



Dedicated to Runners of All Levels



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About the Arlington Trotters

The Trotters are a group of people who have at least one thing in common...the love of running. 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. Current membership is about 120 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. We have such a wide variety of members - all ages, abilities, occupations and interests - you can almost always find another Trotter or group of Trotters with whom to run. Goals range from racing, 5K's, marathons, ultras, triathlons, and improving fitness. Any goal includes the social aspect of the club. If you've never run with a group, join us and see how much fun - or how challenging - it can be. Don't feel that you will be too slow or too fast. There's usually someone around to run with at just about any pace. The Trotters are into so much more than running. We help the local community in many ways by volunteering. We also have many fun social activities such as Summer Beer Runs, Holiday Parties, Holiday Runs, post training run "recovery" activities. If you want to know more about the Trotters, please contact Club President, Judi Miko xbugs@aol.com.



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Jelly Belly Days 5-21-11

Clearbrook Center Jelly Belly Days is Saturday, May 21st. The Trotters have been volunteering for many many years and we would like to keep that tradition alive. Our efforts help a group of people much less fortunate than us.

- We need volunteers to help collect money by "canning". We usually work the intersection of Golf and Arlington Hts. Road.
- There are two shifts 9:00 am -12; and 12 - 3 pm. We need at least 8 people per shift.
- Please contact **Ed Nikowitz** if you would like to help.
enikowitz@comcast.net



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Monthly Club Meeting

4-14-11 7:30 PM

We had some exciting ideas exchanged at our board meeting on 4-5-11 and want to include everyone to participate in our enthusiasm for an exciting “running” summer. After our “business” we will adjourn to Buona Beef.

- **Meeting Location**

Heritage Park
506 West Victoria Lane, Arlington Hts, IL 60005
(847) 577-3020

- **“Adjournment” Location**

Buona Beef
1420 Golf Rd, Rolling Meadows, IL 60008
(847) 437-2333
<http://www.buona.com/>

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2011 Beer Run Schedule

The Trotter Beer Runs are a super great summer tradition. Typically, people will run or bike prior to the grilling festivities and some just come for the “fun”

- **Location** 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.
Busse Woods
- **Cost**
\$5.00 for paid Arlington Trotter Members (a \$2.00 savings!)
\$20.00 for guests, if they sign up to be a Trotter, then the membership dues are waived
- **Schedule**
Grilling Festivities start @ 6:30 PM
Thursday, May 19, 2011 Host Margi
Thursday, June 23, 2011 Host Mary P.
Thursday, July 21, 2011 Host: WE NEED ONE
Thursday, August 18, 2011 Host: Steve S.



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2011 Track Work Outs Start 4-13-11 6:30 PM

Dr. Nick Nowicki has been developing track work outs for runners of all abilities and all types of races for the Arlington Trotters for several years and is generously donating his time and talents again this year. In addition to his practice, Dr. Nick is a very accomplished runner and Ironman athlete. **Friendly reminder to arrive prior to 6:30 pm to warm up properly.**

- **Location .**

Christian Liberty Academy
502 W Euclid Ave, Arlington Hts, IL
(847) 670-0366

- **Cost**

No cost to members, but you **MUST** be an active, paid member of the Arlington Trotters to participate

- **Contact**

nicknowicki7580@gmail.com



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Weekly Training Runs

Come meet your fellow Trotters for a run this week! Runners of all ages and experience levels are welcome. A big part of the experience with the group is the “after run” activity. It is a great way to meet new people and participate in the exchange of friendly, useful and useless knowledge.

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. Make sure to carry your own fluids. You can also cut the course short. Make sure to bring a change of clothes, as the group does like to “recover” at Einstens Bagels in Barrington (208 S Cook St, Barrington - 847-842-9888)

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. Make sure to bring a change of clothes, as the group does like to “recover”, location varies, but will be posted in the store for the evening.

Thursday Evening Fun Run - 6:15 p.m. Twin Lakes Park in Palatine. Also known as the “Duck Run”. Slower pace 10:00 min/mi +, 1-3 miles. Great beginner run.

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). Make sure to bring your own fluids! This is a relaxed pace run of about 8 miles. Make sure to bring a change of clothes to enjoy any impromptu recoverybreak-fasts.



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Trotter Recommended Race Links

While there is a plethora of websites out there promoting races near and far. We wanted to share with our group the races local to the Arlington Heights and Northwest suburban area that are well run and for causes close to our hearts.

- April 23, 2011 Easter Egg 5K & 1/2 Marathon Busse Woods
<http://www.usracecalendar.com/content/egg-shell-shuffle-half-marathon-and-5k-busse-woods-il?page=7>
- May 1, 2011 Hawthorne Woods 1/2 Marathon
<http://www.321goevents.com/>
- May 30, 2011 Elgin Fox Trot 5K and 10 Mile
<http://www.conceptmill.com/foxtrot/index.html>
- May 29, 2011 Salute 5K & 10K Arlington Hts.
<http://www.saluteinc.org/page/show/143237-salute-inc-events>
- July 4, 2011 Frontier Days 5K & 10K Arlington Hts.
(as of 4-7-11, website not yet updated for sign up)
<http://www.frontierdays.org/>
- September 25, 2011 Alpine 5K & 1/2 Marathon
http://www.alpinerunners.com/content.aspx?page_id=22&club_id=857296&module_id=23355



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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 (below) to:

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

Or, you can pay online at our website

www.arlingtontrotters.com.

Ron can be contacted at d3rjl@att.net.

Name (s) _____

Address _____

City, State, Zip _____

Phone _____

E-mail _____



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Trotter Board

President:

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

Treasurer:

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

Secretary:

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

Volunteer Coordinator:

We Need One!

Newsletter Editor:

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

Track Director:

Nick Nowicki
nicknowicki7580@gmail.com

Web Master:

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

Vice Presidents:

Steve Sawyer
847/394-9546
buzzsaw@comcast.net