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OPRC Footnotes Return

Geri Bensen and Nick Blashill

After a brief hiatus, we are thrilled to bring back the OPRC Footnotes. With a new quarterly schedule, this first issue will cover November, December, and January. You'll get race results from the New York City Marathon to the F3 Half Marathon, relive the holiday banquet, and preview the year to come. The next issue will come out in May, and will recap our very own Good Life Race, as well as some little race in New England that several club members do so they can wear a cool jacket to the Beer Shop.

Special thanks to former Footnotes Newsletter Editor Paul Oppenheim for his 20 years of editing (from 2001 to 2021). And even though we don't see Paul out running as much as we used to, he is still keeping active by cycling three days per week with the cycling group he's started called the OPOP's (Oak Park Old Pharts). In fact, this year he rode his PB of 3,711 miles and was recognized by the group at January's meeting! The newsletter has transitioned to Nick Blashill (editor) and Michael Bodor (designer), with OPRC board member Sarang Supekar providing counsel through the transition.



Nick has been an OPRC club member for a year and a half, and has previous writing experience with Third Coast Review, a Chicago arts & culture website. He regrets to inform readers that we will be unable to match Paul's incisive humor, but is excited nonetheless to highlight the club's activities on a quarterly basis.

Michael has been an OPRC member for close to a year, and is a professional graphic designer with Hogsalt Hospitality. Like all great volunteers, he is tremendously overqualified for the role we've assigned to him, and we are grateful that he's lending his talents to the club.

We hope you enjoy the return of OPRC Footnotes. And, as always: if it's not in the Footnotes, it didn't happen.

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National Parks Meeting

Gerri Bensen

Many of our members are not only runners, but are multi-talented and multi-faceted athletes who spend much time doing other active endeavors. Our off-season meetings are a great time for members to share their love and passion for these other activities. To that end, our November 2022 meeting topic was **Hiking in the National Parks**. Nine OPRC members presented seven parks, and we (with much difficulty) have summarized a highlight and tip from each park. There is so much more to share, and I'm sure each speaker would be happy to chat over a coffee or beer!!

YOSEMITE - Nick Bensen Half Dome hike is a must. Reserve a permit months in advance

BIG BEND – Kristen McPhee
Far west Texas. Remote beauty. Bring passport to go into Mexico.

JOSHUA TREE – Victoria Hohenzy & Michael Bodor
Amazing desert hiking. Hike in spring/fall & avoid summer.

GLACIER – Kevin Donnelly
Montana Late July or August due to snow – Check out “American Hiking Society” volunteer vacations.

GRAND CANYON – John Dzak
Spring & fall are best. Transport options for North to South rim. Check out lesser-known West rim.



ZION - Stephanie Garcia
18-mile hike in the Narrows “Top Down” is awesome!
Get a permit the day prior!

MOUNT RAINIER – Sherry Laniosz & Sarang Supekar
Summer is best. Multiple glaciers. Check out Animal Keeper tour.

We had so much interest that we are targeting November 2023 for our 2nd edition of “Hiking in the National Parks.” Contact Gerri at geridawn3@gmail.com if you'd like to present on another amazing national parks!!

Holiday Party

Geri Bensen

On Sunday December 4th, 2022, OPRC hosted our 40th “Ruby Red” Anniversary OPRC Holiday Party & Awards Banquet at Trattoria 225 on Harrison. We had a record number of attendees, with 101 members/guests all dressed in their holiday attire, including special guest Bank of America Chicago Marathon Race Director Carey Pinkowski. Music was provided by Abacu DJ-Dan, whose services and lunch were donated by an anonymous donor!



Attendees had plenty to do during the cocktail hour: Enjoy the pizza appetizers, view the Hall of Fame & OPRC history boards, take photos at the photo booth, and choose which of the 32 raffle prizes on which to wager their luck! We moved to the dining area where, after founder & board

member introductions, we enjoyed a special Trattoria plated lunch. Those introductions included 7 original club members: Bob Bell, Cheryl Benson, Dan Danielson, Bob Hakes, Paul Oppenheim, Bob Taylor, and Stacia Taylor.

Upon dessert being served, the main program began:

- Nick began the program by projecting the “Year in Review” photo slide show (played to “Born to Run”).
- Nick Jr explained our upcoming 2023 participation points program
- Nick & Dave handed out Club Service Awards
- Geri gave a brief snapshot of the 40-year history of OPRC
- Raffle prize winners were announced by Mary Alice & Sue

Then came our awards: Newbie, Most Improved, Significant Achievement, and Runner of the Year,



followed by recognition of the TWO new inductees into the OPRC Hall of Fame: John Kolman and Eileen Dolan. Congratulations to all award winners!

Special thanks to our holiday planning team who worked for months on preparations: Penny Jensen (banquet program design), Mary Alice Povolny (raffles), Sue Schaub (raffles), Sherry Laniosz (registration), and Nick Bensen. Additional thanks to others who made this party possible: Set-up/Clean-up crew (Kristin, Tony, Jane, Jeff, Diane, Beth, Ray, Eileen, Gary, Nick Blashill, Dave, Peter), Check-in crew (Maribeth Ward, Elan Long, Ann Ryan), Photographers Gordon Watt & Sarang. Others who contributed to the event: Doug Watt (stats) and Michael Bodor (award design).

Thanks to all raffle donors in alphabetical order: Bob Bell, Geri & Nick Bensen, Tony Bleull & Kristin Otto, Penny Jensen, Sherry Laniosz & Sarang Supekar, Dale Monroe-Cook, Jane Murphy, Mary Alice Povolny (Our top donor), Rich Vigsnes, plus Carey Pinkowski & Bank of America Chicago Marathon, Brewpoint Coffee, CARA, Elmhurst Running Club, Fleet Feet Oak Park, Good Life Race, Lake Theater, Lively Athletics, Hemingway’s Restaurant, The Book Table

Cheers to 40 Years!! If you have input or would like to join the planning team for next year, contact Geri.

2022 OPRC AWARD WINNERS

HALL OF FAME



John Kolman had many years of service as Good Life Race Race Director and Assistant Race Director. He also served on the OPRC board as the IT

Director, was a master griller at numerous OPRC picnics, the Chicago Marathon Co-Captain, and coordinator for the OPRC trip to Alaska. He has won the OPRC Runner of the Year and Most Improved. He has PR's of 20:46 in 5K and 3:21 in the marathon.



Eileen Dolan has won OPRC Runner of the Year twice, won CARA Circuit 2nd place four times and CARA Circuit 3rd place once. She has 20 years of age graded scores

of greater 700. She has PR's of 20:46 in the 5K and 1:39 in the half marathon.

SERVICE AWARDS



Keith Strom
Good Life Race Race Director (2016-2020) and Assistant Race Director (2015)



John Kolman
OPRC Board/IT Director: 2010-2020, Good Life Race Race Director: 2011-2015, Assistant Race Director: 2016-2020, Chicago Marathon Aid Station Co-Captain, OPRC Picnic Committee and Master Griller



Penny Jensen
OPRC Secretary 2016-2020, OPRC Holiday Committee, OPRC Picnic Committee



Paul Oppenheim
Wednesday evening Speedwork Coach, OPRC Chicago Marathon Safety/ Security Key Volunteer, Good Life Race Race Committee Member, OPRC Board, OPRC Footnotes Editor



Drew Mullen
OPRC Secretary 2016-2020, OPRC Holiday Committee, OPRC Picnic Committee

RUNNERS OF THE YEAR



Erika Edmonson

won her 2022 CARA Circuit AG and was 3rd place for 2022 CARA Circuit Overall Female including a 5:43 at the Chi-Town miles and 20:02 at Bucktown 5K



Mike Brosilow

won his 2022 CARA Circuit AG in 2021 and was 3rd place in 2022. He won 3rd place AG at the Boston Marathon and 4th place at the Berlin Marathon.



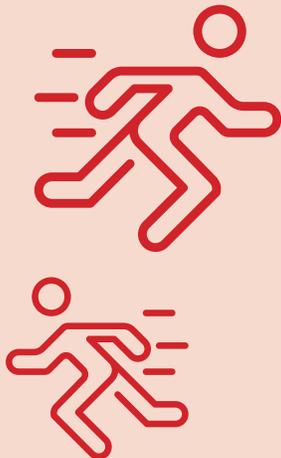
Nick Blashill

improved with the 5K all year including a 20:51 at Bucktown 5K. His 5K times were the best since his school competitions. He also had a huge PR at the half marathon with 1:36 at the Chicago 13.1.



Isola Metz

won her 2022 CARA Circuit AG with ten 1st place finishes and age-graded scores between 736 and 759



Brett Geschke

Had a 17 minute at the Chicago Marathon with 2:55 which was also his first Boston Marathon qualifier.



Julie Blankemeier

won 2nd place Age Group for the CARA circuit in 2021 and 2022.

SIGNIFICANT ACHIEVEMENT



Chris Weber

ran two 100 mile races and at the Mines of Spain 100 Miles, had over a 1 hour PR, won his Age Group, and was 2nd Overall



Paula Michelle O'Connor

won her 2022 CARA Circuit AG with ten 1st place finishes and age-graded scores between 736 and 759



Dale Monroe-Cook

had 8 first place finishes at CARA circuit races and won his age group for 2022.



Kristen McPhee

accomplishments were 7th place at the Chi-Town Miles (5:43), 2nd AG place at Lakefront 10, and 2nd woman at Frank Lloyd Wright 5K

NEWBIE RUNNERS OF THE YEAR

January Club Meeting

Nick Blashill and Geri Bensen

January's well-attended club meeting was a kick-off to 2023, and focused an array of upcoming events, races, and new ways to participate in the club.

UPCOMING EVENTS

Mark your calendar for the following **February** events!

- Sat Feb 4 - Arboretum Run & Chocolate Weekend
- Sun Feb 5 - Ski Trip to Cascade Mountain
- Mon, Feb 6 - Post-Run Chilly Chili Party
- Tues Feb 7 – February Monthly Meeting: Abbott World Marathon Majors – Speaker Ken Kansa



2023 CARA CIRCUIT SNEAK PREVIEW

Nick Bensen gave a full rundown of the CARA Circuit, including a short preview of each race. While he maintained his typical, affable disposition, the competitive look in his eyes said “Men aged 60-64 are on notice this year.” Here is the current list so you can mark your calendars!

DATE	RACE & LOCATION
Sunday, Mar. 26	Bank of America Shamrock Shuffle 8K (Chicago)
Sunday, Apr. 16	CARA's Lakefront 10 Miler (Chicago)
Sunday, Apr. 30	The Good Life Race 5k (Oak Park)
Sunday, May 7	RACE TBD
Sunday, May 21	Spring Trail Chase 10k (Lemont)
Sunday, June 4	Bank of America Chicago 13.1 (Chicago)
Sunday, June 18	Ricky Byrdsong Race Against Hate 5k (Evanston)
Tuesday, July 4	Elmhurst Running Club's 4 on the 4th (Elmhurst)
Saturday, July 29	Chi-Town Miles 1 Mile (Chicago)
Sunday, Aug. 20	RACE TBD
Saturday, Sep. 9	Hidden Gem Half Marathon (Flossmoor)
Sunday, Oct. 8	Bank of America Chicago Marathon (Chicago)
Saturday, Oct. 28	Lake Bluff PTO Pumpkin Chase 5K (Lake Bluff)
Sunday, Nov. 12	Fast Track Cross Country 5K (Schaumburg)

2023 PARTICIPATION POINTS OVERVIEW

Participation **points are back** in 2023!

You must earn **175 participation points** by the end of the year to qualify for the end-of-year gift.

Points will be logged monthly using the **same online survey for recording race results**. You'll only need to answer a few simple questions (e.g., How many weekly runs did you attend? Did you attend the club meeting on January 10th? Did you volunteer at the marathon aid station?)

The math will all be done on the back end, so **you don't need to add up the points yourself**.

While there will be several ways to earn points, **you must engage in at least one service opportunity to qualify** (i.e., even if you got to 175 points with participation and racing, you would still need to take part in at least one service opportunity.

WAYS TO EARN POINTS

PARTICIPATION

- 1 point per weekly run (i.e., coming to Monday night gets you a point) – 100 max
You don't need to run! Joining for beer, coffee, or holding a stop watch all count as participation
- 5 points per monthly meeting attended (50 max)

RACING

- 10 points per CARA circuit race (no maximum)
- 10 points for representing the club at the Forest Park Casket Races or the Amazing Race
- 20 points for the club's road trip race (i.e., Grand Rapids)

SERVICE

SUBCATEGORY 1: GOOD LIFE RACE

- 10 points for race day volunteer slot (5 points for a "split shift" where you course marshal one race and run the other)
- 15 points for posters, packet pickup, and no parking signs
- 20 points for Saturday setup



RACE RESULT TRACKING

Track your races on the OPRC website via a simple online form. You must log your results there for them to appear in the Footnotes. And remember, if it's not in the Footnotes, it didn't happen!

- 10 points for other volunteer opportunities
- 50 points for committee member or other lead
- 30 points for "sub-lead" (e.g., sponsorship assistance, running social media handles)

SUBCATEGORY 2: LEADERSHIP

- 75 points for being a club officer, Board Member, or Good Life Race Director

SUBCATEGORY 3: MARATHON/13.1 AID STATIONS

- 30 points for being a captain (going to meetings, etc.)
- 20 points for being a key volunteer
- 15 points for being a general volunteer

SUBCATEGORY 4: OTHER SERVICE

- 25 points if you present at a meeting
- 30 points if you host a party
- 30 points for planning a club event (e.g., Amazing Race); 10 points if you help the day of
- 10 points for misc. volunteering

OPRC CARA TEAM YEAR END RACE REPORT



Peter Bender

Our team finished the year in 4th place in the Combined score. The Combined score considers the top 5 finishers for each team ranked by age weighted scoring.

TEAM COMBINED STANDING:

- 1st - Evanston Running Club: 119 Points
- 2nd - Fleet Feet: 117 Points
- 3rd - Fast Track Racing Team: 110 Points
- 4th - Oak Park Runners Club: 108 Points
- 5th - Glen Glens: 99 Points
- 6th - Elmhurst Running Club: 97 Points
- 7th - Track & Trough Athletic Union: 90 Points

TEAM STANDINGS IN EIGHT CATEGORIES:

- Open Men: 3rd, 108 Points
- Open Women: 3rd, 112 Points
- Masters (40+) Women: 1st, 118 Points
- Masters Men: 5th, 99 Points
- Veteran (50+) Women: 1st, 120 Points
- Veteran Men: 3rd, 113 Points
- Senior (60+) Women: 2nd, 117 Points
- Senior Men: 1st, 120 Points

There Would Be No Standings If Our Members Failed To Show Up. This Year We Had Consistent Participation By **Terrence Keleher**, With 14 Races And **Isola Metz**, With 13. Several Additional Members Ran 8 Or More Races: **Bill Igor** (12), **Jim Cassioppi** (8), **Gary Kenny** (12), **Erika Edmonson** (8), **Julie Blankmeier** (9), **Nick Bensen** (8), **Geri Bensen** (8), **Dave Scaub** (9) And **Donald Jensen** (9)

We Have Several Individual Leaders In Their Age Group. The Members In First Place In Their Age Group Are:

Erika Edmonson

Geri Bensen

Isola Metz (With A Perfect Score Of 120 Points)

Kirby Anderson

Dale Monroe-Cook

Other Members With Significant Rankings In The Cara Race Age Groups Are:

David Schaub 2nd Place

Eileen Dolan 2nd Place

Julie Blankemeier 2nd Place

Lovie Twine 2nd Place In Athena B Group

Donald Jensen 3rd Place

Michael Brosilow 3rd Place

Maribeth Fromm 3rd Place

Terrence Keleher 4th Place

LETTER FROM THE PREZ

January 2023: The Return

In 2021, OPRC Monday evenings, Wednesday evening, and Saturday morning runs returned for club members. Coming out of the early days of the COVID pandemic, longtime OPRC members returned to the organized runs. They were joined new runners and met at Scoville Park, Fleet Feet, Lindberg Park, and the Concordia Track. These new members were a mix of novice runners and experienced runners that had just moved into the area.

This made 2022 a transition year for the club. The Saturday morning runs became anchored in its relatively new starting location at Scoville Park with Brewpoint Coffee becoming the post run rallying point (the previous starting location was the street adjacent to the high school soccer field at East Avenue and North Blvd). The number of runners has swelled to establish a large core group running 6 ½ mile loop. The shorter 4-mile loop and longer 10-mile loops are beginning to attract additional numbers. In 2023, it is my hope that these distances will become firmly established.

Monday night runs returned to the Fleet Feet starting point after Scoville Park was made the temporary starting location. The Monday evening runs have always attracted the largest number of runners, and the number of participants has increased throughout the year. The

8-mile route was modified to make a safer route that eliminates the Harlem/LeMoyné intersection, which does not have a traffic light or stop sign. The Beer Shop is now the place to rehydrate after Monday evening runs.

Wednesday evening runs returned to the Concordia Track under the tutelage of Paul Oppenheim and Gary Townsend. Club members training for races and OPRC'ers who want to improve their fitness are loyal attendees in all weather. These runs have transitioned to the Lindberg Park loop during the winter months and will return to the track in the spring.

Racing has returned to Oak Park and the Chicago area. The Good Life Race returned after a two-year hiatus, although the 2022 race was a single race with men and women. 2023 will see Diane Cranford as the new race director and the return to men's race, separate women's race, the junior dash, and the fitness walk. As this race is owned and managed by the Oak Park Runners Club, club members will be able to volunteer to make this one of the top-notch races in Chicagoland. Even if you are running the race, members can volunteer in the days leading up to the race and on race day with set-up, clean up, and course marshal for the women's or men's race! OPRC competes on the Chicago Area *(continue...)*

(...continued) Runner's Association racing circuit. Any member can race with the team; you just need to show up and run! Some of the benefits of the circuit are varied distances, high-quality races selected by CARA, and the friendship and camaraderie of the warm-up, cool-down, and post-race coffee or beer.

In-person club meetings came back in 2022. Carey Pinkowski, Chicago Marathon Race Director, Olympian Carrie Tollefson, and National Park presentations by OPRC club members were some of the exciting and interesting meetings planned and scheduled by Geri Bensen. The meetings at the Oak Park Main Branch Library are typically on the first Tuesday of the month, however availability of meeting rooms has resulted in a variation of days. Look for club communications in 2023!

Participation points will be returning to OPRC. It is a program to award club members who participate with OPRC at high level and volunteer to give back to the club. Members will keep track of their participation monthly via a tab on the OPRC website. An award or prize will be given to all members who obtain the necessary threshold of points. Winners of the award will need to participate in more than one method of point accumulation. Weekly runs, club meetings, participating with the OPRC team at CARA circuit races, marathon aid station, and volunteer opportunities for the Good Life Race include the methods to earn points.

And finally, Footnotes, our OPRC newsletter, has returned! Paul Oppenheim was the chief editor for many, many, many years. Nick Blashill has taken on the editor role with this issue. The Footnotes will spotlight club activities, upcoming events, member stories, and race results. If it does not appear in the Footnotes; it did not happen! Assisting Nick will be Michael Bodor who will be responsible for the technical and formatting aspects of the newsletter. Sarang Supekar was instrumental in the design of the newsletter in the last few years and he will be an adviser for Nick and Michael. Many OPRC programs are returning to pre-pandemic regularity with a new or updated spin. Please enjoy this issue of the Footnotes and be prepared for a year of running and fun in 2023!





Editor's note: Five ambitious OPRC members hiked the Grand Canyon rim-to-rim in one day this fall. From the planning process to the final climb, they exemplified our pillars of openness, preparedness, resilience, and camaraderie.

Grand Canyon Fall 2022

Stephanie Garcia

This Grand Canyon adventure is one of the most memorable highlights of my life, and it came together after hitting one of my lowest points. Intensified by the ending of my 22-year relationship with my partner, a vision was created on January 8th, 2022, when the Chicagoland had freezing rain and my plans to drive to Indiana to hang with my cousins fell through. That freezing rain left me isolated at home, alone and with the realization that all my closest friends and family, my source of support, lived over an hour away from me. It was then that I envisioned what I needed to do to hopefully never feel that low again. I would reach out, make new friends, develop a social life, and plan activities that bring me the greatest joy from a sense of freedom.

OPRC, ASSEMBLE!

A couple of weeks later, during a lunch break while working from home, I met up with Kristen McPhee. I asked her if she would want to do a trail run in Phoenix at the end of the year. She was interested. But she also suggested the 24-mile Grand Canyon rim-to-rim hike in October, as her partner had successfully hiked it. The Grand Canyon was never on my radar, but it sounded adventurous and challenging. At that point in time, I had never hiked longer than 6 miles (even though I had run a few marathons and half marathons). For safety reasons, it seemed a 24-mile hike in the Grand Canyon should include at least a group of 3 to 5 people due to potential risks we often hear about in news reports.

I later met up with Rainer Schochat for a beer on a snowy day in March. While chatting, I asked him if he'd ever been to the Grand Canyon and if he might be interested in hiking it. To my surprise, despite all his adventurous marathon travels, he had never been and had always wanted to go. He was a shoe-in for *(continue...)*

(...continued) this adventurous hike, and luckily the dates fell between a few open weeks between his scheduled marathons.

At a party with OPRC members at the end of April, I brought up the topic of hiking the Grand Canyon, and it was there that expert camper-hiker-adventurer Lauren Klosak jumped at the opportunity and immediately went into planning mode. This Grand Canyon hike was gaining traction, and I was feeling that it might turn into reality. With Lauren involved, she applied for camping permits at the bottom of the canyon to give us the opportunity to hike the rim-to-rim over two days. Unfortunately, the GC permits are extremely difficult to get; we were not lucky enough to get a permit and would have to hike it in one day.. .

At the end of July, I scheduled a Grand Canyon meeting to carve out the details for the hike. By this point, other things had come up for Kristen McPhee and she could not commit to hiking. So, we were down to a group of three. We moved forward on planning and decided that we wanted at least a group of four. That's when John Dzak came up as a potential hiker. He and I ran on the same relay team for the Flying Pigs in Cincinnati. He was personable, collaborative, and overall, a great team player. I asked him if he'd want to join us. He was in, and we got our fourth Grand Canyon hiker.

PLANNING

We chose to hike on Saturday, October 22nd. This is after the official summer season ends in the Grand Canyon but is not considered the winter season. It is, rather, an in-between time frame when the Grand Canyon services, such as water sources and bathrooms, may or may not be available, depending on weather.. Likewise, the rim-to-rim shuttle services, while available, are limited. For our plan to work, we needed to be dropped off at the North Rim before 6am, but the shuttle would only drop off midday. So, our hiking group needed somebody that would be willing to drop us off at the North Rim before sunrise and drive the car 4.5 hours to meet us on the South Rim. Not really an activity that people are waiting, hoping, or wanting to do.

Enter my mom and dad. They live in Phoenix. They are on Facebook and have followed my OPRC posts. They have seen how happy I am when I am running and



mingling with the club. They admire the OPRC activities and have commented on how close-knit the group is. When I presented them with this chore, they told me that they would be very proud to support our OPRC-related group and wanted to be part of our mission so that we could accomplish the challenge.

By mid-September, including my parents, we were a group of six. But we'd soon be seven. In my Facebook posts of me rappelling in July, OPRC member Jessica Marie Butnariu commented that she would like to meet up to climb. We really didn't know each other, but she and I met at the climbing gym one afternoon in late September. She was friendly, easy to get along with and I found out she had traveled to Africa, hiked Mt. Kilimanjaro, and was training to run in the Chicago Marathon. She certainly knew about traveling around the world and could handle endurance challenges. She found out that we were hiking the Grand Canyon and she asked me if she could join us. And that's how we became an OPRC hiking group of five plus two drivers.

We all flew in and met in Las Vegas. We rented a seven-passenger van and made our way to Kanab, *(continue...)*



Editor's note: Footnotes staff confirmed that John Dzak did not write that description of himself during his proofread of Stephanie's article. In the process, we also learned that he earned the nickname "Snack Daddy" while on the trip, as he exemplified the OPRC pillar of "preparedness" by brining enough food for the whole group.

(...continued) Utah. Kanab was the closest town to the North Rim (1.5 hours) with trustworthy hotels and quality restaurants. While there, we made a stop at the Coral Pink Sand Dunes. The Dunes were expansive, had beautiful views and gave our hiking group a chance to stretch our legs and get to know each other before the challenging hike. We then ate a fantastic meal by an award-winning chef at Se-go, checked in to the hotel and then woke up at 3:30am, filled our packs with 2-3 liters of water, energy snacks, a lunch and layered clothing. Loading ourselves onto the van, we drove into the darkness towards the grandest of canyons. At the drop-off point, there were two bathrooms and a line of many hikers and runners ready to begin the same rim-to-rim journey. We began hiking at 6:05am.

THE CLIMB

The North Rim trail is 6,000 feet down into the canyon and the south rim is 4,500 feet up the canyon on the Bright Angel trail. On this day, the weather was beautiful, which meant the water sources and bathrooms would be available. Our hike included a detour to Ribbon (water) Falls. The bridge to get there was taken down

and we had to carve out our own path to get there. It's about 20 minutes one-way from the main path and worth the extra time to swim in the waterfall's pool, explore a small cave under the falls and take a picture next to the falls pouring down. Later, we ate our lunch at Phantom Ranch, and then reached the Bright Angel trail to begin our journey up the canyon (at 5:50pm) towards the finish at the South Rim village. By this point, we had 4.5 miles remaining of an upward incline. Those last 4.5 miles were grueling. We had moments where we questioned whether we made a bad decision hiking rim-to-rim, as we faced our limits of exhaustion. According to Rainer Schochat, "The rim-to-rim hike was more challenging than running three marathon majors in two weeks (...AND more exhilarating)". In total, we hiked approximately 25 miles finishing around 9:00pm. There was immediate cheering, high-fiving, and hugging. However, my immediate celebration had mixed feelings as I was interrupted with a wave of dizziness, numbness in my limbs, chest, and body chills. I was experiencing altitude sickness. I had never felt that before, so it added to the intensity of this unknown. Fortunately, Jessica Marie Butnariu is a surgical nurse. She began taking an inventory of my symptoms and working to get me back to a normal state of exhaustion. All in all, I was sidelined and wrapped in emergency blankets for about an hour.

Once I was stable, our group had to set up tents at the campground. The weather was turning for the worse, the wind swooped in hard, and the temperature dropped to freezing. Snow began to cover the South Rim village. Because my body was still vulnerable to the effects of altitude sickness, I stayed in the (warm) hotel with my parents. I was sure that my team, who I felt I had abandoned, was dying of exhaustion and hypothermia that night in their tents. Thank goodness they are resilient badassess, because the next morning, they were not only alive but smiling the biggest brightest smiles I have ever seen and toasting with beer in hand amongst their snow-covered tents. When they picked me up at the hotel, we were so ecstatic to be reunited; we were swept up in the joy, freedom, and sense of accomplishment in this journey together. Overall, this adventure with these four people, who are my friends, is tattooed into my memory and heart forever. Thank you OPRC for providing me with a sense of community, belonging and friendship during the most challenging time of my life.

BULLETIN BOARD

Sat Feb 4, 2023

Arboretum Run & Chocolate Weekend - 8:00am. The Arb has about 7 miles of paved roads that we can run. The roads are plowed and salted. If you are not a member of the Arb, you can get in FREE with a member during the month of February. RSVP to coordinate. It's also Morton Arboretum's Chocolate Weekend fest so don't miss!

Sun, Feb 5, 2023

Ski Trip to Cascade Mountain
Join your fellow runners and their families for a road trip up to Cascade Mountain in Wisconsin. All levels of skiers and snowboarders welcome. Leave Oak Park at 7:30 am. Contact Anna Walsh for more details.

Mon, Feb 6, 2023

Post-Run Chilly Chili Party
Join us for our usual run at 6:30 pm from Fleet Feet. Then head over to Dave and Sue's patio for an outdoor chili party! If you would like to bring a chili to enter in the chili cook-off, please let Sue know. Also, bring your favorite beverage to share. And dress warm, we'll be outdoors. Dave and Sue live at 110 Bishop Quarter Lane, Oak Park. Metered parking is available on North Blvd.

Tues, Feb 7, 2023

February Monthly Meeting: Abbott World Marathon Majors - Speaker **Ken Kansa** - 7:00-8:30 pm, Oak Park Library Main Branch Veterans Room. Our featured speaker for February is club member Ken Kansa, who will share his experience of the Abbott World Marathon Majors and his Six Star journey.

Sat, March 4, 2023

Forest Park St. Patrick's Day Parade - 1:00 p.m. Join your fellow OPRC members as we march in Forest Park's St. Patrick's Day Parade to promote the Good Life Race! More details to follow. Contact media@goodliferace.com if you'd like to get involved.

Tues, March 7, 2023

March Monthly Meeting: Setting up Your Training Plan - Speaker Dr Terry Nicola - 7:00-8:30 pm Oak Park Library Main Branch Veterans Room. Dr Nicola will share his insights and research on "How to set up a Training Program" from a Physician/runner perspective.

Sat, March 18, 2023

Poster Blitz - 11:30 - 2:00 pm - Meet at Fleet Feet at 11:30 am and help us blitz the town with Good Life Race posters.

Tues, March 21, 2023 Good Life Race Meeting at 7:00 pm at Oak Park Public Library, Main Branch.

Sun March 19, 2023

March Madness Half-Marathon - Race starts at 8:35 am - Carpool leaves at 6:30 am.

Sun March 26, 2023

Shamrock Shuffle 8K - CARA Circuit Race - El pool



SAVE THE DATE APRIL & BEYOND

Tues April 4, 2023

April Monthly Meeting: Good Life Race Prep & Pot Luck! 7:00-8:30 pm - Oak Park Library Main Branch 2nd Floor Small Meeting Room.

Sun April 30th, 2023 -

Oak Park Runners Club hosts the Good Life Race 40th Anniversary Race 2023 - Club members can run AND volunteer so sign up to race.

Sun Oct 15th, 2023 -

Grand Rapids Marathon & Half Marathon & Relay - OPRC 10% Club Discount Code is *rcOPRC*. Register at grandrapidsmarathon.com.

June or July 2024

Club Road Trip
Tuscany region of Italy - Pistoia Abetone 30 km or 20 km or 3km or 50 km (ultramarathon)
pistoia-abetone.net

September 2026

Club Road Trip
France - Marathon du Medoc in Bordeaux France.
marathondumedoc.com

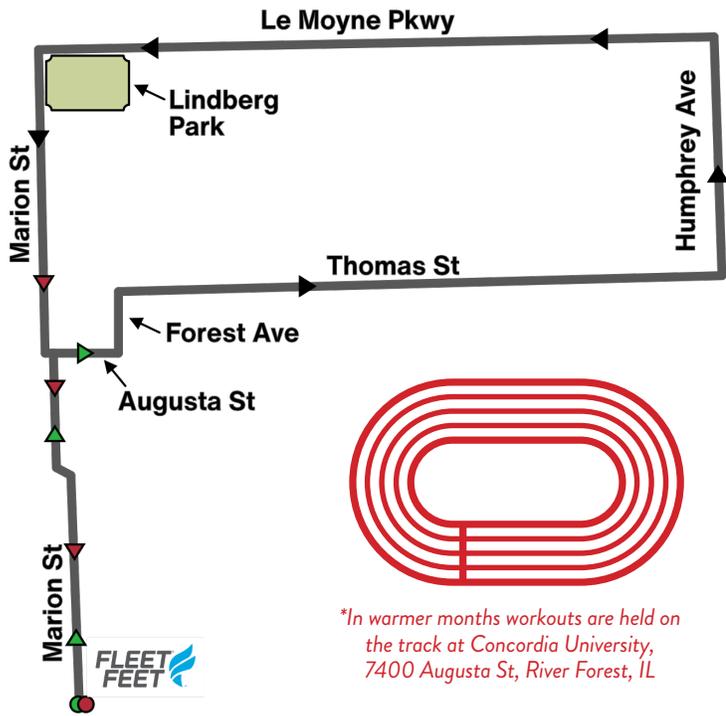
//// RACE RESULTS ////

DATE	RACE & PARTICIPANT	TIME	ACHIEVEMENTS
11/5/22	Hot Chocolate Run 15k		
	Chris Cooley	1:19:15	
	Fernando R. Moreira	1:16:01	PR
11/6/22	Disney Half Marathon		
	Chris Walsh	2:03:42	
11/6/22	NYC Marathon		
	Geri Bensen	4:18:37	
	Nick Bensen	4:01:30	
	Dave Schaub	3:36:44	
11/6/22	Marine Corps Marathon		
	Jim Cassioppi	3:39:57	
11/13/22	Madison Marathon		
	Sarang Supekar	3:54:08	
11/20/22	Lincolnwood Turkey Trot 10k		
	Nick Bensen	47:10	3rd AG
1/1/23	Cheers to New Years 5k		
	Dave Schaub	20:01	2nd AG
1/7/23	Las Cruces Marathon		
	Rainer Schochat	3:48:08	
1/7/23	Tracksmith Twilight Indoor 2023		
	Chris Weber	1M- 5:31	
	Patrick Louie Robles	4x400- 4:32	PR
1/8/23	Disney Marathon		
	Chris Walsh	3:58:24	
1/28/23	F^3 5k		
	Nick Blashill	20:58	2nd AG 10th overall
1/28/23	F^3 Half Marathon		
	Chris Cooley	1:55:50	
	John Dzak	1:55:16	
	Brett Geschke	1:24:36	PR
	Evelyn Irwin	1:37:54	PR
	Dave Schaub	1:33:51	
	Chris Sheean	1:47:21	
	Rainer Schochat	1:48:41	2nd AG
	Chris Weber	1:28:38	1st AG
1/29/23	Clearwater Running Festival Half		
	Julian Gomez	2:14:13	

WELCOME NEW OPRC MEMBERS!

Michael Alcantar
 Jason Blum
 Michael Bodor
 Erica Duffy
 James Dumerauf
 Patrick Louie Robles
 Denise Franta
 Nicolas Gaudiot
 Charles R. Hamaker
 Keith Hunt
 Victoria Hohenzy
 Evelyn Irwin
 Paul Irwin
 Walter Kosch
 Emily Kozel
 Julie Lilley
 Conchita Linares
 Alysia Marano
 Jay Mehta
 Fernando R. Moreira
 Elisha Morris
 Israel Munoz
 Anna Olsen
 Jonathan Padish
 Kristi Paulausky
 Miles Ritchie
 Danya Rosen
 Esther Scheele
 Dan Schiff
 Paras Sethi
 Tanner Sheahan
 Mark Sneathen
 Alesya Ten
 Matthew Vega
 Brianna Waggoner
 Sam Waggoner
 Tuesday Whittington
 Elsa Woods

Make sure to log your results if you want to appear in the Footnotes!



**In warmer months workouts are held on the track at Concordia University, 7400 Augusta St, River Forest, IL*

OPRC WEEKLY FUN RUNS

Monday Nights

6:30 pm starting at Fleet Feet! Route is 3, 5.5, or 8 miles. Rain, snow or shine. NOTE: Lot is pay-to-park through 8:00 pm. Fleet Feet is until 8 pm, so you can stash your gear while you run!

Wednesday Workouts

6:30 pm meet at Lindberg Park (Greenfield St & Forest Ave) for laps around the park.

Saturday Mornings

7:30 am at the war memorial at Scoville Park (Lake St & Oak Park Ave). Route is 3.5, 6.5 or 10 miles. Post-run meet-up at a local coffee shop (BrewPoint or Fairgrounds).



Are you interested in becoming more active with OPRC?

There is an opening to become a member of the OPRC Board. The board plans and implements the club activities, such as the Holiday Awards party, Marathon Aid Station, Footnotes (Newsletter), 4 on the 4th Potluck Breakfast, and so much more! In addition to taking a leadership role in these endeavors, they may also take a leadership role on the Good Life Race Committee. If you are interested or want additional information please contact Nick at nickben601@gmail.com.