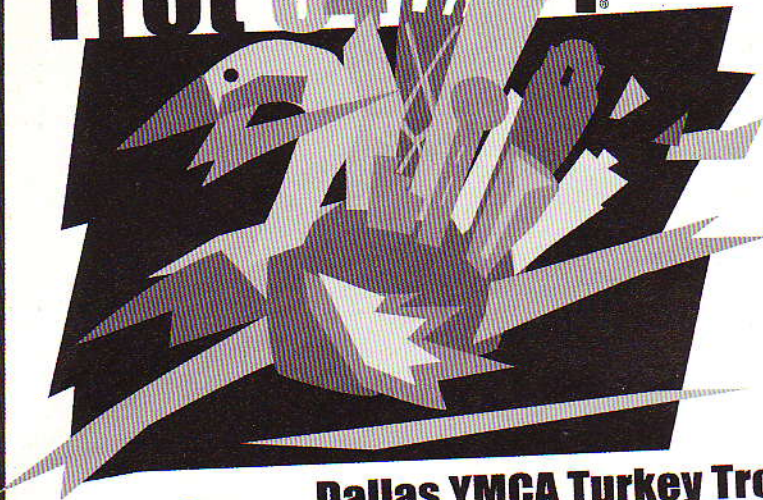


Register at www.thetrot.com

The Trot '04



Dallas YMCA Turkey Trot The 37th Annual

8 Mile Race • 3 Mile Fun Run/Walk

A YMCA Event Celebrating Children and Families!

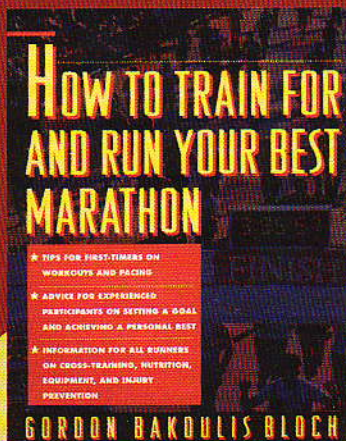
Thursday, November 25, 2004 • 9 am • Thanksgiving Morning

Downtown Dallas YMCA • 601 N. Akard St. • Dallas, TX 75201 • (214) 954-0500

GO THE DISTANCE

HOW TO TRAIN FOR AND RUN YOUR BEST MARATHON

- How do I set up an effective workout schedule?
- Is cross-training helpful?
- Do I need to run 26.2 miles before I race it?
- Does "carbo-loading" really work?
- How do I set a goal time for my first marathon?
- How long should I lay off after running my first marathon?



By Gordon Bakoulis • Running Times Senior Writer

Enclosed is \$ _____ (\$14.00 plus \$4.00 S/H).

Please rush me Gordon's book so I can run my best marathon.

Name _____

Address _____

City _____

State _____

ZIP _____

Send check (US FUNDS/US BANK) payable to: Running Times, 213 Danbury Road, Wilton, CT 06897

For quantity discounts, race or committee prizes call 800/668-0650

Should've B

June 12 Bellin Run 10K

For 28 years, on the second Saturday in June, residents and businesses along Webster Avenue in Green Bay, WI, have watched as their street is barricaded and closed for the annual running of the Bellin. If there is any resentment among them, it is well-hidden behind the onslaught of supportive banners, cheering spectators, and "unofficial" water stations that spring up along these first two miles of the course.

The Bellin is the largest local event devoted to promoting better health in the state. Its growth has been striking. Race Director Randy Van Straten has been part of the Bellin tradition for more than 13 years, and has seen participation grow from roughly 2,900 people in the early 1990s to just under 8,000 today. "My goal with the whole race," Van Straten said, "was to expand the race from [being] just a Saturday event." So starting in 1996, they added a running expo and a Friday spaghetti dinner, where participants can get autographs from elites such as Khalid Khannouchi, James Koskei, Uta Pippig, Elana Meyer and Elva Dryer, who have become regular features here in the past several years.

I joined the ranks of the locals four years ago, but this year's race was the best ever. Why? Because I ran it with my best friend, Stacey MacNeil, who is both new to running and a Bellin virgin.

For many runners, the Bellin has become a symbolic annual racing challenge. Twenty-two "Bellin Legends" have, in fact, run the race every year for the past 28 years. David Moore was a high school cross country coach when he first started running the race. "I guess I just wanted to set an example for the boys," he said. Now, "it's the only race I still run." Fellow legend Dennis Laidl said that he starts seriously training for the Bellin right after Christmas, while Michael Dorsey agreed that the race has "turned into a running tradition."

While some remember the Bellin as being notoriously hot, the morning air was cool this year as the starting gun cracked and the elite runners at the front took off. Stacey and I couldn't see them, however, because we inadvertently started with a group of slower runners who inadvertently started behind a group of walkers. Grr . . . "We've always been under the gun for the



A Local Legend



congested start," Van Straten later told me. The starting line has been pushed farther up Webster in an attempt to help alleviate the congestion, but in our case, starting out at the right pace marker would have helped.

Despite the slow start, the blaring pop music at several music stands was enough to lighten our mood. As we started rolling down a slight hill at the beginning of mile three, all we could hear were horns blaring to the words "get-ting strong-er" from "Rocky." It almost made us want to start punching random people in the head as we coasted by them. We both agreed that that wouldn't be very friendly. Just when Stacey and I started feeling as if we were really racing well, it hit me that the first runner was probably flying to the finish line. I was right. James Koskei broke the tape with a time of 29:12.

Miles four and five in the Bellin are predominantly flat and wind through a quiet residential area. It is here where you see those participants who felt they didn't need to train for the race—but felt pressured by the tradition to run anyway—slow to a walk along the edges of the road. While most usually finish, you can see in their pained and contorted faces that they didn't exactly enjoy the experience. This is one reason the directors of the Bellin established a seven-week training course called "Run a Better Bellin."

While Stacey and I had racked up some pretty good mileage prior to the race, come mile five we were both beginning to feel it. I tried hard to take Stacey's mind off her legs until the finish was in sight. As we closed

out the last mile, hundreds of cheering spectators lined the streets to goad us into finishing strong. And Stacey and I responded, crossing the line with a time of 57:58, well under the one hour and ten minutes my friend had set as a goal. Before we even got our timing chips cut from our shoes, Stacey was already rehashing the race in her mind and mentally preparing for next year.

—Jennifer A. Gritt

RESULTS AT THE RACES

Men

1 James Koskei (KEN).....	29:12
2 Paul Koeh (KEN).....	29:18
3 Khalid Khannouchi (NY).....	29:23
4 Charles Kamindo (KEN).....	30:16
5 Vincent Temu (WI).....	30:36
6 Max Harn (WI).....	30:39
7 Dan Held (WI).....	30:45
8 Christopher England (CO).....	31:13
9 Jason Ryl (WI).....	31:14
10 Jason Minnick (MN).....	31:18

40 to 49 — 1. Steve Winchel, 33:51; 2. Scott Hansen, 35:05; 3. Stuart Kolb, 35:22; 50 to 59 — Bill Rodgers, 36:30; 60 to 69 — Thomas Balzola, 44:16; 70+ — Joe Gwidt, 53:32

Women

1 Elva Dryer (NM).....	32:35
2 Elena Meyer (RSA).....	34:49
3 Dot McMahan (WI).....	35:56
4 Uta Pippig (GER).....	36:22
5 Becca Ward (WI).....	36:36
6 Lynn Fitzsimmons (WI).....	37:45
7 Abigail Watras (WI).....	37:56
8 Krista Lukes (WI).....	38:23
9 Kim Nodoff (WI).....	38:28
10 Marie Sumnicht (WI).....	38:54

40 to 49 — 1. Marie Sumnicht, 38:54; 2. Kathy Waldron, 38:55; 3. Susan Pierson, 39:08; 50 to 59 — Rita Clark, 42:50; 60 to 69 — Myrna Dickinson, 55:52; 70+ — Elaine Siegrist, 1:04:22

www.bellinrun.com

Where to buy AVIA 2050

Alabama

The Athlete's Foot, Tuscaloosa
The Athlete's Foot, Selma
Trak Shak, Birmingham
Trak Shak, Greystone
The Athlete's Foot, Demopolis

Arkansas

Beaver Sports, Fairbanks

Arizona

Athletic Zone, Phoenix

California

The Starting Line,
Marina Del Rey
A Snails Pace, Laguna Hills
A Snails Pace, Brea
Fleet Feet Sports, Pleasant Hill
Run With Us, Pasadena
Transports, Oakland

Florida

The Running Center, Carlsbad
The Running Center, Redlands
On The Run, San Francisco
The Runner's High, Menlo Park
Fleet Feet Sports, Pleasanton
Sneakerland, Woodland Hills
Inside Track, Ventura
Sneakerland, Thousand Oaks
Hay's Sports, San Francisco
Phidippides-Encino, Encino
Athletic Performance, Los Gatos
The Runner's High, Los Altos
Forward Motion, Danville
Forward Motion, Walnut Creek
Lombardi's, San Francisco
Athletic Zone, Huntington Beach
Mel Coltons, San Jose
Magic Sports/Runner's Feet,
Burlingame

Georgia

Runners Depot, Ft. Lauderdale
Footworks, South Miami
Feet First, St. Petersburg
The Running Center of Tampa
Bay, Tampa

Illinois

Runner's Edge, Boca Raton
First Place Sports,
Jacksonville Beach
First Place Sports, Jacksonville
The Athlete's Foot, Largo
Feet First, Tampa
The Athlete's Foot, Lakeland
Spike's Athletic Footwear,
Daytona Beach
The Athlete's Foot, Tampa

Idaho

The Athlete's Foot, Boise

Indiana

Running Central, Peoria
Running Ambitions, Lake Zurich
Universal Sole, Chicago
Vertel's, Chicago

Iowa

Orten Running, Normal
Running For Kicks,
Palos Heights
Body 'N Sole Sports, Champaign
Vertel's, Chicago
Running Ambitions, Wheaton
Naperville Running Company,
Naperville

Kentucky

Fleet Feet Sports, Louisville
John's Run/Walk Shop,
Lexington

Louisiana

Legends Sports World,
Mandeville

Massachusetts

Murray's Toggery Shop,
Nantucket
Rick Bayko's Yankee Runner,
Newburyport

Michigan

Gazelle Sports, Kalamazoo
Runnin' Gear, Brighton
Runners, Bay City
Playmakers, Okemos
Gazelle Sports, Holland
Runnin' Gear, Rochester
Striders, Grandville
Runnin' Gear, Waterford
Gazelle Sports, Grand Rapids
KC's Footwear & Sports,
Caledonia

Minnesota

Running Center, St. Louis
Metro Walk & Run, Kansas City
The Athlete's Foot, Springfield

Montana

The Athlete's Foot, Kalispell
The Athlete's Foot, Butte

Nebraska

The Athlete's Foot, Lincoln

New Jersey

The Athlete's Foot, Freehold
Runner's Pace, Bodminster
The Athlete's Foot, Cherry Hill
The Athlete's Foot, Eatontown

Nevada

The Athlete's Foot, Las Vegas

North Dakota

School's, Bismark

Ohio

The Runner's Mark,
Chagrin Falls
Second Sole, Rocky River
Running Spot East, Millford
House of Awards, Findlay
Bob Roncker's Running
Spot East, Millford
Second Sole, Chana
The Runner's Mark, Northfield
Second Sole Athletic Footwear,
Cleveland

Frontrunner, Columbus
Second Sole Of Youngstown,
Youngstown

Oklahoma

The Athlete's Foot,
Oklahoma City

Pennsylvania

Performance Footwear,
Pittsburgh
Secret Sneaker, Lancaster
The Finish Line, Allentown
Elite Runners & Walkers,
Robinson

Endurance Athletics, Altoona

Texas

Ft. Worth Running Co., Ft. Worth
Run Tex, Austin

Roger Soler's Sports,
San Antonio

Washington

Runner's Soul, Spokane

Wisconsin

The Athlete's Foot, Oshkosh
The Athlete's Foot, Fond Du Lac
Eastbay, Wausau
The Athlete's Foot, Glendale

West Virginia

On The Run, Parkersburg
Hole'n Run, Wheeling

