

Elmhurst Running Club Newsletter

June 4, 2003

Congratulations to Kristy Howland on the first female finisher at the Tour De Foot!!!!!! Kristy finished with an amazing time of 19:50. Also congratulations to Jayne Aspan on achieving a PR in the 5K at this year's Tour De Foot. She finished 2nd in her age group with an amazing 22:26. Jayne, we all want to know what's in your morning coffee.

Congratulations as well to Sue Langer on her 4th consecutive win at the Annie Ryan Run. 19:10 on little training? Very impressive!

Last but not least, congratulations to the Elmhurst Running Club's distance team of Fiene, Aspan, Clark, Eddington, Heavrin, Howland, Johnson, Luse, Schaefer, Sanders and Travers on their 2nd place team finish at the 5/3 Bank Half Marathon. Way to put the club on the map! Congratulations!!!!!!!!!!!!!!!!!!!!

New Members

We would like to officially welcome the following new members:

Cathy Berry

Yolanda Mathews

Roni Smith

Jennifer Hagstrom

Armeline Mirretti

We look forward to running with all 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 will begin Monday, June 9. The training for the Chicago Half-marathon will begin on Monday, June 16. If you're interested in either of these programs or have any questions, please contact Kurt Fiene at kurt.fiene@ca.com.

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 – kids on strollers & bikes welcome; ETD 9:00am

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

<i>Fri/Sat Jun 6&7</i>	<i>Relay for Life at York H.S. – 6pm - 7am</i>	<i>Elmhurst</i>
* Sun Jun 1	Roselle Run for the Roses – 5K	Roselle
Sat Jun 7	Joe Newton Run for Education – 5K	Elmhurst
* Sun Jun 8	Walter Payton Sweetness – 5 & 10K	Aurora
Sun Jun 8	North Shore Half-marathon	Highland Park
Sat Jun 15	Chicago 1/4 Marathon – 6.55m	Chicago
Sat Jun 14	ERC Marathon Training Begins	Elmhurst
Sat Jun 21	ERC Forest Preserve Run – 6:30am	Herrick Lake - Wheaton
Sun Jun 22	ERC/Hash House Harriers Run – 2:00pm	Thatcher Woods
Sun Jun 22	Rivers Edge Women's Triathlon	Naperville
Sun Jun 29	Twin Lakes Triathlon	Palatine
Fri Jul 4	Freedom Four – 4m	Glen Ellyn
Sun Jul 13	Splash Pedal Dash Triathlon/Duathlon	Schaumburg
Sun Jul 13	Annual Family Picnic – 1pm	Elmhurst

*CARA circuit race

For those of you who really like to plan ahead, on-line registration are 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 1/4 Marathon* (6.55 Miles) tentatively scheduled for Sunday, June 15. Mark your calendars now!

Race Results

Our apologies if we missed anyone . . . please let us know! Also please submit your race results to Julie Travers (katkmt@msn.com) or Mary Anne Clark (matjclark2@aol.com). We want to know everything! We really want to be able to track everyone's progress and PR'S this year. Don't be shy! Be proud of your accomplishments . . . we are! Lastly, if anyone has pictures from races, please forward a copy to Susan May at 769 Saylor, Elmhurst, 60126. Thanks!

5/3 Bank Half-marathon

Bill Sanders - 1:24:32; place 9/177

Bob Luse - 1:28:08; place 6/201

Pete Eddington - 1:28:44; place 7/131

Kristy Howland - 1:32:21; place 2/129 & AG2

Kurt Fiene - 1:34:15; place 22/201

Mary Anne Clark - 1:34:30; place 4/185 & AG 3rd

Jayne Aspan - 1:41:45; place 10/185

Julie Travers - 1:46:03; place 15/129

Todd Johson - 1:48:39; place 87/178

Karen Schaefer - 1:52:09; place 33/178

Laura Heavrin - 1:58:02; place 59/185

Special recognition to **Kristy Howland** as she finished **2nd** overall in the female masters division and only three minutes off her collegiate best for the half marathon distance. If we could all only age so well!

Elgin Valley Fox Trot

Bill Sanders - 1:05:09.9; 6th in age group
Doug Pearson - 59:57.7; 9th in age group
Pete Eddington - 1:08:07.6; 14th in age group

Kurt Fiene - 1:01:40.2; 6th in age group
Mark Montgomery - 1:01:37.2; 12th in age group
Ruth Buffalo – 1:26:29.9; 21st in age group

You guys are just awesome!!

Western Springs Tower Trot (10K & 5K)

10K Results

Jayne Aspan - 47:04; 2nd in age group
Julie Travers - 47:05; 3rd in age group
Terri Stout - 51:12; 13th in age group

5K Results

George Christopher - 21:00; 5th in age group
Jayne Aspan - 24:42; 5th in age group
Julie Travers - 24:56; 9th in age group

Excellent job! What's with the back-to-back races, Julie?

Flying Pig Marathon

Bob Richards 3:34:06; 3rd in age group

Very impressive, Bob!

Universal Sole 10 Lakefront 10 Miler

Ruth Buffalo - 1:31

Way to go, Ruth!

Annie Ryan Run

Thank you to Ronnie and Paul Ward for carting the club information table to the Annie Ryan Run and to Linda Davies for copying the information sheets and Kristy Howland for delivering them to all the race directors for inclusion in the race packets. Thanks for helping us get the word out.

Sue Langer – 19:10; first female

Anne Klein - 27:00

Todd Johnson - 26:20

Bob Pintozzi - 29:20

Mari Jo (waiting for results)

Pam Pintozzi - 29:30

Tom and Scott Klein - 30:00

Ronnie and Brittany Ward - 47:15(walked)

Laura Klein - 61:00 (walked)

Congratulations to all!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Tour De Foot

Mark Montgomery - 6:57; 1st in age group

Doug Pearson - 17:18; 2nd in age group

Kurt Fiene - 17:38; 1st in age group

Bob Luse - 19:08; 4th in age group

Pete Eddington - 19:41; 2nd in age group

Kristy Howland - 19:50; First Overall Female

George Christopher - 21:09; 5th in age group

April Hyravy - 21:10; 2nd in age group

Jennifer Hagstrom - 21:47; 4th in age group

Mari Jo Hecker - 21:51; 1st in age group

Jayne Aspan - 22:26; 2nd in age group

Julie Travers - 22:32; 1st in age group

John McKoane - 22:36; 2nd in age group

Lori Wallace - 23:24; 3rd in age group

Elliot Kaufman - 25:08; 5th in age group

Paul Ward - 25:28; 7th in age group

The club sweeps the metals at the Tour De Foot once again! Congratulations to all!!!!!!!!!!!!!!

Great Western 30K

Mark Montgomery 1:56:36

Doug Pearson 1:58:24

Kristy Howland 2:19:58 5th female overall, 2nd in age group, 58th overall.

We are so proud of you Kristy! You are amazing! It pays off to run with the guys on Saturday mornings!!!!!!!!!!!!!!!!!!!!!! Amazing results!!!!!!!!!!!!!! Congratulations!!!!!!!!!!!!!!

Kurt Fiene 2:03:31

Pete Eddington 2:26:28

Ravenswood 5K

Mark Montgomery - 16:56

Doug Pearson - 17:26

Kurt Fiene - 18:15

Bob Richards - 19:30

April Hyravy - 21:56

Tracey Wilson - 23:02

Congratulations April, your times have been amazing this year!!

Race That's Good for Life

Mark Montgomery - 17:13

Kurt Fiene - 18:09

Bob Richards - 19:42

Doug Pearson - 17:22

Tracey Wilson - 22:41

Christine Lipa - 27:10

Congratulations!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Forest Preserve Runs

The June FPR will be 6/21. We will be going to *Herrick Lake* in Wheaton. They have expanded it to include more trails. We will meet at 6:30 a.m. at the Gazebo or 7:00 a.m. at Herrick Lake.

The July FPR will be 7/20 at *Waterfall Glen*. We will meet at 6:30 at the Gazebo and arrive at 7:00 a.m. There are only a few water fountains around the 10-mile loop so you need to carry water.

CARA News

Upcoming CARA Circuit Races

June 1 Roselle, Run for the Roses 5K

June 8, Aurora, Walter Payton Sweetness 10K

July 19, Wheaton, Galloping Ghost 5K

In Other News . . .

Congratulations to Ashley Cozzi, on her qualification for the 7th Grade Conference Meet. She's been running: 40 seconds ahead of anyone in her class. Rumor has it that brother, Brett, isn't far behind.

Congratulations also to Terry Strandt on his upcoming Ordination as a Visitation Pastor in the Baptist Church. Terry we are so proud of you!

Last but not least, congratulations to Erin Fiene on her recent graduation from Augustana College. It's good to be running with you again!

Newcomers Run

Awesome turnout for the 2003 Newcomers Run. Over 60 people came to check out the club. Thank you to Jayne Aspan, Maureen McCoy and Anne Montgomery for putting it all together. We had beautiful weather, an easy run and great post-run fellowship. A wonderful opportunity to renew old acquaintances as well as meet new runners, it was a great success. Also thank you to Phil Barry and the Printing Store for the great deal on the invitations for the event.

Relay for Life

It's here! This weekend, June 6-7, is our fifth Relay for Life. April Hyravy, Jayne Aspan, Anne Klein and Karen Zenisek are coordinating this year's event. For those unfamiliar with the Relay, it is a sixteen-hour, relay-style running/walking event where each team has representation on the York H.S. track at all times (even by candlelight in the middle of the night!). The goal is to raise awareness and funds for cancer research, prevention and cure. Our team is number 38 and everyone is welcome to stop by our tent on the west side of the track to check it out and say "hello!" The event will start at 6:00 p.m. and conclude at 7:00 a.m. the next morning. Please bring goodies and join in the fun. Thank you also to all who have already sponsored the team. Your contribution makes a difference. Contact April Hyravy with any questions at april.hyravy@us.bosch.com.

Multi-Sport Training

The official kick-off for multi-sport season began with the *Galena Duathlon and Triathlon* race held on May 17. The water temperature for the triathlon was an official 61.3 degrees but thankfully (I think) above the 60-degree minimum. The event is a beautiful point-to-point race from Apple Canyon to Recreation Park just outside of Galena and consists of a 660-yard swim for triathlon and 2 mile run for duathlon, 16.9 bike and 4.3 mile run. While a bit nippy in the early am, it turned out to be a beautiful day and my first sunburn of the season. The race is a wonderful reminder of why I love the sport and helps on those longer training sessions. Congrats to **Kevin Kaufman (Elliot's son)**. Jim Kennedy, Kristin Sefer, Margaret O'Connor and Michelle Kennedy all from Elmhurst also participated in the event.

Welcome Judy Rink and Debbie Henke who joined us at the Newcomers Run. Judy is training for her first triathlon this year and Debbie Henke recently moved from up state New York. Debbie joined us on the Dave Polkow fast ride with the Elmhurst Bike Club on Sunday Morning and did a fantastic job on our wild ride through Chicago and Oak Park. 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

(Editor's note: Congratulations to Karen as well on her 1:49:09 finish. She even averaged 8:22 per mile during the final 4.3 mile run phase. Way to go, Karen!)

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. More details to follow next month.

Hash House Harriers Run

The first ERC/Hash House Harriers run will be Sunday, June 22. The location will be Thatcher Woods. Those of you with young kids can bring them along (with a non-running parent, of course!), since there is a trailside museum right across the street from the forest preserve and we can get a group together to go to Kiddie Land (just a mile north of our location) either before or afterwards if folks are interested. There's ample room in the preserve for cooking out after the run as well.

The run starts at (or a little after) 2:00pm; carpools leave the gazebo at 1:30pm. To get there; take St. Charles to 290 east. Exit at 1st avenue and go north about 2 miles to Chicago Avenue. Turn right on Chicago and go about _ mile or less to the entrance to Thatcher Woods on the left. Just follow the Forest Preserve drive about _ miles to the parking lot, and we'll be there. Interested parties can contact Darryl May at themays769@attbi.com or via phone at 630-941-0926 with questions or just show up at the gazebo. *It promises to be unlike any run you've ever done . . . ! Come check it out!*

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!

(Although we know Paul & Ronnie Ward have been running extremely well during their recovery!)

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. Please let Susan May know at elmhurstrunners@attbi.com.

ERC June Birthdays

Mike Delgado 6/1

Carol Mola 6/6

Dennis Sluga 6/10

Rick Blattner 6/21

Terry Strandt 6/27

Mari Jo Hecker 6/27

Mark Montgomery 6/29

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.

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.

Happy running!

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126

<http://home.attbi.com/~kaufman18/ERC/>

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