

Elmhurst Running Club Newsletter

March 2005

*Congratulations to all who braved the cold temperatures to attend the annual running club awards party at the Eddington's in January. Congratulations to **Karen Zenisek – Female Athlete of the Year, Doug Pearson – Male Athlete of the Year and Kristy Howland – CARA Female Masters Runner of the Year** (yes, that's for the entire Chicago area!). Read on for more information on the all the awards. Congrats as well to **Bob Richards** on his 25th Birkebeiner XC Ski Race. WOW!*

Good Luck to our Boston-bound marathoners – Mary Anne Clark, Jennifer Hagstrom and April Hyravy and also to Christine Lipa and Kristy Howland as they prepare for the River to River Relay. They are competing on a team of eight women masters runners trying to beat the previous record.

Upcoming events include the St. Patrick's Day Parade and Runner's Soul Clinics on injury prevention and running shoes. Don't forget to show your support for the inaugural 4th of July race. It's getting more exciting by the month as the website develops and more sponsors come on board!

In response to our recent survey, running groups remain as follows:

Wednesdays:

6:30pm Trail Runs – typically 3-5 miles in length, variety of paces.

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/spring 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

Welcome to the following new members. Due to the cold weather, we're not sure if we've all had a chance to formally meet but we look forward to the opportunity to run with you!

Tom Adams – been active with the club since New Year's Day

Tim Conheady – interested in track workouts and CARA race circuit team

Scott Glosner – he and his brother are planning their first triathlons later this year

Jim McDonald – interested in distance and speed training

Dan Pelozza – interested in marathon training, track workouts and multi-sports

Enrique San Miguel – interested in marathon training & track workouts

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. Lastly, thank you to Jayne and Dennis at the Runner's Soul for displaying our information.

ERC Runners Council and Awards Party

Congratulations to each of our awards winners and a heartfelt thank you to **Peter and Susan Eddington** for hosting our awards party last weekend. **Kristy Howland, Julie Bruns, Mari Jo Hecker, Karen Zenisek** and **Christine Lipa** did a great job planning and presenting the awards. We celebrated the accomplishments of:

Doug Pearson - Male Athlete of the Year
Karen Zenisek - Female Athlete of the Year
Kristy Howland - CARA Female Masters of the Year
Dave Polkow - Multi-sport Athlete of the Year
Lori Wallace - Most Club Runs
Kate Wajda - Up and Coming Runner
Jayne Aspan - Best Cross-over to Multi-sport
April Hyravy - Most Improved Marathon
Joe Short - Best First Marathon
Kareen Ripperda - Best Body
Paul Ward - Designer of the Year
Pete Eddington - Least Races Run
Julie Bruns - Best Comeback from Injury
Mark Montgomery & Kurt Fiene - Back-to-back Injury Award

Lastly, welcome to **Bill Sanders** (Marathon Coordinator), **Julie Bruns** (Relay for Life), **Bob Richards** (4 on the 4th Co-director) and **Mari Jo Hecker** (Picnic) as new members to the 2005 Board of Directors . . . and a heartfelt thank you to **Julie Travers** and **Linda Davies** as they step down as Newsletter and Membership Coordinators respectively. We thank you for your contributions and look forward to your continued feedback as we move forward in 2005.

2005-06 Runner's Board

Overall Coordinator – Susan May
Treasurer – Mark Boozell
Secretary – Lori Wallace
Membership Coordinator – Kristy Howland
Newsletter Coordinators – Kristy Howland, Julie Bruns
Website Coordinator – Elliot Kaufman
Race Results Coordinator – Lou Herrera
Marathon Coordinator – Bill Sanders
CARA Team Coordinator – Christine Lipa
Speedwork Coordinator – Mark Montgomery
Multi-sport Coordinator – Karen Zenisek

Individual Event Coordinators

New Year's Day Run – Jayne Aspan, Kristy Howland
St. Patrick's Day Parade – Lori Wallace
Newcomers Run – Jayne Aspan
Relay for Life – April Hyravy, Julie Bruns

4 on the 4th Race Directors – Bob Richards, Susan May, Kurt Fiene
Annual Picnic – Mari Jo Hecker, Anne Klein
Pre/Post-marathon Dinner/Party – Distance Training Group
Annual Awards Party – Kristy Howland, Julie Bruns

Please contact Susan via the club mailbox or by phone at 630-941-0926 if you have any questions, think you might want to volunteer, or have a new idea for the club in the coming year.

Distance Training

The following people are currently training for the Boston Marathon – Mary Anne Clark, Jennifer Hagstrom and April Hyravy. In addition, Bill Sanders and John Taflan are training for a Spring marathon. Let Bill know if you are currently training for a spring marathon or another big event or seek information on the Fall marathon training program. He can be reached at bsanders@icoc.org

Speed Workouts

Spring track sessions will begin in May. Any questions regarding speed work, please contact Mark Montgomery at amont68@aol.com

Upcoming Events

Tue Mar 15	Tour de Foot Training Program Begins – T/Th 5:45am	Runner's Soul
Sat Mar 19	St. Patrick's Day Parade – 12 pm	Elmhurst
Mon Mar 23	John Jevitz Injury Prevention Clinic, 7:00pm	Runner's Soul
* Sun Apr 3	LaSalle Bank Shamrock Shuffle – 8k	Chicago
Mon Apr 4	Fun Run, 6:30pm - Fila Shoe Clinic Post-run	Runner's Soul
* Sun Apr 10	Race that's Good for Life – 5k	Oak Park
* Sun Apr 24	Ravenswood Run – 5k	Chicago

* indicates CARA circuit races

Bold Type indicates ERC Event

Race Results

Rock-n-Roll ½ marathon, AZ

Mari Jo Hecker – 1:45:20
Paul Ward – 1:48:41
Ronnie Ward – 2:15:49

American Birkebeiner XC Ski Race – 51K, Hayward, WI – 2/26/05

(North America's Largest Cross Country Ski Marathon)
Bob Richards - 3:15:53.1 – AG49 – Freestyle Event

Tackle the Tower Stair Climb – 2/13/05 (31 floors)

Mark Montgomery – 3rd Male, 1st AG (22-39) – 3:45
Kristy Howland – 2nd Female overall, 1st AG (40-59) – 4:49

CARA News

CARA Teams: Green Division. The club took 2nd place for the team. In addition, congratulations to the following individuals who came home with awards. April Hyravy – 3rd AG (30-34), Christine Lipa – 2nd AG (40-44) and 8th Overall Female, Kristy Howland – 1st AG, 6th Overall Female, and named the Female Master Runner of the Year. Way to go women! Hopefully this year some of the guys will be on the list of award winners.

Multi-Sport Training

We are still meeting at Courts 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>

Karen Zenisek

Multi-sport Coordinator - 630-530-0793

k.zenisk@comcast.net

ERC Special Events

St. Patrick's Day Parade – Bring your family and friends as we walk the parade route on Saturday, March 19, promoting the upcoming ERC race. The Community Bank of Elmhurst has graciously donated a banner announcing the partnership with the club for the upcoming race and **Lori Wallace** and **Joe Skibbie** have been working hard on the rest of the details. Come show your support for the club and help us announce our inaugural event. More information regarding the exact time and position for line up will be forthcoming via e-mail or you may phone Lori at 630-279-3528. We really need the largest group out that we can get!

Club Race Update – It's been an exciting time as we continue to sign up sponsors for the event. Current sponsorship status is:

Title:	Community Bank of Elmhurst
Gold:	Runner's Soul Jevitz Chiropractic Clinic
Bronze:	Elmhurst City Centre Gray Wolf Group Lynam & Associates Mentor Capital Management, Inc. Elmhurst Yoga Shala

In kind donations and other sponsorship commitments have been made by Stemples Cyclery, Elmhurst YMCA, The Fruitful Yield, Fila and Avia/Ryka. **We're still looking for more sponsors** so if your organization might be interested, please contact Susan, Kareen or Mary Anne at the club e-mailbox or by phone at 630-941-0926. Come be a part of the excitement!

Also underway is a search for **VOLUNTEERS** & participant **RUNNERS**. As a competitive race, there will be awards for overall & top age group finishers. If you're interested, we can find a way for you to volunteer some time and still compete in the race! The perfect position awaits you!

The areas we need volunteers are:

Pre-race Day

Flyer / Application Distribution
Assigning / Filling out Race numbers
Packet Put Together
Packet Pick-up

Race Day

Pre/ Post Race Area

Gear Check
Water / Food Area
Awards Area
Miscellaneous

Start / Finish Line

Setup
Start Line
Finish Chutes
Results

Course

Pace Car Trail Car, Bikers,
Course Monitors, Timers
Timers
Water Stop

We are planning our groups now! Please let us know if you are available to volunteer. Call, e-mail or talk to a committee member via the contact information below. Thanks for your support!

April Hyravy
Anne Klein
Lori Wallace
Kurt Fiene

630-960-5228
630-834-5718
630-279-3528

april.hyravy@us.bosch.com
abklein2@comcast.net
lori1@brewersewing.com
kurtfiene@cox.net

Our next planning meeting is Monday, March 18, at 7:00pm at Epiphany Lutheran Church on the corner of Spring and Vallette in Elmhurst. We will be discussing the website, applications and shirt designs as well as the continuing topics of sponsorship and volunteer status. As always, all are welcome.

Forest Preserve Runs

We hope to host a couple of well-attended runs later in the year. Watch the newsletter and e-mail for more information later in the season.

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!

Websites

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 Also be on the lookout for information about the new race website that **Todd Ripperda** has been putting together for us. Thanks, Elliot and Todd!

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 Kristy Howland at kristyhowland@comcast.net**

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

ERC Birthdays

Belated birthday wishes to the following January & February birthdays:

Dina Kwit – 1/3	Kareen Ripperda – 1/11
Jim LaPalermo – 1/13	Julie Wolfe – 1/18
Christine Lipa – 2/2	Mary Jean Concannon – 2/6
Anne Klein – 2/9	April Hyravy – 2/14
Mark Boozell – 2/19	George Bode – 2/21
Kristy Howland – 2/22	

March Birthday wishes go out to:

Doug Pearson – 3/7	Tina Helm – 3/10
Lori Wallace – 3/10	Michelle Connor – 3/13
Karen Zenisek – 3/16	Norm Damer – 3/22
Scott Schuster – 3/25	Maureen McCoy – 3/26
Marlene Scheibl – 3/29	

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

Other News . . .

Congratulations to **Jim and Lisa Cassioppi** and big brother, Benjamin, on the arrival of their newest addition, Anna Jan, born on March 12 and weighing just 7.6 pounds. We're excited for you all!

Newsletter

Submissions for the April newsletter can be forwarded to Kristy and Julie at kristyhowland@comcast.net or via the general club mailbox or phone as noted below. Information and questions are also welcome. Thanks!

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Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
www.elmhurst-runners.com info@elmhurst-runners.com