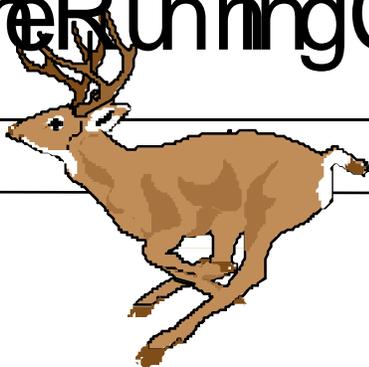


Argonne Running Club News

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Webpage: chemistry.anl.gov/ARC/

Because Life is Not a Destination...

I have always loved the north woods. The forests of northern Michigan, Wisconsin, and Minnesota are a perfect place for outdoor sports, whether it be hiking, canoeing, biking, or running. Several years ago I ran across an ad for the first annual Journeys Marathon claiming that it was a run through the scenic north woods. For several years, I considered making the trip to Eagle River, Wisconsin to run this race, but this year I finally sent in my entry form. As I have often done, I called my sister, Carol, and persuaded her to run it with me.

This year's race was held on Saturday, May 13th. In keeping with the spirit of the north woods, we decided to camp the night before. After setting up our tent in the Nicolet State Forest on Friday night, we headed to Eagle River to pick up our race packets. A fairly small group of runners were gathered at the middle school talking about the day that lay ahead.

Early the next morning, we were back at the school to catch a bus which would take us to the starting line. Journeys marathon is a one-way race, and the bus traced our race course from finish to start. Wow! It is was a little unnerving riding a bus for well over a half hour - knowing that within an hour we would be

retracing this route on foot. Perhaps of greater concern was the periodic whining of the bus engine as it struggled to climb some hills.

As we climbed off the bus, we were greeted by a light drizzle and a stiff northwesterly wind. It required some mental toughness to strip down to shorts and remove my warm-up jacket. But after a singing of the national anthem, the gun sounded and we were off. As advertised the course wound through the beauty of a northwoods national forest and past many scenic lakes. The race was fairly small - a few hundred runners, but actually quite comfortable. In contrast to the Chicago Marathon, runners could quickly find their pace without being elbowed and the water stops were not over crowded. There were also plenty of runners to insure that we were not running along.

The race finished in Riverside Park in Eagle River. On most days, this would have been a great place to sit around and recover from a marathon, however, the cold rain that was falling encouraged us to leave the finish area fairly quickly. This is a fairly low budget race (\$35 entry fee), and although the finish area was not a feast, there was ample food to munch on. T-shirts were given to all

runners and finisher metals to all who completed the full 26.2 miles.

For runners who don't run marathons, there was also a half marathon and 10 K available. If you are looking for a small spring marathon in a scenic setting, I would recommend this race.

And, in case you are wondering about the title, the theme of Journey's marathon is: Life is not a destination, it is a Journey.

John Schlueter

Ironhorse Triathlon

The day started out at 5:00 AM and raining when I woke. By the time I got my gear all set up it had stopped raining but was still threatening. The swim was a triangular course, 1.5 miles. 46 minutes later I stumbled out of the water. The bike is a modified H course with 3 turn arounds on rural 2 lane farm roads. There was a water and Gatorade bottle exchange every 10 miles. By the 5th mile it was raining and continued to rain for most if not all of the rest of the ride. At 20 miles I broke a spoke on a climb up a hill and had to finish the ride with a rear wheel that was way out of wack. Everytime my wheel went around it got really tight through the brake pads. At 30 miles the sky opened up and it started to pour and continued to pour for the rest of the ride. Luckily the roads were not that slick until we entered the park. There the tar laden road was like ice. I managed to get by without any accident and got into my soaking wet running shoes almost right on target to meet my goal for the race. After 2 hours and 20 minutes of riding I was happy to be on solid ground again. I watched my heart rate closely on the bike and continued to keep a good eye on it on the run, knowing that I had 10 miles to go. I started to pass runners almost immediately and continued to

pass runners over the course of the run. It stopped raining as I started to run and then started up again with a 1/4 mile left to finish. The heat got turned up to about 85 degrees and the humidity was 100%. I really was hoping for the rain to continue for my run but no such luck. Mile 7 and 8 seemed so long and I was really looking forward to that 9 mile mark. I hit it and picked up the pace and finished strong. After running for an hour and 15 minutes I finished and beat my goal time by 4 minutes and was thrilled to cross the finish line. My finish time of 4:26:42 didn't even come close to placing in this event. There were 17 states represented in this race by many very good triathletes. This was my first long distance event that I have competed in. My longest before this being a half marathon and Olympic distance triathlons. This was quite a bit more and so much more thrilling to finish. The swim course was new and was great with the exception of not enough buoys along the course to mark the way. The bike was 80% the same as past years and is a really good course. The run was completely changed and was a huge improvement over previous years. This is what I was told by all I spoke with regarding the race. I would agree with their sentiments. The run was completely shaded (if there was sunshine) and constantly rolling hills. Some bigger than others. Great race management and post race food. If anyone wants to try a longer distance tri without going to the ironman distance this would be a great race to try.

I give it 2 thumbs up :)

John Koss

Argonne Sharpshooters Air High

Twice every year the Aurora Sportsmens Club, located in beautiful Sugar Grove, puts on a Summer

Biathlon. This particular biathlon is a 5-K race with two shooting intervals. First, there is a trail run of about 1500 meters on un-groomed trails through woods, followed by shooting 5 shots in a prone position, another 2000 meter trail run, shooting 5 shots standing-up, and finally, another 1500 meter trail run. Runners are stagger-started because there are only a limited number of shooting positions at the range. Your final score is your overall clock time minus 15 seconds for each target you knocked over while shooting prone and minus 30 seconds for each "hit" while standing. All shooting is done with the target 22's (provided by the club) on the club's target range.

If you were not a registered biathlete you had to attend a clinic before the race. For this particular race there always is a clinic both Friday night and Saturday morning (race day). At the clinic you see a short video on tactics and safety and then spend the remainder of the time at the range shooting. Although some of us are registered biathletes (from previous years), we still go to the clinic on Friday night just to get in some practice shooting.

Furthermore, to be able to use a 22, both at practice and during the race, you have to have an Illinois FOID (Firearm Owners Identification Card) card. Participants that do not have a FOID card shoot with an air rifle. (To obtain a FOID card, all you need to do is fill out a simple form, attach a current picture, and send it along with \$5 to the State Police.)

Last June 10 a horde of Argonne multi-sport athletes took on this rugged challenge. The Argonne contingent included veterans Laurie Culbert, Karl Grimm, and Richard Page, and raw recruits Corrie Patterson-Kamiya and Mark Kamiya. It was a hot and humid

day. Luckily, there was a nice wind and most of the course was shaded.

A couple of hints for the uninitiated. First, pace yourself so that you are not huffing and puffing while you are trying to shoot (try to take a few calming breaths before every shot), and secondly, get your application for your FOID card in early. For some reason the state seems to take a long time on processing these forms.

There were about 60 participants and there were the standard goodies at the finish. The run costs \$15 if you pre-registered or \$18 on race day.

So if you are looking for a new and different challenge, try a biathlon. The second one this year is at the Aurora Sportsmens Club on July 8.

Karl Grimm

Beat the Heat

Paul Eident and Jack Picciolo have been organizing the morning runs this summer for the running club. The June and July runs have gone very smoothly and the dedicated runners that have turned out have had a great time. The third of these runs will be held on Wednesday, August 16. If you are interested in getting your day off to a running start, meet us at the North Gate Trail Head of Waterfall Glen. Participants can choose from a 4-mile running course or 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. 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.

Director's Run

The ARC's annual Director's Run will be held on Wednesday, July 26. As usual, there will be a 3 mile course for runners and a 2 mile route for walkers. Refreshments and raffle prizes will be available at the finish.

Running Club Shirts

The running club is in the process of designing new running club shirts. Years ago the Argonne Running Club had running shirts made, but the last of these shirts was sold a long time ago. Most current members have never had (or seen) one of these shirts. We hope that these new shirts will be popular among running club members and will make us much more visible at area races.

The Latest News

The Running Club Newsletter may not always make it to you before the current months fun run. However, the ARC is taking advantage of this electronic age to keep you up-to-date on

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.

the upcoming events. In general, we try to send out email reminders to our paid running club members to inform them of upcoming events. As always, you can check our web-site for the latest club news:

<http://chemistry.anl.gov/ARC/>

Chuck Jonah deserves a lot of credit for keeping this web site current with the latest Running Club news. Check it out!

Cool Down