

May '82



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President- Harlan Nelson  
Editor - Some unsuspecting soul

Volume I.  
Issue 3 (I think! )

President's Message..

First of all I would like to greet ESR's newest members; the Bruce and Alice Powell family and Sharon Carlson. Welcome to ESR's, and we hope you will join us in the fun and activities ahead.

Secondly, I would like to answer the question of where has the newsletter been? Would you believe I left the draft copy in my top drawer of my desk at work? The real honest answer is that some of us have gotten together and are looking ways to improve both the frequency and content of the newsletter to make it more useful and helpful to the membership of ESR. People have come forward and have offered their help and expertise in accomplishing this objective. If there is anything you would like to see in the newsletter that is important to you and might be important to others please don't hesitate to let somebody know. We want to know if we are reaching the needs of the members. So please bear with us abit longer and you should be able to look forward to an informative and interesting newsletter.

A final note. If you have a chance to run in one of the Sri Chinmoy sponsored runs in this area, take part in it. I am not advocating their philosophy nor am I a member of the group. I have just found them to be well organized and very pleasant outings. They do have one aspect of a philosophical approach to running that I found particularly interesting and meaningful. It goes something like, "do not try to beat the other person, but rather compete with your self". I think it means that the person who finished 20<sup>4</sup>th and got a PR may be happier and deservedly so than the person who finished 20th and was off their pace. I would be remiss if I didn't tell you they serve great food afterwards.

Good running,

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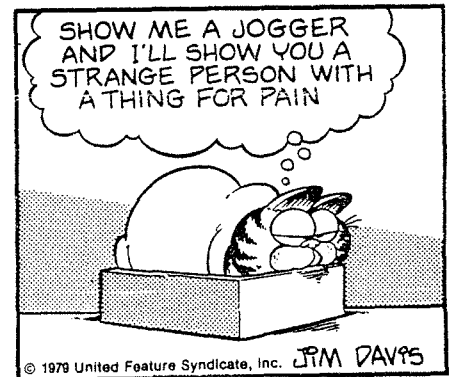
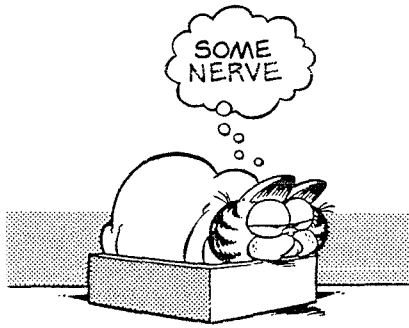
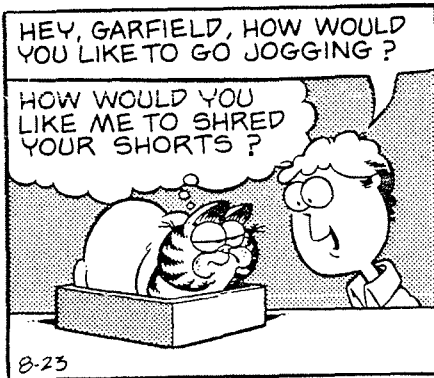
DON'T FORGET!!!!!!! ANOTHER EXCITING GENERAL MEETING.....  
Monday - May 24.....Kirkland Library... 7:00..Be there or be square!  
Interesting, unusual and informative group panel.  
(If you receive this after the meeting, hope you were there!)

KUDO'S.....

It's that time that we give a little credit for credit that's due! Sandra Caldwell won a divisional class at the Sri Chinmoy race in Redmond. George Emerson set a personal best in the Northwest Masters 15k run. I'll consider it a personal best just to qualify for the masters division. We have to take his word on this but, Dwight Reed claims to have won the Orcas Island Family Fun Run. That's right. Since I was present when he swept the field at the ever popular Badger Mountain Bean Run in Wenatchee I will accept this as fact and say congratulations to all of you for fine efforts in something we all enjoy. The Orcas Island Family Fun Run..???????

UNII's....

Want to be recognized? Like a little cheer at about the 4 mile mark? Get an ESR uniform and wear some or all of it at the fun runs in the community. I wore mine at a run up in Vancouver, BC and someone in the crowd yelled "GO ESR". It could have been one of you out there and I appreciated it very much. It certainly helps to break the "ice" and many of us can get acquainted out there. They are available at Fast Lady Sports in Bellevue.



POTLUCK.POTLUCK.POTLUCK.POTLUCK.POTLUCK.RUN.POTLUCK.POTLUCK.POTLUCK.

You are all invited to another exciting "ESR SOCIAL EVENT". This one is going to be spectacular...

Now get your calendars out.. Mark JUNE 12, Saturday.

There will be a "guess your time" run with a 25¢ kitty going to the closest guesser on your choice of a one to 7 mile run. This will start at 3:00 at Dwight and Barb Reed's house.

This will be followed by various activities (stretching, moaning, groaning) and volleyball and dinner at 5:30. Please come to the dinner even if you cannot make the pre-dinner activities.

RSVP (in other words, get off your buns and call)

Barb or Dwight -885-5092. They will give you your food assignment for the night and directions to their house at:  
21627 NE 133rd, Woodinville

SEE YOU THERE!!!!

Toss Salad

And now some words from our man on the scene\*\*\*\*GEORGE EMERSON\*\*\*  
Race Director ESR

LILAC BLOOMSDAY 1982.....

The 1982 Lilac Bloomsday run was not a race. It was a happening. How can a person be nervous about running a good time when there are 24,000 other runners. The only thing I worried about was not getting trampled to death. I realized right away that the race belonged to the many highly elite runners that came from all over the country and other countries to compete in this event. I also realized that there are advantages to being in with the thundering herd and being able to really see all the different running styles and different levels of competition.

Besides being run in perfect weather (55<sup>c</sup>-60<sup>s</sup>) the organization that puts the race on leaves no room for foul-ups like the ones that constantly plague the runs in the Seattle area. It is organization at its best. At one point there were 1,000 people finishing every minute and it went smoothly.

I am sold on the "Lilac Bloomsday" and I will run it again even if I am on crutches. Here's to Bloomsday '83.

AN INTERVIEW WITH HENRY RONO ( THE WINNER ) also by George

One of the highlights of my "Bloomsday" trip was being able to get a personal interview with the holder of 4 world records, Henry Rono. Henry holds the world records for 3,000 meters, 3,000 meter steeplechase, 5,000 meter and the coveted 10,000 meter run.

Henry told me that the 7.5 mile race was hard for him because he is geared to racing the 6.2 miles and the extra 1.3 miles means he has to pace himself differently. He is doing 75 to 80 miles a week which is low for him. He says the normal is 120 to 140 miles per week.

I asked Henry if he was thinking about running the marathon and he told me he was going to concentrate on the 5,000 and 10,000 for the 1984 Olympics. I asked Henry what he thought of Alberto Salazar. His answer was that Alberto was a very gifted athlete. I guess it takes one to know one and Henry Rono is certainly a very gifted athlete.

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A View from the Anonymous Mid-Back of the Pack Runner

I label myself as Mid-Back rather than just Back of the Pack purely for my own personal edification. I am one of those who make all you up in front look so good. What would you do without us?

I just ran the Viking Fest Run in Poulsbo on May 15 and thought I'd share a few thoughts. It's an interesting 5 miler that this year attracted over 400 runners. They don't give you numbers, just name tags. Poulsbo is a small town but every year at Viking Fest time, it grows by thousands. All these thousands (well, maybe it was just hundreds) line the finish, which goes right through their downtown, and yell their Nordic

lungs out.

Anyway, I chose this illustrious race for my debut into the racing season. My other half who never runs unless he thinks he is getting fat, also ran with me. When I say never runs, I mean never. We ran this one together, this being his first race ever.

Well, of course, he felt great! I felt like I had been run over by a truck, not one of my better races. It follows a up and down, low, little hills course which is really pretty. By three miles, my prayers were increasing.

I did finish in a pretty good time but all I remember is as you come into the finish, there was this hill going down into the downtown. I could just see myself tripping as I went down this hill and all those Nords trying to revive me with Lutefisk.

I'm looking forward to my next race--I'm sure it will be better. I just wanted to share this so that all of you will know that yes, even mid-back of the pack runners have a bad day. See you at the races.

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NOW WE MUST NOT FORGET OUR "RUNNING SHORTS".....

Every Thurs. Night- Redmond City Hall- 1k to 10 k with the ESR. 7 PM

Lots of fun. Timed. Pizza and getting to know each other after.

June 6 - In San Francisco, The Avon Women's International Marathon is being held. A group of women from the Eastside including some from ESR are going down for this big event. If you're interested even at this late date call Fast Lady Sports - 641-9696 for more info.

June 12 - The Potluck, of course but also the Run Free run which supports King County Rape Relief. It starts at Lake Wash. High School and goes in the Bridle Trails area. Forms at Fast Lady.

June 27- Cascade Run-Off down in Portland. A 9 miler which attracts many superstar runners and includes a runner's trade fair. A number of members are going and if you would like more info call, you guessed it, Fast Lady Sports.

June 27 - If you prefer to stay in town that day, The Summertimes Run is also being held on June 27. A 10 k that goes through downtown Bellevue. Always very popular.

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A couple last notes:

, We are working on a banner to put up at Eastside runs so that people in the club can meet together to chit-chat, etc. The banner will let you know where we are. Hope to have it soon.

As you can see, the quality of this newsletter is extremely high but we do accept anything (within reason) that you feel would be of interest to the club or that just might make us all giggle, please contribute. You can leave all your contributions at Fast Lady Sports- 14310 NE 20th. (Believe me, we'd welcome anything, even a new editor!)

Respectfully (sort of) submitted,  
Lynn Ford -membership chairman  
#####, #####, editor

Queen 12th - walk, turn  $\square$  up long hill  
down,  $\square$  (Avenue),  $\square$ , go left,  $\square$  onto 132nd.  
go 1/4 mile,  $\square$  133rd, go 1/4 mile up 133rd.



Stephen Martin  
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