

Elmhurst Running Club Newsletter

April 30, 2004

*Congratulations to all the Boston Marathon finishers!!!!!!!!!!!!!!
We are so proud of all of you!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!*

Mari Jo Hecker, Kristy Howland, Bob Luse,
Mark Montgomery, Kareen Ripperda, Bob Richards, Bill Sanders

See the race results sections for more details. A special report from our "man on the scene," Bob Richards, follows the newsletter. Thanks, Bob, for helping us share the experience!

Spring running groups are as follows:

Wednesdays:

6:30pm Trail run; sometimes tempo or fartlek runs.

Saturdays:

7:00am Trail Runs – typically run 2 miles east then meets the 7:30 group.

7:30am Trail Runs – typical runs are 3-6 miles in length; variety of paces.

Please note, due to the posting of our newsletters on the Internet, all club member phone numbers have been removed. If you need to reach someone via phone, please leave a message at 630-941-0926 and we'll get back to you shortly. Thanks!

New Members

Welcome to:

Molly Nechvatal, a local runner interested in marathon training, track workouts, multi-sport information, and participating on the CARA team.

Bonnie Leshuk, also from Elmhurst, who's interested in speedwork and forest preserve runs.

It was also fun to welcome back several folks from last year at the last forest preserve run. If you've enjoyed running with us and would like to formalize your membership but need an application, please contact **Kristy Howland** at kristyhowland@comcast.net

ERC Runners Council

Each year we divide up the activities involved in support of the club. If you would like to become more active in the club, please feel free to contact any of the coordinators directly. Contact information is posted on the website.

Please note, the following position is still open for 2004:

1. Marathon Coordinator(s)

Dennis Borawski has volunteered to work with someone to utilize modified schedules and e-mail messages from last year. Please contact Susan via the club mailbox for more information or to volunteer to head up this very important area for our group.

Distance Training

Training for the Fifth/Third Half Marathon on June 6 began the week of March 14. The Hal Higdon schedule is posted on the website under "Training." Please note, the club usually trades Saturday for Sunday runs to accommodate running longer distances as a group.

Key workouts for the intermediate program for the coming weeks are as follows:

Week of:	Wednesdays	Saturdays
4/26	8x400m	9 miles
5/3	40 min. tempo	10 miles
5/10	9x400m	15k race (or equivalent)
5/17	45 min. tempo	11 miles
5/24	10x400m	12 miles
5/31	30 min. tempo	rest – race day tomorrow!

How you adapt the rest of the weekly workouts is dependent on your personal schedule but if you hit these key training sessions and have the overall weekly mileage, a successful half-marathon should result . . . and don't forget those rest days! Consult the website training link for definitions for the above program or a copy of the advanced or beginner schedules.

***This year for the Fifth Third half Marathon we are thinking of two teams: one female and one male. Please e-mail Julie Travers at katkmt@comcast.net if you would like to be on one of the teams. The applications for Fifth/Third are in the club box. Please fill it out and enclose your check for \$35.00 made payable to "Thresholds." Give your application with check to Julie by Saturday, May 22, and she will fill out the team roster and mail all applications together. On race day we will carpool from the Gazebo leaving at 5:30am. We will pick up our packets and warm up a little. The race starts at 7:00am. Call Julie if you have any questions. Last year our co-ed team won prize money! Let's see if we can have two teams win this year!!!!

Speed Workouts

Tempo, fartlek, or general trail runs are held on Wednesday nights at 6:30pm. Please meet at the gazebo. Contact **Mark Montgomery** at amont68@aol.com for more information.

Upcoming Events

Saturday, May 1	Naperville Classic 10K	Naperville
Saturday, May 1	S.O.A.R 5K	Oakbrook Terrace
<i>Sat/Sun, May 1-2</i>	<i>ERC RFL Garage Sale</i>	<i>Elmhurst</i>
Saturday, May 8	Tour de Foot	Elmhurst
Saturday, May 8	Lake Geneva Marathon, 10K, 5K	Lake Geneva, WI
Saturday, May 8	Groovin' in the Grove 5K	Downers Grove
Saturday, May 8	Rockford Half-marathon***	Rockford, IL
* Sunday, May 9	Great Western 30K	St. Charles
Sunday, May 9	Y-ME 5K	Chicago
<i>Saturday, May 15</i>	<i>ERC Newcomers Run - 7:30 a.m.</i>	<i>Elmhurst</i>
Sunday, May 16	Annie Ryan Run, 5K	Elmhurst
Saturday, May 22	Galena Triathlon & Duathlon	Galena

Monday, May 31	Lakeshore Marathon	Chicago
Monday, May 31	Elgin valley Fox Trot -10M & 5K	Elgin
Monday, May 31	Ridge Run - 5 & 10K	Chicago

* indicates CARA circuit races

italics indicate ERC events

*** Think about the first annual Rockford Half-marathon as a way to usher in your spring racing season. Contact **Karen Zenisek** at k.zenisk@comcast.net for more information.

Race Results

Boston Marathon Monday April 19, 2004

Be sure to check out the special report following the newsletter to get a sense of the 2004 Boston experience. Congratulations, all!

Mark Montgomery, 3:17:47	Kristy Howland, 3:34:36
Bill Sanders, 3:26:36	Bob Richards, 3:57:50
Kareen Ripperda, 3:27:39	Mari Jo Hecker, 4:14:30
Bob Luse, 3:29:03	

Oak Park Race That's Good for Life 5K - 04/04/04

Doug Pearson, 18:42, 8th AG 35-39	Christine Lipa, 19:24, 1st AG 40-44
Bob Richards, 19:46, 6th AG 55-59	Kristy Howland, 19:42, 2nd AG 40-44
Paul Ward, 23:01, Clydesdale Masters 6th	April Hyravy, 20:23, 4th AG 30-34
	Karen Lipa, 20:58, 1st AG 14 & under
	Ronnie Ward, 28:57, 18th AG 50-54

Shamrock Shuffle 8K- 3/28/04

Mark Montgomery - 29:25	Kristy Howland - 32:47 - 2nd AG
Doug Pearson - 31:09	April Hyravy - 34:02
Dennis Borawski - 38:37	Dina Kwit - 37:37
Paul Ward - 42:44	

Our apologies if we missed anyone . . . please let us know! Please submit your race results to **Lou Herrera** (lherrer@nicor.com). Please forward pictures via the club mailbox. Thanks!
(Note: AG = place in age group)

CARA News

Congratulations to Christine Lipa and her daughter, Karen, who won the mother/daughter division at the Oak Park 5K! Talent sure runs in the family!

The next few upcoming CARA races are below. Great Western also has an 8K for those shorter distance folks. You will note that there are two circuit races on 5/31 - Mari Jo and Christine ran Ridge run last year and it was great – we don't know first hand about the 10 miler. Roselle is a fun, easy 5K course, with good food and a good place to hang out with family members afterwards. I think they even had those small pony rides last year and lots of pizza.

Sun Apr 25	RAVENSWOOD RUN	5k	Chicago	(312) 944-4113
Sun May 09	GREAT WESTERN	30k	St Charles	(630) 208-6677

Mon May 31	RIDGE RUN	10K	Chicago	(773) 233-3100
Mon May 31	ELGIN VALLEY FOX TROT	10m	Elgin	(847) 931-6120
Sun Jun 06	ROSELLE RUN FOR THE ROSES	5k	Roselle	(630) 529-3400
Sun Jun 13	WALTER PAYTON SWEETNESS RUN	10K	Aurora	(630) 851-8990

We have again entered the running club in the green division of the CARA circuit. For each race we run, we need to submit at least three participants. Please let **Christine Lipa** at iclipa@earthlink.net know if you run any circuit races.

Multi-Sport Training

Shorts, tank tops and sweat in April...what a great feeling after a long winter of riding. As I write this, we just completed a 35 mile bike ride in the fantastic spring weather and I am reminded that it pays off to do those tough mental work outs. It's not too late to try your first triathlon. While the season gets under way in just a month, there are still plenty of races. Your running base will help in the transition to biking and swimming but is also different. The key for me is to be patient in switching to a different sport. Take your time and learn to enjoy the biking and swimming.

April is bike month and a great time to tune up your bike. If you are new to cycling it's important to take it easy. Pedal at a high revolution (cadence) and be careful with the rules of road. Biking requires attention to traffic and concentration at all times. All triathlons require a current helmet so invest and have someone fit it for you.

Being comfortable in the pool is one thing but swimming in the open water is a different animal. **I'm planning on several open water swims at various lakes around the area so if you're interested let me know.** We are still meeting at courts on Mondays about 8:00 for those new to swimming. Dave is interjecting some simple workouts along with a session on drill and technique. Most Wednesdays we are doing an advanced swim around 8:00 averaging about 3,000 – 4,000 yards. The swims on Wednesday are varying based on workouts so you may want to call first.

Tip: Always get in the water and warm up before any triathlon. It calms the nerves and helps the body adjust to the water temperature.

There are plenty of races out there and if you would like to learn more check out <http://www.chicagoaa.com/calendar/smu.html> or <http://www.trifind.com>

Triathlons, like running, take preparation and unfortunately fill up very early in the season, so the key is to set a goal and make the commitment. There are races for all skills levels with some swims that start in the pool. If you're not quite ready for the swim portion of the triathlons, why not try a duathlon or some of the fun ride and ties. Call or e-mail me with your questions.

Karen Zenisek, Multi-sport Coordinator
k.zenisk@comcast.net

ERC Special Events

ERC Garage Sale – THIS WEEK!

May 1&2, 2004 - Saturday 8:00am - 2:00pm, Sunday 9:00am - 3:00pm. All items must be priced (or they're free!). Please initial your items if you plan to pick up any unsold merchandise. Items not picked-up by 5/8 will be put out for Elmhurst Spring Cleaning Day the following week. The profits from the garage sale will be donated to the Relay for Life from the ERC as a way to raise overall funds for cancer research and support the team. **Please call Ronnie Ward at 630-516-0928** to make arrangements for your treasures to be dropped off. They will not be home to receive any items for the garage sale on the evening of Friday, April 30, but will be home during the evening earlier in the week and during the day on Friday. Any club members who would be willing to donate a few hours of their time that weekend to help staff the sale would be greatly welcome. **Whether you sell for shop, please come show your support for the club!**

Relay for Life – April Hyravy has fundraising packets for anyone who'd like to get a jump on that aspect of the relay. You can reach April at april.hyravy@us.bosch.com Additional packets are available so if you're interested in participating but haven't officially signed up yet, send April a message. The event will be held on Friday, June 18, beginning at 6:00pm and conclude on Saturday, June 19, at 8am. There are still many slots open. Please review the following schedule and call April with your preference. She needs to hear from everyone by 5/15.

Commitments so far are as follows:

Friday:	6:00 – 7:00pm	Dawn Gould	Saturday:	4:00 – 5:00am	Kristy Howland
	8:00 – 9:00	Kurt Fiene		5:00 – 6:00	John McKoane
	9:00 – 10:00	Judy Polkow		6:00 – 6:30	Ronnie Ward

Open times include: Friday evening, 7:00-8:00, 10:00-11:00, 11:00-12:00 and Saturday morning, 12:00-1:00, 1:00-2:00, 3:00-4:00, 6:30-7:00, 7:00-8:00

5K Race Update – We've experienced a bit of a delay as the Police Department reviews our proposals. As of press time, we hope to meet with the Deputy Chief of Police the first week of May to go over the possibilities. Our next committee meeting is Monday, May 10, at 7:00pm. The agenda will include feedback from the Police Department on the new proposals as well as possibly the beginnings of a discussion on charities. All are welcome.

Newcomers Run – Mark your calendars for Saturday, May 15, 7:30am, for our annual Newcomers Run. We will be using our e-mail database and inquiries from the Tour de Foot race as our basis to invite prospective members out for a low-key trail run. Light refreshments will be available afterwards. **Maureen McCoy** is the overall coordinator for this event and can be reached at mccoymaureen@sbcglobal.net BE SURE TO INVITE ANYONE YOU THINK MIGHT BE INTERESTED. It's a relaxed way to welcome potential new members.

Fundraising

The following is a note from Debbie Henke, one of our fellow members:

Hi all,

This year, I'll be participating in a very special event called the Breast Cancer 3-Day.

I'll walk 60 miles over the course of three days with thousands of other women and men. The net proceeds will support breast cancer research, education, screening and treatment through the Susan G. Komen Breast Cancer Foundation and the National Philanthropic Trust.

I've agreed to raise at least \$2,000 in donations. So I need your help. Would you please consider making a donation? Log on to the online donation form and designate any amount that's right for you. Please keep in mind how far I'm walking -- and how hard I'll have to train. Even though I train for triathlons on a regular basis this is a different type of training and with much more meaning!

Thank you in advance for your generosity!

Sincerely,
Debbie

Visit my personal web page and help me in my efforts to support The Breast Cancer 3-Day.
<http://fofo.kintera.org/faf/r.asp?t=4&i=30112&u=30112-41850224&e=75446292>

Forest Preserve Runs

It was fun to renew our acquaintance with several club members from the past at Graue Mill last month. We even had the wonderful opportunity to see some deer and other wildlife as the sun warmed the trail for the day . . . and Jim, thanks for taking it easy on us!

Our next FPR will be on Saturday, May 22, at the IM Canal Tow Path at Willow Springs & Archer. Trail distances are 3, 4 or 8 miles. Paths can be doubled to increase your mileage and for you half-marathoners, achieve your 11 miles that day. It's an excellent opportunity to give your spouse a break and bring those early risers in your household along, as the trail is bike and stroller-friendly. For those of you in triathlon training, come bike with us! Car pools will leave from the gazebo at 7:00am. Contact **Jim Cassioppi** at run4christ@juno.com for more information.

Hash House Harriers Runs

The local HHH group continues to meet every other Sunday to share their unique running experience. Contact **Jim Blomquist** at jbquist1@juno.com or Susan via the club mailbox for more information or to volunteer to help coordinate an Elmhurst run.

Website

Be sure to check out the redesign of our home page at www.elmhurst-runners.com along with the monthly updates to the calendar and photo opp sections. Our e-mail address is now

info@elmhurst-runners.com Please continue to forward pictures and other items of interest to **Elliot Kaufman** at webmaster@elmhurst-runners.com As always, thanks, Elliot for keeping us current!

Membership

Yes, it's that time of year again! 2004 membership dues are now being accepted (\$15.00). 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. 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

The **New Balance** store in Oakbrook will also extend a courtesy discount of 10% off running shoes and apparel to Elmhurst Running Club members. They also plan to conduct a drawing of a club member name each month to receive a special in-store gift certificate. They are located at:

17W490 22nd Street – Oakbrook – 630-782-6730

We will be sending both stores a revised list of members monthly.

Additionally, current club rosters will be available shortly. If you'd like an e-copy, please message or phone **Linda Davies** at twodelta@aol.com. With the exception of CARA, The Competitive Foot, and the New Balance store, we only distribute rosters within the club membership.

Lastly, e-mail distributions blind carbon copy ("bcc :") members of the club to minimize e-mail address exposure. If you need someone's current e-mail address, please contact **Susan May** or **Linda Davies**.

Injured but Not Forgotten

Pete Eddington, Kurt Fiene, Lou Herrera & Mark Montgomery (although they're back running!)

ERC Birthdays

5/4 Molly Nechvatal

5/12 Dave Polkow

5/16 Sara Brouwer & Tom Wolff

5/18 Tom Connor

5/21 Bob Pintozzi

5/23 Paul Benvenuto

5/24 Darryl May

5/29 Beth Roth

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

Other News . . .

ERC Singlets

Paul Ward has been busy prototyping the new running gear and will have a sample to the path soon. He's ordered 40 each of the men and women's racing singlets from East Bay and expects to have them ready by the beginning of June. The singlets are white with forest green/black inserts along the side panels. Both side split and fuller coverage shorts in forest green are also available. Pricing information will follow once the silk screening process is piloted.

If you've paid for a singlet in the past and have yet to receive it, we have yours ordered. Otherwise, if you think you'll be interested in the new moisture-wicking top and/or corresponding shorts, please let Paul know ASAP at toocubed@aol.com. For comparison sizing purposes, he would take a medium and Darryl an extra large.

Job Postings

The New Balance store in Oak Brook is looking for part-time help for this summer. Hours available would be Monday - Fridays between 10am - 3pm and Saturdays between 10am - 5pm. Please contact Matt Medernach at 630-782-6730 or via e-mail at matt@nbchicago.com if interested.

The Chicago Area Runners Association (CARA) is looking for part-time office help at its downtown location from April 1 through June 30. Position description is as follows:

- 24 hours per week
- \$10.00 per hour
- database, typing, reception, and basic office work

Contact David Patt at 312-666-9836 or via e-mail at cara_david@yahoo.com if interested.

Club Sponsorship

E-mail reminders for 2004 dues will be sent out shortly. With the upcoming Newcomers Run, Relay for Life, and summer picnic coupled with the need to maintain a basic inventory of the new running gear, prompt payment is appreciated. You can mail your dues directly to Mark Boozell or the club mailbox or simply bring them to the path on your next run. The fee is \$15 annually. Thanks for your support of the club.

Newsletter

Submissions to the June newsletter can be forwarded to Julie Travers at katkmt@comcast.net. Information and questions are also welcome at the general club mailbox or via phone at 630-941-0926. Thanks!

Keep reading for a taste of the Boston experience . . . happy running!

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
www.elmhurst-runners.com info@elmhurst-runners.com

The Boston Massacre of 2004

By Bob Richards

The first lesson of Boston is . . . *its Boston*. Hot, cold, rain, snow – you deal with the conditions – even if it's brutally hot for mid-April.

Well, it wasn't outright horrible, but it wasn't a tea party, either! The Boston Marathon of 2004 was an event to be savored, treasured and relived as all Bostons are. But the heat was really on this year. As we waited in our appointed starting pens, the mercury in Hopkinton hovered at 83 degrees. It stayed that way, reaching 85 (86 on the bank thermometer at the 24-mile mark in Brookline) or more as we made our way toward that famous finish line on Boston's Boylston Street.

For me, and I'm sure for other ERC runners as well, a sensible pace and tons of liquids kept it fairly sane, really through the first 16-17 miles. I think most of us were on pace to at least come close to our goals. There were the kids with the high-fives, tons of water and energy drink, great crowds on both sides of the road, the "Dead Man Walking" sign, people handing out orange slices and ice chunks, the Red Sox game blasting on radios . . . and thousands of scantily-clad sweaty bodies.

We made it through Ashland, Framingham, Natick and then on to Wellesley where the screaming was on high volume, the way I remember it from my last time in Beantown back in '96. Knowing my goal time of 3:30-3:35 was already up in the air, I enjoyed the moment and then plowed toward Lower Newton Falls. Sure, I felt a few cramps, but by then (15.5 miles), runners, good runners, were walking. I knew this was going to be one hell of a day before it was over. It also was apparent the Boston medical crews in for quite an experience themselves.

As we started through the Newton Hills (Miles 17-21), I knew I was losing it a bit as I went very anaerobic on the first of the four hills. I made the call to walk a little on each one and might have saved my race. People were starting to drop like flies. It was quite a sight and I decided to keep my head down as I churned up Heartbreak. I didn't want to see the carnage unfolding around me. By the top, I was spent, but not in the medical tent. That was a good thing.

By 21.5, the top of Heartbreak, the Boston College crowds had rivaled or even surpassed the Wellesley girls in sheer volume. It spurred me on the vicious downhill into Cleveland circle and into Brookline through Miles 23 and 24. Yes, I was walking, shuffling and jogging, but I was moving. I could see the big Citgo sign at Mile 25 and knew I would make it.

Sort of feeling sorry for myself, I focused on the runner ahead of me as we approached Mile 25. His singlet read, "I'm running in memory of my wife." That did it. As tears formed in my eyes, I knew that whatever battle I was enduring was nothing compared to his. I moved ahead.

As the temp stayed around 86, I straggled in. There was no trumpet fanfare, just relief! What I saw next told me I was a lucky man. Hundreds of people were strewn along the curbs, on the street and just about everywhere, trying to regain their strength. Medical staff was tested to the limit and non-stop calls for doctors, wheelchairs and medical help, punctuated by sirens gave you the feeling of a M.A.S.H. zone. More than 1,100 people were treated. Thankfully, there were no fatalities.

It was over. It had been a day to remember. I punched the clock at 3:57:50, my second-slowest marathon ever. I had no regrets. It was a privilege to run Boston, no matter how fast or slow.