



## OFFICERS

### President

Nick Bensen  
708.476.8252

### Vice President

Geri Bensen  
708.557.1494

### Marketing & Communications

Sherry Laniosz  
708.309.3313

### Treasurer

Dave Schaub  
708.269.4089

### Editor

Nick Blashill  
630.272.5771

### Board Members at Large

Paul Oppenheim  
Anna Olsen

## DIRECTORS

### Technology Director

Sarang Supekar  
734.717.0996

### CARA Circuit Director

Peter Bender  
312.607.0036

WWW.OPRC.NET

@OAKPARKRUNNERS

STRAVA.COM/CLUBS/OPRC

@OAKPARKRUNNERS  
FACEBOOK.COM/GROUPS/  
OAKPARKRUNNERSCLUB

P.O. BOX 2322  
OAK PARK, IL 60303

# Letter from the Editor

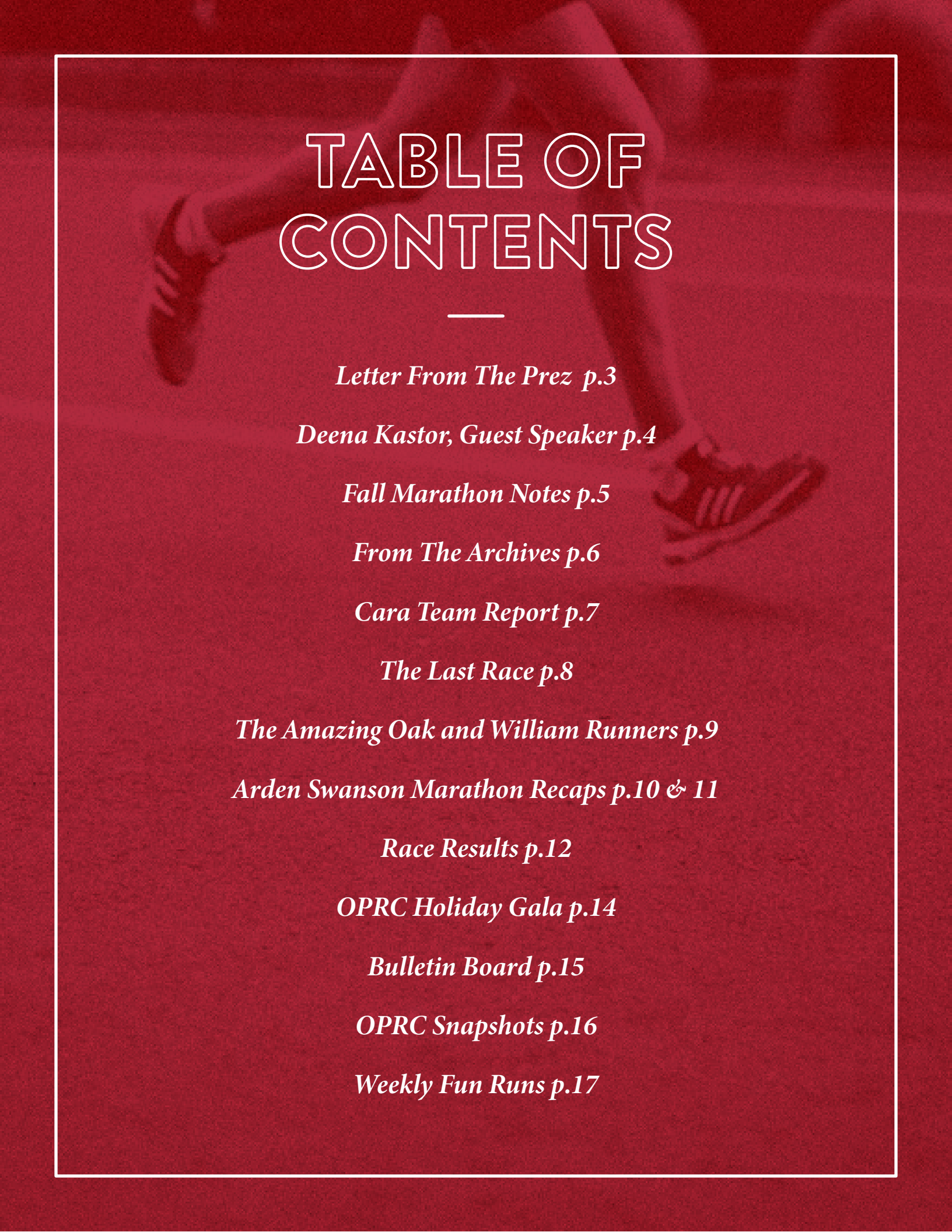
Hello, and thank you for opening Footnotes – Fall 2023. In this issue, we'll share photos and results from fall racing, including the Chicago Marathon, Grand Rapids Marathon, and recent races on the CARA circuit.

Just because racing winds down, however, doesn't mean that OPRC stops. You'll find details on upcoming events, including trail runs with Arc'teryx, themed holiday runs with the club, and, of course, our annual Holiday Banquet. Meanwhile, Nick Bensen will highlight the importance of periodizing your winter training in his Letter from the President.

We'll also share a few articles written by club members. Interested in submitting something for a future issue? Send it to [nicholasblashill@gmail.com](mailto:nicholasblashill@gmail.com). Not a writer? Be sure to log your race results and post photos to our Facebook group to make sure you still show up in the next edition!

Happy reading. And, as always: If it's not in the Footnotes, then it didn't happen.





# TABLE OF CONTENTS

---

*Letter From The Prez p.3*

*Deena Kastor, Guest Speaker p.4*

*Fall Marathon Notes p.5*

*From The Archives p.6*

*Cara Team Report p.7*

*The Last Race p.8*

*The Amazing Oak and William Runners p.9*

*Arden Swanson Marathon Recaps p.10 & 11*

*Race Results p.12*

*OPRC Holiday Gala p.14*

*Bulletin Board p.15*

*OPRC Snapshots p.16*

*Weekly Fun Runs p.17*

# LETTER FROM THE PREZ

**Periodization.** The systematic structuring of training to achieve a desired goal is known as periodization. Even if the term is not familiar, runners training for a marathon are well aware of such a training plan. For example: a seven-day cycle may consist of a long run, track workouts, some mix of fartlek, tempo or threshold runs, easy recovery runs, and rest days. By contrast, our running schedules do not consist of 5 track workouts or 5 long runs each week. To build toward our goal of marathon, half marathon, or 5K, we must incorporate all elements of training within a period. We can do this systematically by planning a mid-week speedwork session, a weekend long run, a Monday night tempo, short recovery runs, and rest days. We also build a three-week cycle in which total mileage and long run mileage increases for two weeks, followed by a cutback week in which mileage decreases. After the three weeks, we start another three-week cycle toward our final goal. All training plans have this basic schedule to get you to your starting line after 12-20 weeks. What happens after our marathon, our first 10K, or the CARA circuit? This is where a yearly periodization plan comes into play.

Runners usually feel that more is always better - one more 800, two more miles, one more race. We discount the importance of rest in our weekly, monthly, and yearly cycles. Rest may seem like the act of doing nothing. To the contrary, it is the time when our bodies respond to the rigors of training, making us faster and increasing our endurance. It is also the time when our bodies build back up after a marathon or season of racing and running. It can be very beneficial to take time to do some of the things that we know we would should be doing but do not have time for. It is also the time to do other activities that we normally don't do during our buildup to peak performance. Running can still be an important phase

of this recovery time, but at shorter distances and lower intensities. If you were running 50 miles on 5 days per week, you may pivot to 20-25 miles per week.

Most runners have weak hips, core, or glutes, and are often told so by physical therapists. The offseason is a time to remedy this weakness through a variety of means. Strength training, plyometrics, yoga, and Pilates are great methods to improve flexibility and leg and core strength. Offseason activities of cycling, spin classes, Zumba, bootcamp fitness classes, cross country skiing, swimming, snowshoeing, and rowing machines are alternative methods to either move indoors during the winter or take advantage of the snowy and cold conditions. Endurance can be maintained while giving your body a break from the impact of the high volume of running miles. Another benefit is to work different muscles, which will give more balance to your leg strength.

November and December are natural months for low running mileage and increased cross training; the end of the running season dovetails nicely with the holidays. Some runners will move indoors to lower mileage on treadmills during the decreased daylight and possibly snowy surfaces. Many runners will begin ramping up the mileage and intensity during January and February, especially if they are targeting spring races. Increases of mileage and intensity should be gradual, like the leadup to your fall goal races.

Some runners seem to run year-round without taking much of a break. Most likely, they have a stretching program, do yoga, or have excellent running form. Most of us, however, need a break to mentally and physically recharge. Try new things, get your muscles strong, and decrease the tightness in your body. By the time the spring races begin, you should be prepared for success!

# Deena Kastor, Guest Speaker

By Paul Oppenheim

Deena Kastor drew a packed house at the October 5 OPRC meeting, held at the new Oak Park Recreation Center on Madison Street. Not only is she a running legend, she also has a bit of history with OPRC, being featured in a great video, filmed at one of our Wednesday track workouts in 2019.

Of course, the meeting started off with a showing of that video, which many had never seen before. In the video our runners knew a film crew would be recording the workout, but didn't know about Deena (in disguise). She showed up at the track as "Michelle Bloom" a new member who just moved here from Los Angeles. Predictably, she jogged at the back of the pack in the early intervals then blazed to the lead in the mile, to the amazement of the other runners. Then we announced who she was. A great moment.

Deena was an 8-time world cross-country champion, earned the bronze medal at the 2004 Athens Olympics on a brutally hot day, won the Chicago Marathon in 2005 and set the American record while winning the

2006 London Marathon in 2:19:36. In 2014 she set a world masters record in the Philadelphia Half-Marathon (1:09:36) -- and 3 more world masters records along the way: 20K (1:05:52), 10Mi (52:41) and 15K (49:03)! She held American records in every distance from 5K to marathon.

As she answered questions, she mentioned that her peak training periods involved running 140 miles a week, and she slept 10 hours a night plus an afternoon nap. She said that rest and recovery were key elements in maintaining muscle fitness. Sleep is essential.

As a young kid in California, she tried soccer, softball and ice skating. She didn't do well or like the sports, however. So, her mother enrolled her in youth track -- the distance running group -- and she loved it. But after a stellar high school and college career, she was on the verge of burnout. She changed her thinking and mental attitude while training in Colorado, and achieved world and national prominence. Her book "Let Your Mind Run" (a New York Times best seller) is a look at her success.

And Deena is a fine speaker, friendly, humorous and engaging. Our members asked numerous questions, followed by photos, and those who got her to autograph copies of her book. Her note in my copy says:

"Coach Paul -- Thank you for all the fond Oak Park memories. You are my hero! Deena 'AKA Michelle'"





## Fall Marathon Notes

This fall, OPRC came out in force for two marathons: The Bank of America Chicago Marathon on Sunday, October 8th and the Grand Rapids Marathon on Sunday, October 15th.

The former featured more than a dozen OPRC participants, along with nearly 200 volunteers (many directly affiliated with OPRC) at our longtime Gatorade and water station in Little Italy. Congratulations to all of our runners, and thank you to all who volunteered!

More than two dozen OPRC members, along with friends and family members, road-tripped to Grand Rapids for the Marathon (+ half marathon, 10K, and 5K) the following weekend. The weather was nearly perfect, and several runners ran their best (or first) marathons. Big thanks to Anna Walsh Olsen for handling meal reservations for our large, hungry group!

# From The Archive

Running Columnist  
November 4, 2015

I've always had a soft spot for the annual Frank Lloyd Wright Races here in Oak Park. The Wright Run 10K was my first-ever road race back in 1979, and I've participated almost every year since then. In its earlier years there were some significant problems, but in recent years the Wright Runs have been a well-organized, popular family event hosted by the Park District of Oak Park. And these days I'm grateful for the addition of the 5K to the original 10K since my arthritic knee can no longer handle the longer distance.

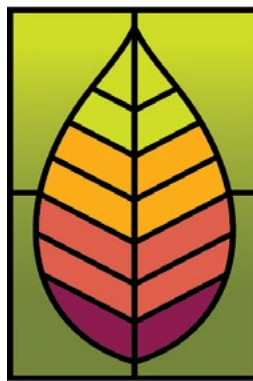
This year on a perfect October fall day, I ran the 5K (slowly), retrieved my stuff, and strolled over to watch the finish of the 10K. As the leaders crossed the finish line, I was interested at how few ran under 40 minutes. That got me curious; so when I got home I dug through my old race records.

With the Wright Run as my hometown fall race, and within easy walking distance of home, many of my best 10K times were set here over the years, including my all-time fastest 10K here (38:20) in 1989, placing me only at a very modest 70th out of 876 runners overall, and 8th of 80 in the men's 45-49 age group. That result could only have been considered better than average in a very competitive field.

However, at this year's Wright Run 10K that time would have earned 7th overall, and would have easily won the men's 45-49 age group. I don't have overall results from that 1989 race, but the old Oak Park Boulevard Run 10K only a month later had 167 runners finishing under 40 minutes, including 12 women. The 2015 Wright Run had 13 finishers under 40 minutes, including one female.

I don't want to sound like one of those old guys always talking about "back in my day," but what's happened with runners these days?

One friend suggested that with multiple races scheduled almost every weekend, perhaps there are



FRANK  
LLOYD  
WRIGHT  
RACES



now so many choices that the top runners don't show up at the same events. However, I have also seen statistics showing that there are more runners now than ever before, but race times are consistently slower. I recall a few years ago when the director of the Chicago Marathon said that average finishing times had increased from 3:30 to 4:30 over the past 20 years. There are also far more marathon participants.

And some say that running has evolved to more of a social activity than a competitive sport, resulting in increased overall participation, but with slower overall results.

I confess to definite mixed opinions. On one hand I miss the intensity of the previous running climate, even though I was usually far out of medal contention. On the other hand it's hard to fault those who enjoy running as a healthful and social activity with less concern over competitive results.

Either way, I urge everyone to keep running, regardless of your pace (but faster is better). And maybe I was just born 30 years too soon.

# OPRC CARA TEAM RACES REPORT

*Editor's Note: This CARA Report was filed after the Chicago Marathon, but before the Lake Bluff Pumpkin Chase or the Fast Track Cross Country 3 Miler. The Winter Footnotes will include a final CARA recap.*

## TEAM COMBINED STANDING

- 1st - Xtra Mile Fast Track: 114 Points
- 2nd - Evanston Running Club: 113 Points
- 3rd - Dw Runners: 112 Points
- 4th - Fleet Feet: 105 Points
- 5th - Oak Park Runners Club: 100 Points
- 6th - Elmhurst Running Club: 90 Points
- 7th - Cara Racing Crew: 83 Points
- 8th - Track And Trough: 69 Points
- 9th - Lake Shore Park Racing Club: 50 Points
- 10th - Lakeview Run Club: 20 Points
- 11th - Unforgiven-Marathon: 10 Points
- 12th- Venados Running (Started 8.1.23) 10 Points

*Teams are also ranked in 8 categories of racers. Each category has its own points and team competition rankings. This is not an age graded comparison but uses the first 3 runners in each category based on their real time divided by 3 into an average time for those first 3 runners. If there are not enough runners competing with a team in a category then the next oldest runner of the same gender is used to fill-in for the missing younger runner. In this way an older runner's time can be counted 2 or 3 times as a fill in for a missing younger runner, usually with a slower, less competitive, time.*

## TEAM COMBINED STANDING IN EACH CAT.

- Open Men: 4th 104 Points
- Open Women: 3rd 110 Points
- Masters (40+) Women: 2nd 111 Points (1 Point Behind Fleet Feet)
- Masters Men: 4th 102 Points
- Veteran (50+) Women: 1st 119 Points (9 Points Ahead Of Evanston)
- Veteran Men: 2nd 109 Points (1 Point Ahead Of Evanston)
- Senior (60+) Women: 4th 107 Points
- Senior Men: 2nd 115 Points (1 Point Behind Evanston)

## AFTER 12 COMPILED RACES

**Terrence Keleher** Ran 11 Races And He Is Ranked 2nd In His Age Group.

**Lovie Twine** Completed 10 And Is Ranked 1st In Athena B With A Perfect 120 Points.

**Gerard Kenny** Finished 9 Races.

**Kristin Otto** Has Completed 9 Races And Is Ranked 1st In Her Age Group.

**Dale Monroe-Cook** Has Completed 9 Races And Is Ranked 1st In His Age Group

**Donald Jensen** Has Completed 8 Races And Is 2nd Behind **Dale Monroe-Cook** In The Same Group.

**Isola Metz** Has Completed 8 Races And Is 3rd In Her Age Group.

**Gavin Kearney** Has Completed 8 Races And Is 3rd In His Age Group.

**David Schuab** Has Completed 8 Races And Is 4th In His Age Group Chasing #3.

**Eileen Dolan** Has Completed 7 Races And Is In 1st Place In Her Age Group With 103 Points And 6 First

# The Last Race

By Paul Oppenheim

Back in the mid-70s I was doing a bit of early morning jogging before getting ready for work - maybe a mile or even (gasp) a mile and a half. I was aware of a few new 10K road races out there, but that distance was over 6 miles! No way. But in 1978, the Frank Lloyd Wright 10K race went right in front of my house on Euclid. As I watched the procession, I realized I could probably beat some of those old fat guys at the back of the pack if I increased my running.

So, the next year, 1979, was my first race - the Frank Lloyd Wright 10K. Since then, I've run over 475 races and accumulated about 42,000 running miles. I've had a very satisfying running career spread over 45 years and have enjoyed overall health and fitness. I was an original (and still active) member of the Oak Park Runners Club, and even wrote a running column for

the Wednesday Journal newspaper for about 20 years. Editor's note: Paul's continued involvement in the club includes coaching track workouts over the summer and serving as a board member at-large.

But I got an artificial knee a couple years ago, and now the other one is very achy. Frankly, running isn't enjoyable anymore. And, by the way, I should add that running doesn't cause arthritis according to numerous studies. But if there was a previous surgery (as in my case) or an old injury, you are more likely to see some eventual deterioration.

This October, I entered a new age group - 80-84 - so I signed up for the Frank Lloyd Wright 5K race to be my final race. This local event has, therefore, bookended my running career - my first and last races. And a distinct advantage of this advanced age group is that there is not much competition. To my pleasant surprise I was able to jog the whole distance without walking -- and earned the first-place medal.

Not a bad way to go out, if I do say so.



# The Amazing Oak and William Runners

By Donald M. Jensen, MD

In 1968, OPRF high school student Rich Brooks and teacher Don Offermann began a group running experience that has now lasted 55 years. It is the longest running (no pun intended) running group in the area. This group meets and runs 3.5 miles from Oak and William in River Forest every Tuesday and Thursday at 5:30 am and at 7:00 am on Saturdays. For many years, there was a longer Sunday morning run up the Des Plaines River trail from Rich Brooks' house. The first Saturday of the month was historically "race day" over a trail run along both sides of the Des Plaines River for bragging rights until the next month.

The Oak and William group is comprised, at any one time, of approximately 30 people who are basically recreational runners who meet for the enjoyment of good conversation (and some good-natured trash talking). Over the 50+ years, there have been approximately 100 runner/ members, several now deceased. More legitimate national races were never a goal, but many ran these anyway. In fact, over the years, many ran marathons and some of these also qualified and ran the Boston Marathon. We decided to dig deeper into the marathon racing history of the Oak and William (now referred to as OWies) runners and have discovered an incredibly rich racing legacy.

The table below lists the OWie's marathons citing only their personal PR and their best Boston finish. We know that several members have completed marathons but we were unable to provide their times. We think Brent Friesen completed many and had sub-3:00 races. The fastest recorded was by 15-year-old Rich Brooks who ran a 2:44 in 1970. Many are also members of the Oak Park Runner's Club.

|                  |    |      |               |         |
|------------------|----|------|---------------|---------|
| Rich Brooks      | 15 | 1970 | Hurley, WI    | 2:44:13 |
| Tom Pasternak    | 30 | 1990 | Chicago       | 3:01:00 |
| Bob O'Connor     | 34 | 1980 | Chicago       | 3:04:50 |
| Bob Hakes        | 50 | 1985 | Chicago       | 3:05:00 |
| Dirk Edelbuettel | 42 | 2008 | Berlin        | 3:13:09 |
| Tom Pasternak    | 44 | 2004 | Boston        | 3:15:00 |
| Greg Wolski      | 53 | 2012 | Arizona       | 3:16:28 |
| Bob Hakes        | 53 | 1987 | Boston        | 3:17:00 |
| Russell Bartt    | 42 | 2008 | Philadelphia  | 3:17:48 |
| Jim Lucci        | 41 | 2005 | Chicago       | 3:19:44 |
| Greg Padgett     | 32 | 1984 | Chicago       | 3:19:58 |
| David Chen       | 43 | 2004 | Chicago       | 3:22:08 |
| Greg Wolski      | 54 | 2013 | Boston        | 3:22:43 |
| Don Jensen       | 45 | 1991 | Chicago       | 3:23:23 |
| Russell Bartt    | 42 | 2008 | Boston        | 3:24:23 |
| Jamie Schmidt    | 28 | 1985 | Chicago       | 3:27:00 |
| Paul Oppenheim   | 53 | 1996 | Chicago       | 3:27:19 |
| Dirk Edelbuettel | 42 | 2007 | Boston        | 3:28:24 |
| Kathleen Kashima | 35 | 1995 | San Francisco | 3:30:00 |
| Jim Lucci        | 42 | 2006 | Boston        | 3:32:07 |
| Emily Jensen     | 27 | 2013 | Chicago       | 3:32:12 |
| David Chen       | 49 | 2010 | Boston        | 3:32:20 |
| Bob Maxson       | 52 | 2005 | Chicago       | 3:35:00 |
| Jim Hutchinson   | 38 | 1990 | Chicago       | 3:38:00 |
| Don Jensen       | 45 | 1992 | Boston        | 3:39:00 |
| Mel Smith        | 41 | 2008 | Milwaukee     | 3:42:34 |
| Emily Jensen     | 28 | 2015 | Boston        | 3:49:00 |
| Kathleen Kashima | 36 | 1996 | Boston        | 4:00:00 |
| Clif Wilson      | 41 | 1999 | Richmond      | 4:06:00 |
| Ann Ryan         | 54 | 2013 | Chicago       | 4:09:05 |
| Bob Maxson       | 54 | 2007 | Boston        | 4:10:00 |
| Harry Parker     | 51 | 2004 | Chicago       | 4:28:16 |
| Ann Ryan         | 61 | 2019 | Boston        | 4:45:15 |

# Sioux Falls Marathon Recap

By Arden Swanson

The Sioux Falls, South Dakota marathon was August 27, 2023. The weather turned out to be wonderful. Just a few days before the race, the temperatures got into the upper 90's, but then a cold front came through, so it was upper 50's at the start of the race. The course was flat and unbelievably beautiful. It basically wound around the city so that it crossed about a half dozen of the city parks, and the rest of the time, it was on a beautiful, smooth, asphalt running path. Water stops were plentiful and well-organized.

In terms of results, overall I was 128 of 327 finishers and first in my age group (M70-74). Official time: 4:05:15. They also included a statistic I had never seen before. In the last 5 miles of the race, they tracked how many people passed me and how many I passed. I was feeling pretty good, so 2 people passed me, but I passed 17. Most importantly for me was how I felt. It seems like the last 10 years, most of my marathons have fallen into the pattern of feeling good for the first 15 to 19 miles, and then struggling a lot the rest of the race. For the third time this year, I have felt strong the entire race, so that has been a very welcome change.

For those of you who don't know, my post-retirement project is to try to run a marathon in all 50 states. This was number 32 for me, so only 18 to go. If all goes well, my current plan is to finish all 50 states by the end of 2025. So, we'll see how it goes. One of the great things about the project is seeing parts of the world I might never see otherwise. My wife and I had time to see most of the museums and historical spots in Sioux Falls and learned all about their fascinating history. For example, during WWII, the army created a base there to teach radio communications. Almost overnight, the base went from zero to 27,000 soldiers. And as soon as the war was over, the entire base was immediately shut down.



# Lock 2 Lock Marathon Recap

By Arden Swanson

Today (September 9th, 2023) was the Lock 2 Lock Marathon. It is named that because it is held on the tow path next to the 184 mile Chesapeake and Ohio Canal. The canal was finished in 1850 and connects Chesapeake Bay with the Ohio River valley. The race starts at Lock #44 and goes to Lock #43.

The path was crushed gravel, which has a number of pros and cons. For pros, it is much better on your joints. However, it is slower than running on asphalt, especially in this case as it had just rained the night before, so path was pretty spongy. And you definitely don't want to see how bad my shoes look! There was almost no wind and NO hills. Also, sun was not a factor, as almost the entire race was under a thick canopy of trees. The rough thing was the humidity. It was 70 degrees and VERY humid at the start and ended up around 80 degrees by the end.

The race went out 6.5 miles on the path, then went back to the start and then repeated this to get 26.2 miles. At the halfway point, I was pretty nervous, as I was starting to feel overheated and a little dehydrated. But I figured I would go as far as I could, and just walk if I was struggling to run. But, to my surprise, I ended

up with a second wind and ended up running the entire second half of the race. It wasn't fast, as I stopped a lot to stretch my calves and stopped a lot at each water stop to drink a lot of water. Also, every water stop had pickle juice, which I drank a LOT of, so I think that was a significant factor in helping me survive the humidity. Between what I carried with me and what I had at the water stops, I figure I drank over a pint of pickle juice during the race. Anyway, it felt WONDERFUL to finish, as there were a few moments I had my doubts.

Here are the results:

- Finish time: 4:35:15
- Pace: 10:30
- 27 of 66 finishers
- 19 of 41 males
- 13 of 23 runners over age 40
- This is state number 33 for me; so only 17 left to go.

Number of firsts for me. The race itself seemed pretty bare bones. It was the first marathon I had been in that I can remember where the National Anthem was not either sung or played at the beginning. There were no mile markers or mid-course mats capturing splits. And in terms of staffing, it was a race director's dream. There were no street crossings, so no street marshals. There was a water stop at the beginning, the turnaround, and one in the middle, so only 3 water stops to staff.

## Want to contribute to the Footnote?

Have a topic that you'd like to write about in a future edition of the Footnotes? Submit your article to Nick Blashill [nicholasblashill@gmail.com](mailto:nicholasblashill@gmail.com).



# ||||| RACE RESULTS |||||

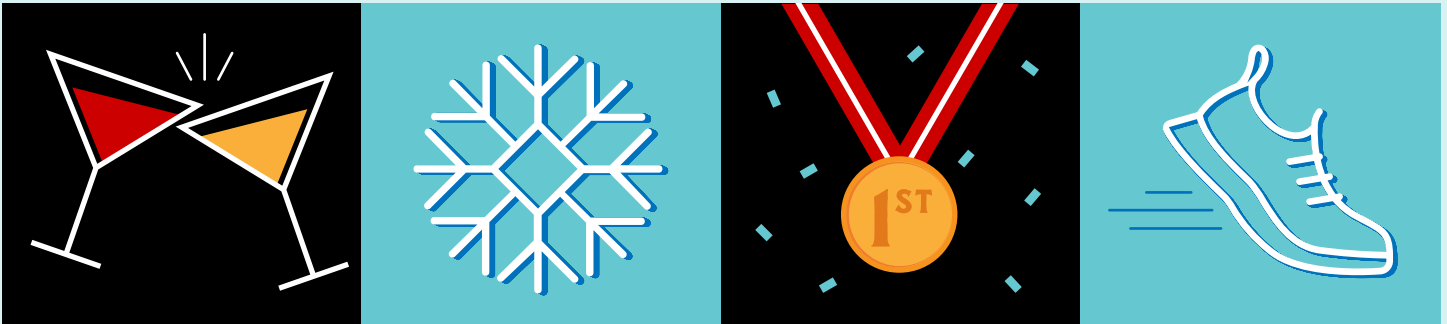
| DATE       | RACE                        | PARTICIPANT      | TIME     | ACHIEVEMENTS   |
|------------|-----------------------------|------------------|----------|----------------|
| 08/13/2023 | 2023 Wisconsin Women's Tri  | Elsa Woods       | 01:52:07 |                |
| 07/04/2023 | 4 on the 4th                | Donald Jensen    | 00:37:09 | PR, 3rd M75-79 |
| 08/20/2023 | Alpine 10 Mile              | David Schaub     | 01:12:10 | 3rd M55-59     |
| 08/20/2023 | Alpine 10 miler             | Eileen Dolan     | 01:33:32 | 1st F65-69     |
| 08/20/2023 | Alpine 10 Miler             | Kristin Otto     | 01:22:07 | 2nd F55-59     |
| 08/20/2023 | Alpine 10 Miler             | Dale Monroe-Cook | 01:46:39 | 1st M75-79     |
| 08/20/2023 | Alpine 10-Miler             | Geri Dawn Bensen | 01:22:23 | 3rd F55-59.    |
| 08/20/2023 | Alpine Races                | Terrence Keleher | 01:22:31 |                |
| 08/20/2023 | Alpine Races                | Rainer Schochat  | 01:24:45 | PR             |
| 08/20/2023 | Alpine Races 10 Miler       | David Schaub     | 01:12:10 | 3rd M55-59     |
| 08/20/2023 | Alpine Ten Mile             | Donald Jensen    | 01:50:32 | 2nd M75-79     |
| 09/24/2023 | Berlin Marathon             | Kristin Otto     | 03:43:17 |                |
| 09/24/2023 | Berlin Marathon             | Kristin Otto     | 03:43:17 |                |
| 09/09/2023 | Big Cottonwood              | Rainer Schochat  | 03:47:33 | 1st M65-69     |
| 10/08/2023 | Chicago Marathon            | Kristen McPhee   | 03:21:59 |                |
| 10/08/2023 | chicago marathon            | Werner Sabo      | 05:27:43 | PR             |
| 10/08/2023 | Chicago Marathon            | Sarang Supekar   | 03:49:06 |                |
| 10/08/2023 | Chicago Marathon            | Charles Vos      | 03:21:25 |                |
| 10/08/2023 | Chicago Marathon            | Rainer Schochat  | 03:39:06 | PR             |
| 08/27/2023 | Chicago Triathlon           | Julian Gomez     | 01:52:48 |                |
| 08/19/2023 | Corrida del Mariachi        | Nick Blashill    | 0:22:30  | PR             |
| 08/19/2023 | Corrida del Mariachi        | Rainer Schochat  | 00:22:37 | 2nd M60+       |
| 10/15/2023 | Des Moines Marathon         | Rainer Schochat  | 03:42:02 | 2nd M65-69     |
| 10/22/2023 | Duke City Marathon          | Arden Swanson    | 03:58:55 | 1st M70 - 74   |
| 09/24/2023 | Fired up 5k                 | Chris Walsh      | 0:23:37  | 1st M40-49     |
| 10/15/2023 | FLW 10k 2023                | Daniel Retzner   | 00:46:55 | PR             |
| 10/15/2023 | FLW Races                   | Donald Jensen    | 01:03:06 | PR, 1st M75-79 |
| 09/16/2023 | Fontana Tri on Geneva Lake  | Julian Gomez     | 01:56:25 |                |
| 10/15/2023 | Frank Lloyd Wright          | Kevin Brubaker   | 00:47:35 | 2nd M 60-64    |
| 10/15/2023 | Frank Lloyd Wright 10K      | Brian Prestes    | 00:41:05 | 1st M45-49     |
| 10/15/2023 | Frank Lloyd Wright 5K       | Dale Monroe-Cook | 00:27:31 | PR, 1st M75-79 |
| 10/15/2023 | Frank Lloyd Wright Race 10K | Rebecca Milton   | 01:03:44 |                |
| 10/15/2023 | Grand Rapids Half Marathon  | Chris Cooley     | 01:49:01 |                |
| 10/15/2023 | Grand Rapids Marathon       | Kevin Donnelly   | 02:57:21 | PR             |
| 10/15/2023 | Grand Rapids Marathon       | Julian Gomez     | 04:34:17 |                |
| 10/15/2023 | Grand Rapids Marathon       | Michael Bodor    | 03:43:51 | PR             |
| 09/09/2023 | Hidden Gem                  | Eileen Dolan     | 02:03:22 | PR, 4th F65-69 |
| 09/09/2023 | Hidden Gem                  | Kristin Otto     | 01:43:54 | 1st F55-59     |
| 09/09/2023 | Hidden Gem Half             | Miriam Tamayo    | 01:40:54 | PR             |
| 08/09/2023 | Hidden Gem Half Marathon    | Julian Gomez     | 02:04:40 | PR             |

| DATE       | RACE                         | PARTICIPANT      | TIME     | ACHIEVEMENTS   |
|------------|------------------------------|------------------|----------|----------------|
| 09/09/2023 | Hidden Gem Half Marathon     | Roxanne Neubaum  | 02:02:31 |                |
| 09/09/2023 | Hidden Gem Half Marathon     | Geri Dawn Bensen | 01:46:27 | PR, 3rd F55-59 |
| 09/09/2023 | Hidden Gem Half Marathon     | Donald Jensen    | 02:19:46 | 2nd M75-79     |
| 09/09/2023 | Hidden Gem Half Marathon     | Dale Monroe-Cook | 02:08:23 | 1st M75-79     |
| 09/09/2023 | Hidden Gem Half Marathon     | Brian Prestes    | 01:33:34 |                |
| 09/10/2023 | Hidden Gem Half Marathon     | Michael Kopala   | 02:07:57 | PR             |
| 09/24/2023 | Hoka Lifetime Chicago Half   | Michael Bodor    | 01:44:43 |                |
| 10/10/2023 | Huntsman World Senior Games  | Dale Monroe-Cook | 00:03:30 | PR, 2nd M75-79 |
| 10/28/2023 | Indianapolis Mon. Marathon   | Julian Gomez     | 04:45:04 |                |
| 09/03/2023 | Kauai Marathon               | Chris Walsh      | 04:36:01 |                |
| 10/28/2023 | Lake Bluff PTO Pumpkin Chase | Nick Blashill    | 21:20    | 2nd M30-34     |
| 10/28/2023 | Lake Bluff PTO Pumpkin Chase | Nick Bensen      | 00:24:29 |                |
| 10/28/2023 | Lake Bluff PTO Pumpkin Chase | Geri Dawn Bensen | 00:22:46 | 2nd F55-59     |
| 10/28/2023 | Lake Bluff Pumpkin Chase     | Dale Monroe-Cook | 00:26:24 | 1st M 75-79    |
| 10/28/2023 | Lake Bluff Pumpkin Chase     | Eileen Dolan     | 0:27:32  | 2nd F65-69     |
| 9/30/2023  | Lawndale 5K                  | Nick Blashill    | 0:21:05  |                |
| 09/30/2023 | Lawndale 5K                  | Donald Jensen    | 00:28:41 | 2nd M75-79     |
| 09/30/2023 | Lawndale 5k                  | Geri Dawn Bensen | 00:23:12 | 2nd F55-59     |
| 09/30/2023 | Lawndale 5K                  | Sarang Supekar   | 00:21:58 |                |
| 09/30/2023 | Lawndale 5K                  | Terrence Keleher | 00:23:08 |                |
| 09/30/2023 | Lawndale 5K                  | Dale Monroe-Cook | 00:27:21 | 1st M75-79     |
| 09/09/2023 | Lock 2 Lock                  | Arden Swanson    | 04:35:15 |                |
| 10/29/2023 | Ocean State Rhode Races      | Rainer Schochat  | 03:49:54 | 2nd M60-69     |
| 08/05/2023 | Run Mahomet Half Marathon    | Julian Gomez     | 02:08:42 |                |
| 10/15/2023 | Run Thru the Rapids 5K       | Nick Blashill    | 22:50    |                |
| 08/27/2023 | Sioux Falls SD               | Arden Swanson    | 04:05:15 | 1st M70-74     |
| 08/13/2023 | Summer Trail Classic         | David Schaub     | 02:35:36 | 1st M50-59     |
| 08/05/2023 | USA Triathlon Nationals      | Miles Ritchie    | 02:46:58 | PR             |
| 10/01/2023 | Wineglass Marathon           | Roxie Neubaum    | 04:47:41 | PR             |

*Sunday, December 3<sup>rd</sup>, 2023*

• OAK PARK RUNNERS CLUB •

# HOLIDAY GALA



**FOOD • DRINKS • RAFFLES  
AWARDS • PHOTOS & MORE!**

**12:00 PM @ TRATTORIA 225**

**225 HARRISON ST. OAK PARK**

**FOR REGISTRATION & EVENT DETAILS VISIT:  
[runsignup.com/TicketEvent/OPRCAwardsBanquet](https://runsignup.com/TicketEvent/OPRCAwardsBanquet)**

**FESTIVE COCKTAIL  
ATTIRE ENCOURAGED!**



**GET READY TO  
PARTY!**

# BULLETIN BOARD

## Thursday, November 23

*Thanksgiving Morning Run, Walk, Coffee* - 8:00 am – Scoville Park – Special route. Wear your Thanksgiving colors or turkey outfits.

## Sunday, December 3

*OPRC Holiday and Awards Banquet*  
12:00 – 4:00 pm at Trattoria 225 on Harrison – Don't miss our special year-end gathering & celebration! Sign-up is opening soon.

## Tuesday, December 5

*OPRC Night at FFC Oak Park Yoga, Zumba or Weights + Wine/Cheese Party* - We're excited that our long time Good Life Race sponsor, Fitness Formula Clubs (FFC), is hosting a night at the club for OPRC members. We'll meet at the club, get a tour of the facility, then try a workout - all followed by a wine & cheese reception specially for OPRC! Non-members must complete a liability waiver. Please RSVP on Facebook so we have a headcount, and don't forget to wear or bring your workout clothes. Free lockers available.

6:00-6:15 pm Arrive at FFC & check in. FFC is located at 1114 Lake Street.

6:15-6:45 pm Tour of facility

7:00-8:00 pm Option to try Zumba class, Yoga class, Machines/Free Weights, Pool/Steam Room/Hot tub

8:00 pm Wine & cheese reception in café area on 3rd floor, sponsored by FFC.

## Sunday, December 10

*Arc'teryx Trail Run* - Morning time TBD - Palos (9+ miles, see candidate route here) - Shoe demos & post-run coffee at local café.

## Monday, December 18

*New Balance & Holiday Lights Fun Run & Cocoa at Bob's* – 6:30 Fleet Feet – Special holiday lights route.

## Sunday, December 24

*Christmas Eve Fun Run, Walk, Coffee* - 7:30 am Scoville Park – Special holiday route. Wear your holiday colors, Santa hats, and bells!



## SAVE THE DATE 2023 & BEYOND

### Sunday, Jan 7, 2024

*Arc'teryx Trail Run* – Details to come.

### Sat April 20, 2024

*River to River Relay in S. IL* - OPRC will have some Teams in 2024. Registration opens Tues October 10th at 6pm. Visit [rrr.olm.net](http://rrr.olm.net).

### Sun April 28, 2024

*2024 Good Life Race* – 5k in Oak Park! Save the Date to run and help put on our club's 5k race!

### June 28 - July 4, 2024

*Club Road Trip to Tuscany region of Italy* - Pistoia Abetone 30 km. [pistoia-abetone.net](http://pistoia-abetone.net)

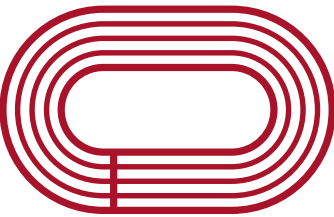
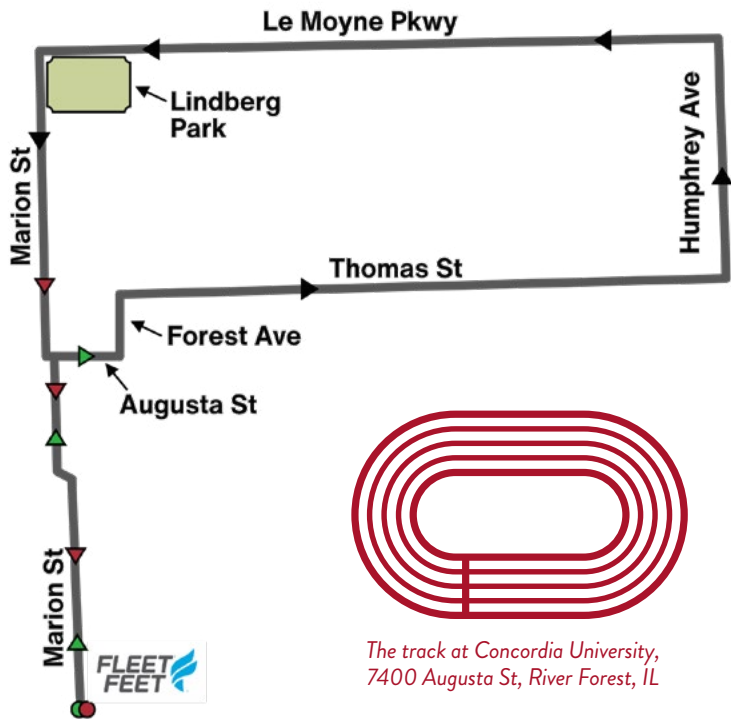
### September 2026

*Club Road Trip – France* – Marathon du Medoc in Bordeaux. [marathondumedoc.com](http://marathondumedoc.com)

# OPRC SNAPSHOTS



**We want to see your race photos!**  
**Make sure to share them on the OPRC Facebook Page**



The track at Concordia University,  
7400 Augusta St, River Forest, IL



## OPRC WEEKLY FUN RUNS

### Monday Nights

Meet at Fleet Feet at 6:30 p.m. Route is 3, 5.5, or 8 miles. Rain, snow or shine. Typically, some folks will head over to Beer Shop afterwards. NOTE: Lot is pay-to-park through 8:00 pm. Fleet Feet is open until 8 pm, so you can stash your gear while you run!

### Wednesday Workouts

Meet at Lindberg Park at 6:30. We'll move back to Concordia in the spring.

### Saturday Mornings

Meet at the memorial at Scoville Park (Lake St & Oak Park Ave) at 7:30 a.m. 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](mailto:nickben601@gmail.com).