance, and time data during your workout. Like new-good condition with low miles. Have all accessories, manual, and computer program. \$75.00. Contact Steve Sawyer @ 773-617-0284 for more information

**For Sale: Garmin Forerunner 205** (no heart rate monitor) personal trainer with built-in GPS. Large, adjustable, easy to read on-wrist display, lightweight, waterproof wrist computer that provides accurate pace/speed, distance, and time data during your workout (run or bike). Like new and in mint condition with low miles. Have all accessories, manual, and computer program. \$125.00. Contact Steve Sawyer @ 773-617-0284 for more information

**Looking for Employment:** Highly motivated to work in Counseling and/or Education. I have a Master's in Counseling and can work with all groups but I am particularly passionate about working with the elderly population. Additionally I have taught at the college level, and am open to counseling/teaching opportunities in the educational field as well. Contact Christine Stahl at cmstahl219@yahoo.com.

Steve Sawyer had a brilliant idea of having classified ads for the Trotter Chronicles. 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](mailto:brownlbs@comcast.net)



## 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, *or, Judi Miko has been starting with a group at 8:30 am.* Meet at the entrance by the elk pen (N.W. corner of Arlington Hts. Road and Higgins Road). This is a relaxed pace run of about 8 miles followed by breakfast at the Rose Garden restaurant just across the street.

# Race in Review

by Michael Zielinski



Michael Zielinski joined the Trotters in 2001. He is an average runner who has done marathons in 50 States and Washington D.C. Compared to other Arlington Trotters, he has never won a race, qualified for the Boston Marathon, done an Ironman or run a 100 miler. He is a native of Mount Prospect, went to high school in Arlington Heights, is a graduate of the University of Illinois, and has done audits for over 25 years.

## WISCONSIN'S 16 MARATHONS FOR 2009

In 2009, the "Badger State" of Wisconsin is scheduled to have sixteen 26.2 mile marathons throughout "America's Dairyland".

*The first of these was the January 17th In-Step Icebreaker Indoor Marathon* at Milwaukee's Pettit Center next to the Wisconsin State Fairgrounds in West Allis. In what was billed as the "largest indoor marathon in the world", 69 runners completed the first-time event by going just over 95 laps on Wisconsin's largest indoor running track around the Olympic Ice Oval that included 381 turns. This winter marathon was held indoors in a temperature of 55 degrees steps away from an ice rink filled with skaters and hockey games that also is home to many ice sports and a training site for U.S. Speedskating. The Pettit National Ice Center is also the official home of the Badgerland Striders, Wisconsin's largest running club.

As Spring comes to Wisconsin, the marathons return with three scheduled April runs. The first is on April 4th in *Waukesha for the Trailbreaker Marathon* that has an out-and-back course consisting approximately of four miles on city streets and sidewalks, 15 miles on improved trails (including the Glacial Drumlin Trail), and seven rugged miles on the Ice Age Trail in the Kettle Moraine State Forest that includes the turn-around after climbing the 40' Lapham Peak Tower to the highest point in Waukesha County. After the bell is rung, the descent begins back to the start and to the next marathon in three weeks with the *Jailbreak Marathon on April 25th* at the Waushara County Fairgrounds in Wautoma. This event is a fundraiser to support the sheriff's department's canine program with the marathon course starting on the fairgrounds and then following a clockwise route south of town before a half mile finish on the fairgrounds track. Also on April 25th is *Medford's Pine Line Trail Marathon*. The course route begins at the Medford City Park and the runners then head north on the Pine Line Trail (named for both the white pine that was shipped along the railroad line that once ran along the trail as well as for the pine trees that line the trail today) before turning around at a halfway point to follow the same route

back to the finish line at the Medford City Park.

After three scheduled marathons in April, Wisconsin has seven on the calendar for May with three for the first weekend. The first of these on *May 2nd is the inaugural Wisconsin Marathon in Kenosha* with much of the run along the Lake Michigan lakefront. The run begins at Harbor Park before heading north into downtown Kenosha and then looping around Simmons Island Park after the first mile before continuing north through Carthage College prior to turning around and heading back the same way to downtown. The marathon route then heads south passing Southport Park and continuing into the town of Pleasant Prairie to Prairie Harbor Yacht Club's harbor with the southern turnaround point close to the Illinois border before returning to Harbor Park.

On the next day, May 3rd, Wisconsin has two more inaugural marathons. The first is in "Eau Claire," which is French for "Clear Water." *The Eau Claire Marathon* route is clockwise from Carson Park to about halfway toward Chippewa Falls along the beautiful lakes, rivers, and parks of Eau Claire on the way to the finish at Carson Park. The other Wisconsin marathon on the same day is part of the La Crosse Fitness Festival. *The La Crosse Marathon* begins by Pettibone Park and then crosses over the Mississippi River into downtown La Crosse prior to heading south. The southern leg of the marathon parallels the Mississippi River and the northern leg parallels the scenic river bluffs. From the Myrcik Park halfway point, the marathon route continues across the La Crosse River and its marsh on roadways and bike trails into the City of Onalaska that has spectacular views of "God's Country" from the bluffs. From Onalaska the course returns across the river marsh to finish in Myrick Park.

The following weekend on May 9th, Wisconsin has two more marathons; the *Journeys Marathon* in the north woods of Eagle River and the closer to home Lake Geneva Marathon. The Journeys Marathon is a point-to-point run that begins in Boulder Junction and makes its way through the forest and lake country of northern Wisconsin to the finish south of the bridge after crossing over the Eagle River into

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Article (continued from page 8)

Riverview Park. In southern Wisconsin, the *Lake Geneva Marathon* starts at Lakefront Bridge in downtown, Lake Geneva, in front of the Riviera building. The course then follows a clockwise, southwesterly route around the lake's perimeter past Big Foot State Park before heading south close to the Illinois border and then going north and east through the Villages of Fontana and Williams Bay with the final miles proceeding east along the lake on an ancient Indian trail back to Library Park in Lake Geneva. In May, it is also possible to cool off in Lake Geneva, nine miles long and 170 feet deep, spring fed, and clear; "one of the Great Blue Lakes of the World."

Eight days later on May 17th, is the 10th annual *Green Bay Marathon*. The run starts near Lambeau Field and then goes through the west and south sides of Green Bay before crossing the De Pere Bridge and then heading six miles north on the Fox River Trail. The asphalt trail runs along the river from De Pere, through Allouez, to downtown Green Bay before crossing the Walnut Street bridge. The marathon then continues through more Green Bay neighborhoods before returning to Lambeau Field where the runners get to enter the storied stadium and "touch the tundra" as they take a lap around the field prior to finishing 26.2 miles. Back in the 1960's, the Green Bay Packers under Coach Vince Lombardi won five football world championships for Wisconsin with the Sunday trinity mind set of "God, Family, and the Green Bay Packers."

Returning to the present, *Madison's Mad City Marathon* is scheduled for May 24th in the Wisconsin capital city of Madison that also is home to the world class University of Wisconsin. This year, the marathon begins and ends at Alliant Energy Center instead of starting on Capitol Square. The new course will be run in the reverse direction from past races with the route taking runners on a trip through the Vilas Park area and the UW Arboretum prior to reaching the University of Wisconsin campus. The route then parallels Lake Mendota up to Maple Bluff before returning near the State Capitol to the finish at Alliant Energy Center. The day before the marathon on all four sides of Capitol Square is the Dane County Farmers' Market, the largest producer-only farmers' market in the country (held every Saturday from April 18th to July 4th and July 18th to November 7th) that is a reminder of Wisconsin's bountiful agriculture.

*The Paavo Nurmi Marathon* is scheduled for August 8th on the second Saturday of the month and it is Wisconsin's oldest running marathon having taken place every year since 1969. The marathon is run from the main street of the small community of Upson and concludes several hours later on Silver Street in Hurley after having run its course through forests and fields, along rivers and lakes. This event is named after

Finland's Paavo Nurmi, the winner of nine Olympic Gold Medals. It is appropriate that the finishers of the Paavo Nurmi Marathon feast on mojakka Finnish stew.

Wisconsin's final summer marathon, the September 20th *Fox Cities Marathon*, is almost on the first day of autumn. The 26.2 mile route makes its way through the country's largest paper producing area beginning in Appleton and then going through Kimberly, Little Chute, Kaukauna, Combined Locks, Darboy, and Menasha before finishing 26.2 miles later on the shores of Lake Winnebago at scenic Riverside Park near downtown Neenah. The Fox Cities Marathon has been ranked in the Top 10 by The Ultimate Guide to Marathons in the categories of Best Organized, Best Crowd Support, Fastest Midwest Marathons, and Fastest Seasonal Marathons. These accolades could also apply to most of the 16 listed Wisconsin marathons.



Besides changing leaves and Octoberfests, Wisconsin in autumn also has three marathons. *Milwaukee's Lakefront Marathon* is the state's largest with registration already open for the October 4th event and it once again is expected to fill to capacity. The Lakefront Marathon starts in the far north metro area in front of Grafton High School. The point-to-point course then travels south through rural countryside, quiet northshore neighborhoods and finishes along the shores of Lake Michigan just north of the Milwaukee Art Museum at Veterans Park. With the

Road Runners Club of America selecting the Lakefront Marathon as its 2008 Road Race of the Year from about 15,500 races run in the U.S., perhaps "The Best Times Really Are in Milwaukee."

The following week on October 10th is *Ashland's WhistleStop Marathon*. This point-to-point course begins two miles east of Iron River and much of the run is held on the Tri-County Corridor, a rail-trail paved with limestone gravel, on the way to the finish at Railyard Park in Ashland near the south shore of Lake Superior. Along the course route there are ten re-decked railroad trestles, wetlands, trout streams, Chequamegon National Forest woodlands, and dairy farms. This fall marathon also has some of the nation's finest autumn colors.

Wisconsin's last scheduled 2009 marathon is the second annual *Rails to Trails Marathon* scheduled for November 1st in Norwalk. The out and back course on the Elroy-Sparta bike trail from the Norwalk Village Park features two trips through the dark 3/4 mile former railroad tunnel.

2009 appears to be the year for Wisconsin marathons because the state has never had so many in one year.