



The Trotter Chronicles

May 2009

Dedicated to Runners of All Levels

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Since its establishment in 1955, Clearbrook has emerged as a leader in the field of developmental disabilities by creating innovative opportunities for approximately 3,000 children and adults. Based in Northern Illinois, Clearbrook provides specialized children's, day training, employment, residential and clinical services at more than 40 locations throughout the Chicagoland-area. Major diagnoses include autism, Down syndrome, cerebral palsy and mental retardation. We are very proud that 85% of every dollar raised by Clearbrook goes directly into programs and services.

The Arlington Trotters have committed to collecting donations at the intersection of Golf and Arlington Hts. Road in Arlington Heights, on Saturday, May 16, 2009. There are 2 shifts, from 9am to 12pm and from 12pm to 3pm. We need about 16 volunteers. Unfortunately we only have 8. If you are available, please consider donating a few hours of your time for this very special cause. Please contact Michele Long, ASAP.

What: Clearbrook JellyBelly Days
Volunteers Needed!

When: Saturday May 16, 2009
(3 hour shifts beginning @ 9am)

Where: Corner of Arlington Heights Rd
& Golf

How: To volunteer please contact
Michele Long @
michele_m_long@sbcglobal.net



Volunteer Coordinator,
Michele Long

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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.

Beer Run Stimulus Package

Last month, the Trotter Chronicle Editor, published the suggested amount to “put in the hat” for the summer beer runs was \$5. That amount was incorrect, it should have been published as \$7. So, instead of having the Editor print a retraction, the AT Board agreed to leave the suggested amount at \$5, and the AT Board will offset the \$2 difference out of the AT Treasury.

We do need to mention that in conjunction with the “Stimulus Package” for the AT Beer Runs, we did have to enact a “Dead Beat” program as it relates to the AT Beer Runs. For anyone who has not yet renewed their AT membership, yet still wants to come to the AT Beer Runs, the fee will be \$25 to partake in the festivities of the Beer Runs.

This program also comes with a membership to the Arlington Trotters. Seriously, if you have not yet paid your dues, please get your \$20 to Treasurer, Mike Kendrick.

Goron Lah and Marion (picture at right) will be hosting the first Beer Run of 2009 on May 28. They are planning a German Feast with pork roast, brats, potato salad and other goodies from the “old country”. Also, Flash will be coordinating a “trail run” that evening. Watch your E-mail for updates on the exact location and menu updates!



2 Snakes 2 Wipeouts and 22 Miles

by Julie Bane

I absolutely love running on the Ice Age Trail. There was nothing that was going to stop me from getting up there on April 18th. The weather was calling for low 70's and sunshine. I signed up for the 50K, and really wanted to get some time on the trails before the race. Running the Champaign Marathon the week before was not going to deter me. I had my gels, succeed caps, trail shoes and figured I would give it my best to run between 20-25 miles. I planned to ride up with my friend Dianne who signed up for her first 50K after meeting some Ultra Runners from Wisconsin at the Snow Fun Run. I got off work Friday full of excitement about the coming run. 10 minutes down the road. I was slammed into from behind by this dimwit who wasn't paying attention. I was dazed and felt my brain jostled around in my skull a couple times as I was pushed into the car in front

of me. She came running up to me to see if I was OK. I was a little confused, but all I could think about was whether I was good to run the next morning. I asked if my car was OK. I got out and staggered to the back of the car. I was pretty upset to see my brand new Ultra Marathoner bumper sticker was scratched up. I had a pounding headache, but nothing else was hurting. After getting checked by the paramedics I got the green light, but alas my car was not drivable. She had knocked out my whole exhaust system. I was still mad about my bumper sticker. I went home and took several Advil and had a good dinner. I called Dianne to warn her that I might not be able to run the next day. But, will overcome common sense and the next morning I woke up good to go. Logic



Ultra Runner and Author, Julie Bane

continued on page 10



Trotter Race Results

Across the Years 72 Hour 12-29-08

Juli Aistars (2nd OA) 235 Mi

LOST 118 Miles 2-14-09

(No, that's not a typo...One Hundred eighteen miles)

Juli Aistars (1st OA Female) 28:08:00

Land Between the Lakes 60K 3-14-09

Juli Aistars (FP not available) 9:44:00

Clinton Lake Trail Run 50K 3-28-09

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

Juli Aistars (1st Age Group) 5:58:31

Chicago Lakefront 50K 4-4-09

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

Juli Aistars (1st Age Group) 4:55:00

Illinois Marathon 4-11-09

**Steve Breese (1st Overall) 2:36:23
!WOW!**

Tom Jordan (6th Overall) 2:55:56

Juli Aistars (1st Age Group) 3:48:09

Race That's Good for Life 5K 4-19-09

Juli Aistars (3rd Age Group) 23:08

Jan Draheim (5th Age Group) 44:39

Boston Marathon 4-20-09

Grace Wasielewski(14th Age Grp.) 3:44:54

Chippewa 50K 4-25-09

Juli Aistars (2nd Age Grp.) 6:11:15

CARA's Lakefront Ten Mile 4-25-09

Grace Wasielewski(3rd Age Grp.) 1:17:53

Jan Draheim (3rd Age Grp.) 2:37:05

Ravenswood Rund 5K 4-26-09

Grace Wasielewski(2nd Age Grp.) 21:40

Jan Draheim (3rd Age Grp.) 45:46

24 Hour Cornbelt 100 Miles 5-2-09

(No, that's not a typo...One Hundred Miles)

Juli Aistars (1st OA Female) 23:08:00

Indianapolis Half Marathon 5-2-09

Patric Donahue (54th Age Grp.) 1:42:00

Great Western Trail Half Marathon 5-3-09

Dan Roder (1st Age Grp.) 1:29:09

Nancy Roder 2:10:40

Dewey Dash 5K 4-19-09

Dan Roder (1st Overall.) 19:14

Nancy Roder 26:18



Dan Roder, 1st Overall Finisher of the Dewey Dash 5K in Elburn, Illinois. Picture sent in by Dan's #1 Fan, Nancy!

Check out these upcoming races of note!

Miles for Miracles 5K, Westchester, IL 5-9-09

Supports the Divine Infant Jesus School.

Trotter Gordon Lah's son, is the race director

Check it out on <http://www.signmeup.com>.

Salute 5K/10K Run&5K Walk AH, IL 5-23-09

Salute, Inc. is a 501(c)(3) non-profit organization dedicated to increasing awareness

and support of issues facing active military personnel, veterans and their families.

Run or walk through the heart of downtown Arlington Heights. The course is USATF

certified and professionally timed by

Racetime. Check it out on www.saluteinc.org

Check it out on www.saluteinc.org

Skirt Chaser 5K, Bloomingdale, IL 6-13-09

This looks like it could be a lot of fun, \$500

prize money, men and women separate

starts, party, cool outfit options, etc. check it

out www.skirtchaser5K.com

50 State Alert!

Steve Sawyer is targeted to complete 50 marathons, in each of the 50 United States on June 13, 2009. His last marathon on this journey will be the "Marathon to Marathon" in Marathon, Iowa (this is not a typo either, there is really a Marathon, Iowa). Anyone that would like to "feel the pain" of his last marathon, may want to consider the event or the half marathon option, or the relay option. Check it out at

<http://www.marathon2marathon.com/>. Those

of you that would rather celebrate the victory will have to make arrangements to do so in Omaha, Nebraska. For details on the celebration, contact

Mary Papreck at runit16@aol.com



Trotter Secretary and All Around Coordinator, Mary Papreck

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.

I was in Steamboat, Colorado when I heard the news. Bill Capek had died.

Ironically, Trotter Barb Franzen, now living in Colorado, had relayed the news to Gordon Lah and the IL Trotters. I'd seen Barb in Denver only days before. The story was that Bill had hit his head, and much like actress Natasha Richardson, was initially lucid and then died as his brain swelled.

For those of you who did not know Bill Capek, he was 80 years old, a longtime Trotter, a national class canoeist, triathlete, naturalist, gardener, world traveler, and student of life.

I first met Bill in the 1980s, shortly after he retired at age 58 following a long career in the skilled trades. He had come to triathlon from success as an award winning canoeist, a sport that did not cater to the older age groups. Bill found a whole new passion in triathlon. At age 58 he was running track workouts, keeping up by doing quarters with people two decades younger. He cleaned up in his age group, winning awards both in the Chicago area and nationally. In his 60s he made the national triathlon team, travelling to France to represent his country, wearing the USA's red, white and blue.

At the height of both our triathlon careers, Bill led the famous Wednesday bike rides. At the time I was a ten-month school employee, so I wasn't working in the summer. An entourage would gather at IDOT in Hoffman Estates, where Bill would lead a group that included teachers, his cousin Burt, and various friends on a 50 mile jaunt through hilly Barrington, Lake Zurich and surrounding communities. On the way back, we would always stop at Penny Road Pub in Barrington for a hamburger, and for the hardy, a beer. The ride was tough, but not competitive. Bill would always wait for the slowest riders and use the opportunity to teach them new skills.

A few times I also joined him for a ride from Chicago to the Botanic Gardens in Glencoe, stopping at Meier's Tavern for, you guessed it, a hamburger and a beer.

In the late eighties, Bill and I competed at the USTS National Triathlon Championships in San Diego. As we flatlanders surveyed the uphill course, Bill told his longtime companion, Gloria, that this was the first time he was actually scared of a triathlon. Posting a personal worst at the international distance, I was happy to survive the hills. Bill not only survived, but also took home some hardware.

Ten or so years ago, when several Trotters ventured into foreign territory to compete in

Border to Border, a canoe/bike/run race, Bill volunteered to train them in canoeing. Barb Franzen, Barb Griffin, Pat Lerch, and Arlene Overheu, frankly landlubbers, flourished and were able to finish under Bill's tutelage.

Aside from athletics, Bill was a truly interested and interesting person. He travelled world wide through Elderhostel, and he had a great interest in native birds and plants. He was an expert gardener and read widely on a variety of subjects. He seemed to know something about everything and had something interesting to say about almost any subject. He told a story about Mike Royko writing a column about him, something to do with his ex-wife, jail, and a wedding gift for his daughter. I wish I could ask him now to recall the details.

I last saw Bill at a beer run last summer. At 80, he was still fit, tanned, and appeared to be a physically fit person more than 20 years his junior. He said that he was slowing down on the run and that a 5K seemed like a marathon. More recently he confessed to Pat Lerch that he was slowing down. Still, at 80, he was my hero and role model.

The memorial service was a fitting tribute. The funeral home was packed, unlike some funerals for 80 year olds who have few friends left in the world. People who shared his many interests packed the place along with his children, grandchildren, and great grand children. Bill, divorced for many years, had lived with Gloria for over twenty-five years. Sister to his best friend's brother, she confessed that she didn't like him much at first, but he grew to be her love and her best friend.

The Marines, of which Bill had been a member, provided a military honors. Bill's longtime canoe partner told stories, saying that when most 40 year olds were slowing down, Bill was embarking on newfound adventures with passion. Guests were encouraged to take home one of Bill's many hard won medals. Trotters Bill and Kathy Friedman, Arlene Overheu, Pat Lerch, Barb Griffin, and myself shared stories of Bill with each other. Gloria said that Bill had fallen in the northwest Chicago neighborhood where they lived, apparently hit his head, and although he could talk at first, he quickly deteriorated.

The only consolation is that Bill did not experience a long illness with declining health. He would have hated that. He spent 80 years doing what he loved, and was active up until the day he died.

We'll miss you, Bill Capek.

We'll Miss you
Bill Capek

INPUT NEEDED

Speak Now, or Forever Hold your Peace

We need your input! The AT Board is considering adopting a new logo for the Arlington Trotters. We are contemplating offering "Trotter Wearables"(racing singlets, sweatshirts, T-shirts, etc) with an updated logo. Most likely, with your input, we will select an option, research apparel selection and then offer the items by individual order requests. Regina Brown, aspiring graphic designer, came up with some initial thoughts. Below are some options that were considered at the last AT Board meeting. Let us know what you think of the options, or if you think the "aspiring graphic designer" should go "back to the drawing board", or take some more classes. Suggestions are always welcome. We need to hear from you! The AT Board is pretty good, but, they can not read your minds! *Send your thoughts via e-mail to the AT Board: arlingtontrotters@gmail.com*

Option 1



Option 2



Option 3



Option 4



Option 5



Option 6



Option 7



Welcome New Members!

Jason Lehman
Arlington Heights

Susan Jackson
Schaumburg

Kim and Erik Bilbrey
Palatine

Ed Losch
Palatine

Tom Jordon
Mt. Prospect

Janet Chiotti
Rolling Meadows

Martha Cook
Arlington Heights

Helen Wiedenfield
Fox River Grove

Debra Burrowes
Palatine

We apologise if we missed anyone. If you are missing, let Mike know so he can update our roster!



Contact Trotter Treasurer,
Mike Kendrick, for
Trotter Membership
administrative details
847/602-0591
hillrunner58@sbcglobal.net

From the Doc: Training in the Heat

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 who 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.

A few weeks back, I decided to take advantage of that nice 82 degree weather over at Bussewoods. I decided to log a 20 miler run on the hottest day of the year (so far). That run was definitely not one of my brightest moments. Around the 10th mile marker the warm air was starting to slow me down. Needless to say, I was feeling fried when I got back to the car. Although we have not reached those 95+ degree days; we all need to use caution acclimating to the heat.

Exercising causes your body to produce heat and temperature to rise. Your body's air conditioning unit is sweat. When sweat dries (evaporates) your skin will cool-down. The problem with the Chicago area is the humidity. Humid air has a high moisture content. As a result, your sweat does not evaporate as effectively. It just clings to the skin and your body temperature will continue to rise.

Once your temperature goes above 104° Fahrenheit, your body can lose the ability to cool itself. This can cause problems like dehydration and heat cramps. If these problems are not addressed, serious conditions can manifest such as heat exhaustion and heatstroke.

Recognizing the Warning Signs

Here are some symptoms that you should keep in the back of your mind when you are training by yourself or with a group.

Heat Cramps: Cramping, tightening, or spasms of muscles during or after exercise

Heat Exhaustion: Rising body temperature, increased sweating, weakness, nausea, vomiting, headaches, dizziness

Heatstroke: Body temperature of 104° Fahrenheit or higher, no sweating, confusion and disorientation, seizures, coma.

Management of Heat-Related Illnesses

Heat cramps will resolve by drinking fluids (a sports drink with electrolytes would be the best option) and stretching/massaging out the muscle that is in spasm. If you suspect that someone in your group (or yourself) are experiencing **heat exhaustion or heatstroke symptoms**; immediately stop running and get out of the heat. Either go indoors or find some shade. You can cool the person down using moist towels, spray bottles or a fan. If a tub is available, place the person in cool water or pack in ice until their body temperature has dropped under 102° Fahrenheit. Continue to drink fluids. If you suspect that the condition has not improved or worsened, then the person must be admitted to the hospital.

Heat stroke is a very serious condition that can cause damage to the kidneys, heart, lungs, liver, and brain.

Prevention of Heat-Related Illnesses

Exercise in the early morning or evening hours when it is cooler. Be sure to wear loose fitting clothing. Avoid wearing dark colored clothing because they act as "heat-magnets." On your long runs you may want to bring a couple of dry t-shirts. A few pairs of socks maybe a good idea to pack if you are prone to developing blisters due to an over-production of foot moisture.

Thirst is a poor indicator of your body's hydration levels. **Drink plenty of fluids throughout the day and your workout.** Your body can lose up to 2 quarts of water for every hour you exercise. You should be drinking fluids every twenty minutes.

Be sure to wear a water-belt or "camelback" on those long runs. If you do not like running with either of those items, then hide fluids throughout your route. A sports drink will replace electrolytes lost through sweating. If you notice that the color of your urine is really dark then you need to be drinking more fluids. Throughout the day you should be avoiding drinks that contain caffeine and alcohol because they can dehydrate the body.

Summertime is a great time of the year to train. During those "dog days of summer" we all need to be taking better care of ourselves. If you or someone in your group starts to feel ill while running in the heat, stop immediately and grab some fluids.

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

7 Suggestions for Running in the Heat

1. Exercise in the early morning or evening hours when it is cooler
2. Be sure to wear loose fitting clothing.
3. Avoid wearing dark colored clothing
4. Carry liquids or "drop them" on your route
5. Bring extra shirts and socks on long runs
6. Drink plenty of fluids throughout the day and your workout.
7. Drink fluids every 20 minutes

Trotter Classifieds

Looking for Employment: Over 20 years of diverse experience as a Statistical SAS Programmer/Analyst with a proven track record of achievements. Can quickly turn data into useful information to reduce costs and improve bottom-line results. Target organizations include pharmaceutical, clinical research, biostatistics, colleges, FDA (Food and Drug Administration) and SAS recruiting and search firms. Please contact Billy Hamilton at: bill_d_ham@yahoo.com or 847-392-2537

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.

For Sale: Miscellaneous personal property and furniture. My Mom died recently and I am attempting to liquidate the estate. I don't have enough to conduct a formal estate sale, but there are quite a few items that could be of interest to some people. If you might be interested, please call me at 847-593-7402 or e-mail me at gordola66@sbcglobal.net. I can give you an inventory and pictures of many of the items if you e-mail me to request such. All located in Elk Grove.

Runner Needed: To take my place on a relay team for the MC 200 (Madison to Chicago) on June 12 and 13. All you need to be able to run is 11 to 21 miles, broken down into 3 "legs" over a 36 hour period. Funds raised support the Special Olympics for Illinois and Wisconsin. Contact Christine Stahl at cmstahl219@yahoo.com.

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

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

Steve Sawyer had a brilliant idea of having classified ads for the Trotter Chronicles. I would like to solicit from the members any thing that they would like published in the Trotter Classifieds. My first thoughts were for those seeking employment, as this is a great group for networking. 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



Beer Run Volunteers Needed

Ed Nikowitz has selflessly dedicated his time and muscles to making sure that the beverages arrive to the AT Beer Run. However, since having surgery on his rotator cuff, he will not be able to bring the beverages. This could be a HUGE problem for us all. Please consider donating some of your time and muscles to get the beverages to the beer run.

Contact Ed Nikowitz ASAP if you can help out.

847/668-5527
enikowitz@comcast.net

Get these Dates on
your Calendar for the
Arlington Trotters
Summer Beer Runs

May 28, 2009

June 18, 2009

July 16, 2009

August 20, 2009

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.

APRIL'S EARTH DAY HALF MARATHON AND MINNESOTA'S MARATHONS

The small town of Blue Earth, Minnesota which has as its motto, "Earth so rich the city grows," also is home to a 60 foot statue of the Jolly Green Giant. This bit of trivia is the introduction to Earth Day and the 10th annual **Earth Day Half Marathon in St. Cloud, Minnesota** scheduled for April 18th. The first Earth Day was held on April 22, 1970 as an environmental teach-in on widespread environmental degradation. Over 20 million people participated that year, and Earth Day is now observed each year on April 22nd by more than 500 million people and national governments in 175 countries. Up to 5,000 participants are expected to participate in St. Cloud's Earth Day Half Marathon along with the 20 Mile Eco-Challenge, Earth Day 5K, and Earth Day 1K. All races will start and finish on the campus of St. Cloud State University with the half marathon taking the runners on an out-and-back tour of the city's neighborhoods and parks including crossing the bridge across the Mississippi River that goes through the heart of the city. If time permits, about a half hour away to the northwest is Sauk Centre, the birthplace of Sinclair Lewis, a novelist and winner of the Nobel Prize in Literature. Sauk Centre served as the inspiration for Gopher Prairie, the fictional setting of Lewis's 1920 novel Main Street while Charles Lindbergh from Little Falls, a half hour to the northeast, also achieved world fame in 1927 when he flew non-stop in a single engine plane from New York to Paris.

Returning to small town Minnesota, the **Lake Wobegon Trail Marathon** is scheduled for May 9th about a half hour to the northwest of St. Cloud. Lake Wobegon is a fictional town in Minnesota, said to have been the boyhood home of Garrison Keillor. He reports the "News from Lake Wobegon" on the radio show A Prairie Home Companion, a live variety show, broadcast live every Saturday afternoon over Minnesota Public Radio and public radio stations throughout the U.S. Returning to the marathon, the event starts at the Holdingford High School in Holdingford and after one mile the course is on the scenic Lake Wobegon Trail until the finish at the Trail Facility in St. Joseph. The trail is a ten foot wide asphalt bike trail on a former railroad track that opened in 1998. The flat and fast trail is primarily rural except as it passes through the four small towns of Holdingford, Albany, Avon, and St. Joseph along the route. One runner commented on the event that could also apply to Minnesota in that, "This Lake Wobegon Trail Marathon is one of the most scenic courses I have seen. From small towns, to lakes, to farms, to trees, to streams."

A continuation of this theme is at the inaugural **Stillwater Marathon** scheduled for May 24th at the "Birthplace of Minnesota" in the beautiful St.

Croix River Valley. Stillwater is located at the eastern edge of the Twin Cities metro area along the St. Croix River at the Wisconsin border. During the second half of the 19th century, lumbering was the predominant industry in the St. Croix River Valley and for many years logs were sent down the St. Croix River on the way to the sawmill. The easier marathon first goes south and then north of Stillwater along or near the St. Croix National Scenic Riverway prior to returning to a finish at Lowell Park in downtown Stillwater.

Ninety miles to the southeast on the same day, **Rochester's Med-City Marathon** is also on the calendar for May 24th. Rochester became famous from the Mayo brothers, Dr. Charles Horace Mayo and Dr. William James Mayo, who with the help of their partners, co-founded the Mayo Clinic. The Med-City Marathon starts to the west of Rochester in Byron before heading into Rochester on Country Club Road. The course then heads through downtown and onto the bike paths along the river and through the woods. The first eight miles are rolling hills and the rest is mostly flat on the way to the finish at the Rochester Family YMCA.

One week later on May 31st, the inaugural **Minneapolis Marathon** is scheduled to start at The Depot, the renovated Milwaukee Road Depot that has enhanced the revitalization of the Minneapolis Riverfront District. The first six miles are a circular route that crosses the Mississippi River at the three mile mark to the north heading east and then two miles later to the south heading west on the Stone Arch Bridge with Nicollet Island, St. Anthony Falls, and Father Hennepin Bluffs Park in between and the University of Minnesota a mile to the southeast. The final twenty miles are an out-and-back route that follows a beautiful course along the west side of the Mississippi River ten miles southeast to the Minnesota River before returning the same way to downtown Minneapolis with the finish at Gold Medal Park. Along the way, Miles 13-18 are near the Minneapolis-St. Paul Airport, Mile 14 is by Historic Fort Snelling at the confluence of the Mississippi and Minnesota Rivers, and Miles 15-17 circle Snelling Lake with Mile 16 the turn around area that is also several miles to the east of Bloomington's Mall of America. Near Mile 20 is Minnehaha Creek, a tributary of the Mississippi River that extends from Lake Minnetonka 22 miles in the west with the famous 53 foot Minnehaha Falls located near the creek's confluence with the Mississippi by the entrance to Minnehaha Park.

In the following month, Duluth's 33rd annual **Grandma's Marathon** is scheduled for June 20th; one day before the first day of summer which also is the longest day of the year during the summer solstice. The run which initially received its name from the Duluth-based group of

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Race in Review (continued from page 8)

famous Grandma's restaurants has since grown to be the 12th largest U.S. marathon. Grandma's Marathon is a point-to-point course beginning just outside of Two Harbors, Minnesota and is run on scenic Old Highway 61 along the beautiful north shore of Lake Superior on the way to Duluth. The finish is in Duluth's Canal Park, near Grandma's Restaurant, which is next to the highly visible Aerial Lift Bridge located at one of the most important Great Lakes ports where coal, iron ore, and grain are shipped from the harbor.

Three weeks later on July 11th, the **Half Voyageur Trail Marathon** is on the calendar for a 6:00 a.m. start from the Duluth Lake Superior Zoo parking lot west to Carlton via a point-to-point trail run over rough woodland trails. The trail rises gently but steadily into forest-covered hills for the first two miles and provides a spectacular view of Lake Superior down a ski lift, the only view of the lake for the entire race. Along the route there are some long, very steep rises and descents which along with Grandma's three weeks before provide warm-up training runs for the Full Voyageur 50 Mile Trail Ultra Marathon that will be run two weeks later as an out and back race on the same course.

After all this running, a Minnesota summer break could include watching the Minnesota Twins Major League Baseball team and attending the Minnesota State Fair between August 27th and Labor Day. This state fair of agricultural, commercial and educational exhibits is one of the nation's best and largest that had almost 1.7 million visitors last year. Minnesota is also the "Land of 10,000 Lakes" with the Boundary waters and Voyageurs National Park in the northern part of the state. It is in this area of the Superior National Forest where the Moose (it could also be gray wolf or black bear) **Mountain Marathon** is on the calendar for September 12th. The marathon is on part of the Superior Hiking Trail; one of the country's most scenic footpaths that follows the rocky ridges above Lake Superior in northeastern Minnesota from Two Harbors to the Canadian border. The course route is a point-to-point run starting at the Cramer Road trailhead on the Superior Hiking Trail and then goes through Temperance River State Park before finishing near Caribou Highlands Lodge in Lutsen. On the same day, the **Superior Trail 50 Mile Run** starts at Finland, MN and the two day Superior Sawtooth 100 Mile Trail Run from September 11-12 starts at the Gooseberry Falls State Park Visitor Center prior to both finishing in Lutsen.



September is also the month for the **Walker North Country Marathon** that is located about forty miles from the source of the Mississippi River in Lake Itasca. The run starts and ends at the local high school in the quaint, lakeside town of Walker along the borders of Leech Lake (the 3rd largest lake in Minnesota). After the runners leave the small town, the route winds through the beautiful fall colors of the Chippewa National Forest along the North Country, Paul Bunyan, and Heartland trails. Less than five miles of the marathon course is on paved road as the runners traverse lakes, hills and backwoods bridges along grass trail, paved trail, and gravel roads at the time of the autumn equinox.

The following month is the October 4th **Twin Cities Marathon**, the annual marathon in the Minneapolis-Saint Paul area that has grown to be the 10th largest in the United States and it is often dubbed "The Most Beautiful Urban Marathon in America." The start is in downtown Minneapolis near the Hubert H. Humphrey Metrodome which is most famous as the home of the Minnesota Vikings National Football League team. Returning to the run, about nineteen miles of the course are in Minneapolis with the final seven in St. Paul. Along the way, miles three to four are along the west side of Lake of the Isles with Cedar Lake just to the west. The next two miles go along the west and south side of larger Lake Calhoun and are followed with the course route along the north and east side of Lake Harriet.

The Minnehaha Parkway is reached by mile eight as the runners head east toward the Mississippi River. From miles eleven to fourteen, the marathoners leave the parkway as they go south, east, and north along Lake Nokomis before returning to the parkway with smaller Lake Hiawatha to the north. The Minnehaha Parkway from miles fourteen to fifteen goes through Minnehaha Park near Minnehaha Falls prior to reaching the Mississippi River. The next four miles follow the west bank of the river to the north and then the Mississippi River is crossed on Franklin Avenue into St. Paul with about two miles south along the east side of the river. Miles 21-25 are a gradual uphill from the river along Grand and Summit Avenues with the final mile past the Cathedral of Saint Paul with the finish at the grounds of the Minnesota State Capitol. Both of these buildings are on the U.S. National Register of Historic Places. After 26.2 miles, the marathoners can see on the Capitol's south portico the Daniel Chester French sculp-

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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.

2 Snakes 2 Wipeouts and 22 Miles (continued from page 2)

says I should have stayed in bed. But, then that is what trail running is all about, and if you aren't up for the adventure then don't hit the trails. I probably wasn't quite recovered from my marathon...or the accident... but I had run the marathon pretty comfortable so the only effects I felt were in my concentration and my speed. A group of about 6 of us took off, and quickly I feel behind, but I had no worries regarding that. I was happy to be back out on the trail, and happy that I wasn't feeling any real effects from the accident. It was a beautiful crisp morning and the trees were just starting to bud. We had decided to do the southern section even though our race will only take us north, and on the Blue Loop. Dianne had not gone south yet, and I wanted her to see the beautiful vistas and experience some of the tougher technical terrain. Plus, they had water put out for the runners at the 8 mile point. She was having the time of her life. The Ice Age Races are my absolute favorite races I have ever done. I love the course more than any course I have ever done. It has rolling hills, technical sections and long grassy sections. You would think that it is the technical rocky sections that are the most dangerous, and I suppose they are, but for me it is always the flats. That is where I do my not so graceful Wide World of Sports face plants. There is always some tiny little stump sticking up. In my case I jumped over the first one congratulating my self on my cleverness, and then tripped headlong over the next one. They say it is better to just fall. But, most people try to catch themselves first. I did the cart wheeling for several steps before I did the arms and legs splayed, face plant. I lay there all alone and said to myself that I was having quite the week. I lay there for a minute or two before getting up. It was incredulous to me that I had just fallen. I needed to wrap my brain around that fact because I don't normally fall. I checked for blood. Yes there was some road rash. Cool. My neck was sore. Time to move on. A little later I turned my ankle. Then I turned it again. And then again. My concentration was just not the same as usual. It is a fact that after

running a few of these that you get in tune with yourself and know when you need to take your electrolytes, when you need to take a gel, and when things are just off. I was just OFF! Dianne was wonderful sticking with me through the run. We got slightly off course once on the way back from our turnaround point, but quickly got back on course. We marveled at these beautiful tiny purple flowers that were blooming all over the trail. It seemed there were more blooming on the way back than on the way out. We greeted other runners, some we knew and many we didn't. We gave direction to hikers, and talked to scouts. At one point I screamed. A snake slithered across my path. Not much later I actually stepped on a snake on the trail. More screaming ensued. I am not afraid of snakes, but they did startle me. And it is not a pleasant feeling to step on one. My favorite section was the pine forests. They were such a pleasant place to run with their sweet piny scent. Even though I was very tired at this point, maybe mile 19, the pine forest really lifted my spirits. Just as we were in the home stretch, I let my guard down and was running another flat section when my foot caught a rock. I flew headlong and landed right on my chest. Thank God I wasn't blessed with a large chest or think I would be in great pain in that area. But still, talk about a different kind of pain. Both my calves cramped up and started to quiver. I was covered in dirt from chest to toes. My knees were scraped. Basically, I was a mess. I got many sympathetic looks from the people walking from the Nordic trail head as I ran in. I must have look pretty bad. I was happy that I completed the distance. Dianne and I cleaned up and we each had the famous Walnut Loaf sandwich and a beer at the little store in LaGrange. That was our reward for a challenging run. It was definitely a run ugly for me, but then it is what I love, so I have no regrets. I love the trail. I love Ice Age. And what are a couple scrapes and bruises. They heal. I feel like a kid again when I am on the trail. I am ready to go up there again. But, maybe minus the snakes.

Race in Review (continued from page 9)

ture that has four horses, two women and a man with an appropriate name, The Progress of the State.

Minnesota's winter marathon is the 5th annual **St. Olaf College Women's Track & Field Team Zoom! Yah! Yah! Indoor Marathon** scheduled to take place January 10, 2010 in Northfield. The marathon will consist of 150 laps on the upstairs running track with the runners changing directions every 30 minutes while music is played for the entire event. There is a lottery for this marathon and a waiting list due to limited space. A much bigger crowd is at the February St. Paul Winter Carnival; the nation's oldest and largest winter festival that includes parades, cultural celebrations, skiing,

toboggans, snow shoeing, a blanket tossing contest, and push ball; a game played with giant balls. The ice and snow sculptures include the famous ice castle. Further north on the Canadian border, International Falls is often listed as the coldest city in the contiguous United States and it has as a nickname the "Icebox of the Nation." Enough about winter, Spring began on March 20th when the Sun crossed the Equator in preparation for the April 9th Passover and the hope for rebirth to be celebrated on April 12th for Easter.