

Elmhurst Running Club Newsletter

February 26, 2004

Happy New Year to all!!!!!!!!!!!!!!!!!!!!

The club had an awesome 2003 and we are looking forward to another great year in 2004. Together, we have achieved some unbelievable accomplishments.

The following awards were given to distinguished club members at the year end awards banquet:

**Bill Sanders - Male Athlete of the Year
Kristy Howland - Female Athlete of the Year
Karen Zenisek - Multi-sport Athlete of the Year
April Hyravy - Most Improved
Lori Wallace - Most Club Runs**

The people above received these awards for superior results in 2003. To accomplish the results these individuals trained above and beyond and pushed their bodies to the max!! They also sacrificed a lot of sleep!!!!!!!!!!!!!!!!!!!!

In addition to the above awards, the following awards were also received by Club Members:

- 1. Kurt Fiene - Future Olympian**
- 2. Jennifer Hagstrom - Best First Marathon**
- 3. Mark Montgomery - Best Multi-sport Cross-over Story**
- 4. Jayne Aspan - Best Injury Story**
- 5. Kristy Howland - Most CARA Hardware**
- 6. Kareen Ripperda - Best of Luck in First Marathon**

Raffle winners - Lou Herrera, Jennifer Hagstrom, Dennis Borowski

Congratulations to everyone who received awards in 2003.

Congratulations to all members of the ERC that make this club so special and successful. We couldn't do it without you!!!!!!!!!!!!!!!!!!!!

Winter running groups are as follows:

Wednesdays:

6:30pm Trail run; sometimes tempo or fartlek runs.

Saturdays:

7:00 am Trail Runs- Group that wants to go longer runs 2 miles east then hooks up with the rest of the group at 7:30.

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

Please note, due to the posting of our newsletters on the Internet, all club member phone numbers have been removed. If you need to reach someone via phone, please leave a message at 630-941-0926 and we'll get back to you shortly. Thanks!

New Members

Welcome to the following new members:

Sara Brouwer – a social runner interested in marathoning;

Dawn Gould – an accomplished distance runner looking to supplement her existing training with some Elmhurst runs;

Merry Kaczmarek – an Elmhurst native looking to expand her multi-sport training;

Jim La Palermo – a marathon veteran with a goal of a sub-3 hour race this Fall;

Dave Lynam – a newcomer to the Elmhurst area who looks forward to the challenge of the Saturday run.

We're happy to have you join us and look forward to running with each of you in the coming months.

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 2004 are as follows:

Overall Coordinator:	Susan May
Membership Coordinators:	Linda Davies, Kristy Howland
Treasurer:	Mark Boozell
Newsletter Coordinators:	Julie Travers, Kristy Howland
Website Coordinator:	Elliot Kaufman
Race Results Coordinator:	Louis Herrera
CARA Team Coordinator:	Christine Lipa
Speedwork Coordinator:	Mark Montgomery, Merry Kaczmarek (timer)
Multi-sport Coordinator:	Karen Zenisek, Merry Kaczmarek (ski)
Forest Preserve Run Coordinator:	Jim Cassioppi
Historians:	Maureen McCoy, Anne Klein

Individual Events

NYD 5K Race Directors:	Susan May, Kurt Fiene
St. Patrick's Day Parade:	Lori Wallace, Jayne Aspan
Newcomer's Run:	Maureen McCoy, Jayne Aspan, April Hyravy
Fifth/Third Half-marathon:	Kristy Howland
Relay for Life:	April Hyravy, Karen Schaefer
Family Picnic:	April Hyravy, Anne Klein, Jayne Aspan, Jennifer Hagstrom
Pre-/Post-marathon Parties:	Marathon Training Group
Awards Party:	Runners Council

If you would like to become more active in the club, please feel free to contact any of the coordinators directly. Contact information is posted on the website.

Please note, the following positions are still open for 2004:

1. **Marathon Coordinator(s)**
2. **Hash House Run Coordinator(s)**

Please contact Susan via the club mailbox for more information on either of these opportunities.

Distance Training

The Boston Marathon is 4/19. The Elmhurst Running Club will have an unprecedented number of runners attending! If you are planning on running Boston please e-mail **Bill Sanders** at bsanders@icoc.org. We will try to coordinate hotels and flights so the club can travel together.

Boston training began Monday 12/15 at 6:00am on Saturdays. If you will be training with the group please contact Kurt Fiene at kurt.fiene@ca.com.

Training for the Fifth/Third Half Marathon on June 6 should begin the week of March 14. The Hal Higdon schedule is posted on the website under "Training." Please note, the club usually trades Saturday for Sunday runs to accommodate running longer distances as a group.

Speed Workouts

Due to the darkness in the early evening, and slickness of the track in the winter months, formal speed sessions are on break until the spring. Tempo, fartlek, or general trail runs are held in their place Wednesday nights at 6:30pm. Please meet at the gazebo. Contact **Mark Montgomery** at amont68@aol.com for more information.

Upcoming Races & Events

Sunday, March 7	Lifestart Wacky Snacky – 5K	Chicago
<i>Saturday, March 13</i>	<i>St. Patrick's Day Parade 12 noon</i>	<i>Elmhurst</i>
Sunday, March 21	March Madness Half-marathon	Cary
* Sunday, March 28	LaSalle Bank Shamrock Shuffle 8K	Chicago
* Sunday, April 4	Race That's Good for Life 5K	Oak Park
<i>Saturday, April 10</i>	<i>FPR – Fullersburg Woods - 2.2 or 6.5 miles</i>	<i>Oak Brook</i>
* Sunday, April 25	Ravenswood Run 5K	Chicago

* indicates CARA circuit races *italics indicate ERC events*

5/8/04 Rockford Half-marathon – Rockford, IL

Think about this first annual Rockford Half-marathon as a way to usher in your spring racing season. More information will be forthcoming or contact **Karen Zenisek** at k.zenisk@comcast.net as the weather warms up!

Race Results

Our apologies if we missed anyone . . . please let us know! Please submit your race results to **Lou Herrera** (lherrer@nicor.com). Please forward pictures via the club mailbox. Thanks!
(Note: AG = place in age group)

American Birkebeiner XC Ski Race – 51K, Hayward, WI – 2/21/04

(North America's Largest Cross Country Ski Marathon)
Bob Richards - 3:26:07 - AG25

Mercedes Half-marathon – Birmingham, Alabama - 2/8/04

Bob Richards - 1:34:43 - AG4
Excellent time given the serious hills!

York High School Open Track Meet – Elmhurst – 1/17/04

Mark Montgomery / Pete Eddington / Kurt Fiene / Bob C. - 4:28.80 - 4x400 - 4 of 6 teams
Diane Lipa, age 5 - 4:33 - 1000m
Kevin Wiktor tackled the indoor half-mile
Congratulations to all!

Rock 'N Roll Marathon – Phoenix, Arizona – 1/11/04

Jim Cassioppi - 3:04 - First Place Finisher for the State of Illinois
Kareen Ripperda - 3:15 - AG 8 and Qualified for Boston
Kareen & Jim, we are so proud of you! Way to go!!!!!!!!!!!!!!!!!!!!

Rock 'N Roll Half-marathon – Phoenix, Arizona – 1/11/04

Kurt Fiene - 1:29 - AG 8
Paul Ward - 1:55
Ronnie Ward - 2:06
What a wonderful excuse to escape the frigid Chicago temperatures!
Congrats on a well-run race!

CARA News

Many congratulations to those participants on the CARA circuit. Thanks to your talent, the club placed 3rd in the Green Division. Of special note:

Christine Lipa – 9th in overall and 2nd in her age group

Mark Montgomery - 9th overall and 3rd in his age group

Mari Jo Hecker and **Kurt Fiene** - 3rd place age division titles

That's a lot of runners at a lot of races to stay ahead of! Way to go, guys!

As our new CARA season begins in March with the Shamrock Shuffle, please be sure to report your participation in any circuit race to Christine Lipa at lipa@uti.com

Lastly, CARA is looking for a "Tent Manager" to setup and breakdown the CARA tent and materials at approximately twenty races during the year. The pay is \$75 per race. For more information, contact David Patt at CARA via 312-666-9836 or cara_david@yahoo.com

Multi-Sport Training

Winter is a great time to mix up training routines and begin planning your spring and summer races. It's a great time to weight train and work those abs (Debbie's 6 min. abs are killers).

Swim Drills are an excellent way to stay warm when the cold winds blow and the courts pool area is a comfy 83 degrees. Dave Polkow helped get the off-season kicked off with a mini swim clinic in November. Videotaping and drill work helped all of us improve. Even after years of swimming, I learned improvement techniques with a little coaching and watching the videotape.

Thanks, Dave!

Skiing and snowshoeing are great cross training opportunity and give those running legs a break. Chicago Athlete has cross-country races starting with a 5K.

To learn more about the Elmhurst Bike Club, check out <http://www.elmhurstbicycling.org/> just remember its safety first ☺. Winter rides begin at 9:30 am on Sunday and are 1-2 hours long with one group riding 12-14 mph or 16-18 mph.

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 Athlete at <http://www.chicagoaa.com/calendar/smu.html>

Please e-mail or call with your cross training ideas.

Karen Zenisek - Multi-sport Coordinator

k.zenisk@comcast.net

ERC Special Events

St. Patrick's Day Parade – Lori Wallace is coordinating our participation. Step-off is at 11:45am and **WE NEED YOU** . . . and your families, friends and neighbors to help us complete the half-mile walk down Spring Road. There will be inspirational music and club cards and candy to be handed out along the way. The location is right in our backyard, the parade route is short, and the timing is perfect to usher in the new running season. It's also opportunity to get the word out for our upcoming Newcomers Run and the proposed 5K race. Please don your running gear, any medals you have and come join in the fun! Look for more information about our group number via e-mail as soon as it becomes available. In the interim, questions can be directed to Lori via the club mailbox. Advance thanks to **Phil Barry** and the Printing Store for his assistance with our handouts.

Newcomers Run – Mark your calendars for Saturday, May 15, 7:30am, for our annual Newcomers Run. We will be using our e-mail database and inquiries from the Tour de Foot race as our basis to invite prospective members out for a low-key trail run. Light refreshments will be available afterwards. **Maureen McCoy** is the overall coordinator for this event and can be reached at mccoymaureen@sbcglobal.net

Relay for Life – Yes! There will be a team this year! **April Hyravy** will be coordinating our participation and although enough runners have committed to the event, more are always welcome. **Ronnie and Paul Ward** have graciously offered to host a club-wide garage sale during the weekend of May 1-2 to help raise money for the American Cancer Society. More information will be forthcoming in next month's newsletter. You can reach April with any questions at runer73@hotmail.com

New Year's Day 5K Race – Planning is underway to explore the possibility of hosting a winter race in Elmhurst. Many of you have already come forward to donate your talents to the planning committee or later on down the line on race day. **THANK YOU!** In addition to monthly meetings to work on the race, the committee will be hosting several informational sessions to solicit continued feedback from the club. Please consider attending one or all of these sessions as the dates are scheduled. In the interim, please feel free to contact any committee member with suggestions or concerns. Committee members are:

Co-directors – Susan May, Kurt Fiene

Linda Davies, Dawn Gould, Mari Jo Hecker, Lou Herrera,
April Hyravy, Anne Klein, Dave Lynam, Darryl May, Dave Polkow,
Bob Richards, Kareen & Todd Ripperda, Bill Sanders and Lori Wallace.

Annual Awards Party – Kudos again to all our awards winners, a warm welcome to our first-time attendees, and special thanks to our hosts, **Julie and Chris Travers**. "Thank you" also to several of our local businesses. Matt Medernach, the manager at the **New Balance** Store in Oak Brook donated the raffle gift certificates, the folks at the **Competitive Foot** in Downers Grove donated the water bottles, and Neil, the manager at **York Wine & Liquors** in Elmhurst arranged beverages on consignment. Please be sure to mention our appreciation when you frequent their stores. Lastly, if you still have expense receipts from the party, please be sure to submit them to **Mark Bozell** for reimbursement. Thanks!

Forest Preserve Runs

Jim Cassioppi has volunteered to head up our FPR program this year. Carpools will meet at the gazebo on the designated Saturday at 7:00am to travel to the local forest preserve.

Locations and distances are as follows:

April 10	Fullersburg Woods/Graue Mill, Oak Brook	2.2 or 6.5 miles
May 22	IM Canal Tow Path, Willow Springs & Archer	3, 4, or 8 miles
June 26	Waterfall Glenn, Darien	10 miles
July 24	40 Acre Woods, Palos Hills	6 or 8 miles
August 14	Little Red Schoolhouse, Willow Springs & 95	7 miles
October 23	Herrick Lake, Wheaton	7 miles

Note: there will be no FPR in September

The forest preserve runs are a great way to experience other parts of our wonderful county. Be sure to mark your calendars for these “home away from home” events! Jim can also be reached at run4christ@juno.com Thanks, Jim!

Hash House Harriers Runs

No joint runs are currently underway but the local HHH group continues to meet every other Sunday to share in this unique experience. Contact **Jim Blomquist** for more information at jbquist1@juno.com to broaden *your* running horizons!

Website

Be sure to check out the newest addition to our website. **Training schedules** for the marathon, half-marathon and swim drills are now posted at <http://home.comcast.net/~kaufman18/ERC/> Due to the adjustment to digital technology, we’ve seen a decrease in event photos (you’re all so fast, you keep running past the frame borders before the shutter clicks!). If you have pictures from any races, please forward a copy to **Elliot Kaufman** (digital preferred). He will return all photos to their submitters. Additionally, website suggestions are welcome at erk@uic.edu

Membership

Yes, it’s that time of year again! 2004 membership dues are now being accepted (\$15.00). 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. 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

The **New Balance** store in Oakbrook will also extend a courtesy discount of 10% off running shoes and apparel to Elmhurst Running Club members. They also plan to conduct a drawing of a club member name each month to receive a special in-store gift certificate. They are located at:

17W490 22nd Street – Oakbrook – 630-782-6730

We will be sending both stores a revised list of members monthly.

Additionally, current club rosters will be available shortly. If you’d like an e-copy, please message or phone **Linda Davies** at twodelta@aol.com. With the exception of CARA, The Competitive Foot, and the New Balance store, we only distribute rosters within the club membership.

Lastly, e-mail distributions blind carbon copy (“bcc:”) 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

Julie Bruns and Mary Anne Clark

Know that you are in our thoughts and we wish you a speedy recovery.

ERC Birthdays

1/1	Suzanne Osmani	2/2	Christine Lipa
1/3	Dina Kwit	2/3	Steve Chamberlin
1/3	Ronnie Ward	2/7	Jeff Jones
1/11	Kareen Ripperda	2/8	Tracey Wilson
1/17	Bob Stolz	2/9	Anne Klein
		2/14	April Hyravy
		2/19	Mark Boozell
		2/22	Kristy Howland

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

New Kid on the Block (and other news . . .)

Congratulations to Anne and Mark Montgomery on the birth of their son Michael Cooper Montgomery. Michael was born on January 21, 2004.

Mark Boozell found a pair of women's Nike running gloves on the path in January. If you're missing a pair, please contact Karen Zenisek at k.zenisk@comcast.net

Newsletter

A formal welcome to **Kristy Howland** as a member of the newsletter editing team. She joins **Julie Travers** in bringing you the best of the news on the local running scene. Submissions to the March newsletter can be forwarded to Julie at katkmt@comcast.net All information and questions are also welcome at the general club mailbox or via phone at 630-941-0926. Thanks!

Happy running!

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