

Elmhurst Running Club Newsletter

February 28, 2003

The first day of spring is March 21.

Don't worry the water bottles and the GU will soon thaw!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Website

Exciting news! We've got a presence on the web again! Elliot Kaufman has produced an extraordinary website for the Elmhurst Running Club. Please visit the new site at <http://home.attbi.com/~kaufman18/ERC/> The most current race schedule information along with fitness-related links, photos and other ERC information can now be obtained online. After visiting the site, if anyone has any suggestions or additions, please send them to Elliot at erk@uic.edu Thank you so much, Elliot, for all your hard work!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Marathon Training

We have the following person training for the Nashville Marathon on April 26:

Bill Sanders

We also have ***Kristy Howland*** training with the group and she will probably run the Lake Geneva Marathon on May 10. We have the following two people currently training for the Boston Marathon:

Christine Lipa

Kurt Fiene

We also have the following person training for the Chicago Lakefront Marathon, on the first weekend in May:

Tom Klatt

If you have any questions about the marathon training program, please contact **Kurt Fiene** at kurt.fiene@ca.com or via phone at 630-834-5691.

Team With A Vision

Kurt will be running the Boston Marathon as a team member of Team With A Vision. TWAV is a very special group of blind, visually impaired and sighted athletes who are running together as equals to achieve two goals. Attached is a letter from Kurt explaining what the goals are and how you can help. Please try to help Kurt, and if you are unable to help, please forward to someone that may be able to. Thank you, in advance, from Kurt for your support.

Speed Workouts

Currently track workouts are every Thursday evening at 6:30 on the York High School track. The group has also been meeting at 6:30 on Saturday mornings. Any questions, contact **Mark Montgomery** at amont68@aol.com or via phone at 630-279-3286.

Upcoming Races

- Sunday, March 2 – Lifestart Wacky Snacky 5K
- Sunday, March 16 – March Madness Half Marathon
- Sunday, March 23 – LaSalle Bank Shamrock Shuffle
- Saturday, May 10 – Tour de Foot, Elmhurst

Elmhurst Running Club members will receive \$2.00 off the registration fee if they indicate their club membership on the application form. Please check the attached roster to make sure that we've received your membership renewal. If there is an "x" preceding your name, your membership is current.

For those of you who really like to plan ahead, on-line registration is already open for the *Chicago Half-marathon* on Sunday, Sept. 7, and also for the Chicago Marathon, on Sunday, Oct. 12. The *Chicago Marathon* has expanded its limit to 40,000 runners this year, so yes; there is room for all of us!!!!!!!!!!!!!!!!!!!!!! There is also going to be a new race this year in Chicago, the *Chicago _ Marathon* (6.55 Miles) tentatively scheduled for Sunday, June 15. Mark your calendars now!

Race Results

Congratulations to Mike Cloud who ran a 1:56:17 at the 2/2/03 Las Vegas Half Marathon!!!!!!!!!!!!!!

Please submit your race results to Julie Travers or Mary Anne Clark. We want to know everything!!!!!!!!!!!!!! We really want to be able to track everyone's progress and PR'S this year. Don't be shy! Be proud of your accomplishments . . . we are!

Forest Preserve Runs

The April Forest Preserve Run will be at Graue Mill – Fullersburg Woods. The group will meet at the Gazebo at 7:00 a.m. and car pool to Graue Mill parking lot. The group will be there by 7:15a.m.

Running Gear

There has been some interest expressed in designing ERC race singlets and/or running caps. Anyone interested in being on a task force for this project, please contact Susan May at themays769@attbi.com or via phone at 630-941-0926.

CARA News

Nothing to report for February.

ERC Runners Council

Each year we divide up the activities involved in support of the club. The contact persons for the year 2003 were listed in the January Newsletter. If you would like to become more active in the club, please feel free to contact any of the coordinators. We are still looking for someone to be in charge of birthdays. We were thinking of once a month doing something at the Gazebo for those months' birthdays. All that would be involved is compiling a birthday list and doing a group e-mail on whose birthday it is and calling some people to bring something for after the run. Contact Julie Travers at katkmt@msn.com or 630-530-0124 if interested.

New Members

February saw a re-emergence of old friends renewing their commitment to the club. Welcome back, guys!

Membership

Thank you to all who renewed their club membership to date. Please check the attached roster to confirm we've recorded the information correctly. If you haven't had the opportunity to renew your support for the club, you can find an application on the website or request one by phoning Susan at 630-941-0926. Annual dues are \$15 and entitle you to the discount at the Tour de Foot and 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

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.

Injured but Not Forgotten

No injuries to report for February!!!!!!!!!!!!

ERC Birthdays

February

2/2 Christine Lipa

2/3 Steve Chamberlain

2/6 Maryjean Concannon

2/7 Jeff Jones

2/8 Tracy Wilson

2/9 Anne Klein

2/14 April Hyravy

2/18 David Prentice

2/19 Mark Boozell

2/22 Kristy Howland

March

3/7 Doug Pearson

3/13 Tom or Michelle Connor

3/16 Karen Zenisek

3/19 Norine Mosele

3/20 Sherry Perez

3/22 Norm Damer

3/26 Maureen McCoy

Happy Birthday to all!

Newsletter

Please submit any topics, race results, etc., to Julie Travers at katkmt@msn.com or via the club mailbox. Your newsletter will come monthly via e-mail unless we hear otherwise from you.

Expecting Little Runners

Congratulations to the following club members who are expecting:

Kareen Ripperda expecting a new sprinter: August

Mary Anne Clark expecting a marathoner: September

~~Mari Jo Hecker expecting a new speed demon: March~~

CORRECTION: Congratulations to Mari Jo and Ray Hecker who welcomed beautiful little Mallori Eva into their lives on Wednesday, February 26. Mom, baby, Dad and all the siblings are doing well! Belated congratulations to Sara and Michael Schrage on the birth of their son, Brenden Michael, last October. We look forward to running with you both when the weather warms up!

Happy running!

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
elmhurstrunners@attbi.com <http://home.attbi.com/~kaufman18/ERC/>

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
elmhurstrunners@attbi.com <http://home.attbi.com/~kaufman18/ERC/>