

# ***Elmhurst Running Club Newsletter***

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November 1, 2004

**CONGRATULATIONS to all our fall marathon finishers especially first-timers:**

**Joe Short, Noel Griffin, Julie Bruns, Molly Nechvatal, Kristi Blessing.**

**and Boston qualifiers:**

**Julie Bruns, Jim Cassioppi, Mary Anne Clark, Erin Fiene, Jennifer Hagstrom, April Hyravy, Mark Montgomery.**

**Very impressive each of you! Look for more details in the race results section.**

**CONGRATULATIONS to April Hyravy, our Athlete of the Month!**

**CONGRATS as well to Jayne Aspan on the opening of her new store, Runner's Soul. It's great to have a high-quality fitness store in town.**

**Fall running groups are follows:**

Wednesdays:

6:30pm Trail Runs – typically 3-5 miles in length, paces between 7:30 - 9:30 per mile.

Saturdays:

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

Sundays:

7:00am Trail Runs – typically 3-6 miles + longer runs for those in training for winter marathons; variety of paces.

Anyone is welcome to run with any group based on the time slot that best suits your schedule on a given week.

## **New Members**

A warm welcome to the following new members:

**Betsy Barrett, Colin Gray, Tina Helm and Brenda McNamara.**

All are Elmhurst natives with goals of improving their consistency, speed or distance. Betsy, Colin and Brenda aspire to a fall '05 marathon.

We also enjoyed running with **Lisa McDonnell** last Saturday. Hope to see you again soon, Lisa!

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](mailto:kristyhowland@comcast.net) or via phone at 630-530-5080.

## **Athlete of the Month**

We are proud to announce that our **October Athlete of the Month is April Hyravy!** As many of you know, April has played a big role in helping the club earn points in the Chicago Area Runner's Association (CARA) Green division. In addition to helping in the club standings, she is currently in 3<sup>rd</sup> place in the 30-34 age group. This past September she broke 20 minutes for the

5K and at the Chicago Marathon on October 10, she ran 3:29, a PR by almost 20 minutes, and qualified for the Boston Marathon. In addition to being an outstanding athlete, April has willingly given her time and talents to the club in several ways. She helped with the Newcomers Run in May and served as captain for the Relay for Life team which raised over \$2,100 for cancer research and education activities. She also coordinated the recent pre-marathon dinner. Way to go, April! You're an inspiration to us all!

## ERC Runners Council

We're getting near the end of our club year. Please take a minute and examine if you would like to become more involved in the running of the club. Positions and event coordinators are listed on the website and new volunteer opportunities begin in January. Please contact Susan if you have any questions, think you might want to volunteer, or have a new idea for the club in the coming year. ***If you have been serving on the current Runners Council, THANK YOU!*** Please take a moment in the next two months to consider whether you'd be willing to continue your involvement. Appointments will be confirmed at the Annual Party in January.

## Distance Training

Congratulations again to all our marathon finishers and a special thanks to **Kurt Fiene**, who coordinated the program for us this year. Although not competing in a fall marathon himself, his weekly e-mails were informative and inspirational. Thanks also to **Doug Pearson** and **Anne Klein** for their assistance with our Gatorade Runs in September and to **April Hyravy** for coordinating the pre-marathon dinner at Roberto's and to **Mary Anne Clark** for the great post-marathon party.

Several runners have expressed an interest in training for a winter/early spring marathon. Please respond via the club mailbox at [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com) if you fall into this category and we'll try to coordinate some long runs over the next few months.

## Speed Workouts

Our last official workout of the summer was Wednesday, September 1. We're exploring indoor sessions at York High School for the coming months. Any questions, contact **Kurt Fiene** at [kurt.fiene@ca.com](mailto:kurt.fiene@ca.com)

## Upcoming Events

* Sun. Nov 7	Veterans Day Run	Westchester
Sun. Nov 21	Runners' High Ride & Tie - 10m Relay	Busse Woods
Thurs Nov 25	Dan Gibbons Turkey Trot	Elmhurst
Sun Dec 5	European Cross Country - 8K	Gilberts
<b>Sat Jan 1</b>	<b>ERC New Year's Day Run</b>	<b>Elmhurst</b>
<b>Sat Jan 8</b>	<b>ERC Annual Awards Party - 8pm</b>	<b>TBD</b>

\* indicates CARA circuit races

**Bold Type indicates ERC Event**

# Race Results

## Lakefront Marathon, WI - 10/3/04

Mark Boozell - 4:40:53  
Noel Griffin - 4:40:53

Molly Nechvatal - 3:53:28

## Whistlestop Marathon, WI - 10/9/04

Bill Sanders - 3:12:57

## Chicago Marathon - 10/10/04

Mark Montgomery - 2:57:17  
Jim Cassioppi - 2:59:29  
Phil Hartwig - 3:43:49  
Kevin Aldrich - 3:45:38  
Jeremy Wernick - 3:46:00  
John Kwit - 4:19:33  
Jim LaPalermo - 5:32:26

April Hyravy - 3:29:35  
Julie Bruns - 3:38:53  
Jennifer Hagstrom - 3:36:18  
Mary Anne Clark - 3:37:50  
Erin Fiene - 3:38:39  
Marijean Concannon - 3:57:01  
Dina Kwit - 4:19:33  
Kristi Blessing - 4:48:17

On behalf of all the runners, special thanks to the support crew who came out to cheer them on and even run part of the race with them. Rumor has it that **Dennis Borowski** was even back in town! What a *great* club!

## Des Moines Marathon, IA - 10/17/04

Joe Short - 3:27.06 (his 1st marathon)

## Sycamore Pumpkin Festival 10K 10/31/04

Mark Montgomery – 36:43.7  
Kurt Fiene – 39:35.7  
Brian Wajda – 1:33:33  
Russ Wajda – 1:18:52

Kristy Howland 3<sup>rd</sup> female/1stAG -40:08.5  
Christine Lipa 2<sup>nd</sup> AG – 40:36.6  
April Hyravy 4<sup>th</sup> AG – 43:10.9  
Kate Wajda 3<sup>rd</sup> AG – 52:11.4  
Lauren Wajda – 1:18:50

Our apologies if we missed anyone . . . please let us know! Please submit your race results to **Lou Herrera** ([lherrer@nicor.com](mailto:lherrer@nicor.com)). Please forward pictures via the club mailbox. Thanks!  
(Note: AG = place in age group)

# CARA News

As of the reporting of the Park Ridge race, our club team is currently in **second place**, just nine points behind Fleet Feet and six points ahead of Alpine. As of the reporting of the Chicago Marathon, our top individuals are placed as follows in their respective age divisions:

<u>Men</u>	<u>Women</u>	<u>Youth</u>
3 Bob Richards	1 Christine Lipa	2 Kate Wajda
4 Doug Pearson	2 Kristy Howland	3 Lauren Wajda
	3 April Hyravy	5 Karen Lipa
	9 Mari Jo Hecker	

With the last few races rapidly approaching, we wish each of our team member's good health and an injury-free end to the season. Be sure to let Christine Lipa know how you do at [iclipa@earthlink.net](mailto:iclipa@earthlink.net) Remember, every finish counts! *Go, green!*

## **Girls Cross Country Championship Opportunity**

Calling all girls born in 1992 or 1993! The Lipas are trying to recruit 8-9 motivated runners to participate on a Hinsdale team for the USATF sponsored regional and (hopefully) national cross country meets. The races will be on 11/20/04 and 12/11/04 in Busse Woods in Schaumburg. The distance is 3000 meters. The cost would probably be \$7 per race plus the USATF membership fee, which is \$15 or \$20 for the year. Each girl would also probably need to purchase a team jersey or singlet for the races. Any interested families can contact John Lipa at [iclipa@earthlink.net](mailto:iclipa@earthlink.net) or by phone at 630-790-0983. **Teams need to be assembled by 11/04/04.**

## **Multi-Sport Training**

We are still meeting at Court's Plus on Monday night at 8:00 for swim drill and technique work. Total Immersion Swim Clinic will be in Chicago on October 23-24. For more information check out <http://www.totalimmersion.net/schedule.html>

***Tip: Be careful not to lock your keys in the car or keep a separate key hidden just in case. You know who you are!***

**Karen Zenisek**

**Multi-sport Coordinator**

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

## **ERC Special Events**

**Runner's Soul Update** – The hottest store in Elmhurst for all your running needs is now open! Be sure to stop in and check it out at 124 N. York in downtown Elmhurst. Also on the horizon are the Grand Opening Celebration in December and a potential beginning runners group. The club may also have some special runs that begin downtown especially around the holidays to enjoy the festive lights. It's a great store so pass the word! Jayne is also extending a 10% discount to all club members. Thanks, Jayne!

**Club Race Update** – We are now officially incorporated! Core team members have been making progress on multiple fronts. We have the permit confirming the “**4 on the 4<sup>th</sup>**” as an official race to be held in downtown Elmhurst traveling south to the Museum Campus and back. The race will be held on the Fourth of July beginning at 9:00am and work is underway to secure a title sponsor. More information on sponsorship levels will be forthcoming soon so if you know of an organization that would be interested, please let Kareen, Mary Anne or Susan know or just respond to the club mailbox. It's a great opportunity to get exposure for your organization.

Additionally, charity determinations for the kids' race are under consideration and Bob is working on the initial publicity. Over the next couple of months, website and application designs will be created as well as the beginnings of promotional “goodie bag” items. The next meeting is scheduled for Monday, January 24, at 7:00pm at Epiphany Lutheran Church. All are welcome.

**Annual Year-end Party** – A **host location and awards planning assistance** is sought for our Annual Year-end Party in January. Please contact Susan for more information via the club e-mailbox or phone if you're willing to host or help. Everyone brings something and the club provides the beverages.

## **Forest Preserve Runs**

Our forest preserve program has come to an end for the year. A special thanks to Jim Cassioppi for his willingness to continually create great opportunities for us to run in DuPage. See you in the Spring when we propose quarterly runs.

## **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!

## **Website**

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) Thanks, Elliot!

## **Membership**

Membership dues for 2005 of \$15.00 are now being accepted. In addition to supporting our club activities, your dues entitle you to specific discounts at the following stores:

**The Runner's Soul**      124 N. York St. – Elmhurst      630-832-SOUL  
10% off all shoes and apparel

**The Competitive Foot**      102 N. Marion St. – Oak Park      708-246-5520  
814 Hillgrove Ave. – Western Springs      708-524-0030  
10% discount on shoes and a 20% discount on clothing

**New Balance Oakbrook**      17W490 22<sup>nd</sup> Street – Oakbrook      630-782-6730  
10% off all shoes and apparel; monthly drawing of member names for gift certificate

**Dick Pond Athletics**      630-665-3316      [www.dickpondathletics.com](http://www.dickpondathletics.com)  
15% off all purchases

We will be building the 2005 roster as dues come in and fax/e-mail it to these stores monthly.

## **Professional Directory**

We hope to revive the professional directory to help facilitate relationships for non-running related goods and services within the club. So far we have a seamstress, mortgage broker, chiropractor, M&A business broker and promotional incentives connection. **If you'd like your business to be included for posting on the website please send the following information to Susan at [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com)**

- your name
- organization/business name
- type of business
- business address, phone & e-mail
- any discounts to club members

## Injured but Not Forgotten

Rumor has it that **Pete Eddington** is nursing a bum foot and all those struggling with plantar fasciitis. **Dave Lynam** recommends frequent ice baths!

## ERC Birthdays

**Kathleen Davis 11/14**

**Bill Sanders 11/24**

**Kevin McCauley 11/28**

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](mailto:twodelta@aol.com)

## Other News . . .

### ERC Singlets

Pictures of the new ERC running gear can be viewed on the website under the Starbucks Run section of the Photo Gallery (thanks Terry and Christine!). 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. Inventory exists in all sizes except women's small/medium singlets and medium full-cut shorts. They are being sold for \$15 each or \$25 a set. To order yours today, contact Susan at the club mailbox. Buy yourself a size larger shirt to wear over your winter long sleeve running top. **They would make great Christmas or Hanukah presents for your favorite runner. We will be offering free delivery and gift-wrapping for those interested in purchasing singlets, etc., as gifts. If you are interested please contact Julie Travers at [katkmt@comcast.net](mailto:katkmt@comcast.net) and we will get your gift delivered!**

## Newsletter

Submissions for the December newsletter can be forwarded to Julie Travers at [katkmt@comcast.net](mailto:katkmt@comcast.net) Information and questions are also welcome at the general club mailbox or via phone at 630-941-0926. Thanks!

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