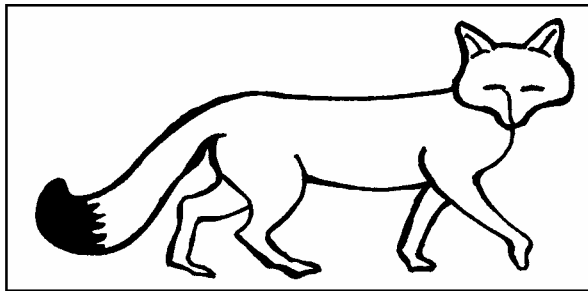


FOXTALES

THE MONTHLY NEWSLETTER OF THE FOX RIVER TRAIL RUNNERS

Volume 11, issue 8

SEPTEMBER 2006



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Greetings Fox River Trail Runners,

I love the fall months of September and October, but it means the year is slipping by way too fast. There are so many great races, the weather starts to cool which makes great running and everyone is getting ready for Chicago. Well not everyone is getting ready for a marathon, which includes yours truly. But it's just a fun and exciting time of the year.

I thought I would give you a quick summary of our September Council meeting. The club has sponsored and hosted three great races for several years. The Great Western and Viking Sunset were successful and are history for 2006. The Fox and Turkey 4 mile Predictor is right around the corner. For the last two years that I am aware of, the Batavia Accelerators have provided primary support for the Fox and Turkey. This year the Accelerators have taken full responsibility for managing the race, with the club providing the financial backing and support. Proceeds for the race will go to help support the Accelerators youth programs and the Batavia Interfaith food pantry. Tom Jurgen's and his Accelerators do a great job, and you can count on a really terrific event. Registration is open at SignMeUp.com so register early on-line and save a few bucks. If you would like to help out you will find Tom's number and email address on the back of the newsletter, so give him a call.

Joe Arnold has reserved the Lincoln Inn for the first Saturday in February for our club banquet. Be sure and check the standings on our web page, because there are only 4 circuit races left, and you need 7 to qualify for an award.

We spent most of the meeting with everybody providing ideas to increase membership value and participation. Here are some ideas that were floated for the remainder of 2006 and into next year.

Al Edgecombe has agreed to put together a members only "No Frills" race and social event for 2007. We would also like to put together a New Years Eve or New Years Day group run with post run pot luck refreshments. Give me a call or send an email if you would like to offer some ideas or assistance setting one up for this year. Another idea for next year is a club Moon Run? Again, anyone who has some ideas or would like to assist with

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TIME TO RENEW ?

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

(Continued from page 1)

organizing and facilitating a late evening, under a full moon group run, contact anyone of the council members.

Krista Mikulski, our newest member of the Runners Council has agreed to work on putting together some seminars that we will combine with a pizza meeting and social gathering. It was unanimously agreed that we should bring back the quarterly pizza meetings in a social atmosphere.

Another great idea for 2007 is to have a Members VIP tent and offer free stretching and massage at the Great Western and Viking Sunset.

We welcome everyone's ideas and input. If you have some thoughts on how we can continue to make the Fox River Trail Runners the premier running club in the Chicago area, please don't hesitate to sound off.

Regards,

Winston

The Notebaert Nature Museum and the Chicago Academy of Sciences are hosting a seminar entitled "**Marathons, Running, and the Human Race**" on the weekend of the Chicago Marathon. The seminar will be presented by Dr. Daniel Lieberman, and will explore how running has influenced the physical evolution of the human species.



Date/Time: Friday, October 20th at 6:30 PM

Chicago Academy of Sciences

Location: 2430 North Cannon Drive, Chicago

Tickets: \$15; free for students

Website: www.chias.org

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HAWTHORN HALF DAY RACE

By Steve Richey

The 12 hour event in Terre Haute, IN's Hawthorn Park on 10 Jun 2006 was from 7:00 AM to 7:00 PM. There were a lot of 6 person (relay) local running teams there, including a number of high schools -- they were taking it pretty serious, with a lot of good racing going on -- was fun to watch. It was a first time event, but very well managed, and course was well marked. Temperatures from the low 60's to low 70's -- better than hoped for. Three mild thunderstorms late in the event, with muggy stretches in-between. Rolling variable surfaced 5K loop with one steep hill -- ~15% pace, rest gravel, dirt, some roots and a few RR ties on the steeper parts. I was able to complete 18 of these 5K loops. Near the end, if not enough time left to complete another 5K loop, there was a short half mile loop

(Continued on page 4)

September Birthdays

2 Mark Maleski	16 Cailyn Glisson
3 Daniel Montgomery	17 Bonnie Carlson
4 Joe Kowaski	18 Mary Krause
7 Jeff Potter Lisa Mikottis	21 Rob Ulaszek
8 Roxanne Vermaas	22 Victoria Bentley Paul Herrera
11 Eric Smith	23 Kipp Johnson
12 Jenny Ginsberg	24 Eric Wedow
13 Tom Carter	26 Rex Bohn
14 Ed Sell Sharon Stickney Heidi Schmidt	27 Leslie Bower Steve Pentek Krista Mikulski
15 Catherine Sullivan	28 Jane Bohn

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Stretching Clinic

Also, remember to mark your calendars for Wednesday, September 27th at 7:00. After the Fun Run we will welcome Nicole Walczak from Olympic Chiropractic and Physical Therapy. Nicole, a physical therapist and marathon veteran, will be doing a talk and demonstration on different stretching techniques and poses to benefit your running. This will be extra beneficial to all those doing a fall marathon, because the more flexible you are, the faster your body can recover after a marathon. Click on Nicole's picture to go to their web-site.

Breath Thermo Demonstration



Lastly, Mizuno rep Tim Urbine will be at Carol Stream October 4th at 7:00 PM to give a demonstration of Mizuno's Breath Thermo Technology. If you have never heard of Breath Thermo, here is your chance to see this amazing product. What makes it stand apart from the rest is that the material draws moisture from your skin to keep you dry and it then uses this moisture to heat you up. There will also be special giveaways of Breath Thermo products and refreshments served. Click on the picture for more information on Mizuno Breath Thermo products.

Park Forest		09/04/06				
Race Age					Achieve	Finish
Group	Age	Name	Mins	Secs	%	Position
10 Mile						
F25-29	29	Hegele, Rachel	71	0	69.55	6
F30-34	31	Drexler, Cara	73	3	67.60	6
F40-44	41	Mikulski, Krista	113	52	45.40	92
F45-49	48	Krause, Mary	77	41	70.65	8
F50-54	50	Lochner, Donna	97	10	57.51	22
F55-59	58	Metz, Isola	78	35	76.92	3
F75-79	75	Gilmore, Lois	90	36	83.13	1
M35-39	36	Ahern, Brian	62	44	71.23	16
M40-44	42	Viramontes, Carlos	61	23	75.94	6
M45-49	47	Wedow, Eric	62	40	77.21	7
M45-49	46	Medlin, Tim	69	54	68.67	28
M50-54	54	Marcec, Jerry	72	41	70.40	6
M50-54	51	Evans, Chuck	78	47	63.36	30
M65-69	65	Rasmussen, Winston	76	5	74.57	2
M70-74	73	Hays, Carl	110	18	56.57	8
M75-79	77	Lamermayer, Dick	103	27	63.83	1
5K						
M45-49	46	Gilmore, Bill	18	5	77.88	2
M70-74	73	Gilmore, Wayne	31	17	58.50	3

(Continued from page 3)

available (I completed 7 of these). Some mud at the end, but not bad; trail was not very "technical". Drank only dilute gatorade for the first 2 loops, then switched to gatorade with gel+water for each loop. Gel canister leaked down my leg making a mess, so I stopped using that, and stopped once a loop for gel + water -- otherwise drinking gatorade from hand held bottle while on the move. Running alone after loop 5 (except for relay runners whizzing by me) was a bit tough (from 22K to 90K). Late in the event, the relay team high school kids (as they passed me) kept asking me how many miles I had -- I didn't always know Around loops 11 & 12 (mid day) used Ensure instead ("lunch"), then went back to gels. Did fairly well staying hydrated (had to take two pit stops). Tough stretch in loops 12 & 13 ("the wall"), and again in loop 16, where left leg pain prevented downhill running (was already walking the up hills ...). A caffeinated gel and some ibuprofen changed the world for me, and finished strong. Fell just short of goal of 60 miles. Only 58.9 of my 59.4 miles were "official", since I was off course for the first of my half mile loops at the end (my fault -- misread the markings). In any case, a new distance PR for me (first time over 50 miles). Was very hungry afterwards, the post race feed was excellent. A lot of general system-wide soreness, but no injury problems. Experimental tape job on feet (arches) worked well. Never changed shoes or socks, or anything else. Event was mostly relay teams -- very few solo runners, but placed with most miles among that small group (2nd place was 56.3 miles, and a few others with over 50 miles-- they gave awards for 50K, 40 miles and 50 miles; many dropped at those points, after reaching their goal award level). Felt amazingly good running the next morning, but still hungry. This was an enjoyable event, located near where I went to school. Would highly recommend it for both the solo run and for team competition (the 6 person relay team distances ranged from 77.9 miles to 118.7 miles).

Mad City Magnifying Glass Karma

By "Detroit" Ryan Wilhelm

A very hot, yet humbling, race indeed.

An anxious Neil Burcroff (a brief history: rode a mountain bike during the Ironman at Madison 2004) waited patiently while he peered his head outside his front door for the rain to cease. As the rain finally gave way, he ventured on his rusty, few gear mountain bicycle. Neil lives in Mason, Michigan, only a few miles from East Lansing, Michigan (home of the MSU Spartans). Mason is right in the middle of the hand. If you are not from Michigan, you have most certainly been a victim of the famous hand pointing geographical finger point. It was 10:00am Friday. The Mad city Marathon was on Sunday. Hence, the journey began.

Have you ever held a magnifying glass during a hot day and fried an ant???

Neil's voyage from Mason, MI to Muskegon was nothing fun. He encountered storms, timing issues and chaffing. He arrived in Muskegon in the nighttime and made his way to the ferry, which would take him to Milwaukee for the night. The ferry ride was the easy part.

Upon arriving in Milwaukee, the time was 1:30 am and not only was the bleak nighttime lingering, so were the drunks. The bars were still alive and so were the spirits of many soles preparing not for a hydrating race however for a nice 2 day nap to recuperate. There were no hotels that he could possibly see open without believing he was hallucinating. So, he presses forward. He decided to bike through the entire night to Madison, WI.

8:40 am I received a call from Neil who was in obvious delirium and at a truck stop in Madison, WI. Our friend Moss recalls the incident as even a blind mouse finds his cheese at the end of the maze.

Moss was at the local Best Western resting up and hydrating himself with his beautiful girlfriend, Kelly. They were waiting patiently for Neil's arrival. Due to my abnormal work hours, I would meet up with them after 8:00 pm. Neil, however, arrived at 10:00 am and found the bed very inviting. After some laughs and good old friendship talk, he found himself dreaming for 4 hours while Moss and Kelly perused the local Brat Festival.

The brats were good but not as pleasant as the sleep Neil was enduring. I finally arrived at 8:00 pm looking at Neil, who looked as if he had been punched more than Rocky Balboa and the rested Moss and Kelly. We decided to make it an early night and carbo-load at a local restaurant. Well, it did not go as planned. Being as we were all Spartans in the land of Badgers, we were lost and could not find anything but drunken college students wandering the streets with Natural Light cases of beers. This would have been a huge red flag to any local however we asked them for places to dine. Their answers were all in the same category: cheap pizza and late night cheap beer bars. We ended up at a Gino's pizza. We all ordered personal deep-dish spinach pizzas which at the time seemed like a great idea. However, after the meal was complete our eyes were definitely bigger than our stomachs. We all ordered our meals to be taken home in a doggie bag. The waitress brought them all back without mine. She mistakenly thought I said throw away the rest of my overly priced pizza. This must have been my first sign of the coming day ahead.

Sleeping was not a problem as it normally is with nerves the night before a marathon. We all slept like we were just injected by an anesthesiologist.

The morning came with the normal bathroom breaks and mindless runner banter. The only thing I could think of was The Weather Channel. I grabbed the remote control, turned on the television and found the informative channel. (By the way, the remote control was invented on June 29, 1964. It's birthday means so much to my laziness). Of course the soothing, mild jazz, cover band music was on and relaxation was instantly upon me. Then, time stopped.

Was I dreaming? Were my contacts still plastered to my corneas? None of the above. Yes, that is right. I saw with my very own eyes, the temperature. It read 70 degrees. I pinched myself and I was not dreaming. I asked, Could this be true? Oh yes at 5:30 a.m., it was true. I then saw the forecast. 90 degrees by noon!!! The dread sunk in. Neil was overly optimistic and reassured us we would be fine if we hydrated ourselves properly. Great, I did not have a plan for this, yet alone train for this.

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So we all set off prepared for the worst in our mind with pseudo optimism echoing from our voices. We all knew what everybody was thinking. Were we thinking about joining the Bass Master Tour? Highly unlikely, but we were thinking of a nice Antarctic day with no clothing but wearing only a G-String.

We met up with our good friend and my favorite Father-in-law, Jim Bahr, at the packet pick-up. If any of you are wondering who Jim Bahr is, he is a man, father and devout husband who has completed 25 consecutive Milwaukee Marathons, a few Ultra Marathons and fathered my beautiful wife. So, we meet up and drive to the starting line. The line was already starting. We, on the other hand, went to the restroom for a last stop. After, a prayer by the capital was the least we could do to get psyched up for this impossible endeavor.

As we stood at the start line, the sweat beads were gradually growing larger and falling like rain drops on the road below. The Race Director spoke on the speaker informing us the race would start five to ten minutes later due to late registration. He then proceeded to ask us our thoughts and to no-surprise did any of us express our displeasure of starting an already hot race late.

BANG!!! And we are off!!!!

The first mile was fun and ended up my fastest. Jim took off running strong. Neil, Moss and myself were together at an 8:18 first mile. I thought, only if I can keep this up for 25.2 miles more, this will be a piece of cake. This was not the case. My temperature was rising as much as the mercury was on mother earth. Neil backed off to pace himself. I decided to go with it and Moss ran at a wonderful pace. I sent him my blessing and we were on our own survival modes.

By mile 8 my body had it is toll. I was running with this guy who kept saying, We can help each other out and finish strong together. I understand the logic and after sharing war (race) stories, this seemed great however my kidneys were saying something different.

Miles 9 through 13 were tough. People were already starting to give up. I was determined to finish the race under 4:00. At the half-marathon part I was under my 4:00 pace. Everything was looking good until mile 15 when it went downhill on up hills very fast. I saw Kelly, Moss's girlfriend, and she said Moss was doing great. The temperature was about 90 degrees now and I was wondering how anyone could possibly be doing well, but he was!!

My pace went from 9:xx to 11:xx. I was a wreck. At mile 17, I started walking. The funny thing was I was trying my hardest and there were others walking, dropping out and darn right not happy.

I would walk a mile, people would pass me, then the next mile I would pass them running. This cycle would not stop until the end of the race. I stopped at mile 22 and urinated. My urine was the color of a School Bus. I drank water at every station too.

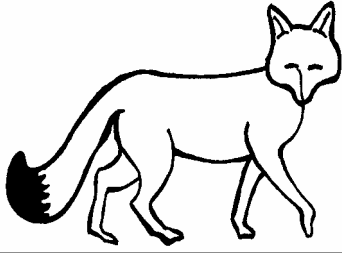
I met this guy who knew my father-in-law through the infamous Badgerland Striders. He was depressed that this would be his worst marathon ever. I was at a loss for words. The only thing I told him was, at least this would his personal best marathon in this temperature. It seemed to cheer him up hearing this.

The race ended, not before a toenail dismantles from my toe at the mile 26 under the John Nolen Bridge. I finished the race in a happily finished race time of 4:27. Moss finished 3:4x. Jim finished 4:25. Neil finished 4:45. The Race director made the decision to shut the race at 5:15. This must have been a tough decision, but it was the right decision.

Neil after the race said he never stopped running because he would go under the sprinkler to cool his body off. He said that the water he would drink was not enough to cool his body down. He was right.

When I asked him if he had burned ants with a magnifying glass when he was kid, he said "No." My answer to the question was Yes.

FRTR		2006 (thru 09/04/06)							
Standings		3 or More Races							
Year Age		Total		Average		Year Age		Total	
Group	Age	Name	Races	Ach %	Group	Age	Name	Races	Ach %
F00-13	11	Meyle, Greta	3	67.55	M15-19	17	Gilmore, Will	3	70.51
F00-13	13	Meyle, Elisia	3	60.83	M15-19	16	Fagan, Nick	3	69.50
F14-19	14	Sullivan, Catherine	4	71.03	M15-19	20	Fagan, Rob	4	63.67
F14-19	15	Foust, Corinna	5	57.62	M30-34	30	Heriaud, Ray	4	70.60
F25-29	29	Hegele, Rachel	10	69.71	M30-34	34	Kowalczyk, Ron	4	65.60
F25-29	29	Waldron, Denise	5	55.99	M35-39	36	Ahern, Brian	5	72.25
F30-34	31	Drexler, Cara	6	67.04	M35-39	39	Johnson, Kipp	3	63.05
F30-34	34	Stock, Jennifer	7	63.99	M35-39	39	Faivre, Bryan	3	58.07
F35-39	38	Iway, Brenda	3	57.72	M35-39	37	McMahon, Dan	3	53.58
F40-44	44	Dudman, Angie	3	69.07	M35-39	35	Ulaszek, Rob	3	52.84
F40-44	43	Cosentino, Phyllis	7	65.73	M40-44	42	Viramontes, Carlos	8	74.91
F40-44	41	Mikulski, Krista	8	48.16	M40-44	40	Warren, Daniel	5	69.91
F45-49	46	Shemyakin, Elena	3	79.47	M40-44	44	Wenzel, Hans	6	69.27
F45-49	48	Krause, Mary	6	70.65	M40-44	44	Spadafora, Tom	4	66.11
F45-49	46	Bentley, Victoria	4	63.02	M40-44	40	Lauridsen, Steven	3	60.75
F45-49	45	Wedow, Diana	3	52.94	M40-44	44	Bentley, Bryan	3	51.43
F45-49	47	Hanson, Catherine	4	43.48	M45-49	47	Roder, Daniel	4	77.01
F50-54	52	Brale, Carol	4	60.32	M45-49	46	Gilmore, Bill	9	76.94
F50-54	50	Swenson, Pauline	3	58.71	M45-49	47	Wedow, Eric	7	76.86
F50-54	50	Lochner, Donna	8	58.50	M45-49	46	Drendel, Mark	5	71.69
F55-59	58	Metz, Isola	9	73.70	M45-49	49	Basak, David	3	71.56
F55-59	59	Terwedow, Susan	6	57.71	M45-49	48	Boots, Steven	5	69.65
F65-69	65	Raynett, Jeanne	5	74.77	M45-49	46	Stock, Greg	7	67.98
F75-79	75	Gilmore, Lois	9	81.16	M45-49	46	Shemyakin, Alexander	3	66.18
					M45-49	48	Seigle, Mike	6	55.12
					M50-54	54	Marcec, Jerry	11	70.14
					M50-54	50	Tecuanhuey, Ernesto	4	65.42
					M50-54	51	Bradford, Bob	5	64.86
					M50-54	52	Ebbesen, Jay	4	62.70
					M50-54	50	Hettinger, George	3	61.31
					M50-54	53	Unger, Bob	5	60.80
					M50-54	51	Evans, Chuck	7	60.37
					M50-54	53	Adamus, Mitch	5	58.51
					M50-54	52	Fagan, R. C.	4	51.23
					M55-59	55	Varney, Jim	6	67.68
					M55-59	57	Johnson, Karl	5	56.11
					M55-59	60	Rauch, Ed	7	40.64
					M60-64	60	Johnson, Royal	3	51.89
					M65-69	66	Brodine, Rick	3	72.79
					M65-69	65	Rasmussen, Winston	3	72.08
					M65-69	66	Murison, Larry	5	70.65
					M65-69	69	Quinton, John	3	64.56
					M65-69	65	Kirts, Tom	5	49.92
					M70-74	71	Suter, George	5	64.81
					M70-74	73	Gilmore, Wayne	9	57.06
					M70-74	73	Hays, Carl	10	54.93
					M75-79	77	Lamermayer, Dick	9	65.43
					M80+	81	McKeague, Bob	4	75.55



FOXTALES

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



“The Running Authority for the Great Western Suburbs”

WEATHER FACTS: 9/1/06 sunrise 6:19 AM sunset 7:27 PM avg low 55(F) avg high 79(F)

September 9/30/06 sunrise 6:49 AM sunset 6:36 PM avg low 44 (F) avg high 57(F)

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