

Elmhurst Running Club Newsletter

December 1, 2004

Congratulations to all who braved the Turkey Trot this year. Our Thanksgiving winter storm made the course treacherous! Congratulations to Kristy Howland who finished 3rd female overall. Special congratulations to Sam Bode who ran the whole trot in 33:00. Way to go Sam! Congratulations to all the following brave runners: April, Jayne, Michael, AJ, Paul, John M., John T., Phil, Karen Z., George, Sam, and Jaime!!!!!! Congratulations to all!

Mark the date: January 8 is our annual post-holiday get-together and awards party. Nominees for the following awards are now being taken via e-mail at info@elmhurst-runners.com or by phone at 941-0926.

Male Athlete of the Year

Female Athlete of the Year

Multi-sport Athlete of the Year

Most Improved

Most Club Runs

Newcomer of the Year

Additional "creative" awards are always welcome as well. We are looking for more help for Julie Bruns and Kristy Howland with the awards planning. Please let them or Susan know if you're available.

Fall running groups are follows:

Wednesdays:

6:30pm Trail Runs – typically 3-5 miles in length, paces between 7:30 - 9:30 per mile.

Saturdays:

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

Sundays:

7:00am Trail Runs – typically 3-6 miles + longer runs for those in training for winter marathons; 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.

New Members

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 or via phone at 630-530-5080.

ERC Runners Council

We're getting near the end of the year. Please take a minute and examine if you would like to become more involved in club activities. Most coordinator positions can be shared with multiple club members. Some positions are ongoing throughout the year; some are in support of single club events. Runners Council positions are as follows:

Overall Club Coordinator Newsletter Coordinator(s) Marathon Training Coordinators(s)
Race Results Coordinator(s) Speedwork Coordinator(s) Forest Preserve Run Coordinators(s)

Events will be finalized based on group interest at the party. In the past, they were:

- | | | |
|--------------------------|-----------------------|---------------------|
| St. Patrick's Day Parade | Relay for Life | New Year's Day Run |
| Newcomers Run | Annual Picnic | Annual Awards Party |
| 5/3 Half-marathon | Marathon Dinner/Party | |

Please contact Susan if you have any questions, think you might want to volunteer or renew your current commitment, or have a new idea for the club in the coming year. **Special thanks to those who are currently serving on the council and/or coordinated club events!**
Appointments will be confirmed at the Annual Party in January.

Distance Training

Several runners have expressed an interest in training for a winter/early spring marathon. Please respond via the club mailbox at info@elmhurst-runners.com if you fall into this category and we'll try to coordinate some long runs over the next few months.

Speed Workouts

We're exploring indoor sessions at York High School for the coming months. Any questions, contact **Kurt Fiene** at kurt.fiene@ca.com

Upcoming Events

- | | | |
|------------------|---|------------------------|
| Sun Dec 5 | European Cross Country 8K | Gilberts, IL |
| Sat Jan 1 | ERC New Year's Day Run – 9:00am | Runners Soul |
| Sat Jan 8 | ERC Annual Awards Party – 8:00pm | The Eddington's |

* indicates CARA circuit races

Bold Type indicates ERC Event

Race Results

Dan Gibbons Turkey Trot, Elmhurst 11/25/04

Kristy Howland 3rd Overall Female
. . . and many other Elmhurst residents!

Naperville Turkey Trot, 11/25/04

Bob Richards, 2nd AG, 21:20

Westchester 10K

Kristy Howland, 1st Ag 40-44, 39:53
Christine Lipa, 2nd AG 40-44, 41:06
April Hyravy, 6th AG 30-34, 42:51
Tina Helm, 8th 35-39, 50:09
Kate Wajda, 3rd AG under 14 , 53:48

Mark Montgomery, 6th AG, 35-39, 36:49
Doug Pearson, 9th AG 35-39, 37:46
Bob Richards, 3rd AG 55-59, 41:08

Westchester 5K

Kurt Fiene, 6th AG 40-44, 19:21

Sorry if we missed any results. Please let Lou Herrera and/or Christine Lipa (if a CARA circuit run) know. Thanks!

CARA News

Upcoming Races: Gilbert's European Cross Country is Dec 5th near Elgin. Great fun and usually great mud. Contact Christine Lipa if interested in car pooling.

CARA Teams: Green Division. We ended up solidly in 2nd place behind Fleet Feet, who ended up with 1st place age group finishes for all 3 of their scorers at just about every CARA race this year. We had great showings, and often multiple first place age group honors, but not enough to pass them. Good work to **Kristy Howland, April Hyravy, Doug Pearson, Kate Wajda,** and **Christine Lipa** who contributed most to the teams scores.

Girls' Cross Country USATF Championship Meets (Junior Olympics): Thirty-three runners in four different age groups plus two individual runners competed for a youth cross country and track club called the (Wheaton) Lightning. The regionals were held on 11/20 at Busse Woods in Schaumburg. In the 92/93 girls' event **Karen Lipa** was fourth overall with a time of 11:36 for the 3K course.

In summary, the 86/87, 88/89, and 92/93 teams plus two individuals advanced to nationals to be held on 12/11 on the same course. One individual from the 90/91 (youth) age group also advanced. We had excellent runners who turned in solid times, but the competition was very tough in this age group including the high school girls' state champion! Full results can be found at www.kompusport.com

News Related To USATF And Junior Olympics: In this area, the USATF circuit is a great place to find top-flight cross country competition especially up through the youth (13/14) level. For younger-than-middle-school kids, this circuit provides perhaps the best opportunity to compete against peers in well-organized events. Reportedly, the USATF track and field meets in spring and summer are even more fun than cross country meets. We will be recruiting runners of both genders starting with the 97/98 birth years in the future. If interested in running in USATF meets, contact Christine or John Lipa at 630-790-0983 or at jclipa@earthlink.net.

Multi-Sport Training

A 10-mile "Ride 'n Tie" was the final November multi-sport race held at Busse woods. After registering for the Turkey Trot, ERC members **John McKoane** and **Mark Boozell** spent considerable time working on their race strategy. Yeah, you ERCers know what I'm talking about. I learned that this is definitely a race where previous experience helps. As of press time, we do not have results but make sure you ask John and Mark about their race.

November is a great time to kick back and enjoy cross training. Late fall is a great time to mountain bike, while providing our bodies a chance to recuperate from a long season of training and racing.

We are still meeting at Court's plus on Monday night at 8:00 for swim drill and technique work. Total Immersion swim clinic will be in Chicago through out the year for more information check out <http://www.totalimmersion.net/schedule.html>

Race registration starts January 1, 2005, so set your goals for the new year and register early.

Karen Zenisek

k.zenisk@comcast.net

Multi-sport Coordinator - 630-530-0793

ERC Special Events

Annual Year-end Party- Saturday, January 8 – A huge THANK YOU to Pete and Susan Eddington who've offered to host the evening. They're located at 146 Berteau in Elmhurst just south of the hospital. Please bring an appetizer or dessert to share and any special beverage of choice. The club will provide the basic beverages and "entertainment." For more detailed directions, phone Pete at 630-833-1718.

Awards planning assistance is sought to work with Julie Bruns and Kristy Howland. Please contact Julie, Kristy or Susan for more information via the club e-mailbox or phone if you're willing to help. Also, please forward your award recipient suggestions ASAP. It's been a great year. Let's celebrate in style!

Runner's Soul Update & New Year's Day Run – The hottest store in Elmhurst for all your running needs is now open! Be sure to stop in and check it out at 124 N. York in downtown Elmhurst. Also on the horizon is the Grand Opening Celebration after the first of the year and a potential beginning runners training group. It's a great store so pass the word! Jayne is also extending a 10% discount to all club members and will be hosting our New Year's Day Run at 9:00am from there. Thanks, Jayne!

Club Race Update – "Thank you" to all who submitted charity recipient ideas for the kids run. After much deliberation (we wish we could sponsor each suggestion!) *One Small Voice* was chosen as the primary charity. An Elmhurst-based organization founded to raise research funds for children afflicted by optic nerve hypoplasia, the single leading cause of childhood blindness, and hydrocephalus, 100% of donated funds are used to support their efforts.

Title sponsorship continues to be sought with discussions underway with Avia/Ryka. If you know of an organization that'd like to sponsor the event, please contact Kareen Ripperda, Mary Anne Clark or Susan May. Sponsorship levels are Gold (\$1000), Silver (\$500) and Bronze (\$250), and we'd be happy to forward you the details of what benefits you receive at each level. Welcome and thank you to Lynam and Associates, our first official sponsor of the event.

The next planning meeting is January 24, 2005, at 7:00pm at Epiphany Lutheran Church. All are welcome.

Forest Preserve Runs

Our forest preserve program has come to an end for the year. A special thanks to Jim Cassioppi for his willingness to continually create great opportunities for us to run in DuPage. See you in the Spring when we propose quarterly runs.

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!

Website

Be sure to check out the latest and greatest on the website. **Elliot Kaufman's** done a great job keeping it current with the latest news on the Elmhurst front. Log on at www.elmhurst-runners.com Thanks, Elliot!

Membership

Membership dues for 2005 of \$15.00 are now being accepted. In addition to supporting our club activities, your dues entitle you to specific discounts at the following stores:

The Runner's Soul 124 N. York St. – Elmhurst 630-832-SOUL
10% off all shoes and apparel

The Competitive Foot 102 N. Marion St. – Oak Park 708-246-5520
814 Hillgrove Ave. – Western Springs 708-524-0030
15% discount on shoes and a 20% discount on clothing

New Balance Oakbrook 17W490 22nd Street – Oakbrook 630-782-6730
10% off all shoes and apparel; monthly drawing of member names for gift certificate

Dick Pond Athletics 630-665-3316 www.dickpondathletics.com
15% off all purchases

We will be building the 2005 roster as dues come in and fax/e-mail it to these stores monthly.

Professional Directory

We hope to revive the professional directory to help facilitate relationships for non-running related goods and services within the club. So far we have a seamstress, mortgage broker, chiropractor, M&A business broker and promotional incentives connection. **If you'd like your business to be included for posting on the website please send the following information to Susan at info@elmhurst-runners.com**

- your name - organization/business name - type of business
- business address, phone & e-mail - any discounts to club members

ERC Birthdays

Phil Barry 12/1
Scott Bonthron 12/3
Judy Polkow 12/4
Bob Richards 12/6

Linda Davies 12/12
Paul Ward 12/13
Karen Schaefer 12/19

Patti Golden 12/22
Colin Gray 12/24
Peter Eddington 12/29

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

Other News . . .

ERC Singlets

Pictures of the new ERC running gear can be viewed on the website under the Starbucks Run section of the Photo Gallery (thanks Terry and Christine!). The moisture-wicking tops are white with forest green/black inserts along the side panels and the corresponding shorts are available in both side split and fuller coverage shorts in forest green. Inventory exists in all sizes except women's small/medium singlets and medium full-cut shorts. They are being sold for \$15 each or \$25 a set. To order yours today, contact Susan at the club mailbox. Buy yourself a size larger shirt to wear over your winter long sleeve running top. **They would make great Christmas or Hanukah presents for your favorite runner. We will be offering free delivery and gift-wrapping for those interested in purchasing singlets, etc., as gifts. If you're interested, please contact Julie Travers at katkmt@comcast.net and we will get your gift delivered!**

Newsletter

Submissions for the January newsletter can be forwarded to the general club mailbox or via phone at 630-941-0926. Information and questions are also welcome. Thanks!

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