



Newsletter August 2007

Congratulations to Dave Polkow (13:48:29) and Karen Zenisek (12:35:27) on completing the Lake Placid Ironman. You both are truly amazing and an inspiration to the entire Elmhurst Running Club!!!

Late breaking news has it that Bill Sanders just set personal record at his latest marathon. He captured first place at the Paavo Nurmi last weekend in a blazing 3:11 and change. Way to go, Bill!

New Members

We are pleased to welcome the following new and renewing members: **Pamela, Carol, Anita, George, Christeen, Kathy, Gina, Kevin, Nate, Tina, Dave, Suzanne, Greg, Bob, Calvin, Beth, Steve, Michael and Anna along with John.** Many have expressed an interest in Marathon training and are currently training with the group. Be sure to introduce yourself if you are out on the path. Welcome and enjoy the running.

Marathon Training 2007

On Saturday, June 9, the Elmhurst Running Club in partnership with I-Runs started training for the Chicago Marathon. Training is progressing well as we head into the longest runs of the series. Saturday runs begin at 6:00 a.m. Weekly tips are posted via Web site.

If you're training with the ERC, and haven't done so yet, please register with Bill Sanders, program director, at bsanders@icoc.org The information he needs is as follows: name, e-mail address, pace and number of prior marathons. Thanks!

If you're running for a charity, please let Julie know at katkmt@comcast.net

Speed Workouts

Spring track session began Tuesday, May 15. We meet at the Gazebo Wednesdays at 6:30 p.m. and warm up together on the way to Elmhurst College track or York track. Any questions regarding speed work sessions can be directed to Mark Montgomery at amont68@aol.com

Upcoming Events

Saturday August 25 ERC Picnic - more information later in newsletter

August 25 DeKalb Cornfest 10K on Saturday

September 3 Park Forest Scenic 10 Miler and 5k

September 9 Lake Zurich Alpine Races Half Marathon and 5k

September 9 Chicago Half- marathon

September 9 Crystal Lake Half-marathon

Saturday September 15 Fall Festival 5k in Wheaton

September 22 Park Ridge Charity Classic

September 23 8:00 a.m. Rotary Run for Glenview www.rotaryglenviewsunrise.com

September 29 Race For the Cure Chicago

September 30 Morton Arboretum 5K Lisle

Bold = ERC Event

Bold Italics = CARA Circuit Race

Runner Needed! * Urgent *** Runner Needed! *** Urgent *****

John Lipa is coordinating a men's team for the upcoming Chicago Triathlon Sunday, August 26. The original runner for the team will not be able to make it here from New Jersey that weekend due to a recent conflict. It is too late to change the division to co-ed or Christine would sub in. Any interested runner for the 10K portion, please contact Christine or John by phone at 630-790-0983 or via e-mail at jclipa@sbcglobal.net ASAP. Questions welcome!

ERC at the Races - Non-CARA Circuit

Compiled by Bob Richards (bobnanrun@sbcglobal.net).

This month's results include some "back-filling" for May and June as tardy results are discovered from people I don't know (yet). I always will try to find results, but please send them to me! Also, I'm leaving multi-sport results to Karen and the gang.
-- Bob

5-05-07 500 FESTIVAL MINI-MARATHON (13.1 MILES), Indianapolis, IN
Nick Virgilio, 1:54:09, 286th (out of 1,329!) M50-54

5-06-07 GREAT WESTERN HALF-MARATHON, St. Charles
Peter Waldman, 2:08:32, 20th M55-59

5-19-07 QUARRYMAN CHALLENGE 10M, Lemont
Nick Virgilio, 1:19:17, 7th M50-54

6-9-07 MACKINAC ISLAND LILAC FEST. 10K, Mackinac Island, MI
Mike Barrett, 47:03, 1st M55-59

6-9-07 LAGRANGE ROCKS FOR YOUTH 5K, LaGrange
Stephanie Wagner, 20:22, 1st F30-34, 4th overall
John O'Blanis, 22:21, 8th M50-59

6-10-07 COMMIT TO BE FIT 10K, Downers Grove
Barry Brandt, 36:03, 1st overall! 1st M40-49

6-17-07 DAISY DASH 5K, Clarendon Hills
John O'Blanis, 23:16, 2nd M55-59
Paul Ward, 24:06, 3rd M55-59
Nick Dragisic, 29:40, 11th M55-59

6-21-07 JIM GIBBONS MEMORIAL 5K, Chicago
Stephanie Wagner, 20:17, 2nd F30-34
John O'Blanis, 22:34, 1st M55-59 (Frank Shorter was 2nd!)

6-24-07 HEART FOR LIFE 5K, Lisle
Harry Kamer, 21:54, 6th M50-59

7-14-07 XTERRA TRAIL RUN #2 10K, Deer Grove, Palatine
Nick Dragisic, 1:00:42.6, 9th M50-59

7-15-07 BENSENVILLE "NOT QUITE A 5K" (2.85 MILES), Bensenville
Charlie Kern, 13:26.8, 2nd overall (lost by .3!), 1st M30-39
Barry Brandt, 15:18.4, 4th M40-49

7-19-07 FIREFIGHTERS 5K, Chicago
Karen Leavitt, 21:47, 1st F40-49

7-21-07 RUN FOR HUNGER 5K, Elmhurst
Julie Bruns, 20:36.04, 2nd F30-39
Doug Herrera, 20:58.72, 6th M14-19
John McKoane, 22:14.46, 4th M50-59
Mark Boozell, 24:23.27, 14th M40-49
Charlie Kern (Jr.), 31:40.22, 4th M0-13

7-25-07 VIKING SUNET 5K, Geneva
Barry Brandt, 17:11.50, 1st M45-49
Christine Lipa, 19:27.49, 1st F45-49, 3rd female overall
Stephanie Wagner, 20:17.2, 4th F30-34
John O'Blanis, 23:03.62, 7th M55-59

7-29-07 FLEET FEET WOMEN'S RUN 5K, Chicago

Beth Szopko, 21:23, 8th F30-34

Karen Leavitt, 21:48, 1st F45-49

7-29-07 ROCK N SOLE TRAIL RUN, 4.75 miles, Willow Springs

Nick Dragisic, 53:02, 6th M55-59

CARA Circuit Races:

Elmhurst Report for the Waterfall Glen X-treme 10 Miler on July 21, 2007

Overall Top 15:

Christina Lipa 14th Female

Age Division Top 3:

Barry Brandt 2nd M45-49

Christine Lipa 2nd F45-49

Bob Richards 2nd M55-59

Doug Pearson 3rd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Graded
Barry Brandt	49	M	0:59:44.8	836.6
Alex Moore	47	M	1:02:57.0	781
Christine Lipa	47	F	1:10:58.8	771.6
Bob Richards	58	M	1:11:31.5	755.2
Doug Pearson	39	M	1:01:48.0	746.8
Team Score				778.2
Others				
Kristy Howland	44	F	1:16:19.2	696
Stephanie Wagner	33	F	1:12:03.3	692.8
Mari Jo Hecker	43	F	1:18:33.9	670.1
Harry Kamer	52	M	1:22:52.7	618.4
John O'Blanis	56	M	1:27:04.1	609.5
Paul Ward	56	M	1:27:32.1	606.2
Veronica Ward	56	F	1:45:59.4	579.1
Elliot Kaufman	60	M	1:39:30.0	552.8
Nick Dragisic	57	M	1:39:35.3	537.5
Peter Waldman	55	M	1:45:07.3	500.4
Raymond Hecker	43	M	1:39:06.7	480.4

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
Barry Brandt		49	M	0:59:44.8	2	58	0.017

Doug Pearson	39	M	1:01:48.0	3	54	0.037	
Christine Lipa	47	F	1:10:58.8	2	24	0.042	
Bob Richards	58	M	1:11:31.5	2	21	0.048	
Alex Moore	47	M	1:02:57.0	4	58	0.052	
Team Score							0.196
Tiebreakers							
Stephanie Wagner	33	F	1:12:03.3	5	30	0.133	
Kristy Howland	44	F	1:16:19.2	6	30	0.167	
Others							
Mari Jo Hecker	43	F	1:18:33.9	8	30	0.233	
Harry Kamer	52	M	1:22:52.7	17	34	0.471	
John O' Blanis	56	M	1:27:04.1	13	21	0.571	
Elliot Kaufman	60	M	1:39:30.0	8	12	0.583	
Paul Ward	56	M	1:27:32.1	14	21	0.619	
Veronica Ward	56	F	1:45:59.4	5	6	0.667	
Nick Dragisic	57	M	1:39:35.3	18	21	0.81	
Peter Waldman	55	M	1:45:07.3	19	21	0.857	
Raymond Hecker	43	M	1:39:06.7	59	64	0.906	

Upcoming CARA Circuit Races:

DeKalb Cornfest 10K on Saturday August 25th

Meet at the gazebo at 6:30am to carpool. This is the only circuit race we were not able to get 5 runners for our team score last year.

Park Forest Scenic 10 Miler and 5k on Labor Day

Meet at the gazebo at 6:00am to carpool. This may be the last year for this great race so sign up before it sells out. The 5k offers a better chance for runners to score an all valuable age division win in a less competitive race.

Lake Zurich Alpine Races Half Marathon and 5k on Sunday September 9th

Meet at the gazebo at 5:30am to carpool. The half marathon and 5k have some hills. The 5K offers a better chance for an all valuable age division win in a less competitive race.

Fall Festival 5k on Saturday September 15th in Wheaton

Meet at the gazebo at 7:00am to carpool. There are a few hills in this nearby race.

July 2007 - Multisport

Wow, the strong racing continues for the Elmhurst Running Club members. I look forward to getting out on the path with you more often but in my absence, please send along your results, experiences and race recaps. Congratulations to everyone!

Elkhart Lake Triathlon - June 9th (4K Swim, 20K Bike, 4K Run)

Special congratulations to **Dave Lyman** for his successful race (1:30:46). Dave continues to overcome his injuries to race triathlons. Great job Dave!

Bigfoot Triathlon - June 24th (Olympic 1.5K swim, 40K Bike, 10K run). This race is a partial trail run and has proved challenging especially with muddy trails
Jostein Alvestad completed it in 2:27:34. David Lau completed the Sprint .75 M Swim, 20 K Bike, 5K Run in 1:36:50.

Twin Lakes Triathlon - June 24th (.5M Swim, 14.5M Bike, 4.9M Run) Elmhurst was well represented in this tweener race with Lori Dunn winning her age group at 1:25:59. Additional congratulations to Kevin Aldrich 1:35:23, David Lyman 1:50:31, Kristin Koury 1:44:11 and Kim Botdorf 2:11:50.

Munice ½ Ironman - July 14th (1.2M Swim, 56M Bike, 13.1M Run) Congratulations to both Lori Kevin and Lori for great races at Munice on a surprisingly cool day. Lori's strong day resulted in her third place in age group.

Class Rank	Class	First Name	Last Name	Sex	Final	Overall Rank
23/51	HM45-49	KEVIN	ALDRICH	M	05:43:58	239/529
3/22	HF40-44	LORI	DUNN	F	05:15:12	119/529
28/50	HM30-34	SCOTT	KAESE	M	05:35:15	200/529

Harbour Lights- July 22nd

With an average time of 1:35:54 the following represented Elmhurst

NO	FN	LN	OVERALL	DIVPL	SEXPL	TIME	SWIM	TRANS 1	BIKE	TRANS 2	
839	Sheryl	Larsen	166	1/17	22/297	1:24:32	8:54	3:25	38:42	1:41	RUN
875	Scott	Blumenshine	172	13/45	150/591	1:24:50	11:33	4:58	36:54	2:27	31:52
475	Kevin	Aldrich	206	15/45	176/591	1:26:24	11:20	3:42	36:27	3:49	29:00
504	Lee	Meyer	329	24/45	268/591	1:30:47	12:00	5:40	37:08	2:30	31:08
950	Thomas	Rasnic	387	53/99	311/591	1:32:11	13:03	6:14	37:25	2:12	33:31
303	Christopher	Espinosa	412	67/118	331/591	1:32:59	16:06	4:39	38:58	2:28	33:20
165	Steve	Andreat	450	84/119	360/591	1:34:06	12:47	5:06	38:26	2:24	30:50
135	Liam	Ratliff	458	67/104	366/591	1:34:19	14:05	4:34	41:14	2:57	35:24
524	Alan	Grigoletto	484	14/26	386/591	1:35:37	12:08	5:23	37:19	2:29	31:30
515	Kurt	Sundberg	533	31/45	419/591	1:37:33	12:53	7:31	39:56	3:13	38:20
337	Christopher	Miller	593	93/118	456/591	1:39:54	10:34	5:19	39:52	2:39	34:03
920	Rian	Human	622	105/119	469/591	1:41:09	12:22	4:24	47:24	2:33	41:33
76	David	Farber	631	84/104	473/591	1:41:32	18:25	4:41	42:09	2:45	34:28
800	Kim	Botdorf	816	30/33	254/297	1:55:24	14:39	6:12	44:21	3:20	33:33
358	Amit	Sevak	844	118/118	573/591	1:59:46	-	-	54:11	1:43	46:54

Spirit of Racine ½ Ironman - July 22 (1.2M Swim, 56M Bike, 13.1M Run) Saw an incredibly fast pro field lead the charge but Jostein successfully won the Fire, police category with an impressive sub 5:00 race. Jostein has some of the fastest

transition times out there with a bike transition of 1.04 and run transition of 58 seconds. Congrats Jostein with a time of 4:58:25.

Ironman Lake Placid - July 22 (2.4M Swim, 112M Bike, 26.2M Run)

And now I know why Lake Placid was chosen for the 1980 Olympics. The race course is in the back drop of the Olympic venues and the transition area set up on the speed skating oval. The entire community supports outdoor sports, activities and welcomes the mass of athletes and friends.

Dave Polkow and I joined 9 other friends racing together for the first time. While the weather early in the week was rainy, race day dawned clear with temps predicted in the 80s. The mass start of an Ironman is an incredible experience with body parts everywhere but somehow I found good open water. The bike course, a beautiful 2 loop course, has rivers running next to the course, along with a "few hills". The 11 mile stair step climb is at the end of each loop (mile 40 and mile 100) and poses a challenge in knowing how much to leave for the climbing and run. The run course gave us an opportunity to see friends and family 4 times and runs right through the heart of the town. My focus on the day was to be patient, manage my nutrition and enjoy myself. I finished in a time of 12:35 and Dave with 13:48.

As the TV commercial says....Cost of entry \$500, hotel/house \$600, merchandise \$400 . . . being called an "IRONMAN" . . . PRICELESS.

Wauconda - July 29th David Lau represented Elmhurst with a time of 1:29:20. There is plenty of racing left in August and September and a final chance to get that last bit of triathlon experience in. Join me in wishing luck to **Lori Dunn** and

Kevin Aldrich as they race Ironman Louiseville in August. ERC members **Karen Ryan** and **Jeremy Wernick** continue their training for Ironman Wisconsin in September. **2008**...yes you read that right 2008: It's time to start thinking about the longer distance races. Many of them are filling up earlier and earlier. 2008 Ironman Lake Placid had 1700 in person registrants and the remaining slots sold out in 6 minutes.

There are a few of us considering IM Wisconsin in 2008 so let me know if you are interested.

Additional links of interest

Elmhurst Triathlon Club <http://groups.google.com/group/elmhursttriclub>

Dave Polkow www.tricoachdave.com

Elmhurst Bicycle Club www.elmhurstbicycling.org

Elmhurst Running Club www.elmhurst-runners.com

Total Immersion swimming www.totalimmersion.net

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

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

Special Events

Annual Family Picnic

Just two weeks away! Mari Jo Hecker and Linda Davies are coordinating this year's event . . . and do they ever have a *GREAT* time planned! It will be held on Saturday, August 25, at 2:00pm at Butterfield Park (just east of York St. on Butterfield in Elmhurst). Although basic beverages will be provided along with a few snacks, if you have a preferred beverage, please bring it along with an appetizer, snack or dessert to share. Mari Jo and Linda are looking into a bounce house and plan to have other activities underway (e.g., air golf, soccer, water balloons, etc.). They have requested a bean bag toss if anyone has one available. There are softball fields and a tennis court if they're not requested already so throw your mitt or racket and a ball or two in the car just in case! Suggestions can be directed to Mari Jo at heckerrun@yahoo.com Looking forward to seeing you there!

Really Cool Chicago Marathon Opportunity

We've been asked to staff an elite runners' Hydration Station for the Chicago Marathon! The race is on Sunday, October 7, and since the service will be to the elite runners, you'll be free to hang out and watch the rest of the race from a unique vantage point. Volunteer spots will be filled on a first come, first served basis so e-mail or phone Susan today, if interested (info@elmhurst-runners.com or 630-941-0926). It's going to be a blast!

Other News

Our deepest condolences go out to Carolyn Parisi and her family on the recent passing of her husband and Dina Kwit and her family on the loss of her mother-in-law. Please know our thoughts are with you at this difficult time and don't hesitate to let us know if there's anything we can do.

Web Sites

Log on at www.elmhurst-runners.com the latest between newsletter news. Weekly marathon training tips and other training workouts are posted as they're available.

Club Dues

Yes, dues are still being accepted! Simply mail them 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>)

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

Suzanne Martin 8/1

Colleen Ries 8/9

Wilson Ray 8/13

Christopher Floss 8/18

Ellen Coffey 8/18

Harry Kramer 8/19

James Francis 8/29

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

General Club Information

Saturdays and Sundays at 7:00 a.m.

Marathon Training with I-Runs - Saturdays at 6:00 a.m.

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

ERC Runners Council

With the fall season approaching, it's time to give some thought to the coordinator positions for next year. Please take a minute to review the existing offerings and consider the ways in which you might get involved to help improve our club. All coordinator roles are posted at:

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

Newsletter

Submissions for the September 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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