

Elmhurst Running Club Newsletter

January 24, 2003

Winter is upon us, water bottles are freezing and so is the GU!!!!!!!!!!!!!! Congratulations to all members who have been braving the path on Saturday mornings. Your commitment to the club and your training is impressive.

Awards Party Update

The club would like to congratulate the following people for their achievements in 2002:

<i>Male Athlete of the Year</i>	<i>Kurt Fiene</i>
<i>Female Athletes of the Year</i>	<i>Christine Lipa & Mary Anne Clark</i>
<i>Most Improved</i>	<i>Karen Schaefer</i>
<i>Most Club Runs/Club Motivator</i>	<i>Mark Montgomery</i>
<i>Newcomer of the Year</i>	<i>Dennis Borawski</i>

On a lighter note, we would also like to congratulate the following people for their dedication, often despite unusual circumstances, in 2002:

<i>Honorary Lifetime Memberships</i>	<i>Anne & Tom Klein</i>
<i>Best Body Award</i>	<i>Paul Ward</i>
<i>Heart Break Story of the Year</i>	<i>Elliot Kaufman</i>
<i>Blazing Trails Award</i>	<i>Pete Eddington</i>
<i>Best Supporting Marathon Member</i>	<i>Anne Klein</i>
<i>ERC Ambassadors</i>	<i>Jayne Aspan & Maureen McCoy</i>
<i>Ambassador-in-Training</i>	<i>Linda Davies</i>
<i>Professional Yodeling</i>	<i>Paul Ward</i>
<i>Fastest Recovery from Injury</i>	<i>Kristy Howland</i>
<i>Newest Club Member</i>	<i>John Morrison Davies</i>
<i>Light at the End of the Tunnel</i>	<i>Julie Travers (Norm Damer, runner-up)</i>

Thanks also to the outgoing Runners Council. Your gift of time and talent truly make the club special: ***Jayne Aspan, Mark Boozell, Scott Cudrnak, Linda Davies, Pete Eddington, Mari Jo Hecker, Kristy Howland, April Hyravy, Elliot Kaufman, Anne Klein, Dina Kwit, Sue Langer, Christine Lipa, Susan May, Maureen McCoy, Judy Polkow, Zara Rhone, Julie Travers, and Karen Zenisek.***

ERC Runners Council

Each year we divide up the activities involved in support of the club. The contact persons for the year 2003 are attached. If you would like to become more active in the club, please feel free to contact any of the coordinators.

Marathon Training

So far, we have the following three people currently training for the Boston Marathon:

Mary Anne Clark
Christine Lipa
Kurt Fiene

We also have the following three people training for the Chicago Lakefront Marathon, which is the first weekend in May:

Bill Sanders
Kristy Howland
Tom Klatt

Also thank you to Pete, Mark and Doug who are training in the cold with this group but not planning on running a spring marathon. Your support is greatly appreciated. If you have any questions about the marathon training program, please contact **Kurt Fiene** at kurt.fiene@ca.com

For the first time in 13 years, the Boston Marathon has changed its qualifying standards.

New Boston Times

Age group	men	women	change
18-34	3:10	3:40	no change
35-39	3:15	3:45	no change
40-45	3:20	3:50	no change
45-49	3:30	4:00	+5
50-54	3:35	4:05	+5
55-59	3:45	4:15	+10
60-64	4:00	4:30	+20
65-69	4:15	4:45	+30
70-74	4:30	5:00	+40
75-79	4:45	5:15	+55
80 +	5:00	5:30	+70

Let's all just be happy when our birthdays arrive to move into the next age group!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Speed Workouts

Currently track workouts are every Thursday evening at 6:30 on the York High School track. Any questions, contact **Mark Montgomery** at amont68@aol.com

Upcoming Races

Sunday, March 2 – Lifestart Wacky Snacky 5K
Sunday, March 16 – March Madness Half Marathon
Sunday, March 23 – LaSalle Bank Shamrock Shuffle

Also attached is the 2003 ERC Calendar of Events. Please remember that many of our club events are planned around the CARA and local calendars and are occasionally subject to change at the last minute. Please check your e-mail prior to a local event for the latest news.

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 **Kurt Fiene** who completed the *Houston Half Marathon* on January 19. Kurt finished in 1:24:17 (6:26 pace). He was 51st overall and 9th in his age group. Congratulations, Kurt!

CARA News

The following members will be receiving Chicago Area Runners Association (CARA) awards on January 25th:

Christine Lipa – 3rd in age group and 6th overall woman

Mari Jo Hecker – 3rd in age group

Tracey Wilson – 3th in age group

Congratulations, as well, to all who ran for the Elmhurst Running Club on the CARA circuit this year. Thanks to you, we placed 2nd in the Green Division just behind Frontrunners and ahead of Fleet Feet, Alpine, and Lincoln Park Pacers. Congratulations to you all!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

New Members

A very warm welcome in the coldest of months to our newest club members:

Paul Benvenuto – local runner & friend of the Klatts

Brian Johnson – friend of the Mays who ran his first marathon last Fall

Susanna Osmani – recently moved to Elmhurst (& Lou's sister)

Scott Schuster – been nagged by his neighbor up the street for 3 years!

Special kudos to Paul, Brian and Scott, who still formally joined the club after experiencing the annual year-end party and to Susanna, whose patience for club information is that of a saint! We look forward to running with you!

Membership

Thank you to all who renewed their club membership to-date. If you haven't had the opportunity yet, you'll find an application enclosed/attached. Please forward your application with your dues (\$15) at your earliest convenience. 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.

Injured but Not Forgotten

We want to take a moment to list the most recent club injuries. We want other club members to understand why they may have not seen these happy club members recently. When you can offer some advice to the injured please feel free to do so. (Please don't tell them to quit running; they will never hear those words).

John Taflan – *Pulled Muscle*

Mark Boozell – *Back*

Julie Travers – *House in Repair*

Elliot Kaufman – *Ankle (Elliot is better and says when temps hit 20 he will be back)*

John McKoane – *Rumor has it – pregnant! (guess we should plan a shower!)*

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.

Until next month, let's hope for an early spring, the Ground Hog to see his shadow, or just some days in the 30s.

Happy running!