



## Newsletter March 2007

Congratulations to the following individuals who were recognized at the recent February 3 Elmhurst Running Club Awards Party:

**Runners of the year:** Doug Pearson, Mark Montgomery, Kristy Howland

**Masters Runners of the year:** Tim Conheady, Christine Lipa

**Multi-Sport Runner of the Year:** Jeremy Wernick

**Most Improved:** George Bode, Mark Boozell

**Most Improved Multi-Sport:** Nate Gray

**Newcomers of the Year:** JP McGreal, Karen Leavitt

**Most Club Runs:** Noel Griffin

Thank you so much to Anne and Mark Montgomery for hosting the evening. Also please contact the Montgomerys if you are the owner of a round glass dish that was left at their house the night of the party.

### New Members

Stephanie Wagner

Andrew Hunt

Mariann Kerley

Charlie & Lynn Kern

Mabel Noriega

Kristin Paxton

Carrie Floss

Christopher Floss

Nancy Blum

Marge Fiedler

Jeff Fitzer

Jeff Hartline

Bob Wagner

Joe Shostak

### 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.

All members please get involved in the club this year! Please go on the website ([http://www.elmhurst-runners.com/documents/Coordinator\\_Roles\\_2007.pdf](http://www.elmhurst-runners.com/documents/Coordinator_Roles_2007.pdf)) and review the coordinator positions and volunteer to work with someone already listed, it's a great way

to prepare yourself to be a coordinator next year. Pick a position that interests you and get involved! (Ps- the newsletter coordinator position is taken!)

We are currently in need of someone to take charge of the Annual Picnic. Also we would like some volunteers for the Newcomers Run and someone to be the non-circuit race results coordinator and finally we are looking for a Communications Coordinator.

### **Distance Training**

Marathon training will formally begin on Saturday, June 2, at 6:00 a.m. at the Gazebo. We follow the Hal Higdon training program which is posted on the ERC website. This year ERC will be partnering with Illinois Runs (I-Runs), Dick Pond Athletics-Elmhurst, and Olympic Chiropractic to bring you the best local marathon training program around. Bill Sanders is our marathon coordinator and can be reached at [bsanders@chns.net](mailto:bsanders@chns.net)

This year we have a record number of people training for spring marathons. The following people are not all ERC members but most trained with ERC last summer for fall marathons. Please encourage these folks to join the club when you are training with them.

Last Name	First Name	SM	Pace	
Conheady	Tim	Boston	7:15	
McGreal	JP	Boston	7:15	
Sanders	Bill	Martian	7:30	
Buonarroti	Francesco	Hamburg	7:45	
Aldridge	Kevin	Toledo	8:00	
Hagstrom	Jennifer	Boston	8:00	
May	Darryl	Boston	8:00	
Sanders	Amy	KY Derby	8:00	
Helm	Tina	Just miles	8:30	
Ols	James	Grandma's	8:30	
Paulison	Christeen	Boston	8:30	
Travers	Julie	Boston	8:30	
Kamer	Harry	Big Sur	9:00	
Nechvatal	Molly	Flying Pig	9:00	
Park	Tina	Just miles	9:00	
Partridge	Sandra	Boston	9:00	
Robinson	Mark	Boston	9:00	
Ward	Paul	Big Sur	9:00	
Gray	Colin	Just miles	9:15	
Hansen	Allyson	Bay Shore	9:15	
O'Brien	Nancy	Nashville 1/2	9:15	
Ray	Wilson	Nashville 1/2	9:15	
Wallace	Lori	Boston	9:15	
Wallace	Scott	ING Georgia	9:15	
Williams	Charlie	Lake Geneva	9:15	

Boyd	Cheryl	Just miles	10:00	
Sluga	Dennis	Mardi Gras	10:00	
Depodesta	Karen	Green Bay	10:30	
Marcotte	Paul	Just miles	10:30	

### **Speed Workout**

Spring track sessions are targeted to begin in mid to late May. We meet at the Gazebo Tuesdays at 6:30 p.m. and warm up together on the way to Elmhurst College track. Any questions regarding speed work sessions can be directed to Mark Montgomery at [amont68@aol.com](mailto:amont68@aol.com)

### **Upcoming Events**

3/17 St. Paddy's Day 5K Chicago  
3/25 Shamrock Shuffle 8k Chicago  
3/31 Race to Wrigley Chicago  
3/31 Chicago Lakefront 50K Chicago  
4/14 Dash for Dreams 5K Barrington  
4/15 Race That's Good for Life 5K Oak Park  
4/15 Naperville Spring Ahead 5K, 10K Naperville  
4/21 Take a Step for Kids 10K, 5K Libertyville  
4/21 Race for recreation 5k Palos Heights  
4/21 The Kingdom 5K Naperville  
4/21 Wrigley Start Early 5K, 10K Chicago  
4/22 Lisle Chamber Run 5K, 10K Lisle  
4/22 Fox Trot 5K Batavia  
4/28 Brain Tumor Path to Progress 5K Chicago  
4/28 Rest Sleepwalk 5K walk Chicago  
4/28 Festival 30K, 13.1M, 5K Racine, WI  
4/29 Running for Life 5K Chicago  
4/29 Stepping Up to Wellness 5K Libertyville  
4/29 CASA Cares 5K Downers Grove  
4/29 Ravenswood Run 5K Chicago

### **Race Results**

P.F. Chang's Rock 'N' Roll Arizona - 1/14/07

Mark Boozell 1:47:41  
Julie Travers 1:47:41  
Lori Wallace 1:54:44  
Noel Griffin 1:54:05

Sedona Half-Marathon - 2/10/07

Ronnie Ward 2:24:10  
Paul Ward 2:24:11

Lifestart Wacky 5K - 3/4/07

Stephanie Wagner 20:36  
Jen Mayfield 24:10

### CARA News

Please e-mail Doug Pearson when you sign up for a race. Also it may help him plan the Chicago Challenge if club members would tell him if they plan to run the CDC or the marathon. As for other races, if runners would tell him when they are planning to race so he can post it, other club members can see what races the team may be able to help and plan their races accordingly. For those planning ahead, there are 3 half marathons on September 9<sup>th</sup>. 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.

### Multi-sport Training

#### **Winter 2007 - Multi-sport**

The winter months aren't the end of the triathlon season, we just move indoors. Congratulations to **Jeremy Wernick** for his **2<sup>nd</sup> place finish** at the Court's Plus indoor triathlon on December 10 and to **Kevin Aldrich** for his strong finish. Indoor triathlons are held at many of the local health clubs and are a great way to experience triathlons without having to own a bike.

March is a great time to be working on your base aerobic fitness. The colder months are a great time to compliment that fitness with aerobic bike rides, weights and swimming. The warmer months will come soon, so take this opportunity to warm up at the pool and work on your technique.

Have you started planning your racing and training schedule for 2007 yet? As you look to compliment your running, consider trying a triathlon. The popular races fill up quickly!

Sprint Triathlons are 1/4 Mile swim, 15 mile bike and 3.1 mile run. The Olympic triathlon is 1/2 mile swim, 25 mile bike and 6.1 mile run. The  $\frac{1}{2}$  Ironman is 1.2 mile swim, 56 mile bike and 13.2 mile run. The biggest of them all is the Ironman and is 2.4 mile swim, 112 mile bike and 26.2 mile run.

Here are just a few other club members and their goals. **Dave Polkow** and I will compete at Ironman Lake Placid along with 8 of our Naperville friends. **Jeremy Wernick** is focusing on Ironman Wisconsin. **Nate Gray** will continue focusing on improving his sprint and Olympic races and has been swimming all winter long. I'm quite sure that **Kristy Howland** and **Christine Lipa**, are just starting their triathlon debuts and I look for some interesting results from them. **Bob Richards** and **David Lynam** are sure to compete in several tris and **Kevin Aldrich** is focusing on the first ever Louisville Iron Man.

If anyone has interest in training or racing together here is my most likely schedule through my primary race:

- ◆ April 28 -  $\frac{1}{2}$  marathon in Racine WI (They also have a 50K)

- ◆ May 12 -  $\frac{1}{2}$  marathon in Rockford IL (potential)
- ◆ May 19 - Galena triathlon (they have a duathlon run, bike, run)
- ◆ June 10 - Rockman  $\frac{1}{2}$  ironman
- ◆ June 24 - Effingham cutting edge  $\frac{1}{2}$  ironman (potential)
- ◆ July 22 - Ironman USA (Lake Placid)

Attached is a list of some of the 2007 races to help get your interest started. These are by no means the only races out there, just a good sampling.

Triathlon	May-06-07	<a href="#"><u>Tri-City Challenge</u></a>
Triathlon	May-06-07	<a href="#"><u>Fox Valley YMCA Tri-City Challenge</u></a>
Triathlon	May-06-07	<a href="#"><u>Tri City Challenge</u></a>
Triathlon	May-11-07	<a href="#"><u>Danskin Official 8 week Training Program</u></a>
Triathlon	May-12-07	<a href="#"><u>MultiSport Mayhem</u></a>
Triathlon	May-13-07	<a href="#"><u>Well Fit Advanced Swim Technique Class 3</u></a>
Triathlon	May-19-07	<a href="#"><u>2007 Galena Triathlon &amp; Duathlon</u></a>
Triathlon	May-20-07	<a href="#"><u>Tower Triathlon</u></a>
Triathlon	May-27-07	<a href="#"><u>MultisportMadness Kids Triathlon</u></a>
Triathlon	May-29-07	<a href="#"><u>Together We Tri - Accenture Chicago Triathlon Training Program</u></a>
Triathlon	Jun-09-07	<a href="#"><u>Wolf Creek Sprint Triathlon</u></a>
Triathlon	Jun-10-07	<a href="#"><u>RockMan Half Iron Triathlon</u></a>
Triathlon	Jun-13-07	<a href="#"><u>Well Fit Bike Power and Race Pace Class</u></a>
Triathlon	Jun-23-07	<a href="#"><u>Subaru U.S. Women's Triathlon Series - Naperville</u></a>
Triathlon	Jun-24-07	<a href="#"><u>Twin Lakes Triathlon</u></a>
Triathlon	Jun-29-07	<a href="#"><u>Well Fit Triathlon Combo Class</u></a>
Triathlon	Jul-07-07	<a href="#"><u>YMCA/FHN Freeport Triathlon</u></a>
Triathlon	Jul-07-07	<a href="#"><u>Mattoon Beach Triathlons</u></a>
Triathlon	Jul-15-07	<a href="#"><u>Lake in the Hills Triathlon</u></a>
Triathlon	Jul-21-07	<a href="#"><u>Evergreen Lake International Triathlon</u></a>
Triathlon	Jul-22-07	<a href="#"><u>Harbor Lights Triathlon</u></a>
Triathlon	Jul-28-07	<a href="#"><u>National City Bank - Dew the Tri for Kids</u></a>

Triathlon	Jul-28-07	<u>Wauconda Kids Sprint Triathlon</u>
Triathlon	Jul-29-07	<u>Glenview Park District Sprint Triathlon</u>
Triathlon	Jul-29-07	<u>Stoneman Sprint Triathlon</u>
Triathlon	Jul-29-07	<u>Iron Abe Triathlon</u>
Triathlon	Jul-29-07	<u>Wauconda Sprint Triathlon</u>
Triathlon	Aug-04-07	<u>Mini Triathlon</u>
Triathlon	Aug-04-07	<u>South Shore Tri</u>
Triathlon	Aug-04-07	<u>Naperville Sprint Triathlon FREE Mini Camp</u>
Triathlon	Aug-04-07	<u>MattoonMan Triathlon</u>
Triathlon	Aug-12-07	<u>Tri-Masters Invitational Kids Triathlon</u>
Triathlon	Aug-12-07	<u>Lake Zurich Triathlon</u>
Triathlon	Aug-25-07	<u>Fleet Feet SuperSprint Triathlon</u>
Triathlon	Aug-25-07	<u>McDonald's Kid's Triathlon</u>
Triathlon	Aug-26-07	<u>Accenture Chicago Triathlon</u>

There has been significant interest to compliment the Elmhurst running and bike clubs with our own tri club. If you are interested in learning more about this, drop me an e-mail [k.zenisk@comcast.net](mailto:k.zenisk@comcast.net)

Additional links of interest

Dave Polkow [www.tricoachdave.com](http://www.tricoachdave.com)

Elmhurst Bicycle Club [www.elmhurstbicycling.org](http://www.elmhurstbicycling.org)

Elmhurst Running Club [www.elmhurst-runners.com](http://www.elmhurst-runners.com)

Total Immersion swimming [www.totalimmersion.net](http://www.totalimmersion.net)

Karen [k.zenisk@comcast.net](mailto:k.zenisk@comcast.net)

Multi-sport Coordinator

Elmhurst Running Club, Inc.

### **ERC Special Events**

Planning for the *Community Bank of Elmhurst 4 on the 4th* club race is proceeding well. The next race committee meeting will be on Monday, March 19, at 7:00pm at Epiphany Lutheran church at the corner of Spring and Vallette. Please e-mail Susan or Bob at the club e-address ([info@elmhurst-runners.com](mailto:info@elmhurst-runners.com)) if you'd like to come on board! The more, the merrier!

Planning is also beginning for our annual Newcomers Run in May. The purpose is to welcome recent and potential new members to a regular Saturday run and provide a brief social time with light brunch immediately following. Additionally, it's time to select a date and reserve a park for the annual club picnic traditionally held in late August. If you're interested in helping with either of these events specifically, please e-mail Susan at [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com). Thanks!

### **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](mailto:jbquist1@juno.com) Experience the unexpected!

### **Web Sites**

Be sure to check out the latest and greatest on the website. 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) Don't forget to check out the new race website at [www.4on4th.com](http://www.4on4th.com) Thanks, Elliot and Todd!

### **Membership**

New this year, only people that pay dues will be listed on our official ERC roster. We collected dues at the annual awards party at the Montgomery's, for those of you who were unable to attend 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 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 up an application. 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  
814 Hillgrove Ave. Western Springs

15% discount on shoes and a 20% discount on clothing

**New Balance Oakbrook** 17W490 22<sup>nd</sup> Street oak brook - 10% off all shoes and apparel

### **Professional Directory**

We hope to revive the professional directory to help facilitate relationships for non-running related goods and services within the club. Info. to follow next month.

### **ERC Birthdays**

Mark Boozell 2/19  
George Bode 2/21  
Kristy Howland 2/22  
Doug Pearson 3/7  
Lori Wallace 3/10  
Jeff Hartline 3/19  
Norm Damer 3/22  
Stephanie Wagner 3/22  
Nancy Blum 3/24  
Marlene Scheibl 3/29

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

### **Other News**

Our condolences go out to Norm and Jennifer Damer and family at the recent loss of Norm's dad. Our thoughts are with you.

### **General Club Information**

Year-round runs: Saturdays and Sundays at 7:00 a.m.  
Seasonal runs (Jun - Oct): Marathon - 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.

Phone: 630-941-0926  
E-mail: [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com)  
Online: [www.elmhurst-runners.com](http://www.elmhurst-runners.com)

### **Newsletter**

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

**Elmhurst Running Club, Inc. 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926**  
**[www.elmhurst-runners.com](http://www.elmhurst-runners.com) [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com)**