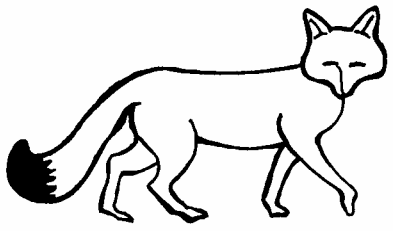


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 5

May/June 2006



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Greetings Fox River Trail Runners,

Well the Great Western Half Marathon, 2006 edition is history. The weather was picture perfect, and 677 runners completed the 13.1 mile race. This is the largest field in the history of the Great Western. Almost 24% of the registered runners were running their first Half Marathon, which demonstrates the tremendous growth in road or trail running and particularly at the longer distances. Since I was unable to run the race, my hat is off to everyone who finished. I heard of several PRs following the race, and since I measured the course myself, I know that it is not short. We have a nice flat, fast course and a lot of runners will want to participate. The toughest part of managing this race is turning away several hundred runners who we are unable to accommodate on the trail.

Some of you may have heard rumors that the Moss family is thinking about moving, but I will let Gary confirm or deny the rumors. They have been a cornerstone of the Fox River Trail Runners, and Gary has played a huge role in developing and growing the club from the very beginning. Their leaving will be a tremendous loss to the club and to the FRTR Runners Council. Gary and Mary have been there to help organize and manage the Great Western, Viking sunset and the Fox and Turkey races as well as providing resource and direction to the Runners Council. If it's true, we'll miss you guys big time.

And speaking of the Viking Sunset, it is right around the corner, so if you would like to help on the race committee, please call me or send an email and we will find a spot for you. We had a tremendous volunteer response for the Great Western, and we will need the same to pull off a successful Viking Sunset. Don't miss out on the Viking this year, because without additional committee members to help organize and manage this race, the Council will need to make a tough decision regarding future Viking Sunsets.

Thank you,

Winston Rasmussen

And a special Thank You to all the volunteers that helped at the GW:

Mitch Adamus	Joe Arnold	Jerry Dattilo	Alan Edgecombe	Fred Fedewa
Deborah Frydrychowicz	Wayne Giese	Dave Gurnik	Marie Gurnik	Sue Hahn
Gordon Hahn	Tom Jurgens	Donna Lochner	Kaori Maeshima	Jerry Marcecc
Bob McKeague	Isola Metz	Reinhard Metz	Randy Meile	Gary Moss
Mary Moss	Phil Nolte	Sue Nolte	John O'Blanis	Jeanne Perle
Bob Przyborowski	John Quinton	Carol Rasmussen	Winston Rasmussen	Bob Raynett
Jeannie Raynett	Amy Roth	John Roth	Mary Seffrood	Elena Shemyakin
Tessa Smithers	Jim Steimel	Sue Terwedow	Rob Ulasyek	Lisa Uroni

West Aurora HS Boys CC team, Geneva HS Girls Track team, St. Charles running Saints, Batavia Accelerators

Wednesday evening, July 26th, 2006 7:00PM, IT'S FAMILY NIGHT, AGAIN!!

The Fox River Trail Runners & **DICK POND ATHLETICS** Proudly Present the 9th Annual

VIKING SUNSET 5K

**JAMIE LAFORCE YOUTH MILE,
JUNIOR JOG & TODDLER TROT**

*One of Chicagoland's most popular summer running events
Over 800 participants--The Race where everyone wins!*

COME RUN WITH US again in historic Geneva, from the Geneva H.S. Sports Stadium, a highlight for many of their summer racing season. Our "Family Night" begins at 7:00PM with our mighty **VIKING SUNSET 5K** (approximately 600 entrants). Every half-mile of our fast & flat USATF Certified course is marked, with race clocks at each mile mark, and a water station just past half-way. As you finish with a lap around the track, you will be able to obtain your computerized finish card, with your finish time, pace per mile, overall and age-group place (by sex), and master place for ages 40/over. You can also enjoy plenty of free pizza, yogurt, soft drinks, and other tasty refreshments.

Our equally terrific **JAMIE LAFORCE YOUTH MILE**, with upwards of 100 participants, takes off at 7:50PM, starting & finishing on the track, with a loop on the running path around the sports complex. For ages 12 and under, every participant will receive a special certificate and Youth Mile T-Shirt, and very nice trophies in 0-8, 9-10, & 11-12 age-groups.

And for those future stars, our **JUNIOR JOG** (400 Meters, for ages 10/under) & **TODDLER TROT** (100 meters, ages 6/under)—drawing over 125 entrants, will take place at approximately 8:10PM at the conclusion of the Youth Mile. Each participant will receive their own "#1" bib number and a monstrous goody bag.

YOUR 5K EFFORTS WILL BE REWARDED again with our exclusive Tie-dyed T-shirts (as great as the race itself). We will then present our "instant awards ceremony" beginning at 7:45PM, with Dick Pond Gift Certificates to the top Overall, Master, Veteran (50-59), & Senior (60 & over) male and female, and our popular Viking Sunset awards to the top 3 finishers in the following **FIFTEEN AGE-GROUPS** (including the above gift certificate winners):

00-11 12-13 14-15 16-17 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70/OVER

NOTE: Special Youth/High School divisions—Yes, we're the High School Summer 5K Championship!

REGISTRATION: 5K entry is \$18 on-line or \$20 by mail if received by 7/22, and then \$25 through 6:40PM on race day. The Youth Mile is \$10 by 7/22 and \$13 after, & the Junior Jog/Toddler Trot entry is \$5. **PLEASE ARRIVE EARLY IF REGISTERING ON RACE DAY DUE TO THE HIGH NUMBER OF EXPECTED ENTRANTS!** 5K Pre-registration discount of \$2 for Fox River Trail Runner members or \$1 for CARA members (only 1 discount per entry). Make your check payable to FRTR and mail to: FRTR, P.O. Box 371, Geneva, IL 60134-0371. For additional information, call (630) 232-4439 or 513-2969, go to www.frtr.org, or e-mail: VikingSunset2006@sbcglobal.net. Simplify things even more and register on-line at www.signmeupsports.com (**we'll pay the on-line fee!**). On-line entry deadline July 24th.

YOU CAN ALSO PRE-REGISTER AT ANY DICK POND ATHLETICS LOCATION THRU 7/20, AND CAN PICK UP YOUR RACE PACKET FROM JULY 23-25 AT THEIR DOWNTOWN ST. CHARLES STORE (630/587-0745). FOR ADDITIONAL INFORMATION ON DICK POND ATHLETICS, GO TO WWW.DICKPONDATHLETICS.COM

REGISTRATION FORM. PLEASE PRINT CLEARLY—ONLY 1 ENTRY PER FORM!

In consideration of your acceptance of my registration, I do hereby, for myself and anyone else on my behalf, waive and release the Fox River Trail Runners, Geneva All-Sports Boosters, Geneva School District 304, and all agents, affiliates and volunteers from any and all claims for damages whatsoever created as a result of my participation in this event, including bodily injury. I attest and do hereby verify that I am physically fit and I have trained sufficiently for this event, and that I am aware of the risks involved in running at this warm time of year, and intend by this release to assume full responsibility to anything that may happen to me. FEE \$ _____

RUNNER SIGNATURE _____ DATE _____

NOTE: SIGNATURE REQUIRED FOR EVERY ENTRY—Parent/Guardian must sign if entrant is under age 18

FIRST _____ LAST NAME _____ SEX ___M___F

ADDRESS _____ CITY & STATE _____ ZIP _____

BIRTHDATE ____/____/____ YOUR AGE ON 7/27/05 ____ T-SHIRT SIZE ___YM___SM___MD
____LG___XL

HOME TELEPHONE (____) ____-____ FRTR # _____, CARA # _____

EVENT ENTERED: ___5K___ YOUTH MILE ___JUNIOR JOG___ TODDLER TROT

Windmill Whirl 5K Run

Presented by



Saturday, July 8, 2006

Starting time: 8:30 am

Race day registration begins at 7:30 am

Earlybird registration: \$15 if registered online by 7/01

Race day registration: \$20



Prizes for Age Divisions, Complimentary Massages, Refreshments & More!

Batavia Riverwalk, 151 North Island Avenue, Batavia (by the Peg Bond Center's main stage)

Register online at www.bataviaparks.org

For more information call 630-879-5235

Don't forget to check out the Windmill City Festival

Friday, July 7 from 9 am - 11:00 pm

Saturday, July 8 from 7:30 am - 11:00 pm

achieve new balance®



WELCOME NEW MEMBERS:

Paul Herrera
Cory Jones
Carolyn Kovash
Mark Maleski
Marlene Manning
Joanna Manning
Caitlin Manning
Gregory Pucci

Lori Smith
Eric Smith
JoAnne Stone
Kimberly Tanquary
Brian Tanquary
Sarah Segreti
Kevin Theesfeld

May/June Birthdays

MAY

6th Phillip Vermaas
7th Lori Smith
8th R.C. Fagan
10th Elena Shemyakin
Daniel Warren
12th Gene Boehm
15th Lawrence Huey
16th Gregory Stock
18th Donna Lochner
19th Matthew Sullivan
20th Dave Ginsberg
21st Mary Crawford

24th Ryan Braley
27th Royal Johnson
28th Rebecca Strader
29th Sue Harker
30th John Quinton
31st Adam Alden

JUNE

3rd Chris Hoban
4th Michael Sullivan
7th Vickie St. Germain
8th Paul Wright
9th Jeff Upper
11th Dave Helmick
12th Lyuda Shemyakin
Bryan Faivre
15th Nadine Johnson
Renate Klbecka
Mark Hartz
17th Nick Fagan
21st John McEnroe

22nd Phillip Vitkus
24th Gary Moss
26th Kelly De Simone
27th Matt Drendel
28th Rachel Hegele
Tom Kirts
29th Ann Brady
JoAnne Stone
Karen Montgomery
Daniel Montgomery
Michael Shanahan
30th George Suter

TALES FROM THE TRAILS.....

- FRTR member Cara Drexler ran the Indy 1/2 marathon in a chip time of 1:37:29. on Saturday, May 6th. It's a proud PR!
- Heidi Schmidt and Steve did the Dewey Dash on April 8 and had a great time. It was a brisk morning but a gorgeous day for the race. They did a great job with the event. Delicious refreshments for the runners. "I ate so much, I wish it had been a 10k or longer!" she said. "The best part was the raffle prizes, I won a 3 month membership at Delnor Health Club and Steve won golf for 4 at Sycamore Golf Course."
- Hi, Winston, I was first U.S. finisher in the April 2, 2006 Mini-Carrera in Madrid Spain. Yeaah!

11194 JOSEPH VITKUS, PHILIP M 22 VMM 27:46:00 USA FOX RIVER TRAIL RUNNING CLUB

TIPS TO BEAT THE HEAT

Excerpts from "The Endurance Athlete's Guide to Success" (Hammer Nutrition)

Training in the heat is the best way to get used to it. It allows your body to learn what it feels like to race when it's hot, what you should and shouldn't eat and drink. Heat acclimatization and fitness reduce fluid and electrolyte loss by up to 50%.

Cool sponging, water, or ice cubes in a hat along with a brief rest break can help to lower body temperature when it's hot.

Your body absorbs cold fluids more rapidly than warm. Plan your routes to go by drinking fountains, convenient stores or place frozen water bottles.

Fluid intake shouldn't exceed 16-24 ounces per hour unless you have successfully practiced this during race pace training. Increased fluid volume intake above this increases electrolyte needs and the risk of hyponatremia.

Urine color is a fairly good indicator of hydration status. Pale to light yellow is optimal while dark is an indication of under hydration.

Weigh yourself before and after workouts and races. If you finish an event weighing the same (in longer events) or more than when you started you have over hydrated. If you have lost more than 3% of your body weight you have under hydrated. Up to 2% weight loss is safe and reasonable.

Wear light colored clothing that wicks the sweat from your body. Coolmax, dry fit, etc... are some examples.

The longer the event the more you will lose calories (or energy stores) as well as water and electrolytes. Average absorption is about 250 calories per hour from juice, energy drinks or bars.

For more comprehensive information you can contact Dr. David Ginsberg at (630) 232-6400 or see www.hammernutrition.com. FRTR members can schedule a half price examination and x-rays or \$10 off a one-hour massage.

Please mention at time of scheduling or bring in this newsletter at time of first visit.

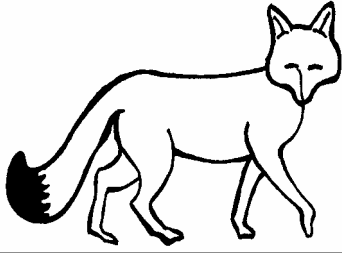
GREAT WESTERN HALF MARATHON 05/07/06						
Age Group	Age	Name	Mins	Secs	Achieve %	Finish
F14-19	18	Vitkus, Abigail	121	44	55.13	4
F25-29	28	Hegele, Rachel	92	42	70.98	1
F25-29	29	Waldron, Denise	113	32	57.96	15
F30-34	34	Stock, Jennifer	100	6	65.73	3
F35-39	37	Krantz-Lee, Pam	100	20	66.31	5
F35-39	36	Johnson, Nadine	110	44	59.60	16
F35-39	36	Boehm, Katie	116	28	56.67	28
F40-44	43	Cosentino, Phyllis	108	32	64.36	10
F40-44	42	Ginsberg, Shawn	117	23	59.01	32
F45-49	49	Schmidt, Heidi	103	35	71.04	6
F45-49	48	Krause, Mary	105	20	69.24	7
F45-49	49	Lochner, Donna	131	9	56.11	27
F45-49	45	Wedow, Diana	130	54	54.27	25
F50-54	52	Braley, Carol	121	54	62.06	6
F50-54	50	Swenson, Pauline	130	41	56.82	13
F55-59	58	Metz, Isola	105	41	76.00	3
M01-14	13	Dejongh, Ethan	100	38	64.44	1
M01-14	12	Olache, Thomas	111	59	57.91	2
M01-14	14	Olache, Daniel	127	14	50.97	3
M30-34	33	Boehm, Gene	109	44	54.36	24
M30-34	34	Cole, Shane	109	51	54.30	25
M35-39	39	Warren, Daniel	87	42	69.27	7
M35-39	39	Johnson, Kipp	94	15	64.46	15
M35-39	40	Lauridsen, Steven	96	17	63.53	16
M35-39	39	Faivre, Bryan	101	10	60.05	22
M35-39	37	McMahon, Dan	117	46	50.88	48
M40-44	42	Viramontes, Carlos	84	24	73.01	3
M40-44	44	Helmick, Dave	89	4	70.70	6
M40-44	44	Wenzel, Hans	92	8	68.34	18
M40-44	44	Stadaforas, Tom	94	26	66.68	13
M45-49	47	Wedow, Eric	81	57	78.58	5
M45-49	47	Roder, Daniel	82	42	77.87	6
M45-49	49	Basak, David	87	13	74.99	8
M45-49	45	Drendel, Mark	88	9	71.96	9
M45-49	45	Stock, Greg	90	48	69.86	14
M45-49	48	Boots, Steven	93	11	69.65	16
M45-49	47	Seigle, Mike	116	15	55.40	42
M50-54	54	Marcec, Jerry	96	3	70.92	7
M50-54	50	Tecuanhuey, Ernesto	94	50	69.51	6
M50-54	51	Pucci, Gregory	96	34	68.81	5
M50-54	51	Bradford, Bob	102	28	64.85	12
M50-54	52	Ebbesen, Jay	104	3	64.39	13
M50-54	53	Stickney, Chuck	106	35	63.38	15
M50-54	53	Vitkus, Philip	108	50	62.07	18
M50-54	53	Adamus, Mitch	116	45	57.86	26
M50-54	52	Bahe, Eric	117	49	56.87	27
M55-59	57	Fogarty, Tom	149	2	46.92	21
M60-64	60	Johnson, Royal	149	2	48.20	8
M70-74	71	Suter, George	123	22	65.56	2
M70-74	72	Hays, Carl	173	39	47.17	5

SHOP AT DICK POND ATHLETICS

Race Age					Achieve	Finish
Group	Age	Name	Mins	Secs	%	Position
F14-19	15	Vitkus, Charity	89	42	57.90	4
F30-34	31	Drexler, Cara	75	48	65.15	6
F30-34	34	Stock, Jennifer	82	24	59.93	11
F35-39	36	Johnson, Nadine	90	47	54.73	20
F40-44	43	Cosentino, Phyllis	83	21	63.07	5
F40-45	47	Hanson, Catherine	139	12	39.08	37
F45-49	48	Krause, Mary	81	8	67.65	6
F45-49	46	Bentley, Victoria	90	52	59.35	12
F45-49	45	Wedow, Diana	112	5	47.70	30
F50-54	52	Braley, Carol	98	50	57.62	8
F55-59	58	Metz, Isola	88	31	68.29	3
M15-19	15	Fagan, Nick	75	24	62.16	6
M20-24	22	Montgomery, Dan	59	8	75.54	3
M35-39	39	Shanahan, Mike	65	23	69.77	8
M35-39	36	Ahern, Brian	65	8	68.60	7
M35-39	39	Johnson, Kipp	76	42	59.47	23
M35-39	39	Faivre, Bryan	81	9	56.21	32
M40-44	42	Viramontes, Carlos	65	48	70.85	9
M40-44	44	Helmick, Dave	69	45	67.81	16
M40-44	40	Warren, Daniel	71	19	64.43	20
M40-44	41	Roth, Joe	72	22	63.93	22
M40-44	40	Lauridsen, Steven	78	17	58.70	37
M40-44	44	Spadafora, Tom	81	9	58.29	45
M40-44	44	Bentley, Bryan	97	2	48.75	75
M45-49	47	Roder, Daniel	63	50	75.80	2
M45-49	47	Wedow, Eric	64	40	74.82	5
M45-49	45	Drendel, Mark	69	17	68.78	12
M45-49	49	Basak, David	72	17	67.97	19
M45-49	46	Stock, Greg	72	50	65.90	22
M45-49	46	Shemyakin, Alexander	75	8	63.89	28
M45-49	48	Boots, Steven	77	23	63.00	39
M45-49	46	Sullivan, Jeff	90	21	53.13	62
M45-49	47	Seigle, Mike	95	26	50.70	77
M50-54	53	Carlson, Hal	69	27	73.07	6
M50-54	50	Richey, Steve	73	19	67.54	9
M50-54	54	Marcec, Jerry	75	59	67.34	12

Race Age					Achieve	Finish
Group	Age	Name	Mins	Secs	%	Position
M50-54	50	Tecuanhuey, Ernesto	79	39	62.17	14
M50-54	51	Bradford, Bob	80	21	62.12	16
M50-54	51	Evans, Chuck	81	9	61.51	18
M50-54	50	Hettinger, George	86	23	57.32	30
M50-54	52	Kowalski, Joe	89	28	56.26	36
M50-54	52	Vitkus, Philip	92	36	54.36	43
M50-54	52	Fagan, R. C.	126	39	39.74	78
M60-64	60	Johnson, Royal	106	14	50.82	16
M65-69	66	Brodine, Rick	80	31	71.25	2
M65-69	65	Kirts, Tom	125	51	45.08	9
M70-74	71	Suter, George	96	25	63.06	3
M70-74	73	Gilmore, Wayne	123	43	50.44	8
M70-74	72	Hays, Carl	156	1	39.47	9
M75-79	77	Lamermayer, Dick	104	10	63.39	2
M80+	81	McKeague, Bob	101	56	69.15	1
F25-29	29	Waldron, Denise	24	50	57.92	4
F55-59	59	Terwedow, Susan	31	14	57.68	3
F55-59	56	Reed, Tipawan	31	24	55.63	4
F65-69	65	Raynett, Jeanne	26	39	72.48	1
F75-79	75	Gilmore, Lois	27	56	79.77	1
M01-14	14	Drendel, Matt	20	17	67.54	5
M15-19	17	Ahlden, Adam	16	34	79.48	1
M15-19	17	Drendel, Mike	20	50	63.20	14
M30-34	34	Kowalczyk, Ron	20	8	64.40	1
M45-49	46	Gilmore, Bill	18	47	74.98	1
M50-54	53	Glenn, Lyle	22	31	66.10	4
M50-54	53	Unger, Bob	24	54	59.77	9
M55-59	56	Johnson, Chris	19	37	77.82	1
M55-59	58	Reed, Porter	20	52	75.16	2
M55-59	55	Varney, Jim	22	44	66.57	4
M55-59	59	Rauch, Ed	39	24	39.44	23
M65-69	65	Murison, Larry	24	40	67.43	1

SEE CURRENT RESULTS ONLINE AT www.FRTR.org



FOXTALES

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



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 6/1/06 sunrise 5:21AM sunset 8:22 PM avg low 52(F) avg high 77(F)
6/30/06 sunrise 5:22AM sunset 8:32 PM avg low 59(F) avg high 83(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

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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