

EASTSIDE RUNNERS
c/o Fast Lady Sports
14310 N.E. 20th St.
Bellevue, WA 98007
(509) 641-9696

#82-7

OFFICERS AND COMMITTEES

President	Ron Van Ryn	821-5370
Vice President	Kerry Lawrence	455-9345
Secretary	Barb Reed	885-5092
Treasurer	Rolf Ausen	822-3347
Race Committee	Steve Martin	827-6886
	Dwight Reed	885-5092
	Christine Gardner	881-7893
	Dave McKinney	827-5751
	Joe Ashlock	232-9285
	Jan Lawrence	455-9345
Activities Committee	Debbie McKinney	827-5751
	Harlan Nelson	641-9696
Membership Com.	Marilew Nelson	641-9696
	Lynnie Ford	827-7217
	Kerry Lawrence	455-9345
Newsletter	Paula Coblantz	455-5314

MEMBERSHIP APPLICATION

Detach and mail to EASTSIDE RUNNERS, c/o Fast Lady Sports, 14310 N.E. 20th St., Bellevue, WA 98007 - 641-9696.

Make checks payable to: EASTSIDE RUNNERS

Type of membership desired (circle one)

Individual	\$5.00
Family	\$7.50

Name: _____ Phone: _____

Street: _____

City, State: _____ Zip: _____

Birthdate: _____

The Club has no medical coverage for participants, therefore, it will be your responsibility to provide this coverage for yourself if wanted. I _____ understand the above statement and will not hold the Eastside Runners or any member responsible for any injury that might occur during any club sponsored event.

Signature of Participant _____

Date Signed _____

RENEWAL NOTICE

If there is a large red "X" in the space to the left, your membership renewal is due within the next 60 days. A large blue "X" means you are past due and this is the last newsletter you will receive.

WASH STATE UNIVERSITY
c/o Fast Lady Sports
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UPCOMING EVENTS

<u>Date</u>	<u>Event</u>	<u>Comments</u>
December 16	Christmas Party - 7:00 p.m. * Change of location - to be held at Jim & Paula's house 9222 N.E. 37th Place Bellevue, WA 98004 455-5314 (map attached)	Nancy Healy (U.W. Dept of Kinesiology) will be speaking. The Club will provide beer & wine. Please bring munchies, dip, etc . . . ESR will be putting together a food basket at the Christmas Party to donate to needy families. The Club will buy canned hams. Please bring other canned goods to the Christmas party to complete the food baskets.
December 29-31	Cross Country Ski Trip to Winthrop	We'll be staying at the Winthrop Inn. Contact Jan for further details (455-9345).
December 31	Resolution Run	After the 3:00 p.m. run, ESR members will meet at Jilly's East Tavern to plan further ESR New Years Eve activities.
December 4 through April 2, 1983	Fun Runs - Sammamish Slough	Meet near Redmond City Hall at 9:00 a.m. After April 14, 1983, we will return to our regular Thursday night runs.
January 6	Pizza & Beer	7:00 p.m. Pizza King. Let us know any new PR's at these meetings.
January 8	Roving Saturday Brunch Run	For those tired of running the Slough, for a little variety we will meet at the Bellevue Square Parking lot (on N.E. 100th side near 4th st.) and run through the Medina area.

Meet at:	
To Run	Fast runners
4 miles	9:30
6 miles	9:15
9 miles	8:45

Plan breakfast at 10:30 at Fortnurns (Main Street in Bellevue).

February 3	Pizza & Beer	7:00 p.m. Pizza King
February 5	Roving Saturday Brunch Run	Park near Pancake Corral Restaurant (1606 Bellevue Way S.E.). Plan to start running at times listed under January 8th's Sat. Brunch Run. Route will be through South Bellevue and along I-90 Slough.
February 13	Mercer Island Half-a-thon	Plan to attend a party at Joe Ashlock's afterwards. More details in next newsletter.
February 26	Get Together with & Ft. Steilacoom Running Club	We've invited the Ft. Steilacoom Running Club to join us for our Saturday morning run on the Slough. Meet at 9:00 a.m. by Redmond City Hall.
March 3	Pizza & Beer	7:00 p.m. Pizza King
March 5	Roving Saturday Brunch Run	Meet at Original Ellen's (Gilman Village in Issaquah -Same times as listed for the January 8th Brunch Run)
March 12	Run Stanley Park with Vancouver Running Club (tentative)	We'll stay at the Bayshore in Vancouver, B.C. Meet Saturday at 9:00 a.m. for 1X, 2X or 3X around Stanley Park, depending on whether you're running Emerald City or not.
March 26	Emerald City Marathon	Celebration Spaghetti Potluck at Jan & Kerry Lawrence's afterwards. Those not running the marathon are invited to help bring the "fixings" - 6:00 p.m.
April 3	Roving Saturday Brunch Run	Meet at Madison Park Cafe in Seattle at the times listed for the January 8th Brunch Run. Route will be from Madison Park down towards Seward Park & back.
April 7	Pizza & Beer	7:00 p.m. Pizza King
April 10	ESR's Falls to Gasworks Relay	45 mile ESR Extravaganza
April 14	ESR Club Championships	We'll have a rotating plaque with winners names inscribed. This will be our <u>first Thursday night run of the summer.</u>
May 1	Bloomsday Run	ESR will have a bus going to Spokane. Join the 24,000 plus runners for a great time.

May 15	Rhody Run	ESR is planning on renting a house at Fort Warden for the race (Port Townsend).
June 5	Avon Marathon - LA	Let's have ESR women represented a second year at Avon. Come run the Olympic Marathon course.
June	ESR Picnic & Fun Run	Meet at Dwight & Barb Reed's house. Rumor has it the tractor will be fixed by then.
June	Cascade Run Off	ESR will be arranging rooms at the Red Lion in Jantzen Beach near Portland.
August	Baker to Bellingham Relay	We'll have the campground again, spaghetti feed, a published songbook and, oh yes, the 2nd Annual Hike.
September	Red Brick Road Half-a-thon	ESR hopes to do the aid stations again this year. After the race plan on attending a picnic at Jane and Dennis Van Ryn's.
November	Bean Run	ESR has lots of titles to defend in Wenatchee.
November	ESR Club Championships	

CLUB CHAMPIONSHIP

The handicapped Club Championship on November 20th was a hit with everyone. Several P.R.'s were recorded with Debbie McKinney and Scott Watson the winners. Over juice and donuts in the Redmond Library a unanimous decision was reached to stage a similar event in the spring. One item to be addressed is whether the handicap should be reduced to 95-98% of the difference between runners. This would "righten-up" the finish and have a greater "evening" effect. Please give the race committee your comments.

Women:

Debbie McKinney (46:00 P.R. 10K)
 Donna Mae Watson
 Barb Meiser

Men:

Scott Watson
 Rick Schweitzer
 Kerry Lawrence (46:57 P.R. 10K)

Due to the staggered start we do not have accurate elapsed times for the Club Championship unless the runners kept their own times.

GENERAL MEETING - Christmas Meeting - December 16th (note location change)

Sweatshirts - Fast Lady Sports will be offering ESR logo sweatshirts on an order basis at the General Meeting December 16. Due to set-up costs these sweatshirts can only be economically ordered in a group so it may be some time before the sweatshirts are available again. See Marilew at the meeting or call Fast Lady Sports.

GENERAL MEETING - December 16 - Christmas Food Basket Donations

The club is asking all members to bring a donation of food items to make a Christmas dinner available to a needy family. The Board has voted to use club funds to buy the main course but we need non-perishable soup, nuts, salad materials, desserts, etc., for Christmas dinner and food items for other meals.

TESTING PROGRAM

Jeff Ingman brought up an idea for regular fitness testing to obtain feedback on the effects of training, diet, food supplements, etc. He thought that people interested might be tested for: height, weight, flexibility, body fat, heart recovery rate, blood pressure. If club members are interested in starting a program like this please call Jeff at 8273150 (evenings) or 285-3200 (days).

LONDON MARATHON TOUR

Applications allocated to Northwest runners are only available from TAC Holidays, a travel agent. 12 day charter tour - \$1,099 includes airfare, hotel, breakfasts. Call Sharon Olito, 248-3800 - TAC Holidays. April 9 - 22, marathon April 17. Entry guaranteed. **Note:** TAC Holidays is not affiliated with the Athletes Congress.

P.R.'s and AWARDS

Seattle Marathon:

Barb Meiser 3:45:44 (P.R.)	John Martin 2:46:52 (P.R.)	John Meiser 3:23 (P.R.)
Les Soule 3:00:10 (P.R.)	Paul Orcutt 3:37 (P.R.)	Debbie McKinney 3:56:04 (P.R.)
Ann Weinmann 3:48 (P.R.)	Fred Weinmann 3:13 (P.R.)	Christa Friedrich 4:43
Pete Wiedemann 3:06		

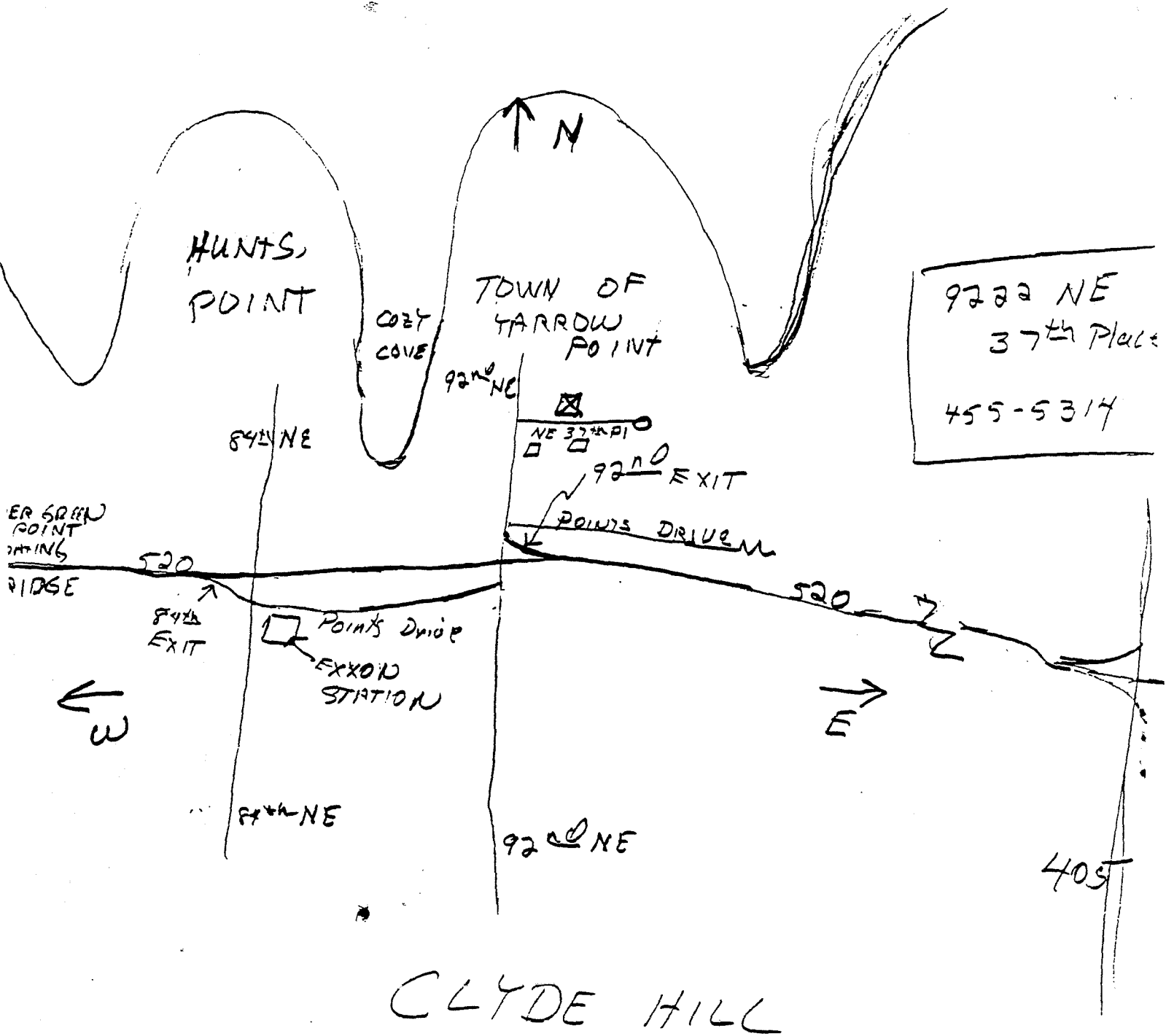
Badger Mountain Bean Run (30km) / Ultra-Bean (50km)

Ultra-Bean: Harlan Nelson 1st Place	3:57 (P.R.)	Fred Weinmann 2nd Place	4:15 (P.R.)
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Bean Runs:

Dwight Reed 3rd Pl., 1st in Div.	1:46:21 (PR)	Dave McKinney 4th Pl, 1st in Div.	1:46:27 (PR)
John Martin 5th Pl., 2nd in Div.	1:47:30 (PR)	Steve Martin 3rd in Division	2:06:45 (PR)
John Meiser 4th in Division	2:07:20 (PR)	Paul Orcutt	2:23 (PR)
Barb Meiser 3rd Pl., 2nd in Div.	2:27:46 (PR)	Kerry Lawrence	2:39:50 (PR)
Debbie McKinney and Ann Weinmann - Tie for 3rd in Division	2:39:50 (PR's)		

Christa Friedrich won the 3rd Place ribbon in her age group for the three Sri Chinmoy races (4, 6, & 8 miles).



EASTBOUND 520

- a) TAKE 84th EXIT (1st AFTER FLOATING BRIDGE)
- b) AT STOP SIGN GO STRAIGHT AHEAD ON POINTS DRIVE
- c) LEFT ON 92nd
- d) ± .3 MILE - RIGHT ON NE 37th PI
- e) 1st HOUSE ON LEFT

WESTBOUND 520

- a) TAKE 92nd EXIT
- b) RIGHT ON 92nd
- c) ± .2 MILE - RIGHT ON NE 37th PI
- d) 1st HOUSE ON LEFT