

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

#82-6

CALENDAR

Nov 4	Thurs	7:00 P.M.	Pizza & Beer	Pizza King Rest., Redmond
Nov 6	Sat	11:00 A.M.	Badger Mountain Bean Run	
			Seattle Marathon Warmup-Help wanted, details below.	
Nov 11	Thurs	7:00 P.M.	Board Meeting	
Nov 20	Sat	10:00 A.M.	Club Championship	Redmond City Hall
Dec 2	Thurs	7:00 P.M.	Pizza & Beer	Redmond City Hall
Dec 14	Tues	7:00 P.M.	Board Meeting	
Dec 16	Thurs	7:00 P.M.	Christmas Party	Kirkland Public Library
Dec ?			Cross Country Ski Trip	Details below.
Feb ?			Ski Trip	
Apr 10			Falls to Gasworks	

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	
Social Committee	Jan Lawrence	455-9345
	Debbie McKinney	827-5751
Membership Com.	Harlan Nelson	641-9696
	Marilew Nelson	641-9696
	Lynnie Ford	??
Newsletter	Kerry Lawrence	455-9345
	Paula Coblantz	455-5314

PRESIDENT'S MESSAGE

As we start another year as Eastside Runners I would like to take a moment to reflect on the past year. Under the leadership of Harlan Nelson, the Board of Directors, committee members, and with the tremendous response and help from the membership, ESR made tremendous gains toward our goals. We can all be proud of what we have accomplished.

With our 130 members, ESR is now well established in the running community. The new Board is working in all areas to make the club even better. I invite you to call me with any suggestions to make ESR more enjoyable for you. This is your club, be an active member. ESR cares what you have to say.

See you on the roads,

Ron Van Ryn

CLUB NEWS

Christmas Party

The speaker at our Christmas Party/General Meeting on December 16 will be Nancy Healy of the University of Washington Department of Kinesiology who will speak on the topic of The Philosophy of Running which will include sections on strength training and running training techniques.

ESR Thursday Night Runs

The onward march of the seasons has made October 14th the last of the Thursday night runs for 1982. For the rest of the rainy season we will have runs on Saturday mornings at 9:00. As usual the runners will assemble at and return to the Sammamish Slough Trail at the south end of Redmond City Hall. After the run, meet at Sweetwater's for breakfast.

Falls to Gasworks

We have now begun the big job of organizing the first Falls to Gasworks run. A special Race Committee and several subcommittees have been established to pull it off. More volunteers are needed now to do the work coming up in the next months. Volunteers can make themselves known to the Race Director, Dwight Reed (8855092).

Bylaws

The officers of the club are now working on a formal set of Bylaws for the Club. Barring unforeseen circumstances they should be ready to discuss and adopt at the Dec. 16th general meeting.

Ski Trip

The Social Committee is considering a combined Nordic-Alpine ski trip to Mt. Bachelor for February, 1983. If you have comments or suggestions please contact Jan Lawrence or Debbie McKinney.

For those interested in Cross Country Skiing (or wanting to learn) we're getting an informal group together between Christmas and New Years in Winthrop, Washington. We'll be staying at the Winthrop Inn (\$34.00 per night) and doing some skiing at Sun Mountain. We've found a great, one day cross country trip from the top of Sun Mountain to Twisp (about a 15 mile trip). For details call Jan Lawrence.

PERSONAL RECORDS

Barbara Meiser	46:53	Thursday Night Run
Dave McKinney	2:39	Portland Marathon
John Meiser	3:32	Tacoma Marathon
Alice Tagares	1st in division	Tacoma Marathon
Paul Orcutt	3:38:50	Tacoma Marathon
Dave McKinney	34.17	Auburn 10K

If we've overlooked any PR's, please call Paula Coblantz so we can get yours in the next newsletter.

EVENTS

Nov 6
11:00 A.M.
30Km/50Km

Badger Mountain Bean Run
A good Seattle Marathon warmup or a consolation for those who elect not to run in Seattle. For race application and information call Steve Martin: home - 827-6886 or work 764-3625. Rendezvous at La Cocina restaurant, 1650 Grant Road, East Wenatchee between 7 and 9 P.M., Nov. 5, evening before the race. Check with Steve for carpool organization.

Nov 20
9:00 A.M.
10 Km

Eastside Runners Club Championship
PRIZES !!! Handicapping !!!
Here is a chance for the less-than-stellar performers to compete with and win a race and prizes against their more celebrated brethren. Handicaps will be based on your best 10 Km time recorded since January 1, 1983. This will be a CHAOS to BIZARRE event. For those not familiar with the term it stands for Co-ordinated, Handicap, Assessed Orders Start to Boy Is Zis A Real Race Ending. The idea will be to stagger the start of each runner according to his or her handicap so that ALL runners will finish at the same time if they run their handicapped time. Prizes will be given to the first three male and the first three female finishers to cross the finish line. The prizes will be gift certificates to Sweetwaters Restaurant, which is located in Redmond. First Place is \$20. Second is \$15. Third is \$10. Coffee and Donuts will be provided at the end of the race by the club.

For more details or information contact: Dave McKinney at 827-5751 or Dwight Reed at 885-5092 with your 10K P.R. by November 15.

MEMBER'S CORNER

It was so simple to decide to start training for my first marathon when my training schedule consisted of only a couple of slow miles every other day. At that time jogging was fun, it was easy, and it was chic. It was something I enjoyed doing and caused no pain. The chronic tired muscles, the obsession with weekly mileage quotas, the lack of time for anything outside my running life - all of that was unheard of and, as far as I knew, non-existent. The training process was going to be enjoyable. Somehow I always pictured my long runs in idyllic days with the nip of fall in the air and myself gliding fluidly over country roads dappled in autumn sunshine. Unfortunately, it took only a couple of months of gray skies, rain and complaining muscles to realize the marathoner's realm is not so easily penetrated.

According to a survey taken a few years ago by a popular running magazine, over half of the marathoners polled felt that getting into and remaining in shape for a marathon actually required a major switch in life-style patterns. I've found for myself, as the mileage continues to creep up each week, that those runners were absolutely right! This training, which has in the past year taken me through incalculable callouses, blisters and sore muscles, blackened toenails, back problems, runner's knee, shin splints, and a stress fracture, has definitely created a change in my life.

As training continued and the weeks passed, I began to realize that running was becoming the focal point of my days. I now looked on my job, one I previously enjoyed, as in imposition and simply a means to pay for new running shoes and all the running accessories I suddenly found impossible to live without. I began to lose contact with my non-running friends who tired of listening to me talk about running and found that my husband (a recent convert to marathoning) and I spent most of our discussions talking about our respective training schedules or the articles appearing in the latest running magazines rather than normal husband and wife conversation about everyday things.

In short, if I wasn't on the road running, I was thinking, reading or talking about it. Now, at 50 miles a week and only 6 weeks away from the marathon, the focus on running has become even more intense. Social activities during the week are mostly non-existent and on weekends are carefully arranged around my weekly long runs. For example, no activity too strenuous (a 10 km race is about the limit) or too much partying the day before the long run is tolerated. And then, of course, nothing can be scheduled for the remainder of the day after the run since it is impossible to move me off the couch once I've settled down to recuperate from the trauma.

Looking back over the past months, in all honesty, I must admit this training is far more time consuming and demanding than I could ever have anticipated. But, as with all things, that which is strived hardest for is also the source of greatest satisfaction. And the wonderful part of the whole experience is that the marathon is a very personal goal obtainable by the gifted runner and the less talented runner alike. Each person is given the chance to perform to his/her full potential, and how well each will ultimately do is directly related, within the constraints of natural ability, to the amount of time, effort and self-pride the runner is willing to give exclusively to him/her self.

Debbie McKinney

VICE-PRESIDENT'S MESSAGE

If road-races were cast like movies, I would be an "extra". Being a back-of-the-pack runner I try to represent the average (hopefully) runners in this world and it's to them that this message is addressed.

The first Thursday night Jan and I came to the "fun" runs of ESR I heard two runners discussing how they wanted to take it easy and only run six miles in 40:00 minutes or so. My best time was closer to three digits. But Jan found several runners near our level and I soon knew that the two great runners who had fed my insecurities were people I could always count on to be at the finish line cheering when I staggered in and who were always truly interested in how my training was coming.

EST has some great runners, a lot of good runners, and a solid core of fun people. The club doesn't support a running team of our elite, it supports the enjoyment of friendship and good times in an active, interested group.

Maybe someday I'll break through the middle-of-the-pack, but I know it won't increase the enjoyment I get from the club, and I hope that other people who run my pace will keep joining the club and keep me company.

Kerry Lawrence

RUNNING PARTNERS

If you have a regular run and would like a partner or are just looking for a partner we would like to let the club know.

MEMBERSHIP INFORMATION

PURPOSE: To serve the Eastside in areas that promote health and fitness through participation in social and running activities.

GOALS:

- 1) Social functions for club members and guests;
- 2) Promote health and fitness in the community;
- 3) Increase participation in running in the community;
- 4) Provide educational opportunities through clinics, speakers, etc;
- 5) Provide competitive opportunities for members;
- 6) Raise funds for club activities.

DUES: Single membership - \$5.00 per year; Family membership \$7.50 per year. Membership includes newsletter.

UNIFORM: ESR uniforms may be ordered through Fast Lady Sports in Bellevue - call Merilew Nelson at 641-9696

CLUB ROSTER

We are in the process of compiling an accurate, up-to-date roster of all ESR members. Please review the enclosed copy of our current mailing list and phone Paula Coblantz, 455-5314, with any corrections, changes or additions. The completed roster will be mailed with your next newsletter.

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.

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 _____

EASTSIDE RUNNERS
C/O FAST LADY SPORTS
14310 N.E. 20TH ST
BELLEVUE, WA 98007



Stephen Martin
12819 N.E. 108th Pl
Kirkland, WA 98033