

Elmhurst Running Club Newsletter

June 26, 2004

CONGRATULATIONS to our 5/3 Half-marathon teams. The women flew to 1st place and our co-ed team captured 3rd bringing back to Elmhurst a total of \$700! Despite the weather and lack of water on the course, great times were run by all the participants. Congratulations as well to Kristy Howland on her recent win at Joe Newton. See the Race Results Section for more exciting details.

Congratulations to Karen Zenisek and Dave Polkow on completing the Tin Man Triathlon in Baraboo, Wisconsin on 6/19. See Race Results Section for details. Dave and Karen we are so proud of you! What an accomplishment!!!!!!!!!!

Also be sure to check out the **Special Events Section** of the newsletter. From feedback on recent events to the special July 5th Run, our annual picnic, and a visit from Reebok for a foot analysis, there's a lot on the schedule in the coming weeks. Be sure not to miss these great opportunities!

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

We would like to officially welcome the following new members:

Betsy Barrett –interested in marathon training & maybe an occasional forest preserve run;

Ron Lambke – interested in both distance training and speed work;

Dave Manchester – a new addition to the marathon training program;

Ed Minor – quickly becoming a regular on our Saturday morning runs.

All Elmhurst natives, 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 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. 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.

Training at 6:30am is:

George Bode
Kristi Blessing
Julie Bruns
Mary Anne Clark
Mark Boozell

Erin Fiene
Jennifer Hagstrom
April Hyravy
David Manchester
Noel Griffin

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. 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

M-F 6/14 – 7/30 Master Swim Clinic 6:00 – 7:30am Elmhurst (East end Pool)
(To register go to the Abbey or Wagner Center)

Mon July 5

Friday July 11

Sun July 11

Sat July 17

* Sat July 17

Sun July 18

Sat July 24

Sun July 25

Sun July 25

* Sun Aug 1

Sun Aug 1

Sun Aug 1

ERC Downtown Run – 8:00am

Danskin Triathlon Series

Splash Pedal Dash Tri/Duathlon

Lake Michigan Triathlon Series

Galloping Ghost 5K

ERC Picnic-The Hyravy's House

ERC Forest Preserve Run - 7:00 a.m.

Spirit of Racine Triathlon

Reebok Women's Triathlon

Chicago Distance Classic

Coon Creek Classic 10K

Amphibiaman Sprint/Olympic Triathlon

Starbucks

Pleasant Prairie,

Schaumburg

Kenosha, WI

Wheaton

Darien

Palos Hills

Racine, WI

Naperville

Chicago

Hampshire

Delavan, WI

Sat Aug 14

Sun Aug 15

Sat Aug 28

* Sat Aug 28

Sun Aug 29

Sun Aug 29

Sun Aug 29

Forest Preserve Trail Race - 7:00 a.m.

Pleasant Prairie Triathlon

Taking it to the Streets 5K

DeKalb Cornfest 10K

Fleet Feet Super Sprint Triathlon

Windrunner at Danada 10K

Chicago Triathlon

Waterfall Glenn

Pleasant Prairie

Addison

DeKalb, IL

Chicago

Wheaton

Chicago

* indicates CARA circuit races

italics indicate ERC events

Race Results

Elgin Fox Valley 10 Miler, 5-31-04

Doug Pearson, 7th AG 35-39, 1:03:11

Fifth-Third Bank Half Marathon, 6-6-04

Women's Team: Kareen Ripperda - 1:31:28 (3rd overall female), Kristy Howland - 1:33:45 (AG1st), Mari Jo Hecker - 1:38:07 (AG1st), April Hyravy - 1:39:48, Dawn Gould -1:49:05, Lori Wallace - 1:52:09,

Co-ed Team: Jim Cassioppi - 1:29:16, Bob Richards - 1:35:41, Mike Davis - 1:36:46; Julie Bruns - 1:40:49, George Bode - 1:47:26, Jayne Aspan - 1:49:18

Also turning out strong performances that day were: Mary Anne Clark - 1:47:26, Kathleen Davis - 1:51:15; Marijean Concannon - 1:51:55; Norine Mosele - 2:14:14, Irene Holman - 2:14:30.

Roselle, Run for the Roses 5K, 6-6-04

Karen Lipa, 1st AG 14&under, 20:45

Doug Pearson, 5th AG 35-39, 17:31

Christine Lipa, 8th AG 40-44, 23:08

Joe Newton 5K, 6-12-04

Bob Luse, 4th overall & 2nd AG, 18:45

Kevin Aldridge, 4th AG, 21:52

George Bode, 3rd AG, 22:28

Paul Ward, 23:18

Dave Manchester, 23:49

Dennis Sluga, 26:41

Lou Herrera, 29:16

Kristy Howland, 1st female overall, 19:39

Susan Landers, 4th female & 2nd AG, 20:43

Julie Bruns, 2nd AG, 21:35

Julie Travers, 2nd AG, 22:30

Marijean Concannon, 2nd AG, 23:13

Patti Caron, 25:03

Congratulations also to Doug Herrera, Lou's son, who posted a great time of 22:39 for the event. Way to go, Doug!

Sweetness Aurora 10K, 6-13-04

Bob Richards - 4th AG 55-59, 43:38

Doug Pearson - 6th AG 35-39, 39:03

Jeremy Wernick - 49:10

Mari Jo Hecker - 2nd AG 35-39, 44:37

Christine Lipa - 2nd AG 40-44, 43:48

April Hyravy - 44:13

Dawn Gould - 46:42

Molly Nechvatal - 55:35

Wisconsin Dells Tin Man Triathlon Half-Ironman, 6/19/04

Karen Zenisek 5:52:28; swim 42:26, bike 3:14:07, run 1:53:27
Dave Polkow 5:48:23; swim 41:53, bike 3:01:00, run 2:00:36

Downers Grove 10 miler, 6/20/04

Mari Jo Hecker - 71:24.4 - 1st AG

I-CARE Run for Autism 5K, 6/26/04

Doug Pearson - 17:52; 4th AG
Kristy Howland - 19:08; 1st Masters/1st AG
Bob Richards - 20:00; 3rd AG

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

We are competing in the green division of the CARA circuit and need to submit at least three participants for each race we run. Please let **Christine Lipa** at jclipa@earthlink.net know if you run any circuit races.

Multi-Sport Training

June began the triathlon season in earnest. Congrats to **David Lynam** for his successful completion of the Elkhart Lake Triathlon on June 12th. **Dave Polkow** and I completed the Baraboo _ Ironman on June 19th. It's a hilly challenging course with some of the best all around triathletes that I have had the privilege of racing with. Congrats to Dave for his 5:48 minute race, including a 19 mph bike ride.

On June 12th we had an open water swim at Centennial beach which proved to be a great experience for all in sighting, deep water swimming and group swimming. Joining me were **Dave Polkow, Marueen McCoy, Tracy Gainer** and **Debbie Henke**. Congrats to Marueen for her first deep water swimming, not bad for someone who just started swimming this Spring.

Dave has volunteered to continue working on swim techniques on Monday's night at Court's Plus 8:00 PM. We are also planning another open water swim at Lake Michigan on July 10th. If you are interested in joining us, please let me know so we can set a time and arrange any carpool.

Tip: prior to a race, make sure you are familiar with the course. Driving or riding the bike course will build your knowledge and confidence for race day.

There is a lot of racing happening in the next few weeks, so please send me any details or experiences to share. Good luck **Dave Lynam** and **Debbie Henke** at Big Foot.

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>

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. If you're not quite ready for the swim portion of the triathlons, why not try a duathlon or some of the fun ride and ties.

Call or e-mail me with your questions.
Karen Zenisek, Multi-sport Coordinator
k.zenisk@comcast.net - 630-530-0793

ERC Special Events

Joe Newton Run – Kudos to **Ronnie Ward** and **Molly Nechvatal** for their willingness to help out at the Joe Newton run. We hear Ronnie really enjoyed working the finishing chute! You guys are great!

5K Race Update – Please join in a special run of the proposed course **Monday, July 5, at 8:00am** at Starbucks in downtown Elmhurst. We'd like your feedback on the potential course as well as ideas in general about this endeavor. Our next committee meeting is Monday, July 19, at 7:00pm at Epiphany Lutheran Church. The agenda will include feedback from the group on the July 5 run as well as possibly the beginnings of a discussion on charities. All are welcome.

Family Picnic – Mark your calendars for the annual ERC picnic hosted on **Sunday, July 18, from 1:00 - 4:00pm**. **April and Garrick Hyravy** have graciously offered to host. Their address is 1621 Holly Avenue in Darien. Directions will be forthcoming via e-mail in the following weeks but plan to bring an appetizer, dessert, or snack to share. Beverages will be provided but if someone has a special preference for their family, they should also bring that along. *If anyone has an interest in planning games or other activities for the kids, please contact Susan at the club e-address or by phone ASAP.* We're hoping to get several folks together to help out in this area. Thanks! Looking forward to seeing you then . . .

Reebok Shoe Clinic – Plan to be at the **Wednesday night run on July 21**. A representative from Reebok shoes will be there to conduct foot scans focused on arch height and foot pressure to help ensure you get the best shoes for your foot structure and gait. Of course, he'll have Reebok products to try out along with other premiums to give away. Those interested in jogging over from the path should meet at our regular time of 6:30pm at the gazebo. Santiago will be waiting for us at the track. Our regular workouts will still be held. There is no obligation to buy his product so whether you're running or not that night, come on out for the diagnostic test and freebies!

Relay for Life – Congratulations to all members of the 2004 Relay for Life team. It was another great year and another great event. This year the Elmhurst Running Club raised over \$2100 for cancer research and education. Even with the threat of rain, the group had a great time. Kudos to:

Kurt Fiene
Jennifer Hagstrom
Mari Jo & Ray Hecker
Kristy Howland
April Hyravv

Anne Klein
Susan Landers
Sue Langer
Suzanne Martin
John McKoane

Armaline Miretti
Judy Polkow
John & Eileen Taflan
Ronnie Ward

A special "Thank You" to all who gave financial support in the form of a group-wide donation:

Jayne Aspan
Dawn Gould

Elliot Kaufman
Christine Lipa

Susan & Darryl May
Mike & Sandy Smalley

It was great to also see **Tom Klein** and other come enjoy the evening and show their support. Thanks also to **Suzanne Martin** for the wonderful digital pictures of the event. Be sure to check them out on the website! **Thank you so much April, Jennifer, Ronnie and Karen** for coordinating this important event for the club. You're wonderful, each of you!

Forest Preserve Runs

Mark your calendars now for our next two forest preserve runs. Scheduled for **July 24** is a scenic run through the *40-Acre Woods* in Palos Hills and **August 14** offers a trail race in *Waterfall Glen*. Come experience a different part of our county. Please e-mail the club box (or leave a phone message) if you will be attending so that we can coordinate the carpools. The Gatorade's on 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. He's even added a facility to post messages. 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:

102 N. Marion St. - Oak Park - 708-246-5520
814 Hillgrove Ave. - Western Springs - 708-524-0030

The **New Balance** store in Oakbrook will also extend a courtesy discount of 10% off running shoes and apparel to Elmhurst Running Club members. They also plan to conduct a drawing of

a club member name each month to receive a special in-store gift certificate. They are located at:

17W490 22nd Street – Oakbrook – 630-782-6730

We will be sending both stores a revised list of members monthly.

Additionally, current club rosters will be available shortly. If you'd like an e-copy, please message or phone **Linda Davies** at twodelta@aol.com. With the exception of CARA, The Competitive Foot, and the New Balance store, we only distribute rosters within the club membership.

Lastly, e-mail distributions blind carbon copy ("bcc :") members of the club to minimize e-mail address exposure. If you need someone's current e-mail address, please contact **Susan May** or **Linda Davies**.

Professional Directory

We hope to revive the professional directory to help facilitate relationships for non-running related goods and services within the club . . . maybe even on the web! 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 please send the following information to Susan via the club mailbox:

- your name
- organization/business name
- type of business
- business address, phone & e-mail
- any discounts 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!)

A warm welcome back to Mary Anne Clark. Her recent performance at the 5/3 is proof that "she's baaack!" Great job, Mary Anne!

ERC Birthdays

Michael Wargo 7/4
Todd Ripperda 7/9
Jayne Aspan 7/23

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

Volunteer Opportunities

Display Club Information: Looking for individuals who drive to the path on Saturdays and/or Wednesdays 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@comcast.net or via phone at 630-941-0926.

Other News . . .

ERC Singlets

The new ERC running gear has arrived! Thank you to **Paul & Ronnie Ward** for a wonderful job pulling this endeavor together. 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. If you pre-ordered items, you should have received them. 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! **They look great and are terrific to train and race in!!!!!!!!!!!!!!!!!!!!!!**

From Kootenay National Park!

Kevin Wik writes to the ERC:

After getting too much sun at The Crazy Horse Volks March, the last couple nights in the tent have been nippy in these Canadian National Parks. If Darlene & Kyle aren't with me on longer hikes, I'm normally the fastest one on the trails! Yesterday, I did the most difficult 5.2 K hike of my life at Glacier National Park near Mt. Revelstoke that made Grand Canyon a piece of cake. It was over 15% upgrade and the last 300 meters were in the cold snow. The hardest part was getting back down and trying not to wipe out with my knees screaming! I should be back by 7/4 and hope to see you shortly thereafter. Take care.

Newsletter

Submissions to the July 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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