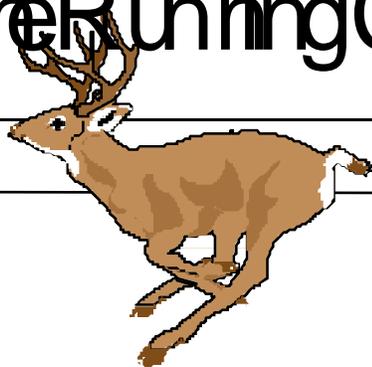


Argonne Running Club News

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Webpage: chemistry.anl.gov/ARC/

They Saved the Best for Last

Now I know how Moses felt wandering around alone in the wilderness of Israel looking for the ten commandments. No, this is not a story about a religious experience, it actually is a story about the 2000 River-to-River Relay Race. Read on, if you are wondering how this introduction is related to running.

For the uninitiated, the River-to-River Relay race is an 80 mile relay race with eight runners that starts on a bluff overlooking the Mississippi river valley (southwest of Carbondale, IL) and finishes in the town of Golconda on the Ohio river. At each of the 24 exchange points (each runner runs three segments), the current runner transfers a baton to the next runner on the team. The teams are stagger-started in groups of about 40 or so because of the large number of teams involved (240 team limit, each one with its own van). The course runs mostly through the Shawnee National Forest in extreme southern Illinois.

For the last six years a team of Argonne runners has been entered in this wonderful weekend event. (Our group usually leaves Argonne at noon on the Friday before the race, does the race on Saturday, and gets home on Sunday afternoon.) This year our four women/four man team was named "Four

Does and Four Bucks" and included (in running order): Corrie Patterson, John Schlueter, Debbie Schlueter (John's wife), Chuck Jonah, Laurie Culbert, Karl Grimm, Laura Miller, and, last, but not least, Don Bohringer.

The majority of the teams in the race are there for a good time and not out to set any records; this is essentially an 80 mile outdoor party. A lot of the team names are cute, and some are even better, something I call lewd-cute. In this light, our group has decided to change our team name next year to "16 Cheeks to the Wind".

Now to the "wandering around in the wilderness" part. Our team, mainly due to a late starting time and rather warm running conditions, was the very last team to finish the race. Towards the end of the day we were running alone, except for maybe another team way off in the distance. When we went through an exchange point, they closed it! This posed many problems (i.e., running in darkness, flying bats, etc.), especially for our last runner.

Our time, not that it matters, was 12 hours and 10 minutes. (The team that finished first had a time of 7 hours and 26 minutes.) Because they stagger-start the teams, we were not the team with the slowest time. That particular honor goes

to a team named the Angry Beavers: they took longer than 13 hours to finish the race - no wonder they were angry. The weather was more scorching than our pace. Needless to say, we went through a lot of water/gatorade and sunscreen.

From getting up at 5 AM to leave at 6, for a starting time of 8:15, to eating dinner at 10:30 PM, the day was totally fun. Some people may think being in a van with eight people (that need a shower) for that long a time may not be fun, but they obviously have not been involved in this race, or with this group of people.

The locals really get involved in the race. For example, partway through the race, in a town named Cobden, local groups have coffee, fruit, etc. for the runners. In addition, all along the course there are packets of people, sitting on their lawns, cheering each runner as they pass. At the end of the race (Golconda), there is a festival that features a country music band and all sorts of good eats. However, by the time we got there they were dismantling the finish area, the food was mostly gone, and all the bands were already at their next gigs.

Every year there are old traditions and new highlights. One of the traditions is the Jesus bikers. They are dressed all in black leather outfits and work the same exchange point every year - one across from a little church along side a graveyard out in the country. Another tradition upheld this year was the Grimm/Miller exchange blooper. The new highlight this year was the flashing incident - it happened, and that is all I am going to say about it. The only problem was that I missed it!

From Friday, when we left for our motel in downstate Marion, to Sunday when we returned to ANL, it was a wonderful weekend. For any runners

wanting more information on this particular race, check-out the race's web site "rrr.olm.net" or just talk to any one of the team members, but I must warn you, they will probably tell you much more than you want to know.

Karl Grimm

This was my third River to River race with my Argonne Running Club team members. This year our team was made up of 4 does and 4 bucks. The run is a 80 mile trek across the state of Illinois from Kelly's Hill in Shawnee National Forest, next to the Mississippi River, all the way across the state to the town of Golconda on the Ohio River. Race organizers have limited the number of teams to 240 (8 persons/team), of which they send out in waves of 40 teams out ever half hour starting at 6:15 AM and ending at 8:45 AM. Each team member runs a +3 mile leg and hands off to the next team member until you have 24 total exchanges. This adds up to about 10 miles per runner, but as most of us know it's easier to do one 10 mile run than do three 3.3 mile runs.

We didn't start this year until the 8:15 AM time slot, so finishing before dark proved to be an insurmountable task. The day started out at 60°F, but by noon it was 80°. It took us 12 hours and 10 minutes to do the course, and this year I was the anchor. I started the last leg after sunset, so a flashlight proved invaluable. A saving grace was the cooler temperature of 45°F, but knowing that I was running through small farm roads with dogs barking and bats flying over my head did not make me feel secure. This is not my favorite feeling knowing that I had 3.5 miles to go, but the last half mile made the whole experience unforgettable; church bells ringing which indicating that, in this case, last runner of

the whole race was arriving in town. My team mates escorted me the last 100 yards as we approached the finish line, and there were ~150 cheering people; what a natural high.

We were officially deemed the last team to finish, but not the slowest by any means. The important consideration was my team saved me a can of cold beer. We found out later that ~20 teams had dropped out for one reason or another, so either we are or just a driven group or...

Don Bohringer

Dead Treads

Is it time to say sayonara to your sneakers? Even if your athletic shoes appear to be in good condition, you may need a new pair to prevent injuries. Worn-out shoes could cause your feet, ankles, legs, or knees to start to bother you, even if you haven't changed your exercise routine. If you've worn your running or walking shoes for about 15 miles per week for 6 to 8 months or for 100 hours of workouts, it's probably time to shop for some new aerobics or cross-training shoes.

British Championships

I saw a note in the last Running Club Newsletter to the effect that I had been overheard to say that "just 50 years ago my cross-country team won the all-British race". Well, I did make such a remark, but with an addition which is important. We won the British "UNIVERSITIES" championship, not the national cross-country union championship. We did not enter the latter race, and certainly would not have won. We did compete in the Scottish cross-country union championship, and took second place. The team which won that race had finished third in the British race

so we would have been fourth at best, and probably much worse.

Tom Braid

Be Moved by the Challenge

For our runners who enjoy the Chicago Symphony Orchestra, here is the perfect race for you! On Saturday, June 24, The Symphony Spirit 5 K run/walk will be held in Grant Park in Chicago. The men's race begins at 8:30 AM and the women's at 9:00 AM. Live musicians will serenade you at the 1 and 2 mile markers, as well as the finish line. Proceeds from this race will benefit the Educational and Community Engagement Programs of the Chicago Symphony Orchestra. If you would like an entry form, please contact John Schlueter.

Feeling Young?

Exercising regularly can make your 'real age' as much as 9 years younger.

Red Dresses Return June 21st

Well, it is that time of year again: time for the annual Red Dress Run. This will be the third year for this extra special event. This year's run will be held on Wednesday, June 21st. Runners and walkers should assemble at the Argonne pool for the noon start.

This year there will two "best dressed" winners, one for best dressed female and one for best dressed male. There will also be some raffle winners. The four prizes last year consisted to two \$20 gift certificates to Victoria Secrets' and two \$25 gift certificates to any "Let us Entertain You" restaurant. This year, the prizes should be similar. As before, only contestants in a red dress will be eligible for the prizes. Contestants in a red T-shirt and red shorts do not qualify!

If you want to get a feel for the types of outfits that are worn, check out pictures from the two previous Red Dress runs; they are on the Running Club homepage.

For further information, contact either Karl Grimm or Laurie Culbert. This is one of our most popular events, come strut your stuff and check out everyone else.

Beat the Heat

Again this year, the Argonne Running Club will sponsor three morning runs during the summer months. On June 14, July 12, and August 16 our morning runners will meet at the North Gate Trail Head of Waterfall Glen. There will be a 4-mile running course and a 2-mile walking route on the forest preserve trails. At the conclusion of the run, there will be juice and muffins available for a snack before heading into work. I encourage you to join us for these informal runs to get your day off to a running start. Contact Paul Eident for further information on these runs.

Help Needed

The ARC is always in need of volunteers to help out at our monthly fun runs. Very little work is actually involved, but we don't want to rely on the same people for all our races. If you can help out, please contact Karl Grimm.

Cool Down

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.