

# THE TROTTER Chronicles



## Best of the Beer Runs

The Arlington Trotters planned, prepared, and executed 4 Beer Runs at Busse Woods this summer. We were blessed with great weather and even better company at each of the gatherings. Thankfully there was only one altercation with the park rangers for enjoying the evening too long. Many thanks to Gordon Lah for the pictures.

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#1 May 13 Mike, Peggy, Marion, Gordon



#2 June 17 Steve and Sherri



#3 July 22 Judy, Jim J, Rui, Trish, Ed, John



#4 August 19 Pat, Regina, Jim C

*more pics on page 6*

**The Trotter Board**

**President:**

Judi Miko  
847/502-3277  
xbugs@aol.com

**Vice President:**

Steve Sawyer  
847/394-9546  
Buzzsaw@gmail.com

**Treasurer:**

Ron Lawson  
847/398-0623  
d3rjl@att.net

**Secretary:**

Mary Papreck  
847/269-9098  
runit16@aol.com

**Social Director**

We Need One!

**Volunteer Coordinator:**

We Need One

**Newsletter Editor:**

Regina Brown  
847-304-9344  
brownlbs@comcast.net

**Track Director:**

Nick Nowicki  
nicknowicki7580@yahoo.com

**Web Master:**

Steve Breese  
847/358-8722  
sbreese@gmail.com

The Trotter Chronicles newsletter is e-mailed quarterly. 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.

# Chicago Marathon

by Regina Brown

The Trotters have staffed a Chicago Marathon water stop for over 20 years, and Carey Pinkowski has been the race director for as long as Mayor Daley has been in office.

The Trotters were very fortunate to have Carey Pinkowski, speak at our last meeting on September 9, 2010 at Runners Hi 'n' Tri. It was a very entertaining evening with about 25 people in attendance. Carey did a great job of relating the history of the marathon and its very small beginnings and citing off the impressive numbers of statistics that comprise this world class event (listed below). He was also very generous with his time in answering questions and sharing a beverage with some of the group afterwards. My favorite words of the evening from Carey Pinkowski, were: "The Running community is one with class. You can have a group of people from diverse

backgrounds...from mail men to surgeons...but when they get together to run, they all share the same great human expression". As an editorial note, I agree that running is the ultimate equalizer. However, I certainly hope that this expression does not get lost in the enormity of what the Chicago Marathon has now become. For those that do not train properly and are "sold on the idea" of raising money for charity, there are safer ways of making a contribution.

Good luck to all of the Trotters running on 10-10-10! I hope you enjoyed your journey getting to this point, and that you have a safe and great run.

Many thanks to Trisha Dean and all of her volunteers for staffing the aid station supporting our fellow runners in this well established Chicago tradition.

**Chicago Marathon Fun Fact from Carey Pinkowski**

- Race sold out in 49 days with 45,000 participants
- 41% of the participants are running a marathon for the first time
- The Chicago Marathon has the largest number of Boston qualifiers
- Biggest 1 day charity fundraiser in the state of Illinois. In 2009 8,000 runners raised \$161 million. In 2010, 10,000 runners have signed up for a charity.
- The University of Illinois conducted an economic impact study that the Marathon had on the city in 2009:
  - \*Brings \$150 million to the city
  - \*\$7 million in retail sales from the Expo
  - \* 9K runners are from Illinois, 7K from Europe, 4K from South America. 24% of the runners were first time visitors to Chicago
  - \* #1 weekend in restaurant sales for the year
- Oprah has worked a water stop for the past 10 years, but keeps it VERY low key
- There will be 9 participants this year that have completed all 33 Chicago Marathons

**10-10-10**  
**THE DATE TO MOTIVATE**



# Trotter Race Results

**Bob Portschy** **Age Group Male 60-64**  
 Wild Rose 10K Wild Rose, WI (2nd Age Grp.) 56:01  
 Grunski Runski Menasha, WI (2nd Age Grp.) 59:00

**Reshma Ahmed** **Age Group Female 45-49**  
 Chicago Rock N Roll 1/2 Marathon 2:10:40

**Noah Yosif** **Age Group Male 15-19**  
 Chicago Rock N Roll 1/2 Marathon 1:39:43

**Jim Nolan** **Age Group Male 45-49**  
 Chicago Lung Run 10K (2nd Age Grp.) 44:38  
 Chicago Rock N Roll 1/2 Marathon 1:46:19  
 Bankof Elmurst 4 on the 3rd 29:22  
 Strive for Five 5K (4th Age Grp.) 23:03  
 North Shore 1/2 Marathon 1:45:40

**Mary Ann Zemla** **Age Group Female 50-54**  
 Rock Cut Trail 50K Rockford, IL 6:28:00

**Ken Norwood** **Age Group Male 70-74**  
 Afton Trail Run 25K Afton, MN 3:03:12  
 Coyote Howl Nite Run 10K (1st Age Grp.) 57:22  
 Hobo Trail Run 25K Sept 18, 2010 (1st Age Grp.) 2:40:03  
 Hobo Trail Run 50K Sept 19, 2010 (1st Age Grp.) 6:26:52

**Nancy Roder** **Age Group Female 50-54**  
 Bretts Run 5K Genoa, IL (1st Age Grp.) 27:15  
 Helping Hands 5K Elgin, IL 26:52  
 Cal's All Star 5K South Elgin, IL (3rd Age Grp.) 26:08  
 Oktoberfest 5k Montgomery, IL (3rd Age Grp PR) 25:17

**Dan Roder** **Age Group Male 50-54**  
 Bretts Run 5K Genoa, IL (1st Age Grp. 7th OA) 19:25  
 Cal's All Star 5K South Elgin, IL (1st Age Grp. 4th OA) 19:13  
 Oktoberfest 5k Montgomery, IL (1st Age Grp. 2nd OA) 19:13

**Margie McGowan** **Age Group Female 50-54**  
 Salute 5K (3rd Age Grp.) 30:12

**Regina Brown** **Age Group Female 45-49**  
 Runners Edge Trail 1/2 Marathon (1st Age Grp.) 1:43:41  
 Mother's Day 5K (1st Age Grp.) 22:33  
 Elgin Fox Trot 5K (2nd Age Grp.) 22:37  
 USTS Women's Triathlon (10th Age Grp.) 1:21:46  
 Twin Lakes Triathlon (2nd Age Grp.) 1:36:18  
 Splash Pedal Dash Triathlon (1st Age Grp.) 1:24:34  
 Bang's Lake Triathlon (10th Age Grp.) 2:45:07  
 Waucaunda Triathlon (4th Age Grp.) 1:35:54  
 Danskin Women's Triathlon (11th Age Grp.) 1:20:03  
 Prarie State 1/2 Marathon (1st Age Grp.) 1:45:03

**Jan Draheim** **Age Group Female 70-74**  
 Salute 5K Arl. Heights, IL (1st Age Grp.) 44:20  
 Run for the Roses Roselle, IL (2nd Age Grp.) 45:38  
 Downers Grove 5 Miler (2nd Age Grp.) 1:14:46  
 Bankof Elmurst 4 on the 3rd (3rd Age Grp.) 1:00:00  
 Dekalb Cornfest 10K (1st Age Grp.) 1:38:02  
 Palatine Feet Fest 3K (1st Age Grp.) 23:53  
 Park Forest Scenic 5 Mile (2nd Age Grp.) 1:15:05  
 Park Ridge Charity Classic (1st Age Grp.) 55:05



Jan Draheim, Hardware Diva

more race results on page 4



# Trotter Race Results

**Mark Ardito**                      **Age Group Male 30-39**  
 Race to Wrigley 5K                      23:07  
 Race for Sincere Hearts 5K                      23:19  
 Mt. Prospect Strive for Five 5K                      21:52  
 Joggin fro the Noggin 5K                      21:43  
 Oak Brook 1/2 Marathon                      1:45:15  
 St. Paul Mission Run 5K                      20:13

**Jim Cichowski**                      **Age Group Male 60-69**  
 Midtown 5K                      (8th Age Grp.)                      29:29  
 Road Kill 5000 5K                      (1st Age Grp.)                      31:07

**Nicole Murray**  
 CARA Ready to Run 20 Miler                      4:08:00

**Jason Lehman**                      **Age Group Male 30-34**  
 Chicago 1/2 Marathon                      1:39:44  
 Chicago Rock N Roll 1/2 Marathon                      1:42:05

**Lisa Cottrel**                      **Age Group Female 40-44**  
 Chicago 1/2 Marathon                      1:46:18  
 Run from the Cops 5K                      (2nd Age Grp.)                      24:44  
 Frontier Days Stampede 10K                      (7th Age Grp,)                      52:55

**Steve Breese**                      **Age Group Male 30-34**  
 Dekalb Cornfest 10K                      (2nd Age Grp.)                      35:40  
 Terrapin 5K                      (2nd Age Grp.)                      15:57  
 Rock N Roll Chicago 1/2 Marathon                      (7th Age Grp.)                      1:19:17  
 Bank of Elmhurst 4 on the 3rd                      (3rd Age Grp)                      21:59  
 Downers Grove 5 Miler                      (1st Age Grp)                      28:53  
 Roselle Run for the Roses                      (1st Age Grp)                      16:48  
 Soldier Field 10 Miler                      (3rd Age Grp.)                      57:38  
 Chase Corporate Challenge 5.63K (16th OA)                      18:53

**Ray Gobis**                      **Age Group Male 45-49**  
 Bank of Elmhurst 4 on the 3rd                      (12th Age Grp.)                      25:16  
 Downers Grove 5 Miler                      (5th Age Grp)                      31:57  
 Roselle Run for the Roses                      (5th Age Grp)                      19:00  
 Soldier Field 10 Miler                      (17th Age Grp.)                      1:08:17

**Nick Nowicki**                      **Age Group Male 25-29**  
 Twin Lakes Triathlon                      (2nd Age Grp.)                      1:24:16  
 Leon's World's Fastest Triathlon                      (82nd OA)                      2:26:15  
 Salute 5K                      (3rd OA)                      18:21

**Patrick Donahue**                      **Age Group Male 60-64**  
 Northshore 1/2 Marathon                      (1st Age Grp.)                      1:48:58  
 Cal's All Star 5K                      South Elgin, IL(1st Age Grp. 4th OA)19:13

**Jim Janaszak**                      **Age Group Male 65-69**  
 Salute 5K                      (1st Age Grp.)                      23:45

## Weekly Group Runs

### 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.

# 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. Trisha has captained the Chicago Marathon aid station for the Trotters since 1989. She has completed 30 marathons, including 6 Boston Marathons, and over 100 triathlons. She has also completed four Ice Age 50 Mile races. Trisha was formerly assistant principal at Buffalo Grove High School, holds a Ph.D. from Loyola University Chicago, and currently teaches graduate classes at National-Louis and Concordia universities.

“The older I get, the faster I was.”

This quotation was posted at the Dakota service station, a car repair facility on Dundee Road that I drive by every day. The staff regularly posts quotations or reminders about community events. One day they even posted a question about whether a girl said yes to a boy’s prom invitation, presumably to Buffalo Grove High School’s prom, as the high school is located across the street.

I don’t know how the prom invitation worked out, but I’ve been reflecting on “the older I get, the faster I was” quotation. My interpretation is that as we get older, our stories become increasingly exaggerated about the exploits of our youth.

If that were true, I’d be writing about my 2:59 marathon PR. Alas, I never came close to that time. That would be a time that the likes of Tony Gialanella would run. In fact the fastest marathon I ever ran was a 3:38, though I kept thinking I should be able to run under 3:30. I don’t exaggerate my PRs, but I do remember most of them within the minute- from the 21 minute 5K to the 12:45 Ironman. I certainly was never the fastest runner out there, but I worked hard for those times.

For me a more appropriate quotation, which I heard from some source I can’t recall, is, “If I realized this was going to be my PR, I would have enjoyed it more.” Thinking I should have run under a 3:30 didn’t get me there.

When I think of the times I ran and the distances I conquered, I definitely wished I’d appreciated them more. But no,

I would strive for the sub- 3:30 instead of appreciating the 3:38. Instead of being happy with the 10 hour and change Ice Age 50 miler, I’d wonder if I could go faster the next year.

And then I couldn’t.

I didn’t start running until I was 33 years old. Conventional wisdom holds that runners can improve for ten years. I set my PRs in my late thirties and early forties.

I still had the illusion that I could improve. Then, in my early 40s, I took a more time consuming and demanding job. In my late forties, I had two knee surgeries and became a mom. And slowly I had to accept that my fastest times were behind me.

That’s OK- I’m happy to still be running and participating in triathlons at 58. There’s no point wishing I could run the PR I ran in my thirties. Still, at times I will pass the 21 minute mark in the 5K and realize years ago I would have been crossing the finish line. Today I am far from that finish line at 21 minutes.

So for me, “The older I get the faster I was” doesn’t apply, if it means telling tall tales exaggerating my times. But the older I get, the more I appreciate those PRs and wish I could come anywhere close to them now. And I would have appreciated them more if I knew then that those times were the fastest I would be!

The older I get,  
the faster I was

## More Beer Run Pic's

Mary Ann and Dick



Mary and Jack



Juli and Valdis



Gordon



Fast Track Team

### Club Meetings & Events

## October Monthly Meeting

The Date for the October Monthly meeting will be October 28, 2010 at 7:30 pm, instead of October 14. Location will be sent out via e-mail. Eric Bergamo, from Polar Heart Rate Monitors will be our presenter. He will be speaking with us on how to use heart rate monitors as an effective training tool.

## November Monthly Meeting

The Date for the November Monthly meeting will be November 11, 2010 at 7:30 pm. Location will be sent out via e-mail. Meredith Beers, a registered dietician will be our presenter. She will be speaking with us on best practices on diet for in season and off season training.

# From the Doc

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.

Each week the readings on the thermometers are plummeting. At some point during the winter we will wake up for our morning run, take a peak outside the window, and see 6-8 inches of snow on the ground with gusting winds. Some runners will “suit-up” for an adventure. Others will turn off their alarms and crawl back underneath their warm blankets.

Needless to say, training during the winter can be character-building. Runners that have an aversion to cold weather find it difficult to maintain their fitness level. Many of them become reacquainted with their local gym; racking up their mileage on the treadmill. Runners have a variety of opinions regarding treadmills. Some love them while others feel like a hamster on a spinning wheel.

The treadmill offers numerous “pro’s.” The most important benefit is that a runner can maintain their fitness on those brutal winter days. They offer a surface that absorbs more shock than pavement. As a result, less punishment is delivered to the joints and muscles. Another benefit that a treadmill offers is that a runner can monitor their pace and heart-rate. “Hills” can be introduced into a workout by adjusting the incline. For those runners experiencing track workout with-drawls; speed workouts can be performed by increasing the treadmill speed for a given length of time. The recovery period is done at a significantly slower speed.

There are some downsides to treadmills. The biggest treadmill “con” is that a runner’s biomechanics are altered. A runner’s stride becomes significantly shorter and

quicker on a treadmill. The moving surface also places a runner in a more upright body position; opposed to a slight forward lean when running on pavement. These alterations in mechanics can plant the seeds for a potential injury. Runners that have difficulty running in a relatively straight line should use caution when working out on the treadmill. It can be very easy to misplace a step slightly off the belt, resulting in a fall or injury (I’ve almost done it a couple of times). The lack of scenery can introduce boredom. Sometimes a TV with our favorite program does not cause the time to go by fast enough.

If you decide to take your workout indoors, be sure to follow your outdoor routine. Perform a warm-up at a pace that you can carry on a conversation for 5-10 minutes. Stretch out those major muscle groups: hamstrings, quadriceps, hip flexors, IT bands, and calves.

Some gyms have foam rollers that do an excellent job of loosening up those tight areas. During those long workouts, take a quick break every 30-45 minutes to stretch out. Always get yourself familiar with the emergency stop buttons before performing vigorous workouts. If you hit the stop button, place your feet on the rubber padding found on the right and left side of the treadmill. Never stop completely on the belt and ride off it backwards because you can hit someone walking behind you or lose your balance and fall.

If you have any questions about treadmills or any other health-related topic, please e-mail me at: [nicknowicki7580@yahoo.com](mailto:nicknowicki7580@yahoo.com).

**The Treadmill**  
 1. Pro's  
 2. Con's  
 3. Injury Prevention  
*read all about it!*

# 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.

Texas has the reputation for doing things in a big way from its population, state fairs and of course, marathons.

Texas has twice the population of Illinois (only California is larger). Shockingly, it's unemployment rate is below the national average.

The Texas State Fair is a month long extravaganza from September 24 to October 17. More than 3 million are expected to visit the largest state fair in the United States. Big Tex, a 52 foot tall cowboy, continues to be the symbol of the fair that also has the annual college football game between Texas and Oklahoma, "the Red River Shootout". In addition to the tradition of football, some of the signature foods featured at the state fair are: deep-fried Oreo cookies, deep-fried Twinkies, deep-fried pork ribs, fried cheesecake, deep-fried peanut butter, jelly and banana sandwiches and batter-based fried Coke. No wonder, Texas has 20 marathon options to give people an opportunity to work all of those extra calories off!

**Odessa's West Texas Marathon**  
10-2-2010 [crossroadsmarathon.com](http://crossroadsmarathon.com)  
Out and back loop, promoting physical & spiritual fitness

**The Tyler Rose Marathon**  
10-10-2010 [tylermarathon.com](http://tylermarathon.com)  
1/2 and 5K options The Rose Capital of the world

**Frankenthon Monster Marathon**  
10-23-2010 [frankenthon.com](http://frankenthon.com)  
3 loops on crushed limestone.

**Marathon for Adoption**  
10-23-10 [marathonforadoption.com](http://marathonforadoption.com)  
Out and back course, Boston qualifier

**Marathoning for Miracles**  
10-30-2010 [ehendrick.org/cmn/marathon](http://ehendrick.org/cmn/marathon)  
Flat, fast, certified, 1/2 and realy options

**Rock 'n' Roll Marathon**  
11-5-2010 [sanantonio.competitor.com](http://sanantonio.competitor.com)  
Flat, fast, scenic, historic (Alamo) 1/2 option as well

## 20 Texas Marathon Options

**Dallas White Rock Marathon**  
12-5-2010 [runtherock.com](http://runtherock.com)  
22K runners, 1/2, relay & 5K option

**Fitness Fiesta Marathon**  
12-12-10 [fiestamarathon.com](http://fiestamarathon.com)  
1/2, relay and 1 mile kids race

**Texas Marathon**  
1-1-2011 [50statesmarathonclub.com/texas.html](http://50statesmarathonclub.com/texas.html)  
4 loops thru neighborhoods

**USA Fit Marathon**  
1-16-2011 [usafitmarathon.com](http://usafitmarathon.com)  
3rd annual, run or walk, 8 hour limit

**Houston Marathon**  
1-30-2011 [chevronhoustonmarathon.com](http://chevronhoustonmarathon.com)  
Boston qualifier, 22k runners, 1/2 option

**Austin Marathon**  
2-20--2011 [youraustinmarathon.com](http://youraustinmarathon.com)  
Certified, scenic, top running city in USA

**Galveston Mardi Gras Marathon**  
2-20-2011 [galvestonmardigrasmarathon.com](http://galvestonmardigrasmarathon.com)  
Back after 21 years, 1/2 option, great post race party

**Surfside Beach Marathon**  
2-26--2011 [www.active.com/running/surfside-beach-lake-jackson-tx/surfside-beach-marathon-half-marathon-and-crazy-hard-50k-2011](http://www.active.com/running/surfside-beach-lake-jackson-tx/surfside-beach-marathon-half-marathon-and-crazy-hard-50k-2011)  
Marathon, 1/2, &50K, only US marathon run completely on a beach

**Fort Worth Cow Town Marathon**  
2-27-2011 [cowntownmarathon.org](http://cowntownmarathon.org)  
Marathon, 1/2, 50K, 5K and 10K options, kids 5K

**El Paso Marathon**  
3-6-2011 [elpasomarathon.org](http://elpasomarathon.org)  
Boston qualifier, full, 1/2 and 5K options

**Beaumonts Gusher Marathon**  
3-12-2011 [thegushermarathon.com](http://thegushermarathon.com)  
Full, 1/2, & 5K options

**Seabrook Lucky Trail Marathon**  
3-19-2011 [seabrookmarathon.org](http://seabrookmarathon.org)  
Full, 1/2, & relay options, 500 runner cap

**Davy Crockett Bear Chase Marathon**  
4-9-2011 [50statesmarathonclub.com/bear.htm](http://50statesmarathonclub.com/bear.htm)  
Boston qualifie, 1/2 option as wellr

**Beach to Bay Relay Marathon**  
5-21-2011 [beachtobayrelay.com](http://beachtobayrelay.com)  
6 legs 4.4 miles each, honors all serving the US armed forces





Dedicated to Runners of All Levels

[www.arlingtontrotters.com](http://www.arlingtontrotters.com)

[arlingtontrotters.com](http://arlingtontrotters.com)

## It's coming!

The new website is coming soon! The delay is your "esteemed" newsletter editor who has been negligent in her duties coordinating with the web designers. Thanks for your patience!

-regina

The Arlington Trotter Running Club was established in 1979 to promote running in Arlington Heights and surrounding areas. The club is dedicated to runners of all levels, ages and abilities and its mission is to support each member in achieving individually selected running goals.

Our membership is about 100 members with a wide age-range and a diversity of running interests, including running and walking for fitness, participation in events locally and around the world.

### Why Join the Arlington Trotters?

- Friendly People
- Training Runs
- Monthly Meetings
- Track Workouts
- Newsletters
- Parties
- Community Outreach

Check out our website for more details

[www.arlingtontrotters.com](http://www.arlingtontrotters.com)

## Arlington Trotters Application Form

Annual membership is \$20 for an individual and \$30 for a family (persons living together at the same address). Make your check payable to Arlington Trotters and return it with a completed application form to:

Arlington Trotters, c/o Ron Lawson, 1602 Waverly Ct., Arlington Heights, IL 60004.

**Or, you can pay online at our website [www.arlingtontrotters.com](http://www.arlingtontrotters.com).** Ron can be contacted at [d3rjl@att.net](mailto:d3rjl@att.net).

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_