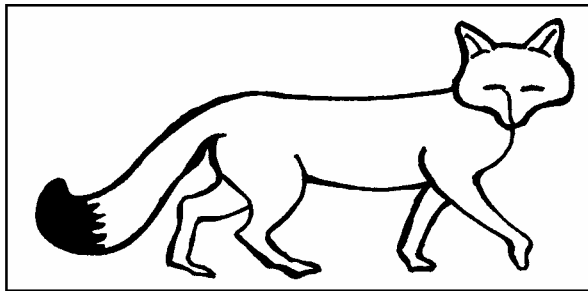


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 9

OCTOBER 2006



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Don't forget 11/19/06

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Register online at SignMeUpSports.com

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membership renewal date.*

Keep your membership current !

President's Message

I'm sitting here at the computer this morning watching snowflakes out my office window. October 12th is just too early for this sort of thing. It's time to dig out the winter running gear and start putting away all those short sleeve shirts I have accumulated. Hopefully there will still be some great fall running days ahead of us. The leaves are turning color and the trails are absolutely fantastic this time of year. Running is good.

Cantigny Veterans 5K Run/Walk and Youth events

I guess I can't help myself when asked to assist with developing and managing races. Three years ago I received a request to help Cantigny put together a running event. The race has proved to be very popular and successful. In 2004 and 2005 the race filled to capacity prior to race day so if you plan to participate, sign up now. We have the 5K event on our club circuit, but there is also a 1 mile youth run and a toddler run. Cantigny is a terrific venue for an event like this, and at no other time would you have the opportunity to run on a championship golf course. I could also use a few volunteers to assist with the event, so again, call me or send an email and let me know that you are interested. Volunteering will give you free entry to the park plus a long sleeve shirt, refreshments, idle conversation with your running friends and a warm fuzzy feeling of doing good.

Calling all aspiring race directors.

Our next club council meeting is November 6th and I would like to extend an invitation to anyone in the club who is interested in joining us. We meet at the Batavia Library at 7:00 p.m. The club is desperately in need of a couple of co-race directors for the Great Western and the Viking Sunset races in 2007. There is a great deal of race experience among our own club membership and current members of the council are able to provide all the guidance and assistance you will need. Both races, or at a minimum the Viking Sunset may be cancelled next year if there is no one in the club interested in preserving this great event. Call me directly if you are interested and I will explain in greater detail how you can help. As co-race director, one of us on the runner's council would work with you to share the duties and responsibility for the race.

Take care and please feel free to offer any comments or advice, good or bad. We want to do whatever is within our capacity to provide value to your membership.

Winston

CHICAGO/NEW YORK HERE WE COME: LAST MINUTE MARATHON TIPS

The following are some last minute tips taken from 7 STEPS TO A SUCCESSFUL MARATHON, a lecture I have given to marathon runners in the past. There are 7 things you should do between now and your marathon to help insure a successful race. Step 1 = figure out what you are going to wear. It's finally getting cold out so get outside an hour before race time, figure out the temperature and what will feel good before the race and during. You may want to wear a trash bag with cutouts for arms and legs until race time, especially if you warm up very fast. Throw away garden gloves or socks work great on the hands. Old long sleeve running shirts make great throwaways as well. If you're not too concerned about your time, you could probably stop and pick up a new wardrobe with all the gloves, shirts and hats that will be littered along the streets of Chicago come race day. Step 2 = what to drink and eat. Hopefully you have this mostly figured out from your long runs what you will eat and drink during the race. **Don't try anything new on race day.** Also, try and have your pre-race breakfast at least once before the race and then go for a short run. See how your stomach does. **Again, don't try anything new on race day.** You should also think about what you will eat the night before the race – a high carbohydrate meal is recommended, but do not go overboard or you risk stomach problems. Step 3 = Define your race goals. If this is your first marathon the primary goal should be to finish and have fun. There are too many unknowns to run your fastest race. If you are running with someone else, make sure you are all in agreement as to what each others goals are beforehand. What will you do if someone can't keep up or gets hurt. Race day is not the time to be deciding these things. Step 4 = make a pre-race plan. This should include everything from what you will wear, how will you carry goos, how often will you drink and what, when you'll go to bed, what time to get to the start, etc... Run through it in your head and put it on paper. This will help with step 5 managing pre- race anxiety. The tendency this last week is to over-train. Focus on the positives from your training log and remind yourself of how much work you put into this. Spend time with your kids and on other activities, **but don't do anything too strenuous or a new physical activity that could cause injury.** Do some 30 second race pace intervals during your runs this week to fire up your nervous system. Step 6 = visualization. It is my feeling that a successful marathon completion is as much mental as it is physical. Try and spend 5-10 minutes each day visualizing each step of the race. See yourself at the start, mile 10, half-way, and crossing the finish line. Focus on relaxed deep breathing and nice relaxed muscles. Scroll up these feelings during the race at mile 22-23 when you are asking yourself why you signed up for this. Finally, step 7 = **Have Fun!** It's not worth all the time and sacrifices you have made during the past months if you are not going to have fun. Enjoy the race, be confident that you have put in enough work, take a moment to soak it all in no matter how fast you want to run, and pat yourself on the back because in a few days you'll be a marathon finisher. **Best of Luck!**

Dr. Ginsberg has a private practice in Geneva Illinois, is a 2 time Chicago Marathon finisher and Boston Marathon finisher, as well as, a multisport athlete. For more

Chicago Marathon news....

The weather didn't help anyone and almost cost the winner a victory. As ROBERT CHERUIYOT took his last step before crossing the finish line(2:07:35) he slipped and landed on his back and bumped his head on the pavement. It was one of the weirdest finishes to a distance race that I have ever seen. Happily, he is going to be OK even though he suffered a mild concussion. Next year's race will be moved forward to Columbus Day weekend so the weather should be better.

The women's winner is BERHANE ADERE (2:20:42 PR) of Ethiopia.

Many FRTR runners entered the race and here is some of the feedback from them.....

Tom Spadafora finished in 3:29:49 and qualified for Boston!!!!!!

Kevin Theesfeld finished in 3:32:53 and requalified for Boston!!!!

Isola Metz ran a 3:48:30 and had great things to say about the race, just not the weather!

"It didn't rain as predicted. My time was better than I ever expected!!!! (I missed the cut off date for being seeded) and still did great, but boy was it cold. Weather was better than us runners, it pulled a negative split ha ha."

Beth Wilkins had this to say:

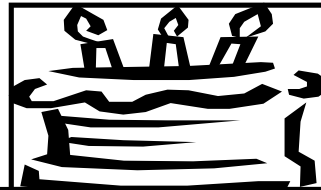
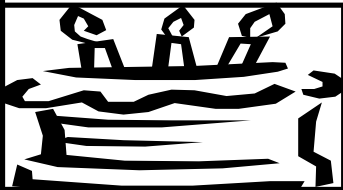
"The first half of my race went particularly well, however, my hip flexors tightened up in the second half. Most of my friends who ran either ended up hurt or were slower than usual. I'm curious if others had a similar experience?"

4 more finishers..... Rachel Hegele 3:11:47, Stephanie Mytych 3:43:04
Ann Brady 4:30:45, Krista Mikulski 5:14:19

Race Age Group		Name	Mins	Secs	Total Secs	Age Std. Secs	Achieve %	Finish Position
Lake Zurich 09/10/06								
Half Mar								
F25-29	29	Segreti, Sarah	140	27	8427	3948	46.85	9
F25-29	26	Waldron, Jennifer	165	6	9906	3948	39.85	117
F40-44	41	Mikulski, Krista	140	52	8452	4088	48.37	4C
F45-49	47	Shemyakin, Elena	91	58	5518	4337	78.60	1
F45-49	46	Bentley, Victoria	118	58	7138	4299	60.23	1A
F50-54	50	Lochner, Donna	128	52	7732	4455	57.62	4
F55-59	58	Metz, Isola	105	17	6317	4819	76.29	2
M35-39	37	McMahon, Dan	108	33	6513	3595	55.20	7C
M35-39	35	Ulaszek, Rob	117	46	7066	3579	50.65	4D
M40-44	42	Viramontes, Carlos	81	41	4901	3723	75.96	4
M45-49	47	Roder, Daniel	88	30	5310	3864	72.77	6
M50-54	54	Marcec, Jerry	97	8	5828	4087	70.13	6
5K								
M55-59	55	Varney, Jim	23	8	1388	908	65.42	4
M60-64	60	Rauch, Ed	37	26	2246	950	42.30	2B
M65-69	66	Murison, Larry	24	12	1452	1009	69.49	1

Ocotober Birthdays

- | | |
|------------------------------------|--------------------------------|
| 1 Sue Birch, Hannah Meyle | 24 Dave Basak |
| 2 Kevin Theesfeld | 25 Nadezhda Shemyakin |
| 7 Tyler Braley, Cory Jones | 28 Mark Drendel |
| 8 Tim Medlin | 30 Chuck Evans, Nathan Johnson |
| 9 Matt Jones | |
| 10 Sharon Birch | |
| 11 Lois Gilmore | |
| 14 Charlotte Trux | |
| 16 Kayla Mikottis | |
| 17 Bryan Bentley | |
| 18 Charity Vitkus | |
| 19 Tom Atkins, Annette Birch | |
| 20 Abigail Vitkus | |
| 21 Debbie Di Iorio, Rachel Gilmore | |
| 22 Elizabeth Wilkins | |



***FOR CURRENT FRTR CIRCUIT STANDINGS go to
www.FRTR.org***

***Only 2 races left on the circuit to qualify for an award.
11/4/06 Cantigny 5K
11/11/06 Montgomery Gobbler Hobbler***

Marathon Man legs out 36th finish – in 36 days (by Jim Harding—Chicago Tribune)

San Francisco native Dean Karnazes completed his 36th marathon Sunday, finishing in 3:28:19. Not that remarkable, until you add this qualifier—*in 36 days!* When he left Chicago on Sunday afternoon for Minneapolis and then Green Bay, he had 14 runs remaining to complete 50 marathons in 50 states in 50 days. “The legs are still holding strong, perhaps getting even stronger with each progressive day,” Karnazes wrote on his blog. “I’m guardedly optimistic about the future.” His previous exploits include running 350 continuous miles in 81 hours and finishing a 200-mile relay race solo-seven times. His tour of the U.S. began Sept. 17 at the Lewis & Clark Marathon in St. Charles, Mol, with a time of 3:51:10 and will end at the Nov. 5 New York City Marathon. For more information on his journey, visit endurance50.com

DICK POND

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Post-Halloween Fun Run and BBQ

All who have attended and participated in the summer and fall Fun Runs are invited to a short run through the neighborhoods of Kline Creek and back to the Carol Stream location of Dick Pond Athletics for some hot dogs and hamburgers.

As a bonus, everyone who comes in a costume and participates in the Fun Run will be entered in a special drawing for a prize valued at over \$100 This event will

take place November 1st at 6:30pm.

Where & When

26 W 515 St. Charles Road
Carol Stream, Illinois 60188

November 1st, 2006

6:30pm-9:00pm

RSVP for this Event NOW!

info@dickpondathletics.com

Recovering after Your Marathon Is Over

Adapted From: Marathon Training For Dummies

Although you can't predict how you'll feel after your first marathon, you can plan a few activities that can help you to heal and, perhaps, look forward to your next one. Chances are, right after your marathon, you'll feel like doing any or all the following:

- Crying
- Drinking anything, from a noncarbonated sports drink to beer
- Eating anything you can get your hands on
- Laughing
- Lying down and taking a nap
- Never running again
- Throwing up
- Wrapping your feet in soft cotton

Immediately following a marathon, you can see plenty of runners who take a seat and then eat and drink. Don't think that because so many people do this, that you should set yourself down to a meal after your big run, too. You won't see those people later that night or for the next 3 or 4 days, when they can barely walk. Stretch a little, walk a little, and get plenty of sugar into your body, and you'll be amazed at how great you feel (sore, but not in extreme pain) during the days right after your marathon.

Cooling down

After most shorter races (5K or 10K), you want to spend a few minutes cooling down before you eat anything substantial. For a marathon, however, especially your first one, get plenty to eat and drink (while standing or walking around), and then take a walk.

Try to walk for at least a mile. If you enter any of the larger marathons, the walk back to your car or hotel is likely to be at least that long. But if you're running in a smaller marathon, go a few extra blocks out of the way before heading to your car. And if you're planning to stick around and enjoy the post-race festivities (which can last for hours after the race), change into dry clothes, do a little stretching, and then hang out at the event area.

Rehydrating and refueling

The first action you want to take after you finish a marathon is as follows:

1. Eat one or two packets of energy gel.

You can carry an extra packet or two of energy gel or have someone bring them to you at the finish line. A third alternative is to keep some packets in your car, but this helps only if you can park really close to the finish line because you want to consume the gels as soon as possible after finishing your race.

Energy gels are about the most basic simple carbohydrate you can find: They're made of sugar and fruit puree and packaged in small containers a little bigger than the catsup packets that you get at fast-food restaurants. You can buy energy gels at any running store, through any running catalog, and at some sporting goods and outdoor stores.

2. Drink several cups of a noncarbonated sports drink.

Sports drinks are better at rehydrating your body after a marathon than water is. You may decide to drink one or two cups of water, too, but at this point, you want to make sure you don't end up in the medical tent due to dehydration. Even if you feel great at the finish, if you don't drink up at

(Continued on page 7)

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this point, you may feel the effects of dehydration within 30 minutes.

3. Gather up as much fruit and bread as you can hold in your hands and gobble it up.

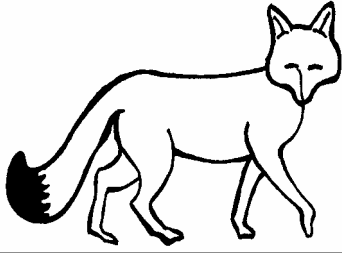
Even if you don't feel like eating, eat! The better you refuel your muscles, the less you'll experience cramping, soreness, and fatigue in the hours ahead. In your food choices, focus on simple carbohydrates.

Keep walking while you eat. If you don't feel comfortable walking while you eat, lean up against a wall as you munch. Whatever you do, just don't sit down until you've had a chance to walk and stretch a little. If you sit for a long period right after your race, your leg muscles may cramp and take on a life of their own — a painful life.

Stretching

You absolutely, positively must stretch after your marathon. Before you change out of wet clothes, take a shower, join the post-race party, or drive home, go through at least one set of all your stretches. If you don't do this, you'll be so sore the next day that you may not be able to get out of bed.

The reality is that the day after your marathon, you're going to be sore whether you stretch or not. But stretching makes you less sore than you would be otherwise and keeps your muscles loose, which can help you avoid an injury.



FOXTALES

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



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 10/1/06 sunrise 6:50 AM sunset 6:35 PM avg low 44 (F) avg high 70 (F)

October 10/31/06 sunrise 6:24 AM sunset 4:49 PM avg low 33 (F) avg high 44 (F)

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