



Newsletter July 2007

Community Bank of Elmhurst 4 on the 4th Club Race Update

What an exciting day July 4 turned out to be! Despite the overnight threat of thunderstorms, 860 out of 941 registered runners showed up for the 4-mile event and 102 kids completed the 1K. As well as welcoming many top out-of-towners, our own Elmhurst contingent did extremely well with over 50 runners participating from the club and frontrunners, **Charlie Kern, Christine Lipa, Kareen Ripperda** and **Kristy Howland** placing in the top fifteen. Charlie overtook last year's runner up in the final mile to secure third place overall with top honors going to Jake Kafel of River Forest in 20:01 and defending champion, Jim Akita, second in 20:15, both times beating last year's course record. A new men's masters' record was set by Janusz Sarnicki with a time of 21:29.

In the women's race, Lindsey Hattendorf of Bloomington, IN, secured the top spot in a blazing 23:22, with Annie Gasway of Gurnee and Suzanne Ryan of West Chicago shortly behind. Jenny Spangler outkicked defending champion Nell Sheilds to garner fifth overall and top female masters in 24:16. All five women beat last year's course record.

Other ERCers also placing in the top three of their age divisions were **Tim Conheady, Barry Brandt, Kurt Fiene, Doug Pearson** and committee member, **Karen Leavitt**, a doubly impressive feat given the late hours of race prep and early start to the day by Karen!

Yes, there were growing pains. Our timing company failed to deliver both start and finish chip timing, the police delayed our start by ten minutes and those porti-potty lines were still way too long, but overall, positive feedback was received on all fronts. There's still discrepancy between USATF measurements and our wonderful GPS watches so although USATF stands by their methods, a re-certification is planned for next year. Club support was phenomenal and the list of those to thank is a mile long. **To our sponsors, volunteers and racers . . . THANK YOU!** This is truly your success!

Susan May, Bob Richards, Lori Wallace, Anne Klein, Karen Leavitt, Pete Eddington, Darryl May, Lou Herrera, Mike Barrett, Joe Sutton and Julie Kearney.

(More detailed results can also be found at: http://www.racetime.info/2007_results.htm)

New Members

We are pleased to welcome the following new and renewing members: **Julie Boruff, Melissa Dannenberg, Karen DePodesta, Katie Gallagher, Luis Hernandez, Tim Radcliff, Jan Powell, Louis Roppo** and **Kris Smrekor**. Many have expressed an interest in Marathon training and are currently training with the group. Be sure to introduce yourself if you are out on the path. Welcome and enjoy the running.

Marathon Training 2007

On Saturday, June 9, the Elmhurst Running Club started our marathon training for the Chicago Marathon. ERC has partnered with Illinois Runs (I-Runs) to offer this year's program. There is no requirement that any ERC members join I-Runs but if you do want to upgrade to receive the maximum I-Runs benefits, there is a reduced fee of \$50 (see Illinois Runs Web site). If you just want to run on Saturdays with us as a group and do not want any of what I-Runs has to offer then you may do so for FREE (as it has been in prior years). It is one unified partnership with no differentiation between the two groups on training runs. Saturday runs begin at 6:00 a.m. Weekly tips are posted via Web site.

If you plan to train with the ERC, please register with Bill regardless of the option you choose. The information he needs is as follows: name, e-mail address, pace and number of prior marathons. His e-address is bsanders@icoc.org Thanks!

If anyone is running a fall marathon for a charity please e-mail the information to Julie katkmt@comcast.net so we list that in the Newsletter.

Speed Workouts

Spring track session began Tuesday, May 15. We meet at the Gazebo Wednesdays at 6:30 p.m. and warm up together on the way to Elmhurst College track or York track. Any questions regarding speed work sessions can be directed to Mark Montgomery at amont68@aol.com

Upcoming Events

- 7/21 Run for Hunger 5k
- 7/21 ***Waterfall Glenn Extreme 10-miler***
- 8/12 ***Chicago Distance Classic Half Marathon and 5k***
- 8/25 ***DeKalb Cornfest***
- 8/25 ***ERC Annual Picnic - Butterfield Park***
- 9/8 Iowa Half-marathon www.trekmanracing.com
- 9/9 ***Lake Zurich Alpine Races Half-marathon and 5k***

Bold = ERC Event

Bold Italics = CARA Circuit Race

ERC AT THE RACES - NON-CARA CIRCUIT

Compiled by Bob Richards (bobnanrun@sbcglobal.net). I will try to find results, but please send them to me! This is not an exact science. I know I am bound to miss someone. Also, I am including results from members who have not paid dues. Please re-up when you can!! To paraphrase Yogi Berra, it's hard to know if you're a member if you're not a member! Or something like that . . . -- Bob

7/15/07 **BENSENVILLE "NOT QUITE A 5K (2.85 MILES)", Bensenville**
Charlie Kern, 13:26.8, 2nd overall (lost by .3!), 1st M30-39
Barry Brandt, 15:18.4, 4th M40-49

7/14/07 XTERRA TRAIL RUN #2 10K, Deer Grove, Palatine
 Nick Dragisic, 1:00:42.6, 9th M50-59

7/4/07 Park to Park 5-miler, Bloomington, IL
 Julie Travers 37:28 2nd AG

CARA Race Results

Elmhurst Report for the 4 on the 4th 4-miler on July 4, 2007

Overall Top 15:

Charlie Kern 3rd Male
 Christina Lipa 11th Female
 Kareen Ripperda 13th Female
 Kristy Howland 15th Female

Age Division Top 3:

Charlie Kern 1st M35-39
 Tim Conheady 1st M50-54
 Christina Lipa 1st F45-49
 Barry Brandt 2nd M45-49
 Kareen Ripperda 2nd F35-39
 Kurt Fiene 3rd M45-49
 Doug Pearson 3rd M35-39
 Kristy Howland 3rd F40-44
 Karen Leavitt 3rd F45-59

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Graded
Charlie Kern	38	M	20:42.8	848.1
Barry Brandt	49	M	22:44.0	840.9
Tim Conheady	50	M	22:58.0	838.9
Christina Lipa	47	F	26:18.7	805.7
Kurt Fiene	45	M	23:17.0	795.3
Team				825.8
Kristy Howland	44	F	26:43.3	769.7
Doug Pearson	39	M	23:03.5	767.6
Mark Montgomery	40	M	23:50.6	747.9
Kareen Ripperda	37	F	26:36.1	736.8
Karen Leavitt	47	F	29:36.9	715.9
Stephanie Wagner	33	F	27:32.1	701.5
Susan Landers	38	F	28:10.6	698.6
Nancy Blum	38	F	28:12.2	697.9
Julie Bruns	37	F	28:08.4	696.5
Beth Szopko	29	F	28:00.6	686.7
Amy Sanders	31	F	28:23.9	677.9
Mark Robinson	60	M	30:54.4	677.8
John O'Blanis	56	M	30:04.6	673.3
Michael Barrett	59	M	31:10.5	666.1
Mari Jo Hecker	43	F	30:37.9	665.4

George Ledonne	57	M	30:41.6	665.2
John McKoane	56	M	30:48.4	657.3
George Bode	38	M	26:58.6	651.2
Harry Kamer	52	M	30:19.2	645.9
Matthew Helm	14	M	28:46.0	644.3
Ricky Leavitt	14	M	29:26.7	629.4
Tina Helm	39	F	31:51.1	621.6
Carey Pinkowski	49	M	31:16.0	611.4
Anita Ledonne	57	F	39:47.6	605.2
Ellen Coffey	40	F	33:53.8	587.6
Mary Caffrey	39	F	34:00.5	582.2
Caroline Parisi	34	F	34:36.3	559.6
Elliot Kaufman	60	M	38:54.4	538.5
Heather Stilwell	28	F	37:03.0	519.1
Claire Ojala	27	F	37:59.9	506.2
Kristin Paxton	37	F	40:38.2	482.3
Jason Brandt	38	M	38:24.6	457.3
Josh Leavitt	16	M	39:19.8	454.7
Michael Czuba	27	M	37:51.9	445
Andrew York	29	M	38:20.5	439.9
Russ Wajda	50	M	45:17.5	425.4
Eric Helm	12	M	46:21.3	418.9
Kim Botdorf	41	F	48:58.5	409.7
Brian Wajda	12	M	47:26.3	409.3
Wilson Ray	35	M	43:06.4	399.4
Heather Heidorn	28	F	48:52.7	393.5
Lauren Wajda	11	F	57:58.8	373.1
Mary Wajda	47	F	57:30.0	368.7

Elmhurst Report for the Race for Young Life in Palatine on June 30, 2007

Overall Top 15:

Barry Brandt 8th Male
 Doug Pearson 10th Male
 Tim Conheady 12th Male
 Stephanie Wagner 14th Female

Age Division Top 3:

Tim Conheady 1st M50-54
 Barry Brandt 2nd M45-49
 Doug Pearson 3rd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Minutes	Sec	Age Gr
Barry Brandt	49	M	16	50.3	869
Tim Conheady	50	M	17	2.4	865.6
Doug Pearson	39	M	17	0.6	796.6
Mark Montgomery	40	M	17	36.3	775.3
Stephanie Wagner	33	F	19	58.9	744
Total					810.1

John O'Blanis	56	M	21	51.7	709
Nick Dragisic	57	M	27	48.1	562.3

Elmhurst Report on Roselle Run for the Roses 5k June 3, 2007

Top 15 Overall:

Christine Lipa 11th
Stephanie Wagner 12th
Barry Brandt 12th

Age Division Top 3:

Barry Brandt 1st M45-49
Tim Conheady 1st M50-54
Christine Lipa 1st F45-49
Bob Richards 2nd M55-59
Kristy Howland 2nd F40-44
Julie Bruns 2nd F35-39
Doug Pearson 3rd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Min	Sec	Age Gr.
BARRY BRANDT	49	M	17	1	859.9
TIM CONHEADY	50	M	17	20	851
CHRISTINE LIPA	47	F	20	4	813.1
DOUG PEARSON	39	M	17	11	788.6
BOB RICHARDS	58	M	20	25	772.2
Total					817
MARK MONTGOMERY	39	M	17	52	758.4
KRISTY HOWLAND	44	F	20	52	758
STEPHANIE WAGNER	33	F	20	11	736.6
JULIE BRUNS	37	F	21	23	705.4
KEVIN KAUFMAN	30	M	18	52	685.5
JOHN O'BLANIS	56	M	22	41	683.3
NICK VIRGILIO	50	M	21	58	671.5

Elmhurst Report the Club North Shore Half Marathon on June 10, 2007

Age Division Top 3:

Tim Conheady 1st M50-54
Christine Lipa 2nd F45-49

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Gr.
TIM CONHEADY	50	M	1:23:28	802.1
CHRISTINE LIPA	47	F	1:38:18	751.3
DOUG PEARSON	39	M	1:22:07	745.3
MARK MONTGOMERY	39	M	1:26:04	711.1
MARI JO HECKER	42	F	1:43:24	675.4
Total				737

KEVIN KAUFMAN	30	M	1:30:14	656.3
ELLIOT KAUFMAN	60	M	2:14:38	543.7

Elmhurst Report for Downers Grove 5 and 10 Milers on June 24, 2007

Overall Top 15:

Barry Brandt 7th Male 5m
Stephanie Wagner 7th Female 5m
Kristy Howland 8th Female 5m
Nancy Blum 9th Female 10m
Tim Conheady 11th Male 5m
Julie Bruns 15th Female 5m

Age Division Top 3:

Julie Bruns 1st F35-39
Barry Brandt 1st M45-49
Tim Conheady 1st M50-54
Kristy Howland 1st F40-44
Bob Richards 2nd M55-59
Stephanie Wagner 3rd F30-34
Peter Eddington 3rd M45-49
Karen Leavitt 3rd F45-49

CARA Team Age Graded Results

Name	Age	Sex	Dist	Time	Age Graded Score
Barry Brandt	49	M	5	28:21.0	853.6
Tim Conheady	50	M	5	28:58.1	841.7
Bob Richards	58	M	5	33:09.1	786.3
Kristy Howland	44	F	5	33:41.2	767.9
Mark Montgomery	39	M	5	29:48.7	751.4
Total					800.2
Peter Eddington	49	M	5	32:22.9	747.3
Karen Leavitt	47	F	5	36:44.3	726.3
Doug Pearson	39	M	5	30:51.6	725.9
Stephanie Wagner	33	F	5	33:35.1	724
Julie Bruns	37	F	5	35:10.7	700.7
Nancy Blum	38	F	10	1:13:22.5	693.2
Mark Robinson	60	M	5	38:43.6	684.7
John O'Blanis	56	M	5	38:59.9	657.3
George Ledonne	57	M	10	1:21:53.4	653.7
Anita Ledonne	57	F	5	47:40.1	636
Tina Helm	39	F	10	1:22:38.9	618.9
Matt Helm	14	M	5	40:00.1	586.6
Nick Dragisic	57	M	10	1:43:04.3	519.4

Elmhurst Report for the Race for Young Life in Palatine on June 30, 2007

Overall Top 15:

Barry Brandt 8th Male
 Doug Pearson 10th Male
 Tim Conheady 12th Male
 Stephanie Wagner 14th Female

Age Division Top 3:

Tim Conheady 1st M50-54
 Barry Brandt 2nd M45-49
 Doug Pearson 3rd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Minutes	Sec	Age Graded
Barry Brandt	49	M	16	50.3	869
Tim Conheady	50	M	17	2.4	865.6
Doug Pearson	39	M	17	0.6	796.6
Mark Montgomery	40	M	17	36.3	775.3
Stephanie Wagner	33	F	19	58.9	744
Team					810.1
John O'Blanis	56	M	21	51.7	709
Nick Dragisic	57	M	27	48.1	562.3

Please e-mail Doug Pearson when you sign up for a race so he can post results accurately with CARA as well as see what races the team needs help filling to plan race schedules accordingly. Likewise, please drop him a note if you're planning to run the Chicago Distance Challenge or the Chicago Marathon. For those planning ahead, there are three half-marathons on September 9th. We will be competing in the Alpine Races half and 5k for the circuit, which is the same day as Crystal Lake Half Marathon and the Banco Popular Chicago Half Marathon.

Upcoming CARA Circuit Races:

Waterfall Glenn Extreme 10 Miler near Darien on Saturday July 21st

Meet at the gazebo at 7:15am to carpool. This race may fill quickly so sign up soon for this hilly cross-country start trail run.

Chicago Distance Classic Half Marathon and 5k on Sunday August 12th

Meet at the gazebo at 4:45am to carpool. The 5k is less competitive and offers a chance for runners who are not individually running the circuit a better chance to get an all valuable age division win for the team. Packet pickup is required for this race. This race may fill and

there is no race day registration. If you are running the half marathon, please inform Doug Pearson dpearso1@hotmail.com so he can place you on one of our Chicago Challenge teams.

DeKalb Cornfest 10K on Saturday August 25th

Meet at the gazebo at 6:30am to carpool. This is the only circuit race we were not able to get 5 runners for our team score last year.

Park Forest Scenic 10 Miler and 5k on Labor Day

Meet at the gazebo at 6:00am to carpool. This may be the last year for this great race so sign up before it sells out. The 5k offers a better chance for runners to score an all valuable age division win in a less competitive race.

Lake Zurich Alpine Races Half Marathon and 5k on Sunday September 9th

Meet at the gazebo at 5:30am to carpool. The half marathon has some hills. The 5K offers a better chance for an all valuable age division win in a less competitive race.

June 2007 - Multisport

June is a busy month in the multisport and we might as well cut to chase:

Congratulations to **Beth Szopko** for setting a PR (2:37) at Memphis in May. This race brings out the pros for the Olympic distance race. Beth confirms that this is a great race early in the season, local pro Lauren Jensen finished 3rd.

Tri-shark held on June 2nd is another popular sprint race in Bloomington IL. **Chris and Julie Travers** were just 50 seconds apart. Rumor on the street is that Chris earned the "most friendly" award by stopping and helping other athletes.

NO	FN	LN	OVERAL L	DIVP L	SEXPL	TIME	SWI M	TRAN 1	BIKE	TRAN 2	RUN
<u>24</u> <u>1</u>	Christoph er	Traver s	406	35/3 8	256/28 7	1:35:0 8	18:40	3:15	40:0 3	4:26	28:4 4
<u>48</u> <u>2</u>	Julie	Traver s	413	10/13	110/141	1:35:5 8	17:18	3:59	47:5 5	1:10	25:3 6

Closer to home was the Batavia Duathlon and Triathlon held on June 9th. Congrats to Daniel Dziubski from Elmhurst who finished 3rd overall.

The **Elkhart Lake triathlon in Wisconsin**, saw the following Elmhurst participant complete in both the sprint and Olympic distance.

Bib	FName	LName	City	State	Age	Sex	ClockTime	Overall
403	Rob	Green	Elmhurst	IL	46	M	3:12:27	208

3284	Stephanie	Love	Elmhurst	IL	44	F	1:40:31	235
3289	Maritza	Rafac	Elmhurst	IL	43	F	2:07:54	281
3313	Barry	Tharp	Elmhurst	IL	47	M	1:21:54	121

June 10 was the inaugural Rockman $\frac{1}{2}$ ironman. It was a 2 loop swim followed by a 56 mile bike and 13 mile run in the state park. The first time race experienced some growing pains but the mass start, good bike course and challenging run course is likely to make this a popular race. The field was competitive with **Jostein** leading the Elmhurst contingency.

	Jostein	Alvestad	56	11/51	55/215	5:06:57	38:54	1:27	2:39:15	0:43	1:46:40
824	Karen	Zenisek	81	2/9	5/74	5:17:54	35:56	2:39	2:49:26	0:52	1:49:03
737	David	Polkow	82	11/25	77/215	5:17:57	39:05	2:28	2:46:41	0:59	1:48:46
629	Andrew	Houston	220	42/51	172/215	6:15:18	38:24	1:58	3:07:04	1:40	2:26:13

June 16th Splish Splash Dash Swims and 5K offers the unique opportunity to race in a longer distance swims and compliment it with a 5 K Run. Congratulations to **Sheryl Larsen**, **Jannine Houston** and **Kevin Aldrich** for their results in the 2 Mile Swim and 5K

Splish Splash Dash Swim and 5K offers a variety of swim and run combinations at Lake in the Hills

[1 MILE SWIM OVERALL](#),

[2 MILE SWIM OVERALL](#)

[1 MILE SWIM + 5K OVERALL](#)

[2 MILE SWIM + 5K OVERALL](#)

	Sheryl Larsen	Elmhurst	IL	711	44	1 F	40-44	1:25:03.4
24	Jannine Houston	Elmhurst	IL	733	34	2 F	30-34	1:35:36.9
29	Kevin Aldrich	Elmhurst	IL	702	46	3 M	45-49	1:44:43.2

[500 YARD SWIM and 200 YARD SWIM](#)

June 24 Subaru Women's triathlon always draws a large field. Special Congratulations to **Katie Travers** who completed her **first triathlon** with an impressive 1:32:36 and was 13th in her age group. Additional congratulations to **Karen Fitzer**, **Julie Travers**, **Christine Lipa** and **Jannine Houston** who all had great races. The Subaru race is a great place for women interested in getting started in triathlons and supports Ovarian Cancer Research.

NO	FN	LN	OVERALL	DIVPL	SEXPL	TIME	SWIM	TRANS 1	BIKE	TRANS 2	RUN
2078	Susanah	Moroney	26	13/26	26/1885	1:17:36	11:46	3:18	39:23	1:49	21:22
1124	Kelli	Marti	112	20/419	112/1885	1:24:22	14:02	4:13	42:02	1:23	22:45
1860	Jessica	Urgo	172	19/103	172/1885	1:26:42	13:07	2:53	46:36	1:45	22:22
811	Jannine	Houston	195	42/419	195/1885	1:27:32	11:28	3:30	42:48	1:56	27:52
2063	Christine	Lipa	256	23/26	256/1885	1:29:38	17:04	3:33	47:36	1:18	20:08
287	Elizabeth	Carlson	368	7/52	368/1885	1:32:04	10:34	5:29	44:49	2:27	28:46

553	Karen	Fitzer	379	85/419	379/1885	1:32:25	13:43	4:21	45:34	1:59	26:51
1841	Katie	Travers	390	13/33	390/1885	1:32:36	11:45	4:56	46:42	2:14	27:00
299	Monica	Caster	402	90/419	402/1885	1:33:10	13:05	3:48	45:55	1:34	28:49
1502	Bethanie	Reidinger	490	79/315	490/1885	1:34:34	17:01	3:47	44:19	2:29	26:59
1123	Kristin	Mart	577	88/315	577/1885	1:36:03	13:51	4:59	42:00	2:38	32:38
1389	Tina	Park	606	145/419	606/1885	1:36:39	17:17	6:10	45:21	2:40	25:13
470	Kathleen	Durkin	750	174/419	750/1885	1:39:41	14:23	4:51	50:28	1:58	28:03
1224	Michelle	Milani	755	175/419	755/1885	1:39:49	12:52	5:15	50:52	3:00	27:52
1840	Julie	Travers	761	64/174	761/1885	1:39:52	20:28	4:32	49:21	1:42	23:51
1197	Mia	McPherson	818	121/263	818/1885	1:40:45	15:06	5:31	46:11	3:08	30:51
440	Janet	Doherty	830	194/419	830/1885	1:40:53	18:03	4:48	49:02	1:59	27:03
542	Kimberly	Ferraro	836	196/419	836/1885	1:41:01	15:09	3:59	48:19	1:47	31:49
1106	Nuala	Maloney-Murphy	853	199/419	853/1885	1:41:19	16:09	4:50	47:55	3:15	29:13
1585	Sheila	Salyers	930	217/419	930/1885	1:42:33	14:54	4:39	53:11	2:28	27:23
1037	Jodi	Leonard	977	168/315	977/1885	1:43:30	13:26	5:05	53:25	1:43	29:53
889	Christine	Juneman	1003	234/419	1003/1885	1:43:59	17:32	5:07	50:29	2:22	28:31
668	Nancy	Grady	1067	181/315	1067/1885	1:45:23	15:08	4:59	51:18	2:06	31:53
1364	Kathy	Orange	1081	152/263	1081/1885	1:45:40	15:15	5:19	53:03	2:01	30:04
381	Courtney	Damm	1116	25/101	1116/1885	1:46:17	15:35	5:23	50:34	2:13	32:34
606	Katie	Gallagher	1241	282/419	1241/1885	1:48:55	16:50	4:49	53:03	1:55	32:20
561	Kerry	Folkerts	1257	182/251	1257/1885	1:49:11	15:30	7:04	57:01	2:52	26:46
1272	Kelly	Muisenga	1424	40/101	1424/1885	1:53:26	15:20	7:29	59:03	4:05	27:32
997	Stacy	Krueger	1480	140/174	1480/1885	1:55:33	17:12	5:52	52:23	3:21	36:47
1837	Vicki	Trajcevski	1488	347/419	1488/1885	1:55:50	17:03	5:07	59:50	2:30	31:22
933	Kelly	Kielminski	1619	43/52	1619/1885	2:02:08	19:27	4:27	59:33	2:39	36:04
1614	Dianne	Schiltz	1711	392/419	1711/1885	2:09:11	15:50	13:18	1:03:54	2:43	33:28
1726	Eleni	Spyropoulos	1720	394/419	1720/1885	2:09:49	18:06	6:10	1:08:53	2:17	34:25
1679	Caryn	Skiles	1800	308/315	1800/1885	2:17:16	24:31	10:46	1:00:07	7:51	34:03

With the warm weather here and the new East End pool open, we will be doing workouts at East End pool on Mondays and Thursdays at 7:30pm. There are 4 laps lanes at that time. The workouts are Karen and my Ironman training workouts, but we have people who are doing shorter distances working out with us also. I can easily modify the main set. Please note that these are not formal coached workouts, but if you're looking for a good workout with friends please come by and join us. In the event that East End is closed (bad weather) we'll be swimming at Court's Plus.

Additional links of interest

Elmhurst Triathlon Club <http://groups.google.com/group/elmhursttriclub>

Dave Polkow www.tricoachdave.com

Elmhurst Bicycle Club www.elmhurstbicycling.org

Elmhurst Running Club www.elmhurst-runners.com

Total Immersion swimming www.totalimmersion.net

The Bike Shop Glen Ellyn <http://www.thebikeshopge.com/>

Karen k.zenisk@comcast.net

Multi-sport Coordinator

Elmhurst Running Club, Inc.



Triathlon_Club_To
_fill_out_in_person.d

Special Events

Peak Performance with Coach Charlie Kern:

Peak Performance Training, developed by Coach Bill Leach, features a series of unique exercises designed to strengthen the body's core: hips, abdomen, back, middle and upper torso. These exercises are designed to improve your strength, balance, coordination, flexibility and ultimately, your running performance. This fee-based program is offered through CARA at www.cararuns.org and is held at the pavilion on York St. and the Prairie Path.

Accelerade Offer to ERC Club Members:

Our race sponsor has extended a special savings program to all ERC club members. You can now order Accelerade, Accel Gel and Endorox R4 products online at an introductory 30% savings. There is a flat \$5.99 for shipping and the club receives a 5% rebate on all member purchases. Check it out at www.accel sport.com/elmhurstrc Please provide feedback on the process. Thanks!

Annual Picnic

Mari Jo Hecker has offered to help coordinate this year's family picnic at Butterfield Park on Saturday, August 25. Please mark your calendars and consider helping out. She can be reached at hecker1@sbcglobal.net

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!

Web Sites

Elliot Kaufman is in the process of redesigning our main club Web site based on feedback at the annual party. Log on at www.elmhurst-runners.com to see the work in progress over the next few months . . . New this year, only people that pay dues will be listed on our official ERC roster. Please send your dues to the club at 769 Saylor in Elmhurst, IL 60126. If you have no changes to your personal information dues are \$15 individual and \$25 for family per year. Please make checks payable to the Elmhurst Running Club, Inc.

If you are a new member or have address/phone/e-mail changes, please download an application from our website (<http://www.elmhurst-runners.com/documents/application.pdf>)

In addition to supporting our club activities, your dues entitle you to specific discounts at the following stores:

Dick Pond Athletics 124 N. York St. Elmhurst 10% of clothes and accessories; no special discount on shoes, shoes always discounted.

The Competitive Foot 102 N. Marion St. Oak Park and 814 Hillgrove Ave. Western Springs 15% discount on shoes and a 20% discount on clothing

New Balance Oakbrook 17W490 22nd Street Oak Brook - 10% off all shoes and apparel

ERC Birthdays

7/1 Michael Czuba

7/3 Jason Brandt

7/7 Caroline Parisi

7/7 Beth Szopko

7/13 Stephanie Brandt

7/16 Paul Marcotte

7/23 Jayne Aspan

7/23 Carrie Floss

7/23 Joe Shostak

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

Other News

Please be careful on the Prairie Path

A 16 year old girl was accosted while running on the Prairie Path in early June around 3pm near the Gazebo. Three assailants attacked her from behind and knocked her to the ground. She was running alone while wearing an iPod.

While she is physically alright now and the perpetrators have been apprehended, please let this be a warning to be careful while running. Run with a partner whenever possible and NEVER wear a radio or iPod when running alone.

General Club Information

Saturdays and Sundays at 7:00 a.m.

Mondays 5:00 a.m. - 45 min. at 9:30-10:00 pace with Elmhurst Tri Club

Thursdays 5:00 a.m. - 1 hour tempo/long intervals run with Elmhurst Tri Club

Marathon Training with I-Runs - Saturdays at 6:00 a.m.

Speed Work (May - Oct): Tuesdays at 6:30 p.m.

Additional Offerings: CARA competitive team, long distance and multi-sport training, organizers of the Community Bank of Elmhurst 4 on the 4th race, occasional forest preserve and hash house harriers runs, numerous social events.

All runs begin at the gazebo on the Prairie Path near Spring Road in Elmhurst.

ERC Runners Council

Each year we divide up the activities involved in support of the club. Of particular need is someone to submit news releases to the local press about our programs and events (see Communications Coordinator position). All coordinator roles are posted at

http://www.elmhurst-runners.com/documents/Coordinator_Roles_2007.pdf

Please consider volunteering for an unfilled position or work with someone already listed. Simply pick a position that interests you and get involved!

Newsletter

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

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