



Newsletter September 2007

ERC to Staff Elite Specialty Fluid Tables at the La Salle Bank Chicago Marathon

Several club members have volunteered already but more specific information has arrived! We need eight groups of 10-12 volunteers will report to eight locations on the marathon route, 5k -10K -15K- 20K -25k -30K -35k -40K. The LaSalle Banks Operations Team will meet the groups at those locations and deliver tables, signage, bullhorns, bottles, etc.

The ERC responsibility is to set the tables and position the top athlete's water bottles on the tables and then take the tables down before the general participants reach that point. These bottles are prepared the day before by the athletes. Passenger vans will be available in Elmhurst. Non-club members are welcome as well. The York HS. Men's Cross Country Team has done it in the past and some students maybe joining us. Once the elite runners have passed your checkpoint and you've disassembled the station, you're free to go for the day. Each volunteer receives a marathon jacket and hat. It really is one of the really great assignments. Please e-mail or phone Susan May to sign-up at info@elmhurst-runners.com or 630-941-0926. We need to lock in the staffing as soon as possible. Thanks!

Free Introductory Session: Peak Performance Training with Coach Charlie Kern

Peak Performance Training, developed by Coach Bill Leach, features a series of unique exercises designed to strengthen the body's core: hips, abdomen, back, middle and upper torso. These exercises are designed to improve your strength, balance, coordination, flexibility and ultimately, your running performance. Regularly a fee-based program offered through CARA, Charlie Kern will be offering a free introductory session from 6:00 – 8:00pm on Monday, September 17, at the pavilion on York St. and the Prairie Path. More information and fall registration for the program can be found at www.cararuns.org

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.

Marathon Training

Distance training goes well as participants wind down with their final long runs. For more information on the Marathon Training Program, please contact Bill Sanders at bsanders@icoc.org

Upcoming Events

Mon, Sept 17 6:00pm Peak Performance Intro Session

Saturday September 15^{Fall} Festival 5k in Wheaton

September 22 Park Ridge Charity Classic

5th Annual 5k Fellowship Run September 22, 2007 @ 10:00am Melrose Park, IL

<http://www.signmeup.com/site/calendar/details.aspx?calendarid=29&CalendarListingId=19043>

September 23 8:00 a.m. Rotary Run for Glenview www.rotaryglenviewsunrise.com

September 29 Race For the Cure Chicago

September 30 Morton Arboretum 5K Lisle

October 7 Chicago Marathon

October 7 Milwaukee Marathon

October 21 Frank Lloyd Wright Races Oak Park

October 27 Chicago Lakefront 50K

Bold = ERC Event *Bold Italics = CARA Circuit 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! Also, I'm leaving multisport results to Karen and the gang. -- Bob

8-11-07 STATE STREET MILE, Rockford

Christine Lipa, 5:26.59, 1st F45-49, 2nd Masters female overall!

Diane Lipa, 5:58.66, 1st F9-10

Jennifer Lipa, 7:34.89, 4th F9-10

8-11-07 PAAVO NURMI MARATHON, Upson to Hurley, WI

Bill Sanders, 3:11:23, 1st M35-39 (our honorary Flying Finn!)

Beth Wong, 1:43 for half-marathon split on two-person relay

8-11-07 BLUE HAWAIIAN 5K, Bensenville

Julie Bruns, 20:57, 1st F35-39, 1st Female overall!

Karen Leavitt, 21:55, 1st F45-49

8-26-07 WINDRUNNER 10K, Herrick Lake, Wheaton/Lisle

Nick Dragisic, 1:01:50, 13th M50-59

9-2-07 BUFFALO GROVE STAMPEDE 5K, Buffalo Grove

Charlie Kern, 15:19 (4:56 mile pace!), 1st M35-39, 1st overall!

CARA Circuit Races:**Elmhurst Report on the Chicago Distance Classic Half Marathon on August 12, 2007**

Overall Top 15:

Charlie Kern 8th Male

Age Division Top 3:

Charlie Kern 2nd M35-39**CARA Team Age Graded Results**

First Name	Last Name	Age	Sex	Time	Age Graded
Charlie	Kern	38	M	1:11:26	850.2
Barry	Brandt	49	M	1:23:26	795.6
Tim	Conheady	50	M	1:25:50	780
Alex	Moore	47	M	1:23:57	777.6
Mark	Montgomery	40	M	1:24:16	732
Team Average					787.1
Others					
Betsy	Barrett	41	F	1:39:09	697.9
Stephanie	Wagner	33	F	1:34:57	697
Sandra	Partridge	49	F	1:50:36	684.4
Mark	Robinson	60	M	1:50:38	661.6
Mari Jo	Hecker	43	F	1:46:39	661
Amy	Sanders	31	F	1:41:06	652.2
Jon	Nelson	47	M	1:41:53	640.8
Brian	McGreal	38	M	1:36:16	630.9
Tina	Helm	39	F	1:48:31	628
Kevin	Kaufman	30	M	1:34:50	624.4
Beth	Szopko	30	F	1:51:52	588.6
Caroline	Parisi	35	F	1:55:36	576.6
Ann	Nelson	29	F	1:54:23	575.6
John	O'Blanis	56	M	2:03:21	572.1
Nick	Virgilio	51	M	2:00:01	562.7
Dawn	Troost	27	F	1:58:28	555.7
Wilson	Ray	35	M	1:53:41	524.8
Heather	Stilwell	28	F	2:06:28	520.6
Nick	Dragisic	58	M	2:20:39	510.8
Michael	Czuba	27	M	1:58:22	500.3
Colleen	Ries	25	F	2:15:03	487.5
Scott	Wallace	45	M	2:12:09	485.9
Francesca	Miroballi	24	F	2:16:18	483
Mabel	Noriega	31	F	2:20:22	469.7
Daniel	Miroballi	26	M	2:14:43	439.6
Michelle	Amato	36	F	2:57:02	378.2
Gina	Thomas	36	F	2:59:55	372.1
Steve	Thomas	38	M	2:59:57	337.5

Elmhurst Report on Park Forest Scenic 10 miler and 5k on Labor Day 2007

Overall Top 15:

Christi Helm 13th Female in the 5k

Age Division Top 3:

Christi Helm 2nd F15-19 5k Christina Lipa 3rd F45-49 10m

CARA Team Age Graded Results

Name	Age	Sex	Dist	Result	Age Graded
Barry Brandt	49	M	10	1:00:16	829.4
Alex Moore	47	M	10	1:01:11	803.6
Christine A Lipa	47	F	10	1:09:47	784.8
Doug Pearson	39	M	10	1:00:25	763.9
Mark Montgomery	40	M	10	1:00:57	763.2
Total					789
Others					
Peter Eddington	49	M	10	1:05:55	758.3
Bob Richards	58	M	10	1:12:06	749.2
Kristy Howland	44	F	10	1:13:00	727.6
Julie Bruns	37	F	10	1:11:10	711.2
Mark C Robinson	60	M	10	1:20:10	686.1
Mari Jo Hecker	43	F	10	1:18:16	672.7
Stephanie Wagner	33	F	10	1:14:28	670.3
Tina Helm	39	F	10	1:18:55	648.2
Christi Helm	15	F	5	0:24:34	630.9
John O'Blanis	56	M	10	1:26:57	610.3
Paul Ward	56	M	10	1:27:01	609.8
Veronica Ward	56	F	10	1:43:18	594.2
Ray Hecker	43	M	10	1:40:23	474.3

Elmhurst Report on the Lake Zurich Alpine Half Marathon on September 9, 2007

Overall Top 15:

Stephanie Wagner 2nd Female

Doug Pearson 4th Male

Mark Montgomery 12th Male

Age Division Top 3:

Stephanie Wagner 1st F30-35

Bob Richards 1st M55-59

Doug Pearson 2nd M35-39

Ronnie Ward 3rd F55-59

CARA Team Age Graded Results

Name	Age	Sex	Dist	Result	Age Graded
PEARSON DOUG	39	M	13.1	1:19:48.62	766.8
RICHARDS BOB	58	M	13.1	1:34:35.17	759.6
MONTGOMERY MARK	40	M	13.1	1:24:2.43	734
WAGNER STEPHANIE	33	F	13.1	1:35:13.29	695
WARD VERONICA	56	F	13.1	2:12:27.16	626.5
Total					716.4
Others					
WARD PAUL	56	M	13.1	1:53:7.58	623.8
DRAGISIC NICK	58	M	13.1	2:27:4.54	488.5

Upcoming CARA Circuit Races:

Fall Festival 5k on Saturday September 15th in Wheaton
Meet at the gazebo at 7:00am to carpool. There are a few hills in this nearby race.

Park Ridge Charity Classic 5k on Saturday September 22nd.
Meet at the gazebo at 6:30am for a great course to set a personal record on.

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 Veteran 5 and 10k runs on Sunday November 11th
Meet at the gazebo at 7:30am to carpool to this nearby end of the season race.

August 2007 – Multisport

We'll get to the August results in just a minute but first it's time to think about possibly joining a swim session for the fall. Starting on Tuesday September 4th, the Y has increased its fitness swimmer options. Dave Polkow will be teaching:

- ◆ **Tuesday 7:30-8:30 pm- Advanced Adult stroke class.** You can use the link to the Y for more information.
- ◆ **Tuesday 7:00-7:30 pm - Adult learn to swim class** for any adult that cannot swim or cannot swim a length of front crawl with rotary breathing. This new class is not listed in the Y's brochure at this time and you may have to remind the front desk staff of this fact. Please let anyone you know that might be interested in these programs about them and contact Dave Polkow at dapolkow@sbcglobal.com or

- ◆ **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.

Ironman Louisville

Congratulations to **Kevin Aldrich** and **Lori Dunn** for great races at Ironman Louisville. Lori had an outstanding day and a race time of 11:59 and Kevin overcame two flats to finish in 14:39. Congrats to both of them.

Accenture International and Sprint Triathlon: Many Elmhurst residents completed the race with the following results.

International results

Class Rank	Class	First Name	Last Name	Sex	Final	Overall Rank
10/27	CLYDES M40OVR 1	MICHAEL ROSS	ALDRICH	M	02:58:14	1848/3935
8/522	M35-39	JOSTEIN JEFELOCO	ALVESTAD	M	02:15:02	25/3935
38/415	M40-44	JOHN D.	BAIRD	M	02:29:03	246/3935
57/118	F40-44	NICOLETTE	BOISELLE	F	03:05:27	2258/3935
449/522	M35-39	ANTHONY	BROWN	M	03:19:21	2942/3935
20/87	F20-24	ELIZABETH	CARLSON	F	02:54:52	1610/3935
57/415	M40-44	JEROME FRANCIS	ENRIGHT	M	02:32:11	357/3935
170/522	M35-39	ERIK R	FJELDSTAD	M	02:40:57	742/3935
5/24	CLYDES M40OVR 2	ANTHONY W	GAMBINO	M	02:53:32	1505/3935
372/415	M40-44	SCOTT E	GLOSNER	M	03:29:33	3251/3935
371/522	M35-39	JOHN G	HARAN	M	03:05:57	2282/3935
78/522	M35-39	ANDREW	HOUSTON	M	02:31:22	329/3935
98/486	M30-34	TOM	KAPANOWSKI	M	02:39:22	660/3935
242/486	M30-34	DANIEL	LOTITO	M	02:54:39	1590/3935
390/486	M30-34	THOMAS WILLIAM	MAKINNEY	M	03:13:55	2699/3935
324/522	M35-39	PAT	MATHEWS	M	02:59:36	1945/3935
102/257	F30-34	ANNE	MCDONALD	F	03:06:43	2332/3935
119/415	M40-44	MICHAEL JOSEPH	MCGOVERN	M	02:41:57	798/3935
56/415	M40-44	SCOTT	MURPHY	M	02:31:50	344/3935
7/26	M60-64	LON	OURY	M	02:55:13	1639/3935
1/4	M70-74	ROBERT	OURY	M	02:56:16	1705/3935
2/10	F15-19	RACHEL MARIE	PARR	F	02:54:51	1609/3935

364/415	M40-44	DAN	PELOZA	M	03:25:43	3135/3935
215/486	M30-34	EUGENE PATRICK	PRESTO	M	02:51:53	1398/3935
225/415	M40-44	THOMAS W	RASNIC	M	02:55:05	1626/3935
197/415	M40-44	JOHN V.	RESING	M	02:51:32	1375/3935
308/415	M40-44	CJ	RUESCH	M	03:08:11	2430/3935
220/242	M45-49	KEN	SCHMIDT	M	03:41:51	3493/3935
134/415	M40-44	MARK	SCHROEDER	M	02:43:24	883/3935
26/131	M50-54	STEVE	SOTOR	M	02:45:57	1026/3935
0/36	X	BILL	STOTZER	M	02:38:26	0/3935
112/242	M45-49	KURT W	SUNDBERG	M	02:53:13	1484/3935
93/242	M45-49	CHRISTOPHER	URGO	M	02:49:40	1259/3935
15/87	F20-24	JESSICA	URGO	F	02:52:01	1409/3935
160/415	M40-44	STEPHEN	WEILER	M	02:47:16	1115/3935
383/486	M30-34	TRENT	WILLIAMS	M	03:12:38	2628/3935
67/140	M20-24	MICHAEL	D' AGOSTINO	M	02:51:25	1366/3935

Accenture Sprint results

Class Rank	Class	First Name	Last Name	Sex	Final	Overall Rank
55/88	F40-44	KAREN	ENRIGHT	F	02:01:12	1481/1888
54/84	M45-49	BRETT ANTHONY	GARELLI	M	01:49:55	1067/1888
42/60	F20-24	DANIELLE	LASATER	F	01:58:14	1378/1888
17/60	F20-24	COLLEEN MARIE	MCCOTTER	F	01:41:15	674/1888
50/172	M35-39	CHRISTOPHER	MILLER	M	01:33:50	335/1888
94/172	M35-39	WILSON EDWARD	RAY	M	01:42:59	764/1888
16/88	F40-44	JUDY	RINK	F	01:40:59	660/1888
14/84	M45-49	GLENN	SELIG	M		

Pleasant Prairie – Olympic and Sprint Triathlon

Remember the weekend when we had all the flooding? Well that Sunday was the Pleasant Prairie race. I couldn't believe the lightening and rain as I drove up with Dave Polkow that dark Sunday morning. Dave described it as, "we are driving into the end of the world". Well you never know and to tell the truth I was hoping it would cancel. But the rain stopped and we had a window to get the race in. I was really glad that I made the trip after all. I was so darn relaxed that I forgot where my bike was racked and caused an extra 2 minutes in T2. It ended up being a good race and it just goes to show how important it is to keep an open mind.

Congratulations to **Nathan Gray** continued his strong performance with a time of 2:30:45. **Dave Polkow** 2:31:36 and myself at 2:32:24.

Lake Zurich – Olympic and Sprint Triathlon

Well Rain was the name of the game. A rainy morning caused a shorten swim and a flooded transition area. But **Nathan Gray** had a strong showing with a time of 2:00 and **Dave Polkow** at a time of 2:07

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

Special Events

Summer Picnic a Respite in the Storm

Special thanks to Mari Jo and Ray Hecker and Linda Davies for pulling together a great picnic in August. Although the park district closed their land for parties, Mari Jo and Ray's front and back yards were just perfect. The kids had a blast and the adults had a chance to recover from the weekend's bad weather. Thanks as well to all who brought treats. It was great to relax with friends!

Other News

ERC Board Meeting News

At the recent open ERC Board Meeting, program areas were reviewed as well as election procedures for the 2008 year. Great ideas were generated regarding the marathon training and track programs as well as the annual club race. Look for more information very soon regarding the upcoming board member elections.

Club Race Feedback Needed

If you decide to run next year's Community Bank of Elmhurst 4 on the 4th, would you come if the starting time were moved up to 7:00 a.m. from 7:30 a.m.? How about volunteering? Would coming out 30 minutes earlier be detrimental to you helping? Please reply ASAP to the club mailbox at info@elmhurst-runners.com we're already in the process of permit applications for next year's event. *Thanks!*

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

Lorna Sutton 9/18

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 - 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. We sent out two messages last week and will send out this newsletter via the same distribution 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 October 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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