



# The Trotter Chronicles



March 2010

Dedicated to Runners of All Levels

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32 people (just one less than last year) came out to the Fischer Nut House on February 21, 2010 to partake in the 5th Annual Run 4 Phun Run Streaker Run. Mary Papreck and Lisa Milie did a fantastic job of coordinating EVERYTHING so that all had bib numbers, cotton gloves and root beer schnaps...all for NO CHARGE to the participants.



Top Row: Terry, Ellen, Tina  
Middle Row: Marsha, Jack, Steve (on the bottom)  
Bottom Row: Amber, MAZ, Lisa, Mary

more pics on page 3

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*We Need One*

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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 Date Change

At our last board meeting, we reflected on the dates of the Beer Runs. We changed the first date from May 27 to May 20 so that we did not interfere with any Memorial Day travel plans. **PLEASE MAKE THIS CHANGE TO YOUR CALENDARS!**

We were very excited that Margie McGowan has volunteered to host 1 of the 4 dates. We just need 3 more host volunteers! Contact Judi Miko (see left for digits) if you can help.

Also, we are in need of a grill solution. The current grill is not reliable. Contact Judi if you have an idea on how we can get a reliable grill solution.



## Perspective from Ground Level

by Julie Bane



I was getting in a run out on the hills of Montgomery County, Maryland. I emailed the local running club to see about meeting up with them, but I decided to run on my own. It was quite some time since I ran a long one on my own. It was nice to take in some

new scenery, breathe some country air and let my mind wander as I tackled the rolling hills that were until just recently completely covered in 3 feet of snow.

I planned to run about 1 and a half hours, and really had no clue where I was running. I needed to remember the names of the roads I was on so I could find my way back home. The had backwoods monikers like Wildcat Road, Kings Mountain Rd, and Log House Road.

It seemed like all the hills were ups without any relief, but to my amazement www.mapmyruns.com verified for me that there was a total of 404 ft of descent and only 384 ft of ascent in the 8 miles I ran. I thought I

ran farther. The web doesn't lie. After getting into my rhythm and realizing that I wasn't going to die after that first long slow incline, I started to enjoy the landscape around me.

I thought about how the area was settled many years before the farmlands and marshy areas of Northeastern Illinois. Battles for the freedom of our nation were fought within miles of where I was running. I imagined that the very dilapidated barns I passed perhaps were owned by farmers during civil war times, or maybe even earlier. Maryland was loyal to the union, yet still allowed slavery. What were the stories down the rutted lanes leading off the road. I thought about the history that permeated the miles around me. As my feet hit the pavement I wondered about the feet of Piscataway, Settlers, Slaves, Revolutionaries, Soldiers, Farmers, and people just like me treading the same ground. I felt connected to the rich history of my country. This was reinforced by my previous days trip to the Capital and a "drive by wave" at the White House from the blocks away in the car. I didn't realize you cannot drive up to black wrought iron gate and get out of the car for a photo opportunity like a White House cor-

*continued on page 10*



# Phun Run Pics



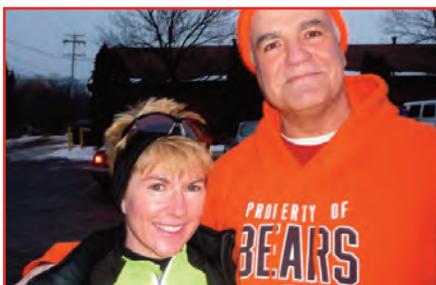
Hands Up Photo Opp! Just before "take off"



Jack and Lisa



Kathy and Judi above,  
Russ and John below



Regina Et John above,  
Jason Left



## March Monthly Meeting

**DATE:**  
Thursday,  
March 11th

**TIME:**  
7:30 pm

**WHERE:**  
Heritage Park  
in  
Arlington Hts.  
see address  
above

**AGENDA:**  
Steve Sawyer, Mary Ann Zemla and Mark Rudnicki will talk about the 7 Day RABRAI Bike Ride to Iowa.

## We Still Need a Social Director

We really are in need of one person on the board to assume Social Director Responsibilities. Duties would include helping to coordinate logistics and volunteers for our social events. Right now, the big task on hand for that role, is to figure out the "grill situation" for the summer Beer Runs. This is a great opportunity to "give back" to the club, and a nice way to fill out a resume! Contact any board member if you are interested.



## Race Results

We only had a couple of race results posted in the Trophy Case on the web-site. Do not panic, these will be posted next month, where we can include March Madness results.

# 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.*

2010 is the 3rd snowiest February and this winter in the 7th snowiest year since records have been kept in Chicago over the past 150 years, according to Chicago meteorologists.

Trotters can all attest to these stats, as we've been getting our weight training in by shoveling and snow blowing. And we haven't even had a school snow day! (Good thing as far as I'm concerned. As a 12-month school administrator I have to work snow days, and I live so close to school I don't have a good excuse not to show up. I've even snow shoed to work. Meanwhile my fourth grader doesn't have school and I have to bring her with me or find a babysitter.)

Of course it's really too bad we couldn't ship our snow out to Vancouver. While they were struggling to keep their snow, another 17 inches were dumped on the East coast toward the end of the Olympics.

Runners, typically, are not big fans of snow. How can we get in our 10 or 20 milers for marathons or half marathons when we're up before the plows? If we're in luck, as we have been much of the winter, the big snows are during the week, allowing for plowed roads to run on Saturday and Sunday mornings. I have spent more than one run, however, following the plow in my neighborhood. And my typical route has been impassable for some time. Those of you on the north end of town know that we are lucky that the village plows the Arlington Lakes path, though it can be icy.

Perhaps we should just surrender. I know you pure runners out there would rather die than engage in a sport other than running. But as I've pointed out in this space, swimming and biking and doing triathlons make for injury free training. Snow sports can be a welcome diversion from the pounding of running too.

I've put a lot of miles on my snowshoes this winter. They are ancient, at least 20 years old, purchased from Mark and Teresa Rouse when they first opened on 7 S. Dunton. But they still fit the bill. The great thing about snowshoes is you can use them anywhere. After a really big snow I can literally go outside my door and enjoy the peace of the big snow, only interrupted by the whirl of the early snow blowers. I throw them in the car and take them out in the fields after

work, or hike around Buffalo Creek 's beauty.

Cross-country skiing is fun too, but I don't do it as often, mainly because it is hard to do outside my door. I have to drive to Deer Grove, which I did do one day off when daughter Rui had a play date. My cross-country skis are even older than my snowshoes, and I could use a new pair from the after winter sales, but for the few times I go out per year they work. My technique could use from work. It's hard to be good at something you do three times a year!

Some runners, like Marybeth and Wayne Nowak, actually started running to stay in shape for cross country skiing during snowless winters. Needless to say, this is not one of them. Sledding is another good winter sport. Try it even if you don't have kids!

So by the time you read this, hopefully spring will be on the way. But in Chicago we've gotten some big snows April 1st, and this being the 7th snowiest winter in 140 years, anything can happen.

**Embracing  
the Winter as a  
Runner**

## Happy Birthday Mary Ann Zemla aka MAZ



## Arlington Trotters Board Meeting Minutes for Monday, March 1, 2010

Arlington Trotters Board Meeting – March 1, 2010

Attendees: Judy Miko, Ron Lawson, Regina Brown, Mary Papreck

- Website Design – Ron pointed out that there is a list of people who created profiles but were never members and haven't paid. Regina to discuss that and other web-site issues with Steve Breese.
- Ron has reconciled through Feb 23rd people who have paid.
- We need addresses for those who paid cash and didn't create a profile for RRCA insurance.
- Regina to ask Steve Breese to ask his friend for web design help.
- Judi responding to web inquiries
- Ron to send e-mail blast to delinquent members
- Mary to talk to Ed re: grill purchase.
- Steve Sawyer to speak to Nick about Track Workouts this Spring and Summer.
- Still in need of Social Director and Volunteer Coordinator.
- Thursday, March 18th will be the first of our additional running evening at Twin Lakes in Palatine at 6:30 p.m. North parking lot.
- We need to promote our Sunday runs at the Nut House in Barrington.
- Regina created sign to post in Mark's store about our Tuesday night run and afterward get together.
- Appoint Ed as coordinator for Jelly Belly Days.
- We need Beer Run Volunteers to host – dates of Beer Runs are May 20th; June 17th; July 15th and August 19th. Margie to host first beer run.
- March Meeting, on Thursday, March 11th – Steve Sawyer, Mary Ann Zemla and Mark Rudnicki to give a talk on RAGBRAI – the bike ride across Iowa. Judy will discuss the MS ride in June to see if anyone is interested.
- There will be Christmas in April. Most likely it will be on May 8th. The Trotters to volunteer to help do home repairs.

## Do You Run a 10:00 minute to 11:00 minute per mile pace?

If you do, then this run is for you! Starting March 18, 2010, thru November 4, 2010 (these are the *Thursdays* in Daylight Savings Time), Judy Miko will lead 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



announcements.

## Track Work Outs

Nick Nowicki will lead track workouts for the Trotters in 2010! The tentative start date is May 5th and will be held at the Christen Liberty Academy. Watch your e-mail and the newsletter for more details, or contact Nick directly at: *nicknowicki7580@yahoo.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.*

Ironman Wisconsin

“The greatest test of courage on the earth is to bear defeat without losing heart” – Robert Green Ingersoll

As I was holding on to a water ski ramp in the middle of Lake Monona 10 minutes before Ironman Wisconsin I heard the line, “Did they ever find the guy that drowned out here a couple of days ago?”

These are not words anyone wants to hear before starting a 2.4 mile mass start swim with 2,500 of their closest friends. Apparently the man that drowned was a boater that flew off his boat and not someone training for the race. The gentleman was eventually “churned” up in the afternoon.

I had spent nearly a year to train for this day. In fact, the last 1 ½ months, all I thought about was this 140.6 mile race.

Twenty minutes before the race, the officials instructed the participants to enter the water. I began wading into the lake. Much to my surprise the water was very warm; about 75 degrees. The water temperature was a strong contrast to the two triathlons that I had participated in this year. Both triathlons, water temperatures were below 65 degrees.

The other surprise was the depth of Lake Monona. I walked for no more than 5 feet from the shoreline and I felt the bottom fall out below my feet. Here I am less than 20 minutes before the race and I have to tread water!

I needed to conserve my energy. I spotted a ski jump in the middle of the lake to cling onto. With five minutes before the start, I searched for my starting position. I bobbed up and down through a sea of people to find an open spot in the crowd. I found a slot near outside/middle aspect of the field. I wished triathlons had signs to identify where the athletes should line up according to pace like marathons.

The cannon fired and the race began. I think the first 25-50 meters I swam with my head above the water. The swim goal: be calm and efficient. I accomplished that goal. I could not believe that this was the largest and longest swim that I had participated in and I felt relaxed. I also was swimming straight as an arrow, which was a problem in my previous triathlons. Rarely did I have to look up to sight. I had the

crowds surrounding me to keep me straight.

As I finished the first lap, things began to spread out a little more. I only remember getting swatted hard once during the swim. I began to increase the pace a little during the second lap. I rarely used my legs during the entire swim. I was tempted to use them during the second lap, but I thought that I should “save” them for the long day ahead; even though it would cost me speed.

The longest portion of the swim was the final straight-way to the shore-line. It felt like the shore-line would not arrive fast enough. As I exited the water my equilibrium felt unbalanced (it lasted for almost 3-4 miles on the bike).

I unzipped my wetsuit and was about to peel off it off when a volunteer shouted at me to sit down. I sat down and two volunteers yanked off my wetsuit. I thought to myself, now that was five star service!

It was a long walk from the shoreline to the transition zone; which included a trek up a helix. I entered in the transition zone and the volunteers had my gear ready for me. One guy was nice enough to put on my gloves. I was truly amazed by the hard work and enthusiasm of all the volunteers at the event. I got on my bike and rode down the helix located on the opposite end of the transition.

The bike course of Ironman Wisconsin is by no means flat. In the months leading up to the event, I would drive up to Madison to get myself familiar with the course. It was such a huge mental age. The course consisted of an out/back section (~15 miles) and a 40 mile loop (performed twice). My strategy was to stay out of the big ring and do not pedal on the down-hills to save my legs. I did not deviate from my game-plan.

As I reached the half-way point and I began to feel a drowsy. I glanced at my bike computer and saw it was noon. The weather was heating up (mid 80's) and was located in dairy-land with little shade or clouds in the sky. In the weeks leading up to the race; I was biking in 50 degree weather at Madison. I decided to slow the pace down and spend some extra time at the aide stations. The plan worked. I was clicking on all cylinders and passing people with authority on those hills.

Around mile 80 the road began to feel bumpy; which was strange because I was

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*Ironman Wisconsin (continued from page 6)*

on a fairly smooth road. Then I biker commented to me, "Dude, I think you got a flat tire."

I cursed myself and hoped that I was just low on air. I filled up the deflated tire with my CO2 cartridge. I began pedaling. Less than 1/2 mile later, my back tire was flat again.

Over the course of the next 30 minutes I struggled to fix the flat. Needless to say, I am not very handy with tools. I'm glad there were no young spectators nearby or their vocabulary would have been expanded. I was also roasting in the afternoon sun with no shade. Eventually, a race mechanic swung by and fixed the flat. Apparently, I rode over a huge piece of glass and the tube and tire had to be replaced. I had just bought new tires for my bike days before the race.

I was back on my bike now and my objective was to relax and finish the course. I had twenty miles left and I began to feel sick. I hopped off my bike and started dry heaving. I was just beside myself at this point. Those last dozen miles on the bike were brutal. By the time I was done with the bike leg, I felt fried. I passed off my bike to a volunteer and shuffled into the transition zone.

I spent the next 30 minutes in the transition zone trying to put myself together for the daunting marathon ahead of myself. My body felt like it was on fire and I could not keep any fluids down. I was experiencing flashbacks of the hell that I went through during first marathon and 50 mile ultra-marathon. The medical staff kept a close eye on me. What I longed for more than ever was an ice cold shower. Eventually, I began to feel better and laced up my shoes.

As I exited the transition zone, a lady volunteer asked if I wanted some sunscreen. I thought not a bad idea because the sun was nowhere near setting yet. All of a sudden, I had three lady volunteers rubbing me down with sunscreen. Definitely, another race highlight!

For the next four miles I felt like I was back to my "normal" self. Was happy to finally compete in my strongest event. I had bounce in my step and my form was feeling fluid. Much like the bike, I would take advantage of any ice, water, and wet sponges at the aide stations.

Shortly after the 4th mile the wheels fell off. I started dry heaving again. My energy began to fade from me as I ran/walked my way through the crowded streets of Madison. I also felt like I was burning up again.

I made it to the 6.5th mile marker and I threw up again. I had to lie at the side of the road to gather my composure. I stood up and ran again. I continued my death-march to the 9th mile marker where I spewed again. By the time I reached the 10th mile marker, I was disorientated and could barely talk.

I was by the side of the road again. The sun finally set and the temperature dropped. But, it was too late for me. The thought of finishing the race was overwhelming and potentially dangerous. Upset and defeated, I spotted a medical team.

As soon as I mumbled that I was dropping out of the race, I threw up for the final time. The medical team put me in the ambulance, gave me an IV, and drove me back to the medical tent. When I arrived, the medical staff weighed me. I had lost over 10 pounds (nearly 7% of my body weight)!

Words could not explain the disappointment that I felt under that foil blanket in the medical tent. The only thing that was brightening my spirits was the cute nurses in the tent. I thought maybe, I should make more cameos in these tents after I finish future races.

The following morning I woke up and I did not have an ache or pain in my body. I was just 16 miles shy of completing an Ironman (a little over 12 hours of activity) and I felt fine. Over the next several months, I kept replaying segments of the race in my head. Going through all the "could/should haves."

I was told once that everything happens for a reason. Even though I did not finish the race the first time around, the experience training and competing in an Ironman triathlon was amazing. This year I will be competing in Ironman Arizona on November 21st. When I cross that finish line in Tempe, I know it will be a magical moment.



## 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.*

Atlanta's Georgia Marathon, Peachtree Road Race, and the Atlanta Marathon can be a runner's destination by car via Interstate 75, "The Midnight Train to Georgia", or flying into Hartsfield-Jackson Atlanta International Airport; the world's busiest airport. Yet almost 150 years ago, Atlantawas in ruins from the 1864 Civil War Battle for Atlanta before adopting a generation later as its official symbol a phoenix rising from the ashes.

Today this is almost an understatement with Atlanta as Georgia's capital and its largest city being the 33rd largest city in the country having about 540,000 people with its fast growing metropolitan area that is over 100 miles from North to South having almost 6 million people to be the nation's tenth largest metro area. Much of this growth has occurred after 1966 when the NFL expanded by adding the Atlanta Falcons professional football team and the Major League Baseball team Milwaukee Braves relocated in the same year to become the Atlanta Braves. Atlanta made the news in 1974 when Hank Aaron broke Babe Ruth's home run record and the Atlanta Braves later won 14 straight division championships between 1991 and 2005 along with winning the World Series in 1995. In 1990 Atlanta surprised the world when it was awarded the Centennial Olympics that successfully took place in 1996. Atlanta is now the social, cultural, and economic capital of the American south as a top business city and transportation hub. It is the world headquarters of the Coca-Cola Company and Delta Air Lines with the surrounding area containing additional corporate headquarters including Home Depot and UPS. Atlanta has the country's third largest concentration of Fortune 500 companies along with Chicago inside city boundaries, and more than 75 percent of the Fortune 1000 companies have a presence in the Atlanta metropolitan area.

The 4th annual Georgia Marathon is scheduled for March 21st and it is larger in size than all other Georgia marathons in the state combined with an appropriate Start and Finish at downtown Centennial Olympic Park (named for when Atlanta in 1996 hosted the 100th anniversary of the modern Summer Olympics) in the heart of downtown Atlanta. The park is surrounded by many major Atlanta Landmarks with the Georgia World Congress Center, Georgia Dome (home of the NFL Atlanta Falcons), Philips Arena (home of the NBA Atlanta Hawks, NHL Atlanta Thrashers, plus concerts) and the CNN Center on the west side of the park and the Georgia Aquarium (the world's largest) and the new World of Coca-Cola on the North side of the park. In 2012, the College Football Hall of Fame and the Center for

Civil and Human Rights are scheduled to open near Centennial Olympic Park. On the southern portion of the park is Andrew Young International Boulevard, named for the former Atlanta mayor and U.N. ambassador. A key feature of the park is the Fountain of Rings interactive fountain which features computer-controlled lights and 251 jets of water that go 12 to 35 feet in the air synchronized with music played from speakers in light towers surrounding the fountain along with flags representing the host countries of each Summer Olympics preceding the 1996 games and columns reminiscent of ancient Greece along with a splash pad for anyone wanting to cool off on hot Atlanta summer days; including runners.

The first two miles of the Georgia Marathon are in and around downtown Atlanta and go by or near Five Points, Underground Atlanta, Georgia State University, and Boisfeuillet Jones Atlanta Civic Center. Between miles three and four in the Sweet Auburn historic district is the Martin Luther King Jr. National Historic Site that includes the house where Dr. King was born, Ebenezer Baptist Church, and the Martin Luther King Center which also is the final resting place for he and his wife. Several blocks south of here is Oakland Cemetery where many famous people from Atlanta and the former Confederacy are buried. About a mile more to the south on the same note in Grant Park is the Atlanta Cyclomara, a large panoramic painting of the Civil War Battle of Atlanta. The easier marathon continues through the Old Fourth Ward and Inman Park neighborhoods on the way to eclectic Little 5 Points. By mile six the runners approach the Jimmy Carter Presidential Library and Museum along with the The Carter Center prior to turning north on the Freedom Parkway. The route then heads east through the Poncey-Highland neighborhood, Candler Park neighborhood, and then goes on historic Ponce de Leon Avenue for miles nine and ten near the Fernbank Museum of Natural History and the Fernbank Science Center before leaving Atlanta.

In the suburb of Decatur along College Avenue between miles twelve and thirteen is Agnes Scott College campus prior to reaching quaint Decatur Square near the halfway point. About ten miles away in the distance is Stone Mountain Park, the largest granite outcropping in the world with the stone carvings into the mountain of Confederate Generals Robert E. Lee and Stonewall Jackson along with Jefferson Davis, the Confederate president. An hour from here is the University of Georgia at Athens with its school song, "Glory, glory to old Georgia!" Returning to Atlanta, miles 15-16 are on the Emory University

*continued on page 9*

*Atlanta Races (continued from page 8)*

campus near the Centers for Disease Control and Prevention (CDC), a United States federal agency under the Department of Health and Human Services to protect public health and safety on developing and applying disease prevention and control (especially infectious diseases), environmental health, occupational safety and health, health promotion, prevention and education activities designed to improve the health of the people of the United States that could also include running a marathon. The Georgia Marathon continues through the Druid Hills neighborhood past the house featured in the movie *Driving Miss Daisy* and by the historic Callanwolde Fine Arts Center. The twenty mile mark is reached in the Virginia-Highland neighborhood with mile 22 in Piedmont Park, Atlanta's largest park and the home to the Atlanta Botanical Garden that is especially pretty in Spring with the dogwoods and azaleas. The next two miles are in Midtown before crossing Interstate 75 again, this time heading west and completing the next mile on the Georgia Tech University campus (rated the nation's 4th best engineering school after M.I.T., Stanford, and California-Berkeley with our University of Illinois just behind at #5). The final mile returns to downtown and finishes at the start in Centennial Olympic Park.

The early finishers of the March 21st Georgia Marathon will have the opportunity to be at the start to register for the annual 4th of July Atlanta Journal-Constitution Peachtree Road Race 10K with the online registration opening at 1:00 p.m. on Sunday, March 21, 2010 at [www.ajc.com/peachtree](http://www.ajc.com/peachtree). The first 45,000 out 55,000 total entries will be accepted through the online registration that sells out within hours. For those unable to secure one of the first 45,000 online entries or people who prefer mailing in their payment with a registration form, a race application will appear in the Atlanta Journal-Constitution on Sunday, March 28, 2010 for the event's remaining 10,000 entries that will be selected at random from all applications mailed and postmarked by Monday, April 5, 2010. The Atlanta Track Club prohibits any transfer of a number to another runner but does allow anyone registered who can not run to return their number in exchange for a card guaranteeing placement in next year's race. Anyone ten years old or older is welcome to apply.

The Peachtree Road Race is a 10 kilometer run in Atlanta started in 1970 by the Atlanta Track Club and held annually on July 4th, Independence Day. This televised event was until recently the world's largest 10 kilometer race with 55,000 participants. The event also includes a wheelchair race which precedes the footrace. The race is divided into multiple different starting groups with the first group the top-seeded runners. The starting groups are so large that it takes approximately an hour and a half from the first group starting until the last group starts, as the groups are started in twelve-minute intervals. 150,000 observers line both sides of the entire course to cheer and support the runners with some of them wearing patriotic costumes for the 4th of July. The official race t-shirt each year is a different design chosen through a contest sponsored by the Atlanta Journal-Constitution newspaper with the t-shirts only available to runners who finish the race to become a small status-symbol among Atlanta culture. The Peachtree Road Race begins in the Buckhead area of Atlanta, about five miles north of the downtown. Buckhead is nicknamed "The Beverly Hills of the South" and within its area is the Georgia Governor's Mansion and the Atlanta History Center and Swan House. The run starts on Peachtree Road at Lenox Square Mall and Phillips Plaza with the course route continuing south down Peachtree Road with the mainly uphill mile 4 (near Piedmont Hospital) receiving the nickname "Cardiac Hill". After mile 5, the race turns east onto 10th Street with the finish line next to Piedmont Park. Approximately 3,000 volunteers are needed to work the race with water provided at each mile that includes approximately 500,000 cups and 120,000 gallons of water. Many runners utilize MARTA (Metropolitan Atlanta Rapid Transit Authority) to travel to the start site and back from the finish

line due to the large crowds, limited parking and road closures.

In 2007 five separate races were held on July 4 (one in Kuwait, three in Iraq, and one in Afganistan) with a combined total of 3,000 participants with The Atlanta Track Club sending the race supplies, including T-shirts, to the runners. This was also the year the race hosted the USA Men's 10K Championship while on a more infamous note, three men were caught sneaking into the Peachtree Road Race. In addition to a \$1,000 fine, each was banned from the Peachtree Road Race for life. Even worse, for the 2008

running due to the entire north Georgia region facing historic severe drought conditions with record low water levels on Lake Lanier created in 1956 from the Buford Dam on the Chattahoochee River, water conservation measures were enacted prohibiting outdoor watering of plants and lawns. As a result of the watering ban, the City of Atlanta decided to prohibit large festivals (over 50,000 people) from using Piedmont Park in 2008 in order to protect the grass lawns which could not be watered. This meant that the race did not have its traditional downhill finish on 10th Street into Piedmont Park but had instead an uphill finish on the city streets. This unpopular course lasted one year, after which the course returned to its regular finish that included for the first time, the ChronoTrack D-Tag transponder system, a disposable tag system.

The Weather Channel Atlanta Marathon, to be held November 25th on Thanksgiving, is the oldest marathon in the Southeast and one of the ten oldest in the country. 2010 will be its 48th anniversary of when it began in 1963, one year before the founding of the Atlanta Track Club. It is also the only U.S. marathon run on an Olympic course with approximately 90% of the route the same as that run by the world's best at the Atlanta Games in 1996. The loop course begins and ends at Turner Stadium (the former Olympic Stadium now named after Ted Turner) and goes north on Piedmont Avenue with the first and last mile past the Atlanta State Capitol with its dome having gold from Dahlonega located about 60 miles north of Atlanta. The course heads northeast toward near the Chamblee MARTA Station which also is the start of the half marathon that then heads south down Peachtree (Atlanta has numerous different Peachtree streets) before returning back to Piedmont for the finish. Both streets are appropriate names for Atlanta since Georgia is the "Peach State" and Atlanta with a hilly elevation of 1,050 feet is at the Piedmont of the Appalachian Mountains.

The return trip of the Atlanta Marathon on Peachtree in Midtown goes near the heart of Atlanta's arts scene that includes the High Museum of Art, the Woodruff Arts Center, the Atlanta Symphony, and the Alliance Theatre Company. Less than a mile away further south, Margaret Mitchell wrote her classic *Gone with the Wind* in the basement apartment of a boarding house at the corner of 10th Street and Peachtree. That home is now a museum and is located across 10th Street from the Federal Reserve Bank of Atlanta which serves the southeastern United States. Once again less than a mile further down Peachtree is the Bank of America Plaza, located just south of the famous Fox Theatre and at 1,023 feet it is Atlanta's tallest building and the nation's 8th tallest with only structures in New York City and Chicago taller. In Downtown, 191 Peachtree Tower, Georgia-Pacific Tower, Westin Peachtree Plaza and SunTrust Plaza (Atlanta's second-tallest building at 871 feet) all line Peachtree on the way to the finish at Turner Field. Here the U.S.A. last hosted the Summer Olympics in 1996 with an assist from the Atlanta Track Club that is dedicated to inspire and engage the community to achieve health and fitness through running. A reminder of this visit to Atlanta is to listen to Ray Charles singing "Georgia on my Mind."

*Perspective from Ground Level (continued from page 2)*

respondent.

Without the crutch of headphones my senses opened up and they were fully engaged to my surroundings. I marveled at the stark contrast of the cerulean sky against the 6 ft snow drifts of snowy meringue. I spied a powder blue umbrella propped open and stuck in the snow. It was decorated with little yellow duckies. It was an alien object invading the unbroken whiteness of the melting snow. It brightened my day and lifted my spirits to see such whimsy after such a long dreary February. In the distance was Sugarloaf Mountain, and in between were farms and towns and unknown trails to run. The air smelled of the coming spring. The high wires were buzzing. Everything was coming awake.

A bit further down the road, after I had passed through a ravine, and wound around the bend I happened upon a trio of black cows feeding on hay near the fence line. They stopped their munching to stare at me. I can only imagine if they had any sort of opinion, what they would think of a runner tramping by on a lazy Sunday. I waved to the cows, and they seemed to acknowledge my presence which nod. Just past my new bovine friends was a watershed with a guardrail protecting the roads edge. A sign was posted to inform me of "Trash Photo". I am not sure the nature of this need to notify. I could not see any garbage or discarded items to my left or right. It made think of how we treat our environment.

How many times I have been out running and a McDonald's bag has flown out the window and been a near miss at my feet. How many cigarette packs are seen on the side of the road. When I first started running, they still had the Marlboro Miles incentive program. You collected 5 miles per pack, and traded in varying amount of miles for Marlboro products in a catalog. I have a wonderful black and red wool blanket bought with the black tar in my lungs. Anyway, I had just quit smoking (the first time), and as I ran I continued to collect the miles from the discarded packs along the shoulders of the local streets. I could collect up to 10 packs worth of miles on a 4 mile run. This is what we see everyday as runners. Cigarette packs, beer bottles, McDonald's bags and often the one lone shoe.

Maybe this is why running clubs often volunteer for Adopt-A-Highway clean up. We see the garbage right at our feet. Although the distant landscape is picturesque, up close we see the stains of humanity's apathy. Because we run on the roads each day, we can't help but feel a responsibility to the environment; to make right what others have tainted.

I was flipping through the channels last night and and oldie with Peter Fonda and Dennis Hopper called "The Trip" was on the Retro channel. It was a Roger Corman flick about Peter Fonda's first experience with LSD. It was quite typical of that genre of the late 1960's movie with psychedelic imagery, talk of expanding the mind, and a whole lot of "Groovy Mans". In it Peter Fonda sees an Orange in a whole new way, and he

smells it like he never smelled an orange before. The whole movie was cheesy, but I think Roger Corman movies were meant to be generally low-budget cheese. The point is a good run where we experience the solitude, and breakthrough the layers of day to day crap, white noise, bills to be paid, sick kids, and deadlines, we can reach a place where we can take our own "Trip".



My trail run yesterday was glorious. I ran for almost 4 hours in Veteran's Acres in Crystal Lake. I wasn't alone, but it was a morning where the snow was starting to melt, and once in a while my feet would trample upon the raw earth. The treads of my trail shoes would stir up the odors of grass and mud. The sun creating reflective patterns on the melting snow, and shadow danced through the trees. Instead of feeling more tired as the run went on, I was feeling more electrified, more alive. Several times we stopped mid trail to appreciate the beauty of it, and feel the rays of the sun on our face. We weren't the only creatures running in the woods. We stopped, and silently watched as 5 deer bounded across a feeder trail before us.

We knew how they felt. As the run finished, one of the girls I was running with commented on how the sunlight glistened off the dirty snow and it glittered just like Edward Cullen's face. For those who don't know, Edward Cullen is the most popular Vampire ever from the Twilight book series, and his face turns to glitter when in the sunlight. I responded that we had definitely drank the kool-aid and we were all on some running acid trip. Maybe that is why I ended up settling on the cheesy Roger Corman movie later that evening. Maybe, what we really found was the elusive runners' high.

As runners we are so blessed to experience things in a different way than the average person. If we have run the Chicago Marathon, we have seen our city from a perspective separate from that of the driver on the expressway. We have run in neighborhoods we may never have ventured into via vehicle or train. We can run anywhere. Our running goes with us on business trips, and on vacation. It is another way to encounter a new locale. We pass by a landscape slowly and can absorb the details and changing light. The changing of the seasons is evident to us because we feel it in the air, and smell it on our runs. We feel socially responsible for our environment because we are so connected to it. On a good run we can draw into ourselves, find our solitude, expand our minds, get "high" and say man that was a groovy trip.

Postscript: Roger Corman received the Governor's Award at the Oscars this year for his achievements as a film maker.