



Newsletter April 2007

Congratulations to Tera Moody!

The defending champion of the 4 on the 4th, Tera Moody, also won the Shamrock Shuffle in a blazing :27.09!

Elmhurst Race Achieves CARA circuit status

As noted in the recent press, the Community Bank of Elmhurst 4 on the 4th, the Elmhurst Running Club's annual four-mile race, has been selected to be on the Chicago Area Runners Association Competitive Circuit, which is the highest status for running races in Northern Illinois. This year the event will take place on Wednesday, July 4, at 7:30am.

Congratulations to all!

New Members

What a great month it's been! Welcome to Barry Brandt, Jason and Stefanie Brandt, Michael Szuba, James Francis, Ann Nelson, Heather Stilwell and Peter Waldman. While always good to see our Elmhurst contingent grow, it's great to see runners from Oak Park, La Grange, Lisle and Villa Park grow in representation. We look forward to running with you! Welcome!

ERC Runners Council

Each year we divide up the activities involved in support of the club. Please consider volunteering for an unfilled position or to work with someone already listed. It's a great way to prepare yourself to be a coordinator next year. Simply pick a position that interests you and get involved! (P.S. - the newsletter coordinator position is taken!).

Of particular need is someone to take charge of the **Annual Picnic**. Also we would like some volunteers for the **Newcomers Run** and someone to be the **Non-circuit Race Results Coordinator** and someone to work with the local press, etc. (see **Communications Coordinator** position.) Coordinator roles are posted at

http://www.elmhurst-runners.com/documents/Coordinator_Roles_2007.pdf

Additional contact information is posted on the Web site or you may phone Susan at 630-941-0926 with any questions and/or suggestions for the club in the coming year.

Distance Training

Marathon training will formally begin on Saturday, June 9, at 6:00 a.m. at the Gazebo. We follow the Hal Higdon training program which is posted on the ERC website. This year ERC will be partnering with Illinois Runs (I-Runs), Dick Pond Athletics-Elmhurst, and Olympic

Chiropractic to bring you the best local marathon training program around. Bill Sanders is our marathon coordinator and can be reached at bsanders@chns.net

This year we have a record number of people training for spring marathons. The following people are not all ERC members but most trained with ERC last summer for fall marathons. Good luck to each of you!

Last Name	First Name	SM	Pace	
Conheady	Tim	Boston	7:15	
McGreal	JP	Boston	7:15	
Sanders	Bill	Martian	7:30	
Buonarroti	Francesco	Hamburg	7:45	
Aldridge	Kevin	Toledo	8:00	
Hagstrom	Jennifer	Boston	8:00	
May	Darryl	Boston	8:00	
Sanders	Amy	KY Derby	8:00	
Helm	Tina	Just miles	8:30	
Ols	James	Grandma's	8:30	
Paulison	Christeen	Boston	8:30	
Travers	Julie	Boston	8:30	
Kamer	Harry	Big Sur	9:00	
Nechvatal	Molly	Flying Pig	9:00	
Park	Tina	Just miles	9:00	
Partridge	Sandra	Boston	9:00	
Robinson	Mark	Boston	9:00	
Ward	Paul	Big Sur	9:00	
Gray	Colin	Just miles	9:15	
Hansen	Allyson	Bay Shore	9:15	
O'Brien	Nancy	Nasville 1/2	9:15	
Ray	Wilson	Nasville 1/2	9:15	
Wallace	Lori	Boston	9:15	
Wallace	Scott	ING Georgia	9:15	
Williams	Charlie	Lake Geneva	9:15	
Boyd	Cheryl	Just miles	10:00	
Sluga	Dennis	Mardi Gras	10:00	
Depodesta	Karen	Green Bay	10:30	
Marcotte	Paul	Just miles	10:30	

Boston Bound? Are you planning to run the Boston Marathon this month? We'd like to try to organize either a weekend and/or Monday post-race get-together for the club members and their support crew. The Mays and Wallaces are staying in Newton but if someone in town has ideas, please e-mail them ASAP to Susan at info@elmhurst-runners.com We hear we need dinner reservations quickly if we want to eat somewhere other than Boston Market! Additionally, if you'll send on your cell numbers and hotel information, we'll pull

together a coordinated list so we can try to stay in touch while in Beantown. Looking forward to hearing from you soon!

Speed Workouts

Spring track sessions are targeted to begin in mid-to-late May. We meet at the Gazebo Tuesdays at 6:30 p.m. and warm up together on the way to Elmhurst College track. Any questions regarding speed work sessions can be directed to Mark Montgomery at amont68@aol.com

Upcoming Events

4/14 Dash for Dreams 5K Barrington

4/15 Race That's Good for Life 5K Oak Park

4/15 Naperville Spring Ahead 5K, 10K Naperville

4/21 Race for recreation 5k Palos Heights

4/21 The Kingdom 5K Naperville

4/21 Wrigley Start Early 5K, 10K Chicago

4/22 Lisle Chamber Run 5K, 10K Lisle

4/22 Fox Trot 5K Batavia

4/28 Brain Tumor Path to Progress 5K Chicago

4/28 Rest Sleepwalk 5K walk Chicago

4/28 Festival 30K, 13.1M, 5K Racine, WI

4/29 Running for Life 5K Chicago

4/29 1:30 p.m. 5K run for St. Alexander School Villa Park ktomcasey@msn.com

4/29 CASA Cares 5K Downers Grove

4/29 Ravenswood Run 5K Chicago

5/5 Bison Stampede 5k Oak Brook Terrace

5/6 Great Western Half-marathon St. Charles

5/12 Lake Geneva Marathon Wisconsin

5/12 Groovin in the Grove 5k Downers Grove

5/12 ERC Newcomers Run - Gazebo 7:00am

5/13 Y ME 5k Chicago

5/19 Run for Hungry Children 5K Hoffman Estates

5/20 Annie Ryan Run 5K Elmhurst

5/26 Soldier Field 10 Chicago

5/28 Elgin Valley Fox Trot 10M, 5k Elgin

Bold = ERC Event

Bold Italics = CARA Circuit Race

Race Results

Cowtown Marathon in Fort Worth Texas

Christine Lipa 3:55:10 2nd AG

Mari Jo Hecker 3:36:59 3rd AG and 10th Overall Female

Cary Half-marathon

George Bode - 1:35:57.34 PR

Darryl May - 1:35:57.72

Kevin Aldrich - 1:40:49.27

Karen Leavitt - 1:42:50.49
 Paul Ward - 1:57:10.18
 Ronnie Ward - 2:08:41.64
 Kevin McCauley 2:34:15.22

Shamrock Shuffle

CARA Circuit Shamrock Shuffle Age Graded Results

Elmhurst Running Club	Age	Gender	Hours	Min	Sec	Record	Age		# in % in	
							Theoretical	Graded	Score	Place
Tim Conheady	50	M	0	28	35	1454	847.8	1	546	0
Barry Brandt	49	M	0	29	37	1443	812	8	731	0.01
Bob Richards	58	M	0	33	15	1554	778.9	5	297	0.013
Mark Montgomery	39	M	0	29	25	1336	756.9	17	1820	0.009
Stephanie Wagner	33	F	0	34	3	1452	710.7	11	2533	0.004
Total							781.3			
Other Participants										
Beth Szupko	29	F	0	34	10	1445	704.9	26	4533	0.006
Darryl May	45	M	0	33	6	1398	703.9	24	731	0.031
John Paul McGreal	27	M	0	30	42	1272	690.6	56	2760	0.02
Amy Sanders	31	F	0	35	1	1447	688.7	20	2533	0.008
Doug Pearson	39	M	0	33	8	1336	672	73	1820	0.04
Karen Ryan	38	F	0	36	41	1479	672	23	1587	0.014
Molly Nechvatal	42	F	0	37	52	1519	668.6	126	849	0.147
Paul Ward	56	M	0	38	46	1528	656.9	30	2970	0.098
Harry Kamer	52	M	0	37	38	1478	654.6	62	546	0.112
John McKoane	55	M	0	38	38	1515	653.6	26	2970	0.084
John Taflan	53	M	0	38	20	1490	647.8	79	546	0.143
Kevin Kaufman	29	M	0	33	32	1273	632.7	139	2760	0.05
John O'Blanis	55	M	0	40	35	1515	622.2	50	297	0.165
Veronica Ward	56	F	0	48	7	1785	618.3	25	147	0.163
Mark Boozell	48	M	0	39	17	1431	607.1	149	7310	0.202
Jeremy Wernick	35	M	0	36	11	1300	598.8	196	1820	0.107
Peter Waldman	55	M	0	42	28	1515	594.6	72	2970	0.239
Caroline Parisi	34	F	0	40	55	1455	592.7	182	2533	0.071
Christi Helm	15	F	0	42	39	1513	591.2	23	177	0.124
Tina Helm	39	F	0	42	18	1488	586.3	168	1587	0.105
Matt Helm	13	M	0	41	8	1430	579.4	19	86	0.947
Noel Griffin	45	M	0	40	18	1398	578.2	170	731	0.231
Colleen Ries	24	F	0	43	13	1445	557.3	337	1988	0.169
Mabel Noriega	30	F	0	44	9	1445	545.5	403	2533	0.159
Dawn Troost	27	F	0	46	1	1445	523.4	1007	4533	0.222
Elliot Kaufman	60	M	0	50	41	1581	519.9	139	164	0.841
Dave Lynam	55	M	0	48	57	1515	515.8	155	297	0.519

Wade Giorno	36 M	0 43 48	1307	497.3	768	1820	0.421
Nick Dragisic	57 M	0 54 10	1541	474.2	212	297	0.71
Mariann Kerley	41 F	1 0 16	1507	416.8	709	849	0.834
Kevin Aldrich	46 M	0 56 21	1409	416.7	648	731	0.885
Michele Amato	36 F	0 59 31	1466	410.5	1292	1587	0.813

Shamrock Shuffle

CARA Circuit Age Division Results

Name	M/F	Age	Time	Age Group	Age Grp Place	AG Field	
Tim Conheady	M	50	28.35	M50-54	1	545	0
Stephanie Wagner	F	33	34.08	F30-34	11	2533	0.004
Beth Szopko	F	29	34.10	F25-29	26	4533	0.006
Amy Sanders	F	31	35.01	F30-34	20	2533	0.008
Mark Montgomery	M	39	29.25	M35-39	17	1820	0.009
Total							0.027
Tiebreakers							
Barry Brandt	M	49	29.37	M45-49	8	731	0.01
Bob Richards	M	58	33.15	M55-59	5	297	0.013

Chicago Challenge Results:

- Masters Men finished 2nd
- Masters Coed finished 2nd
- Open Female finished 3rd
- Open Male finished 4th

Upcoming CARA Circuit Races:

The Race That's Good For Life 5k in Oak Park on April 15th. Meet at the gazebo at 7:30 a.m. to carpool.

Ravenswood 5k in Chicago on April 29th. Meet at the gazebo at 6:15 a.m. to carpool.

Run For Hungry Children 5k in Hoffman Estates on May 19th. Meet at the gazebo at 6:15 a.m. to carpool.

Please e-mail Doug Pearson when you sign up for a race. Likewise, please drop him a note if you're planning to run the Chicago Distance Challenge or the Chicago Marathon. As for other races, please let him know if you're planning to race so he can post it and other club members can see what races the team needs help filling and plan their race schedules accordingly. For those planning ahead, there are three half-marathons on September 9th. We will be competing in the Alpine Races half and 5k for the circuit, which is the same day as Crystal Lake Half Marathon and the Banco Popular Chicago Half Marathon. For those looking to occasionally help the team and not looking for individual honors, running the second distance at races like Elgin (5K), Downers Grove (10m), CDC (5k),

Park Forest (5k), Lake Zurich (5k) and Westchester (5k) may increase the likelihood of getting a valuable age division wins.

Other CARA News

News from the Park Forest Scenic 10 Race Committee: Labor Day 2007 marks the 30th Anniversary of this top-rated run. It's long-time directors will be retiring and contrary to rumors, the plan is to continue producing the event with some modifications and additional sponsorship in 2008. Plan on attending this year's 30th Anniversary Gala this fall for a great run and a chance to provide *your* feedback!

Multi-sport Training

April 2007 - Multisport Bike Issue

In addition to our running club, the **Elmhurst Tri Club** just made its debut. While details are still being worked out, training sessions have started. Please contact me at k.zenisk@comcast.net if you are interested in learning more.

Spring is here and it's time to get your bike tuned up and make any changes such as set up, wheels or gearing. In running we get used to running at a certain pace and cycling is the same. The set up of your bike is the single most important investment you can make. A good bike setup will mean the difference between enjoying cycling or feeling like you just want to get off.

Bike and their setups are based on your goals. Those new to the sport will often ride an older or borrowed bike. Keep the bike set up comfortable and enjoy these first races. As you become more experienced some will purchase a road bike for training and racing. The more seasoned athletes may choose a triathlon setup for aerodynamics and speed. If you'd like to learn more from a local retailer check out the link to The Bike Shop Glen Ellyn <http://www.thebikeshopge.com/>

Bike workouts are similar to running but you will find that your heart rate zones are lower than running. Typically each zone is about 6 bpm slower than your running. Workouts are similar to running with a longer ride on the weekend and then several shorter rides during the week that vary in intensity.

Hydration and nutrition are critical when you start riding longer. Hydration guidelines are generally to drink one water bottle per hour of riding. Gels/bars are needed for the longer rides.

Enjoy the spring and get those bikes out to help cross train. It's a great way to get active recovery for your running. Happy Cycling!

Additional links of interest:

Dave Polkow www.tricoachdave.com

Elmhurst Bicycle Club www.elmhurstbicycling.org

Total Immersion swimming www.totalimmersion.net

The Bike Shop Glen Ellyn <http://www.thebikeshopge.com/>

Karen k.zenisk@comcast.net

Multi-sport Coordinator, Elmhurst Running Club, Inc.

ERC Special Events

Planning for the *Community Bank of Elmhurst 4 on the 4th* club race is proceeding well. We're pleased to welcome back club members, **Colin Gray (Gray Wolf Group)** and **Jayne Aspan (Dick Pond Athletics - Elmhurst)** as financial sponsors for the event as well as welcome new additions, **Pathways Community Church** and **Casco Eyewear**. They join **Community Bank of Elmhurst, Chicago Athlete Magazine, Corner Kicks Soccer, Elmhurst City Centre, Elmhurst College, Elmhurst YMCA** and **DiCianni Graphics** in early commitments. We do have space for additional sponsors. To receive an information packet, just contact Susan at the club mailbox or by phone at 630-941-0926.

Additionally, we're hosting a Sponsor Session in May and have been asked to solicit goody bag ideas from our runners. When you run a race, what items have **you** found exciting or particularly useful? Please let Susan know at info@elmhurst-runners.com Our next planning meeting is Monday, April 23, 2007, at Epiphany Lutheran Church on the corner of Spring and Vallette in Elmhurst. All are always welcome. Thanks!

Newcomers Run Update

Be sure to mark May 12, 2007, on your calendar for a special opportunity to welcome all interested in the club to join us for the 7:00am training run. It's a great chance to socialize with old and new alike as we gear up for the official start to the summer running season. **Julie Bruns** has volunteered to help set up but we still need someone to help with the shopping and more set-up. As usual, a light brunch will be served.

Forest Preserve Runs

We hope to host a couple of well-attended runs later in the year. Watch the newsletter and e-mail for more information later in the season.

Hash House Harriers Runs

No joint ventures are planned at this time but for those interested, the hashers run every other week somewhere in the greater Chicago land area. Contact Jim Blomquist for more information at jbquist1@juno.com Experience the unexpected!

Web Sites

Elliot Kaufman is in the process of redesigning our main club Web site based on feedback at the annual party. Log on at www.elmhurst-runners.com to see the work in progress over the next few months . . . and don't forget to check out the race Web site at www.4on4th.com
Thanks, Elliot and Todd!

Membership

New this year, only people that pay dues will be listed on our official ERC roster. We hope to have the new list server set up for improved communications over the next few weeks so please be patient as we test it out. We did collect dues at the annual awards party. For those of you who were unable to attend, please send your dues to the club at 769 Saylor in Elmhurst, IL 60126. If you have no changes to your personal information dues are \$15

individual and \$25 for family per year. Please make checks payable to the **Elmhurst Running Club, Inc.**

If you are a new member or have address/phone/e-mail changes, please download an application from our website (<http://www.elmhurst-runners.com/documents/application.pdf>) or stop in Dick Pond Athletics at 124 N. York to pick one up. In addition to supporting our club activities, your dues entitle you to specific discounts at the following stores:

Dick Pond Athletics 124 N. York St. Elmhurst 10% of clothes and accessories; no special discount on shoes, shoes always discounted.

The Competitive Foot 102 N. Marion St. Oak Park and 814 Hillgrove Ave. Western Springs 15% discount on shoes and a 20% discount on clothing

New Balance Oakbrook 17W490 22nd Street oak brook - 10% off all shoes and apparel

ERC Birthdays

Heather Stilwell 4/5

Julie Travers 4/20

Marge Fielder 4/8

John Taflan 4/22

Tom Klein 4/16

John O'Blanis 4/26

Happy Belated Birthday to Lori Wallace 3/10

If we've missed your birthday, there's a chance it's not on file! Please let us know.

Other News

Our condolences go out to Frank and Lori Wallace and family at the recent loss of Frank's mom. Our thoughts are with you.

General Club Information

Saturdays and Sundays at 7:00 a.m.

Mondays 5:00 a.m. - 45 min. at 9:30-10:00 pace with Elmhurst Tri Club

Thursdays 5:00 a.m. - 1 hour tempo/long intervals run with Elmhurst Tri Club

Seasonal runs (Jun - Oct): Marathon with I-Runs - Saturdays at 6:00 a.m.

Speed work (May - Oct): Tuesdays at 6:30 p.m.

Additional Offerings: CARA competitive team, long distance and multi-sport training, organizers of the Community Bank of Elmhurst 4 on the 4th race, occasional forest preserve and hash house harriers runs, numerous social events.

All runs begin at the gazebo on the Prairie Path near Spring Road in Elmhurst.

Newsletter

Submissions for the April newsletter can be forwarded to Julie Travers at katkmt@comcast.net or via the general club mailbox or phone as noted below. Information and questions are also welcome. Thanks!

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