

Elmhurst Running Club Newsletter *March 28, 2003*

Spring training is now well under way. We have seen a huge increase in runners at the Saturday morning runs. Welcome back everyone!

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. We are still looking for someone to be in charge of birthdays. We were thinking of once a month doing something at the Gazebo for those months' birthdays. All that would be involved is compiling a birthday list, doing a group e-mail announcing the birthdays and calling volunteers to bring something for after the run.

Marathon Training

Bill Sanders - Nashville Marathon - April 26
Kristy Howland - Great Western 30K - May 4
Christine Lipa - Boston Marathon - April 21
Kurt Fiene - Boston Marathon - April 21
Tom Klatt - Lakeshore Marathon - May 4

Half Marathon Training (St. Charles Half – June 1)

Jayne Aspan	Kristy Howland	Doug Pearson
Phil Barry	April Hyravy	Karen Schaefer
Mary Anne Clark	Tom Klatt	Julie Travers

If you have any questions about the marathon or half training program, please contact **Kurt Fiene** at kurt.fiene@ca.com or via phone at 630-834-5691.

Team With A Vision

Kurt will be running the Boston Marathon as a team member of Team With A Vision. TWAV is a very special group of blind, visually impaired and sighted athletes who are running together as equals to achieve two goals. Attached is a letter from Kurt explaining what the goals are and how you can help. Please try to help Kurt and if you are unable to help please forward to someone that may be able to. Thank you in advance from Kurt for all your support.

Speed Workouts

Currently track workouts are every Thursday evening at 6:30 on the York High School track. The group has also been meeting at 6:30 on Saturday mornings. Any questions, contact **Mark Montgomery** at amont68@aol.com or via phone at 630-279-3286.

Weekday Runs

Bob Irish is interested in finding running partners for an Elmhurst weekday lunch hour training group. Interested parties can contact him directly at robert.irish@ercgroup.com or 312-821-4037 or let Susan know via the regular club e-mailbox. The gazebo will be the likely meeting place. He's flexible on days and pace.

Upcoming Races

- May 10 - Tour de Foot - Elmhurst
- April 6 - Race That's Good for Life - Oak Park
- April 26 - Home Health 5K - Lombard
- April 27 - Universal Sole Lakefront 10M - Chicago
- April 27 - Ravenswood Run 5K - Chicago

Courts plus members receive \$2.00 off if they register for the tour de Foot by April 5.

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

Race Results

Cary Half-marathon *Jim Cassioppi – 1:24:51, fifth in age group, 32nd overall*
Mike Wargo – 1:30:35, 23rd in age group, 93rd overall
Christine Lipa – 1:36:01, second in age group, 17th among females

Lifestart Wacky 5K *Kurt Fiene – 18:25, second in age group, 17th overall*
Pete Eddington – 20:05 second in age group, 31st overall
Nancy Cassanova – 27:26, fourth in age group

Congratulations on these awesome race results!!!!!!!!!!!!!!!!!!!!

Shamrock Shuffle

<i>Mark Montgomery</i>	<i>28:35</i>	<i>Elliot Kaufman</i>	<i>33:11</i>	<i>Karen Schaefer</i>	<i>44:36</i>
<i>Doug Pearson</i>	<i>28:57</i>	<i>Christine Lipa</i>	<i>35:03</i>	<i>Norine Mosele</i>	<i>51:51</i>
<i>Kurt Fiene</i>	<i>29:22</i>	<i>Mary Toomey</i>	<i>38:43</i>	<i>Donna Economos</i>	<i>59:06</i>
<i>Pete Eddington</i>	<i>31:50</i>	<i>Tracey Wilson</i>	<i>38:14</i>	<i>Terry Gannon</i>	<i>1:03:38</i>
<i>Bill Sanders</i>	<i>32:02</i>	<i>Laura Heavrin</i>	<i>43:33</i>		

Our apologies if we missed anyone . . . please let us know! Also please submit your race results to Julie Travers (katkmt@msn.com or 530-0124) or Mary Anne Clark (matjclark2@aol.com or 986-0386). 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!

Forest Preserve Runs

The April Forest Preserve Run on Saturday the 19th will be at Graue Mill Fullerburg Woods. The group will meet at the Gazebo at 7:00 a.m. and car pool to Graue Mill parking lot. We expect to arrive by 7:15a.m.

Race Singlet

There has been some interest in designing a race singlet for the club. We're at a point where we'll need to order some more shirts soon. Anyone interested in being on a design team for this project, please contact Susan May at themays769@attbi.com or via phone at 630-941-0926.

CARA News

No team news yet! See individual race results above.

Newcomers Run

The Newcomers Run is scheduled for May 17 at 7:30 a.m. so please spread the word around town.

Relay For Life

This year's Relay will be June 6-7. April Hyravy, Jayne Aspan, Anne Klien and Karen Zenisek will be 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!). You can participate solo or with a friend and even split a shift if you'd like. The goal is raise funds and awareness for cancer research, prevention and cure. Sign-up sheets for one-hour time slots will be available at the Saturday runs in April. Contact April Hyravy with questions or to sign-up directly at runer73@aol.com or via phone at 630-960-5228.

Multi-Sport Training

A message from the multi-sport coordinator: I got into multi-sports as a result of injuries and burnout sustained through years of running and have become an avid supporter of any kind of multi-sport. I hope to use the newsletter to share your experiences and ideas for enhancing our running routines. Cycling, swimming, yoga, mountain biking, hiking, climbing, kayaking are just some of the topics I hope to cover.

While the cold weather is hanging around, spring is upon us and some of you may be thinking or talking of triathlons. If you have interest in some group swims or rides or just want to know what it's like and what it takes, give me a call. I'm thinking of trying to have some very informal schedules for anyone interested in joining a swim or bike work-out.

I look forward to hearing and incorporating your experiences.

Karen Zenisek
k.zenisek@attbi.com
Multi-sport Coordinator
630-530-0793

Website

Thank you to Elliot Kaufman who has produced an extraordinary Website for the Elmhurst Running Club. We appreciate all the hard work that went into it. Visit the new site at <http://home.attbi.com/~kaufman18/ERC/> to obtain the most current race schedules and other valuable information. If anyone has any suggestions or additions, please send them to Elliot at erk@uic.edu

New Members

Inquiries about the club have been keeping Kristy Howland very busy and we've seen the resurgence of many past members renewing their commitment to the club. Thank you everyone . . . it should be a great year!

Membership

Thanks again to all who renewed their club membership to-date. If you haven't had the opportunity yet, you may download an application from the website or let Kristy Howland know at kristyhowland@hotmail.com or

via phone at 630-832-5080 and she'll send one right out to you. 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:

Dina Kwit *That good 'ole bad running knee thing*

ERC April Birthdays

4/16 Tom Klein
4/20 Julie Travers
4/22 Mary Anne Clark
4/22 John Taflan

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!

