

# Argonne Running Club News

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Webpage: [chemistry.anl.gov/ARC/](http://chemistry.anl.gov/ARC/)

## 42.3K in Chi-town

What were Gloria Bannon, Tom Buffington, Paul Eident, Lester Erwin, Kelsey Forsythe, Edward Gertz, Karl Grimm, Keith Knepper, John Koss, Joe Mavec, and Aziz Uras doing standing still in the middle of 29,000 other people on Columbus Drive in downtown Chicago at 7:30 AM on October 22? What else would get all those people up that early in the morning but the annual Chicago marathon, or, as some would say, touring the city neighborhoods the hard way. All the hard training was done and now it was time to kick-back and have some fun. The weather was somewhat warm and we were hoping that it was not going to get too hot. (A little aside here: This was Aziz's 75<sup>th</sup> marathon or ultra!)

This summer was the hardest summer for me to prepare for the marathon. All my training partners, for one reason or another, would not be running this race. Without these pals to run with, I had to run alone on my training runs. Actually, on many of my long runs, my long-suffering wife went along with me - she rode her bike and carried our water while I slogged along. A few times, however, I trained with one of the CARA marathon training groups. These training groups are nice, but they are rather structured.

Well, there we were, in a mass of greater than 29,000 runners, waiting for the start. (There were 29,054 starters and 27,956 finishers; that means that over 96 percent of the starters finished the race!) Because of the large number of people, it took me about four minutes to reach the actual starting point of the race and something like 11 minutes to "run" the first mile. I could handle this pace!

As usual, the course snaked through the downtown area, north through Lincoln Park, and then south to Greektown, UIC, and Little Italy. After this, the race headed through Pilsen, Chinatown, and finally, back to Columbus Drive. Included were some shady parts of town I would not enter without an armed escort. All these neighborhoods give their own distinctive flavor to the race. I especially enjoyed Pilsen and Chinatown. These neighborhoods had both distinctive sights and aromas.

There was congestion throughout the race. I was constantly bobbing and weaving around slower runners. This is definitely not the kind of race to try for a marathon PR. However, there was one positive aspect to having a lot of runners - there were more people to talk to and more opportunities for people watching.

At about 20 miles I reached Comiskey Park and, miraculously, I felt relatively OK. This part of the course is always the low point of the race - running near Comiskey Park and on the Dan Ryan service drive - ugh. A lot of people were hurting at this point, but almost all were still moving, or what I took as moving. Finally, the course wound its way over to Lake Shore Drive and then northward to the finish.

Finally, the end was in sight, the crowds were thick, and the cheering was deafening - no stopping now for anything - smile and cruise across the finish line like this was no big deal. When the race ended, and I came to an abrupt stop, it kind of felt funny not moving. Now it was time to celebrate, and not think of how your body is going to feel tomorrow. After a quick stop at the ANL water table, I headed to the Sam Adams truck for the traditional post-race activity - having a good brewski.

It was nice to see the familiar faces at the end of the race. For example, I saw Corrie Patterson-Kamiya (the organizer of the ANL support group), Laurie Culbert, Mark Kamiya, and Walt McFall, plus other ANL people that I did not know (but should), working water in the finish area. All runners should thank these volunteers, and those volunteers manning water stations along the course, because these people are the backbone of the race. Without their help, there is no way this race would be run.

This was the best I had ever felt physically after finishing a marathon. So I will probably be on Columbus Drive next year when the gun goes off. If you want to have a truly memorable experience, please join me - but put in those training miles first.

On a personal note, it does not hurt at all to see your own family come to the

race to cheer you on. My wife worked the finish area with the ANL group, and my daughters cheered me on at a couple of spots along the course - God bless them.

*Karl Grimm*

### **Twin Cities Marathon**

The Chicago Marathon, which Karl Grimm described above, was undoubtedly a world class running event. The streets of Chicago were packed with tens of thousands of runners, spectators, and volunteers. I have run the Chicago Marathon a few times (although the last time was in 1995 when the race was much smaller). In the years since then, I have still been running marathons, but have decided to run different ones. To me running marathons is a great way to see other cities and other areas of the country.

This fall, I decided to run the Twin Cities Marathon. This was a fairly easy choice for me, because my sister (with whom I've run several marathons) recently moved to Minneapolis. This year's race was set for Sunday October 8<sup>th</sup>. The Twin Cities marathon has been billed as the 'Most Scenic Urban Marathon in America'. After running the 26.2 mile course, I would have to agree with this slogan. Unlike the Chicago Marathon which runs through various ethnic areas of Chicago, the Twin Cities Marathon is run mostly through parks. The race begins in Minneapolis, winds its way past many scenic lakes (which are especially beautiful with brightly colored fall foliage), then runs along both banks of the Mississippi River (which is much smaller in Minnesota) and finishes in St. Paul. The last mile of the race is very rewarding because after clearing a slight ridge, runners get a remarkable view of

the State Capital building with the finish line waiting about 1/2 mile away.

The weather for this year's race was unusually chilly. Record low temperatures were forecast for the start of the race. The race time temperature was about 30 degrees, but at least the skies were sunny. For elite runners, this is probably perfect weather, but for someone who is a bit slower and has been training all summer in shorts, this was a little shock to the system. It took me about 7 miles for my lungs to adjust to the winter-like temperatures, but other than that it was a great race.

This is a decent size marathon (limit of 7500 runners), and runs on a very scenic course. I would recommend this race for other marathoners, but remember to get your entries in months in advance. This race typically fills months ahead of time.

*John Schlueter*

### **Cross Country Run in December**

The Tom Braid Second Annual Cross Country Fun Run will be held on Wednesday, December 13<sup>th</sup> at noon starting in the Argonne Park (on the east side of Cass Avenue). This event was a big success in its inaugural running last December. Because the run is on trails (which can be snowy in December), this race has a different feel than many of our fun runs. We think you will enjoy it! If you are not up for the 5 K run, be sure to come anyway - there will be a 2 mile route for walkers.

### **Real Y2K Run**

We all know that the real millennium does not begin until January 1, 2001. Unfortunately, last January we held our Y2K run. If you are one of those people who get upset that the millennium was

celebrated in the wrong year, you will surely want to join us for a rerun of the Y2K run. The Real Y2K Fun Run will be held on Wednesday, January 10<sup>th</sup> at noon. Runners and walkers should assemble in the Building 360 lobby. As usual, there will be both a 5 K route for runners and a 2 M route for walkers. Get your New Millennium off to a great start and join the ARC for this event!

### **Safe Running**

In the last few months there has been disturbing news concerning people using the Prairie Path and the I&M Canal Path. Recently a man was killed on the I&M Canal Path near Channahon and a woman was sexually attacked on the Prairie Path in Warrenville. With all the secluded areas in Waterfall Glen, we runners must be careful. It is a shame that we have to think about physical safety while exercising, but there are a lot of weird people out there. So the next time you feel like running out in the woods, try to take a few extra precautions like: finding someone to run with, running during times when there will be a lot of people on the trail, and not wearing earphones so that you can hear what is going on around you.

Don't think that this type of criminal behavior only happens to someone else!

*Karl Grimm*

## Running Club Shirts

It is not too late to order your Coolmax Running Club singlets. The Argonne Running Club now has a good supply of these shirts in M, L, and XL. Each shirt has the ARC logo printed on the front in green ink. These singlets are comfortable for running in, make great Christmas gifts, and are a great way to show your 'team spirit'.

To order your shirt, please send an \$18 check, payable to the Argonne Running Club, to Paul Eident, Building 200, Room L175. Be sure to indicate your shirt size.

## Membership Dues

Attached to this newsletter is a renewal form for the Argonne Running Club. (There is also a copy of this form on the club web-site "chemistry.anl.gov/ARC/".) One thing that you will notice that is different from previous membership forms is a dues' increase. For full-time Argonne employees, the dues will increase to \$10 per year from \$7 per year (student membership will still stay at \$3 per year). We feel this slight dues' increase is reasonable considering the increased cost of food, refreshments, raffle prizes, etc. No matter how you look at it, membership in the Argonne Running

Club is dirt cheap, considering the cost of belonging to other social organizations.

Another change that you may, or may not have seen, is a box to check-off if you are willing to help out at a fun run. With only a small pool of people currently setting up runs, it is sometimes hard to find people that are continually willing to help at these events. So, if you can, please sign up to help at an event. It is not difficult at all, and it can be personally rewarding to help the club.

If anyone has any questions, or comments, concerning either of the above topics, feel free to call or email me at any time (2-6721, kgrimm@anl.gov)

*Karl Grimm*

## Cool Down

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The Argonne Running Club Newsletter is edited by John Schlueter. Please send your stories, photos, tips, race reports, race entry forms, comments, etc. to me. Mail: Bldg. 200, Rm. A185; Internet: JASchlueter@anl.gov; Phone: 2-3588. ARC president: Karl Grimm, Bldg. 208, Rm. A205A, 2-6721, b23921@ra.anl.gov. ARC webpage: chemistry.anl.gov/ARC/ webmaster: Chuck Jonah, Bldg. 200, Rm. B157, 2-3471, CDJonah@anl.gov. For membership information, contact Paul Eident, Bldg. 200 Rm. L175, 2-3579, eident@anlchm.chm.anl.gov.