

# *Elmhurst Running Club Newsletter*

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October 3, 2003

**Congratulations to Kristy Howland on her 2003 Trifecta in Elmhurst. Kristy finished all three Elmhurst 5K's this year as first overall female. Way to go Kristy!**

<b>Tour De Foot</b>	<b>19:50</b>
<b>Joe Newton</b>	<b>19:40</b>
<b>Breadbasket</b>	<b>19:40</b>

**Also racking up the triples is Mark Montgomery. Mark has raced to personal records in his last three events. Always fast, we sometimes forget that he's *still* getting faster! Good luck to Mark and all our marathoners in the upcoming Chicago race.**

**Congratulations to Dave Polkow for completing the 1/2 Ironman at the Lake Geneva Triathlon and to Karen Zenisek for capturing 1<sup>st</sup> place in her age division at same event. One of the most competitive tris in the area, both performances are truly exceptional. Great job, Dave and Karen!**

**Last, but not least, congratulations to Kurt Fiene and Christine Lipa. Kurt participated in the American Discovery Trail Relay Marathon in Colorado with his team placing 2<sup>nd</sup> in the co-ed category and 6<sup>th</sup> overall with a time of 3:18:44. Christine captured the Women's Master title in the Swedish American State Street Mile in Rockford with an amazing time of 5:30.8. Congratulations to you both!**

## **Fall groups are as follows:**

Wednesdays:

6:30pm Trail run; sometimes tempo or fartlek runs.

Saturdays:

6:00am "Killer Marathon Training Group" – pace is typically 7:30 or faster.

6:30am Distance Training Group – in training primarily for the marathon; variety of paces.

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

**PLEASE NOTE: post-marathon times may shift back to the winter schedule with primarily 7:30am runs on Saturdays. Wednesday night runs continue year-round at 6:30pm.**

**Anyone is welcome to run with any group based on the time slot that best suits your schedule on a given week. You may also run shorter distances at 6:30 or longer at 7:30 on Saturday mornings.**

## **New Members**

We would like to officially welcome the following new members:

**Louis Herrera** – local athlete with the goal of a future marathon.

**Char Chase & Marlene Scheibl** – formally joined at our yoga session.

We look forward to running with you. Welcome!

If you've enjoyed running with us and would like to formalize your membership but need an application, please contact Kristy Howland at [kristyhowland@hotmail.com](mailto:kristyhowland@hotmail.com).

## **ERC Runners Council**

Each year we divide up the activities involved in support of the club. The contact persons for the year 2003 are listed on the website. If you would like to become more active in the club, please feel free to contact any of the coordinators.

## **Distance Training**

The 18-week Marathon training is underway and meets at either 6:00 or 6:30am on Saturdays. If you're interested in either of these programs or have any questions, please contact Kurt Fiene at [kurt.fiene@ca.com](mailto:kurt.fiene@ca.com). To stay current on the latest training schedules, please contact Kurt or Dennis Borowski at [malibuskibum@aol.com](mailto:malibuskibum@aol.com).

### **Training at 6:00am are:**

Julie Bruns, Pete Eddington, Mary Anne Clark, Kurt Fiene, Kristy Howland,  
Christine Lipa, Mark Montgomery, Doug Pearson & Bill Sanders

### **In addition to the above individuals, signed up for the marathon are:**

Jayne Aspan, Kathleen Davis, Patti Golden, Jennifer Hagstrom,  
Tom Klatt, Mary Beth McLean & Beth Roth.

**CHECK THE SPECIAL EVENTS SECTION for information on the upcoming pre- and post-marathon get-togethers. Note: carpools on marathon day will leave the gazebo at 5:45 and 6:00am.**

## **Speed Workouts**

Due to high school athletics schedules, the impending darkness in the early evening, and slickness of the track in the winter months, formal speed sessions are on break until the Spring. Tempo, fartlek, or general trail runs are held in their place Wednesday nights at 6:30pm. Please meet at the gazebo. Conditions permitting, ad-hoc Thursday night sessions are occasionally held at the track. Contact **Mark Montgomery** at [amont68@aol.com](mailto:amont68@aol.com) for more information.

## **Upcoming Races & Events**

- 10/4 *Run for the Cure – Chicago*
- 10/10 *Pre-marathon Pasta Party – Elmhurst+*
- 10/12 *LaSalle Bank Chicago Marathon – Chicago\**
- 10/12 *Post-marathon Party – Elmhurst+*
- 10/18 *Forest Preserve Run – Morton Arboretum – 6:45 a.m.*
- 10/26 *Pumpkin Festival Sycamore\**
- 11/2 *Starved Rock 50KM – Ottawa, IL*
- 11/9 *Veteran's Day Run Westchester\**
- 11/9 *ERC/Hash House Harriers Run – Graue Mill*
- 11/16 *Runners' High Ride and Tie – Busse Woods*
- 11/27 *Dan Gibbon's turkey Trot – Elmhurst*
- 12/7 *European Cross Country 8K – Gilberts, IL*

\* CARA Circuit Race

+ See Special Events Section

## **Race Results**

Our apologies if we missed anyone . . . please let us know! Please submit your race results to Julie Travers ([katkmt@msn.com](mailto:katkmt@msn.com)) or Mary Anne Clark ([matjclark2@aol.com](mailto:matjclark2@aol.com)). If anyone has pictures from races, please forward a copy to Susan May at 769 Saylor, Elmhurst, 60126. Thanks! (Note: AG = place in age group)

### **Park Ridge 5K 9/27/03**

Mark Montgomery 16:54 AG-7  
Kurt Fiene, 17:19 AG-6  
Doug Pearson 17:40 AG-15  
Bob Richards 19:32 AG-7

Christine Lipa 19:38 AG-2  
Mari Jo Hecker 21:20 AG-4

### **Condell Distance Classic 10K 9/21/03**

Mark Montgomery 34:58 AG-2  
Kurt Fiene 36:33 AG-3  
Doug Pearson 37:23 AG-6

### **Rotary Run for Glenview 5K 9/21/03**

George Bode 22:54 AG-1

Julie Travers 22:30 AG-1

### **Crystal Lake Half-Marathon 9/14/03**

Jim Cassioppi 1:22:37 AG-7  
Mike Wargo 1:27:03 AG-11  
Mike Davis 1:30:00 AG-2  
Dennis Borowski 1:54:52 AG-10

Jennifer Hagstrom 1:41:59 AG-5  
Kathleen Davis 1:50:54 AG-9  
Lori Wallace 1:53:16 AG-9 (a PR!)  
Susan May 1:55:09 AG-13

Congrats to all especially given the torrential downpour and strong headwinds on the hilliest parts of the course!

### **Lake Zurich 10K 9/14/03**

Mark Montgomery 36:07 AG-2  
Doug Pearson 37:36 AG-5  
Kurt Fiene 37:39 AG-3  
Pete Eddington 41:09 AG-7

Christine Lipa 42:32 AG-2

### **Breadbasket 5K 9/14/03**

Nate Gray 20:44  
Paul Ward 26:29  
Louis Herrera 28:34

Kristy Howland 19:40 - 1<sup>st</sup> Overall Female  
Ronnie Ward 26:42 AG-1

### **Fox River Half-Marathon 9/7/03**

April Hyravy 1:39:19 AG-2

Mari Jo Hecker 1:41:46 AG-6

### **Park Forest 10 Miler 9/1/03**

Mark Montgomery 58:47 AG-5  
Doug Pearson 1:01:30 AG-30  
Pete Eddington 1:06:10 AG-12  
Bob Richards 1:09:24 AG-11  
Paul Ward 1:27:16 AG-62

Kristy Howland 1:07:57 AG-3  
Christine Lipa 1:09:50 AG-6  
Julie Bruns 1:11:18 AG-9  
Mari Jo Hecker 1:14:20 AG-11  
April Hyravy 1:16:10 AG-14  
Debbie Henke 1:21:45 AG-20

### Quebec City Des Deux Rives Demi Marathon 8/24/03

Julie Travers 1:50 AG-37

### Arlington Heights Half-Marathon 8/10/03

Bill Sanders 1:22:25 AG-3

Kurt Fiene 1:22:59 AG-3\*

Jim Cassioppi 1:24:24 AG-4

Kristy Howland 1:33:29 AG-2\*

Mari Jo Hecker 1:35:37 AG-4

Jayne Aspan 1:42:51 AG-4\*

Julie Travers 1:45:51 AG-7\*

Christine Lipa 1:45:56 AG-8 (ran with Julie)\*

\*As noted, a very impressive masters group!

### Chicago Distance Classic 20K 8/3/03

Mark Montgomery 1:18:45 AG-6

Kurt Fiene 1:20:02 AG-3

Bob Richards 1:30:53 AG-11

Elliot Kaufman 1:53:53

Kristy Howland 1:27:20 AG-2

Christine Lipa 1:32:59 AG-3

Mari Jo Hecker 1:33:01 AG-11

April Hyravy 1:39:42 AG-19

## Forest Preserve Runs

Mark your calendars for **October 18** for a trip to the Morton Arboretum. Carpools will leave the gazebo at 6:45am. Parking is \$7.00/car. Come enjoy the changing colors of the Fall season on this easy, short and slow post-marathon run. Contact **Pete Eddington** at [eddington44@yahoo.com](mailto:eddington44@yahoo.com) for more information.

## CARA News

Please be sure to let Christine Lipa know if you've participated in a CARA circuit race by sending her a message at [lipa@utfi.com](mailto:lipa@utfi.com). Every finish counts!

For the CARA green division, the club is in 2<sup>nd</sup> place, but very close to 1<sup>st</sup>. The standings are only through Galloping Ghost, though as the CARA person has fallen behind a bit.

For individual standings, runners get points for finishing in the top 15 overall (M or F) and top 15 in their age group. Standings as of Park Forest 10 miler:

### Overall Female:

Christine Lipa is in 13<sup>th</sup> place

### Age Groups:

Pete Eddington is 14<sup>th</sup>

Kurt Fiene is 4<sup>th</sup>

Mark Montgomery is 2<sup>nd</sup>

Doug Pearson is 4<sup>th</sup>

Mari Jo Hecker is 6<sup>th</sup>

Kristy Howland is 7<sup>th</sup>

April Hyravy is 7<sup>th</sup>

Christine Lipa is 2<sup>nd</sup>

Ronnie Ward is 11<sup>th</sup>

## Multi-Sport Training

**Triathlons in September can be unpredictable and Lake Geneva proved to be just that.** Lake Geneva hosts a Sprint, Olympic and  $\frac{1}{2}$  Ironman, through the rolling hills of southwest Wisconsin. The day dawned with a light drizzle that proceeded into a downpour by start time. The swim was warm with little notice of the heavy rain but that soon changed on the bike. The wet pavement proved slick and caused many an athlete to fall. By the time the  $\frac{1}{2}$  Ironman hit the run portion the rain had stopped and I was ever so glad for the bag, which had kept my shoes and change of socks nice and dry. The run portion of the race is hilly by our standards with several “walking” hills but a flat portion to let the running legs take over.

The race saw an Elmhurst Running Club member return after a long injury absence. **Congrats to Dave Polkow for completing the  $\frac{1}{2}$  Ironman and being our multi-sport athlete of the month.** Dave completed the race in less than 6 hours, pain free. Thanks to the whole Polkow family for cheering us on. All season long Dave has been helping coach swimming and leads our Sunday morning fast ride.

Congratulations to **Judy Rink for winning her age group** for the sprint in 1:48, quite an accomplishment in her first year of racing. Debbie Henke completed the Olympic and Tracy Gainer completed the Sprint and should receive the gut check award. Debbie overcoming a flat and a fall was able to complete the race, while Tracy overcame broken goggles on the swim.

As I said Lake Geneva Race is often unpredictable, I completed the  $\frac{1}{2}$  Ironman in 5:43 and finished 4<sup>th</sup> overall and first in age group. The results showed many Elmhurst residents so we hope you come and join us on the path.

While the day was rainy, the friendship of other Elmhurst Running Club members turned the day into an incredibly fun and rewarding experience. I am not at all surprised that we overcame obstacles to complete this race.

The following week saw the last race of the year with the Lake Michigan Triathlon in Kenosha. The race hosts both a sprint and Olympic distance in Lake Michigan, with a multiple loop bike and run course along Lake Michigan. The northwest winds the day before ended up turning the lake so the cold water was on the surface and we swam in 55-degree water. My feet were numb until mile 1.5 on the run. The small size of this race made it a great opportunity to do well. I completed the race in 2:33 and ended up winning the women’s Olympic distance (there were only about 15 women in the race).

To learn more about the Elmhurst Bike Club, check out <http://www.elmhurstbicycling.org/>

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. Check out the calendar of triathlons at Chicago Amateur Athlete <http://www.chicagoaa.com/calendar/smu.html>

Please e-mail or call with event recaps. I know there are more of you out there!

**Karen Zenisek**

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

**Multi-sport Coordinator**

## **ERC Special Events**

(Please note: even if you're not participating in the Chicago marathon in a couple of weeks, you're welcome to join in the fun of the next two events!)

Come join in the preparation for the Chicago Marathon by partaking in a **Pre-marathon Pasta Party** on Friday, October 10, at 7:00pm, at the home of **Kurt Fiene** at 163 Walnut in Elmhurst. Pasta, bottled water, Pepsi, Diet Pepsi & 7-up will be served but please bring a salad or dessert and any alcohol you prefer. **R.S.V.P. to Kurt** at [kurt.fiene@ca.com](mailto:kurt.fiene@ca.com) by this **Wednesday, October 8**. Family and friends welcome.

All are invited to **Dennis and Marilyn Borawski's** place for a **Post-marathon Celebration** on Sunday, October 12, from 3:00 – 6:00pm. Appetizers and soft drinks will be provided. Please bring any special snack or alcohol that you prefer. The Boroskis live at 17 Manchester Lane. Parking is limited so please plan to park at the bank just east of Vallette Pharmacy. **R.S.V.P. to Dennis** by this **Friday, October 10** at [malibuskibum@aol.com](mailto:malibuskibum@aol.com). Come celebrate the marathon experience with this year's participants! Family and friends welcome.

Our introductory session at the **Yoga Shala** in Elmhurst was a great success with 18 participants. It was a wonderful opportunity to meet new folks and renew old friendships. Watch for another session to be scheduled later this Fall.

## **Hash House Harriers Run**

The next joint ERC/HHH run is scheduled for the afternoon of **Sunday, November 9**, and will tentatively be held at **Graue Mill** just south of Elmhurst. **Mark your calendars now and watch for more information in the November newsletter. Remember . . . HHH runs occur every two weeks year-round. Contact Jim Blomquist for more information at [jbquist1@juno.com](mailto:jbquist1@juno.com) to broaden your running horizons!**

## **Website**

Come visit us at <http://home.comcast.net/~kaufman18/ERC/> to obtain the most current race schedules and other valuable information. Additional photos to follow soon! If you take any pictures at upcoming races, please forward a copy to **Elliot Kaufman**. He will return all photos to their submitters. Additionally, website suggestions are welcome at [erk@uic.edu](mailto:erk@uic.edu).

## **Membership**

Thanks again to all who have renewed their club membership. 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 courtesy of **Noel Griffin**. 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

Thanks to **Jayne Aspan's** patronage, 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 22<sup>nd</sup> Street – Oakbrook – 630-782-6730

We will be sending both stores a revised list of members monthly.

Additionally, current club rosters were available at the summer picnic. If you missed yours or would just like a copy, please e-mail or phone Linda Davies at [twodelta@aol.com](mailto: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, future e-mail distributions will blind carbon copy 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**

**Please keep the following individuals in your thoughts as they hope to manage their injuries to a successful completion of the upcoming marathon:**

**Julie Bruns – strained muscle**

**Jayne Aspan – ankle (watch those acorns!)**

**Dennis Borowski – hamstring (again, watch your footing!)**

## **Volunteer Opportunities**

**Race Singlets:** Karen Zenisek and Susan May have been identifying possible vendors for our new singlet so maybe we'll have them in time for *NEXT* racing season! If anyone has suggestions on materials or colors/design, please contact Susan at [themays769@comcast.net](mailto:themays769@comcast.net).

## **ERC October Birthdays**

11	Sara Schrage
16	Noel Griffin
20	Susan May
21	Elliot Kaufman
23	Ravi Srinivas
25	Julie Bruns
25	Kurt Fiene

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).

## **Book Suggestion**

A good book to read from Kristy Howland-  
"I Run, Therefore I am Nuts" by Bob Schwartz.

## **Personal Notes**

With sympathy, we report that **Mari Jo Hecker** lost both her grandmother and father last month. She is still planning to run the Chicago Marathon as a representative of the American Cancer Society to honor her father's 11-year struggle with cancer. If you'd like to sponsor Mari Jo's efforts, you may still send a donation made out to the American Cancer Society to her home address at 643 Mary Ct., Elmhurst, IL 60126. She will forward it appropriately to the ACS. Please keep both Mari Jo and her family in your thoughts and prayers.

It is with much excitement that we welcome **Connor** to the **McCoy** family. Yes, Maureen had her fourth child and third boy at the end of the summer. He weighed in at 7 pounds, 8 ounces, has wonderful red hair, and his mom's laidback disposition!

A warm welcome also to **Karlin Mae** who joined big brother, Conlin, and mom and dad, Kareen and Todd **Ripperda** on August 7. Kareen reports that Karlin's very cooperative and virtually sleeping through the night already. So much so that Kareen hopes to complete a marathon other than Chicago this Fall. Send any suggestions on races to her directly at [kareen@cleaning-supplies.com](mailto:kareen@cleaning-supplies.com)

Congratulations to all!

## **Newsletter**

Submissions to the October newsletter can be forwarded to Julie Travers at [katkmt@comcast](mailto:katkmt@comcast). All information and questions are also welcome at the general club mailbox. Thanks!

Happy running!

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