

# THE RUNNING READER

THE OFFICIAL NEWLETTER OF THE UW-RUNNING CLUB

## Oh, to be 15 and nimble again...

by *Anita Fernandez (grad)*

*For me it was a day reminiscent of my high school cross country experience.*

The weather was ideal for an exhilarating romp through the undulating trails of Warner park: crisp, clear, sunny and windless. It was a picturesque setting featuring arched footbridges, smooth duck ponds, and a whimsical multi-colored pavilion which housed the race headquarters.

The Turkey Trot 5K course started near the pavilion and proceeded through two repetitions of a 1.5 mile loop. The 5 mile race, which started an hour later, began with 1.9 miles in an adjoining field but met up with the 5K course for its completion. While the course was mostly flat there was a short, steep hill near the 5K start that took its toll early on. The hill was repeated from a different angle at the second loop, lengthening it and making it even tougher for me. The course alternated between wide open fields and narrow wooded trails. I enjoyed the beauty of these trails. I also appreciated the winding course layout as it afforded views of the race ahead of me. As this was a cross country and

not a road race, I found the terrain to be rough and bumpy at times. Although the race organizers had marked protruding roots with neon paint, I still took a dramatic spill near the end of my 5K run. Again, reminiscent of my cross-country days.

Proceeds from the Turkey Trot benefited Thursday's Child and the



MATC athletic department. I was also impressed by the strong community spirit I felt during the event. One runner was

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dressed as a turkey and flapped his way across the finish line!

The UW running club made an impressive showing in both races. Congratulations to the many talented UWRC members who placed in their events. The club dominated the women's 5 mile race with **Alison Dwyer** placing first with a time of 34:02 and **Alexis Cirilli** placing second with a time of 34:36. In the 5K, **James Riddle** placed third overall with 16:52 and **Anne Jensen** was third in the women's race with a time of 22:01. Kudos to all participants for a strong effort in a great fall race!

## Chicago Hope-fuls

by *Marci Hafemeister (special)*

*The marathon*, they say it rates up there with marriage and child birth. I'd have to agree with the experts, the Chicago Marathon was definitely one of the most memorable events in my life.

The day started out a little cool, 35 degrees with a windchill of 20. Evan Shukan, another UWRC member who completed the marathon, felt this cold also and commented on the lack of warm-up tents at the start, given the temps. So, by 7:30, 29,000 chilly runners, 7,000 more than expected, slowly shuffled past the starting line.

Ron Carda, a UWRC marathon veteran, advised me to bring four gel packs and spread them out evenly on the course. However, I was out of gel by mile 12 and ready to quit. But two marks made me keep going. One was the midpoint, mile 13, and the other was mile 19, the point of a PowerGel oasis. The oasis gave me a chance to make up for my errors earlier, so I grabbed two more gel packs.

I don't remember much about the route or the 800,000 spectators, I was too busy watching the feet in front of me. I kept waiting to see the Lakefront, I knew that was the home stretch. It was such a relief to see those balloons up ahead and know once I crossed under them, I would never have to run again if I didn't want to. But, after a week's rest I was hoping there was another marathon the following month. I think I'm hooked.

## RUN ON BY, FORREST

•Our Web Site: [www.sit.wisc.edu/~uwrc](http://www.sit.wisc.edu/~uwrc)

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