

Elmhurst Running Club Newsletter

August 2, 2003

Congratulations to Judy Rink on the completion of her first Triathlon and to Karen Zenisek on reaching beyond her goal for a top ten finish at the recent Dairyland Half-ironman. Way to go!

Please see the special events section below for information on the upcoming runners' yoga session at the studio on Spring Road in Elmhurst.

Summertime groups are running as follows:

Wednesdays:

6:30pm Your choice: trail run or track workout.

Saturdays:

6:00am "Killer Marathon Training Group" – in training for a 3 hour Fall marathon; pace is typically 7:30 or faster; anticipate some 24-milers later in the season.

6:30am Distance Training Group – in training for a Fall half or full marathon; variety of paces.

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

Anyone is welcome to run with any group based on the time slot that best suits your schedule on a given week. You may also run shorter distances at 6:30 or longer at 7:30 on Saturday mornings.

New Members

We would like to officially welcome the following new members:

Kathleen Davis – in training for a Fall marathon.

Judy Rink – completed her first triathlon on July 13 and still made it to the picnic that afternoon!

Tom Tierney – interested in competitive running and experiencing forest preserve runs.

Julie Wolfe – focused on the longer distances and a future marathon.

All hail from the Elmhurst area and have already begun running with the group. We look forward to training with you. Welcome!

If you've enjoyed running with us and would like to formalize your membership but need an application, please contact Kristy Howland at kristyhowland@hotmail.com.

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.

Distance Training

The 18-week Marathon training is underway and meets at either 6:00 or 6:30am on Saturdays. Training for the Chicago, Fox River (St. Charles) and Crystal Lake Half-Marathons has also begun. Events are Sept. 7 and Sept. 14 respectively. If you're interested in either of these programs

or have any questions, please contact Kurt Fiene at kurt.fiene@ca.com. To stay current on the latest training schedules, please contact Kurt or Dennis Borowski at malibuskibum@aol.com.

Training at 6:00am are:

Pete Eddington, Mary Anne Clark, Kurt Fiene, Kristy Howland, Christine Lipa,
Mark Montgomery, Doug Pearson & Bill Sanders

In addition to the above individuals, signed up for the marathon or half marathon distances are:

Full Marathon: Jayne Aspan, Kathleen Davis, Patti Golden, Jennifer Hagstrom,
Tom Klatt, Mary Beth McLean & Beth Roth.

Half Marathon: Dennis Boroski, Susan May, Julie Travers & Lori Wallace.

Along for the Ride: April Hyravy & Karen Zenisek

Speed Workouts

Track workouts remain on Wednesday nights at 6:30pm. A small, but dedicated, group of runners meet at the gazebo for a quick warm-up to York H.S. track. Concurrent trail runs also meet at the gazebo. Come add some spice to your mid-week workouts with a Wednesday night run! Contact **Mark Montgomery** at amont68@aol.com with any questions.

Additional Weekday Runs

Club members are looking for training partners for a lunch hour group or short runs on Tuesday and/or Thursday mornings around 7:00am. If you're interested, please contact Susan May at elmhurstrunners@comcast.net.

Upcoming Races & Events

* Sun Aug 3	Chicago Distance Classic – 5 & 20k	Chicago
* Sun Aug 10	Kemper Chicago – 10K	Chicago
Sun Aug 10	Arlington Heights Half-marathon	Arlington Heights
* Sat Aug 23	DeKalb Corn Fest – 10K	DeKalb
Sun Aug 23	Fleet Feet Super Sprint Triathlon	Chicago
Sun Aug 24	Windrunner at Danada – 10K	Wheaton
Sun Aug 24	Chicago Triathlon	Chicago
* Mon Sep 1	Park Forest Scenic – 10m	Park Forest
Mon Sep 1	Trail Half-marathon	Libertyville
Sun Sep 7	Chicago Half-marathon	Chicago
Sat Sep 13	Lake Geneva Extreme Series Triathlon	Fontana, WI
* Sun Sep 14	Lake Zurich Alpine – 10K	Lake Zurich
<i>Sun Sep 14</i>	<i>Bread Basket – 5K</i>	<i>Elmhurst</i>
Sun Sep 14	Crystal Lake Half-marathon	Crystal Lake
Sun Sep 14	Dannon Duathlon	Naperville
Sat Sep 20	Forest Preserve Run – 6:30am	Morton Arboretum
* Sat Sep 20	Wolf Run – 5K	Chicago
Sun Sep 21	Rotary Run for Glenview – 5&10K	Glenview
Sun Sep 21	National Heritage Corridor Trail – 25K	Channahon

* CARA circuit race

On-line registration continues for the *Chicago Half-marathon* and *Fox River Half-marathon* on Sunday, Sept. 7, *Crystal Lake Half-marathon* on Sunday, Sept. 14, and the *Chicago Marathon*, on Sunday, Oct. 12 (**although rumor has it that the marathon is filling up fast!**). Kurt Fiene is also organizing team(s) for the Fox River Half-marathon. There are male, female and mixed options available. If interested, please contact him directly at kurt.fiene@ca.com or via phone at 630-834-5691 as soon as possible.

Additionally, Julie Travers is coordinating carpools for the Rotary Run in Glenview in September. A nicely organized neighborhood run, applications will be available at the path soon (in the interim, check out www.rotaryrun.com). Interested runners can reach Julie at elmhurstrunners@comcast.net.

Race Results

Our apologies if we missed anyone . . . please let us know! Please submit your race results to Julie Travers (katkmt@msn.com) or Mary Anne Clark (matjclark2@aol.com). If anyone has pictures from races, please forward a copy to Susan May at 769 Saylor, Elmhurst, 60126. Thanks! (Note: AG = place in age group)

Fleet Feet 10K - 7/27/03

Mari Jo Hecker 44:57 AG-2

Chicago 10K - 7/20/03

Kurt Fiene 39:16 AG - 7

Galloping Ghost 5K - 7/19/03

Mark Montgomery 16:57 AG-9
Kurt Fiene 18:05 AG-9
Pete Eddington 19:25 AG-10
Bob Richards 19:45 AG-7
Paul Ward 24:13 AG-23

Sue Langer 18:34 AG-1
Christine Lipa 18:15 AG-1
Mary Anne Clark 19:44 AG-6
Kristy Howland 21:26 AG-4
April Hyravy 21:07 AG-6
Mari Jo Hecker 21:14 AG-7
Ronnie Ward 28:35 AG-7
Tracey Wilson 24:15 AG-12
Buffi Gibbons 28:37 AG-28

Bix 7 Miler - 7/24/03

Bill Sanders 44:50

Park to Park 5K – Bloomington, IL - 7/4/03

Julie Travers 39:07 AG-4

Galva Independence Day 5K – 7/4/03

Mari Jo Hecker 21:22 AG-1

All-American 8K, Chicago – 7/4/03

Bob Richards 33:37 AG-1

Ricky Birdsong 5K – 6/29/03

Mari Jo Hecker 20:27 AG-1

Steamboat Classic 4m, Peoria – 6/7/03

Bob Richards 25:44 AG-4

Forest Preserve Runs

There will be no Forest Preserve Run in August but plans are in the works for a one-way distance run or a trip downtown to log some miles on the harder surface of the lakefront bike path. More information will be forthcoming via e-mail. In the interim, mark your calendars for 6:30am on September 20 for a trip to the Morton Arboretum. Carpools will leave from the gazebo and plan to arrive at the preserve by 7:00am. There is a \$7.00 per car fee for parking.

CARA News

CONGRATULATIONS to those runners who've been participating in the CARA race circuit. As of the last published standings, the Elmhurst Running Club is ranked in 2nd place, only six points behind Green Division leaders, Fleet Feet. Participating on the circuit so far this year have been:

Mary Anne Clark, Pete Eddington, Kurt Fiene, Buffi Gibbons, Laura Heavrin, Mari Jo Hecker, Kristy Howland, April Hyravy, Elliot Kaufman, Sue Langer, Doug Pearson, Christine Lipa, Mark Montgomery, Bob Richards, Bill Sanders, Karen Schaefer, Ronnie Ward and Tracey Wilson.

Thanks for putting us on the map!

Upcoming CARA Circuit Races

Sun Aug 3	Chicago Distance Classic – 5 & 20k	Chicago
Sun Aug 10	Kemper Chicago – 10K	Chicago
Sat Aug 23	DeKalb Corn Fest – 10K	DeKalb
Mon Sep 1	Park Forest Scenic – 10m	Park Forest
Sun Sep 14	Lake Zurich Alpine – 10K	Lake Zurich
Sat Sep 20	Wolf Run – 5K	Chicago

Please be sure to let Christine Lipa know if you've participated in a CARA circuit race by sending her a message at lipa@uti.com. Every finish counts!

Multi-Sport Training

June and July have been extremely busy in the triathlon season. Congrats to **Judy Rink** who completed her first sprint triathlon at Danskin's Pleasant Prairie in an impressive 1:24.50. Seeing Judy at the picnic after her race reminded me of the sense of accomplishment it feels like to complete a triathlon. I think she's hooked.

Debbie Henke has been sprinting through the season competing in River's Edge, Danskin (impressive 1:20:48) and Harbor lights. Way to go Debbie!! Sprint triathlons are typically a _ mile swim, 15 mile bike and 3.1 mile run.

Approximately 20 other Elmhurst women completed Danskin triathlon including **Suzanne Martin** from the running club.

July 27th was the first Dairyland _ Ironman (1.2 miles swim, 57 mile bike, 13.1 mile run) held in Racine, Wisconsin. While the weather report looked raining and windy, the day dawned clear and calm. The field of approximately 1200, began their day with the pros completing the course in just over 4 hours. I, on the other hand, was very happy with my 5 hours and 54 minutes and top 10 age group finish. The crowds in Racine are plentiful, friendly and willing to cheer everyone. For you runners out there, Racine

also hosts a very nice 10-mile run in June. The course is fast, flat, friendly and runs parallel to Lake Michigan.

In June **Kevin Kaufman** completed his first long distance Springfield triathlon with an impressive 5:10 (yes, that's 5 hours!). The Springfield triathlon is a 1.5-mile swim, 45-mile bike and 10 mile run.

June 29th also saw a new triathlon at Lake Delavan, Wisconsin. The Amphibian Triathlon is an Olympic distance of 1500M, 40KM and 10K run. It was a smaller race and a good place for those looking to learn an open swim.

June 22 - Rivers EDGE Women's Sprint Triathlon Naperville results. Congrats to everyone.

Debbie	Henke	1:29:03
Kathleen	Buffo	1:31:27
Deborah	O'Malley	1:32:02
Mari Jean	Concannon	1:32:50
Elizabeth	Taska	1:37:53
Lynn	Marlott	1:38:25
Debbie	Hagensee	1:42:06
Jane	Chornij	1:43:10
Jodi	O'Keefe	1:43:14
Suzanne	Martin	1:46:44

Congrats to all you triathletes out there. Every race I learn something new and appreciate the willingness and dedication to the sport. Special thanks for all the organization willing to sponsor these events.

To learn more about the Elmhurst Bike Club, check out <http://www.elmhurstbicycling.org/>

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. Check out the calendar of triathlons at Chicago Amateur Athlete <http://www.chicagoaa.com/calendar/smu.html>

Please e-mail or call with event recaps. I know there are more of you out there!!!

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

ERC Special Event

An Elmhurst Running Club Special event will be held on Sunday, August 17, at the Yoga Shala near the Prairie Path on Spring Road in Elmhurst. Mona Koeckritz, the studio's owner and head practitioner, will lead us through a series of poses focused on building strength and flexibility to support our running. There is currently a class set up for 1:00pm in the afternoon but we are exploring the possibility of adding a morning session at 10:30 to accommodate the high level of interest. There is no fee if you are a current ERC member and a nominal fee of \$4.00 for our "associate" members. Plan to wear comfortable clothing; mats will be provided. To R.S.V.P. or if you have additional questions, please contact Susan May at elmhurstrunners@comcast.net. Please indicate your preferred time slot. An e-mail confirming the scheduling of the additional class will be sent out later this week.

ERC Family Picnic

A special thanks to Anne and Tom Klein (and kids!) for hosting another wonderful family picnic at their residence in Elmhurst and to Lori Wallace for her assistance with the event. The weather couldn't have been more cooperative as folks languished in the pool, enjoyed the refreshments, and conversed with friends. Best yet, all the "lost items" have been reclaimed already! Thanks for a wonderful event.

Hash House Harriers Run

Just a reminder that HHH runs occur every two weeks year-round. The next local hash is at Westchester Woods on Sunday, August 17. Contact Jim Blomquist for more information at jbquist1@juno.com to broaden your running horizons!

Race Sponsorship

As you've probably noticed in the race results section above, **Mari Jo Hecker**, has had an amazing return to running after the recent birth of her sixth child but one event on the horizon will hold special meaning for her. Although she's run many marathons including both Boston and New York, the Chicago will hold a special place in her heart this year. She has chosen to run as a representative of the American Cancer Society to honor her father's ongoing 11-year struggle with colon cancer. For those of you recently involved in the Relay for Life or in training for a Fall marathon, you understand how monumental this undertaking can be. If you'd like to sponsor Mari Jo's efforts, you may send a donation made out to the American Cancer Society to her home address at 643 Mary Ct., Elmhurst, IL 60126. She will forward it appropriately to the ACS. Thanks for your consideration. Please keep both Mari Jo, as she trains, and her father, in your thoughts and prayers.

Website

Come visit us at <http://home.comcast.net/~kaufman18/ERC/> to obtain the most current race schedules and other valuable information. Pictures from the April Tour de Foot are now posted with additional photos to follow soon! If you take any pictures at upcoming races, please forward a copy to Elliot. He will return all photos to their submitters. Additionally, website suggestions are welcome at erk@uic.edu

Membership

Thanks again to all who renewed their club membership to-date. 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.

Additionally, current club rosters were available at the July picnic. If you missed yours or would just like a copy, please e-mail or phone Linda Davies at twodelta@aol.com. With the exception of CARA and The Competitive Foot, we only distribute rosters within the club membership.

Lastly, future e-mail distributions will blind carbon copy 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

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!
(At least, none that are admitting it!)

Volunteer Opportunities

Race Singlets: Karen Zenisek and Susan May have been identifying possible vendors for our new singlet. If anyone has suggestions on materials or colors/design, please contact Susan as soon as possible at themays769@comcast.net. Look for information soon via e-mail regarding order placement. We'll need to know approximately how many of each size we'll need. If you receive this letter via U.S. Mail, please give us a call so we make sure to include your order.

Birthday Coordinator(s): LAST CHANCE . . . anyone interested in managing the list, sending a group e-mail announcing the birthdays and coordinating post-run treats? Please contact Julie Travers at katkmt@msn.com.

Display Club Information: A special "thank you" to Lori Wallace for her willingness to bring the race applications and sign to our weekly runs. Thanks to her, we've even had applications available at our Wednesday runs, too. If anyone would like to share the task with her, please let Susan May know at elmhurstrunners@comcast.net.

ERC August Birthdays

1	Suzanne Martin
2	Dennis Borowski
4	Tom Klatt
14	Pam Pintozzi
22	Todd Johnson
24	Mary Beth Mc Lean

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.

Within the Family

Congratulations to Julie and Chris Travers on their return to their old address. How nice of you to rebuild your place just to host club events! Julie also shares with us that the swing set at her temporary address is for sale. Please let her know if you might be interested.

Newsletter

Submissions to the September newsletter can be forwarded to Julie Travers at the general club mailbox elmhurstrunners@comcast.net. All information and questions are also welcome at the general club mailbox. Thanks!

Happy running!

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