



Newsletter May 2007

Congratulations to all of this years spring marathon finishers! You all trained in a cold, snowy, icy winter and should be so proud of your accomplishments!

A special congratulation goes out to all of the Boston Marathon finishers! This years Boston had extraordinary weather conditions before and during the race! Running in a HURRICANE can't be easy! Congratulations to everyone. The Elmhurst Running Club is so proud of all our athletes.

ERC Runners Council

Each year we divide up the activities involved in support of the club. Please consider volunteering for an unfilled position or to work with someone already listed. It's a great way to prepare yourself to be a coordinator next year. Simply pick a position that interests you and get involved! (P.S. - the newsletter coordinator position is taken!).

Bob Richards has just volunteered to be the non-circuit race results coordinator for the club. Please send results to him at: bobnanrun@sbcglobal.net

Of particular need is someone to take charge of the **Annual Picnic**, and someone to work with the local press, etc. (see **Communications Coordinator** position.) Coordinator roles are posted at

http://www.elmhurst-runners.com/documents/Coordinator_Roles_2007.pdf

Additional contact information is posted on the Web site or you may phone Susan at 630-941-0926 with any questions and/or suggestions for the club in the coming year.

Distance Training

Marathon training will formally begin on Saturday, June 9, 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

If anyone is running a fall marathon for a charity please e-mail the information to Julie katkmt@comcast.net so we list that in the Newsletter.

To everyone who ran with the 2006 Marathon Training Group -

Since so many have asked about 2007 Marathon Training Group and how to sign up here are the steps. There are two ways to sign up. One way is to just go through Illinois Runs (as a non ERC member) and pay \$ 125. This is the most expensive way to do it. Another way is a member of the Elmhurst Running Club. ERC members receive a \$ 75 DISCOUNT to upgrade

to the I-runs program and would pay only \$ 50. So here is the way to sign up for the 2007 MTP.

1. If your ERC membership has lapsed or will be joining for the first time, print the attached application and complete the instructions. The membership fee is a whopping \$ 15 annual fee. Sorry no installment payments ☹.
2. Then you sign up at the WWW.ILLINOISRUNS.ORG website and make sure you sign up under the "participating club" group rate.

It is that easy. If you want to be a pace group leader, the \$ 50 fee for Illinois Runs will be waived. Contact Bill Sanders with any questions. bsanders@chns.net

Speed Workouts

Spring track sessions are targeted to begin Wed. May 16. We meet at the Gazebo Wednesdays 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

Upcoming Events

- 5/5 Bison Stampede 5k Oak Brook Terrace
- 5/6 Great Western Half-marathon St. Charles
- 5/12 Lake Geneva Marathon Wisconsin
- 5/12 Groovin in the Grove 5k Downers Grove
- 5/12 ERC Newcomers Run - Gazebo 7:00am**
- 5/13 Y ME 5k Chicago
- 5/19 Run for Hungry Children 5K Hoffman Estates***
- 5/20 Annie Ryan Run 5K Elmhurst
- 5/26 Western Springs 10K, 5K
- 5/26 Soldier Field 10 Chicago
- 5/28 Elgin Valley Fox Trot 10M, 5k Elgin***
- 6/2 Run for the animals 5K Wheaton
- 6/9 Run for the stars 5K Wheaton
- 6/10 Commit to be fit 5K Downers Grove
- 6/24 Downers Grove 10M
- 7/4 4 on the 4th 4M Elmhurst***

Bold = ERC Event

Bold Italics = CARA Circuit Race

ERC AT THE RACES - NON-CARA CIRCUIT

Compiled by Bob Richards (bobnanrun@sbcglobal.net). I will try to find results, but please send them to me! -- Bob

4-16-07 111th BOSTON MARATHON, Boston, MA

Michael Wargo, 3:26:12

Tom Conheady, 3:26:47

Jennifer Hagstrom, 3:43:56

Karen Ryan, 3:51:56

Christeen Paulison, 3:56:21

Darryl May, 4:03:31

Julie Travers, 4:04:15

Sandra Partridge, 4:19:14

Mark Robinson, 4:19:14

Lori Wallace, 4:19:16

OTHER RACES

4-1-07 MARTIAN MARATHON, Dearborn Hts., MI

Bill Sanders, 3:11:30, 3rd M35-39

4-07-07 HEALTHY HOP 5K, Geneva

John O'Blanis, 23:27, 7th M55-59

4-15-07 GLASS CITY MARATHON, Toledo, OH

Kevin Aldrich, 3:43:07 (PR!) 13th M45-49

4-22-07 FOX TROT 5K, Batavia

Susan Landers, 21:04, 1st F35-39

Stephanie Wagner, 21:05, 1st F30-34

John O'Blanis, 23:02, 7th M55-59

4-22-07 RUN FOR EDUCATION 5K, Lisle

Judy Shostak, 29:26, 5th F35-39

4-29-07 LAKEFRONT 10-miler, Chicago

Charlie Kern, 54:18, 1st M35-39

4-29-07 COUNTRY MUSIC MARATHON, Nashville, TN

Dennis Sluga, 6:04:07, 60th M60-64

4-29-07 BIG SUR INTERNATIONAL MARATHON, Monterey, CA

Paul Ward, 4:18:13, 61st M55-59

Nick Dragisic 5:35:10

Julie Boruff, 4:13:17, 66th F35-39

4/29/07 Oklahoma City Marathon

Mari Jo Hecker 3:40:31 4th AG

4/28/07 Racine Wisconsin $\frac{1}{2}$ Marathon Running Festival

Dave Polkow 1:43 1st AG

Karen Zenisek 1:44 3rd AG, 8th Female Overall

5-5-07 BISON STAMPEDE 5K, Oakbrook Terrace

Barry Brandt, 17:21, 2nd M45-49

Stephanie Wagner, 21:41, 2nd F30-34

5-5-07 RUN FOR THE KIDS 5K, Villa Park

Bob Richards, 20:48, 1st M55-59

CARA Race Results

Elmhurst Report on The Race That's Good for Life in Oak Park on April 15, 2007

CARA Age Graded Results

Name	Ag S	HM S	Age Graded
BARRY BRANDT	49M	0 17 30	836.2
CHRISTINE LIPA	47F	0 19 47	824.8
PETER EDDINGTON	49M	0 19 12	762.2
MARK MONTGOMERY	39M	0 17 52	758.4
BETH SZOPKO	29F	0 20 22	726.7
Total			781.6
others			
DOUG PEARSON	39M	0 18 53	717.6
VERONICA WARD	56F	0 25 56	705
STEPHANIE WAGNER	33F	0 21 10	702.4
KEVIN KAUFMAN	29M	0 18 50	685.8
JOHN O'BLANIS	55M	0 22 40	677.9
PAUL WARD	56M	0 23 8	670
MOLLY NECHVATAL	42F	0 23 17	667.9
JEN MAYFIELD	35F	0 23 5	647.7
NOEL GRIFFIN	45M	0 23 4	614.9
ANN NELSON	29F	0 24 27	605.3
HEATHER STILWELL	28F	0 25 38	577.4
NICK DRAGISIC	57M	0 28 13	554
MICHELLE AMATO	36F	0 38 40	388.4

CARA Age Division Results

Name	M/F	Time	Age Group	Age Grp Place	AG Field	
Christine Lipa	F	19:47	F45-49	1	44	0
Barry Brandt	M	17:30	M45-49	3	60	0.033
Mark Montgomery	M	17:52	M35-39	5	69	0.058
Jen Mayfield	F	23:05	F35-39	4	39	0.077
Molly Nechvatal	F	23:17	F40-44	5	43	0.093
Total						0.261
Tiebreakers						
Beth Szopko	F	20:22	F25-29	7	50	0.012
Doug Pearson	M	18:53	M35-39	11	69	0.145
others						
Peter Eddington	M	19:12	M45-49	10	60	0.15
Stephanie Wagner	F	21:10	F30-34	9	47	0.170
Veronica Ward	F	25:56.0	F55-59	4	17	0.176
Kevin Kaufman	M	18:50	M25-29	12	38	0.289
Ann Nelson	F	24:27:00	F25-29	17	50	0.32
John O'Blanis	M	22:40	M55-59	11	30	0.333
Paul Ward	M	23:08	M55-59	13	30	0.4
Heather Stilwell	F	25:38:00	F25-29	22	50	0.42
Noel Griffin	M	23:04	M45-49	29	60	0.467
Nick Dragisic	M	28:13:00	M55-59	25	30	0.8
Michelle Amato	F	38:40:00	F35-39	38	39	0.949

Elmhurst Report on Ravenswood 5k April 29, 2007

Christine Lipa was the 10th female finisher.

Award winners:

Barry Brandt 1st M45-49
Tim Conheady 1st M50-54
Christine Lipa 2nd F45-49
Mark Montgomery 2nd M35-39

Elmhurst Report on Ravenswood 5k April 29, 2007

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Award winners:

Barry Brandt 1st M45-49

Tim Conheady 1st M50-54
 Christine Lipa 2nd F45-49
 Mark Montgomery 2nd M35-39

CARA Age Graded Team Standings

Name Age G H Min Sec Theoretic Age
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 r Score

Barry Brandt	49 M	0	17	11	878	851.6
Tim Conheady	50 M	0	17	23	885	848.5
Christine Lipa	47 F	0	19	43	979	827.6
Bob Richards	58 M	0	19	59	946	789
Mark Montgomery	39 M	0	17	44	813	764.1

Total 816.2
 others

Doug Pearson	39 M	0	18	6	813	748.6
Kristy Howland	44 F	0	21	28	949	736.8
Stephanie Wagner	33 F	0	21	5	892	705.1
Kevin Kaufman	29 M	0	18	34	775	695.7
Veronica Ward	56 F	0	26	33	1097	688.6
John O'Blanis	56 M	0	22	33	930	687.4
Colin Gray	50 M	0	24	5	885	612.5
Philip M Hartwig	55 M	0	26	33	922	578.8
Michael Czuba	26 M	0	28	57	774	445.6

CARA Team Age Division

Name	M/ F	Age	Finish	Age Grp Place	AG	Field
Barry Brandt	M	49	17:11	1	96	0
Tim Conheady	M	50	17:23	1	67	0
Mark Montgomery	M	39	17:44	2	209	0.005
Christine Lipa	F	47	19:43	2	63	0.016
Doug Pearson	M	39	18:06	5	209	0.019
Total						0.04
Tiebreakers						
Stephanie Wagner	F	33	21:05	8	259	0.027
Kristy Howland	F	44	21:28	4	101	0.03

10th Women
 Overall

others						
Kevin Kaufman	M	29	18:34	11	229	0.044
Bob Richards	M	58	19:59	4	32	0.094
Ronnie Ward	F	56	26:33.0	4	29	0.103
John O' Blanis	M	56	22:33	11	32	0.313
Colin Gray	M	50	24:05.0	25	67	0.358
Philip Hartwig	M	55	26:33.0	19	32	0.563
Michael Czuba	M	26	28:57.0	183	232	0.784

Upcoming CARA Circuit Races:

Run For Hungry Children 5k in Hoffman Estates on May 19th.

Meet at the gazebo at 6:15 a.m. to carpool.

Elgin Valley Fox Trot on Memorial Day

Meet at the gazebo at 6:00 a.m.

Please e-mail Doug Pearson when you sign up for a race. Likewise, please drop him a note if you're planning to run the Chicago Distance Challenge or the Chicago Marathon. As for other races, please let him know if you're planning to race so he can post it and other club members can see what races the team needs help filling and plan their race schedules accordingly. For those planning ahead, there are three half-marathons on September 9th. 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.

Other CARA News

News from the Park Forest Scenic 10 Race Committee: Labor Day 2007 marks the 30th Anniversary of this top-rated run. Its long-time directors will be retiring and contrary to rumors, the plan is to continue producing the event with some modifications and additional sponsorship in 2008. Plan on attending this year's 30th Anniversary Gala this fall for a great run and a chance to provide *your* feedback!

Updated Information on How Illinois, Indiana, Michigan and Wisconsin Residents Can Obtain an entry to the 2007 LaSalle Bank Chicago Marathon through CARA

The CARA wristband entry program at retailers across Chicagoland has been cancelled. A limited number of race entries will be available to new and existing members of the Chicago Area Runners Association (CARA). Beginning on Friday, May 11, at 10 a.m. (CST), Illinois, Indiana, Michigan and Wisconsin residents who sign up for a new CARA membership or renew their existing membership will receive the opportunity to purchase a LaSalle Bank Chicago Marathon entry. CARA membership fees begin at \$38 and a special registration form for this program will open on Friday, May 11, at 10 a.m. at www.cararuns.org. Marathon entries will be available on a first come, first served basis until all entries are filled.

CARA apologizes for any confusion caused by our response to the close of the marathon. Factors beyond our control caused us to shut down our site until the situation could be resolved. We assure you that no further changes to the marathon entry program will be made. We value your participation in the Chicagoland running community and promise to serve you better in the future.

These limited race entries are available to Illinois, Indiana, Michigan and Wisconsin residents ONLY.

Chicago Area Runners Association

email: info@cararuns.org

Phone: 312-666-9836

Web: <http://www.cararuns.org>

Multi-sport Training

April 2007 - Multisport

The **Elmhurst Triathlon Club** has officially formed. Elmhurst Running Club member Dave Polkow is the president of the club with sponsorship from **Dick Pond's, Taco Fresco and the YMCA.**

We are meeting every month at the YMCA and have a topic such as swim technique and bike maintenance. The swim sessions focus on drills and even video taping of your stroke. Open water swims will start in June as we give the lake a bit of time to warm up.

We have a google group list server if you would like to login and join the group. <http://groups.google.com/group/elmhursttriclub> Our membership is \$25 for anyone interested in joining the club. The google group will have postings for our next meeting, training and race schedules.



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Race updates:

The triathlon season begins next month with Galena duathlon and triathlon. Memphis in May is another popular season opener.

The Lake Zurich Triathlon has added a Sprint distance!

For more information, and online registration, visit their website at www.lztri.com.

Additional links of interest

Dave Polkow www.tricoachdave.com

Elmhurst Bicycle Club www.elmhurstbicycling.org

Elmhurst Running Club www.elmhurst-runners.com
Total Immersion swimming www.totalimmersion.net
The Bike Shop Glen Ellyn <http://www.thebikeshopge.com/>

Karen k.zenisk@comcast.net
Multi-sport Coordinator
Elmhurst Running Club, Inc.

ERC Special Events

July 4th Race Update: Excitement continues as we welcome **Olympic Chiropractic & Sports Therapy (and new club member Michael Czuba)** as a Gold Sponsor as well as club member, **Tom Adams (Mentor Capital Management)**, as a returning bronze. We hope to have the applications out shortly and registration is open through the club Web site at www.4on4th.com. Remember, if you're an age group winner from last year, you will automatically receive a complimentary entry later via U.S. Mail. **All other 2007 ERC club members receive \$3.00 off their entry fee!** Additionally, as well as offering chip-based timing this year, cash prizes for both male and female top finishers will be offered (\$100, \$75, \$50 respectively) and male/female course records (\$100). It's sure to be an exciting race! **Speaking of, it's a great spectator course so if you have family or friends who'd like to watch, please encourage them to contact Anne Klein at abklein2@comcast.net or 630-834-5718 or Lori Wallace at a weekend training run to volunteer their time.** We have many course marshall positions still open affording them the perfect view of the race!

It was also great to welcome **Mike Barrett** and **Julie Kearney** to the race planning committee. Our next planning meeting is Monday, May 21, at 7:00 PM at Epiphany Lutheran Church on the corner of Spring and Vallette in Elmhurst. All are always welcome.

Newcomers Run

NEWCOMERS' RUN - Next Weekend! Whether you've been running consistently or not, come out for our annual Newcomers' Run next Saturday, May 12, at 7:00 AM at the gazebo. It's a great opportunity to welcome both potential new club members as well as welcome back those who've been away. Bring a friend or neighbor who might be interested in occasional group running. Light refreshments will be served afterwards. See you then!

Annual Picnic

Mark your Calendars for our Annual Picnic. Butterfield Park has been reserved for Saturday, August 25, in the mid-to-late afternoon for our annual end-of-summer picnic. Please let Susan know via return e-mail or phone if you're willing to help coordinate some basic refreshments or even an activity or two for the kids.

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 Experience the unexpected!

Web Sites

Elliot Kaufman is in the process of redesigning our main club Web site based on feedback at the annual party. Log on at www.elmhurst-runners.com to see the work in progress over the next few months . . . and don't forget to check out the race Web site at 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 hope to have the new list server set up for improved communications over the next few weeks so please be patient as we test it out. We did collect dues at the annual awards party. 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 or have address/phone/e-mail changes, 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 one up. 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 and 814 Hillgrove Ave. Western Springs 15% discount on shoes and a 20% discount on clothing

New Balance Oakbrook 17W490 22nd Street oak brook - 10% off all shoes and apparel

ERC Birthdays

John McKoane 5/18

Darryl may 5/24

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

Other News

We would like to announce that the Hecker's are moving back to Elmhurst June 1, 2007!

Welcome back to you all. The club will be happy to be running with Mari Jo once again.

General Club Information

Saturdays and Sundays at 7:00 a.m.

Mondays 5:00 a.m. - 45 min. at 9:30-10:00 pace with Elmhurst Tri Club

Thursdays 5:00 a.m. - 1 hour tempo/long intervals run with Elmhurst Tri Club

Seasonal runs (Jun - Oct): Marathon with I-Runs - 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.

Newsletter

Submissions for the April newsletter can be forwarded to Julie Travers at 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 info@elmhurst-runners.com