

# May 2007 PaceSetter

www.lincolnparkpacers.org



## This Issue's Highlights

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## A Welcome to our New Members

Katie Barber  
Michael Benedetto  
Ying Chen  
Lynn Corwin  
John Hebert  
Erin Higgins  
Elise Maguire  
Stephanie Nichols  
Susan Soble  
Bill Stergiou  
Michelle Wozniak

## Birthdays in June

Paul Chwalisz  
Denise De Bo  
Melanie Dualton  
Carl Entemann  
Lyn Sue Kahng  
Matthew Knoop  
Michael McCann  
Tina Padilla  
Roopa Seshadri  
Michael Wright

## Pacer Profile: Cary Adams

by Bob Gould

### What influenced your choosing running as a regular activity?

I've been running since I started high school. The fall sports offered were cross-country and football. I can't remember what motivated me to sign up for cross country, I knew that I wasn't going to be a football player. I had not been involved in any sports before high school. All of my three siblings followed my path into running and they were all very talented at it.

I ran cross country and track for 4 years. The distance at that time for cross country races was 2 ¾ miles. I was also on the track team and specialized in the half mile and mile relays. I was pretty quick, breaking 2 minutes for the half mile, and running a 0:52 split for the relay, and I was quite competitive, although I was also in an extremely tough conference.

### How long have you been running road races? Do you still like to participate in races?

I used to run many more races than I do now, mostly 10k's. Before I joined the Pacers I never really trained intelligently for any of them...no speed work, etc. I guess this was a reaction to how competitive my early running years were and the intense training at

that time. It took a long time before I thought about doing speed work and tough workouts again. I joined the Pacers in summer of 1998, and then became more aware of all the running organizations in Chicago and began training with other runners.

I probably started paying attention to my race times also as a result, and enjoyed moderate success in my races.

### Describe some favorite memories of a race?

My first marathon, Chicago 1986, I was pretty much clueless about training for this distance. A friend and I decided to run the marathon and we figured that if we got a few 14-15 mile runs in we would do just fine. I was not involved in any running clubs or organizations. It was a great experience, although it was a much smaller race at that time. With first marathons, of course, the only concern is finishing, and we really enjoyed the crowds along the way, the street musicians, talking with other runners, touring through the city by running shoe. My sister joined me at mile 20. I think my time was about 3:48....this was before chip timing and it was 10 years before I ran another

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## Lincoln Park Pacers Board Members

<b>Debbie Vickers</b> , Co-President	pacerprez@yahoo.com
<b>Johan Lustenberger</b> , Co-President	pacerprez@yahoo.com
<b>Dave Varnerin</b> , Treasurer	DaveVarnerin@aol.com
<b>Denise DeBo</b> , Membership Director	dneise@aol.com
<b>Heather Ludlum</b> , Social Director	hludlum@hotmail.com
<b>Eric Miller</b> , Secretary	ericmiller2002@hotmail.com
<b>Janet Omer</b>	jloruns@aol.com

**The Lincoln Park Pacers** meet for group fun runs at the CARA Board at Diversey and the running path on...

**Saturday mornings at 8 AM,**  
Coffee & bagels after the run.

**Tuesday evenings at 6:30 PM,**  
Dinner after the run.

All paces are welcome!

Cary Adams continued

marathon...and, again, it was because a friend suggested we run it. I don't know why I didn't think of running another one until my friend George suggested it. I guess it was because I was really running alone for years and didn't know anyone else training for and running marathons.

But then we got the idea of training and trying to run them faster each year--we ended up running 6 Chicago marathons altogether. Another fond memory is of the '99 Chicago marathon when I was within 1/2 mile of the finish and I heard my name clearly from the sidelines. My brother Paul was cheering me. He was often not feeling well, but to surprise me, he came down to see me finish. Within a few weeks of the next Chicago Marathon in 2000, he had passed away.

Comment: I think the club should get back to putting teams in the River-to-River Relay in southern Illinois, a spring race that is great fun and a source of many fond memories for those who have participated in this team event.

### **Do you have any future running/racing plans?**

I am definitely planning to run the '07 New York City marathon and hoping my brother Chris will run with me...it will be his first marathon! I was able to qualify for the New York City marathon with my Chicago Half Marathon time of 1:36 in Oct.'06.

### **What are some of the achievements you are most proud of?**

Running my personal best 10k at age 51, a 39:11 in a Cara circuit race. Learning and performing a piano piece that I feel all of my 40+ years of study have pointed towards—the last piano sonata by Beethoven...a taxing, deeply rewarding, and spiritual 30 minutes of music.

### **Were there any running regrets?**

Not running under 40 minutes for a 10k until I was 51.

### **What are some of your other interests besides running?**

piano, travel, some mountaineering, glassblowing, tamales and mole sauces.

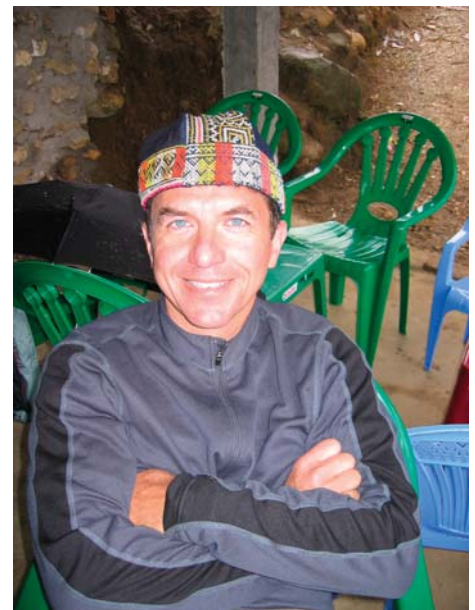
### **What other club members wonder about me?**

“What's with the weird arm swing and head tilt?” Cary has had a pinched neck for the past several months.

### **What I wonder about other club members?**

“are they flossing?”

Note: Since working on this article with Cary, I have flossed before each Saturday morning run. I hope that when Cary looks my way and when I come for my next appointment in June, he will appreciate my dedication...and give me a smile.



Cary in Northern Vietnam in 2006.

# Joanne's Juice, by Joanne Kaeding



For awhile we thought that winter would never end? It seems like the extreme cold, strong winds, and icy paths prevailed way too long, and prevented us die-hearts from training to full potential. On January 6th, the annual Lake Geneva, Wisconsin's 5-mile S-NO-W Fun Run was enjoyed by a group of hardy Pacers. The unseasonably warm day of running and partying was enjoyed by fellow Pacers Debbie Vickers, Ron Weber, Stuart Schulman, John Hebert, Johann Lustenberger, Jim Kelly, Debbie Hoegemeyer, Joanne Kaeding and Bob Sievert. It was not the run, but the dancing at the post race party that brought the "hardy party" Pacers to their knees, and eventually led them to a point of serious exhaustion!!!! The very fun day was topped off with dinner at a little local diner in Lake Geneva...Another hardy winter loving group of Pacers went ice-skating at Warren Park on a very cold day in February. Everyone fairly well on the ice with the exception of a sudden fall by Kathy Elwood. She was ceremoniously carried off the ice, then to the car, and then home by two Pacer "knights in shining armor", Jim Kelly and John Hebert. Unfortunately, Kathy couldn't join

the post-skating dinner at Hemma's, an Indian restaurant off Devon. That had to be the HOTTEST food ever consumed at a Pacer ethnic dinner!!!!..... A day of cross-country skiing was planned by John Hebert on the last perfect snow day of the year. The Pacers car-pooled out to Camp Sagawau and the group consisted of about 20 eager X-Country ski enthusiasts who really enjoyed the most perfect ski day ever. Camp Sagawau, about 20 miles west of Chicago, has plenty of free parking, ski rentals, and several trails leading out from a warm and cozy farmhouse, where one can warm frozen toes and fingers between ski runs.....The most hardy Pacers of all trekked out to Cary, Illinois to run the "HILLY half" on March 18th. Usually, the March Madness brings the most "mad" weather conditions ever, so the cool, but beautiful sunny morning was very much appreciated!! Congratulations to the finishers, Johann Lustenberger, Ron Weber, Jim Kelly, Debbie Vickers, Joanne Kaeding, and most of all John Hebert, who ran his first ever half marathon. Rick Kennedy was out there at the start line, and claimed he was running a 10-minute mile rather than his usual 6 minute pace (Right—who believes that??!!). What happened to Rick—he was nowhere to be seen??.....While we all suffered through another Chicago winter, Gordon McIntosh and wife Meredyth enjoyed their stay in Europe, starting with Italy. Gordon has no 10K's to brag about, but he did have some rave runs, including past the Trevi fountain and along the Tiber in Rome, around the Etruscan

city Lucca on its massive defensive wall, and (carefully, as Gordon put it!!!) along "the precipitous" cliffs of Cinque Terre on the Italian Riviera— just to mention just a few of Gordon's many runs!! The two have also taken French classes in Nice, and imbibed continually on the fruits of Italy...wine, cheese and pasta....Then there's the adventures of Jim and Debora DesJardins, who were vacationing in Morocco on a get-away from their current home in the Verde Islands off the west coast of Africa. The two visited the Hassan II Mosque and Rick's Café in Casablanca, the Imperial city in Meknes, and hiked in the Atlas Mountains at Marrakesh. An enjoyable all-day trek consisted of viewing some spectacular scenery, and also of Jim and Deb getting completely soaked to the bone, as the mountain snow melted with the hot sun. Even with wet feet, they had a great day, including being served a Moroccan dinner in the mountains consisting of tajine, chicken and bread.



Johan Lustenberger and Bob Sievert at the S-N-O-W fun run.

## Joanne's Juice *continued*

Jennifer Leslie took off in February for a week of biking through Cuba. She boasted of her wonderful rides through the Cuban countryside and villages, and of the interesting fellow bikers that accompanied her on the bike tour. Jennifer did not particularly relish the Cuban cuisine that was served during the trip, as it mostly consisted of pork, potatoes and rice, with some pretty tasteless desserts!!! The food didn't kill her, but was certainly not the highlight of her week in Cuba

Congratulations to Tara Pollack who delivered a most beautiful baby daughter, Sima, on Tuesday, January 30th. Both mom and baby are doing very well, although only a few weeks after giving birth, Tara had to evacuate her building for several days due to frozen water pipes in her condo basement. Tara brought baby Sima to a Pacer Saturday morning breakfast, where several lucky club members, including Cary Adams and Denise DeBo had the opportunity to practice holding a newborn!!!!



Tara and Sima.

A visit by Russ Ramaswamy to the Pacer breakfast on March 10 was completely unexpected. He and his wife moved to Australia several years ago. He is doing well, but reported how difficult running is over there due to lack of proper places to run



Team Triple D.

and roads with crazy drivers. This is the case in many foreign countries. It should remind us how lucky we are to have the lakefront and woodsy paths near the city in which to run.....I want to give a giant kudos to Denise DeBo, our newsletter editor. She has survived quite well through chemotherapy, and recently finished radiation treatment for cancer. Denise has already been out running a bit, and hopefully by summer, she will be feeling even better.

Several Pacers joined Denise along with coworkers, family, and friends at the Y-ME race on Mother's Day. ....Congratulations to Ron Weber and Rick Kennedy who ran the New Orleans Marathon on February 24th and to Debbie Vickers, who completed the half marathon. They boasted about some pretty fun (not necessarily fast) times at dinner post-race, singing and dancing and singing at Pat O'Brians in the French Quarter. Rick paced a lady friend through the marathon. Could it be the same blonde woman sporting a cowboy hat that Rick was spotted with at a neighborhood tavern in Chicago several weeks later?... Carol Tebbe and husband Karl Fife spent a long weekend in Chattanooga, hiking in the mountains of

Tennessee...Carol and Karl have been absent from the Pacer runs lately due to work and in addition, Carol is obtaining her certification as a personal trainer. Does anyone want any training advice?... Jim Kelly's new profession is that of a life coach. Is there anyone who doesn't need help with life's difficult challenges and is searching for a little guidance? Good luck to Carol and Jim in their new career choice!!!!...There are some unusual but very healthy diets being observed by several Pacers. Ask Joanne Kaeding and Jim Kelly how difficult this is for them to abstain?? Their special food eliminations are for different reasons. While Joanne complains a lot and lusts for her sugar fix, Jim never complains, claims more energy and is running faster than he has in years...look out Boston – I see a qualifier Grandma's Marathon on June 15!!!!...Johann Lustenberger recently had a black tie work related event to go to. He dug out his tux from years ago, and was quite pleased that he could still fit into it. See what happens (or doesn't happen) when you run all the time????!.....My personal plea is to encourage those Pacers who we seldom see to come join us on a Tuesday evening (6:30pm) or Saturday

## Joanne's Juice continued

morning (8am) "fun" run. There are all different speeds completing the 5-mile course, from 7 minutes per mile to 10 or 11 minutes per mile. Walking is also permitted!!! We would love to see some new faces this spring. Also, plan to join us for dinner after the run on Tuesday nights, and breakfast after the Saturday morning run. When attending the fun runs, you find out what's happening on the Pacer "social calendar". Many of the activities are "last minute", so if you snooze, you lose out on the fun!!!! We also relish new ideas for interesting things to do, and club members willing to organize some fun events! Two Pacers have offered their services as club Co-Presidents. Debbie Vickers and Johann Lustenberg have both been active Pacers for over three years, have run many of the local races, and join us often for the fun runs and dinner. We appreciate that they have agreed to head our pack of runners!!! Be looking for future activities and plans from our new leaders.

A BIG thanks to Jennifer Leslie and Jim DesJardins who will be stepping down from the top spot. They served us well for several years!!!!..... There are many races coming up every weekend this spring. Think about getting out there and running for fun, to win the race, or just for Pacer camaraderie!!!!..... Last, but certainly not least, our sympathy goes out to Lorainne Morgan, who's daughter passed away in February, and also to Bob Sievert, who's father passed away March 8th.

## Upcoming Races

The Lincoln Park Pacers are organizing groups to attend the following races. If you are interested in being a part of our team, please visit our website at [www.lincolnparkpacers.org](http://www.lincolnparkpacers.org).

Steamboat Classic – Peoria, IL (6/16/07)

Details: Distance: 4 miles. Time: 7am. Fee: \$25 by June 9. Register Online at [www.steamboatclassic.org](http://www.steamboatclassic.org). Pacer Contact: John Hebert email: [john@johnhebert.net](mailto:john@johnhebert.net) or 312 933-6585

Bix 7 – Quad Cities (7/28/07)

Elvis 5K – Chicago (8/11/07)

Park Forest Scenic 10 (9/3/07)

AIDS Race – raise money in name of Cary's brother

## Save these Dates:

Ethnic dinner June 10, July 26, and either August 19 or 26 (as yet TBD)

Marathon water stations start June 8. Volunteering is a rewarding and fun and easy way to support your fellow runners. If you are interested, contact Debbie Vickers at [dvickers@fleetfeetchicago.com](mailto:dvickers@fleetfeetchicago.com).

Membership renewals. Many of you will have renewals due this summer. Look for your renewal notice in the mail.

Summer Picnic on 8/5/07 at Diane Graham Henry's House. More info will follow.

Marathon Water Station/Post Party Celebration

Holiday Party (12/15/07)

Watch your email social updates from Heather on the upcoming ethnic dinners and summer festivals.



Pacers after ice skating at Warren Park.

# Steve's & Jim's Reviews

**Side Street Saloon & Cafe**  
1456 W. George  
Chicago, Illinois

Review by Steve Helfrich

This neighborhood saloon is located 1 block north of Diversey and 1 block east of Ashland. You will probably find John Hebert, Jim Otto, and I there on Monday nights around 9:00 p.m.

What is the Draw?

## **Daily Cheap Eats and Monthly beer specials!**

Monday \$1 Tacos

Tuesday \$3.50 Grilled Chicken Breast w/Slaw

Wednesday \$4.50 Spagetti & Meatballs

Friday & Saturday \$3.50 Regular Burger  
or Cheeseburger w/Fries

The food is surprisingly good for a kitchen that is about the size of a walk-in closet. Even better is the friendly atmosphere and multiple TV's for watching basketball and football.

Side Street is doing some updating with a newly remodeled backroom with a pool table and dart boards. They are also adding a pizza oven soon to expand the food offerings.

Chris makes everyone feel welcome and has sponsored some volleyball teams with several Pacer members in the past.

This place is not trendy, has easy street parking, a great jukebox, and is a good destination for a happy hour after work.

There are many other menu items which are--shall we say--for more expensive tastes. Jim thinks the Blue cheeseburger at \$7.95 is the best around. John likes the Grilled Chicken.

As for me, I like all the specials and when I can hear Jr. Walker & The All Stars playing Shotgun on the jukebox, I know this is my kind of place.

## **"The Wind that Shakes the Barley"**

Movie Review by Jim Otto

Well, I saw this film with a few other Pacers, on a recommendation from Tom Bowtell (another one of those darn aliens that have crept into our good old American club). This film won the best picture award at Cannes (more proof that the french will paytribute to anything that is anti-British/American).

The subject of the film is the story of two brothers who become involved in the fight for Irish Independence in the early 20th century, in effect the birth of the IRA. The story itself is very interesting from a historical perspective, however, the film did not provide enough detail...i.e. you left knowing as much about Irish Independence as you did when you graduated from 4th grade. The acting was excellent in my humble opinion, but the accents were very strong, making it difficult to understand the characters and leaving you with the desire for English subtitles (you know English like we speak over on this side of the pond.) .

Well, I just realized that this review doesn't sound that positive, but I would still go see it. It's about Ireland and I really like Ireland (and no I'm not trying to suck up to Jennifer--she can't take away my membership anymore). It is a nice change from the standard American movie fare and besides it is showing at the Music Box and even if you hate the flick you at least heard some good organ music before the show.

## **PaceSetter News**

We are going to try to send these via email. Doing this will allow us more freedom in page count of the of newsletter. If there is a small issue we can still have it go out; if there are a lot of articles we won't be constrained by postage costs.

And, this will allow us to have newsletters more often...as long as you all keep submitting articles!

## **Next PaceSetter Issue**

August 2007.

Submit your articles by end of July to Denise at [ddebo@coleparmer.com](mailto:ddebo@coleparmer.com).



Gordon, matt, and Jim went to the Su Casa soup kitchen to repair the broken windows last winter.



Joanne at the CARA banquet with the 3 "Senior Runners of the Year".



Debbie Hoegemeyer and John Hebert at the S-N-O-W Fun Run.



Christmas morning breakfast at the Grove.