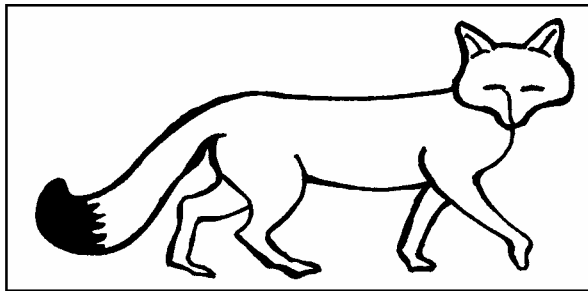


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 10

DECEMBER 2006



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Greetings Runners,

What a pleasant surprise the warm temperatures have been. Saturday mornings run was in 17 degree weather on treacherous icy trails, and today 50 degrees and no ice, so go figure.

It may not be a white Christmas if these temperatures remain, but that is all right because Christmas came early for me this year. And no I'm not talking about toys, games, or gadgets. At our December meeting four members came forward and volunteered to help with the Viking Sunset. This was the best Christmas present I could have received. The council seriously considered canceling the Viking Sunset because we just had not identified anyone to direct and put this race together for 2007. Gene Boehm volunteered to take on the role of Race Director and I can tell already that he is going to do a super job. Also, Dave Helmick, Dan McMahon and Carolyn Kovash have volunteered to help with sponsorship, marketing and the many other tasks involved in managing an event like this. I am hoping that all of them will stay on board and help with the direction and decisions that are necessary to keep a large club like the Fox River Trail Runners vital and growing. So mark your calendars now for July 25th 2007 for the Viking Sunset.

The Runners Council will be going through some changes in 2007. We will present the new officers and board members at the Banquet and install via voice vote. If you are just dying to help out, give me a call or send an email and we will save a position for you. One key role that is vital to the club is that of Newsletter Editor. Dave Gurnik has been doing double duty and a terrific job as Treasurer and Foxtales editor, and we need to give him a break. This may well be the last Foxtales that you receive until we find someone who can take on this important task. Communications between the members within the club is one of the primary functions of any group and the role of Newsletter Editor is huge.

Be sure that you email address is current, because that will be the primary communications channel for the foreseeable future. Joe Arnold also does a great job of keeping our

(Continued on page 3)

TIME TO RENEW ?

*Check your mailing label for your membership renewal date.
Keep your membership current !*

FRTR Circuit Final Results for 2006

WOMEN						MEN					
Age Group	Age	Name	Total Races	Accum. Ach. %	Award Eligible	Age Group	Age	Name	Total Races	Accum. Ach. %	Award Eligible
F00-13	11	Meyle, Greta	4	66.26	X	M15-19	17	Gilmore, Will	4	71.46	X
F00-13	13	Meyle, Elisia	4	62.68	X	M15-19	16	Fagan, Nick	3	69.5	
F14-19	14	Sullivan, Catherine	4	71.03	X	M15-19	15	Drendel, Matt	3	69.88	
F14-19	15	Foust, Corinna	5	58.99	X	M15-19	20	Fagan, Rob	5	62.57	X
F25-29	29	Hegele, Rachel	13	71.15	X	M30-34	31	Heriaud, Ray	5	71.51	
F25-29	29	Waldron, Denise	5	55.99		M30-34	34	Kowalczyk, Ron	5	65.61	
F30-34	31	Drexler, Cara	7	67.14	X	M35-39	36	Ahern, Brian	6	72.33	
F30-34	34	Stock, Jennifer	8	64.41	X	M35-39	40	Johnson, Kipp	4	62.73	
F35-39	38	Iway, Brenda	3	57.72		M35-39	39	Faivre, Bryan	5	56.13	
F40-44	44	Dudman, Angie	3	69.07		M35-39	37	McMahon, Dan	7	55.87	X
F40-44	43	Cosentino, Phyllis	8	66.13	X	M35-39	35	Ulaszek, Rob	4	52.29	
F40-44	42	Ginsberg, Shawn	3	59.78		M40-44	42	Viramontes, Carlos	11	76.85	X
F40-44	42	Mikulski, Krista	11	50.62	X	M40-44	40	Warren, Daniel	6	70.71	
F45-49	47	Shemyakin, Elena	5	79.14		M40-44	44	Wenzel, Hans	7	67.7	X
F45-49	49	Krause, Mary	8	71.44	X	M40-44	44	Spadafora, Tom	7	66.36	X
F45-49	47	Bentley, Victoria	6	61.78		M40-44	40	Lauridsen, Steven	3	60.75	
F45-49	45	Wedow, Diana	6	52.25		M40-44	45	Bentley, Bryan	4	49.94	
F45-49	47	Hanson, Catherine	4	43.48		M45-49	46	Gilmore, Bill	10	78.04	X
F50-54	53	Brale, Carol	6	60.27		M45-49	48	Wedow, Eric	11	77.37	X
F50-54	50	Lochner, Donna	11	60.22	X	M45-49	47	Roder, Daniel	7	76.59	X
F50-54	50	Swenson, Pauline	3	58.72		M45-49	49	Basak, David	3	71.56	
F55-59	58	Metz, Isola	12	75.52	X	M45-49	46	Drendel, Mark	7	71.25	X
F55-59	59	Terwedow, Susan	7	57.66	X	M45-49	49	Boots, Steven	7	70.32	X
F65-69	65	Raynett, Jeanne	7	74.39	X	M45-49	46	Stock, Greg	8	68.32	X
F75-79	75	Gilmore, Lois	10	81.86	X	M45-49	46	Shemyakin, Alexander	3	66.18	
						M45-49	48	Seigle, Mike	7	55.95	X
						M50-54	54	Marcec, Jerry	15	71.2	X
						M50-54	50	Tecuanhuey, Ernesto	4	65.42	
						M50-54	51	Evans, Chuck	10	64.06	X
						M50-54	51	Bradford, Bob	6	63.95	
						M50-54	52	Ebbesen, Jay	4	62.7	
						M50-54	53	Unger, Bob	7	61.83	X
						M50-54	50	Hettinger, George	3	61.31	
						M50-54	53	Adamus, Mitch	6	58.17	
						M50-54	52	Vitkus, Philip	3	56.33	
						M50-54	52	Fagan, R. C.	5	50.69	
						M55-59	55	Varney, Jim	8	67.63	X
						M55-59	58	Johnson, Karl	8	56.55	X
						M55-59	60	Rauch, Ed	10	41.78	X
						M60-64	60	Johnson, Royal	3	51.89	
						M65-69	66	Brodine, Rick	3	72.79	
						M65-69	65	Rasmussen, Winston	4	72.71	
						M65-69	66	Murison, Larry	9	70.19	X
						M65-69	69	Quinton, John	4	65.13	
						M65-69	65	Kirts, Tom	7	49.98	X
						M70-74	71	Suter, George	5	64.81	
						M70-74	73	Hays, Carl	11	59.76	X
						M70-74	73	Gilmore, Wayne	11	58.37	X
						M75-79	77	Lamer Mayer, Dick	12	66.87	X
						M80+	81	McKeague, Bob	5	76.64	

(Continued from page 1)

webpage up to date, and if you are looking for the most recent news, check out www.frtr.org. You will also be linked to our webpage via www.FoxRiverTrailRunners.org.

I hope that all is well with you and your family this holiday season. Here is wishing you a happy and healthy New Year from Carol and me.

Winston

p.s. New Years Day Run 1/1/07

I recently sent an email regarding a New Years Day run. We may change the location and time and I will get information out to you as soon as I firm up the plans. Since I don't normally run with the Saturday morning group from the Waste Treatment plant, I was unaware of a tradition that many of them have been carrying on for several years. The idea as I understand it is to run as far as you can out and back on the trail, without a watch, and see who can come the closest to 1 hour, 1 minute and 7 seconds. I'm not sure what the recognition has been for the winner, but we'll come up with something. Cheers

“Lions and Tigers and Bears, Oh My”: Running The Woburn 10K

By Chuck Evans



The Woburn 10K was a very nice break in a recent business trip to England. The location presented the possibility of a scenic and challenging course through the English countryside, away from the activity of the large cities that I'd been visiting earlier in the week. It would also provide a very unique opportunity to run through a "safari park" and experience both the transplanted as well as the natural wildlife of the area.

Once I was signed up for Woburn, I emailed Mike Grattan the race director, and asked for some pointers on how to get to the race location. He came back to me immediately with a rather subtle hint about the venue. "You cannot enter the park on foot... although the Lion's might like that..." The course, it seems would start inside the Woburn "Safari Park" and expose runners to the type wildlife suggested by the park's name. Woburn Abbey, the ancestral home of the Duke and Duchess of Bedford, and the surrounding grounds would be part of the course as well. Finally, runners would enjoy dashing through the "Deer Park", a preserve that boasted several large herds of deer.

Staying in central London was a transportation problem. After reviewing the possibilities including trains, buses and even staying in Woburn overnight, I opted to hire a car. This is not "renting" but engaging a car and driver for a specific trip. A regular car rental wouldn't work as finding a place to keep a car in London would be nearly impossible to manage. While this was not the least expensive way get to the race, in the end, it was the right thing to do. It seems that local taxi service in Woburn, which would have been required to get me to and from a rail station, was less than reliable. Taxis around Woburn sometimes run on the weekends... and if they do, will let you know when they can come to pick you up.

With a somewhat comprehensible "so long" from my driver, I was left to wander about while the volunteers prepared the course. I approached a group working on unloading a van and asked them about the locations of the start and finish. One fellow looked at me and laughed, "You're the one from the States!" He then identified himself as Mike Grattan the race director. I guess between my accent and the Chicago Marathon windbreaker, there might have been a couple of clues. Mike was full of good information. He pointed out the start and finish locations, including the starting corral for the runners and suggested that I stay away from the wolves and the nasty tempered camels.

The race started in corrals, not only for the runners, but for a family of camels which the director had warned me about (Bactrian Camels, with two humps). These nasty tempered mammals would not be running with the rest of us but seemed pretty amused by the gathering herd of runners. I placed myself in the "fifty minute" corral and crushed into a small space with a very large number of other runners. Apparently many of us were counting on finishing the race in the same amount of time.

The space was restricted because of the narrow roadway we were going to be running on. Additionally, the race was chip timed. This added to the congestion at the beginning of the race by squeezing everyone through a "funnel" where the mats were set for reading our chips. Between squeezing this massive group into a narrow road and further funneling them over the

(Continued on page 5)

New Years Day 1/1 Run

I recently sent an email regarding a New Years Day run and I need to ask you to forget part of what was in that email. I do not usually run with the Saturday morning group from the Treatment plant in Geneva so I was unaware of a tradition that several runners have been participating in for about 15 years. The idea as I understand it is to run as far as you can out and back on the trail, without a watch, and see who can come the closest to finishing in 1 hour, 1 minute and 7 seconds. After the run I understand some of the more brave runners jump in the Fox River for a swim. I personally plan to skip the Polar Bear Plunge and watch that part of the tradition from shore.

Anyway the details are as follows: The run starts from Fabyan Park (The Windmill) on Route 25 about 1.2 miles South of Roosevelt Road (Rte 38) at 10:00 a.m. January 1st. After the run, **Carl Hays** has invited everyone to his house in Batavia for a post run pot-luck informal gathering. Bring something to share i.e. baked goods, breakfast casserole, fruit, etc. The club will supply cups, napkins, utensils and hot chocolate. Carl's address is 2418 Big Woods Drive in Batavia just west of Randall Road and south of Main Street . If you get lost, his phone number is (630) 761- 6971.

Please RSVP to me via email
w.rasmussen@comcast.net or by phone 630.930.9341.

I hope to see everyone on New Years Day.
Cheers,

Winston

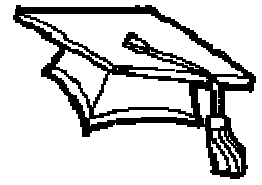
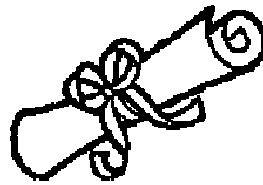
Scholarship available to members.

The runner's council has renewed and revised the FRTR Scholarship program. Previously, the council had opened the applications to all graduating seniors in the Fox Valley area that participated in or supported running for fitness. The council has decided to limit the scholarship to current FRTR members and their direct families and to offer as many \$1,000 scholarships as the council sees fit.

APPLICATIONS BEING ACCEPTED

Beginning Jan. 15, 2007

GO TO www.FRTR.org



Online Membership Renewal

Now you can join or renew your membership online at SignMeUp.com ! Paste the following link into your browser and then bookmark it!

<https://www.signmeup.com/55684>



If you have trouble or questions just contact our membership director, Alan Edgecombe at

al_i_edgecombe@yahoo.com

10th Annual FRTR Circuit Awards Banquet

February 3, 2007

Cocktails at 6:00 PM, Dinner at 7:00 PM

**Lincoln Inn
Batavia, IL**

Check the FRTR website for final arrangements as they become available.



(Continued from page 3)

mats, it promised to be a slow start.

Once the race was underway, the scenery really became the main event. The beautiful countryside was just beginning to turn to fall colors. It was sunny and clear with a very pleasant running temperature of about forty-five degrees Fahrenheit. Less than a kilometer beyond the start, people started spreading out and the course became even more enjoyable. A description of the course used that dreadful adjective "undulating". Past experience suggested that this meant that it would be a hilly route and I was not disappointed. It was "undulating" and very challenging, however the pleasant surroundings made the hilly course seem very natural and less of a struggle.

I did not see the lions, which may have been a good thing. I did see camels and wolves. I even saw buffalo, which I found to be a bit ironic in the same way that running into another business man from the United States in some far flung part of the world can seem. As I ran over hills and passed Woburn Abbey, I couldn't help but be impressed with the beauty of the area and the diversity of the scenery.

About six kilometers into the race, a group of us running together came over a hill in the deer park to see deer race off over the edge of a hill. I couldn't count the number, but it was significant. The last time I'd seen herds of that size, I'd been in Wyoming. This place was truly unique.

At the finish, I was given a very nice looking "bronze" (medal) and a bottle of water. With the race done, I went back to the headquarters to get my warm-ups from the gear check. It was also time for a cup of coffee. While typical coffee in England is notoriously bad, it was still the first cup of coffee of the day. Additionally, I'd been encouraged by some of the local racers to try one of the post race delicacies served at the safari park. The "Bacon Roll" sounded like something that could clog arteries just by looking at it. The safari park café heavily advertised the snack as a post-race treat, regardless of the total lack of health benefit. It was still a "must" according to my new friends. Well, they called it correctly. The bacon roll was nothing more than fried ham on something like a sourdough roll, but however they prepared it, whatever secret ingredient they used, it was delicious.

"QUIT! GIVE UP! YOU'RE BEATEN!"

They shout and plead,

There's just too much against you now, this time you can't succeed.

And as I start to hang my head in front of failure's face,
My downward fall is broken by the memory of a race.

And hope refills my weakened will as I recall that scene.
For just the thought of that short race rejuvenates my being.
A children's race, young boys, young men; now I remember well.

Excitement, sure, but also fear; it wasn't hard to tell.

They all lined up so full of hope. Each thought to win that race.

Or tie for first, or if not that, at least take second place.

And fathers watched from off the side, each cheering for his son.

And each boy hoped to show his dad that he would be the one.

The whistle blew and off they went, young hearts and hopes of fire.

To win, to be the hero there, was each young boy's desire.

And one boy in particular, his dad was in the crowd,

Was running near the lead and thought, "My dad will be so proud."

But as he speeded down the field across a shallow dip,
The little boy who thought to win, lost his step and slipped.
Trying hard to catch himself, his hands flew out to brace,
And mid the laughter of the crowd, he fell flat on his face.

So down he fell and with him hope. He couldn't win it now.
Embarrassed, sad, he only wished to disappear somehow.
But as he fell, his dad stood up and showed his anxious face,
Which to the boy so clearly said, "Get up and win that race!"

He quickly rose, no damage done - behind a bit, that's all,
And ran with all his mind and might to make up for his fall.
So anxious to restore himself to catch up and to win,
His mind went faster than his legs. He slipped and fell again.

He wished that he had quite before with only one disgrace.
I'm hopeless as a runner now, I shouldn't try to race.
But, in the laughing crowd he searched and found his father's face
That steady look that said again, "Get up and win the race."

So, he jumped up to try again. Ten yards behind the last.
If I'm to gain those yards, he thought, I've got to run real fast.
Exceeding everything he had, he regained eight or ten,
But trying so hard to catch the lead, he slipped and fell again.

Defeat! He lay there silently, a tear dropped from his eye.
There's no sense running anymore - three strikes and I'm out -
why try?
The will to rise had disappeared, all hope had flew away.
So far behind, so error prone, closer all the way.

I've lost, so what's the use, he thought, I'll live with my disgrace.
But then he thought about his dad, who soon he'd have to face.
"Get up," an echo sounded low. "Get up and take your place."
You were not meant for failure here, get up and win the race."

(Continued on page 6)



Cool but dry conditions prevail as Chad Jerdee (25), Cara Drexler (104) and Rich Parilla (70) run through Les Arends Park during the FOX & TURKEY 4M Predictor on 11/19.

(Continued from page 5)

With borrowed will, "Get up," it said, "You haven't lost at all,
For winning is not more than this, to rise each time you fall."
So up he rose to win once more. And with a new commit,
He resolved that win or lose, at least he wouldn't quit.

So far behind the others now, the most he'd ever been.
Still he gave it all he had and ran as though to win.
Three times he'd fallen stumbling, three times he'd rose again.
Too far behind to hope to win, he still ran to the end.

They cheered the winning runner as he crossed first place.
Head high and proud and happy; no falling, no disgrace.
But when the fallen youngster crossed the line, last place,
The crowd gave him the greater cheer for finishing the race.

And even though he came in last, with head bowed low,
unproud;
You would have thought he'd won the race, to listen to the
crowd.
And to his Dad he sadly said, "I didn't do so well."
"To me you won," his father said, "You rose each time you
fell."

And when things seemed dark and hard and difficult to face,
The memory of that little boy - helps me in my race.
For all of life is like that race, with ups and down and all,
And all you have to do to win - is rise each time you fall.
"Quit!" "GIVE UP, YOU'RE BEATEN." They still shout in
my face.
But another voice within me says, "GET UP AND WIN THE
RACE!"

- Dee Groberg (Submitted by Steve Richey)

Here they come, spinning out of the
turn.....

Full of energy and the desire to win, the
Youth Milers always leave the gate faster
than they return. Very tired and a little
wiser, they finish and heave a big
sigh....then they run to the food tables for
some hot chocolate and cookies!

Well done runners!

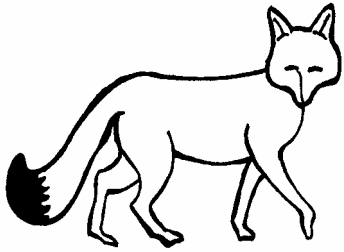


Youth mile on 11/19/06
Batavia, IL

**DeKalb
10K****08/26/06**

Sycamore, IL

Race Age Group	Age	Name	Mins	Secs	Achieve %
F14-19	15	Foust, Corinna	54	44	56.97
F25-29	29	Hegele, Rachel	42	44	70.01
F30-34	31	Drexler, Cara	44	58	66.53
F30-34	34	Stock, Jennifer	48	37	61.54
F40-44	44	Dudman, Angie	46	45	69.02
F40-44	41	Mikulski, Krista	60	4	52.39
F45-49	47	Hanson, Catherine	77	12	42.90
F50-54	53	Cosentino, Phyllis	48	6	72.77
F50-54	50	Lochner, Donna	61	5	56.21
F75-79	75	Gilmore, Lois	58	37	78.36
M20-24	20	Fagan, Rob	44	39	60.40
M35-39	37	McMahon, Dan	47	58	56.88
M35-39	35	Ulaszek, Rob	54	4	49.88
M40-44	42	Viramontes, Carlos	38	5	74.22
M40-44	44	Spadafora, Tom	42	44	67.12
M45-49	49	Boots, Steven	42	33	70.04
M45-49	46	Drendel, Mark	41	56	69.44
M45-49	45	Behnke, Jay	42	45	67.60
M45-49	46	Stock, Greg	44	17	65.75
M45-49	48	Seigle, Mike	54	17	54.47
M50-54	54	Marcec, Jerry	44	57	69.04
M50-54	51	Evans, Chuck	48	0	63.06
M50-54	50	Tecuanhuey, Ernesto	48	23	62.07
M60-64	60	Rauch, Ed	81	50	40.02
M65-69	66	Brodine, Rick	47	37	73.08
M65-69	65	Rasmussen, Winston	48	49	70.50
M65-69	69	Quinton, John	70	43	50.93
M70-74	73	Gilmore, Wayne	68	57	54.92
M70-74	73	Hays, Carl	73	59	50.51
M75-79	77	Lamermayer, Dick	62	32	64.10
M80+	81	McKeague, Bob	55	27	77.19



FOXTALES

FOX RIVER TRAIL RUNNERS
P.O. Box 371, Geneva, IL 60134



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 12/1 sunrise 7:01 AM sunset 4:23 PM avg low 22F avg high 40F

December 12/31 sunrise 7:21 AM sunset 4:32 PM avg low 12F avg high 21F

Interested in advertising in FOXTALES?
Contact us at frtrnews@sbcglobal.net for rate inform.

Snail Mail to: FRTR News, PO Box 371, Geneva, IL 60134

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SECRETARY	OPEN		
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FOXTALES: is the official newsletter of the Fox River Trail Runners, a non-profit running organization dedicated to promoting running for fun and lifetime fitness. Membership in FRTR is open to all individuals regardless of age or ability. The Fox River Trail runners are proud to be a member of the Road Runners Club of America. We invite your letters, articles, photos and ideas. Please submit your information by the 15th of each month to frtrnews@sbcglobal.net