

Elmhurst Running Club Newsletter

March 26, 2004

Welcome Spring! It has been a long cold winter and we are all looking forward to a complete thaw of the Prairie Path. Now its time to "spring" into training. In this issue Bob Richards conquers Anchorage, Fifth Third Half-marathon training begins, survey for members, and much more.....sit back with your favorite sports beverage and enjoy!!!!!!

Winter running groups are as follows:

Wednesdays:

6:30pm Trail run; sometimes tempo or fartlek runs.

Saturdays:

7:00 am Trail Runs- Group that wants to go longer runs 2 miles east then hooks up with the rest of the group at 7:30.

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

Please note, due to the posting of our newsletters on the Internet, all club member phone numbers have been removed. If you need to reach someone via phone, please leave a message at 630-941-0926 and we'll get back to you shortly. Thanks!

New Members

Welcome to:

Joe Short, a local runner interested in marathon training, track workouts & forest preserve runs.

Welcome back to:

Marijean Concannon who hopes to complete her first marathon this year.

We look forward to running with you!

If you've enjoyed running with us and would like to formalize your membership but need an application, please contact **Kristy Howland** at kristyhowland@comcast.net

ERC Runners Council

Each year we divide up the activities involved in support of the club. The contact persons for 2004 are as follows:

Overall Coordinator:	Susan May
Membership Coordinators:	Linda Davies, Kristy Howland
Treasurer:	Mark Boozell
Newsletter Coordinators:	Julie Travers, Kristy Howland
Website Coordinator:	Elliot Kaufman
Race Results Coordinator:	Louis Herrera
CARA Team Coordinator:	Christine Lipa
Speedwork Coordinator:	Mark Montgomery, Merry Kaczmarek (timer)

Multi-sport Coordinator:	Karen Zenisek, Merry Kaczmarek (ski)
Forest Preserve Run Coordinator:	Jim Cassioppi
Historians:	Maureen McCoy, Anne Klein

Individual Events

5K Race Directors:	Susan May, Kurt Fiene
St. Patrick’s Day Parade:	Lori Wallace, Jayne Aspan
Newcomer’s run:	Maureen McCoy, Jayne Aspan, and April Hyravy
Fifth/Third Half-marathon:	Kristy Howland
Relay for Life:	April Hyravy, Karen Schaefer
Family Picnic:	April Hyravy, Anne Klein, Jayne Aspan, Jennifer Hagstrom
Pre-/Post-marathon Parties:	Marathon Training Group
Awards Party:	Runners Council

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 note, the following positions are still open for 2004:

1. Marathon Coordinator(s)

Dennis Boroski has volunteered to work with someone to utilize modified schedules and e-mail messages from last year. Please contact Susan via the club mailbox for more information or to volunteer to head up this very important area for our group.

Distance Training

The Boston Marathon is 4/19. The Elmhurst Running Club will have an unprecedented number of runners attending! If you are planning on running Boston please e-mail **Bill Sanders** at bsanders@icoc.org. We will try to coordinate hotels and flights so the club can travel together.

Boston training began Monday 12/15 at 6:00am on Saturdays. If you will be training with the group please contact Kurt Fiene at kurt.fiene@ca.com.

Training for the Fifth/Third Half Marathon on June 6 should begin the week of March 14. The Hal Higdon schedule is posted on the website under “Training.” Please note, the club usually trades Saturday for Sunday runs to accommodate running longer distances as a group.

Key workouts for the intermediate program for the coming month are as follows:

Week of:	Wednesdays	Saturdays
3/15	5x400m	5 miles
3/22	30 min. tempo	6 miles
3/29	6x400m	5k race (or equivalent)
4/5	35 min. tempo	7 miles
4/12	7x400m	8 miles
4/19	40 min. tempo	10k race (or equivalent)

How you adapt the rest of the weekly workouts is dependent on your personal schedule but if you hit these keys training sessions and have the overall weekly mileage, a successful half-

marathon should result . . . and don't forget those rest days! Consult the website training link for definitions for the above program or a copy of the advanced or beginner schedules.

***This year for the Fifth Third half Marathon we are thinking of two teams. One female and one male team. Please e-mail Julie Travers at katkmt@comcast.net if you would like to be on one of the teams. Last year our co-ed team won prize money! Let's see if we can have two teams win this year!!!!!!!

Speed Workouts

Due to the darkness in the early evening, and slickness of the track in the winter months, formal speed sessions are on break until the spring. Tempo, fartlek, or general trail runs are held in their place Wednesday nights at 6:30pm. Please meet at the gazebo. Contact **Mark Montgomery** at amont68@aol.com for more information.

Upcoming Races & Events

* Sunday, March 28	LaSalle Bank Shamrock Shuffle 8K	Chicago
Saturday, April 3	Chicago Lakefront 50K	Chicago
* Sunday, April 4	Race that's Good for Life	Oak Park
<i>Saturday, April 10</i>	<i>FPR – Fullersburg Woods - 2.2 or 6.5 miles</i>	<i>Oak Brook</i>
Sunday, April 18	Spring Ahead Trail Run 10m	Naperville
Saturday, April 24	Home Health 5K	Lombard
* Sunday, April 25	Ravenswood Run 5K	Chicago
Sunday, April 25	Lisle Chamber 5K	Lisle
Saturday, May 1	Naperville Classic 10K	Naperville
Saturday, May 1	S.O.A.R 5K	Oakbrook Terrace
* Sunday, May 2	Great Western 30K	St. Charles
Saturday, May 8	Tour De Foot	Elmhurst
Saturday, May 8	Lake Geneva Marathon, 10K, 5K	Lake Geneva, WI
Saturday, May 8	Groovin' in the Grove 5K	Downers Grove
Sunday, May 9	Y-ME 5K	Chicago
<i>Saturday, May 15</i>	<i>ERC Newcomers Run-7:30 a.m.</i>	<i>Elmhurst</i>

* indicates CARA circuit races *italics indicate ERC events*

5/8/04 Rockford Half-marathon – Rockford, IL

Think about this first annual Rockford Half-marathon as a way to usher in your spring racing season. More information will be forthcoming or contact **Karen Zenisek** at k.zenisk@comcast.net as the weather warms up!

Race Results

Tour of Anchorage 50K XC Ski Sunday March 7

Bob Richards 3:15:44 AG-6 (Way to go, Bob!)

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 have again entered the running club in the green division of the CARA circuit. For each race we run, we need to submit at least three participants. Please let **Christine Lipa** at jclipa@earthlink.net know if you run any circuit races. Upcoming races on the CARA circuit are:

Sun Mar 28	LaSalle Banks Shamrock Shuffle	Chicago
Sun Apr 4	Race that's Good for Life 5k	Oak Park
Sun Apr 25	Ravenswood Run 5k	Chicago

As our new CARA season begins in March with the Shamrock Shuffle, please be sure to report your participation in any circuit race to Christine Lipa at jclipa@earthlink.net

Lastly, CARA is looking for a "Tent Manager" to setup and breakdown the CARA tent and materials at approximately twenty races during the year. The pay is \$75 per race. For more information, contact David Patt at CARA via 312-666-9836 or cara_david@yahoo.com

Multi-Sport Training

It's been a busy winter for the triathlon group this year. We started the year off with a swim clinic lead by Dave Polkow. It was great to see such a dramatic difference in just one session. Todd Ripperda receives most improved as his stroke count went from 23 to just 14. Congrats to Linda and Jayne who can swim _ mile in just a 6 weeks. Swimming for me will be a way of life and it's wonderful to share it with others and to hear the near famous quote, "I can't believe how well I sleep at night".

Our swim group has already set their sights on their first triathlon. With several participating in the River's Edge triathlon at Naperville on July 25th.

The Splash - Pedal - Dash Triathlon / Dash - Pedal - Dash Duathlon is Sunday, July 11, 2004 in Schaumburg and is always a favorite race.

With spring come base training and planning your triathlon programs. 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>

What kind of bike do you have in the garage? Cycling is a great way to enhance and extend your running but it does take time and practice to be comfortable and confident on your bike. Most likely whatever bike you have in the garage will get you started. If you are going to ride your bike, first buy a good helmet and wear it every time, second try some easy short rides to get used to your bike. Cadence is the number of revolutions per minute that you turn the pedals. Try riding for _ hour with a high cadence which lets you turn the pedals easily. The Elmhurst Bike Club is a great source of information about cycling. Check it out <http://www.elmhurstbicycling.org/> just remember its safety first☺.

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.

Call or e-mail me with your questions.

Karen Zenisek k.zenisk@comcast.net
Multi-sport Coordinator - 630-530-0793

ERC Special Events

St. Patrick's Day Parade – Thank you so much to **Lori Wallace** for coordinating our participation in our first ever parade. It's hard to believe that ALL that candy was handed out before we even made it through half the route! Thanks also to all who came out to walk and hand out cards. Over 14 families came out to show their support. Thanks also to **Jayne Aspan** and **Paul Ward** for their assistance with the post-event party at the Wallace's.

Many thanks also to **Phil Barry** and the Printing Store for his assistance with our handouts and signs. Not only did he accommodate our tight schedule but the price couldn't be beat! We really appreciate your support, Phil. Be sure to check out the pictures on the website.

Relay for Life – April Hyravy has fundraising packets for anyone who'd like to get a jump on that aspect of the relay. You can reach April at runer73@hotmail.com. Additional packets are available so if you're interested in participating but haven't officially signed up yet, send April a message. The event will be held on Friday, June 18, beginning at 6:00pm and conclude on Saturday, June 19, at 8am.

Whether you're formally on the team or not, start saving your stuff for the club fundraising garage sale at **Ronnie and Paul Ward's** during the weekend of May 1-2. Look for more information in next month's newsletter.

5K Race Update – As noted in the e-mail message earlier this week, plans to explore hosting a 5K race continue as we scout out courses and look at alternative dates. Although there is support within the Police Department and Mayor's office, a lot is contingent on our date and course. Given the number of running related events in Elmhurst, we are exploring something in the 2005 March/April timeframe along with one Spring Road and two downtown Elmhurst courses. Our next planning meeting is Monday, April 12, at 7:00pm. The agenda will include feedback from the Police Department on the new proposals as well as possibly the beginnings of a discussion on charities. All are welcome.

Newcomers Run – Mark your calendars for Saturday, May 15, 7:30am, for our annual Newcomers Run. We will be using our e-mail database and inquiries from the Tour de Foot race as our basis to invite prospective members out for a low-key trail run. Light refreshments will be available afterwards. **Maureen McCoy** is the overall coordinator for this event and can be reached at mccoymaureen@sbcglobal.net

Forest Preserve Runs

Our initial Forest Preserve Run of the season is fast approaching. Mark your calendars for **Saturday, April 10**, when we venture out to Fullersburg Woods/Graue Mill in Oak Brook for either a 2.2 or 6.5 mile run. For those of you in training for the 5/3 half-marathon, we can easily add on another half mile to accomplish your 7 mile goal for the day. We will depart from the gazebo at 7:00am for those interested in carpooling. Contact **Jim Cassioppi** at run4christ@juno.com for more information.

Hash House Harriers Runs

We're still looking for a club contact within the ERC to work with **Jim Blomquist** to bring the occasional hash back to Elmhurst. Although, the local HHH group continues to meet every other Sunday to share in this unique running experience, it would be fun to host one or two of these events this year. Contact Jim at jbquist1@juno.com or Susan via the club mailbox for more information or to volunteer to help.

Website

More upgrades have been made to our electronic information distribution system. We're now online at www.elmhurst-runners.com or via email at info@elmhurst-runners.com "Thank you" to **Elliot Kaufman** and **Todd Ripperda** for bringing us into the user-friendly domain name arena. The 2004 Calendar of Events is now available online along with the latest pictures and training schedules. Elliot can be reached at webmaster@elmhurst-runners.com and many members of the Runners Council will also have new e-addresses to forward messages to them adding another layer of privacy protection. Again, thank you, 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**.

Injured but Not Forgotten

**Dare we say it? Rumor has it that several members of the Boston Marathon training team are experiencing recurring ailments across a variety of areas.
Take it easy and recover well before your big day.**

ERC Birthdays

Tom Klein 4/16

Mary Ann Clark 4/22

Julie Travers 4/20

John Taflan 4/22

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

Survey for Members (and other news . . .)

ERC Singlets

We are working on ERC team singlets that can be worn in competitive races by participating members.

Questions for Members:

1. What type of technical gear would you be willing to purchase for wearing in races around Chicagoland? (Informal survey says tank/singlet)
2. What suggestions are there for the logo to be printed on this gear? (Suggestion-green Elm Leaf with ERC, Elmhurst Running Club)
3. How many competitive runners will want this gear?

Please respond directly to Paul Ward at toocubed@aol.com by 3/29. Thank You.

Elmhurst Running Club Treasurer Report

In 2002 we began the year with a balance of 86.67 and ended the year with a balance of 882.55. The following is a chart of the income and expense reporting:

Elmhurst Running Club 2002 Income/Expense report

ERC Income

Membership/winnings	1,388.50
Total income	1,388.50

ERC Expenses

Uncategorized	492.62
Registration -ERC	100.00
Total Expenses	592.62

Overall Increase Total	795.88
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In 2003, we began to track the income and expenses with additional details by event (see chart below). We began the year with 882.55 and ended the year with a balance of \$995.59.

Elmhurst Running Club 2003 Income/Expense Report

ERC Income	
Membership Dues	1,158.00
Race Winnings	310
TOTAL Income	1,468.00

ERC Expenses	
ERC Special Events	64.09
January Awards Expenses	560.15
New Years	145.25
Newcomer Run	138.92
Printing, mailings	212.12
Registration -ERC	50
Relay for Life	77.28
Summer Picnic	107.15
Total Expenses	1,354.96

Overall Total **113.04**

Please remember to pay your dues for 2004! We need them in order to continue our summer picnic, year end party, etc... You can mail your dues to Mark Boozell.

Other News . . .

Mark Boozell found a pair of women's Nike running gloves on the path in January. If you're missing a pair, please contact Karen Zenisek at k.zenisk@comcast.net

We just heard from **George Christopher** and because of a recent move to Westchester, PA, it's doubtful that he'll be joining us for many track workouts this summer. We look forward to hearing news about exploits with his new running club and wish him and his family all the best.

We would like to extend our condolences to Mary Beth McClean and her family on the recent passing of her father. Our thoughts are with you.

Coming Next Month . . .

Shamrock Shuffle Results

The long awaited Boston Marathon Results!!!!!! **Good Luck & Have Fun**

Newsletter

Submissions to the April 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!

Happy running!