

Elmhurst Running Club Newsletter

July/August 2004

Congratulations to our first-time triathletes: Jayne Aspan, Norm Damer, Maureen McCoy and Linda Davies. They've turned in some very impressive performances in some very challenging events.

Mark July 4, 2005, on your calendar! What started out as a New Year's Day 5K is now a 4-miler on the 4th of July! Read more about this exciting endeavor in the ERC Special Events section.

Summertime groups are running as follows:

Wednesdays:

6:30pm your choice: trail run or track workout.

Saturdays:

6:30am Marathon Training – follows Hal Higdon training schedules.

7:00am Optional Early Warm-up for 7:30 run.

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

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.

ERC Runners Council

Each year we divide up the activities involved in support of the club. 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.

Distance Training

The 18-week Marathon training is underway and meets at 6:30am on Saturdays. The Chicago Marathon is October 10. Applications for this event are now available in the club box. Training for the Chicago and Crystal Lake Half-Marathons has also begun. Events are Sept. 19 and Sept. 12 respectively. If you're interested in either of these programs or have any questions, please contact **Kurt Fiene** at kurt.fiene@ca.com.

There are also a couple of 10 mile races to consider and they are:

Sat Aug 14	Waterfall Glen Forest Preserve	10 miles
Mon Sept 6	Park Forest Scenic 10 miler	10 miles

ERC has received an e-mail from the Spinal Cord Injury Association of Illinois. If anyone is interested in running the marathon for a charity, here is their link [Run for Those Who Roll](#)

Training at 6:30am is:

Kristi Blessing
 George Bode
 Mark Boozell
 Julie Bruns
 Mary Anne Clark

Erin Fiene
 Noel Griffin
 Jennifer Hagstrom
 April Hyravy
 David Manchester

Mary Beth McLean
 Molly Nechvatal
 Joe Short
 Jeremy Wernick

***Wear your new ERC gear when training!!! We want to spread the word.**

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. Workouts are usually a total of 2 miles, ranging from 200m up to 800m intervals. Concurrent trails runs also meet at the gazebo. Any questions, contact **Kurt Fiene** at kurt.fiene@ca.com

Additional Weekday Runs

Looking for running partners during the week or have an event of interest? Help us test out a bulletin board type of addition to our website. Once you register, postings can be made at www.elmhurst-runners.com/forum/ Please be sure to include the day(s), time of day and pace you'd like to run. Let us know what you think about this new method of coordinating our group.

Upcoming Events

* Sun Aug 1	Chicago Distance Classic	Chicago
Sun Aug 1	Coon Creek Classic 10K	Hampshire
Sun Aug 1	Amphibiaman Sprint/Olympic Triathlon	Delavan, WI
Sat Aug 14	Waterfall Glen Xtreme 10 Challenge	Darien
Sun Aug 15	Pleasant Prairie Triathlon	Pleasant Prairie
Sat Aug 28	Taking it to the Streets 5K	Addison
* Sat Aug 28	DeKalb Cornfest 10K	DeKalb, IL
Sun Aug 29	Fleet Feet Super Sprint Triathlon	Chicago
Sun Aug 29	Windrunner at Danada 10K	Wheaton
Sun Aug 29	Chicago Triathlon	Chicago
* Mon Sept 6	Park Forest Scenic – 10m	Park Forest
Sat Sept 11	Lake Geneva Extreme Series Triathlon	Fontana, WI
* Sun Sept 12	Alpine Races – 10K	Lake Zurich
Sun Sept 12	Crystal Lake Half-Marathon	Crystal Lake
Sun Sept 12	Ironman Wisconsin Triathlon	Madison, WI

* indicates CARA circuit races

August substitute for Forest Preserve Run

Race Results

Marionjoy 5K 7/25/04

Christine Lipa, 2nd overall and 1AG, 19:39

Oak Brook 5K/10K 7/25/04

Lou Herrera 10K 1:15:28

Kristy Howland 5K 19:20 1st overall female and 1st AG

Spirit of Racine Triathlon Half Ironman 7/25/04

	<u>Overall</u>	<u>Swim (1.2m)</u>	<u>Bike (56m)</u>	<u>Run(13.1)</u>
Karen Zenisek	5:25	30:44	2:58	1:51
Dave Polkow	5:33	34:45	2:47	2:04
Debbie Henke	6:04	38:39	3:22	1:55

Reebok Triathlon 7/25/04

	<u>Overall</u>	<u>Swim (.75K)</u>	<u>Bike(23K)</u>	<u>Run(5K)</u>
Karen Schaefer	1:25:13	12:00	44:03	24:28
Linda Davies	1:56:02	17:44	59:31	31:07
Suzanne Martin	1:43:01	16:52	49:35	27:59
Jayne Aspan	1:30:18	14:43	47:33	22:48
Tracy Gainer	1:34:30	17:18	45:01	26:17

Bix 7 Miler Quad Cities 7/24/04

Erin Fiene 50:07

Stoneman Sprint Triathlon 7/17/04 (500 yard swim/12m bike/3m run)

Jeff Fitzer 1:07:47 Swim 10:20, Bike 37:19, run 20:09
Karen Schaefer 1:18:43 Swim 10:42, Bike 43:40, Run 24:22
Jayne Aspan 1:24:05 AG 3rd Swim 15:11

Galloping Ghost 5K (7/17/04)

Kristy Howland, 1st AG 40-44, 18:58
Christine Lipa, 2nd AG 40-44, 19:16
April Hyravy, 3rd AG 30-34, 20:14
Mari Jo Hecker, 4th AG 40-44, 21:44
Julie Bruns, 5th AG 20:33
Doug Pearson, 8th AG 35-39, 17:24
Dennis Borawski, 17th AG 50-54, 23:07
Susan Langer, 4th AG 19:39
Buffi Gibbons, 30:41

Danskin Triathlon 7/11/04 (1/2m Swim/12.4m Bike/3.1m Run)

Maureen McCoy 1:48:58 – Swim -29:12, Bike – 44:37, Run – 28:58

Valparaiso Triathlon 7/10/04(1/4m swim/12.4m bike/3.1m run)

Bob Richards 1:13:00 AG 1st, Swim 10:30, Bike 37:59, Run 21:24

Glen Ellyn Freedom Four on 7/4/04

Karen Lipa, 1st age group, 27:59

Christine Lipa, 1st age group, 25:53

Lemont Freedom Run 10K 7/4/04

Doug Pearson 38:16 AG1st

Park-to-Park 5 Miler, Bloomington, IL, 7/4/04

Julie Travers 37:51 AG 3

Twin Lakes Triathlon, June 30 (1/2m Swim/14.5m Bike/4.9m Run)

Norm Damer, AG 35 Swim - 16:04, Bike - 52:30, Run - 36:43, Overall - 1:45:16

Dave Lynam Swim - 14:10, Bike - 48:48, Run - 55:08, Overall - 1:58

Run for Autism 5K 6/27/04

Kristy Howland 1st AG 40-44- 19:08

Bob Richards 3rd AG 55-59- 20:00

Doug Pearson 4th AG 35-39- 17:52

Elkhart Lake Triathlon, Elkhart, WI, June 12 (1K Swim/30K Bike/8K Run)

Dave Lynam Overall 2:26:13 Swim - 22:03, Bike -1:05:55, Run - 51:22

Flying Pig Marathon, Cincinnati, OH, May 2

Dave Lynam 4:45

Glen Ellyn Cross Country runs end July 27. Some of the highlights of the season included:

Karen Lipa, age 11 4:28 best race to date for the 3/4 mile grass course

Also running the 3/4 mile each week have been **Diane Lipa** and **Jenny Lipa**.

Christine has been running the 1.5 mile master division each week.

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)

CARA News

Green Division standings through end of June.

- 1. Fleet Feet Sports 131
- 2. Elmhurst Running Club 123
- 3. Alpine Runners 106
- 4. Frontrunners 63
- 5. Chicago United Running Club 50

Multi-Sport Training

The Elmhurst Running Club saw a record number of participants in Triathlons this month. Congratulations to all of you: **David Lynam, Norm Damer, Suzanne Martin, Jayne Aspan, Karen Schaefer, Linda Davies, Maureen McCoy, Debbie Henke, Dave Polkow, Kevin Kaufman** and many of you that I might have missed.

Congrats to **Norm Damer** for successfully completing his first triathlon at *Twin Lakes*. **David Lynam** joined Norm at this sprint race and was home in time to enjoy breakfast with his kids.

Debbie Henke completed a very successful *Big Foot Olympic* triathlon in Lake Geneva Wisconsin, with beautiful weather to compensate for the rain out in Galena.

Maureen McCoy completed her first triathlon at *Danskin's Pleasant Prairie* race. Maureen's inaugural race had her riding at a 16.6 mph average. Way to go Maureen!

Jayne Aspan completed her first triathlon at *Springfield* and along with **Karen Schaefer** took 3rd in their age group. Way to go ladies! Not only 3rd in age group but also a tough swim in choppy water, what a fantastic result for both Jayne and Karen

Reebok's Naperville triathlon saw **Suzanne Martin, Jayne Aspan, Karen Schaefer and Linda Davies** have outstanding races and share in the spirit of women's racing. **Karen Schaefer** had an outstanding race and completed the course in 1:25 minutes with **Jayne** following closely with 1:30 and **Suzanne** with 1:45. Congrats to **Linda Davies** for completing her first triathlon and doing the swim in 17:44, just 6 months from when she first got in the pool and a total race time of 1:56.

As I was finishing the *Spirit of Racine 1/2 Ironman Triathlon*, I looked down onto Lake Michigan and saw shades of blue water deepening into the horizon, with sailboats gracing the horizon. I then looked up in the sky and saw a band of light with the colors of the rainbow (a sundog?) and knew that I had answered the question that I asked 6 hours earlier as I stood on the shore of Lake Michigan waiting for the start of the swim wondering, "why do I do this?"

Congrats to **Debbie Henke** for completing her first 1/2 Ironman in a very rough water swim and an impressive 6:04 time. Hard to imagine that a year ago her swim was preventing her from doing more than just sprint distances.

Dave joined Debbie and me at *Spirit of Racine* and had an outstanding bike of 2:48 minutes and an average speed of 20 mph. Pretty darn impressive. **Kevin Kaufman** completed the race in 5:28 minutes and was supported by Elliot and family

The best part was the joy and fun of having family and friends to participate with and cheer us on. Not only do they show up and wait for hours to see us for 20-30 seconds but they also put up with our absences around the house, the chores left undone and understand our perpetual lateness. Special thanks to **Elliot Kaufman** for his words of encouragement, the entire **Polkow family** for Dave's absence at baseball games, to **Bart Henke** and Koho who often have to occupy their time in Debbie's absence and to my family who dog sat, were our taxi drivers and provided accommodation. You are the real heroes!

This is a great race, if you are thinking of doing a 1/2 Ironman this may be the one for you.

Tip: Ever here the myth about using a plastic bag to get your wetsuit on? Sure didn't work for me. If you are thinking of purchasing a wet suit, the Fleet Feet offers a rental option on Saturday morning at Ohio street beach. Cost \$5.00

There is a lot of racing happening in the month of August so keep me posted. Upcoming races include *Lake Zurich, Chicago and Pleasant Prairie*.

There are plenty of races out there and if you would like to learn more check out <http://www.chicagoaa.com/calendar/smu.html> or <http://www.trifind.com>

Call or e-mail me with your questions.

Karen Zenisek k.zenisk@comcast.net **Multi-sport Coordinator - 630-530-0793**

ERC Special Events

ERC Race Update– The committee met on July 19 to discuss the proposed race. It was the consensus of the group to move forward with the city’s recommendation and utilize the July 4th parade route. The premise is a “4 on the 4th”, two-loop, four-mile course that showcases the best of downtown Elmhurst and the museum campus as well as promotes us as a running town. The course would lend itself to an economy of resources and great spectator support. The opportunity for sponsorship is strong by leveraging City Centre and other nearby businesses. The ability to tie into a charity thematically exists as well.

You may ask why we would undertake such an endeavor? Who better than a running club to put on a first-class competitive event? Yes, there are financial benefits to the club as well as a potential charity but there is also a great opportunity to provide a core event where everyone in the club can play a role. Not to mention, it could be a great deal of fun!

Now we need to hear from you! Below are the list of committee members and their areas of responsibility. The committee is open to members at any time but more importantly, please feel free to contact anyone listed below if you have questions, would like to volunteer, or have other feedback. Everything will be needed from packet stuffing in advance of the event as well as race day support. If you have any ideas regarding any of the areas or connections we might be able to leverage, please contact us! Although several people will be involved in different areas, here are the key point people:

Overall Direction:	Bob Richards, Susan May, Kurt Fiene
Sponsorship/Incentives:	Kareen Ripperda, Mary Anne Clark, Susan May
Course Management:	Kurt Fiene, Dave Polkow, Darryl May
Volunteers:	Anne Klein, Lori Wallace, April Hyravy
Appl. /Incentives Design:	Todd Ripperda
Promotion/Incentives:	Dawn Gould, Jayne Aspan
Online Registration:	Todd Ripperda
Publicity:	Bob Richards
Permits & Finance:	Lou Herrera
Legal:	Dave Lynam
Miscellaneous:	Linda Davies

Their e-mail addresses and phone numbers are listed below. Please let us know *your* thoughts!
Thanks!

Jayne Aspan	516-0544	j.aspan@comcast.net
Linda Davies	832-9188	twodelta@aol.com
Kurt Fiene	834-5691	kurt.fiene@ca.com
Dawn Gould	554-5955	d.gould@goesincentives.com
Lou Herrera	832-4803	lherrer@nicor.com
Anne Klein	834-5718	abklein2@comcast.net
April Hyravy	960-5528	april.hyravy@us.bosch.com
Dave Lynam	833-2014	dave@lynamlaw.com
Susan & Darryl May	941-0926	themays769@comcast.net
Dave Polkow	832-8131	dapolkow@aol.com
Bob Richards	832-1765	bobnanrun@aol.com
Kareen & Todd Ripperda	279-2213	kareen@cleaning-supplies.com/tripperda@trconsulting.com
Lori Wallace	279-3528	lori1@brewersewing.com

Family Picnic – A huge “thank you” **April and Garrick Hyravy** who opened up their home to us for the picnic. A wonderful mix of new folks and old-timers, it was great to catch up with what’s happening when we’re not on the path! “Thanks” also to **Anne Klein, Mary Anne Clark** and **Christine Lipa** and their families for the great kids’ activities and additional shade along with **Anne, Kristy Howland** and **Jayne Aspan** for assistance with the club shopping and décor. A wonderful time was had by all.

Starbucks Run – Over twenty of us met for a run of the proposed race course on July 5. The feedback was great and it was fun to try something different. Check out the pictures posted on the web!

Reebok Shoe Clinic – Look for information via e-mail on the rescheduling of this event. If you’re not on the e-mail list but have particular interest in attending the clinic, please leave Susan a voice message and she’ll ensure that you’re contacted by phone once we have the new date.

Forest Preserve Runs

Come experience some wonderful scenery for your next distance run. August 14 is the date of the ***Waterfall Glen Extreme 10 Challenge***. Run primarily on limestone trails, it’s a great opportunity to run on soft surfaces with complete water stop support. In addition to the 10-mile trail run at 8:00am, there’s also a 1-mile kids run. Monetary prizes will be awarded. Please e-mail the club box (or leave a phone message) by August 10 if you will be attending so that we can coordinate the carpools. You can sign up via the web at

https://www.signmeupsports.com/Events/Index_Events.asp?EventID=26389

or find applications in the club box. See you there, Jim!

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!

Website

Be sure to check out the latest and greatest on the website. **Elliot Kaufman’s** done a wonderful job redesigning the front end and posting updated pictures. The newest additions are the Professional Directory and Message Board. Please be sure to check it out and provide your feedback. Log on at www.elmhurst-runners.com Thanks, Elliot!

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:

Other News . . .

Relocation

Several of you may have heard the news already but it is with sadness that we share the fact that **Dennis Borowski** will be relocating with Kellogg back to Michigan. It was a short two years that Dennis was able to run with us but the impact of his friendship will be felt by many for a long time to come. From his enthusiastic first club run garnering him the “Newcomer of the Year” award to his commitment to last year’s marathon training group, he’s been a model to us all. You will be missed, Dennis! (On the “up” side, we hear he and Marilyn have a great new house on a lake . . . road trip time!)

New Addition

Congratulations to **Buffi Gibbons** on the birth of her son, Sam, last April. He’s an adorable addition to the Gibbons family. We look forward to running with you soon!

ERC Singlets

Pictures of the new ERC running gear can be viewed on the website under the Starbucks Run section of the Photo Gallery (thanks Terry and Christine!). The moisture-wicking tops are white with forest green/black inserts along the side panels and the corresponding shorts are available in both side split and fuller coverage shorts in forest green. Inventory exists in all sizes except women’s small singlets and medium full-cut shorts. They are being sold for \$15 each or \$25 a set. To order yours today, contact Susan at the club mailbox. Not just for races, they’re the perfect answer to the warm weather training.

Newsletter

Submissions to the September newsletter can be forwarded to **Julie Travers** at katkmt@comcast.net Information and questions are also welcome at the general club mailbox or via phone at 630-941-0926. Thanks!

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