

# Elmhurst Running Club Newsletter

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September 2004

Check out the latest news on the club race formation front. Exciting things are happening and the event promises to be *great!* Speaking of greatness, be sure to send positive thoughts Karen Zenisek's way as she tackles the Ironman Triathlon distance this month. All you grumbling about marathon training have nothing more to say! ☺

Greatness has also been seen in the recent performances by Kevin Aldrich, our Athlete of Month. Way to go, Kevin. You're an inspiration to us all!

**SPECIAL NOTES:** Reebok Mobile Tour this coming Wednesday, September 1.  
Grand Opening of Runner's Soul in downtown Elmhurst this October!

**Fall running groups are follows:**

Wednesdays:

6:30pm

Saturdays:

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

7:30am Trail Runs – typical runs are 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

Welcome to **Russ Wajda** and his 13 year-old daughter, **Kate**. They've quickly become regulars at the Wednesday night track sessions and Kate's already active on the CARA circuit. It's great to have you!

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

Congratulations to **Kevin Aldrich** who joined our club in the spring. Kevin has achieved many successes since joining up with the Elmhurst running club. He started the season with the Tour De Foot and has been hooked on racing ever since. In the last month Kevin has done three Triathlons and a Half-marathon. Kevin's half-marathon was such a strong finish that he qualified for a preferred start in the Chicago marathon. Kevin is still not done for the season. He has plans to do the Park Forest 10-miler, Lake Geneva Half, a Duathlon in Batavia and finally the Chicago Marathon on October 10. Kevin, Congratulations! You are an inspiration to us all! We are so proud of your accomplishments and are honored to have you as a member of the Elmhurst Running Club.

## 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

The 18-week Marathon training is heading into the last month and meets at 6:30am on Saturdays. The Chicago Marathon is October 10. Training for the Chicago and Crystal Lake Half-Marathons is also underway. Events are Sept. 19 and Sept. 12 respectively. We're looking for volunteers to help out with Gatorade stops between the 4 & 5-mile marks for our last few 20-mile runs. Kurt will provide the Gatorade. The first day we need someone is Sept. 4. Please e-mail Kurt at [kurt.fiene@ca.com](mailto:kurt.fiene@ca.com) if you're willing to help out.

### **Training at 6:30am are:**

Kevin Aldrich	Erin Fiene	Mary Beth McLean
Mark Boozell	Noel Griffin	Molly Nechvatal
Kristi Blessing	Jennifer Hagstrom	Joe Short
Julie Bruns	April Hyravy	Jeremy Wernick
Mary Anne Clark	David Manchester	

## Speed Workouts

Our last official workout of the summer is next Wednesday, September 1. Even if you haven't done any speedwork yet this year, come out and help us wrap up the season with the Reebok Mobile Tour (see Special Events section below). We're also 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)

## Additional Weekday Runs

Looking for running partners during the week or have an event of interest? Help us test out a bulletin board type of addition to our website. Once you register, postings can be made at [www.elmhurst-runners.com/forum/](http://www.elmhurst-runners.com/forum/) Please be sure to include the day(s), time of day and pace you'd like to run. Let us know what you think about this new method of coordinating our group.

## Upcoming Events

<b>Wed Sept. 1</b>	<b>Reebok Mobile Tour – 6:45pm</b>	<b>York H.S.</b>
* Mon Sept. 6	Labor Day Park Forest 10 Mile	Park Forest
Sat Sept. 11	Lake Geneva Extreme Tri Series	Fontana, WI
* Sun Sept. 12	Alpine Races 10K	Lake Zurich
Sun Sept. 12	Crystal Lake Half Marathon	Crystal Lake
Sun Sept. 12	Ironman Wisconsin Triathlon	Madison, WI
Sun Sept. 19	Breadbasket 5K	Elmhurst
* Sun Sept. 19	Condell Distance Classic 10K	Libertyville
Sun Sept. 19	Rotary Run for Glenview 5&10K	Glenview

* Sat Sept. 25	Park Ridge Charity 5K	Park Ridge
Sun Sept. 26	National Heritage Corridor Trail 25K	Channahon
Sun Sept. 26	Zoo Run Run 5K	Brookfield

\* indicates CARA circuit races

**Bold Type indicates ERC Event**

## Race Results

### Tri Ottawa (Olympic) – 7/17/04

Kevin Aldrich 2:26:02

### Chicago Distance Classic – 8/1/04

#### **5K Results:**

Christine Lipa, 1st AG 40-44, 19:39

Karen Lipa, 1st AG 14&under, 20:46

#### **Half-marathon Results:**

Doug Pearson, 14th AG 35-39, 1:26:07

Ron Lambke, 24th AG, 1:28:39

Kevin Aldrich, 56th AG, 1:43:10

Erin Fiene, 10th AG 1:38:40

Dawn Gould, 22nd AG, 1:46:49

Molly Nechvatal, 43rd AG, 1:59:54

### LaPorte Tri (Sprint) – 8/7/04

Kevin Aldrich 1:18:54

### Lake Zurich Tri (Olympic) – 8/8/04

Kevin Aldrich 2:43:06

## International Races

### **Maski-Courons 5K August 15 Mandeville, Quebec**

Julie Travers 24:09, Ag 1, 2<sup>nd</sup> Overall Female

Chris Travers 26:22, Ag 6

### **Maski-Courons 1K August 15 Mandeville, Quebec**

Katie Travers 6:04

Kelsie Travers 6:05

Kylie Travers 9:00

#### **Course Description**

In the foothills of the Laurentide Mountains. Very hilly. Very hot. Very French.

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

The entire team has been running well on the circuit with some great age group placings by **Kristy Howland, Karen and Christine Lipa, Mari Jo Hecker, April Hyravy, Doug Pearson** and **Bob Richards**. We appear to be solidly in second place on the circuit and nicely widening

the gap with third. First place, Fleet Feet, is not out of reach. Three events are on the horizon for September: Park Forest, Alpine, Condell, and Park Ridge. Please e-mail Christine with your results at [jclipa@earthlink.net](mailto:jclipa@earthlink.net) every finish counts!

## **Multi-Sport Training**

While one of the largest triathlon in the world occurs on the 28<sup>th</sup> on Chicago's lakefront, there are plenty of races in the area including Pleasant Prairie and Lake Zurich. Most of these races have both sprint and Olympic distances to accommodate your goals

**Kevin Aldrich** has made the most of his first season with an impressive racing schedule including Ottawa (2:36), La Porte (1:18) and Lake Zurich (2:43). Joining Kevin at Lake Zurich was **Kevin Kaufman** with a time of 2:22. **Debbie Henke** raced the Olympic distance at Pleasant Prairie Wisconsin with a time of 3:00 hours. Not bad considering the swim was quite a bit longer than last year.

Welcome back to **Judy Rink** after working through tendonitis in the shoulder just in time for Chicago. Good luck to **Norm Damer** and **Steve Sotor** as they join Judy at the Chicago.

Our Monday night swims have welcomed **Yvonne and Preston Jordan** who are excited to master their swimming and participate in Triathlons. Welcome as well to **Steve Sotor**, who we met at Courts and learned of his triathlon accomplishments.

***Tip: As race day nears stick to your training plan. Being 1% over trained is worse than being 20% under trained.***

Upcoming races in September include Lake Geneva and a little race in Madison.

There are plenty of races out there and if you would like to learn more check out <http://www.chicagoaa.com/calendar/smu.html> or <http://www.trifind.com>

Call or e-mail me with your questions.

**Karen Zenisek, Multi-sport Coordinator - 630-530-0793**  
[k.zenisk@comcast.net](mailto:k.zenisk@comcast.net)

## **ERC Special Events**

**Reebok Mobile Tour – THIS WEDNESDAY, SEPTEMBER 1.** Runners may meet at 6:30pm at the gazebo for a quick warm up to the York High School track or just arrive at the track around 6:45pm. They'll be providing free foot analyses and the opportunity to try out the latest in Reebok running shoes. Even if it's not your brand, come check out the analysis and other freebies. It promises to be helpful information for the next time you need to purchase shoes. The opportunity for a light speedwork session also exists. Hope to see you there!

**4 on the 4<sup>th</sup>** – Yes! It's official! We have a name! The race committee met this week and made progress on the Fourth of July race. The paperwork for the permit and club incorporation has been submitted and several key decisions have been made. Subcommittees will begin work on

their respective areas and initial conversations with the Jaycees, who organize the parade, have gone very well. They have enthusiastically offered their full support of the endeavor.

We're looking for suggestions on a children's-related charity for the kids' portion of the event. The more local, the better but if you have a suggestion for something that's touched your life in any way, please let us know. We meet in October to make the determination on the recipient and we'd love to see the race benefiting the kids of our members in some way. Just e-mail the information to the club mailbox at [info@elmhurst-runners.com](mailto:info@elmhurst-runners.com) or submit it by phone at 630-941-0926.

Additionally, the sponsorship group will be meeting at 7:00pm at Chocolate Moon on Tuesday, September 7. If you have any ideas, suggestions, or connections that may be of assistance, please join us or forward your information to the club mailbox as well. We'll be developing our strategy for moving forward and not only monetary but also in-kind donations of goods are welcome. Likewise, if there's some item that is critical to the success of the race in your mind, please let us know so we can pursue that donation.

Last, but certainly not least, welcome to **Nathan Gray** who'll be lending his announcing talents to the finish line area. It's great to have you on board, Nate!

The committee meets again on October 18 at 7pm at Epiphany Lutheran Church on Spring at Vallette. All are welcome to attend. Please keep those comments and suggestions coming so we can make this the best event around!

Runner's Soul Grand Opening – Look for more information via e-mail and in the local press on the Grand Opening this October of **Jayne Aspan's** store at 124 N. York in downtown Elmhurst. You know Jayne . . . it will be a *great* party! Don't miss it!

## Forest Preserve Runs

Due to the heavy racing schedules in September and the upcoming marathons, the next Forest Preserve Run will be Saturday, October 23, at Herrick Lake. Mark your calendars now for a relaxing run at one of our favorite spots. Thanks, **Jim Cassioppi**, for trying your best to broaden our horizons this season!

## 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 wonderful job redesigning the front end and posting updated pictures. The newest additions are the Professional Directory and Message Board. Please be sure to check it out and provide your feedback. Log on at [www.elmhurst-runners.com](http://www.elmhurst-runners.com) Thanks, Elliot!

## Membership

2004 membership dues are still 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 22<sup>nd</sup> 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](mailto:twodelta@aol.com).

Lastly, e-mail distributions blind carbon copy ("bcc :") 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**.

## 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

Either everyone is hiding or we simply haven't heard! **Kurt Fiene** is on the mend and we look forward to seeing old friends like **Steve Chamberlin** again soon!

## ERC Birthdays

9/7	Deborah Shaddon	9/19	Russ Wajda
9/9	Kevin Wiktor	9/23	Dave Lynam
9/15	Mike Cozzi	9/27	Buffi Gibbons
9/15	Erin Fiene	9/29	Jim Cassioppi

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. Not just for races, they're the perfect answer for your warm weather training.

## **Newsletter**

Submissions to the October 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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