



Newsletter June 2007

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!

Additional contact information is posted on the Web site or you may phone Susan at 630-941-0926 with any questions and/or suggestions.

New Members

We have several new and renewing members this month. Welcome to **Bob Silis, Cheryl Boyd, Mary Caffrey, Dave Lynman, Greg St. Laurent, Ellen Coffey, Jen Mayfield, Norine Mosell, Caroline Parisis, Wilson Ray, Colleen Ries, Beth Szopko, Nick Virgillo, Scott Wallace & Jeremy Wernick**. Several of these members have expressed an interest in Marathon training. We look forward to running with you.

Marathon Training 2007

On Saturday, June 9, the Elmhurst Running Club will be 'officially' starting our marathon training for the Chicago Marathon. Training runs begin at 6:00 AM.

Marathon Training Program

Just to clarify, as we have done in the last two years, ERC will partner with another marathon training program provider. This year it will be Illinois Runs. This year is no different than the last two years for ERC members. Like the prior years if you wanted to 'upgrade' and join Illinois Runs (prior year was CARA) then great. The fee that I-Runs is asking is \$ 50 and with this a person gets a number of benefits (see Illinois Runs Website).

There is no requirement that any ERC members join I-Runs. 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). During the Saturday runs no one will know the difference between the two groups. It will be one unified partnership.

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.

Kids Running Program

The Summer Runners program for kids of all ages but particularly those in elementary or middle school begins on Monday, June 11, and will run until approximately August 3. Interested kids should meet by the gazebo at the Prairie Path for an ability-based run. They will start out with shorter distances and build endurance based on the interest/ability of the child. Each session starts and ends with stretching exercises and often plyometric games are held. Parent are welcome to chaperone pace-based groups or serve as intersection monitors. The sessions run from 8:00-9:00am on Mondays, Wednesdays and Friday. Participation can vary from week-to-week as schedules permit. There is no fee as this program is underwritten by the ERC via the July 4 race.

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

6/2 Run for the animals 5K Wheaton

6/9 Run for the stars 5K Wheaton

6/10 Commit to be fit 5K Downers Grove

6/24 Downers Grove 10M

6/24 The Westmont Beanie Baby 5K run/walk

7/4 Community Bank of Elmhurst 4 on the 4th 4M Elmhurst

7/21 Elmhurst Run for Hunger 5k

8/25 ERC Annual Picnic

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

5-6-07 FLYING PIG MARATHON, Cincinnati, OH

Molly Nechvatal, 3:46:54, 23rd F40-44

5-6-07 FLYING PIG HALF-MARATHON, Cincinnati, OH

Dave Lynam, 2:11:06, 36th M55-59

5-6-07 GREAT WESTERN HALF-MARATHON, St. Charles

Christine Lipa, 1:35:24, 2nd F45-49

Michael Barrett, 1:45:21, 10th M55-59

Julie Kearney, 1:46:33, 10th F35-39

John O'Blanis, 1:56:11, 14th M55-59

5-6-07 WE GO 10K, West Chicago

Nick Dragisic, 1:00:50, 2nd M55-59

5-12-07 GROOVIN' IN THE GROVE 5K, Downers Grove

Barry Brandt, 17:26, 1st M40-49

Stephanie Wagner, 21:22, 2nd F30-39

John O'Blanis, 22:56, 3rd M50-59

Nick Dragisic, 29:08, 11th M50-59

5-12-07 LAKE GENEVA MARATHON, Lake Geneva, WI

Bill Sanders, 3:23:52, 2nd M35-39

5-12-07 LAKE GENEVA HALF-MARATHON, Lake Geneva, WI

Amy Sanders, 1:39:31, 3rd Woman Overall, 2nd F35-39

Steve Chamberlin, 1:59:19, 20th M40-44

5-12-07 BLOSSOM RUN 5-MILER, Egg Harbor, WI

Bob Richards, 33:37, 1st M50-59

5-13-07 QUAD CITIES DISTANCE CLASSIC, Davenport, Iowa

Colleen Ries, 1:53:45

5-19-07 CHASE TO THE TASTE 5K, Glen Ellyn

Christine Lipa, 20:36.5, 3rd Female Overall, 1st F45-49

Karen Lipa, 28:24, 6th F11-14

5-19-07 QUARRYMAN 10-MILER, Lemont

Jay Mohindra, 1:39:07, 22nd M45-49

5-19-07 GALENA TRIATHLON, Galena, IL

Dave Polkow, 1:45:37, 11th M45-49

Karen Zenisek, 1:46:02, 1st F45-49!

Joseph Sutton, 2:15:14, 96th M35-39

Lorna Sutton, 3:11:36, 58th F35-39

5-20-07 MAIN COURSE 10K, Chicago

Colin Gray, 49:16, 20th M50-54

5-20-07 ANNIE RYAN RUN 5K, Elmhurst

Charlie Kern, 16:03, 1st overall!

Susan Landers, 20:13

John McKoane improved his time in the Annie Ryan Run by 9 minutes over last year. Almost a 3 minute per mile improvement! Way to go John!

Others whose names, times we don't have, including Julie Bruns and Lou Herrera

5-26-07 SOLDIER FIELD 10-MILER, Chicago

Beth Szopko, 1:12:13, 14th F25-29

Paul Ward, 1:24:16, 8th M55-59

Jen Mayfield, 1:24:37, 66th F35-39

Ronnie Ward, 1:35:01, 3rd F55-59

Nick Dragisic, 1:44:36, 42nd M55-59

Christeen Paulison 1:18:39 27th F35-39

5-26-07 WESTERN SPRINGS TOWER TROT, Western Springs

10K

George Bode, 41:06, 2nd M35-39 Personal Best! Way to go George!

Julie Travers, 47:40, 3rd F45-49

5K

Stephanie Wagner, 20:19, 3rd female overall, 1st F30-34

Michael Barrett, 21:56, 4th M55-59

John O'Blanis, 22:11, 6th M55-59

George Le Donne, 23:00, 9th M55-59

George Bode, 26:25, 23rd M35-39

Julie Travers, 26:35, 9th F45-49

Russ Wajda, 34:33, 38th M50-54

Mary Wajda, 41:52, 36th F45-49

5-28-2007 HOOF IT FOR HEPHZIBAH 5K, Glen Ellyn

Christine Lipa, 19:55, 1st female overall! 1st F40-49

Karen Lipa, 23:22, 2nd F10-14

5-28-2007 MADISON HALF-MARATHON, Madison, WI

Brian McGreal, 1:36:34, 30th M35-39

6-2-07 XTERRA TRAIL RUN 8K, Deer Grove, Palatine

Paul Ward, 44:22, 4th M55-59

Nick Dragisic, 53:04, 6th M55-59

6-2-07 RUN FOR THE ANIMALS, Wheaton

10K

Charlie Kern, 32:25, 1st M35-39, 3rd overall

5K

Christine Lipa, 20:00, 1st F45-49, 4th overall

Upcoming CARA Circuit Races:

Please e-mail Doug Pearson when you sign up for a race. Likewise, please drop him a note if you're planning to run the Chicago Distance Challenge or the Chicago Marathon. As for other races, please let him know if you're planning to race so he can post it and other club members can see what races the team needs help filling and plan their race schedules accordingly. 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. For those looking to occasionally help the team and not looking for individual honors, running the second distance at races like Elgin (5K), Downers Grove (10m), CDC (5k), Park Forest (5k), Lake Zurich (5k) and Westchester (5k) may increase the likelihood of getting a valuable age division wins.

Upcoming CARA Circuit Races:

Club North Shore Half Marathon on Sunday June 10th

Meet at the Gazebo at 6:00 am to carpool. With the Great Midwest relay the same weekend some of our competing teams might not be full strength, giving us an opportunity for a good team placing if we can show up in force. The course is known for one steep descent to the lake followed by a steep hill around mile 9.

Downers Grove 5 and 10 milers on Sunday June 10th

Meet at the Gazebo at 6:00 am to carpool. The 10 miler offers a less competitive race where runners who are not competing individually on the circuit may want to try to get an all valuable age division win for the team. The course has some hills.

Race for Young Life 5K in Palatine on Saturday July 30th

Meet at the Gazebo at 6:15 am to carpool. This is a 5k with a number of turns.

4 on the 4th

This is our race. **Race it, volunteer to help out or both.**

Waterfall Glenn Extreme 10 Miler near Darien on Saturday July 21st. This race may fill quickly so sign up soon for this hilly cross country start trail run.

CARA Race Results

Elmhurst Report On the Race For Hungry Children May 20, 2007

Overall Top 15:

Barry Brandt 7th
 Stephanie Wagner 10th
 Kristy Howland 11th
 Mark Montgomery 15th

Age Division Top 3:
 Barry Brandt 1st M45-49
 Kristy Howland 2nd F40-44
 Stephanie Wagner 2nd F30-34
 Peter Eddington 3rd M45-49
 Bob Richards 3rd M55-59

CARA Team Age Graded Results

Name	Age	Sex	Min	Sec	Score
Barry Brandt	49	M	17	27.5	838.2
Bob Richards	58	M	20	37.9	764.2
Kristy Howland	44	F	20	43.4	763.2
Peter Eddington	49	M	19	24.8	753.8
Mark Montgomery	39	M	18	22.3	737.5
Team Total					771.4
others					
Doug Pearson	39	M	18	26.3	734.9
Stephanie Wagner	33	F	20	39.9	719.4
John O' Blanis	56	M	22	38.8	684.4

Elmhurst Report On the Elgin Valley Fox Trot on May 28, 2007

Age Division Top 3:
 Tim Conheady 1st M50-54
 Barry Brandt 2nd M45-49
 Mark Montgomery 3rd M35-39
 Bob Richards 3rd M55-59
 Stephanie Wagner 3rd F30-34

CARA Team Age Graded Results

Name	Age	Sex	Dist	Result	Age Graded
BRANDT BARRY	49	M	10m	1:0:48.31	822
CONHEADY TIM	50	M	10m	1:1:20.06	821.7
RICHARDS BOB	58	M	10m	1:10:56.12	761.5
MONTGOMERY MARK	39	M	10m	1:2:11.08	742.1
PEARSON DOUG	39	M	10m	1:4:38.28	714

Team Average					772.3
Others					
WARNER					
STEPHANIE	33 F	10m	1:12:26.41		689.1
KAUFMAN KEVIN	30 M	10m	1:5:44.74		675.1
WARD PAUL	56 M	10m	1:23:7.34		638.4
WARD RONNIE	56 F	10m	1:36:14.86		637.8
O'BLANIS JOHN	56 M	10m	1:26:46.22		611.6
NECHVATAL MOLLY	43 F	10m	1:30:50.86		579.5
KAUFMANN ELLIOT	60 M	10m	1:38:11.63		560.1
DRAGISIC NICK	57 M	10m	1:43:49.37		515.6
FIEDLER MARGE	48 F	10m	1:56:22.18		476.2

* For CARA team age division results please visit the ERC Website.

May 2007 - Multisport

The Galena Triathlon/Duathlon officially opened the triathlon season with picture perfect conditions and warm water. Congratulations to **Kim Botdorf** on successfully completing her first duathlon. Dave Polkow continues to improve his running with sub 8:00 pace. Kevin Aldrich classifies his race as "character building" with unexpected mechanical difficulties. Hopefully his experience at Triple T was more racing and less character building.

With training programs and crazy hectic schedules, I need your help in including write ups and information on your events. Please share your experiences at k.zenisk@comcast.net! There are a number of you planning on doing the Tri-shark, Elkhark Lake, Rockman and Subaru triathlons so please let me know how it went. Here's a list of upcoming races and some of these smaller races may still have entry spots.

Triathlon	Jun-05-07	Well Fit Chicago Accenture Group Training	Chicago	IL
Triathlon	Jun-09-07	Wolf Creek Sprint Triathlon	Windsor	IL
Triathlon	Jun-10-07	RockMan Half Iron Triathlon	Rockford / Loves Park	IL
Triathlon	Jun-13-07	Well Fit Bike Power and Race Pace Class	Chicago	IL
Triathlon	Jun-23-07	Subaru U.S. Women's Triathlon Series - Naperville	Naperville	IL
Triathlon	Jun-24-07	Twin Lakes Triathlon	Palatine	IL
Triathlon	Jun-29-07	Well Fit Triathlon Combo Class	Chicago	IL
Triathlon	Jul-07-07	YMCA/FHN Freeport Triathlon	Freeport	IL
Triathlon	Jul-07-07	Mattoon Beach Triathlons	Neoga	IL
Triathlon	Jul-15-07	Lake in the Hills Triathlon	Lake in the Hills	IL
Triathlon	Jul-21-07	Evergreen Lake International Triathlon	Hudson	IL

Triathlon	Jul-22-07	Harbor Lights Triathlon	Waukegan	IL
Triathlon	Jul-28-07	National City Bank - Dew the Tri for Kids	Springfield	IL
Triathlon	Jul-28-07	Wauconda Kids Sprint Triathlon	Wauconda	IL
Triathlon	Jul-29-07	Glenview Park District Sprint Triathlon	Glenview	IL
Triathlon	Jul-29-07	Stoneman Sprint Triathlon	Springfield	IL
Triathlon	Jul-29-07	Iron Abe Triathlon	Springfield	IL
Triathlon	Jul-29-07	Wauconda Sprint Triathlon	Wauconda	IL

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/>



Triathlon_Club__To
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Karen k.zenisk@comcast.net

Multi-sport Coordinator

Elmhurst Running Club, Inc.

Galena Triathlon May 2007

Triathlon - 660 yard swim, 16.8 mile hilly bike, 4.3 mile run

Lori Dunn 1:40:57 2nd in A.G. missing 1st by 10 seconds

Karen Zenisek 1:46:03, 1st in A.G. by whopping 18 minutes

David Polkow 1:45:37, 11th in A.G.

Kevin Aldrich unfortunately DNF due to bike troubles

Duathlon - 2 mile run, 16.8 mile hilly bike, 4.3 mile run

Kristin Koury 2:00:09, 2nd in A.G. (Elmhurst athlete, but don't know if she's in the club)

Tracy Gainer 1:58:01, 2nd in A.G.

Kim Botdorf completed her 1st duathlon

ERC Special Events

4 on the 4th Update: It's hard to believe the club race is a little over a month away! We're pleased to welcome several new sponsors as well as several returning sponsors to the event this year. Please show them your support:

Title: Community Bank of Elmhurst

Gold: Dick Pond Athletics, Olympic Chiropractic & Physical Therapy

Silver: Accelerade Sports Drink, Brooks Sports, Casco Eyewear, Chicago Athlete Magazine, DiCianni Graphics, Elmhurst College, Elmhurst YMCA, Gray Wolf Group, Inc., Pathway Community Church, The Doings Newspaper

Bronze: Caribou Coffee, Clif Bar, Corner Kicks Soccer, Egg Harbor Café, Elmhurst City Centre, Fuego Loco, Jewel Osco, Karen Kottwitz/Schiller Real Estate, Mentor Capital Management, Inc.

Also in addition to **Jim Akita**, our defending champion, plus our own talented group of ERC runners, we've just gotten word that the winner of the Toledo Marathon, **Chris Siemers** (2:21), will be racing with us that day. The competition definitely looks good for a new course record! We'll also be welcoming **Chicago Marathon Executive Director, Carey Pinkowski**, to the starting line to get the race underway. Whether racing or attending, please make this event part of your Independence Day celebration! All club members receive a \$3 discount on entry fees. To volunteer, please contact Anne Klein at abklein2@comcast.net or Lori Wallace on a club run. Thanks to chip timing, we'll even find a way for you to volunteer and still run the race or the best spectator spot as a course marshall for your family/friends! Come be a part of the excitement of a CARA circuit race!

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/elmhurstc Please provide feedback on the process. Thanks!

Newcomers Run

NEWCOMERS RUN ANOTHER SUCCESS! Thanks to the planning/set-up crew of Kristy Howland, Julie Bruns, Jennifer Hagstrom, Beth Wong and Lori Wallace and the post-event crew of Mark Montgomery, Brian McGreal, Pete Eddington and Tina Helm, we welcomed nearly sixty runners to our annual event. The weather was perfect and refreshments most welcome as we got a chance to welcome new runners to the club and past members back. Thanks, again!

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 . . . and don't forget to check out the race Web site at www.4on4th.com

We hope to have the new list server set up for improved communications over the next few weeks so please be patient as we test it out. Thanks, Elliot and Todd!

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>) or stop in Dick Pond Athletics at 124 N. York to pick one up. 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

Charlie Kern 6/5

Nick Virgilio 6/11

Andrew Hunt 6/30

Anita LeDonne 6/5

Mari Jo Hecker 6/27

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

Other News

We would like to announce that the Hecker's are moving back to Elmhurst June 1, 2007! Welcome back to you all. The club will be happy to be running with Mari Jo once again.

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.

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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