

Congratulations to Kurt Fiene and Bill Sanders on their recent marathon finishes. Kurt ran a superbly at *Boston* finishing in 3:03:12, which was a PR for him by 31 seconds. He was 2nd of 13 in the Men's Visually Impaired Division; 307th out of 3,955 males in his age group; 1132nd out of 10,737 male finishers; and 1196th out of 17,046 total finishers. Bill just completed the *Country Music Marathon* in Nashville ranking 14th in his age division; 87th of the men; and 98th overall. We are all so proud of both of you!!!!!!

ERC Runners Council

Each year we divide up the activities involved in support of the club. The contact persons for the year 2003 are listed on the website. If you would like to become more active in the club, please feel free to contact any of the coordinators. We are still looking for someone to be in coordinate birthdays. We were thinking of doing something at the Gazebo to celebrate on a monthly basis. All that would be involved is compiling a birthday list, sending a group e-mail announcing the birthdays and calling volunteers to bring something for after the run.

Marathon Training

Kristy Howland - Great Western 30K - May 4

Tom Klatt - Lakeshore Marathon - May 4

This year the Chicago Marathon is giving out preferred and competitive start #'s. For a preferred start you must complete a Marathon in under 3:45 or a half in under 1:45. For a competitive start you must complete a Marathon under 3:15 or a half under 1:30. There is no difference between men and women. Also the Lakeshore Marathon opened online registration for crew and volunteers for the 2nd annual Lakeshore Marathon, Sunday, May 25, 2003. To sign up go to <http://www.lakeshoremarathon.com/volunteers.html>. Special programs and benefits available to clubs and groups.

Half Marathon Training (St. Charles Half – June 1)

Jayne Aspan	Mary Anne Clark	Laura Heavrin	Tom Klatt	Karen Schaefer
Phil Barry	Kurt Fiene	Kristy Howland	Mark Montgomery	Julie Travers

For the above people running on the team please fill out your individual entry with a check for \$40 to Thresholds and mail to Julie Travers at 572 S. Hawthorne Ave. Elmhurst, Illinois 60126. I will then fill out the team form and mail all our entries together. Please have your entry and check to me by May 15.

If you have any questions about the marathon or half training program, please contact **Kurt Fiene** at kurt.fiene@ca.com or via phone at 630-834-5691.

Speed Workouts

Currently track workouts are every Thursday evening at 6:30 on the York High School track. The group has also been meeting at 6:30 on Saturday mornings. Any questions, contact **Mark Montgomery** at amont68@aol.com or via phone at 630-279-3286.

Weekday Runs

Bob Irish is interested in finding running partners for an Elmhurst weekday lunch hour training group. Interested parties can contact him directly at robert.irish@ercgroup.com or 312-821-4037 or let Susan know via the regular club e-mailbox. The gazebo will be the likely meeting place. He's flexible on days and pace.

Upcoming Races

May 10	Tour de Foot - Elmhurst
May 3	Bark in the Park - Chicago
May 3	Indianapolis Half Marathon
May 4	Lakeshore Marathon
May 4	Lakewood Trail Challenge
May 7	ERC track workouts Begin 6:30 at York Track
May 17	ERC Newcomers Run 7:30 a.m.
May 18	Main Course 10K - Chicago
May 18	Annie Ryan Run - Elmhurst
May 26	Elgin Valley Fox Trot
May 26	Ridge Run - Chicago

For those of you who really like to plan ahead, on-line registration is already open for the *Chicago Half-marathon* on Sunday, Sept. 7, and also for the *Chicago Marathon*, on Sunday, Oct. 12. The *Chicago Marathon* has expanded its limit to 40,000 runners this year, so yes; there is room for all of us! There is also going to be a new race this year in Chicago, the *Chicago _ Marathon* (6.55 Miles) tentatively scheduled for Sunday, June 15. Mark your calendars now!

Race Results

Lisle Chamber Race

Mark Montgomery	17:08
Kurt Fiene	17:58
Erin Fiene	19: 50
Sherry Perez	22:56

Race That's Good for Life

Mark Montgomery	17:13
Doug Pearson	17:22
Kurt Fiene	18:09
April Hyravy	22:28
Tracey Wilson	22:41
Karen Lipa	26:16
Christine Lipa	27:10

Our apologies if we missed anyone . . . please let us know! Also please submit your race results to Julie Travers (katkmt@msn.com or 530-0124) or Mary Anne Clark (matjclark2@aol.com or 986-0386). We want to know everything! We really want to be able to track everyone's progress and PR'S this year. Don't be shy! Be proud of your accomplishments . . . we are! Lastly, if anyone has pictures from races, please forward a copy to Susan May at 769 Saylor, Elmhurst, 60126. Thanks!

Forest Preserve Runs

There will not be a May FPR due to the Newcomers run. The June FPR will be at Herrick Lake on the 21st.

Race Singlet

There has been some interest in designing a race singlet for the club. We're at a point where we'll need to order some more shirts soon. **Anyone interested in being on a design team for this project or with shirt connections**, please contact Susan May at themays769@attbi.com or via phone at 630-941-0926.

CARA News

The following are the Elmhurst Running Club (green division) results for the Race that's good for Life.

Women

Tracey Wilson	22:41
Christine Lipa	27:10

Men

Mark Montgomery	17:13
Doug Pearson	17:22
Kurt Fiene	18:09

Newcomers Run

The Newcomers Run is scheduled for May 17 at 7:30 a.m. Once again, we'll extend invitations to anyone who's inquired about running with us as well as post information around town. Light refreshments will follow the run so please spread the word. All are welcome!

Relay For Life

This year's Relay will be June 6-7. April Hyravy, Jayne Aspan, Anne Klien and Karen Zenisek will be coordinating this year's event. For those unfamiliar with the Relay, it is a sixteen-hour, relay-style running/walking event where each team has representation on the York H.S. track at all times (even by candlelight in the middle of the night!). You can participate solo or with a friend and even split a shift if you'd like. The goal is raise awareness and funds for cancer research, prevention and cure.

Openings for the following time slots still exist:

9:00pm – 10:00pm	11:00pm – 12:00 am	1:00am – 2:00am	6:00am – 7:00am
10:00pm – 11:00pm	12:00pm – 1:00am	2:00am – 3:00am	

Many of our families and friends have had their lives changed by this disease. **Please consider being a part of this very important event.** Contact April Hyravy with questions or to sign-up directly at runer73@aol.com or via phone at 630-960-5228.

Multi-Sport Training

For anyone interested there is a pre-race training seminar in preparation for the Danskin Women's Triathlon. Sally Edwards 16-time Ironman finisher and Danskin Triathlon spokesperson will head the seminar. Location: Nordstrom-Michigan Avenue 55 E. Grand Ave, Chicago. Wed. May 7, 6:30 p.m. RSVP'S are required 312-464-1515 x1690

Karen Zenisek

k.zenisek@attbi.com

Multi-sport Coordinator - 630-530-0793

Hash House Harriers Run

Darryl May and Jim Blomquist are working to plan a local Hash House Harriers run. This event is part orienteering run/part social humor and the trail can lead you to the most unexpected places. Distances vary from a couple miles to many miles depending on your pace and ability to discern the trail (faster runners tend to run farther since they have an increased probability of taking a wrong turn and having to double back!). Always great fun, the run will be held in conjunction with a local hash club on a Sunday afternoon in the coming months. Interested parties can contact Darryl at themays769@attbi.com or via phone at 630-941-0926.

Website

Come visit it at <http://home.attbi.com/~kaufman18/ERC/> to obtain the most current race schedules and other valuable information. If anyone has any suggestions or additions, please send them to Elliot Kaufman at erk@uic.edu

New Members

Inquiries about the club have been keeping Kristy Howland very busy and we've seen the resurgence of many past members renewing their commitment to the club. It was great to see a friend of Norm's out at the path yesterday! Keep referring your friends and family. It's the best way to grow the club! Thank you everyone . . . it should be a great year!

Membership

Thanks again to all who renewed their club membership to-date. If you haven't had the opportunity yet, you may download an application from the website or let Kristy Howland know at kristyhowland@hotmail.com or via phone at 630-832-5080 and she'll send one right out to you. In addition to supporting our club activities, your dues entitle you to a 10% discount on shoes and a 20% discount on clothing at The Competitive Foot athletic stores courtesy of *Noel Griffin*. The retail outlets are located at the following addresses:

102 N. Marion St. - Oak Park - 708-246-5520
814 Hillgrove Ave. - Western Springs - 708-524-0030

We will be sending them a revised list of members monthly. Also new this year is a professional directory *Linda Davies* will be coordinating. Don't forget to fill out this part of the application if you'd like your business listed or have special offers to extend to club members.

Injured but Not Forgotten

In an effort to understand why we may not have seen these happy club members recently, we are sorry to share the following news:

Yea! None to report.

Stretch and stay healthy!!!!!!!!!!!!!!!!!!!!!!!!!!!!

ERC May Birthdays

Laura Heavrin	5/8	John McKoane	5/18
Dave Polkow	5/12	Bob Pintozzi	5/21
Tom Wolff	5/16	Paul Benvenuto	5/23
Tom Connor	5/18	Darryl May	5/24

If we've missed your birthday, there's a chance we may not have it on file! Please let Linda Davies know at twodelta@aol.com or via phone at 630-832-9188.

Newsletter

Please submit any topics, race results, etc., to Julie Travers at katkmt@msn.com or via the club mailbox. Your newsletter will come monthly via e-mail unless we hear otherwise from you.

Happy running!

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
<http://home.attbi.com/~kaufman18/ERC/> elmhurstrunners@attbi.com