



The Trotter Chronicles



May - June 2010

Dedicated to Runners of All Levels

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Beer Run #1 ReCap

cheerfully submitted by Gordon Lah

We had 34 happy participants at Beer run # 1 in Busse. we were served brats and hamburgers, various salads, chips and salsa, cookies and mucho varieties of great beverages. Many thanks to Margie McGown for hosting!

We need volunteers to host the balance of the Beer Runs. **Contact Judy Miko if you can help. xbugs@aol.com**



Christine and Marion



Jack and Judi



Mike and Peggy

Next Beer Runs

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



Gordy

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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.

Jelly Belly Re-Cap

cheerfully submitted by Ed Nikowitz

On May 15th, the Trotters had a crew at the intersection of Golf and Arlington Hts. road to participate in the annual Jelly-Belly Days. The totals are not in yet, but we'll let you know in a forthcoming newsletter.

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!*



Trotter Jelly Belly Crew



Trotter Race Results

Shamrock Shuffle 8K 3-21-10

Steve Breese (110th OA)	27:52
Terry Anderson	45:30
Jan Draheim (10th AG)	1:16:29

Bunny Dash 5K 4-3-10

Jan Draheim (10th AG)	45:06
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Paris Marathon 4-11-10

Ken Scharman	4:00:54
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Lake in the Hills 10K 4-11-10

Jim Cichowski (3rd Age Grp. 60-64)	1:02:27
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Race that Good for Life 5K 4-11-10

Steve Breese (4th AG)	28:58
Jan Draheim (3rd AG)	44:58

Equestrian Challenge 1/2 Marathon 4-18-10

Regina Brown (1st AG)	1:43:41
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Boston Marathon 4-19-10

Steve Breese (317th AG)	2:47:32
Patric Donahue (137th AG)	3:49:45
Jim Janaszak (76th AG)	4:10:57

CARA Lakefront 10 Miler 4-24-10

Steve Breese (1st AG)	57:52
Jim Rosetti	1:07:25
Jim Janaszak (76th AG)	4:10:57

All Access 5K 4-24-10

Dan Roder (1st AG 6th OA)	19:08
Nancy Roder (2nd AG)	27:11

Ravenswood 5K 4-25-10

Terry Anderson	27:13
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Run to Remember 5K 5-1-10

Steve Breese (1st AG)	17:11
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Dash for Dan 5K 5-8-10

Steve Breese (1st OA)	16:37
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Mothers Day 5K 5-8-10

Regina Brown (1st AG 40-49)	22:33
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Chase Corporate Challenge 5.63K 5-27-10

Steve Breese (16th OA)	18:53
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Salute 5K 5-30-10

Nick Nowicki (3rd OA)	18:21
Jan Draheim (1st AG)	44:20

Elgin 10 Mile and 5K 5-31-10

Dan Roder (2nd AG 10 Mi)	1:07:27
Regina Brown (2nd AG 5K)	22:37

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.

“The older I get, the fast I was”.

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

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

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

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

When I think of the times I ran and the distances I conquered, I definitely wished I’d appreciated them more. But no, I would strive for the sub- 3:30 instead of appreciating the 3:38. Instead of being happy with the 10 hour and change Ice

Age 50 miler, I’d wonder if I could go faster the next year.

And then I couldn’t.

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

I still had the illusion that I could improve. Then, in my early 40s, I took a more time consuming and demanding job. In my late forties, I had two knee surgeries and became a mom. And slowly I had to accept that my fastest times were behind me. That’s OK- I’m happy to still be running and participating in triathlons at 58. There’s no point wishing I could run the PR I ran in my thirties. Still,

at times I will pass the 21 minute mark in the 5K and realize years ago I would have been crossing the finish line. Today I am far from that finish line at 21 minutes.

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

The Older I get, the Faster I was

Trotter Recommended Races

Send your recommendations to Regina Brown for future publications
brownlbs@comcast.net

Run for the Roses 5K Sunday, June 6, 2010 Roselle
<http://www.markdrugs.com/runfortheroses2010.html>

FAB (Fight Against Breast Cancer) 5K Saturday, June 12, 2010 Arlington Hts.
http://www.bcrfcure.org/eve_fab5k_061210.html

Flippin 5K Sunday June 6, 2010, 4:00 pm at Runners Hi & Tri in Arlington Heights
register online @ www.signmeup.com

Club Northshore 1/2 Marathon Sunday, June 13, 2010
<http://www.northshorehalf.com/>

US Triathlon Women's Series Sprint Tri Sunday, June 20, 2010
<http://www.uswts.com/>

Country Financial Father's Day 5K Saturday, June 19, 2010 Glenview--All Trotters will receive a \$5.00 discount by entering in the coupon code FATHER. If 5 members of the Trotters sign up, you will receive 1 FREE admission to the race.
<http://www.countryfinancial5k.com/>

Lake in the Hills Sprint Tri Sunday, June 20, 2010
<http://www.lith.org/pdf/Recreation/triathlon/RegistrationForm.pdf/>

Twin Lakes Tri Sunday, June 27, 2010
(Sold Out) <http://saltcreek.multisportssystem.com/>

Frontier Days 5K & 10K Sunday, July 4, 2010 Arlington Heights
<http://www.frontierdays.org/stampede.htm>

Antioch Run for Freedom 5K Sunday, July 4, 2010 Antioch
<http://www.sbotl.com/>

Splash, Pedal, Dash Triathlon--Duathlon Sunday, July 11, 2010 Schaumburg
<http://www.active.com/triathlon/schaumburg-il/splash-pedal-dash-triathlon-dash-pedal-dash-duathlon-2010>

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.

The most frequent complaint that I manage at the office is low back pain. The spine consists of 24 bones (known as vertebra) stacked on top of each other. The spine is divided into three sections: cervical (neck), thoracic (mid-back), and lumbar (lower back). Each vertebra forms a joint above and below with the adjacent vertebra. Between each vertebra is a disc acting as a shock absorber and ligament (holding each vertebra together). Exiting the spine on the right and left are nerves that transmit information between your extremities, trunk, and brain.

With every low back injury that I manage there is a subluxation present in the spine. A subluxation is a misalignment or jamming of the spinal joints. Subluxations cause muscle spasms that produce pain and reduction of motion. The spinal nerves that exit the spine can be susceptible to injury during a subluxation.

Irritation these nerves are often referred to as a "pinched nerve." The pain is described as "electric-like" when performing activities.

The spine is the perfect structure for a quadruped animal. Unfortunately, for us upright walkers, the spine is very susceptible to injury. The reason why is that gravity is constantly stressing the spinal joints and discs. The lumbar spine has the important task of supporting the weight of torso (approximately two-thirds of our body weight). When we walk the lumbar spine is supporting twice the weight of our torso. The pounding nature of running causes our lumbar spine to support 6-8 times the weight of our torso. That is an immense amount of punishment to dish out to the spinal joints during a long run.

Management of Low Back Pain

The cornerstone of my treatment plan is the chiropractic manipulation. A manipulation is a short quick thrust that reintroduces motion in the mal-aligned vertebra which will reduce muscle spasm and pain. The re-introduction of motion allows the vertebra to "reset" itself in the correct alignment. During the adjustment, an audible pop maybe heard. This audible pop is known as cavitation. Cavitation is a release of gas that is built-up in the joint. It is not bone "crunching" on bone. Other procedures used to reduce pain are deep tissue massage, ultrasound, electric stimulation, ice, and stretching tight muscles in the lower extremities (especially the hamstrings and hip flexors muscles).

Is My Pain Muscular or Spinal-Related?

Normal muscle pain after heavy exertion should last only 2-3 days. If pain is experienced longer than this duration, then the problem is located in the spine. The muscle spasm, pain, and decrease in range of motion are the result of the misalignment in the spine. Therefore the spinal alignment must be restored through Chiropractic manipulation.

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



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.

In May with about five months to train for an autumn October marathon which could be the Baltimore Marathon on October 16th, Baltimore hosts two famous national events; the 135th annual Preakness horse race on May 15th and the NCAA Men's Lacrosse Championship over Memorial Day weekend from May 29-31. The Preakness Stakes is 1-3/16 mile thoroughbred horse race for three-year-old horses on the third Saturday in May at Pimlico Race Course that is the second leg of the Triple Crown. This event first took place in 1873, two years prior to the Kentucky Derby and the attendance at the Preakness Stakes today ranks second in North America to only the Kentucky Derby. Just before the start of the Preakness, the U.S. Naval Academy Glee Club sings the state song "Maryland, My Maryland" before the "The Run for the Black-Eyed Susans" that has a blanket of Black-eyed Susans (the state flower of Maryland) placed on the winning horse.

Two weeks later over Memorial Day weekend, Baltimore hosts the NCAA Men's Lacrosse Championship at M&T Bank Stadium. When this Final Four was last played in Baltimore in 2007, attendance records were set as the home town favorite Johns Hopkins won 11-10 against Duke in a thrilling championship game with NCAA Lacrosse Championship Tickets difficult to obtain in the days leading up to the event. In the past two years, the Syracuse University Orange won back-to-back national titles when the 2009 team won after being down three goals against Cornell with just over three minutes left to play prior to tying with 4.5 seconds left in the game and sending the game into overtime before winning 10-9 at the 2:40 mark for the Orange's 11th championship.

While today lacrosse may be the fastest growing sport in the United States, it also is the oldest sport in North America dating back to the 17th century when American Indians played lacrosse to heal the sick and to prepare for war. Lacrosse now is the official Team Sport of Maryland and

the U.S. Lacrosse Museum and National Hall of Fame is located in Baltimore on the campus of Johns Hopkins University. The sport is presently dominated by teams in the Northeast and Mid-

Atlantic except for Northwestern University's amazing five consecutive national titles in Women's NCAA Lacrosse between 2005 and 2009. Returning to Baltimore, the 2010 and 2011 Men's NCAA Lacrosse Championship will be at M&T Bank Stadium, the home to the National Football League Baltimore Ravens located just to the south of Oriole Park at Camden Yards, the home to Major League Baseball

Baltimore Orioles along with having the start and finish of the Baltimore Marathon just to the outside of the stadium.

The Baltimore Marathon takes place entirely within Baltimore, Maryland's largest city and the nation's 20th largest with close to 640,000 residents. It also is the largest city within the Baltimore-Washington, D.C. Metropolitan Area

which is the country's fourth largest with a combined population of over 8 million people in one of the most educated and highest-income regions of the United States. In an area of this size, the Baltimore Marathon continues to be one of the largest in the U.S.A. From the start at Camden Yards, the course heads northwest toward Druid Hill Park three miles away and along the way the course route is near the Babe Ruth Birthplace and Museum, the B&O Railroad Museum - the National Historic Landmark Affiliate of the Smithsonian Museum recognized universally as the birthplace of American railroading, and Edgar Allan Poe's Grave. The next few miles are in Druid Hill Park, Baltimore's first large municipal park now on the National Register of Historic Places that is home to the Baltimore Conservatory, the Maryland Zoo, and Druid Hill Lake.

Returning to the Baltimore Marathon, by mile six, the runners will have passed the southern section of the Johns Hopkins University campus. This world-class institution of higher learning was founded in 1876 for the nation's centennial year as the country's first true research university for the scientific discovery of new knowledge. It was named after Johns Hopkins, who at the time left the largest philanthropic bequest in his will for the formation of the university and Johns Hopkins Hospital. Two years later, the Johns Hopkins University Press was founded and it continues to be the oldest American university press in continuous operation. Along with the hospital, Johns Hopkins established one

The Baltimore Marathon
October 16, 2010
<http://www.thebaltimoremarathon.com/>

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of the nation's oldest schools of nursing in 1889 while the school of medicine was the nation's first coeducational, graduate-level medical school that now is ranked just below Harvard Medical School. In 1909, Johns Hopkins was among the first to start adult continuing education programs and in 1916 it founded the world's first school of public health that is now the largest and highest ranked. For an amazing 30 years in a row, John Hopkins has received more federal research money in aggregate than any other U.S. university for medical, science, and engineering research and development.

Returning to the athletics after the academic, the Baltimore Marathon now turns south toward downtown Baltimore heading near the 178 foot tall Washington Monument; one of over 100 monuments in the "Monumental City". Between here and the downtown Inner Harbor is the nation's oldest metropolitan cathedral, the Basilica of the Assumption. The Inner Harbor is at one end of the Patapsco River about ten miles from where it flows into the Chesapeake Bay. Baltimore was founded here in 1729 and incorporated as a city in 1797, named after the founding proprietor of the Maryland Colony Lord Baltimore. Today Baltimore is a major U.S. seaport with an excellent harbor for manufacturing and shipping.

The Inner Harbor is reached by mile nine of the Baltimore Marathon. This area of Baltimore is one of the country's greatest urban success stories. Efforts to redevelop the downtown area started with the construction of the Baltimore Convention Center, which opened 1979. The next year, Harborplace opened on the waterfront and now more than 10 million people a year visit the 130 shops, eateries, and restaurants in this urban retail, entertainment, and tourist complex. In 1981, one of the nation's top aquariums, the National Aquarium in Baltimore opened along the Inner Harbor. Additional sites in the Inner Harbor include the Baltimore Maritime Museum with its U.S.S. Constellation (an 1854 ship preserved as a National Historic Landmark) and the more current Maryland Science Center. From the Top of the World Observation deck, the Inner Harbor and downtown Baltimore can be seen from up above along with the next landmark near the Baltimore Marathon course at miles 10-11, Fort McHenry National Monument and Historic Shrine.

During the War of 1812 Battle for Baltimore from September 13-14, 1814, the the British after burning Washington, D.C. bombarded nearby star-shaped Fort McHenry in Baltimore's harbor with 1,800 bombs and rockets over a 25 hour period. Following the unsuccessful attack, a young Washington lawyer Francis Scott Key detained on a British warship was inspired when he saw "by the dawn's early light" of September

14, 1814 that the American flag still soared above the fort. He then knew that Fort McHenry had not surrendered and wrote the lyrics to a poem that recounted the attack. This later became "The Star-Spangled Banner" United States National Anthem in 1931 that was set to the tune of a 1778-1779 British drinking song "To Anacreon in Heaven" by British composer John Stafford Smith. Today, the American flag flies 24 hours a day over Fort McHenry that would obviously include May's Memorial Day.

At the halfway point in the marathon, the runners are back at Baltimore's Inner Harbor in the border state of Maryland between North and South that did not secede from the Union during the Civil War. The last half of the marathon does not match the first for the city sites but the remaining half does a semi-circle around the Inner Harbor before heading east to Patterson Park, north to Lake Montebello, west to near Johns Hopkins, and then south to the finish back by Camden Yards, the location of Oriole Park and the Sports Legends Museum. Some of the great professional athletes with ties to Baltimore include local resident Babe Ruth as one of baseball's best ever, quarterback Johnny Unitas when the Baltimore Colts were "America's Team" in professional football, and Cal Ripken, Jr. of the Baltimore Orioles when he played 2,131 consecutive baseball games.

After a Baltimore Marathon, to sound like a native resident, the traditional local accent has long been noted and celebrated as "Baltimorese" or "Bawlmores" where Baltimore is pronounced "Bawlamer" or "Balmer." Finally, in the State of Maryland with the motto, "Manly Deeds, Womanly Words," efforts are underway to establish an annual marathon in April 2011 at the capital city of Annapolis, the home to the United States Naval Academy in "America's Sailing Capital".



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.