

Elmhurst Running Club Newsletter

September 30, 2004

September saw some amazing accomplishments by many club members! The most extraordinary feat was seen by Karen Zenisek, our September Athlete of the Month. Continue reading for Karen's amazing journey to become the first female Ironman finisher in the ERC!!!!

Congratulations, as well, to the ERC team at Park Ridge in September. Amazing performances by each club member were capped off by season PRs by each of the women. Additionally, Kristy was only four seconds off her collegiate best and April broke 20 minutes. Way to go!

Amazing times have been posted by our running families as well. Be sure to take note of the performances by the Lipas, Wajdas and Wards. They are truly inspirational!

Monty's back!

The marathoners have all worked extremely hard this summer and again this year we will be sending a record number of ERC members to Milwaukee and Chicago.

Best of luck to Mark and Noel on October 3 in Milwaukee and to Kevin, Kristi, Julie, Mary Anne, April, Erin, Jennifer, David, Mary Beth, Molly, Phil, Mark and Jeremy on October 10 in Chicago. Look for Lou on the first half of the course, too! "Great running" also to Joe on October 17 in Des Moines and last, but certainly not least, all the best to Mari Jo Hecker as she competes in the Marine Corps Marathon on October 31. (Hopefully we have all the right names here! Sorry if we missed anyone.)

All marathoners remember to take some time off after your race. You have all trained hard and are about to undertake a huge accomplishment and **YOU DESERVE A BREAK!!!!!!!**

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:

6:30am Marathon Training – follows Hal Higdon training schedules.

7:30am Trail Runs – typically 3-6 miles in length; 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. You may also run shorter distances at 6:30 or longer at 7:30 on Saturday mornings.

New Members

A warm welcome to the following new members:

Tina Helm and **Colin Gray**, both Elmhurst residents with an interest in track sessions. Tina may also participate on the CARA circuit and Colin looks to the marathon in 2005.

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 or via phone at 630-530-5080.

Athlete of the Month

We are proud to announce that our September Athlete of the Month is **Karen Zenisek!** On Sunday, September 12, while we were all just getting our butts out of bed, Karen was beginning the Wisconsin Ironman. At 7 a.m. she got in the water for a 2.4 mile swim which took her an amazing one hour and seventeen minutes. Next when we were all probably just having our breakfast, Karen was getting on her bike for a 112 mile bike ride which took her an unbelievable six hours and forty-nine minutes. Then when we were all trying to figure what we might be having for dinner that night Karen began her Marathon which took her only four hours and thirty-three minutes! Wow!

What Karen has accomplished this month is definitely considered the pinnacle of multi-sporting. Accomplishing any one leg of the Ironman is a mighty feat for most athletes, but it takes someone special to complete the swim, bike and run within the 17 hours allowed. Karen's training ranged anywhere from 12-20 hours a week, and these workouts made her an amazing aerobic machine. This was demonstrated during the Ironman race where she ran a 4:33 Marathon. This may not sound fast, however, remember what came before and the fact that the temperatures were in the 80's during a lot of the run. The most telling fact of how strong she was is that she turned in a marathon time that ranked in the top quarter of all racers (men and women). Many of her friends and family that saw her were impressed by how good she looked on the run and at the finish line. Karen has also worked hard to inspire many other athletes into multi-sporting. She has shown so many of us how much fun Triathlons are! Congratulations Karen, you are truly an inspiration to all of us.

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

Best of luck to all our upcoming marathon participants 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. *Go, ERC!*

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 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

Upcoming Events

Sat. Oct 2	Race for the Cure 5K	Chicago
Sun. Oct 3	Lakefront Marathon	Milwaukee
* Sun. Oct 10	LaSalle Bank Chicago Marathon	Chicago
Mon. Oct 18	Runner's Soul Opens	Elmhurst
Sat. Oct 23	Forest Preserve Run - 7:00 a.m.	Herrick Lake
* Sun. Oct 31	Pumpkin Festival 10K	Sycamore
* Sun. Nov 7	Veterans Day Run	Westchester

* indicates CARA circuit races

Bold Type indicates ERC Event

Race Results

Channahon Heritage Corridor 25K – 9/26/04

Mari Jo Hecker AG2 – 2:01:27

Dawn Gould – 2:08:51

Dina Kwit AG5 – 2:22:31

John Kwit – 2:22:34

Paul Ward – 2:30:49

Park Ridge Charity Classic 5K – 9/25/04

Kristy Howland AG1 - 18:27

Christine Lipa AG2 - 18:55

April Hyravy AG4 - 19:55

Julie Bruns AG6 - 20:15

Doug Pearson AG5 - 17:10

Bob Richards AG5 - 20:04

Chicago Half-marathon – 9/19/04

Mari Jo Hecker - 1:40:31

Jayne Aspan - 2:13:10

Ronnie Ward - 2:17:36

Robert Luse - 1:29:48

Jeremy Wernick - 1:38:43

Paul Ward - 1:54:26

Breadbasket 5K– 9/19/04

Julie Travers 22:39 AG1, 2nd overall female

Mark Montgomery 18:09 AG1, 4th overall

Lou Herrera 30:42

Condell Classic 10K – 9/19/04

Kristy Howland 39:48 AG1, 2nd female overall

Christine Lipa 41:04 AG2, 4th female overall

Kate Wajda 53:19:5 AG1

Lauren Wajda 1:17:17 AG4

Doug Pearson 35:32 AG2

Brian Wajda 1:16:40 AG 2

Russ Wajda 1:17:36

Lake Zurich 10K – 9/12/04

Christine Lipa, 41:55, AG1 40-44
April Hyravy, 43:36, AG2 30-34
Kate Wajda, 55:15, AG1 14&under
Lauren Wajda, 1:16:38, AG2

Doug Pearson, 36:30, AG3 35-39
Mark Montgomery, 37:21, AG4 35-39
Bob Richards, 42:55, AG4 55-59
Brian Wajda, 1:16:15, AG1
Russ Wajda, 1:16:33

Crystal Lake Half-marathon – 9/12/04

Jim Cassioppi AG4 1:22:33 – Excellent repeat performance, Jim!

Runners Edge 1/2 Marathon – 9/6/04

Mari Jo Hecker 1:46:57
Bonnie Leshuk 2:08:34

John Taflan 1:56:57
John McKoane 1:57:13

Park Forest Scenic 10-mile Run – 9/6/04

Christine Lipa, 1:11:54, AG3 40-44
April Hyravy, 1:12:11, AG4 30-34
Julie Bruns, 1:12:22, AG5 30-34
Kristy Howland, 1:15:53, AG7 40-44
Dawn Gould, 1:25:46
Molly Nechvatal, 1:26:43
Ronnie Ward, 1:46:17
Kate Wajda, 1:50:14, AG3 14&under

Doug Pearson, 1:02:22, AG12 35-39
Kevin Aldrich, 1:27:27
Paul Ward, 1:27:52
Russ Wajda, 1:45:03

Park Forest 5K

Lauren Wajda 50:02
Brian Wajda 33:47
Mary Wajda 50:00

Windrunner 10K 8/29/04

Jim Cassioppi 39:59

DeKalb Cornfest 10K 8/28/04

Kristy Howland, 1st AG 40-44, 40:13
Christine Lipa, 2nd AG 40-44, 41:42

Doug Pearson, 6th AG 35-39, 36:34
Bob Richards, 2nd AG 55-59, 42:14

State Street Mile 8/14/04

Christine Lipa 5:21 2nd female masters by just one second.
Karen Lipa 5:25 AG3, 11-12
Diane Lipa 7:00 AG1, 5-6
Jenny Lipa 8:29 AG3, 7-8.

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

We're currently in second place and just ten points behind Fleet Feet. With the last few races rapidly approaching, we wish each of our team members good health and an injury-free end to the season. *Go, green!*

Multi-Sport Training

It's September and as I write this on the first day of autumn the local triathlon season is coming to a close (☺). This month we have seen the culmination of a great year of racing.

August ended with the *Accenture Chicago Triathlon* with ERC members **Judy Rink**, **Kevin Kaufman** and **Brian Gallagher** all participating. **Tracy Gainer** and **Judy Rink** are awarded the "it can't get much closer" award with Judy just finishing in front of Tracy with only 22 seconds separating them. Congrats to **Norm Damer** for his first competitive swim (relay portion) in 34.01. The cool 64 degree water temperature inspired him to finish 4 minutes faster than he expected. I'll be writing about Norm next year as he races his first international race. Elmhurst had over 25 entries and we hope to greet some of you on the path, bike or in the pool.

We started September out with an open water swim and a touring run around the bean. Joining us were fellow ERCs, **Judy Rink**, **Dave Polkow** and **Dave Lynam**, and three guests from the EBC and the Prairie Dog running group. We welcomed **Dave Lynam** back from his foot injury and are happy that he will soon be back on the tri circuit.

Next on the agenda was *Lake Geneva Triathlon* on Saturday September 11th. Frank puts on a race in the true spirit of triathlon by offering an exciting and sometimes chaotic start to the Sprint, Olympic and _ IRONMAN races. **Dave** and **Debbie** decided to make it even more complicated by doing the Olympic and jumping in the car to drive to Madison but then I'm getting ahead of myself. Overall there were 15 Elmhurst participants in the three races with ERC members being well represented. **Dave Polkow** had a very nice 2:38 (8th in a very competitive age group) with **Debbie Henke** finishing with 3:03. The sprint saw **Judy Rink** and **Tracy Gainer** fighting it out again with Tracy taking 4th and Judy 5th in their age group. The time separation was just 19 seconds. Sounds just like their Chicago race. **Kevin Aldrich** continued his aggressive race schedule by completing his first 1/2 IRONMAN in 5:53 minutes. **Lori Dunn** completed the race with an impressive 5:21 finishing 2nd in age group and 4th overall.

After Lake Geneva Debbie and Dave joined me at *Madison* to volunteer and support my IRONMAN race on Sunday the 12th. I have never been so happy to hear the gun go off and begin the mass start of 2,200 athletes. The anxiety slipped away as muscle memory and training took over. Despite best efforts, the swim found me feeling like I was on the Eisenhower at rush hour but the real shock was getting out of the water and hearing thousands of fans cheering. At the end of the transition into bike, I was privileged to hear Jayne Aspan, screaming my name. What a shot of adrenaline! The bike ride of 112 miles saw me trying to get water from Debbie who was trying to take my picture...too funny. After 6:47 on the bike, I headed out on the marathon course to be greeted by Jayne again. My roots in running took over with a 10:27 pace and total finish time of 12 hours and 59 minutes. Congrats to **Jeff** who overcame 5 flats and associated time delays to become a two-time IRONMAN finisher.

The experience was great but nothing in comparison to sharing it with my friends and family. The posters, cards, e-mails and encouragement from ERC made it possible. You are terrific! Thank you!

Keep the support coming, as **Dave Polkow**, **Debbie Henke** and **Kevin Aldrich** have signed up for *IRONMAN Wisconsin* in 2005.

The *Dannon Dualthon* was September 19th and consisted of a 5K run, 30K bike, 5K run. We could name this the “Kevin” race. Congratulations to **Kevin McCauley** who completed his first race in 2 hours. **Kevin Aldrich** followed up his 1/2 IRONMAN completing the race in 1:43.

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

ERC Special Events

Runner’s Soul Update – Please join us for a special photo opportunity this Saturday at 8:30am at the Runner’s Soul at 124 N. York in Downtown Elmhurst. It’s great publicity for the club so be sure to wear your ERC gear – green or gray. Carpools will leave around 8:20am from the gazebo. Also plan to be in downtown Elmhurst on Monday, October 18, for the Grand Opening of the store. You know Jayne . . . it’s sure to be a *great* party so don’t miss it!

Club Race Update – Discussions have continued with the Police Department, Jaycees and City Hall regarding the July 4th endeavor. Some final decisions are under committee discussion before completing the permit application and club incorporation process. Our next meeting is Monday, October 18, at 7:00pm at Epiphany Lutheran Church on the corner of Spring and Vallette Sts. All are welcome.

Annual Year-end Party – A host location is sought for our Annual Year-end Party in January. Please contact Susan for more information via the club e-mailbox or phone.

Reebok Mobile Tour – Nearly 30 club members came out for our last track session of the season and the mobile tour. Our apologies again for the equipment failure. Watch the newsletter for a rescheduling of the diagnostics portion of the event next time they’re in the Midwest. Thanks for your patience!

Forest Preserve Runs

Mark your calendars for the next Forest Preserve Run on Saturday, October 23, at Herrick Lake. One of our favorite spots, it promises to be a relaxing run on a soft surface full of the colors of the fall foliage. Just perfect for an easy run post-marathon! Thanks, **Jim**, for continuing to give us the opportunities! A carpool will leave from the gazebo at 7:00am that morning.

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!

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 Thanks, Elliot!

Membership

Membership dues for 2005 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 monthly drawing of a club member name to receive a special in-store gift certificate. They are located at:
17W490 22nd Street – Oakbrook – 630-782-6730

Current rosters were available at the picnic. If you'd like an e-copy, please message or phone **Linda Davies** at twodelta@aol.com.

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**

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

Injured but Not Forgotten

Sadly **Susan Landers** running season has been put on hold by plantar fasciitis just as **Dave Lynam** is making his recovery. Send ice her way!

ERC Birthdays

Mike Davis 10/11
Noel Griffin 10/16

Susan May 10/20
Elliot Kaufman 10/21

Kurt Fiene 10/25
Julie Bruns 10/25
Lou Herrera 10/26

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 . . .

CONGRATULATIONS to the **Sanders** and **Bode** families on the birth of their baby girls. Bill & Amy welcomed Avery Katherine on Saturday August 28. Avery weighed in at a petite 7 pounds, 6 ounces and was 19-1/2 inches long. George and Linda welcomed their daughter, Grace Nicole, on Monday September 13. She weighed just 7 pounds, 1 ounce and was 20-1/2 inches long. Life will soon change for all the big brothers as they're introduced to the color pink! Again, congratulations to all.

Our deepest sympathy extends to the **Wajda** family on the recent loss of the their grandmother. Our thoughts are with you.

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. **Also these outfits 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 and we will get your gift delivered!**

Newsletter

Submissions for the November 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!

Elmhurst Running Club 769 Saylor Ave. Elmhurst, IL 60126 (630) 941-0926
www.elmhurst-runners.com info@elmhurst-runners.com