

Elmhurst Running Club Newsletter

May 28, 2004

The racing season is off and running! We would like to wish our Fifth/Third Half Marathon team the best of luck on June 6. Bring home the \$

Female Team

Kristy Howland
April Hyravy
Dawn Gould
Lori Wallace
Mari Jo Hecker
Kareen Ripperda

Co-Ed Team

Jayne Aspan
Julie Bruns
George Bode
Bob Richards
James Cassioppi

***Congratulations also to the Tour de Foot group!
The running club swept the medals in many categories.***

Spring running groups are as follows:

Wednesdays:

6:30pm Trail run; sometimes tempo or fartlek runs. Track workouts begin June 2.

Saturdays:

7:00am Trail Runs – typically run 2 miles east then meets the 7:30 group. Also beginners run/walk group.

7:30am Trail Runs – typical runs are 3-6 miles in length; variety of paces starting at approximately 7:30 per mile and including a new 10-minute per mile group.

New Members

We would like to officially welcome the following new members:

Kevin Aldrich, Kristi Blessing, Patti Caron, Phil Hartwig, Susan Landers, Bonnie Leshuk, Melissa Maloney, Molly Nechvatal, Deborah Shaddon, Joe Short, Jeremy Wernick . . . all Elmhurst natives, many of whom we've seen at the races or on the path and joined us for the first time at the Newcomers Run.

We look forward to running with each of you!

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.

Distance Training

The 18-week Marathon training will begin Monday, June 7. The training for the Chicago Half-marathon will begin on Monday, June 14. If you're interested in either of these programs, have

any questions, or would like to volunteer to help **Kurt Fiene** with this area, please contact him at kurt.fiene@ca.com.

Speed Workouts

Wednesday night track workouts will officially begin again on June 2 at 6:30pm. Runners meet at the gazebo for a quick warm-up to York H.S. track. Concurrent trails runs also meet at the gazebo. Any questions, contact **Kurt Fiene** at kurt.fiene@ca.com. **Lori Wallace** and **Mark Montgomery** will also be helping out on Wednesdays. Thanks, all!

Additional Weekday Runs

Looking for running partners during the week or have an event of interest? Help us test out a bulletin board type of addition to our website. Once you register, postings can be made at www.elmhurst-runners.com/forum/ Please be sure to include the day(s), time of day and pace you'd like to run. Let us know what you think about this new method of coordinating our group.

Upcoming Events

M-F 6/14 – 7/30	Master Swim Clinic 6:00 – 7:30am	Elmhurst (East end Pool) (To register go to the Abbey or Wagner Center)
Mon May 31	Lakeshore Marathon	Chicago
* Mon May 31	Elgin valley Fox Trot -10M & 5K	Elgin
* Mon May 31	Ridge Run - 5 & 10K	Chicago
Wed June 2	ERC Track Workouts Begin- 6:30pm	York H.S. Elmhurst
Sun June 6	St. Charles Half-marathon	St. Charles
* Sun June 6	Roselle Run for the Roses	Roselle
Sat June 12	Joe Newton 5K	Elmhurst
* Sun June 13	Walter Payton Sweetness 5 & 10K	Aurora
Sun June 13	North Shore Half Marathon	Highland Park
June 18 & 19	Relay for Life	Elmhurst
Sun June 22	Rivers Edge Women's Triathlon	Naperville
Sun June 22	Twin Lakes Triathlon	Palatine
* Sun June 26	I Run For Autism	Matteson
Mon July 5	ERC Downtown Run – 8:00am	Starbucks

* indicates CARA circuit races

italics indicate ERC events

Race Results

**Congratulations to Sue Langer on her 1st place finish
as well as all who ran the Annie Ryan Run!**

Great Western 8k – 05/09

Christine Lipa, 32:57, AG1

Great Western 30K – 05/09

Doug Pearson, 2:03:47, AG5

John Kwit, 2:52:51, AG30

Dina Kwit, 2:52:34, AG8

Molly Nechvatal, 3:16:36, AG10

Tour de Foot – 5/9/04

Kristy Howland, 19:13, 1st Overall Female
April Hyravy, 20:04, 2nd Overall Female, AG1
Susan Landers, 21:09, 3rd Overall Female, AG1
Jennifer Hagstrom, 21:32, AG2
Julie Travers, 22:28, AG1
Mari Jo Hecker, 22:39, AG4
Bonnie Leshuk, 23:17
Lori Wallace, 23:22, AG2
Jayne Aspan (& AJ), 25:03, AG4
Patti Golden, 30:01

Bob Luse, 18:29, AG6
Todd Ripperda, 21:29, AG4
Jeremy Wernick, 21:41
John McKoane, 21:43, AG4
Kevin Aldrich, 21:45
George Bode, 22:14
John Taflan, 22:43
Kevin Wiktor, 22:52
“Mark Montgomery”, 24:43
Elliot Kaufman, 24:59, AG5

The Literacy Run Half-marathon – 05/8/04

Jim Cassioppi, 1:23:37, AG3
Karen Zenisek, 1:47:15, 3rd Female Master

Ravenswood 5K – 04/25/04

April Hyravy, 20:07, AG1
Christine Lipa, 19:25, AG1
Doug Pearson, 18:07, AG6

Darien Dash

April Hyravy, 20:41, 1st Overall Female

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

Some great times were logged on behalf of the club at the Great Western and Ravenswood Runs (see above). Congratulations to each of our runners. We are competing in the green division of the CARA circuit and need to submit at least three participants for each race we run. Please let **Christine Lipa** at jclipa@earthlink.net know if you run any circuit races.

Multi-Sport Training

May is the start of triathlon and a great reminder that there is something new to learn with each event and every year. It looked as if Galena would be the great way to start the season but Mother Nature had another idea. After storms and rain, the Galena triathlon was cancelled due to weather. Part of the experience of triathlons is the unexpected.

- Try an open water swim at Centennial beach at Naperville on Saturday June 12th at 10:00. Car pools available.
- Monday night swims start at 8:00 pm and usually last 1 hour with focus on drill and technique
- Wednesday night swims start about 7:30 and last about 1 _ hrs with upwards of 3000 yards

Tip: Visualize and practice your transitions. Transitions are a great way to give your race a boost.

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>

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. If you're not quite ready for the swim portion of the triathlons, why not try a duathlon or some of the fun ride and ties.

Call or e-mail me with your questions.

Karen Zenisek, Multi-sport Coordinator

630-530-0793 k.zenisk@comcast.net

ERC Special Events

Newcomers Run - We had an awesome turnout for this year's Newcomers Run. Over 45 people came to run with us that day and as a result, we've welcomed several new members. The great job on publicity and refreshments was accomplished by **Maureen McCoy, April Hyravy** and **Jayne Aspan** with signage and posters donated by **Phil Barry** and *The Printing Store* in Oak Park. Thank you for the opportunity to renew old acquaintances as well as meet new runners. It was a great success.

Joe Newton Run – We're looking to put together a group of volunteers to help out at the *Joe Newton Run for Education* on the morning of Saturday, June 12. If you're not planning to run it and think that you'd be interested, please contact Susan via return e-mail or by phone at the club address.

Relay for Life – It's here! June 18-19 marks our sixth Relay for Life. **April Hyravy** and **Jennifer Hagstrom** are 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!). The goal is to raise awareness and funds for cancer research, prevention and cure. Everyone is welcome to stop by our tent to check it out and say "hello!" The event will start at 6:30pm on Friday and conclude at 6:30am Saturday morning. Please come join in the fun. Thank you to all who have already sponsored an individual on the team. For those who haven't and would like to support this worthy cause, please send your donation made payable to the **American Cancer Society** to:

Jennifer Hagstrom

395 Huntington Lane

Elmhurst, IL 60126

Your contribution makes a difference. Contact April Hyravy with any questions at april.hyravy@us.bosch.com.

5K Race Update – The committee responded favorably to the concept proposed by the Elmhurst Police Department to consider a race on July 4, 2005, utilizing the existing parade route. We'd like to extend the opportunity to all club members who are in town to meet us for a run *this* July 5 at 8:00am at Starbucks in downtown Elmhurst. We'd like your feedback on the potential course as well as ideas in general about this endeavor. Our next committee meeting is

Monday, July 19, at 7:00pm. The agenda will include feedback from the group on the July 5 run as well as possibly the beginnings of a discussion on charities. All are welcome.

Forest Preserve Runs

Mark your calendars now for our next two forest preserve runs. Scheduled for July 24 is a scenic run through the *40-Acre Woods* in Palos Hills and August 14 offers a trail race in *Waterfall Glen*. Come experience a different part of our county. The Gatorade's on Jim!

Hash House Harriers Runs

The local HHH group continues to meet every other Sunday to share their unique running experience. Contact **Jim Blomquist** at jbquist1@juno.com or Susan via the club mailbox for more information or to volunteer to help coordinate an Elmhurst run.

Website

Elliot's redesigned the front end of the website as well as added the capability to post messages. Please be sure to check it out and provide your feedback. Log on at www.elmhurst-runners.com Thanks, 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

Unfortunately the Three Musketeers have yet to return to full strength.
A speedy recovery is wished to Kurt Fiene, Mark Montgomery and Pete Eddington.

ERC Birthdays

6/1 - Karen Lipa

6/10 - Dennis Sluga

6/21 - Rick Blattner

6/27 - Terry Strandt

6/27 - Mari Jo Hecker

6/29 - Mark Montgomery

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

Other News . . .

Broaden your Horizons!

For those Hendrix fans around Memorial Day weekend, venture into to the city to experience a live performance featuring our own **Kevin Wik** as you enjoy the music of Jimi. Axis, his band, will be playing on Saturday, May 29, at 9:30pm at the Bohica Bar & Grill – 5518 S. Archer Ave. (4 blocks west of Cicero Ave. by Midway) in Chicago. Spice up your weekend!

Spotlight on . . . Kurt!

Our own **Kurt Fiene** was the subject of a recent up close and personal profile by aspiring journalist, Jeffrey Nirtaut. Jeff's hope is to get it published in the near future but in the interim, contact the club mailbox if you'd like to preview a copy. Way to go, Kurt!

ERC Singlets

The singlets have arrived! Thank you to **Paul & Ronnie Ward**. Try-ons have already begun for those who pre-ordered or are racing for the club in the near future. The moisture-wicking tops are white with forest green/black inserts along the side panels and the corresponding shorts are available in both side split and fuller coverage shorts in forest green. They are being sold for \$15 each or \$25 a set. For more information on try-on sessions or to order yours, contact Susan at the club mailbox.

ERC Signage

In addition to providing signage for the Newcomers Run, **Phil Barry** has also incorporated our new logo for the ERC signs! Thanks, Phil!

Newsletter

Submissions to the June 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!