

Elmhurst Running Club Newsletter

June 28, 2003

Congratulations to Kristy Howland, the first female finisher, at the Joe Newton Run with a time of 19:40. Way to go, Kristy!

Summertime groups are running as follows:

Wednesdays:

6:30pm Your choice: trail run or track workout

Saturdays:

6:00am “Killer Marathon Training Group” – in training for a 3 hour Fall marathon; pace is typically 7:30 or faster; anticipate some 24-milers later in the season.

6:30am Distance Training Group – in training for a Fall half or full marathon; variety of paces.

7:30am Trail Runs – typical runs are 3-6 miles in length; 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. You may also run shorter distances at 6:30 or longer at 7:30 on Saturday mornings.

New Members

We would like to officially welcome the following new members:

Buffi Gibbons – a potential weekday group leader (see new groups section below).

Patti Golden – braved the woods for the Forest Preserve Run & even brought along a couple of friends!

Mary Beth McLean – local runner interested in improving both distance and speed.

Beth Roth – Patti’s sister and one of the folks at the FPR; also interested in distance and speed.

Kevin Wik – seen at the track on Wednesday nights (and other times!).

We look forward to continued running with each of you. Welcome!

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 the year 2003 are listed on the website. If you would like to become more active in the club, please feel free to contact any of the coordinators.

Distance Training

The 18-week Marathon training is underway and meets at either 6:00 or 6:30am on Saturdays. Training for the Chicago and Crystal Lake Half-Marathons has also begun. Events are Sept. 7 and Sept. 14, respectively. If you’re interested in either of these programs or have any questions, please contact Kurt Fiene at kurt.fiene@ca.com. To stay current on the latest training schedules, please contact Kurt or Dennis Borowski at malibuskibum@aol.com.

Training at 6:00am are:

Pete Eddington, Kurt Fiene, Kristy Howland, Mark Montgomery, Doug Pearson & Bill Sanders
In addition to the above individuals, signed up for the marathon or half marathon distances are:

Full: Mary Ann Clark.

Half: Dennis Boroski, Susan May, Julie Travers & Lori Wallace.

Speed Workouts

Track workouts have officially moved to Wednesday nights at 6:30pm. Runners meet at the gazebo for a quick warm-up to York H.S. track. Concurrent trails runs also meet at the gazebo. Any questions, contact **Mark Montgomery** at amont68@aol.com.

Additional Weekday Runs

There's interest in the formation of three additional weekday groups. They will most likely meet at the gazebo on the Prairie Path. Each group will determine the days they meet. They are:

Lunch Hour Training Group – Bob Irish, coordinator

Mid-morning “Moms” Group – Buffi Gibbons, coordinator kids on strollers & bikes welcome

General Daytime Group – Debbie Henke, coordinator – 8:30-9:00 min/mile pace

Interested parties can contact Susan May at elmhurstrunners@attbi.com.

Upcoming Races & Events

Sun Jun 29	Twin Lakes Triathlon	Palatine
Fri Jul 4	Freedom Four – 4m	Glen Ellyn
Sat July 12	Carelink Annual Railroad Days - 5K	West Chicago
Sun Jul 13	Splash Pedal Dash Triathlon/Duathlon	Schaumburg
Sun Jul 13	Annual Family Picnic – 1pm	Elmhurst
* Sat Jul 19	Galloping Ghost – 5K	Wheaton
Sun July 20	Forest Preserve Run	Waterfall Glen
Sun Aug 3	Chicago Distance Classic – 5 and 20K	Chicago
Sun Aug 10	Kemper – 10K	Chicago
Sat Aug 16	Forest Preserve Run	TBD
Sat Aug 23	DeKalb Corn Fest – 10K	DeKalb
Sun Aug 24	Windrunner at Danada – 10K	Wheaton
Sun Aug 24	Chicago Triathlon	Chicago

* CARA circuit race

****Bill Sanders is thinking about getting a group together for the **BIX 7** in the Quad cities at the end of July. Anyone interested please contact Bill at bsanders@icoc.org.

On-line registration continues for the *Chicago Half-marathon* on Sunday, Sept. 7, *Crystal Lake Half-marathon* on Sunday, Sept. 14, and the *Chicago Marathon*, on Sunday, Oct. 12. Sign up today!

Race Results

Our apologies if we missed anyone . . . please let us know! Please submit your race results to Julie Travers (katkmt@msn.com) or Mary Anne Clark (matjclark2@aol.com). If anyone has pictures from races, please forward a copy to Susan May at 769 Saylor, Elmhurst, 60126. Thanks!

Sweetness 10K

Mark Montgomery - 36:14, 3rd in age group

Doug Pearson - 35:45, 1st in age group

Kurt Fiene - 38:14, 7th in age group

Christine Lipa - 42:12, 1st in age group

Bob Richards - 42:24, 7th in age group

Congratulations to all of you, your results are outstanding!!!!!!!!!!!!!!!!!!!!!!

Roselle 5K

Doug Pearson - 16:55, 5th in age group

Mark Montgomery - 17:23, 6th in age group

Bob Richards - 19:44, 5th in age group

Christine Lipa - 19:46, 2nd in age group

April Hyravy - 21:00, 7th in age group

Congratulations to you all on some awesome times!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Downers Grove 10 Miler

Mari Jo Hecker - 1:13:42, 3rd in age group

Congratulations Mari Jo!!!!!!!!!!!!!!!!!!!!!!!!!!!! Lookout CARA circuit . . . she's back!

Ridge Run 10K

Christine Lipa - 42:31. Congratulations!

Mari Jo Hecker - 45:18. Congratulations!

Club North Shore Half-marathon

Mari Jo Hecker - 1:38:47. Awesome time!!!!!!!!!!!!!!!!!!!!!!

Joe Newton 5K

Kristy Howland - 19:40.2, First Overall Female

Julie Travers - 23:01, First in Age Group

John Taflan - 23:06

Judy Rink - 26:06

Katie Travers - 46:50, First 5K

Running Assistance

We've received calls from a couple of visually-impaired runners looking for guides again this season. Several of you know Tim Paul from last year. Tom Cruitt also recently phoned in. Both are working on transportation. Tim trains at about a nine minute pace and also seeks guides for weekday daytime runs and local races. Tom trains at about a ten minute pace and has a short-term goal of completing a 5K and future goal of marathoning. We'll keep you posted via e-mail as we hear back from them but realistically we'd have a group of folks who trade off based on their schedules to partner with them. Interested parties can contact Susan May at elmhurstrunners@attbi.com.

Forest Preserve Runs

“Thanks” to **Pete Eddington** for organizing another great run at *Herrick Lake* even though he couldn’t attend! The July FPR will be **Sunday**, July 20, at *Waterfall Glen*. Plan to meet at 6:30 at the Gazebo and arrive at 7:00am. There are only a few water fountains around the 10-mile loop so you need to carry water if you can. There will also be water and/or Gatorade at the conclusion of the run.

CARA News

July 19	<u>Upcoming CARA Circuit Races</u>	
August 3	Galloping Ghost – 5K	Wheaton
	Chicago Distance Classic – 20 K	Chicago

Christine Lipa is willing to organize a car pool for the CDC so let her know if you’re interested at lipa@uti.com. Competition is tougher in the green division this year with only five teams competing. Please be sure to let Christine know if you participate in a circuit race. Everyone finish counts!

Relay for Life

Congratulations to all members of the 2003 Relay for Life team. Not only did we have someone on the track the entire event but raised over \$3300 for cancer research and education. Even with the threat of rain, the group had a great time. Kudos to:

Jayne Aspan	Anne Klein	Carol Mola	John Taflan
Steve Chamberlin	Susan & Darryl May	Judy Polkow	Ronnie & Paul Ward
April Hyravy	John McKoane	Karen Schaefer	Karen Zenisek
Elliot Kaufman			

A special “Thank You” to all who gave financial support:

Jim & Lisa Cassioppi	Kurt Fiene	Brian Johnson	Julie Travers
Mary Anne Clark	Mari Jo Hecker	Christine Lipa	Lori Wallace
Marijean Concannon	Kristy Howland	Pam & Bob Pintozzi	Shaheen & Tom Wolff
Norm Damer			

It was also great to see many others come enjoy the evening and give their support including (but not limited to!):

Mark Boozell	Kristy Howland	Dave Polkow	Lori Wallace
Linda Davies	Tom Klein	Maureen McCoy	

Thank You so much April, Jayne, Anne and Karen for coordinating this important event for the club. You’re wonderful, each of you!

Multi-Sport Training

To learn more about the Elmhurst Bike Club, check out <http://www.elmhurstbicycling.org/>

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 Amateur Athlete

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

Please e-mail or call with event recaps or ideas for this update.

Karen Zenisek
k.zenisk@attbi.com
Multi-sport Coordinator

ERC Family Picnic

Mark your calendars for the annual ERC picnic and pool party hosted by the Klein's. It is scheduled for Sunday, July 13, from 1:00-4:00pm. The address is 280 Cottage Hill in Elmhurst. Please bring your bathing suit and an appetizer/dessert/snack to share. Beverages will be provided but if someone has an additional preference for their family, they should bring that along as well.

Hash House Harriers Run

Just a few folks braved the heat for the first ERC Hash House Harriers Run of 2003 at Thatcher Woods but had a great time none-the-less. Although not everyone could stay to experience the "down-down," the "shiggy" was great! Thanks to **Jim Blomquist** and **Darryl May** for setting the trail and providing refreshments. Mark your calendars now for Sunday, November 9, when the Hash comes back to Elmhurst! For those who don't want to wait that long, the hashers run every other week somewhere in the greater Chicagoland area. Contact Jim for more information at jbquist1@juno.com. Experience the unexpected!

Website

Come visit us at <http://home.attbi.com/~kaufman18/ERC/> to obtain the most current race schedules and other valuable information. New pictures will be posted soon! If anyone has any suggestions or additions, please send them to Elliot Kaufman at erk@uic.edu

Membership

Thanks again to all who renewed their club membership to-date. 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

In an effort to understand why we may not have seen these happy club members recently, we are sorry to share the following news:

Yea! None to report!
(At least, none that are admitting it!)

Volunteer Opportunities

Race Singlets: Any one interested in helping to design our new race singlet, please contact Susan May at themays769@attbi.com! The season is here . . . it's time to ditch the cotton!

Birthday Coordinator(s): Managing the list, sending a group e-mail announcing the birthdays and coordinating post-run treats. Please contact Julie Travers at katkmt@msn.com.

Display Club Information: Looking for individuals who drive to the path on Wednesdays and/or Saturdays to bring the sign and race applications box. Due to out-of-town commitments, the Mays will be gone several Saturdays in July and August. Please let Susan know at elmhurstrunners@attbi.com.

ERC July Birthdays

Todd Ripperda - 7/9

Jayne Aspan - 7/23 "The Big 4-0"

Ruth Buffalo - 7/28

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.

Within the Family

Our condolences to Norm Damer and his family on the recent loss of his mother. Our thoughts and prayers are with you, Norm.

Congratulations to Paul Benvenuto and Katherine St. Clair on the birth of their daughter, Hannah Marie, in June. We wish you every happiness.

Congratulations as well to Mark Boozell and his son, Joe, on their recent victory at the Windy City Classic baseball tournament over the Memorial Day weekend. All that time away from the track and on the baseball diamond is paying off, Mark! Great job!

Newsletter (August Change)

Please Read below!!!!!!!!!!!!

For the month of July please submit any race results and newsletter submissions to Susan May. The editor will be moving next month and Susan will coordinate the August Newsletter. Please send your information to elmhurstrunners@attbi.com. Thanks!

Happy running!