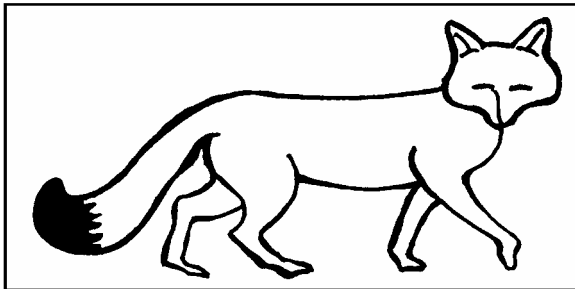


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 6

July 2006



What Inside???

Group Track workouts.....	pg 2
Downers Grove results	pg 2
New members & Birthdays	pg 3
Geneva races results	pg 4
Palatine 5K results	pg 5
FRTR circuit standings	pg 6
Trail Gorp	pg 6
“Knee pain & running”	pg 7

TIME TO RENEW ?

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

Greetings Fox River Trail Runners,

Pardon me for the potpourri of thoughts, but this is the one time of the month when I am literally forced to set other tasks aside and put something down on paper for the newsletter. There are too many things I want to do and the days aren't long enough to finish what I start. I can't even use the excuse that work gets in the way, but ever since I retired, my to-do list gets longer. Then I just checked my garden and there are these darn ubiquitous weeds that grow unassisted and return faster than I can pull them. If my vegetables did as well I could start a small truck farm.

I hope that you had a great 4th of July celebration and have been enjoying our nice summer weather. I'm sure that we will have our fair share of hot summer days ahead of us but just think January and it won't feel so hot. After all, before you know it the cool fall racing season and fall marathons will be here.

The Viking Sunset is right around the corner. If you haven't had the chance to come out and enjoy this very popular event, this could be your last chance. I'm sure that you have heard that the Moss family is moving and Gary and Mary have been the primary driving force behind the Fox River Trail Runners and the Viking Sunset. Your runner's council is already a little thin this year, and the effort required to host three club races is left to a few individuals. We desperately need to add two or three members to the race committee if we want to continue this event in 2007. If you would like to work with the runners council and race committee, please call or send an email to either me or Gary Moss.

There is always a lot of interest in our group runs. Group runs are going strong, but we need a couple of coordinators from the Wednesday evening and Saturday morning groups. We often have new members inquire about group runs and we just need to give them a location, time and contact name so they are introduced to other members and feel welcome on their first run. Call or send an email to me or Alan Edgecombe if you would like to assume this role.

If you would like to communicate to the entire club roster, remember that we have a club email distribution list set up at Yahoo. Just send an email to: FoxRiverTrailRunners@YahooGroups.com. A notice of your email is sent to our membership coordinator, Alan Edgecombe, for review of appropriate content, and then sent to all club members. Club members email addresses are kept private and the distribution list is maintained and controlled by Alan. This is a great way to get the word out regarding important club events or significant running news and information to everyone.

Good running and I hope to see everyone at the Viking Sunset.

Winston

GROUP TRACK WORKOUTS at Batavia HS

By Alan Edgecombe

A number of people have asked about setting up group track workouts as part of their training plan for a fall marathon. I've talked with the Batavia Park District and we've worked out the following plan to avoid facility conflicts with youth summer camps.....

Where: Batavia High School track, near the intersection of Wilson and Western in Batavia (a couple of blocks east of Randall Road). The track is on the south side of Wilson Street and you can park in the lot near the high school. Enter the track through the gate on the east side of the stadium.

When: Monday evenings at 6 PM through the month of July. We'll start on Monday, July 10th. After the summer camps end, we can decide if we want to switch to another evening for the rest of the summer and into the fall.

What: There will be one group with a workout focused on preparation for a fall marathon. This group will build up through the summer to running repeats that complement each individuals marathon goal. If people want to do a different workout, the track is open and they can do whatever meets their running goals.

Who: Anyone in the club is welcome. Like the other FRTR group runs, there will certainly be a wide range of abilities. You should assess your own level of fitness, and decide if you are prepared to run faster than you usually do. These track workouts will be designed to help you, not injure you!

Why: To help you improve, meet your running goals, and enjoy some camaraderie in the process.

If there are any questions about this program, send me an e-mail at foxrivertrailrunners@yahoo.com

Downers Races		06/18/06					
Age Group	Age	Name	Mins	Secs	Achieve%	AG Finish	
10 Mile							
F50-54	52	Brale, Carol	94	1	60.57	4	
M20-24	20	Dalpiaz, Matthew	82	55	53.87	20	
M50-54	51	Bradford, Bob	77	10	64.69	3	
5 Mile							
F25-29	28	Hegele, Rachel	35	11	67.22	2	
F30-34	34	Stock, Jennifer	37	47	62.59	2	
F40-44	43	Cosentino, Phyllis	39	21	64.42	6	
F50-54	50	Lochner, Donna	47	45	56.44	5	
F55-59	58	Metz, Isola	40	28	72.08	3	
F55-59	59	Terwedow, Susan	51	55	56.18	9	
F75-79	75	Gilmore, Lois	44	21	82.11	1	
M15-19	15	Dalpiaz, Daniel	31	29	70.57	8	
M15-19	17	Gilmore, Will	31	29	69.03	2	
M40-44	42	Viramontes, Carlos	30	13	74.02	4	
M40-44	40	Lauridsen, Steven	36	44	60.03	12	
M45-49	46	Gilmore, Bill	30	40	75.16	3	
M45-49	46	Stock, Greg	34	37	66.59	8	
M50-54	54	Marcec, Jerry	34	42	70.80	6	
M50-54	53	Unger, Bob	41	33	58.64	13	
M50-54	53	Adamus, Mitch	42	43	57.04	15	
M65-69	69	Quinton, John	40	56	69.63	3	
M65-69	65	Kirts, Tom	55	11	49.38	5	
M70-74	71	Suter, George	46	43	62.50	4	
M70-74	73	Gilmore, Wayne	53	13	56.31	7	
M70-74	72	Hays, Carl	56	31	52.34	8	
M75-79	77	Lermayer, Dick	48	12	65.80	1	
M80+	81	McKeague, Bob	44	7	76.77	1	

WELCOME NEW MEMBERS:

MELISSA BOWMAN	Elburn, IL
ROBERT BROWN	Oswego, IL
KELLY DESIMONE	Maple Park, IL
CORINNA FOUST	Elgin, IL
JACK FOUST	Elgin, IL
KRISTA MIKULSKI	Elgin, IL
JEFFERY MIKULSKI	Elgin, IL
ALAYNA MIKULSKI	Elgin, IL
SARAH SEGRETI	Oswego, IL

We're glad to have you!

July Birthdays

4 Kimberly Wedow	26 Landry Johnson
5 Nathanael Vitkus	27 Leandra Lyle
10 Steve Richey	28 Shane Cole
17 Phil Nolte	Mark Drendel
18 Chuck Stickney	Dave Gurnik
22 Jennifer Drendel	Collin Mikottis
23 Gary Englehorn	29 Cary Crawford
24 Alexandra Martyn	30 Roger Anderson
25 Carol Braley	
Devin Johnson	

DICK POND

ATHLETICS inc

The Oldest
Running Specialty Store
in the U.S.A.!!

UPCOMING EVENTS:

at ST. CHARLES store

July 18 (Tuesday) 7-9 PM. Hosting a clinic with Athletico for gait analysis and injury screening.

July 23-25 Registration and packet pick-up for the Viking Sunset 5k in Geneva.

July 26 the shoemobile will be at the Viking Sunset 5k races

EVERY WEDNESDAY NIGHT from St. Charles store there are fun runs starting at 7:00 PM. Raffles, giveaways, food.

at CAROL STREAM store

New location!!! 26W515 St. Charles Rd.(just a doors down from the old store)

EVERY WEDNESDAY NIGHT from Carol Stream store there are fun runs starting at 6:00 PM

at LISLE store

July 13 Core strengthening clinic with Athletico at 6:45 PM

July 20 Heart rate Monitor lecture by Mike Arenburg, Exercise Physiologist

at BARRINGTON store

July 17 Nutrition to Fuel Performance lecture by Lisa Burke, registered dietician (confirm with store)

EVERY WEDNESDAY NIGHT from the Barrington store there are fun runs at 6:00 PM

at SCHAUMBURG store

July 15, 22, 29 Nike Run Hit Remix training runs

July 13, 20, 27 Chicago Runs marathon training program

Geneva Races		06/24/06					
Race Age Group	Age	Name	Mins	Secs	Achieve %	AG Finish Position	
10K							
F25-29	28	Hegele, Rachel	42	42	70.06	2	
F30-34	31	Drexler, Cara	42	52	69.79	1	
F30-34	33	Reinert, Julie	54	45	54.64	3	
F40-44	44	Kovash, Carolyn	58	0	55.63	6	
F45-49	46	Shemyakin, Elena	41	36	78.89	1	
F45-49	48	Krause, Mary	46	18	72.17	2	
F45-49	48	Cummings, Elizabeth	58	24	57.22	6	
M40-44	40	Warren, Daniel	38	19	72.73	1	
M45-49	47	Wedow, Eric	37	54	77.40	2	
M45-49	47	Seigle, Mike	50	38	57.93	14	
M50-54	54	Marcec, Jerry	43	25	71.48	2	
M50-54	51	Bradford, Bob	46	2	65.75	4	
M50-54	51	Evans, Chuck	47	42	63.45	5	
M55-59	57	Johnson, Karl	57	58	54.97	6	
M65-69	65	Kirts, Tom	66	14	51.96	1	
5K							
F00-13	11	Meyle, Greta	24	18	66.39	2	
F00-13	13	Meyle, Elisia	25	53	59.18	4	
F14-19	19	Shemyakina, Lyndmila	22	40	63.38	3	
F20-24	21	Wedow, Amanda	29	49	48.24	2	
F25-29	25	Bowman, Melissa	22	0	65.38	1	
F35-39	35	Anderson, Deborah	28	58	50.12	8	
F35-39	37	Bradford, Donas	33	36	43.90	18	
F40-44	43	Dudman, Angie	21	3	73.56	1	
F40-44	43	Cosentino, Phyllis	23	16	66.55	3	
F45-49	49	Schmidt, Heidi	22	0	74.17	1	
F50-54	50	Swenson, Pauline	27	26	60.02	2	
F55-59	59	Terwedow, Susan	30	35	58.91	1	
F65-69	65	Raynett, Jeanne	25	33	75.60	1	
M15-19	17	Ahlden, Adam	16	44	78.69	2	
M30-34	30	Heriaud, Ray	19	32	66.38	1	
M30-34	34	Kowalczyk, Ron	19	45	65.65	2	
M30-34	33	Weyrich, Craig	20	55	61.99	4	
M35-39	39	Anderson, Roger	22	57	58.32	3	
M45-49	48	Boots, Steven	20	19	70.39	1	
M50-54	54	Sullivan, Michael	21	35	69.50	3	
M50-54	54	Lyle, Glenn	22	27	63.70	4	
M50-54	53	Adamus, Mitch	25	10	59.14	7	
M55-59	55	Varney, Jim	22	10	68.27	1	
M55-59	59	Rauch, Ed	37	42	41.60	4	
M60-64	67	Giese, Wayne	27	40	61.51	2	
M65-69	65	Murison, Larry	23	59	69.35	1	
M70-74	72	Hays, Carl	32	24	55.76	2	
M75-79	77	Lamermayer, Dick	28	48	67.25	2	

Palatine 5K		07/01/06				
Race Age					Achieve	AG Finish
Group	Age	Name	Mins	Secs	%	Position
F00-13	11	Meyle, Greta	24	11	66.71	7
F00-13	13	Meyle, Elisia	24	20	62.95	8
F00-13	9	Meyle, Hannah	28	59	60.38	13
F14-19	14	Sullivan, Catherine	21	18	70.66	4
F14-19	15	Foust, Corinna	24	11	61.34	15
F25-29	29	Hegele, Rachel	20	20	70.74	2
F30-34	34	Stock, Jennifer	21	29	67.03	5
F35-39	38	Iway, Brenda	25	49	57.59	9
F40-44	41	Mikulski, Krista	29	21	51.90	18
F50-54	53	Maeshima, Kaori	23	31	72.08	2
F50-54	50	Lochner, Donna	28	6	58.60	4
F55-59	58	Metz, Isola	24	30	72.79	2
F75-79	75	Gilmore, Lois	26	54	82.84	1
M15-19	17	Gilmore, Will	18	40	70.54	9
M40-44	42	Viramontes, Carlos	17	41	77.29	4
M40-44	44	Wenzel, Hans	19	29	71.17	12
M45-49	46	Gilmore, Bill	17	49	79.05	4
M45-49	47	Wedow, Eric	18	10	78.07	6
M45-49	46	Stock, Greg	19	55	70.71	13
M50-54	54	Marcec, Jerry	20	58	71.54	9
M55-59	55	Varney, Jim	22	20	67.76	9
M55-59	57	Johnson, Karl	26	46	57.53	16
M65-69	65	Rasmussen, Winston	23	22	71.18	4
M65-69	65	Murison, Larry	23	23	71.13	5
M70-74	73	Gilmore, Wayne	30	19	60.36	8
M80+	81	McKeague, Bob	26	9	79.09	1

To Gary, Mary and Krista Moss

Happy Trails to you....

Good Luck and Best Wishes

In your new home.

Thanks for everything!

FRTR 2006 (07/01/06)

CIRCUIT

STANDINGS (3 or more races)

WOMEN					MEN				
Year	Age	Name	Total	Average	Year	Age	Name	Total	Average
Group	Age	Name	Races	Ach %	Group	Age	Name	Races	Ach %
F25-29	29	Hegele, Rachel	6	69.108	M15-19	17	Gilmore, Will	3	70.505
F25-29	29	Waldron, Denise	3	57.829	M35-39	36	Ahern, Brian	3	71.513
F30-34	31	Drexler, Cara	3	66.103	M35-39	39	Johnson, Kipp	3	63.047
F30-34	34	Stock, Jennifer	6	64.404	M35-39	39	Faivre, Bryan	3	58.074
F40-44	43	Cosentino, Phyllis	5	65.442	M40-44	42	Viramontes, Carlos	5	74.621
F45-49	48	Krause, Mary	4	70.042	M40-44	40	Warren, Daniel	4	69.991
F45-49	46	Bentley, Victoria	3	62.273	M40-44	44	Wenzel, Hans	5	69.053
F45-49	45	Wedow, Diana	3	52.941	M40-44	44	Spadafora, Tom	3	64.921
F45-49	47	Hanson, Catherine	3	43.678	M40-44	40	Lauridsen, Steven	3	60.751
F50-54	52	Braley, Carol	3	60.085	M40-44	44	Bentley, Bryan	3	51.434
F50-54	50	Lochner, Donna	5	58.628	M45-49	47	Wedow, Eric	3	76.763
F55-59	58	Metz, Isola	7	73.231	M45-49	46	Gilmore, Bill	7	76.251
F55-59	59	Terwedow, Susan	4	57.945	M45-49	47	Roder, Daniel	3	75.925
F65-69	65	Raynett, Jeanne	4	75.167	M45-49	45	Drendel, Mark	3	71.623
F75-79	75	Gilmore, Lois	6	81.553	M45-49	49	Basak, David	3	71.556
					M45-49	48	Boots, Steven	4	68.967
					M45-49	46	Stock, Greg	6	68.349
					M45-49	47	Seigle, Mike	5	55.252
					M50-54	54	Marcec, Jerry	7	70.332
					M50-54	50	Tecuanhuey, Ernesto	3	66.540
					M50-54	51	Bradford, Bob	5	64.856
					M50-54	52	Ebbesen, Jay	3	62.264
					M50-54	50	Hettinger, George	3	61.314
					M50-54	53	Unger, Bob	3	59.987
					M50-54	53	Adamus, Mitch	4	58.728
					M50-54	51	Evans, Chuck	3	55.658
					M50-54	52	Fagan, R. C.	3	49.593
					M55-59	55	Varney, Jim	5	67.812
					M55-59	57	Johnson, Karl	3	55.899
					M55-59	59	Rauch, Ed	4	40.935
					M60-64	60	Johnson, Royal	3	51.888
					M65-69	65	Murison, Larry	5	69.313
					M65-69	65	Kirts, Tom	4	49.011
					M70-74	71	Suter, George	5	64.812
					M70-74	73	Gilmore, Wayne	6	57.027
					M70-74	72	Hays, Carl	6	53.262
					M75-79	77	Lamermayer, Dick	5	66.609
					M80+	81	McKeague, Bob	3	75.003

Trail Gorp.....

- The ILLINOISRUNS.org marathon training program has a group running from LeRoy Oakes south pavillion on Wednesday nights being coordinated by our own **R.C. Fagan**. They are committed to getting you ready for the Chicago Marathon. Training started June 28 but you can still join up with them and jump in. Go to www.IllinoisRuns.org for information,
- Do you want to try out a POLAR heart rate monitor? Or just ask some questions? Our own **Ron Kowalczyk** will be holding 2 clinics. The first will be at the Group Track Workout on Monday July 24 at Batavia HS track. The second will be at the Saturday morning group run on July 29 at the Geneva Water Treatment plant parking lot. Maybe a Wednesday night clinic soon.
- How far is it if I go from here to there? Try the map measuring tool at the RRCA website. It's pretty simple and nice to have if you're out of town and can't measure the distance. Go to www.RRCA.org/maps and give it a try.

“KNEE PAIN AND RUNNING”

by Dr. David Ginsberg, D.C.

I am not the biggest advocate of self diagnosis mostly because people often attempt self treatment methods that often do more harm than good. However, the more you exercise the more important it is for you to have a general knowledge of how the body works and when to take action if something starts to hurt. This months article will address knee pain. If the pain began suddenly and was associated with a pop you should see your chiropractor, orthopedic or family doctor if they deal with sports injuries.

If the pain is located in the front of the knee or around the kneecap and gets sore with stairs, after sitting and feels better once you have run for awhile you probably have a tracking problem. This problem can be the result of a hip misalignment, pronation of the feet, muscle imbalance, or cartilage damage to the knee cap. Decreasing workout intensity and hill workouts coupled with strengthening the medial quadriceps muscle (especially for women) can often remedy the situation. If problem persists after 3-4 weeks of this regime you may need to get the hips adjusted and or orthotics for the shoes.

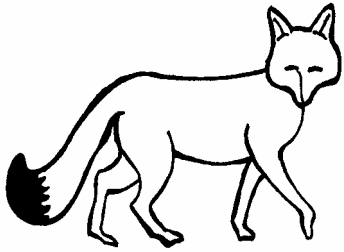
If the pain is located on the outside of the knee and is sharp, especially with deep knee bending you may have a fibular head misalignment (bone on outside of lower leg is out of position). Visit your chiropractor to correct this. If the pain is dull and achy, occasionally moves up the outside of the leg and into the hip it is probably iliotibial band syndrome. It is possible to run through this pain, but this type of problem can remain chronic for years. Decreasing mileage while receiving active release massage, stretching, and adjustments to any pelvic misalignments are best to alleviate pain and correct this problem. Use of IT band strap while running can be helpful as can self myofascial release with the foam roller. **Be aware you can hurt yourself if you foam roll incorrectly)**

Pain that falls below the kneecap, often associated with increased mileage or efforts, and is aggravated while running is usually tendonitis. This type of injury is best treated using the RICE philosophy (rest, ice, compression, and elevation). Use of proteolytic enzymes as opposed to NSAIDs like ibuprofen or Advil is recommended because some research has demonstrated delayed healing times with NSAIDS for tendon injuries. Use of a chopat or fluk strap can be helpful during running.

Pain that is described as right under the knee cap and may or may not be associated with swelling is likely due to osteoarthritis. Pain is often brought on by longer workouts, hills or increases in volume. The pain may be present with walking. Good running form, proper shoes (find out if you are a pronator or supinator – I recommend Dick Pond Athletics, New Balance or your doctor if you do not know), buying new shoes more frequently, frequent stretching of leg muscles, proper lower leg and hip biomechanics (visit your chiropractor) and the use of glucosamine/chondroitin sulfate supplements can all aid in decreasing the pain associated with osteoarthritis. Use of proteolytic enzymes or anti-inflammatory medication in the acute stage may also be helpful.

As always, its best to keep yourself in the best shape possible, take care of any little aches and pains before they become major problems and stay healthy.

For questions or more information: Dr. David Ginsberg can be reached at his Geneva office 232-6400. Information adapted from Textbook of Clinical Chiropractic: A Biomechanical Approach and Runner's World Magazine: June 2004.



FOXTALES

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



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 7/1/06 sunrise 5:22 AM sunset 8:32 PM avg low 59 (F) avg high 84(F)

JULY

7/31/06 sunrise 5:46 AM sunset 8:12 PM avg low 61 (F) avg high 84(F)

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

2006 Fox River Trail Runners - Runners Council

PRESIDENT:	Winston Rasmussen	(630) 393-4952	w.rasmussen@comcast.net
VICE PRESIDENT:	R.C. Fagan	(815) 790-5641	rfaganclu@juno.com
SECRETARY	OPEN		
TREASURER:	Dave Gurnik	(630) 355-8306	dgurnik@sbcglobal.net
DIRECTORS:	Tom Jurgens	(630) 879-6924	gozymt5304@sbcglobal.net
	Joe Arnold	(630) 323-2776	jarnold29@comcast.net
	Gary Moss	(630) 513-6269	teammoss@sbcglobal.net
	Al Edgecombe	(630) 389-9930	alan_1_edgecombe@yahoo.com

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