



October 2007 Newsletter

Best of luck to everyone running the Chicago Marathon!

(and a special thanks to those working the elite water tables!)

Congratulations ERC!

The Elmhurst Running Club is in 4th place in the CARA Age Graded standings following the Park Ridge run! It's a tight race with only seven points between the leaders, Niles West/Oakton, and ERC. There are only three races to go: Chicago Marathon, Sycamore, and Westchester. Anyone planning to run these events should let Doug Pearson know so we can be sure to capture their times.

Upcoming Elections

In order to be consistent with our annual legal filings, the elections for club officers will occur the beginning of November. All three positions are open this year: President (2-year term), Treasurer (1-year term) and Secretary (1-year term). Neither Susan May nor Mark Boozell will be returning as candidates for President and Treasurer respectively. Both of us will remain active in the club, Susan as co-director of the club race and Mark in support of various club activities. Please submit your candidacy to the ERC mailbox and we'll distribute a slate of candidates by November 1, 2007. More information on position responsibilities can be found at

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

Speed Workouts

Summer track workouts are officially over. The high school begins using the track now. We will notify you when they start up again in the spring.

Upcoming Events

October 6 Marathon Breakfast Sponsored by Dick Pond

October 6 Post-marathon Party at Montgomery's

October 7 LaSalle Bank Chicago Marathon

October 21 Frank Lloyd Wright Races Oak Park

October 27 Chicago Lakefront 50K

October 28 Sycamore 10K

November 3 5K Wheaton

November 11 Westchester veteran 5K

November 18 Pilgrim Racer 5k LaGrange

Bold = ERC Event

Bold Italics = CARA Circuit Race

CARA Race Results

Elmhurst Report on the Wheaton Fall Festival 5k on September 15, 2007

Overall Top 15:

Doug Pearson 6th Male

Barry Brandt 7th Male

Stephanie Wagner 9th Female

Tim Conheady 12th Male

Mark Montgomery 13th Male

Julie Bruns 14th Female

Age Division Top 3:

Tim Conheady 1st M50-54

Julie Bruns 1st F35-39

Barry Brandt 2nd M45-49

Doug Pearson 2nd M35-39

CARA Team Age Graded Results

Name	Age	Sex	Result	Age Graded
BRANDT BARRY	49	M	0:17:15.07	848.3
CONHEADY TIM	50	M	0:17:28.58	844
PEARSON DOUG	39	M	0:17:3.15	794.6
MONTGOMERY MARK	40	M	0:17:36.33	775.3
EDDINGTON PETER	49	M	0:19:4.04	767.5
Team Average				805.9
Others				
BRUNS JULIE	37	F	0:20:12.26	746.5
WAGNER STEPHANIE	33	F	0:19:55.73	746
LEDONNE GEORGE	57	M	0:22:14.85	702.7
O'BLANIS JOHN	56	M	0:22:4.75	702

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
CONHEADY TIM	M	50	0:17:28.58	1	17	0	
BRUNS JULIE	F	37	0:20:12.26	1	13	0	
BRANDT BARRY	M	49	0:17:15.07	2	23	0.043	
PEARSON DOUG	M	39	0:17:3.15	2	20	0.05	
EDDINGTON PETER	M	49	0:19:4.04	5	23	0.174	
Team Sum							0.267
MONTGOMERY MARK	M	40	0:17:36.33	6	25	0.2	
WAGNER STEPHANIE	F	33	0:19:55.73	7	19	0.316	
O'BLANIS JOHN	M	56	0:22:4.75	10	25	0.36	
LEDONNE GEORGE	M	57	0:22:14.85	11	25	0.4	

Elmhurst Report on the Park Ridge Charity Classic 5k on September 22, 2007

In the races open team competitions the Elmhurst Running Club was the 1st male team and the 3rd female team. Our trophies are on display a Dick Pond Elmhurst.

Overall Top 15:

Elizabeth Hickman 4th Female

Doug Pearson 9th Male

Christine Lipa 10th Female

Tim Conheady 12th Male

Mark Montgomery 14th Male

Julie Bruns 15th Female

Age Division Top 3:

Tim Conheady 1st M50-54

Doug Pearson 2nd M35-39

Christine Lipa 2nd F45-49

Elizabeth Hickman 2nd F30-35

CARA Team Age Graded Results

Name	Age	Sex	Result	Age Graded
CONHEADY TIM	50	M	0:17:0.24	867.4
LIPA CHRISTINE	47	F	0:19:34.69	833.4
PEARSON DOUG	39	M	0:16:41.67	811.6
MOORE ALEX	47	M	0:17:48.95	808.3
HICKMAN ELIZABETH	32	F	0:18:23.17	806.8
Team Average				825.5
Others				
MONTGOMERY MARK	40	M	0:17:7.27	797.3
LEAVITT KAREN	48	F	0:21:22.01	773
EDDINGTON PETER	49	M	0:19:5.63	766.4
BRUNS JULIE	37	F	0:19:52.81	758.7
O BLANIS JOHN	56	M	0:21:38.38	716.3

CARA Team Age Division Results

Name	Sex	Age	Results	Place	Total	Score	Team
CONHEADY TIM	M	50	0:17:0.24	1	32	0	
PEARSON DOUG	M	39	0:16:41.67	2	27	0.037	
LIPA CHRISTINE	F	47	0:19:34.69	2	21	0.048	
HICKMAN ELIZABETH	F	32	0:18:23.17	2	20	0.05	
MONTGOMERY MARK	M	40	0:17:7.27	4	43	0.07	
Team Sum							0.205
Tiebreakers							
MOORE ALEX	M	47	0:17:48.95	4	29	0.103	
LEAVITT KAREN	F	48	0:21:22.01	4	21	0.143	
Others							
BRUNS JULIE	F	37	0:19:52.81	4	21	0.143	
EDDINGTON PETER	M	49	0:19:5.63	9	29	0.276	
O BLANIS JOHN	M	56	0:21:38.38	10	20	0.45	

Upcoming CARA Circuit Races:

[LaSalle Bank Chicago Marathon on Sunday October 7th.](#)

Meet at the gazebo at 6:15am.

[Sycamore Pumpkin Festival 10k on Sunday October 28th](#)

Meet at the gazebo at 7:30am to carpool.

[Westchester Veterun 5k and 10k runs on Sunday November 11th](#)

Meet at the gazebo at 7:30am to carpool to this nearby end of the season race.

ERC at the Races - Non-CARA Circuit

Compiled by Bob Richards (bobnanrun@sbcglobal.net).

I always will try to find results, but please send them to me! This report is pretty lean. Who did I miss? No results were sent to me. I think the focus was on marathon training and the CARA Circuit. See you at the races! -- Bob

9-10-07 BANCO POPULAR CHICAGO HALF-MARATHON, Chicago

Charlie Kern, 1:10:05 (Wow!)

Bill Sanders, 1:44:55

Julie Traverse, 1:46:33

Tina Helm, 1:47:23

Christeen Paulsion, 1:54:37

Jennifer Hagstrom, 2:00:09

Adam park, 2:08:12

Kim Ferraro, 2:15:22

9-16-07 HINSDALE HOSPITAL ROONEY 5K, Hinsdale

John O'Blanis, 22:16, 4th M55-59

9-23-07 QUAD CITIES MARATHON, Quad Cities, IL, IOWA)

Lynne Kern, 4:07:21, 13th F40-44

September 2007 - Multisport

August's rainy weather was replaced with great conditions for racing in September. Congratulations to **Jeremy Wernick** and former ERCer **Karen Ryan** on becoming "IRONMAN".

Ironman Wisconsin: September 9th

Jeremy's and Karen's day started about 4:00 am and finished about 8:30 - 9:00 pm. There is nothing like the support at an Ironman to keep you going. Congratulations again to Jeremy and Karen for this great accomplishment

2	WERNICK, JEREMY	1687/1380/1354	35	01:27:29	06:35:12	05:02:39	13:30:23
3	RYAN, KAREN	1917/1782/1575	38	01:33:56	07:10:06	04:54:44	13:58:31

Lake Geneva: September 8th the race hosted a sprint, Olympic and $\frac{1}{2}$ Ironman triathlon in beautiful Lake Geneva. The following Elmhurst athletes completed the race.

Sprint

NO	FN	LN	OVERALL	DIVPL	SEXPL	TIME	SWIM	TRANS 1	BIKE	TRANS 2	RUN
<u>960</u>	Rose	Brintlinger	199	4/21	51/211	1:38:59	7:58	3:26	58:10	1:33	27:54

Olympic

NO	FN	LN	OVERALL	DIVPL	SEXPL	TIME	SWIM	TRANS 1	BIKE	TRANS 2	RUN
<u>738</u>	Ed	Roman	94	12/41	78/264	2:33:48	35:15	1:17	59:16	1:01	57:01
<u>643</u>	Joseph	Sutton	171	29/55	141/264	2:43:51	24:42	4:26	1:14:37	4:09	55:58

735	Robert	Oury	197	1/3	161/264	2:47:08	28:01	2:01	1:14:39	2:23	1:00:06
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$\frac{1}{2}$ Ironman

NO	FN	LN	OVERALL	DIVPL	SEXPL	TIME	SWIM	TRANS 1	BIKE	TRANS 2	RUN
159	Glenn	Selig	81	10/12	71/114	5:54:24	41:24	1:57	2:52:36	2:47	2:15:42
84	Brian	Kenny	114	12/14	93/114	6:18:55	48:15	7:05	3:22:25	5:03	1:56:10

Half Max 1/2 Ironman: September 15th

The Half Max Half Ironman in Innsbrook Mo turned out to be quite challenging. The course was hilly and windy. Congratulations to David Polkow for successfully racing this difficult race.

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

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.

Special Events

Dick Pond Athletics

124 N. York Rd

Elmhurst, IL

Presents:

Dr. Shawn W. Allen

Wednesday Night October 17 7:00 p.m.

Topic:

Running Styles, Shoes and Injuries: How does a runner wade through the quagmire of information? Chi running, Pose, Heel strike, Forefoot running styles and the shoe conundrum (Newton, Barefoot, Racing Flats, etc) and how they all might play into running injuries.

Dr. Shawn W. Allen, DC, DABCO, FACO, DABAHP

President & Head Orthopedist:

*Allen Chiropractic Orthopedics, SC (doctorallen.com)

*Co-Founder- The Homunculus Group (homunculusgroup.squarespace.com)

* Biomechanics Consultant- Vibram USA (vibram.com)

*Instructor- National University (NUHS)

*Team Physician- Dick Pond Running Team

*MAT Trainer Practitioner (muscleactivation.com)

Allen Chiropractic Orthopedics, S.C.

782 Burr Oak Drive

Westmont, IL 60559

Ph: 630.522.4060

Fax: 630.522.4061

C: 630.215.4050

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 for late October or early November.

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

Yes, dues are still being accepted! Simply mail them 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>)

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

10/20 Susan May
10/25 Julie Bruns
10/25 Kurt Fiene

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 with I-Runs (May - Sept) - Saturdays at 6:00 a.m.

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

ERC Runners Council

With the fall season 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

NEW E-MAIL DISTRIBUTION LIST

The new list server is in the test process. As decided at the annual meeting last year, this list is driven by dues paying members for whom we have waivers and will be revised on an annual basis. As a member, you will be able to respond to everyone on the list regarding races, training runs, social events, etc., in an effort to better those communications. By replying to the group message, you can contact all ERC members with or for more information. It will then go to Elliot or Susan authorization. We do this only to ensure that the list server is not used for other purposes (i.e., personal business marketing, mass messaging when a question should be directed to just one person, etc.). Please provide your feedback as we implement this new process.

Newsletter

Submissions for the November 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