

Nov '81



A LETTER FROM THE PRESIDENT

Dear members:

The NEW Eastside Runners Club wants you!

As many of you know, Eastside Runners was formed early in 1981 as a small group of dedicated fun runners, along with a small number of people whose interest in running as a recreational activity was just starting.

As more runners heard of the possibility of a club being formed that could offer advice, clinics, communications, and the opportunity to expand their favorite recreational activity to include an occasional social gathering, it became apparent that something should be done. It could work.

The small group that sort of came together at various races and on the Sammamish Trail shall now be known as the Board of Directors. This board is now working at top speed to design a Club structure and form a financially sound and functional club. They are dedicated to getting the job done.

Over the past month we have formed stable committees on which any member can participate. We are on the way to forming a viable and enjoyable group known as the Eastside Runners. However we cannot do it without your support and help along the way. It is only with the participation fo many rather than just a few that ESR can become an organization that will add to the enjoyment of all of us.

Best regards,

meet the board.....

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|------------------|------------------|------|----------|
| Vice President   | Alice Taggeres   | ---- | 643-0692 |
| Treasurer        | Rolf Ausen       | ---- | 822-3347 |
| Membership Comm. | Lynnie Ford      | ---- | 827-7217 |
|                  | Judy Gillihan    | ---- | 883-7529 |
| Race Committee   | George Emerson   | ---- | 455-4856 |
|                  | Steve Martin     | ---- | 827-6886 |
|                  | Ron Van Ryn      | ---- | 821-5370 |
| Social Committee | Barbara & Dwight | ---  | 885-5092 |
|                  | Reed             |      |          |

benefits.....

So you joined ESR and what does it get you? Well the following eastside merchants are offering 10% discounts on their athletic supplies and apparel.

Fast Lady Sports  
14310 N.E. 20th  
Bellevue,  
641-9696

Ski Store/ Athletic Northwest  
2105 140th Ave. N.E.  
Bellevue,  
746- 2054

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membership.....

So far , 60 members and growing every month.

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\*\*\*\*\*PLEASE NOTICE\*\*\*\*\*PLEASE NOTICE\*\*\*\*\*PLEASE NOTICE\*\*\*\*\*

First Eastside Runners General Meeting.....

When..... December 1<sup>Tues</sup>st at 7pm 6:30  
Where.... Redmond City Library

Guest Speaker: Dr Benjamin Scapa, our consultant podiatrist.

Bring yourself and some friends for some questions and answers on running ills. We also ask that you wash your feet prior to the meeting.

other topics to be discussed.....

future social events....

- Inflation Fighter Runs. An exciting idea for future eastside runs.
- carpooling for Seattle area runs....
- times and tentative agenda for future general meetings....
- topics and content for the next newsletters....

Bring your ideas to this one. We would certainly appreciate some input.

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a potluck dinner and social gathering.....

when.. Dec 12th at 6:30pm

where.. home of Alice Taggeres 3110 W. Lake Sammamish Parkway S.E., #5

call Alice at 643-0692 for sign-up and directions

food: main dish; A-K; salads L-R; goodies S-Z.

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weekend workouts.....

when... Saturday mornings 9am sharp... or at least close.

where.. Redmond City Hall on the Slough Trail

what... This is just a friendly meeting of runners trying to get a head start for the weekend by burning calories early. Pick your own distance and run at your own pace. Someone will be there to keep a record of the times. Afterwards, maybe coffee and an apple fritter at Winchells.