



Newsletter November 2007

Congratulations to everyone in the club who finished or even attempted to start the LaSalle Bank Chicago Marathon! You are all amazing! What a year to run!

Congratulations to Brian McGreal, who ran a 3:13:03 at the Grand Rapids Marathon on Sunday October 28, and qualified to run in the Boston Marathon.

Congratulations to ERC's CARA Circuit Runners

ERC will finish 4th for the season on CARA's age-graded team circuit. Also, while official final standings are pending, ERC will have good representation in the top 3's in the individual age-group and Clydesdale competition. You are all amazing!

Winter Distance Training

Training runs of 4-6 miles continue at 7:00 a.m. on weekends throughout the season but anyone interested in training for a January Marathon or half-Marathon, please contact Julie at katkmt@comcast.net for some coordinated long runs. Additionally, Bill Sanders of the Marathon Training Group will be organizing an informal group to train for Boston after January 1. Please message him at bsanders@chnts.net to get added to his Web site distribution list.

Upcoming Events

Nov. 18 Pilgrim Racer 5k LaGrange

Nov. 22 Dan Gibbons Turkey Trot Elmhurst

Nov. 27 ERC Elections

Dec. 1 Jingle Bell Run 5k Crest Hill

Dec. 2 JINGLE Bell Run 5k Chicago

Dec. 2 Cross Country Challenge 8k Gilberts

Dec. 9 Rudolph Ramble 8k Chicago

Dec. 9 Reindeer Run 5k Warrenville

Dec. 17 Holiday Hustle 5k Chicago Heights

Bold = ERC Event

Bold Italics = CARA Circuit Race

Elections for club officers will be held via e-mail on November 26-27. Open positions include: President, Treasurer and Secretary. Please phone or e-mail retiring president, Susan May, at 630-941-0926 or themays769@comcast.net your interest. Legal filings are due December 1 so check e-mail next week to cast *your* vote!

CARA**LaSalle Bank Chicago Marathon held on October 7, 2007**

45 of the 65 ERC members who registered for the "race" finished the entire course.

CARA Team Age Graded Results

Name	Age	Sex	Result	Age Graded
Mark Montgomery	40	M	2:58:26	717.4
Alex Moore	48	M	3:16:31	697.1
Betsy Barrett	41	F	3:34:00	670.7
Stephanie Wagner	33	F	3:34:40	634.9
Mark Robinson	60	M	4:09:57	612.9
Team Average				666.6
Others				
Nancy Blum	38	F	3:51:27	604.3
Mari Jo Hecker	43	F	4:08:40	589.9
Jon Nelson	47	M	3:50:52	588.3
Johnpaul McGreal	28	M	3:33:02	586.4
Mellissa Dannenberg	32	F	3:52:50	583.7
Philip M Hartwig	56	M	4:12:59	582.6
Jen Mayfield	35	F	3:56:43	580.2
Kevin Kaufman	30	M	3:35:59	578.4
David Stevenson	43	M	3:48:46	573.7
Tina S Helm	39	F	4:06:10	572.5
Brian McGreal	38	M	3:41:53	568.1
Cheryl Boyd	36	F	4:11:34	548.8
Paul Ward	56	M	4:31:41	542.5
Tim Radcliff	41	M	4:01:35	534.3
Harry Kamer	53	M	4:29:46	531.2
Robert Taska	45	M	4:12:37	528.4
George Bode	38	M	3:58:54	527.6
Sandra Partridge	49	F	5:01:35	523.5
Veroncia Ward	56	F	5:40:03	509.6
Jayne Aspan	44	F	4:51:28	509.3
Christeen Paulison	39	F	4:38:06	506.8
Mary Caffrey	39	F	4:48:23	488.7
Nick Virgilio	51	M	4:56:34	474.5
Anita Ledonne	57	F	6:10:27	474.4
Julie A Boruff	38	F	5:00:43	465.1
John O'Blanis	56	M	5:26:03	452
Ann C Nelson	29	F	5:02:44	447.3
Jeremy Wernick	35	M	4:39:41	446.6
Heather Stilwell	49	F	5:54:34	445.2
Paul Marcotte	53	M	5:23:29	443
Caroline Parisi	35	F	5:12:56	438.9
Norine Mosele	47	F	5:51:19	438.2

Andrew Hunt	26	M	5:03:16	411.9
Karen Depodesta	41	F	5:54:08	405.3
Ellen Coffey	41	F	5:54:16	405.2
Michael Czuba	27	M	5:10:11	402.7
Daniel D Miroballi	26	M	5:14:04	397.7
Wilson E Ray	36	M	5:14:54	397.1
Scott Wallace	45	M	5:50:55	380.4
Jason Brandt	38	M	5:53:23	356.7

Sycamore Pumpkin Festival 10k held on October 28, 2007

Overall Top 15:

Stephanie Wagner 15th Female

Age Division Top 3:

Tim Conheady 2nd M50-54

Julie Bruns 2nd F35-39

Doug Pearson 3rd M35-39

Bob Richards 3rd M55-59

CARA Team Age Graded Results

Name	Age	Sex	Time	Age Graded
CONHEADY TIM	50	M	0:35:53.24	855.5
MONTGOMERY MARK	40	M	0:35:57.96	790.1
PEARSON DOUG	39	M	0:36:3.40	782.1
RICHARDS BOB	58	M	0:42:29.47	771.9
HOWLAND KRISTY	44	F	0:43:42.58	741.6
Team Average				788.2
Others				
WAGNER STEPHANIE	33	F	0:41:39.10	731.5
BRUNS JULIE	38	F	0:42:29.86	730.6
KAUFMAN KEVIN	30	M	0:38:35.32	697.5
WARD VERONICA	56	F	0:54:51.79	683.2
O'BLANIA JOHN	56	M	0:48:25.39	666
WARD PAUL	56	M	0:48:30.39	664.9
KEARNEY JULIE	38	F	0:50:16.39	617.6
WAJDA MARY	47	F	1:7:45.53	493.4
WAJDA RUSS	51	M	1:7:48.60	456.4

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
CONHEADY TIM	M	50	0:35:53.24	2	91	0.011	
BRUNS JULIE	F	38	0:42:29.86	2	72	0.014	
PEARSON DOUG	M	39	0:36:3.40	3	98	0.02	
MONTGOMERY MARK	M	40	0:35:57.96	4	96	0.031	
HOWLAND KRISTY	F	44	0:43:42.58	4	83	0.036	
Team Sum							0.112

Tiebreakers							
RICHARDS BOB	M	58	0:42:29.47	3	44	0.045	
WAGNER STEPHANIE	F	33	0:41:39.10	5	57	0.07	
Others							
KAUFMAN KEVIN	M	30	0:38:35.32	5	53	0.075	
KEARNEY JULIE	F	38	0:50:16.39	12	72	0.153	
WARD VERONICA	F	56	0:54:51.79	5	15	0.267	
O'BLANIA JOHN	M	56	0:48:25.39	14	44	0.295	
WARD PAUL	M	56	0:48:30.39	15	44	0.318	
WAJDA MARY	F	47	1:7:45.53	58	74	0.77	
WAJDA RUSS	M	51	1:7:48.60	82	91	0.89	

Westchester Veteran 5k & 10k runs held on November 11, 2007

Overall Top 15:

Karen Leavitt 4th Female 5k
 Charlie Kern 5th Male 5k
 Kurt Fiene 9th Male 10k
 Tina Helm 11th Female 5k
 Doug Pearson 12th Male 10k
 Stephanie Wagner 13th Female 10k
 Julie Bruns 14th Female 10k

Age Division Top 3:

Kurt Fiene 1st M45-49 10k
 Charlie Kern 1st M35-39 5k
 Karen Leavitt 1st F45-49 5k
 Julie Bruns 1st F35-39 10k
 Michael Barrett 1st M60-64 5k
 Doug Pearson 2nd M35-39 10k
 Kristy Howland 2nd F40-44 10k
 Barry Brandt 3rd M45-49 10k
 Peter Eddington 3rd M45-49 5k
 Scott Pearson 3rd M35-39 5k
 Tina Helm 3rd F35-39 5k

CARA Team Age Graded Results

Name	Age	Sex	Dist	Time	Age Graded
CHARLIE KERN	38	M	5K	0:16:00	840.6
KURT FIENE	46	M	10K	0:35:40	833.6
BARRY BRANDT	49	M	10K	0:37:03	821.9
DOUG PEARSON	39	M	10K	0:35:49	787.3
MARK MONTGOMERY	40	M	10K	0:36:25	780.3
Team Average					812.8
Others					
KRISTY HOWLAND	44	F	10K	0:41:51	774.6
KAREN LEAVITT	48	F	5K	0:21:21	773.6

BOB RICHARDS	58	M	10K	0:43:00	762.8
PETER EDDING	49	M	5K	0:19:15	760.2
JULIE BRUNS	38	F	10K	0:41:41	744.9
STEPHANIE WAGNER	33	F	10K	0:41:40	731.2
KEVIN KAUFMAN	30	M	10K	0:38:07	706.2
SCOTT PEARSON	37	M	5K	0:18:58	703.9
MICHAEL BARRETT	60	M	5K	0:22:54	700.1
VERONICA WARD	56	F	10K	0:54:45	684.6
HARRY KAMER	53	M	10K	0:47:48	657.9
PAUL WARD	56	M	10K	0:49:27	652.2
TINA HELM	39	F	5K	0:23:29	648.7
JOHN O'BLANIS	56	M	10K	0:50:14	642
WAJDA	47	F	10K	1:02:41	533.4
NICK DRAGISIC	58	M	10K	1:05:01	504.5
RUSS WAJDA	51	M	10K	1:06:47	463.4
WAJDA	12	F	5K	0:37:58	428.9
BRIAN WAJDA	13	M	5K	0:38:27	377.1

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
KURT FIENE 10k	M	46	0:35:40	1	33	0	
KAREN LEAVITT 5k	F	48	0:21:21	1	21	0	
CHARLIE KERN 5k	M	38	0:16:00	1	20	0	
JULIE BRUNS 10k	F	38	0:41:41	1	16	0	
DOUG PEARSON 10k	M	39	0:35:49	2	27	0.037	
Team Sum							0.037
Tiebreakers							
MICHAEL BARRETT 5k	M	60	0:22:54	1	9	0	
KRISTY HOWLAND 10k	F	44	0:41:51	2	17	0.059	
Others							
BARRY BRANDT 10k	M	49	0:37:03	3	34	0.059	
MARK MONTGOMERY 10k	M	40	0:36:25	4	36	0.083	
SCOTT PEARSON 5k	M	37	0:18:58	3	20	0.1	
PETER EDDING 5k	M	49	0:19:15	3	17	0.118	
BOB RICHARDS 10k	M	58	0:43:00	6	34	0.147	
TINA HELM 5k	F	39	0:23:29	3	13	0.154	
STEPHANIE WAGNER 10k	F	33	0:41:40	7	28	0.214	
KEVIN KAUFMAN 10k	M	30	0:38:07	5	18	0.222	
VERONICA WARD 10k	F	56	0:54:45	4	10	0.3	
PAUL WARD 10k	M	56	0:49:27	17	34	0.471	
JOHN O'BLANIS 10k	M	56	0:50:14	19	34	0.529	
HARRY KAMER 10k	M	53	0:47:48	19	33	0.545	
WAJDA 10k	F	47	1:02:41	10	11	0.818	
BRIAN WAJDA 5k	M	13	0:38:27	18	19	0.895	
RUSS WAJDA 10k	M	51	1:06:47	31	33	0.909	
WAJDA 5k	F	12	0:37:58	11	11	0.909	
NICK DRAGISIC 10k	M	58	1:05:01	32	34	0.912	

ERC at the Races – Non-CARA Circuit

Compiled by Bob Richards (bobnanrun@sbcglobal.net). PLEASE send me results or let me know if I missed you. -- Bob

09-30-07 MORTON ARBORETUM FALL COLOR 5K, Lisle
Harry Kamer, 22:45, 5th M50-54
Paul Ward, 23:31, 10th M55-59
Ronnie Ward, 28:07, 2nd F55-59

10-06-07 SCARESCROW SHUFFLE 5K, Lombard
Bob Richards, 20:39, 2nd M55-59

10-13-07 THIS RUN'S FOR JACK 5K, Glen Ellyn
Nick Dragisic, 29:17, 8th M55-59

10-13-07 MAKIN' TRACKS 5K, River Forest
Karen Leavitt, 21:17, 1st F45-49
Mary Wajda, 32:41, 9th F45-49
Russ Wajda, 33:26, 17th M50-54

10-14-07 HINSDALE-CLAR. HILLS ROTARY RUN FOR WELLNESS 5K, Hinsdale
John O'Blanis, 22:57, 5th M55-59

10-14-07 FALL FEST 10K, Wheeling
Nick Dragisic, 1:04:41, 4th M55-59

10-21-07 FRANK LLOYD WRIGHT 10K, Oak Park
Nick Dragisic, 1:04:16, 30th M55-59

10-21-07 FRANK LLOYD WRIGHT 5K, Oak Park
Michael Barrett, 22:17, 2nd M60-64
Paul Ward, 24:12, 7th M55-59
Ronnie Ward, 27:02, 3rd F55-59
Bob Silis, 28:30, 18th M55-59
Nick Dragisic, 29:39, 25th M55-59

10-27-07 TRICK OR TREAT TROT 5K, Chicago
Anita LeDonne, 28:56, 2nd F55-59

10-27-07 TRICK OR TREAT TROT, 10K, Chicago
George LeDonne, 45:48, 2nd M55-59

10-28-07
GRAND RAPIDS MARATHON, Grand Rapids, MI

11-3-07 CATIGNY 5K, Wheaton
Barry Brandt, 16:52, 1st M45-49 (Barry says the course was short)
Christine Lipa, 20:28, 1st F45-49
John O'Blanis, 22:44, 4th M55-59
Diane Lipa, 22:46, 2nd F0-14
Anneliese Meyer, 27:47, 1st F65-69

11-04-07 NEW YORK CITY MARATHON, New York, NY
Christeen Paulison 3:59
John Taflan 4:15:38
Nick Dragisic, 5:10:12

11-10-07 LIMESTONE LOPPET 8K (roller-ski race), Blackwell F.P., Winfield
Bob Richards, 28:13, 17th/39 overall

Multisport

Fall Swim schedule

- ◆ **Monday 7:45-8:30 pm** – Join us at Court's Plus for a group workout. During the fall and winter these will be focused on drills and a moderate work out.
- ◆ **Tuesday 7:30-8:30 pm- Advanced Adult stroke class** at the YMCA
- ◆ **Tuesday 7:00-7:30 pm - Adult learn to swim class** at the YMCA. Contact Dave Polkow if you are interested. dapolkow@sbcglobal.com
- ◆ **Thursday 7:30-8:30 pm** there will be a **group swim workout** which is free for Y members. This will be a structured workout that will last 45-60 minutes in length. Dave will adjust the main set for swimmers of different abilities. The yardage will be somewhere between 1800 and 3000 yards and will include a warm-up, drills, main set and cool down.

Additional links of interest

Elmhurst Triathlon Club <http://groups.google.com/group/elmhursttriclub>
Dave Polkow www.tricoachdave.com
Elmhurst Bicycle Club www.elmhurstbicycling.org
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.

Special Events

For Elmhurst Running Club Members....Come in to Dick Pond Athletics and step on their new scale. Tanita Ironman Inner scan body composition monitor

It is a new elite series scale that has many features including:

- *weight
- *body fat %
- *total body water % this is a great feature for pre-race hydration
- *muscle mass
- *physique rating
- *BMR (basal metabolic rate) your calories necessary for bodily functions
- *metabolic age
- *bone mass
- *visceral fat

Come in for a free analysis while you shop!

Hash House Harrier/Forest Preserve Runs

As we near the end of our long-distance training season, it's a great time to try a Hash House Harriers Run or explore other parts of DuPage County. Part scavenger hunt, part distance run, and all fun, Hash House Runs offer something for everyone and there's nothing like a relaxing run at Herrick Lake on a crisp fall morning. Please express your interest in either (or both!) via the club box at info@elmhurst-runners.com, and we'll try to schedule something.

Web Sites

Log on at www.elmhurst-runners.com the latest between newsletter news. Weekly marathon training tips and other training workouts are posted as they're available.

Club Dues

Dues received now apply to the 2008 fiscal year. Simply mail them to Elmhurst Running 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.

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>)

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

11/7 Jennifer Hagstrom

11/21 Barry Brandt

11/24 Mark Robinson

11/28 Kevin McCauley

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

General Club Information

Saturdays and Sundays at 7:00 a.m.

Marathon Training (Jun – Sept): Saturdays at 6:00 a.m.

Speed Work (May – Sept): Tuesdays at 6:30 p.m.

ERC Runners Council

With the winter approaching, it's time to give some thought to the coordinator positions for next year. Please take a minute to review the existing offerings and consider the ways in which you might get involved to help improve our club. All coordinator roles are posted at:

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

Newsletter

Submissions for the December 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!

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