

Aug 82



PRESIDENT'S MESSAGE

Has it really only been a year ????? It's been said that time flies when you're having a good time and I guess this applies to my term as President of Eastside Runners. It has been busy, but also very rewarding. The club has grown from a mere 5 or 6 people to nearly a standing room only situation at our general meetings. The newsletter is actually in demand now with many of you looking forward to the next issue. Some are wondering if there really is a newsletter as well. Believe me, these issues are being looked at very hard and improvements are in the very near future. ESR has helped numerous small groups and communities in putting on runs and through these activities have earned the funds to offer you something extra for your membership.

For the improvements and suggestions that have been offered, I owe many people alot of thanks, especially the board members who have given a great deal of their time and energy. So, keep in touch and come to the next meeting and see what we are planning for all of us.

WELCOME TO THE CLUB:

New memberships keep coming in weekly and since the last newsletter we have added 18 to the roster.

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| Jan Barnsley | Clyde & Imogene Scott |
| Susan O'Malley | Richard Sweitzer |
| Ardell Fromm | Phillip & Sharon Kearns |
| Christine Gardner | Paul Orcutt |
| Jeff&Donna Taylor | Wendy Pearson |
| Betty Smallman | Lisa Cowden |
| Joseph McAree | Andy Aston |
| William Pence | Jacqueline Taylor |
| John Martin | Isabelle Opperman |
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RUNNERS IN THE NEWS:

- Mt Si Marathon- Dan Clark of ESR finished 3rd overall; 1st in division.
 ERA run- ESR's Dwight Reed finished 1st in age group.
 Shore Run- Corporate team (Fast Lady Sports) made up of ESR's, 4rth place.
 College Inn Stampede- 2nd place corporate team, Fast Lady Sports and her ESR's.

If you have done good, send a postcard anonymously to me c/o Fast Lady Sports and we will print it. You deserve it!

editor: Harlan Nelson
 President ESR

THURSDAY NIGHT RUNS:

I remember being the only one there at a couple of these and I'm sure there are some other members out there that remember being alone as well. Now there are 20, sometimes 30, and I have heard at least 40 runners. Is it the pizza and beer afterwards?, or is it the socializing?, maybe the planning of future events for group participation such as the Baker to Bellingham relay. Whatever it is, let's keep it up! 7pm at the Redmond City Hall, on the trail.

OFFICIATING and STUFF:

The Race Committee could use your help. No experience needed. ESR is in charge of the finish line at the Juanita Bay 5mi Run in Kirkland, August 15th. Call Ron VanRyn 821-5370 or Steve Martin 827-6886 eves. 10 to 12 people are needed for this event. This type of service is an important money raising activity for the club and alot of fun to boot. Come give them a hand.

A BIG ONE:

You expressed your interest at the general meeting and the board accepted the offer of support for the 6th Annual "Red Brick Road Half-Athon".

Read:

GOOD NEWS:

Monday, September 6, 1982

Experience is another word this race has earned. Now in our 6th year, we have faced all the major "glitches" that a race can bear. The 1982 race offers an experienced management team, SPORT SOURCE/SEATTLE and a course management team of the EASTSIDE RUNNERS. Our goal is quality.

That's right. ESR. That's us! We will provide that quality. We also will need about 40 to 50 ESR's to achieve this goal. If you are interested in helping or at least feel a sense of responsibility to ESR please put this date down on your calendar;

August 9th, 7:00pm
Lake Hills Library
152nd Lake Hills Blvd
Bellevue

We will be rewarded for this supporting role by the race sponsors and are planning a social get together following the run. Looks like an entire day of fun. We will discuss ESR's role in the run and form committee's at the meeting.

IMPORTANT DATES-MEETINGS-EVENTS

Aug 9th----See above. See you there.

Aug 15th---Help!! Juanita Bay 5mi Run. Call Ron or Steve.

Sep 6th----Red Brick Road 1/2athon and ESR picnic.

where: Dennis and Jane VanRyn's

10813-132nd Ave NE

Kirkland

RSVP at 822-7856

3:00pm until bar closes

club will provide beer and wine and rest potluck.

Sep 27th---General Meeting. Redmond Library Meeting room, 7:00pm. This will be for the ELECTION of new officers and board members for the next year. Don't hide your talents! Also film and slide highlights of the AVON INTERNATIONAL WOMENS MARATHON. ESR was there!.

Marathons, Ultras, and Other Endurance Events

August

Sun, Aug 1 7:30 am	3rd Sri Chinmoy Triathlon, 1 mi swim; 20 mi bike; 6 mi run	\$12-7/16;T	north end Elk Lake, north of Victoria, BC	SCC Triathlon, 1821 Fairfield Rd, Victoria, BC V8S 1G9, (604) 592-6942; (604) 592-6211
Sat, Aug 7 9 am	Ride-Row-Run Relay	\$25		Anacortes P & R Dept, Box 547, Anacortes, WA 98221, Russ Pittis, 293-4541
Sat, Aug 7 9 am	Crater Lake Rim Marathon plus 13.1 mi; 6.7 mi	\$7	Crater Lake National Park, OR; scenic, very hilly, at elevation; unpredictable weather	Bob Freirich, (503) 884-6939, Crater Lake Rim Runs, 5830 Mack Ave., Klamath Falls, OR 97601
Sun, Aug 8	Sumner Triton Triathlon		Sumner HS, Sumner, WA	
Sat, Aug 14 6-10:30 am	Poc-A-Lung-With-Us Road Runs, 26.2 mi; 13.1 mi; 10 k; 5 k; 1 mi	\$3	St. Elizabeth Community Hospital, Baker, OR; basically flat	Phil Brown, (503) 523-6461; St. Elizabeth Comm Hospital, Box 766, Baker, OR 97814
Sat, Aug 14	US Triathlon Series, 2 k swim; 35 k bike; 15 k run	\$25;T; enter 2 wks before	Portland, OR	USTS, (916) 758-9868, Box 308, Davis, CA 95617, Jill Merriman, Portland, 800-547-8851
Sat, Aug 14	Superman Triathlon			
Sun, Aug 15 10 am	Mason Lake Biathlon, 800 yard swim; 7 mi run	13	Mason Lake, near Belfair, WA	584-8610
Sun, Aug 22	International Triathlon Circuit: 2 mi swim, 65 mi bike, 13.1 mi run		Seattle	Jim Theiring, (408) 267-3700
Sat, Aug 28	US Triathlon Series, 2 k swim; 35 k bike; 15 k run	\$25;T; enter by 2 weeks before	Redmond, WA	USTS, Jim Curl, (916) 758-9868, Box 308, Davis, CA 95617, Artis Bow, Seattle, 821-3337

September

Sat, Sep 11 8 am	Spokane Marathon plus 10 mi	\$5;T	Joe Albi Stadium, Spokane, WA; scenic, some hills, out & back	Bloomsday Road Runners Club, Box 645, Spokane, WA 99210, Ken Hinds, (509) 928-1437
Sun, Sep 12 8 am	Nike Marathon		Hayward Field, Univ of Oregon, Eugene, OR; flat, out & back	Jerry Settlemeyer, Nike Marathon, Box 10412, Eugene, OR 97440
Sun, Sep 12 7 am	3rd Coors Triathlon, 1 mi swim; 55 mi bike; 13.1 mi run	\$10-9/5; T; no DOR	Millersylvania Park, Olympia, WA	Dave Dethlefs, 491-3463; Mike Ritchie, 491-4206
Sat, Sep 18 8 am	Royal Victoria Marathon	\$6-9/1; no DOR	Beacon Hill Park, Victoria, BC; 2 loops on scenic Marine Dr., hills	Alex Marshall, (604) 479-6084; 386-7511; YM- YWCA, 880 Courtney, Victoria, BC
Sat, Sep 18	Lewis & Clark Trail Marathon, 26.2 mi cert		Manhattan, Montana	
Sun, Sep 19 8 am	DariLite/Green Lake Biathlon, 300 meter swim; 7 k run	\$7;\$8 DOR;T	Evans Pool, Green Lake, Seattle; run on streets	Greg Olsen, 523-3630; Jock 'n Jill, 522-7711
Sat, Sep 25 9 am	Skagit Flats Marathon, 26.2 mi cert	\$8-9/10; \$10 DOR;T	Burlington-Edison HS, Burlington, WA; flat loop, scenic, one tiny hill	Skagit Runners, Box 852, Mount Vernon, WA 98273, 424-9258
Sat, Sep 25 8 am	Indian Summer Marathon	\$7-9/17; \$9 late	Skyline HS, Idaho Falls, Idaho; flat, out & back	YMCA Indian Summer Marathon, 130 N. Placer Ave, Idaho Falls, ID 83402
Sun, Sep 26 8 am	Fast Run on the Bank, 26.2 mi cert	\$10;DOR ok	South Albany HS, Albany, OR, near Portland; flat, double loop	David Bakley, (503) 928-4710, 3707 S. Oak, Albany, OR 97321

October

Sun, Oct 3	Tacoma Marathon, 26.2 mi		Tacoma, WA	582-0560
Sun, Oct 3	Portland Marathon, 26.2 mi		Portland, OR	(503) 226-3873
Sat, Oct 9	Le Grizz Marathon, 50 mi		Seeley Lake, Montana	(406) 677-2661
Sun, Oct 10	Yakima Valley Marathon, 26.2 mi		Yakima, WA	(509) 697-4537
Sat, Oct 16	Athens Int'l Marathon, 26.2 mi		Marathon, Greece	322-2375; 323-0731 (Seattle)
Sat, Oct 16	Big Onion Marathon, 26.2 mi		Walla Walla, WA	(509) 529-9550
Sat, Oct 23	3 Rivers Marathon, 26.2 mi		Richland, WA	(509) 586-4181
Sun, Oct 24	Ultra Marathon, 50 k, 50 mi		Mt. Vernon, WA	445-5191
Sat, Oct 30	Les Bois Marathon, 26.2 mi		Boise, ID	(208) 345-5346
Sun, Oct 31	Richmond Flatland, 26.2 mi		Richmond, BC	(604) 277-1157

November

Sun, Nov 7	100 Valleys Marathon, 26.2 mi		Roseburg, OR	(503) 672-8443
Sat, Nov 27	Seattle Marathon, 26.2 mi		Seattle, WA	522-7711

December

Sun, Dec 12	Honolulu Marathon		Honolulu, HI	Box 27244, Chinatown Station, Honolulu, HI 96827, (808) 734-7200
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August Road Racing

Friday, August 13

CCTC Esther Short Park Run	5.9 mi; 2 mi	7 pm	\$1	8th & Columbia, Vancouver, BC; flat, paved	Mike Crang, 345-6551
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Saturday, August 14

Claymore 49'er Run				in Bellingham, WA area	Jim Hyder, 332-8380
Pepsi Peter Iredale Beach	5 mi; 2 mi	9:30 am	\$4	Ft. Stevens State Pk, Warrenton, OR, near Astoria	Willis Van Duson, (503) 325-2362
Miracle Run	10 k; 2 mi	9 am	T	Tualatin City Park, Tualatin, OR, near Portland	Deborah Briceland, (503) 225-7888, Donor Program, Box 532, Portland, OR 97207
West Salem Festival Run	7.3 mi; 2 mi	8 am	\$5.50; \$6.50 late; \$2 no T	8th & McNary, Salem, OR	Chuck & Mary Evans, (503) 363-3669
Poc-A-Lung-With-Us Road Runs	13.1 mi; 10 k, 5 k, 1 mi	6-10:30 am	\$3	St. Elizabeth Hospital, Baker, OR; flat; also marathon	Phil Brown, (503) 523-6461; SECH, Box 766, Baker, OR 97814

Sunday, August 15

Chili and Beer Run	10 k; 5 k	10 am	\$5-8/1; DOR ok	17395 57th Ave, Cloverdale, BC	Surrey Beavers Athletic Assn, (604) 536-3893
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Wednesday, August 18

Watermelon Runs	5 mi; 1 mi	6:30 pm	\$3	Ft. Steilacoom Park, Tacoma, WA	FSRC, 584-8610, 475-4434, Box 1726, Tacoma, WA 98401
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Saturday, August 21

Maritime Halfathon	13.1 mi	10 am	\$6	Civic Field, Bellingham, WA	Bellingham Parks, 676-6985; 210 Lottie, Bellingham, WA 98225
Over-the-Dam Run	10 k	6:30 pm	\$6-8/14; \$7 DOR; T; 500 max	Grand Coulee Dam, Grand Coulee, WA; loop, paved	Margaret Scharbach, Box 255, Grand Coulee, WA 99133

Sunday, August 22

Summer Cross Country Run	4 mi			McQueens Lake, Kamloops, BC	Doug Smith, (604) -3401
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Saturday, August 28

Monroe Fair Days Run	10 k	9 am	\$5; \$3 DOR; no T	Lewis Street Park, Monroe, WA; flat, very fast loop; scenic, little traffic	Dolly Hunnicutt, 794-8819, M.F.D.R., General Delivery, Monroe, WA 98272
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Sunday, August 29

Liquid Sun Run	10 k	9 am	\$7; no DOR; T	Group Health Hospital, Redmond, WA; small hills	Paul Temple, 326-6209
Bunson Burner Club Team Event	12 k				John Taylor, (604) 939-1775, West Coast Striders

September Road Racing

Saturday, September 4

6th Mike Cychosz Runs	10 mi; 2.6 mi	10 am	\$6;\$3 no T	Lake Padden Park, Bellingham, WA; east entrance	GBRC, Box 683, Bellingham, WA 98227; Francie Gass, 671-1993, 676-6985
V.O.C. All-Comers X-C Schweitzer Summer Run	13.1 mi; 5 mi	9 am	\$6	Stanley Park, Vancouver, BC Sandpoint, ID	Rob McKenzie, (604) 228-8830 Box 1353, Sandpoint, ID 83864

Sunday, September 5

Whidbey Island Road Run	10 mi, 5 mi	11 am	\$6;\$8 DOR;T	Coupeville to Oak Harbor; scenic, hilly, along Puget Sound	675-1778
FSRC Banana Split Run	5 mi	2 pm		Ft. Steilacoom Park, north, Tacoma, WA	FSRC, 584-8610, 8506-A John Dover Rd SW, Tacoma, WA 98499
Denman Island Road Race	5.25 mi	12 noon		Denman Island, BC	John Crouch, Comox Valley RR, General Delivery, Denman Island, BC
Prince George to Boston RR	17 mi; 8.5 mi			Prince George, BC	Tom Masich, (604) 564-9528

Monday, September 6

Red Brick Road Halfathon	13.1 mi			Marymoor Park, Redmond, WA; fast loop	Super Jock 'n Jill, 522-7711
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Saturday, September 11

Zoo Runs at Pt Defiance Park	10 k; fun runs	10:30 am	\$7-8/\$1;\$4 no T; no DOR	Zoo parking lot, Tacoma, WA; challenging, hilly course	John Donovan, 564-9622
Big Lake Run	8.2 mi				Jim Guest, 422-7313; Howard Armstrong, 424-4124, Skagit Runners
V.O.C. All-Comers X-C				Stanley park, Vancouver, BC	Rob McKenzie, (604) 228-8830

Sunday, September 12

Women's 7th Int'l Seawall Run		10 am	\$6;DOR ok	Brockton oval, Stanley Park, Vancouver, BC	Champion Sports, Vancouver, BC
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Saturday, September 18

Providence Waterfront Run	10 k	9 am	\$6-9/\$15; \$7 DOR; T	Everett Legion Park; loop course, mostly flat with some hills	Diana Kempf, 258-5575
University Place Run	15 k	9 am			Dick Matzen, 582-0560
2.9 Mile Run	2.9 mi	9 am	\$1; 0.50 kids; DOR only	Driftwood Point Park, near Sumner, WA	Ruggles Larsen, 863-2652
5th Summers End Fun Run	4.8 mi	10 am	\$6;\$2	Mt. Vernon Senior Center; Mt. Vernon WA	Dennis Lind, 336-9414, Skagit C. Parks, Box 42, Mt. Vernon, WA 98273
Annual Walkathon	10 k	9 am		Madison Park, Seattle; fund raiser for the blind	Denise Mackenstadt, 488-0628
3 Rivers Half Marathon	13.1 mi	9 am			Mike Miller, Columbia Basin Racquet Club, 1776 Terminal Dr., Richland, WA 99352
Deutschesfest	10 k; 5 k	8:30 am	\$6;\$7 DOR	Odessa WA	Mark Conrath, (509) 982-2661, Walt Thorp (509) 982-2285

Sunday, September 19

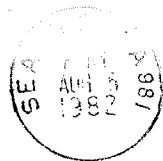
DariLite/Green Lake 10 k	10 k	9 am	\$7;\$8 DOR; T	Green Lake Way Seattle; next to Albertson's; on streets	Greg Olsen, 623-3630; Jock 'n Jill, 522-7711
Woodway Wandering Run	10 k	10 am	\$1.50;\$2.50 DOR	Edmonds City Park; ice cream	Bill Maxwell, 454-1073

Saturday, September 25

Sportswest Women's 10 k	10 k	9 am	\$6-9/\$22; no DOR; \$5 for T	Seward Park, Seattle; 1 hill; women only	Dan Russell, 621-6704
Run for Choice	10 k	9 am	T; DOR ok	Ste Michelle winery, Woodinville, flat course	Janet Pelz, 624-1990
Liederkrantzfest Run	10 k			Centralia, WA (date tentative)	Dave Cuper, 748-3373
Downtown Tacoma Run	4.5 mi	10 am		12th & A St., Tacoma, WA	FSRC, 584-8610
Abbotsford X-Country				Abbotsford, BC	Bill Ross, (604) 859-9540

Sunday, September 26

Sri Chinmoy Half Marathon	13.1 mi			Magnuson Park (Sand Point), Seattle	Steve Berglund, 527-1729, 784-0121, 329-3421
3rd September Shuffle	10 k	10 am	\$5-9/\$17;\$7 DOR; \$5 DOR, no T	near Thunderbird Station, Vancouver, BC	S.S., 1942 W 36th Ave., Vancouver, BC V6M 1K8
Fitness West Fun Run	5 k			West Vancouver, BC	Elizabeth McColl, (604) 926-6914
NCOA Special Olympics	10 k	10 am	\$6;T	Ft. Wright Cemetery & Government Way, Spokane, WA	Gunny Goffinet, (509) 924-3088
Lake Oswego Half	13.1 mi			Lake Oswego, OR, near Portland	



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