



The Trotter Chronicles



April 2010

Dedicated to Runners of All Levels

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X-Mas in April May 8

X-mas in April is a Trotter tradition coordinated by Steve Sawyer. Each year the Trotters go help a local family with house maintenance projects for 1 day. This year Steve needs 6 volunteers. Projects include, cleaning, sink repairs, electrical repairs. **Contact Steve Sawyer to get more details buzzsaw@gmail.net**



Jelly Belly Days May 15

Jelly Belly Days benefit the Clearbrook YMCA. Funds collected during Clearbrook Jelly Belly Days will help to sustain and expand the programs and services to children and adults with autism. Autism affects 1 in every 110 children



*The Trotters Have
Have Heart!*

The Arlington Trotters need 16 volunteers (8 per shift) to staff an the intersection of Golf and Arlington Heights Rd. in Arlington Heights on May 15, 2010 from 8:30 am to 4:30 pm. Great opportunity to give back to the community. **Contact Ed Nikowitz to get more details enikowitz@comcast.net**

1st Beer Run May 20

Don't miss the kick-off of this Summer Trotter Tradition. Please note the following:

- Put these Dates on your Calendar:
 - May 20
 - June 17
 - July 15
 - August 19
- Show up at Busse Woods, as you are traveling east on Golf Rd. from Hwy 53, it is the 1st entrance on your right after you pass 53. Take the first left and look for the shelter with the Trotter Flag
- Margie McGowan (at right) is hosting the 1st Run.
- We need volunteers to host the balance of the Beer Runs. **Contact Judy Miko if you can help. xbugs@aol.com**



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 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.

Tad Made It!

In addition to celebrating running achievements for the Trotters, we like to celebrate other life accomplishments, and this one is a BIG one! Tad has been working on this for a while, and well, he has "made it"! Press release follows:

Howard "Tad" Huntington was named Income Partner at the law firm of Williams Montgomery & John Ltd. Tad concentrates his practice on the defense of construction, product liability, transportation, commercial and civil rights matters in Illinois and Indiana state and federal courts. He has represented corporations, banks, and municipalities in a wide variety of civil litigation and has successfully argued before the Seventh Circuit Court of Appeals.



HLH@willmont.com

Job Opportunity

Tailsawaggin4u a unique dog running, dog walking and pet sitting company has a part time contract position open for a personable, hard working, reliable, resourceful person to join our team.

This is a long-term contract position for someone who meets the following criteria:

You MUST...

1. Love dogs and cats
2. Have own reliable and insured transportation
3. Have a cell phone with ability to send and receive text messages
4. Be available Monday through Friday, 10:00 am to 2 pm
5. Be willing to make a one year commitment, we are not hiring for seasonal work
6. Love being outdoors in all kinds of Chicago weather
7. Pass a criminal and background check
8. Be extremely time oriented and punctual

9. Be willing to provide exceptional customer service

10. Be able to run up to 3 miles

If interested, please email Peggy Corey at tailsawaggin4u@yahoo.com for an application

IMPORTANT NOTE: this can be physically demanding

We look forward to hearing from you.



Peggy Corey at tailsawaggin4u@yahoo.com



Trotter Race Results

March Madness Half Marathon 3-21-10

Joe Kolbab (27th Age Grp. 45-49) 1:38:31
Jason Lehman 1:44:24
Jim Cichowski 2:29:40

Publix Gasparilla Classic Marathon 2-28-10

Jim Janaszak (3rd Age Grp. 65-70) 4:21:00

Vanlentine's Day 10K and 5K Walk Run 2-13-10

Steve Breese (2nd OA) 16:48

P.F. Chang's Rock N Roll 1/2 Marathon 1-17-10

Patric Donahue (9th Age Grp. 60-64) 1:38:46

Snow Fun Run 1-9-10

Steve Breese (1st Age 32) 28:58

Upcoming Trotter Recommended Races

Many thanks to Julie Bane, Michael Z., Mary Papreck, Mark Rouse and Gordon Lah for making the recommendations

Hawthorn Woods 1/2 Marathon Sunday May 2, 2010

register on-line www.321goevents.com or www.active.com

Miles for Miracles 5K and 1 mile Walk Saturday, May 15, 2010

register online @ www.signmeup.com
for more information e-mail dimilesformiracles@yahoo.com

Des Plaines River Trail Races Marathon and 1/2 Marathon Saturday May 22, 2010

register online <http://desplainesrivertrailraces.com/>

Salute 5K/10K Run & 5K Walk Sunday May 30, 2010 at Miner School in Arl. Heights

register online www.saluteinc.org (click on events)

Flippin 5K Sunday June 6, 2010, 4:00 pm at Runners Hi & Tri in Arlington Heights

register online @ www.signmeup.com

Elgin Fox Trot 10 Mile and 5K Monday May 31, 2010

register online <https://www.raceit.com/Register/groups>

Track Workouts

Don't miss out on this summer tradition! Dr. Nick Nowicki will lead the Trotter Track workouts. Check out his article on page 6 to learn of all of the benefits of speed work as it relates to your running goals. Nick has been developing/researching some fun and challenging new workouts for the 2010 season.



When: Wednesdays 1st workout is **May 5, 2010**. The workout begins at 6:30, please arrive early so that you are warmed up and ready to begin the workout at 6:30

Where: Christian Liberty Academy. Address to "google/garmin":

502 West Euclid Avenue
Arlington Hts, IL 60004
(847) 670-0366

Questions? Contact Nick at:
nicknowicki7580@yahoo.com

**All Paces
are
Welcome!
Do not be
Afraid!**

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.

“Streak” in running has a variety of meanings. Recently Mary Papreck organized the “Streaker Run,” a “race” from the old Home Economist in Barrington for those who needed a February race to keep their monthly race streak going. In the 1980s and 1990s, “streakers” were those who ran naked through public places. And a running streak commonly refers to runners who run on consecutive days without a break.

One of the longest running streaks in the area was recently documented in the Daily Herald. In “Hitting his Stride,” a story appearing on March 24, the Daily Herald reported that Bill Jackson of Elk Grove will log his 9,000 consecutive day of running on April 9, 2010. That’s 25 years of consecutive days of running, folks.

How many of you dedicated runners out there could run 25 years, every single day, without a break? This is my 25th year running, and I can’t imagine running every single day. Even in the height of my marathon training days, I took one day off a week. Knee surgeries and bike crashes sometimes took me out of running for 6 weeks or more. As a triathlete, I often rest my running legs by swimming or biking. Flu or other illnesses sometimes enforce a day off.

Yet Bill Jackson has run daily for 25 years without a break!

You veteran Trotters probably remember Bill Jackson, a well known Trotter in the 80s and 90s. He was one of our faster members, logging a 2:35 PR marathon. Bill was always out there, encouraging me and other Trotters far slower than he was to go faster. He ran track workouts with the Trotters and often used Busse Woods as his training ground. Bill was frequently seen on the local race circuit pulverizing his competitors at all distances.

I haven’t seen Bill recently at races or out training. Though I haven’t done as many races as I did years ago, it seems I would have seen him at some local races if he were still racing. I have occasionally thought of him over the years, wondering if he was still running and was still continuing his “streak.” Back then he was “only” on about a 10 year streak.

Often runners that speedy eventually succumb to injuries and stop running. But opening the Herald the other day confirmed that Bill was not only still running, but still streaking.

The story also mentioned Mike Carey, another fabulous Trotter from the 1980s. Back then, Mike seemed to win almost every race he entered. He was the

father-in-law of long time Trotter George Watson, who unfortunately died a number of years ago while running the Saturday Busse run.

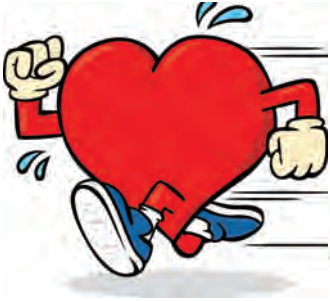
The story mentioned that Bill now mountain bikes regularly with Mike. Bill was described as one of the oldest bikers out there. At 63 and a retired tax auditor, Bill

finds that keeping his running streak going is somewhat easier without a full time job. He keeps his running journal on- what else- an Excel spreadsheet.

Bill, we are glad to read that you are still running, and still streaking. Congratulations! Come join us and tell us the story about how you have managed to keep that streak going for 25 years. We Trotters hope to see you on the road!

**Streak
Running...
Read on...
Run on!**

Thank You from CEDA!



SELF-HELP CENTER, INC.

AN AFFILIATE OF COMMUNITY AND ECONOMIC DEVELOPMENT ASSOCIATION OF COOK COUNTY, INC.
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EXECUTIVE DIRECTOR
RONALD L. JORDAN

March 9, 2010

Mary Papreck
Arlington Trotters Running Club
10 N. Albert Street
Mount Prospect, IL 60056

Dear Mary:

Thank you for your recent donation of \$250.00 to CEDA Northwest Self-Help Center, Inc.

I am very pleased to let you know your donation will help fund our programs and services that rebuild lives and restore hope for individuals and families in crisis.

As I write this letter, your gift is already making a difference by helping individuals and families become stronger. With the number of Americans who fall below the poverty level increasing for the fourth year in a row, it's clear that the need for our services is growing.

Again, thank you for your concern for our neighbors in the Northwest suburbs by "Helping people...Changing lives".

Sincerely,

Ron Jordan
Executive Director

Thanks for your support,



ESTABLISHED IN 1981
EQUAL OPPORTUNITY EMPLOYER



Thursday Night Summer Runs!

Do you run a +/-11:00/mi pace? Are you injured or coming back from an injury? If you have answered yes to any of these questions, then this run is for you! The group started running loops at Twin Lakes on March 18 and the plan is to continue thru November 4. Judy Miko is leading this group. The group will do a 3 mile loop at Twin Lakes Park in Palatine. Meet at the north parking lot. **1200 E Twin Lakes Dr Palatine, IL 60074-6846 (847) 934-6050.** Contact Judy Miko for more details, **847/502-3277** **xbugs@aol.com** and watch your e-mail for details



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.

Whether your goal is to qualify for the Boston Marathon or just shave off a hand-full 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. For longer intervals such as 1/2 mile or mile repeats your rest time should not be longer than 3 minutes. 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.



continued on page 7

Charity Opportunity to Run the Chicago Marathon 10-10-10

Join the Movement and You Can Run to Stop MS!

Join the Movement by running with the Greater Illinois Chapter's inaugural Run to Stop MS Team (Run MS) in the Bank of America Chicago Marathon on October 10, 2010.

Although the marathon's open registration process is already closed, you can still join the movement. If you've already registered for the marathon, you can still elect to "Run to Stop MS" as a charity runner.

Run MS will help you realize your dream of completing the 2010 Bank of America Chicago Marathon, and every step you take during your 26.2 miles will be part of our movement to create a world free of MS! Run to Stop MS is a unique opportunity that enables individuals to reach two common goals: to test their athletic endurance and create a world free of MS. The funds you raise through events like Run MS are vital for programs, services and research that enhance the quality of life for people and families living with MS. Therefore, we ask all of our runners to fulfill a fundraising requirement of \$500 by race day.

In the meantime, we'll be with you every step of your journey, providing excellent fundraising and marathon-running tools so that you'll have a memorable, successful

experience. Once you register with us, you'll have your own Web page in our participant center to help track your fundraising progress, plus links to fundraising, training, nutrition and other resources that will help ensure you're prepared for marathon day.

Contact Elizabeth Combs at Elizabeth.Combs@ild.nmss.org or 1.312.423.1156 to learn more, and register now!



Article (continued from page 6)

Track workouts at Christian Liberty Academy start May 5th at 6:30 p.m. See page 3 for location details.

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



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.

Race in Review

by Michael Zielinski



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

The St. Louis Marathon took place April 11th. More than 23,000 participants competed in one of the 10 different races over the two-day fitness event. On Saturday, April 10 in Forest Park the popular family day races took place, featuring a 5K Run/Walk, Read, Right & Run Marathon, Children's Fun Runs and a Mature Mile. On Sunday, April 11 more than 17,000 endurance athletes competed in the marathon, half marathon or marathon relay. The annual GO! St. Louis Marathon & Family Fitness Weekend is Missouri's largest fitness event and draws athletes from 47 states and 10 countries. It evolved from the former Spirit of St. Louis Marathon. Below are some fun facts, and a link to sign up for next year! Might be a fun road trip to plan for the relay!

2010 Results and other Data Points

Leaderboards/Participants #'s

Men 5K-504 Participants

Jeff Cooper, 37, MO (17:05)

Women 5K-1002 Participants

Cassie Peller, 24, WI (17:56)

Men 1/2 Mrthn. - 3883 Participants

Mario Macias, 29, CO (1:05:09)

Women 1/2 Mrthn - 6820 Participants

Mariska Kramer, 35. NTHR (1:17:23)

Men Marathon -1368 Participants

Karl Gilpin, 31, MO (2:25:41)

Women Marathon 710 Participants

Julie Lossos, 29, MO (2:52:31)

Men Marathon Relay

Off Constantly, MO (2:41:17)

Coed Marathon Relay

Bolt Cutters, IL (3:21:01)

Women Marathon Relay

Fab Four Warriors, IL (3:26:22)

- 442 Relay teams

Links

St. Louis Marathon Website
bookmark it for 2011!
<http://www.gostlouis.org/>
Halloween 10K & Fun Run
October 17, 2010
http://www.gostlouis.org/10K_Details.html

Points of Interest on the Course

- The Arch completed in 1965 and at 630 ft, is the tallest man-made monument in the United States.
- Busch Stadium home to the St. Louis Cardinals, winners of 10 World Series Championships
- Anheuser-Busch Brewery opened in 1852, visitors get a free tour and 2 free glasses of beer!
- Forest Park larger than NY's Central Park and 2nd largest city park in the U.S. Home to the Worlds Fair, LA Purchase Exposition and Summer Olympics in 1904. Today it houses a zoo, several lakes/open scenic areas, the McDonnell Planetarium, and the Municipal Theater (the Muny) that is the largest and oldest outdoor musical theater in the U.S.
- Washington University especially known for having one of the world's top medical schools.
- St. Louis Cathedral known for its large interior mosaic containing 41.5 million glass tessare pieces in more than 7,000 colors that cover 83,00 sq. ft., which is one of the largest in the world.
- Scott Trade Center home to the NHL St. Louis Blues.

MO Facts Know B4 U Go

- Founded in 1764
- Napoleon sold the LA purchase to the US during the administration of Thomas Jefferson in 1803
- Became a state in 1821 as part of the MO compromise that postponed the Civil War.
- St. Louis is the 52nd largest city with a population of just over 350,000.
- The St. Louis metro area is the countrys' 18th largest with over 2.8 million people.

Exclusive Trotter Offer

NovaCare Rehabilitation is Pleased to Offer an...

Injury Hotline

For the Arlington Trotters

Starting to have some pain? Concerned it will interfere with your training program? Don't wait until it gets worse! All are invited to call!

(866)TRY- NOVA



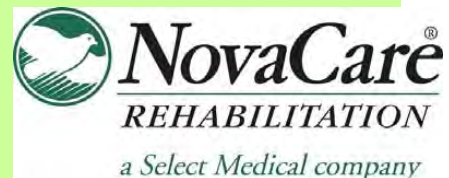
Please leave a detailed message, including a convenient time you can be reached. A Certified and Licensed Athletic Trainer will return your call. Medical advice, shoe lacing techniques, referral to a sports medicine doctor if needed, and referral to any of our clinics for a free injury assessment can be provided through the hotline!

(866) TRY- NOVA

(866) 879-6682

NovaCare Rehabilitation is a full service physical rehabilitation provider and specializes in injury prevention and management programs. Our services include the following:

Physical Therapy
Dartfish™-Videotaped Gait Analysis
Aquatic Therapy
Custom Orthotic Casting
Core Strengthening Classes
Sports Performance/Athletic Training Services



**Visit www.novacare.com/chicagoland.htm
for the nearest NovaCare clinic to you!**