

2nd Quarter 2013

**Newsletter of the
Arlington Trotters Running Club**



The TROTTER CHRONICLES

Dedicated to Runners of All Levels



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A WORD FROM THE PRES....

Rebuilding Together -

On Saturday, April 28 a few Trotters along with some professional tradesmen helped out a Des Plaines family with a little refurbishing around their house in a program called Rebuilding Together. Steve Sawyer, Marybeth Learnahan and Bob Portschy repaired their deck and hung a new storm door and built a small fence to keep the dog in the yard.

Clearbrook Center Jelly Belly Days -

Our next bit of service to the community will be the annual Jelly Belly Days supporting Clearbrook Center on Saturday, May 18. If you've never done it, this is quite some fun and a chance to get in a few extra miles. Join us for the 7 am for Busse run, then breakfast, then it's collection time. If your morning is busy then join the afternoon shift starting around 1 pm. All of these events depend on our Members coming together to give a little of their time to ensure others will be helped.

Further Details can be found on page 6 and 8.

First Beer Run -

Get ready for the first Beer Run, Thursday, May 30. Further details on page 6.

Your President,

Mary Papreck ☺



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. Trisha has captained the Chicago Marathon aid station for the Trotters since 1989. She has completed 30 marathons, including 6 Boston Marathons, and over 100 triathlons. She has also completed four Ice Age 50 Mile races. Trisha was formerly assistant principal at Buffalo Grove High School, holds a Ph.D. from Loyola University Chicago, and currently teaches graduate classes at National-Louis and Concordia universities.

March 31 2013

“These are the good old days.”

Those of you who are old enough (or heard it in re-releases), remember those words to the end of the Carly Simon song, *Anticipation*, released in 1971. (Wow, those really were the good old days, over 40 years ago!)

The message of the song, of course, is to be present and enjoy your life now. Don’t spend your time anticipating what comes next, or alternatively, living in the past.

This concept can be applied to almost any aspect of life - relationships, children, school, jobs, and yes, even running. Maybe especially running.

I was reflecting on this idea after running the March Madness Half Marathon in Cary this past March 17, 2013.

I must confess I was not giving myself a lot of positive self-talk while running the race. And as all the running gurus tell you, positive self-talk is important to running a good race.

Instead, my internal voice was telling myself that my knee felt funny, I was really slow, I just wanted to finish,

and that I used to run this race in the 1:40s range.

My running log revealed that I first ran the March Madness Half 23 years ago. At the start of the race they announced it was the 35 running of the race. In the 23 years since I first participated, I’ve probably run it at least 15 times, many of those in the 1990s, with times in the 1:40s.

Of course back then I was simultaneously training for the Boston Marathon and Ice Age 50. I was running close to 50 miles a week, much of it with people faster than I was. And I was 23 years younger.

Now I am 61 years old, running more like 25-30 miles a week, much of it alone. I spend more time training for triathlons than half marathons. I knew I would be well over two hours, closer to two and a half. Not to say that 60 year olds have to be slow. Beth Onines won our age group in 1:54, and Mary Ann Zemla, a little younger, ran close to that time. Not surprisingly, they are still training for marathons and 50

Tales from the Dork Side - continued

milers and run many more miles than I do. If I trained more for long distances, I could possibly run near those times, I thought. 66 year old Nancy Rollins ran a phenomenal 1:41. I could only run near that time if I had different genetics, I reasoned.

Yet out on the course I was cursing at the big hill at mile 10, cursing and walking some of the other hills, and wondering why in the world I ever thought this was a good idea. The triathlons were so much more fun, I thought. I'm a lot better at those, my negative self-talk continued.

I managed to finish, got my medal (and the great green St. Pat's sweatshirt is one answer to why this was a good idea), and saw Jim Cichowski, another veteran 60 something Trotter, in the gym after the race. We lamented that it took only 18 minutes for the race registration to close and that it was hard to get in and even harder to finish March Madness.

But on my ride home, I realized that I really had to turn my thinking around. These were, in fact, the good old days. Whether as a runner you are 31, 41, 51, 61, or 71, these are the good old days. I might not be out there running my PR of 1:38 (set over 20 years ago), but I was out there, running 13.1 challenging miles, at age 61. At 31 you might be out there still chasing PRs, and these are the good old days. At 61 finishing a half marathon still makes it the good old days, albeit a little slower.

There will come a time for all of us when we can no longer run. We hope it's at 91, but we just don't know. (You may have seen a recent article about a

102 year old guy who started training at a gym at age 98, despondent after the death of his wife and one of his children.) So at 81, or 91, I may look back and think of the good old days when I was 61 and could still run the half marathon at Cary.

If you are still setting PRs, appreciate your times now. Don't just look with anticipation for the time you can run even faster. Maybe you will, and maybe this will ultimately be your PR. When I was running marathons in the 3:30s, I wanted to run in the 3:20s. I never did, and didn't appreciate enough the good running I was doing then.

So whether you are setting PRs or happy to finish a race, these are the good old days. You are running, celebrating life, not sick or injured, and still doing a good job of keeping fit. Many people cannot say the same.

So sing along with Carly, and engage in some positive self-talk in your next race:

"These are the good old days. These are the good old days. These A RRRR, the good old days!"

From the Doc

By Dr. Nick Nowicki



Dr. Nick Nowicki has been a member of the Arlington Trotters since 2007 and is director for the Wednesday Night Speed Workouts at Melas Park. His race highlights include 3 Ironman Triathlon finishes and a 50 mile ultramarathon finish. Dr. Nick is a Certified Chiropractic Sports Physician by the American Chiropractic Board of Sports Physicians and an Active Release Techniques (ART®) Provider. He is also a Certified Strength and Conditioning Specialist and USA Triathlon Coach.

Website:
www.nicknowickichiropractic.com

Interval Training

Whether your goal is to qualify for the Boston Marathon or just shave off a hand-full of seconds from your 5K time; interval training should be incorporated in your training regime.

Before we discuss interval training, we need to go over some basic human physiology concepts and terminology.

VO₂ max is the maximum amount of oxygen you can load into your tissues. It tells us our performance ceiling. A person with a high VO₂ max can load more oxygen and potentially run faster. Long slow distance runs should be performed at 60-70% of your VO₂ max.

Lactate is an energy source that is created in the body during exercise. For many years lactate accumulation (in the form of lactic acid) was linked as the cause for next day muscle soreness and injuries after races or high intensity workouts. Research over the years has found this theory to be a myth.

When running (or performing any aerobic exercise) at high intensities, lactate begins to build up in our tissues. The body will absorb lactate and transform it

into glucose. Glucose will ultimately be broken-down to release more energy to sustain us during our workout or race.

Lactate Threshold is the level of performance at when lactate levels begin to rise significantly in the body. The body will still convert lactate into energy; however, it can no longer keep up clearing the excessive amount of lactate produced in the body. Lactate will accumulate in greater quantities in the body resulting in a decrease in efficiency and performance. Lactate threshold is slightly below 100% of your VO₂ max.

What is an Interval Training Workout?

Interval training workouts are high-intensity training sessions performed for short durations of time at intensities that are greater than lactate threshold.

Although you can design an interval workout however you wish, let's use quarter mile repetitions as an example. Run a quarter mile at a high intensity, but below an all-out effort. After you have run your quarter mile, perform a light jog for a duration less than or equal to your quarter mile pace (this is your recovery period).

From the Doc (Continued)

If you ran a quarter at 100 seconds, your recovery period should be no longer than 100 seconds. Your recovery period allows your body to clear any excessive lactate accumulation.

After your recovery period, toe up to the starting line and perform another quarter mile. You can perform as many repeats as you want, however, if you see that your splits have slowed significantly, your workout is complete.

Interval training can be performed on the track or on your favorite jogging route. If you do not know the distance markers on the route, you can alternate between running a certain time duration hard followed by a recovery jog. Because of the high intensity nature of interval training, take the necessary precautions in preventing injuries such as warming up, cooling down, and stretching.

The Benefits of Interval Training

The most important benefit that you will reap from performing interval training is an elevation in your lactate threshold. A runner with a higher lactate threshold can work at higher intensities for longer durations, defeating opponents of equal (or even greater) physical strength and VO₂ max but with lower lactate thresholds.

Interval training also helps

prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out. Interval training will also burn more calories and fat than a nice easy jog.

Wednesday Night Speed

Workouts at Melas Park have started. Practice begins at 6:30 PM; please arrive 10-15 minutes before the workout to warm-up. If you would like to learn more information about our summer program or any other health related topic, please e-mail me at: nicknowicki7580@yahoo.com

The Trotter Board

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Weekly Group Runs

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

Sunday Morning Run -

The Ace Hardware Run (formerly the Home Economist) meets at 7:00 a.m. at the Ace Hardware Store parking lot at the corner of Northwest Highway and Hillside Road in Barrington. The distance is 10.6 miles and the paces vary.

Monday Evening Fun Run

6:30 p.m. at the Dick Pond's Schaumburg, 927 S. Roselle Road. All levels welcome. "Party Night" on the third Monday of the month.

Tuesday Evening Fun Run

6:00 p.m. at the Runner's High N Tri 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.

Club Meeting and Events

May Beer Run

The May Beer Run will be held on Thursday May 30 at the Busse Woods Picnic Grove, entrance off of Golf Road. Take your first left after entering Busse Woods and look for the Trotter sign. We're usually at the first shelter on the left side. \$5 will cover the cost of beer and food. A mere pittance.

June Beer Run

Thursday, June 27

July Beer Run

Thursday, July 25

August Beer Run

Thursday, August 22

We're racing:



For Trotter Member Race Results and a list of upcoming recommended races see the Arlington Trotter Website at:

<http://www.arlingtontrotters.com>

For more **Upcoming Events and Odds and Ends** see page 9



Bob's been an Arlington Trotter since 1981-ish. Compared to many other he's done a measly fifteen marathons, only 200 overall races including Boston, his personal high water mark. He's on his third generation of Trotters and is blessed that he has been able to do this for 34 years.

From the Editor:

SEND ME YOUR QUOTES –

I've been toying with the idea of pulling together a list of quotes often told on and off the run. Below is another Billy Hamilton quote from the many years I ran with Bill. To this day I think I've run more miles with Billy than any other Trotter and appreciate every one of them during lunch every day at United literally for years and the long ones at Barrington High School on Saturdays.

I know you all have a number of great quotes, ones that make sense and others that don't. Send them along and I'll include them in upcoming issues of the Trotter Newsletter.

Also, send along any articles that I can include in future editions.

Another Billy Quote – “When you've run as many miles as we have, it's OK to round up.” So the Busse loop is technically 7.7. But we say 8. What the heck! We've more than made up for it over the years. But don't ever round it to 10. That, Billy would not go for. Thanks for that one, Billy.

Upcoming Events and Odds and Ends



Facebook – You’ll note we now have a Facebook page. Join us at Arlington Trotters. Look for the link to the Facebook page on the Trotter website.

Track Workouts - Dr. Nick Nowicki has started up the Wednesday Night Speed Workouts at Melas Park at 6:30 p.m. The workouts are designed to improve your speed and set that PR goal you’ve set for yourself. Get there a bit earlier for a warm up. Melas Park is located near the intersection of Central Rd and Busse in Mt. Prospect. All paces are welcomed. For more information contact Dr. Nick at nicknowicki7580@gmail.com.

Clearbrook Jelly Belly Days – As we have for many years, on May 18 the Trotters will again be on the corner of Golf and Arlington Heights Road collecting for this worthwhile organization. Clearbrook is committed to being a leader in creating innovative opportunities, services and supports to people with disabilities. Clearbrook has been providing the best for people with intellectual/developmental disabilities for more than 55 years.

Beer Run – The first Beer Run of the year is scheduled for May 30, a week later than normal so as not to interfere with the Memorial Day weekend. In the following months the dates will be the fourth Thursday of the month. Join us at Busse Woods with the entrance off Golf Rd just east of Hwy 53. Once you’ve entered Busse take your first left and look for the shelter with the Trotter banner. Come at 6 p.m. or 6:30 to run and eats are at 7 p.m.

The First Wednesday Night Speed Workout -





The Arlington Trotters 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 over 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

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 E. Waverly Ct., Arlington Heights, IL 60004.

Ron can be contacted at d3rjl@att.net.

Or, you can pay online at our website www.arlingtontrotters.com.

Name (s) _____

Address _____

City, State, Zip _____

Phone _____

E-mail _____