



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

# The Trotter Chronicles

January 2010

Dedicated to Runners of All Levels

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## Winterfest January 16 7:00 pm

### Winterfest Annual Party

- End of the year awards
- Board elections
- January meeting. Set up will start at 6 pm

#### Address:

- Sheffield Club Townhouse  
1000 Walnut Lane  
Schaumburg, IL 60194

The Club will provide the entree and beverages

Please  
bring an  
appetizer,  
side dish or dessert  
to share

## Trotter Board

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enikowitz@comcast.net

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Flash  
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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.

# CEDA-TY from Trisha D.!

Thanks to those of you who contributed to the CEDA family this year, especially Robin Gialanella, Gail Edgar, Mary Papreck, Steve Sawyer, Michael Zielinski, Mark Rouse, Martha Cook, and Johnathon Wynn of the Lemme Insurance Company. As you might imagine, it is a difficult season for many with the economy this year. We received a thank you note from CEDA and from our

family, and the CEDA workers were most appreciative when I dropped off our items.



AN AFFILIATE OF COMMUNITY AND ECONOMIC DEVELOPMENT ASSOCIATION OF COOK COUNTY, INC.  
1300 W. NORTHWEST HIGHWAY, MOUNT PROSPECT, IL 60056  
PHONE 847-392-2332 FAX 847-392-2427  
www.cedanorthwest.org

Dear: Arlington Trotters

Attn: Trisha Dean

Board of Directors

Chair  
Justin Scheuchenzuber

Vice Chair  
Debbie Carlson-Kudla

Treasurer  
Ellen Kukla

Secretary  
Marcy Traxler

Directors at Large

Laura Berrum

Crystal Bush

Kristi Czapiewski

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Patricia Hairston

Allen McClellan

Nina Persino

Melanie Rimmer

Steven Rogers

Ray Walker

Fran Whitehead

EXECUTIVE DIRECTOR  
RONALD L. JORDAN

We would like to thank you for your kindness and support in participating in our 2009 Holiday Program. The parents and children were overwhelmed by your generosity.

We understand that in these difficult financial times donations are more difficult to come by so we are inspired by your giving spirit this year. The families who have received gifts from you are especially stressed by the current economic situation and these may be the only gifts that the children of these families receive this year.

Enclosed are all of the thank you cards that were given by the families you assisted.

Thank you, once again, for your generosity of spirit this holiday season!

With gratitude,

Rita Nesbitt and Kyli Marshall

CEDA Northwest Interns



ESTABLISHED IN 1981  
EQUAL OPPORTUNITY EMPLOYER





# Trotter Race Results



## Westchester Veteran 10K 11-8-09

Steve Breese	(7th AG)	36:10
Ray Gobis	(4th AG)	38:32
Jan Draheim		1:25:05

## Schaumburg 1/2 Marathon Turkey Trot 11-28-09

Michael Mueller	(3rd OA Male)	1:28:00
Steve Breese	(3rd OA)	1:19:32

## Florida Marathon 12-19-09

Jason Lehman	(1st AG)	3:48:53
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## January Monthly Meeting

Winterfest on January 16, 2010---  
See Page 1 for details

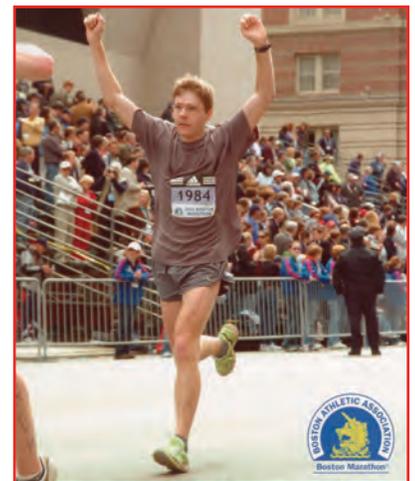
## Dues are Due! You Can Pay Online!

Many thanks to Steve Breese for coordinating the "online" ability on our website to accept annual dues from Club members. Check it out!

<http://arlingtontrotters.com/Profile/>  
Of course we will still accept checks and cash at the Winterfest Party or you can mail them to Ron Lawson, acting treasurer, until the annual elections. Application on Page 10

Ron Lawson  
1602 Waverly  
Arlington Heights, IL 60004  
d3rjl@att.net

# Check out the "New Look" on our Website [www.arlingtontrotters.com](http://www.arlingtontrotters.com)



Thanks Steve!

# 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.*

If you are looking for a race that is just plain fun, the Annual Santa Sleigh Run 5K fits the bill. Held December 5th this year and organized by the Rotary Club, the second annual was my kind of race- crazy and filled with laughs.

During the inaugural race last year, daughter Rui and I were at Disney World. However, I saw the story in the Herald, as well as Tony and Robin Gialanella's 2008 Christmas card in which they were both dressed in Santa suits, and I knew this race had to be on my 2009 calendar.

For you uninitiated, the t-shirt substitute for the Santa Sleigh Run 5K (I like the rhyme too) is a full Santa suit. And I mean full-beard (not too good for contact lens wearers), mustache, hat, belt, pants, and jacket. For the entry fee, about thirty dollars, we are not talking a high quality Santa suit here. It will get you through the race (maybe), and possibly can be worn to a party or two, but it is definitely not something you will wear year after year. If you want high quality, check out the Santa suit Steve Sawyer wears every year at the Santa Run, not to be confused with this race.

On the appointed Saturday morning, I arrived at the parking garage on Highland and Campbell after my typical Saturday morning of running around and dropping Rui off at gymnastics. I made my way upstairs to the Metropolis, where the Santa suit distribution occurred. Several people were deciding between small, medium and large suits. These run quite small- a size small would probably fit Kate Moss. I settled on the large, and then tried to open the plastic bag, which seemed to have been sealed by NASA. In frustration, I used my front teeth to tear open the bag.

Wrong move. These were the same \$2000 front teeth I had replaced after my summer bike accident. One promptly came off, which I realized when I felt a small stump where my tooth should have been. I was chatting with Robin's friend Dee, and lost track of the conversation at that point. "My tooth!" I wailed, having visions of not sug-arplums but another \$1000 tooth repair. Looking down at the floor, a Christmas mir-

acle, my tooth! I popped it back on, knowing it would take more than superglue to fix it permanently.

Hastily I went to my car and called the dentist with my cell phone, explaining the situation. "Can you come in at 10:15?" Hey, I have priorities here- the race started at 10. Asking for something later, the receptionist thought she could squeeze me in at 11:30, but I might have to wait. That would be fine- I could still do the race and not be faced with a toothless weekend.

That settled, I proceeded to the starting line-with hundreds and hundreds of other Santas. Gordon Lah, Mary Papreck, Steve Sawyer and others were some of the Trotters- er Santas- I saw. The Herald reported the next day that the entrants easily topped last year's 600. Everywhere you looked there were Santas in full suits, taking pictures, laughing, joking. (Jack Waddick got some great shots which he later posted on You-Tube.) "Santas, you will be starting in 5 minutes," came the announcement.

When the gun went off, a sea of Santas covered the streets of Arlington Heights. My high quality Santa pants dropped to my feet in the first few steps. I pulled off the course, hoisted them up, and stuffed them into my tights. Apparently I had not secured the drawstring well enough.

The course was similar to the Walter Payton 5K course, through downtown and residential streets in Arlington Heights. Along the way, young and old came out to see the spectacle. You couldn't help but laugh at the sight of hundreds of Santas in all directions. No one seemed too concerned about their times, as there were no age group awards.

Santas crossed the finish line as far as the eye could see, entering the parking garage for treats from Whole Foods. The only negative was that it was a little cold to stand around chatting- but, hey, I had a dentist appointment to make. My dentist didn't even admonish me for tearing into a Santa suit bag with my teeth. I'll be back to the race next year, and this time I'll use my car keys to open the bag!

Check out Jack's YouTube Video of the Race <http://www.youtube.com/watch?v=7x9yhw3eHbQ>

## Arlington Trotters Board Meeting Minutes for Thursday, January 7, 2010

submitted by Mary Papreck

Meeting commenced at 6:30 p.m.

Attendees: Ed Nikowitz, Regina Brown, Ron Lawson, Steve Breese, Steve Sawyer, Judi Miko, Mary Papreck. Guests were Jennifer Nikowitz and L. Terry Betz

### Treasury Report

• Ron Lawson said we are in good shape. Expenditures due are for the Winterfest Party and RRCA for insurance. We are counting on 100 members at \$5.60 each for the RRCA Insurance.

### Winterfest Party

- Awards
- Food and Drinks – Ed will pick up beer and wine and tablecloths; Judi will pick up pop and water. Judi will make something in the crockpot and Mary will make baked mostaccioli and order Brown's Chicken as backup.
- Club Members to bring appetizers; salads; desserts
- Set up 6 p.m. Ed said not to bring coolers. Judi has enough plasticware

### Donation

• We allocated \$500 in donations for Clearbrook Center and CEDA last year and only donated \$250 to Clearbrook Center last year. We will write a check to CEDA and have them decide where they want to use the funds

### Board Member Slate to Date

- Judi Miko for President; Steve Sawyer for Vice-President; Ron Lawson for Treasurer; Mary Papreck for Secretary; Regina Brown for Newsletter Editor; Steve Breese for Webmaster
- Committee Heads – need Volunteer Coordinator; Social Chairman. Ed Nikowitz will help out as needed

### Speakers

- February – Need to ask Trisha Dean if she will speak on Triathalons
- March – Steve Sawyer; Mary Ann Zemla and Mark Rudnicki on RAGBRAI
- April – Ask Robin to contact massage therapist friend
- Ed to talk to Eric at Runner's Unlimited about a shoe talk at his store

### Website

- Steve Breese and Regina have done a good job on the website.
- Color change on website from gray to white
- Members are able to pay their dues on-line
- Board Member page can see the members and who has paid.
- Need to get Ron Lawson's address on website for people who want to mail in their dues
- Throughout year, Steve Breese can send canned email message to give information on the Club to those who inquire on line.

### Dues

- Ron Lawson to send letter out to past Members inviting them back as a Trotter. Maybe by paying on line, we can bring some members back
- Either pay on line or send check to Ron Lawson: 1602 East Waverly Court; Arlington Heights, IL 60004
- Regina to update application and include a .pdf in the Newsletter and on website

### Miscellaneous

- Mary brought up the Trotter Twosome. Steve to check with Mark on how much Cook County charges for permit for Forest Preserve. Continue to see if there is interest. Ed mentioned that maybe volunteers could be solicited from the Rotary Club. Someone mentioned the high schools need to do volunteer work as well. Race proceeds would benefit Clearbrook Center.
- April 10th Busse Woods Kick-Off
- Veggie Dinner to be determined
- Need to get Trotter applications in Mark's store

## Trotter Board Slate to Date

President: Judi Miko

Vice President: Steve Sawyer

Treasurer: Ron Lawson

Secretary: Mary Papreck

Newsletter Editor: Regina Brown

Webmaster: Steve Breese

Volunteer Coordinator:

*We need somebody*

Social Chairman:

*We need somebody*

**Elections for the  
Arlington  
Trotters Board  
January 16  
Great Way to  
Give Back!  
Great Way to  
Network!  
Send your  
nominations to  
Mary Papreck  
runit16@aol.com**

# 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.*

By now many of us have grown sick of the nasty winter weather. Every week we are buried in snow. When the roads, sidewalks, and jogging paths are finally cleared; mother-nature delivers sub-zero weather with -30 degree wind-chills.

Treadmill running becomes more boring by the day. Many of us are starting to feel like a hamster on a spinning wheel. An easy 5-mile jog on the treadmill lasts an eternity. Running in the winter has become just plain WORK.

What can be done to beat the “winter blues?” CROSS TRAINING!

Cross training is a great way to condition different muscle groups and develop a new set of skills. It also allows you the ability to vary the stress placed on specific muscles or even your cardiovascular system.

Runners whose goal is to have an injury-free season should strongly consider cross training. A 20+ mile training run on hills and pavement can tear a “healthy” runner apart. Combine a long training run with muscular strength/flexibility imbalances and a runner has the perfect recipe for a potential injury. Cross training reduces the repetitive stress delivered to the muscles and joints. It can improve your flexibility and strengthen those “weak links” in your body. For those runners that have recently caught the “injury-bug,” it is vital to incorporate cross training to maintain aerobic fitness.

## Examples of Cross Training Activities

- Resistance Training
- Biking
- Swimming
- Cross-Country Skiing
- Snow-Shoeing
- Pilates
- Yoga

## Cross Training Precautions

*With every workout you must always perform a warm-up, cool-down, and stretches.* All of these activities will decrease the likelihood for soreness and injury. When warming up and cooling down, you should be able to carry on a conversation with someone else. If you cannot carry on a conversation, you are working out too hard. Warm-up and Cool-down duration should be 5-10 minutes.

*Take it easy your first several visits at the weight-room.* People tend to run into trouble (injury-wise) at the gym when they try to do too much too soon. If it is your first time back in a while, chances are you are going to feel sore no matter what exercises you perform. Killing yourself in the first workout will most likely keep you out of the gym for the remainder of the week.

During the first month of weight training, strength gains are the results of improved coordination instead of increases in muscle mass. Increases in muscle mass typically do not occur till after 6-8 weeks of training. Therefore, the main objective in the first month is building muscle endurance. I typically recommend people to perform 2-3 sets of 12-15 repetitions. Rest periods should be 30-60 seconds.

*Focus on proper technique.* Many of the weight room/group exercise class related injuries are the result of poor form. Those of you that have recently joined a gym, I highly suggest that you schedule an equipment orientation with a personal trainer. Runners that are interested in participating in their first triathlon and can only “doggy-paddle” should sign-up with a swim coach to learn the stroke fundamentals. Yoga and Pilates enthusiasts should alert the instructor if you are uncertain that you are in the correct position. Always be mindful of your

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# 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 second annual Illinois Marathon ([www.illinoismarathon.com](http://www.illinoismarathon.com)) is scheduled to take place on May 1, 2010 at the University of Illinois in the downstate cities of Champaign and Urbana almost one-hundred years from the very first college homecoming at the University of Illinois in 1910.

On this note, starting on January 1st, Dr. Stanley Ikenberry returns as the president of the University of Illinois after previously having served in this position from 1979 to 1995. From this date, there are four months to train for the various events of the May 1st Illinois Marathon that includes the marathon, half marathon, marathon relay, 5K and youth run that all will start outside of Assembly Hall and finish on the 50 yard line of the newly remodeled Memorial Stadium.

The inaugural Illinois Marathon received much acclaim which could inspire a Spring drive south from the Chicago area on Interstate 57 past the bountiful corn and soybean fields of Central Illinois to the Champaign-Urbana area at Interstate 74 before turning east to the University of Illinois whose motto is "Learning and Labor".

The Illinois Marathon starts on the southwest corner of the University of Illinois campus just to the west of Assembly Hall, one of the world's largest edge-supported domes with maximum capacity for 17,200 that opened on Honors Day in 1963 and continues to be the site of basketball games, concerts, performances and commencement ceremonies. The first mile of the marathon follows First Street north before turning east on Green Street and heading through Campustown on the approach to the University of Illinois.

At the southeast corner of Green and Wright Streets is the Alma Mater Statue by sculptor Lorado Taft that has graced the northwest entrance of the Main Quadrangle to the University of Illinois which makes up a large part of the Liberal Arts and Sciences portion of the campus. The statue is a woman in scholastic robes with her arms outstretched that includes an inscription, "To thy happy children of the future those of the past send greetings." As the runners pass the Alma Mater Statue, just to the south they can also see Altgeld Hall, the

home to the Chime Tower that contains fifteen bronze bells that someday will be complemented by the currently under construction McFarland Memorial Bell Tower, a 185-foot tall carillon bell tower on the South Quad. To the other side of Altgeld Hall is the grave of John Milton Gregory (the first U of I president from 1867 to 1880) with the inscription, "If you seek his monument, look about you."

The May 1, 2010 Illinois Marathon is slightly more than 200 years after the birth of Abraham Lincoln on February 12, 2009. In 1862, President Abraham Lincoln signed into law the Morrill Act that established public land-grant institutions that would include the University of Illinois. As the runners continue past the Illini Union, several buildings to the south on the Main Quad is Lincoln Hall, appropriated by the state legislature in 1909 on the 100th anniversary of President Lincoln's birth. Within Lincoln Hall is a bronze bust in the main entrance foyer that students rub for good luck while on the east exterior of the building terra cotta plaques depict scenes from his life with some of his quotations found on the sides. A more recent quotation from the Illinois Marathon is, "I'll C-U There!"

Returning to the course route, the runners head east on Green Street past the Illini Union and go near Harker Hall, the oldest remaining classroom building on the campus and home to the University of Illinois Foundation. Next door is the Natural History Building and in several more blocks, the two mile mark is reached just before Lincoln Avenue. Continuing east on Green Street, the Champaign County Fairgrounds are about a mile to the north and about a half-mile to the south is Urbana High School and next door Carle Park, the home to another Lorado Taft statue, Lincoln the Lawyer. Prior to the three mile mark, the runners reach downtown Urbana with the historic Lincoln Hotel and Lincoln Square Mall on the National Register of Historic Places. Abraham Lincoln made it to Urbana in 1854 and the community continues to be a government center. The next five miles of the marathon wind through eastern and southern residential Urbana before Meadowbrook Park (a favorite running place for the local Champaign-Urbana Second Wind Running Club) is reached at

*continued on page 9*

*Illinois Marathon (continued from page 8)*

the eight mile mark. Over a mile is then run in the park before turning north on Race Street just before the ten mile mark and heading this direction for a mile while being parallel to the University of Illinois owned "South Farms" a half-mile to the west that includes the School of Veterinary Medicine, the Round Dairy Barns, and numerous agriculture and animal science facilities.

By mile eleven the course heads west on Pennsylvania Avenue for about a half-mile several blocks north of the President's Home and Arboretum. At the corner of Pennsylvania and Lincoln Avenue at Illini Grove park, the route heads north for another half-mile. Prior to making the turn, landmarks in the blocks to the west include the Institute for Genomic Biology established to advance life science research and stimulate bio-economic development (bio-fuels) and next door are the National Historic Landmarks for the Astronomical Observatory and the Morrow Plots, country's oldest experimental agricultural fields in continuous use. Nearby is the College of Agriculture, Consumer and Environmental Sciences (ACES) and a block from here is the University of Illinois Library (the third largest U.S. academic library after Harvard and Yale). In this immediate area there also is located the College of Education, the University of Illinois Law School, and the new College of Business Instructional Facility that is directly north of the Krannert Art Museum and Kinkead Pavilion, the second largest art museum in Illinois. Finally at the Armory which was designed as a military drill hall, an athletic facility, and an assembly hall, is the next door Harding Band Building where John Philip Sousa willed his personal band music library to the University of Illinois.

Returning to the marathon, the half-mile north on Lincoln up to the twelve mile mark runs parallel to the main quad several blocks to the west with the the Foellinger Auditorium as the south anchor. From Lincoln Avenue there is the nearby Hallene Gateway, the east entry to the campus that features the stone portal from the entrance to the former University Hall. Nearby is the Campus Visitor Center and Alumni Center as well as the Spurlock Museum that evolved from the prior World Heritage Museum. A block to the west is the Krannert Center for the Performing Arts, a complex that seats 4,000 on seven acres with four theaters and an outdoor amphitheater with 350 annual performances. About a mile before completing a half marathon, the marathoners hopefully will not need the nearby University of Illinois College of Medicine.

Miles twelve to thirteen head west on Green Street, the same street where miles one to two were run east. On the north side of Green Street, the Beckman Quadrangle and the John Bardeen Quadrangle occupy the center of the Engineering Campus (ranked just below MIT, Stanford, and California-Berkeley). The Beckman Quadrangle is on the far north side of the campus and is primarily composed of research units and laboratories that would include the Beckman Institute for Advanced Science and Technology, the National Center for Supercomputing Applications (NCSA), and the Thomas M. Siebel Center for Computer Science. Just to the south is the John Bardeen Quadrangle with the Grainger Engineering Library Information Center being the north anchor to the College of Engineering.

Abraham Lincoln would be proud of his home state Morrill Act University that would evolve to produce 23 Nobel Prizes, 19 Pulitzer Prizes, and more than 80 current National Academy of Sciences Members. In the high technology of mathematics,

science, engineering and computers, Microsoft hires more U of I graduates than from any other university in the world while Intel hires more Ph.D.'s from the U of I than from any other university in the country. Not to be outdone, the University of Illinois is currently helping to build the world's fastest supercomputer, "Blue Waters", that will be capable of performing one quadrillion calculations per second; three times faster than today's fastest supercomputer. Perhaps all of this is why the University of Illinois was picked in 2008 by "PC Magazine" as the most wired college.

When the marathon reaches the thirteen mile mark, at Green at First Streets, the runners will half done as they leave the U of I campus and they will not return until the Memorial Stadium finish. The next mile crosses Logan Street, one block south of Chester, at the former Illinois Central railroad tracks by the Amtrak Station as downtown Champaign is reached. This area has had the historic Virginia Theatre since 1921 and across the street is the more recent headquarters of "Marathon and Beyond", a bimonthly magazine tailored specifically for marathoners and ultrarunners located at 206 N. Randolph Street, Champaign.



The next twelve miles of the marathon is mainly in various residential areas of Champaign that include going by or near West Side Park and nearby Champaign Central High School at mile fourteen, Lincolnshire Fields Country Club and Robeson Park at mile twenty, Centennial Park with its Prairie Farm and Champaign Centennial High School initially at mile eighteen and again between miles 22-23, the Champaign Country Club at mile twenty-four, and Hessel Park at mile twenty-five. As the runners continue east back toward the University of Illinois, Hessel Boulevard as it reaches Neil Street (U.S. 45), becomes Stadium Drive and then goes over the railroad tracks with Memorial Stadium in sight at the First Street twenty-six mile mark with the university owned Willard Airport several miles to the south if the last .2 miles are too difficult to finish.

Memorial Stadium was completed in 1923 as a memorial to the Illinois men and women who died in World War I and later in World War II with the east and west sides of the stadium having 200 columns that display the names of these men and women. The stadium was officially dedicated on October 18, 1924, when the University of Illinois football team hosted the University of Michigan and "Fighting Illini" Harold "Red" Grange scored four touchdowns against Michigan in the first twelve minutes before later running for a fifth touchdown and passing for a sixth. George Halas (a University of Illinois graduate who helped found the National Football League in 1920 before owning the Chicago Bears) later brought Red Grange from the U of I to the Bears as well as bringing his

# Illinois Marathon

- Total registrants (all events): 9,739
- 53% were women-runners came from 42 states and 6 countries
- Most entries by state: Illinois, Indiana, Missouri, Iowa, Wisconsin
- 89% registered online
- Over 2,700 volunteers

2009 Race Stats



Chime Tower at U of I

- Prices go up at midnight January 31.
- A few course changes from last year will accommodate more runners. See Caps below

- Marathon: 3,000
- half marathon: 6,000
- 4-person relay: 300 teams
- 5K: 4,000;
- Youth Run: 1,000

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



## Running On

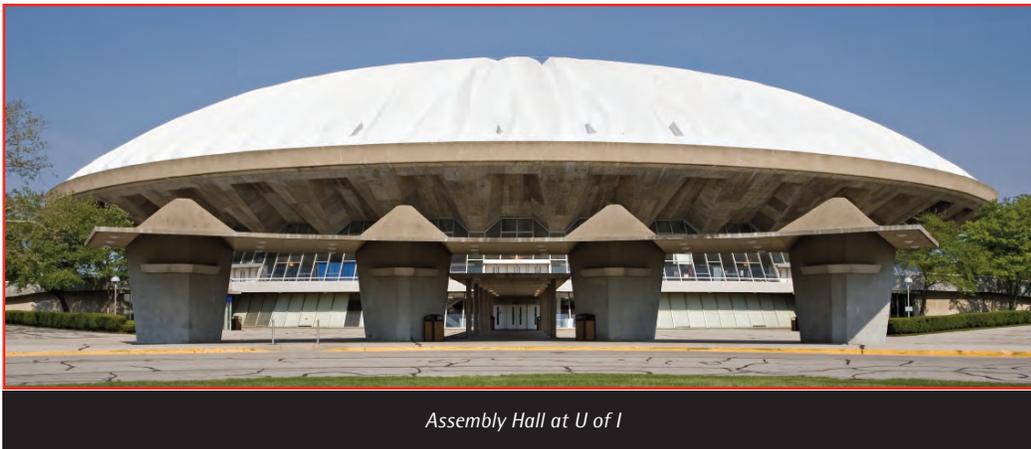
Come meet your fellow Trotters for a run this week! Runners of all ages and experience levels are welcome.

**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.



Assembly Hall at U of I

*Illinois Marathon (continued from page 9)*

Illini Orange and Blue colors to his Chicago Bears which to date have won nine NFL championships although another famous University of Illinois football player, Dick Butkus, never won a championship with the Chicago Bears.

Returning to the 50 yard finish of the Illinois Marathon on Zuppke Fieldin Memorial Stadium, the playing field is named for University of Illinois Football Coach Robert Zuppke who won four national championships in 1914, 1919, 1923, and 1927 during his long coaching career from 1913 to 1941. Memorial Stadium currently can seat 71,000 people and the stands are expected to be full for the hopefully resurgent Fighting Illini as the football season starts again in September 2010 along with another academic year part of the University of Illinois motto of "Learning and Labor". This could even include about four months of training in preparation for the May 1, 2010 Illinois Marathon.

*From the Doc (continued from page 7)*

technique when you feel fatigued towards the end of your set or workout.

*If you begin to feel pain during an exercise or stretch, stop immediately.* There is no such thing as "no pain, no gain." Feeling a "burn" in your muscles may occur. Never work through the sharp, stabbing pain; your chances of injuring yourself will increase significantly.

If you have any questions about cross-training or any other health-related topic, please e-mail me at:

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



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, 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 \_\_\_\_\_