

# Elmhurst Running Club Newsletter

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June/July 2005

## Inaugural Running Club Race a Success!

Jim Akita of Elmhurst and Tera Moody of Boulder, CO., ran away with the men's and women's titles respectively on July 4 in the first annual **Community Bank of Elmhurst 4 on the 4th**. The 4-mile race started at City Hall and showcased the best of the downtown business district and museum campus.

Akita, 24, a former NCAA Division 3 All-American at Elmhurst College, was in control from the outset and won on a humid overcast morning in 20 minutes, 27.9 seconds (5:07 pace). Moody, also 24 and a former two-time high school state champion in the 1,600 meters at St. Charles High, won comfortably with a 23:33.9 (5:53 pace).

Second and third on the men's side were Michael Arnold, 17, of Elmhurst in 21:37.1 and Joe Pontrelli, 24, of Wood Dale in 22:15.0. Second and third women were Rachel Evjen-Booth, 24, of Villa Park in 24:02.1 and Megan Baganz, 28, of Woodridge in 24:21.1.

**Mark Montgomery**, 38, was the first male Elmhurst Running Club member, capturing first in his age group and sixth overall in 22:38.8. The first Elmhurst and ERC female was **Beth Wong**, 37, who completed the course in 26:54.9 for second in her age group and sixth overall. The event also drew talent from major running organizations such as CARA, Chicago Athlete, Chicago Endurance Sports and the Penguin Brigade.

The event totaled 276 finishers with 310 registered runners. The separate untimed 1K kids race drew nearly 60 participants. Proceeds from this run will be donated to One Small Voice Foundation, supporters of pediatric research in areas of hydrocephalus and optic nerve hypoplasia. See the Race Results and Special Events sections for more information.

**Congratulations as well to Kurt Fiene!** Kurt was recently selected to represent The United States Association for Blind Athletes (USABA) in September at the International Blind Sports Association (IBSA) Pan Am games being held in Sao Paulo, Brazil. Way to go, Kurt!

## Summer running groups are as follows:

Wednesdays:

6:30pm Track (Speedwork) or Trail Runs – typically 3-5 miles, variety of paces.

Saturdays:

6:00am Marathon Training – following the Hal Higdon schedules.

7:30am Trail Runs – typically 3-6 miles in length; variety of paces.

Sundays:

7:00am Trail Runs – typically 3-6 miles; variety of paces.

Anyone is welcome to run with any group based on the time that best suits your schedule each week.

## Other training opportunities:

Mondays, Wednesdays, Fridays:

8:00am Dina Kwit and Margi Johnson run a wonderful program for kids grades 3-8. They meet at the prairie path by the gazebo for stretching and distances from 1-3 miles. (Also see Other News section for youth XC race opportunities.)

Sunday mornings – training partners are sought for long runs for those that can't make the scheduled Saturday runs. E-mail the club box if interested.

Half-marathon training – training partners are sought for the Saturday long runs for the half-marathon distance. E-mail the club box if interested.

Weekday runs on Tuesday and Thursday evenings. Join Sandra Partridge and Sheryl Boyd at 5:00pm on the path if interested. Typical runs are 6-8 miles at ten minute pace.

Weekly runs from Dick Pond Athletics – Elmhurst, Mondays at 7:00pm. Refreshments offered the first of Monday of each month.

## **New Members**

Welcome to the following new members. Both the marathon training program and recent club race have introduced more area athletes to the club. Their specific interest areas are noted below so be sure to introduce yourself and welcome them to the club. If you're a club coordinator, and you haven't done so already, please be sure to reach out to anyone specifically interested in your area.

Cheryl Boyd – marathon training

Andrew Bushnell – joined through the recent race; marathon, track, FPRs, and multi-sport training

Jean Lawrence – ½ marathon training, forest preserve runs and hash house runs

Kelly Leibforth – marathon training

Marcela Monaco – marathon training

Jim Papp – marathon training, track workouts and forest preserve runs

Sandra Partridge – marathon training, track workouts and forest preserve runs

Carey Pinkowski – new Elmhurst resident and race director for the LaSalle Bank Chicago Marathon

Sheila Salyers – track workouts and forest preserve runs

Kurt Sundberg – long time runner on the path; multi-sport information and forest preserve runs.

Mai Truong – marathon training and forest preserve runs

Jenni Warning – currently marathon training for a fall event

Elise White – marathon training, CARA circuit team, track workouts and multi-sport

Beth Wong – marathon training, track workouts, multi-sport, forest preserve and hash house runs

Calvin Wong – interested in forest preserve runs and hash house runs

If you've enjoyed running with us and would like to formalize your membership but need an application, you can find one on the Web site or contact Kristy Howland at [kristyhowland@comcast.net](mailto:kristyhowland@comcast.net)

## **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. Please let Susan know via the club mailbox or by phone at 630-941-0926 if you have any questions, think you might want to volunteer, or have a new idea for the club in the coming year.

## **Distance Training**

Marathon training began on Saturday, June 4, and the numbers keep growing! There were 49 participants for the Saturday, July 9, training run. We were pleased as well to welcome Cary Pinkowski, Executive Director of the Chicago Marathon, along with Beth Onines of CARA to a Saturday run in June. The group is following the Hal Higdon training schedules and meets at 6:00am at the gazebo on the path. Let Bill Sanders if you think you might be interested. He can be reached at [bsanders@icoc.org](mailto:bsanders@icoc.org)

## **Speed Workouts**

Spring/Summer track sessions have begun on Wednesdays at 6:30pm. We meet at the gazebo and warm up together on the way to York High School track. Any questions regarding speed work sessions can be directed to Mark Montgomery at [amont68@aol.com](mailto:amont68@aol.com)

## Upcoming Events

(Listing includes CARA circuit events, local races, multi-sport events and free clinics/seminars open to the public.)

Thur Jul 14	Marathon Running/Nutrition Clinic, 7pm – Dr. Jay Mohindra	Dick Pond Ath – Elm
Sat Jul 16	Lake Michigan Triathlon Series	Kenosha, WI
* Sun Jul 17	Chicago Big 10k	Chicago
Thur Jul 21	Strength Training & Injury Prev, 7pm – Dr. Mike Calcagno	Dick Pond Ath – Elm
Sat Jul 23	Singles 5K Run, 9:00am – HaveFriends.com	Dick Pond Ath – Elm
Sun Jul 24	Summer Run for Fun	Oak Brook
Sun Jul 24	Spirit of Racine Triathlon	Racine, WI
Sun Jul 24	Core Training Clinic, 4pm – Amando Valerio, CPT	Dick Pond Ath – Elm
Sun Aug 7	Chicago Half-marathon	Chicago Lakefront
<i>(LAST CHANCE TO QUALITY FOR CHGO MARATHON PREFERRED START)</i>		

\* indicates CARA circuit races

**Bold Type indicates ERC Event**

## Race Results

### **Community Bank of Elmhurst 4 on the 4<sup>th</sup> – 7/4/05**

Mark Montgomery, :22.39, 6, 1AG, 35-39	Beth Wong, :26.55, 6, 2AG, 35-39
Jim Cassioppi, :23.38, 14, 3AG, 40-44	Julie Kearney, :30.11, 13, 3AG, 35-39
Tim Conheady, :23.12, 10, 2AG, 44-49	Tina Helm, :32.03, 19, 5AG, 35-39
Bob Luse, :25.43, 24, 7AG, 40-44	Karen Scheafer, :32.21, 23, 7AG, 35-39
Peter Eddington, :27.42, 27, 3AG 45-49	Patti Caron, :33.05, 26, 3AG, 45-49
Jeremy Wernick, :29.27, 41, 4AG, 30-34	Suzanne Martin, :36.33, 48, 2AG, 50-54
George Bode, :29.49, 47, 7AG, 35-39	Chris Lynam, :37:00, 51, 7AG, 45-49
Douglas Herrera, :29.54, 50, 10AG, 15-19	Elise White, :41.18, 74, 10AG, 25-29
Jim Papp, :29.59, 54, 8AG, 35-39	Christi Helm, :43.09, 81, 2AG, under 15
John McKoane, :30.25, 58, 1AG, 50-54	Marlene Scheible, :45.49, 87, 12AG, 45-49
Colin Gray, 31:19, 69, 9AG, 45-49	Marion Nealon, :41.48, 77, 3AG, 50-54
Kevin McCauley, :31.24, 71, 11AG, 45-49	
David Gray, :31.43, 76, 15AG, 15-19	
Elliot Kaufman, :33.34, 100, 4AG, 55-59	
Dan Peloza, :36.47, 131, 24AG, 40-44	
Doug Davies, :37.46, 139, 26AG, 40-44	
Calvin Wong, :38.42, 146, 22AG, 35-39	
Jonathon Hecker, :40.20, 154, 22AG, 15-19	
Matt Helm, :40.50, 157, 7AG, under 15	
Tom Adams, :44.46, 165, 32AG, 40-44	
Terry Gannon, :50.06, 173, 2AG, 65-69	
Carl Johnson, :55.13, 176, 10AG, 55-59	

### **Park-to-Park 5 Miler, Bloomington, IL – 7/4/05**

Julie Travers, 2nd AG 45-49, 38:48

### **Downers Grove 5 Miler - 6/19/05**

Christine Lipa, 1st AG 45-49, 32:40  
 Mark Montgomery, 4th AG 35-39, 28:47  
 Doug Pearson, 6th AG 35-39, 29:58  
 Tina Helm – 40:45 – 4<sup>th</sup> AG

### **Downers Grove 10 Miler - 6/19/05**

Jim Cassioppi – 60:43 – 1<sup>st</sup> AG  
 Kevin Aldrich – 78:00

**Payton 10K - 6/12/05**

Kate Wajda, 1st AG 14&U, 55:34  
 Doug Pearson, 3rd AG 35-39, 37:18  
 Dawn Gould, 3rd AG 30-34, 47:36  
 Mark Montgomery, 4th AG 35-39, 37:27  
 Paul Ward, 52:30

**Payton 5K - 6/12/05**

Doug Pearson, 4th AG 35-39, 20:25

**Sunburst Marathon – South Bend, IN – 6/5/05**

Kurt Fiene – 2:54:20 – 4<sup>th</sup> overall

**Roselle 5K - 6/5/05**

Christine Lipa, 1st AG 45-49, 19:36  
 Tim Conheady, 3rd AG 45-49, 17:30  
 Doug Pearson, 4th AG 35-39, 17:07  
 Mark Montgomery, 5th AG 35-39, 17:25  
 Bob Richards, 6th AG 55-59, 20:47

**Elgin Fox Trot 10-miler - 5/30/05**

Christine Lipa, 2nd AG, 69:48  
 Doug Pearson, 23 AG, 66:59

**Elgin Fox Trot 5K - 5/30/05**

Karen Lipa, 4th AG 14&under, 20:45  
 Kate Wajda, 17th AG 14&under, 23:41

**Western Springs Tower Trot 10K – 5/28/05**

Kate Wajda – 51:28 – 1<sup>st</sup> AG

**Chase to the Taste – 5/21/05**

Christine Lipa – 19:53 – 1<sup>st</sup> overall  
 Karen Lipa – 20:16 – 2<sup>nd</sup> overall

**Maifest 10K – Jacksonport, WI - 5/29/05**

Bob Richards – 42:04 – 2<sup>nd</sup> AG

**Bison Stampede 5K – 5/14/05**

Kristy Howland – 19:57 – 2<sup>nd</sup> female overall – 1<sup>st</sup> AG

**Tour de Foot – 5/7/05**

April Hyravy – 20:02 – 2<sup>nd</sup> AG  
 Susan Landers – 20:33 – 2<sup>nd</sup> AG  
 Jennifer Hagstrom – 20:44 – 3<sup>rd</sup> AG  
 Betsy Barrett – 21:05 – 4<sup>th</sup> AG  
 Mari Jo Hecker – 22:01 – 1<sup>st</sup> AG  
 Julie Travers – 22:29 – 2<sup>nd</sup> AG  
 Tina Helm – 24:53  
 Jayne Aspan – 25:36 – 4<sup>th</sup> AG  
 Jaime Howland – 27:24  
 Kristy Howland – 27:25  
 Buffi Gibbons – 31:22

Doug Pearson – 17:13 – 3<sup>rd</sup> overall - 2<sup>nd</sup> AG  
 Tim Conheady – 17:34 – 1<sup>st</sup> AG  
 Mark Montgomery – 17:35 – 3<sup>rd</sup> AG  
 Bob Luse – 18:55 – 3<sup>rd</sup> AG  
 Pete Eddington – 20:20 – 4<sup>th</sup> AG  
 Jeremy Wernick – 20:39 – 3<sup>rd</sup> AG  
 Nate Gray – 21:03  
 George Bode – 22:24  
 Paul Ward – 24:39

**Great Western Half Marathon - 5/1/05**

Doug Pearson, 1st AG 35-39, 1:16:02  
 Christine Lipa, 1st AG 45-49, 1:34:47  
 Mari Jo Hecker, 1st AG 40-44, 1:40:36  
 Ronnie Ward, 2:06:49

**Ravenswood - 5K (Sorry we missed Bob's time/place last month)**

Bob Richards - 20:16 3rd M55-59

**Galena Triathlon**

Kevin Aldridge – 1:50:20 – 28<sup>th</sup> out of 71 in AG  
 Karen Zenisek - 2<sup>nd</sup> AG

**Desoto Triple T** –Four triathlons in three days – a supersprint on Friday, Olympic-Plus on Saturday morning (6.55 mile run instead of 6.2), Do it again in the afternoon but mix up the bike and swim (but there was no swim, because of lightning), and on Sunday, run a Half-Ironman. Total time: 17:41:29 – First Co-ed Masters team (with Lori Dunn).

## **CARA News**

We will again be competing in the green division for the team. If you do participate in a CARA Circuit race, please let Christine Lipa know at [jclipa@earthlink.net](mailto:jclipa@earthlink.net)

## **Multi-Sport Training**

The month of June brought a full swing of triathlon and adventure racing. Special congratulations to **Julie Travers, Bonnie Leshuk** and **Elise White** for their great races at Naperville and Batavia. Julie completed Reebok in 1:44:26 and signifies completion of a year long goal. Our newest ERC member, Elise, completed Reebok in 1:39. Bonnie completed Batavia in 1:45 which was the only her 2<sup>nd</sup> tri and quite a bit different from her first experience. Congratulations to all.

Other ERC members have been busy swimming, biking and running with **Suzanne Martin** completing Reebok sprint triathlon in 1:45:15. **Norm Damer** who is training for his first ½ ironman completed Twin Lakes sprint in 1:37. **Kevin Aldrich, Lori Dunn** and **Kristin Koury** were the overachievers of the group racing back to back at Lake in the Hills and Twin Lakes Sprint Triathlon.

Aurora High Cliff ½ Ironman triathlon saw **Dave** and **I** participating in the age old quad-athon. The 4<sup>th</sup> leg of the race included driving to Appleton Wisconsin and searching Wal-mart for flip flops (14:59:45 door to door). The race saw Dave running his first ½ marathon in many years without ITB pain and provided a venue much cooler than Chicago.

For those of you interested in something other than multi-sport, you might want to consider adventure racing. Adventure racing includes varied sports such as canoeing, kayaking, orienteering, running, riding, repelling etc. If you are interested in learning more contact Nathan at [grysnd3@hotmail.com](mailto:grysnd3@hotmail.com)

The triathlon season got underway in May with the triathlon/duathlon in Galena on May 21. The weather cooperated for our point-to-point race and it was great way to open the season.

**April 10<sup>th</sup>** was our swim clinic at the YMCA. Thanks to Steve Siler for allowing us to use the facility. We had over 25 participants for the clinic that focused on drill and technique.

I'm thinking of having several bike outings for those interested in learning how to ride on the road and get started in triathlons. Please let me know if you are interested and I'll figure out a time a place.

Good luck with your ongoing racing and training. Send questions to:

**Karen Zenisek** [k.zenisk@comcast.net](mailto:k.zenisk@comcast.net)  
Elmhurst Bicycle Club [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)  
Elmhurst Running Club [www.elmhurst-runners.com](http://www.elmhurst-runners.com)  
Elmhurst YMCA [www.elmhurstymca.org](http://www.elmhurstymca.org)  
Total Immersion swimming [www.totalimmersion.net](http://www.totalimmersion.net)

## **ERC Special Events**

**Club Race Update** – *WOW! The ERC is on the map!*

Independence Day brought 276 of 310 registered runners and nearly 60 kids to downtown Elmhurst for the inaugural Community Bank of Elmhurst 4 on the 4<sup>th</sup>. As seen in the opening above, the race showcased not just the best of our club, but talent from the greater Chicagoland area as well. The 4-mile

race and 1K kids' run was a success because of the support of so many of you. As seen from the results section above, the running club was present in force and the impact of its volunteers has generated several complementary e-mails. In addition to club support, the community support was overwhelming. We had a phenomenal group of sponsors who showed faith in our club when we went to them with the idea of yet another Elmhurst run.

The Community Bank of Elmhurst, our title sponsor, was absolutely great to work with. Gold sponsors Dick Pond Athletics – Elmhurst (**Jayne Aspan**) and Jevitz Chiropractic Clinic showed undying support. Silver sponsors, Brook Shoes, Chicago Athlete Magazine, Elmhurst Jaycees (**Joe Skibbie**), Elmhurst YMCA, Lucky Strike Elmhurst, and Zensah Seamless Performance Apparel, several of whom also donated prizes for our top winners, were terrific. Bronze sponsors Clif Bar, Corner Kicks Soccer, Elmhurst City Centre, Elmhurst Yoga Shala, Gray Wolf Group (**Colin Gray**), Keller Williams Realty Professionals (**Suzanne Martin**), Lynam & Associates (**David Lynam**), and Mentor Capital Management (**Tom Adams**), who took a chance on a new event. The downtown business district also was overwhelmingly supportive by providing prizes for our raffle drawing ensuring many runners went home with something special. We hope you will return the favor and show them your support.

We'd be remiss if we didn't thank the City of Elmhurst and the Police and Fire Departments for their hard work and support. Specific thanks are also due to Jenna Williams, **Sam Wallace** and friends, and Amano Jazz Showcase for sharing their musical talents along with The Spice Merchant & Tea Room and *One Small Voice Foundation*, a local organization dedicated to raising funds for pediatric research and our designated charity, for providing our second official water stop.

It couldn't have been done without the amazing talents of our committee. Credit is due to **Kurt Fiene**, early co-director and our lead cyclist, **Nathan Gray**, our announcer, and the tireless efforts of **Mary Anne Clark, Dawn Gould, Lou Herrera, April Hyravy, Anne Klein, David Lynam, Darryl May, Todd and Kareen Ripperda, Joe Skibbie and Lori Wallace**, who all committed an incredible amount of time over the last 18 months to make this event a reality.

Last, but not least, we'd like to thank all the runners who chose our race, making it a truly competitive event, and again, our great volunteer staff, many of whom were club members, families and friends, whose support made race day possible. We hope you enjoyed the experience! It couldn't have been a success without each of you.

**Bob Richards and Susan May**  
Race Co-directors

## **Forest Preserve Runs**

We hope to host a couple of runs later in the year. Likely locations: Herrick Lake and Fullersburg Woods. Watch the newsletter and e-mail for more information later in the season.

## **Hash House Harriers Runs**

Plans are underway for a post-marathon hash. For those who don't want to wait, the hashers run every other week somewhere in the greater Chicagoland area. Contact **Jim Blomquist** for more information at [jbquist1@juno.com](mailto:jbquist1@juno.com). *Experience the unexpected!*

## **Web Sites**

Be sure to check out the latest and greatest on the Web site. **Elliot Kaufman's** done a great job keeping it current with the latest news on the Elmhurst front. Log on at [www.elmhurst-runners.com](http://www.elmhurst-runners.com) The talents of **Todd Ripperda** are evident on the club race Web site at [www.4on4th.com](http://www.4on4th.com) Check it out for the complete race results. Thanks, Elliot and Todd!

## Membership

**Membership dues for 2005 are now being accepted.** If there are no changes to your personal information, a check for \$15.00 can be sent directly to Mark Boozell, 860 Hillcrest, Elmhurst, IL. If there are changes that need to be made, please either request that an application be mailed to your home or log on the Web site and download a copy to send in along with your dues. Requests for applications can also be sent to [kristyhowland@comcast.net](mailto:kristyhowland@comcast.net). In addition to supporting our club activities, your dues entitle you to specific discounts at the following stores:

<b>Dick Pond Athletics - Elmhurst</b> 15% off all purchases	124 N. York St. – Elmhurst	630-832-7685
<b>The Competitive Foot</b> 15% discount on shoes and a 20% discount on clothing	102 N. Marion St. – Oak Park 814 Hillgrove Ave. – Western Springs	708-246-5520 708-524-0030
<b>New Balance Oakbrook</b> 10% off all shoes and apparel; monthly drawing of member names for gift certificate	17W490 22 <sup>nd</sup> Street – Oakbrook	630-782-6730

We will be building the 2005 roster as dues come in and fax/e-mail it to these stores monthly.

## Professional Directory

*Last call for a Professional Directory!* Steve Chamberlin and Kristy Howland offered to help out some time ago but now we need organizations. If you're interested, please send your information to the club mailbox at [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com). The following information is requested:

- your name
- organization/business name
- business address, phone & e-mail
- business description
- any discounts to club members

## ERC Birthdays

June and July Birthday wishes go out to:

Karen Lipa – 6/1	Dawn Owens – 6/3
Dennis Sluga – 6/10	Sheila Slayers – 6/10
Elise White – 6/15	Mari Jo Hecker – 6/27
Mark Montgomery – 6/29	Kelly Szczypta – 6/30
Brenda McNamara – 7/12	Sandra Partridge – 7/23
Jayne Aspan – 7/23	Tom Adams – 7/24
Ruth Buffalo – 7/28	Scott Glosner – 7/28

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

## Other News . . .

**Congratulations** are in order to both the **Davis and Ripperda families** who *both* welcomed a new little one into their lives on Wednesday, June 29. Kathleen and Mike welcomed their first child, Julia Marie, and Kareen and Todd had their second daughter, Camryn Marie, who joins siblings Conlin and Karlin. Both families are doing well. Again, congratulations to all!

**Special thanks** to **David Lynam**. Through his firm at Lynam & Associates, he's been providing legal, incorporation and insurance-related assistance to the club. As we've grown, we've found the need.

**Fond Farewell** . . . but not forever! **Mari Jo and Ray Hecker** and kids have recently moved to the Dallas, TX, area in conjunction with a job transfer. Mari Jo has been a much-admired member of the running community for decades and will be sorely missed both within the ERC and the greater Chicagoland area. She has promised to come back for the occasional race including perhaps the Chicago Marathon in the fall. We look forward to your return visits, Mari Jo (& family!).

**Kurt's latest exploits!** As many of you know, **Kurt Fiene** left us for the training grounds of Nebraska and now trains full-time for Brooks. When he was back in town for the CboE 4 on the 4<sup>th</sup> race, he shared with us his honor of being selected to represent The United States Association for Blind Athletes (USABA) in September at the IBSA Pan Am games being held in Sao Paulo, Brazil. He will be competing in the 5K and 10K distances. Part of this experience comes with a fund-raising goal. To offset the cost of this event, each athlete must raise \$1,500.00. The funds will help cover the cost of uniforms, entry fees, housing, food, officials and travel. The USABA is a not for profit organization so any support you provide is tax deductible. Donations can be made out to: USABA – please put “FBO Kurt Fiene” in the memo line and sent directly to him at 16615 Weir St. Omaha, NE 68135. The USABA's Tax ID # is 31-0977121. Thanks for your support.

**Congratulations** as well to **Linda Davies** who launched her new business this month. July 1,2005, saw the introduction of the [HaveFriends.com](http://HaveFriends.com) Web site. This organization is dedicated to helping people in DuPage county meet each other. The Web site invites you to meet and chat with others online as well as participate in local organized events. It will also feature several relationship-oriented specialists for online consultation. Linda will be sponsoring a **special singles 5K walk/run event** in partnership with Dick Pond Athletics – Elmhurst on Saturday, July 23. The walk/run will begin at 9:00am at the Dick Pond Athletics – Elmhurst store at 124 N. York St. Immediately following, refreshments will be served. Single in DuPage? Come out and give it a try.

**Kids XC Races:** If you, your kids, or someone you know might be interested in low-key but well-organized cross country races, check out the Tuesday night cross country races held on Tuesday nights starting on 6/7 in Newton Park in Glen Ellyn. The first race is at 6:15 pm. It is completely hassle-free. Just show up, pay \$1.75, and run. Ribbons for the kids. An added bonus is that there's a Dairy Queen a block away.

There are three separate races and distances ranging from 0.75 miles for the kids to 4.5 miles for the open men's race and everything in between. I can give you more info, or you can contact Bill Hauke (the XC coach from Edison Middle School), who runs these races in conjunction with the Glen Ellyn Park District at 260-3669.

Newton Park is located a block northwest of the intersection of Roosevelt and Route 53. Parking is in the northwest corner of the park. Contact the Lipa family with questions at [jclipa@earthlink.net](mailto:jclipa@earthlink.net)

## **Newsletter**

Submissions for the newsletter can be forwarded to Kristy Howland at [kristyhowland@comcast.net](mailto:kristyhowland@comcast.net) or via the general club mailbox or phone as noted below. Information and questions are also welcome. Thanks!