

Jan/Feb '82



President's Message

Having served as the Club's President for the past eight months, I have watched with both interest and pride as our Club has grown. During that short period ESR's membership has expanded nearly ten-fold. No longer is ESR a small running club where the faces that assemble at a club function or run are the same on each outing.

Despite the increase in membership, ESR will continue to offer something for runners of all types, whether they are fleet afoot, experienced distance runners, or determined back of the pack fun runners. ESR is not nor will it become an elitist club. Nor is it a club that revolves around the personality of a single individual or a group of individuals. Instead ESR is becoming an organization with a broadening membership base with members with a variety of backgrounds and interests.

The Statement of Purpose for ESR is to offer a supportive environment for people with similiar interests, namely RUNNING as a health and recreational activity.

Clearly the principal strength of ESR's is it's membership and the willingness of so many to help make our club work, prosper and offer new running related activities for our community.. Indeed, of all the memberships recieved , over one half volunteered to serve on club committees or to assist with runs and other events.

During the coming year, we also want more input from our membership. Last years "open meeting" was most helpful in this regard. 1982 will be challenging and rewarding for our members as the Board has put into effect an exciting agenda for club runs and social activities.

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the Board....	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 VanRyn -----	821-5370
	Social Committee	Barbara & Dwight Reed---	885-5092

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membership.... 20 new members. Greetings to all of you. ESR are now up to 100 members.

doings..... BIG DOINGS!!! A Run sponsored by ESR..

We are going to call it the "INFLATION FIGHTER".

when... February 6th

where.. Race starts at 10am, registration 9 to 9:45am  
Sammamish River Trail. Meet at the Redmond City Hall

cost... \$1.99

why?... Because our closets and drawers are full of T-shirts and we're not going to stand for it anymore.

This is a 10k run on a carefully measured course. It will be an out and back loop. Afterwards there will be coffee, juice and donuts provided in the Redmond Library auditorium. There are warm restrooms there as well. Times will be given and recorded and warm congratulations will be handed out. If you have some old T-shirts bring em. We will even have a swap. You can't lose on this run.

We really intend to make this a regular event. To get everyone involved in making a run work well and participate behind the scenes. Also, a chance to meet each other. Bring your friends, children and any one else who would like to find a run for not alot of dough.

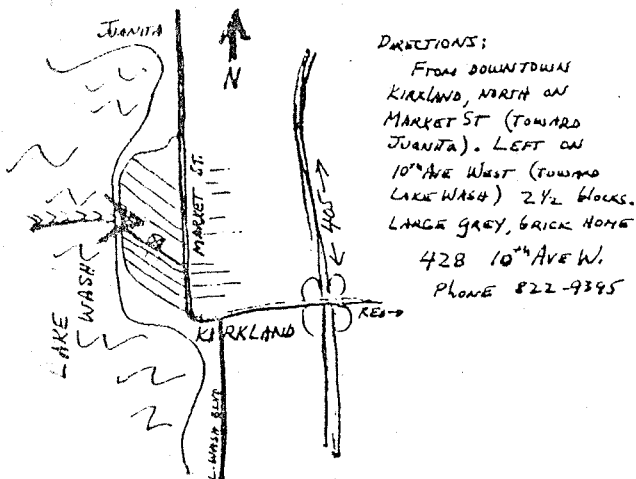
social section.. A party !! For ESR members

February 14th at 7pm until..???

Jim and Carolyn Hitter have graciously invited all of us over to their house following the Mercer Island Half-Marathon. I understand it is a beatifully restored Kirkland historical site. Or was it a haunted house? It's BYOB and casual of course. Put it on your calendar.

Please call Barbara and Dwight Reed for sign-up 885-5092

address.... 428 10th Ave West  
Kirkland



gear..... The official ESR uniforms are here. Get them at  
FAST LADY SPORTS in Bellevue. Cost is \$24.50. They  
really look good.

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runs..... Don't forget our twice weekly sessions for training and  
exercise.  
9am on Saturdays, 1k to 10k, at Redmond City Hall trail  
7pm on Thursdays, 5mi run on 148th. Meet at Grasslawn Park  
in the lower parking lot on 148th.

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GENERAL MEETING\*\*\*\*\*GENERAL MEETING\*\*\*\*\*

WHERE: Redmond Library  
WHEN: 7pm on March 8th  
WHAT: Guest speaker, goodies , and a chance to tell us what you  
would like to see ESR do in the future. A chance to be heard.

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kudos..... Want recognition? We'll give to you!  
Alice Taggares and Lynnne Ford both took part in Marathons  
this year and finished admirably. First time for both I  
should. Dwight Reed won the Badger Mountain Bean Run in  
Wenatchee. A 30k run down a mountain. Prize? A bowl of  
chili and a beer. Steve Martin flew all the way to Hawaii  
to run in the rather esoteric Honolulu Marathon. Then to  
add injury to insult he returns and sets a PR in the Reso-  
lution Run in Seattle. Steve has also provided us with a  
personal look at this...EVENT!!

HONOLULU MARATHON - A FEW PERSONAL OBSERVATIONS (Stephen Martin)

A running experience unlike any other! It was 3:30 a.m. in downtown Honolulu. Several of us from Seattle met in the hotel lobby and laughed at how bizarre it was that the hotel bar was still open - complete with rock music and dancing, while here we were, dressed to run a marathon. We left the hotel and walked about one mile to Kapiolani Park where busses transported us to the marshalling area, Aloha Towers. The walk to the bus was interesting - here were hundreds of runners, quietly walking down Kalakaua Avenue at 3:30 am, and reminding me of an old movie, "Invasion of the Body Snatchers".

After waiting until 5:45 at Aloha Towers, we marched onto the street in groups, arranged according to our estimated marathon completion time. Then, at 5:55, a woman sang the Star Spangled Banner, and like a wave spreading through the crowd, within seconds all of us had joined in. At 6:00, a giant cannon went off and we started running to the accompaniment of an incredible fireworks display and a New Orleans-like jazz band. All of this in the dark of night! and with nearly 8,000 other marathoners (3rd largest in world I believe).

The course went through Waikiki and on out to Diamond Head, then beyond, towards Hawaii Kai. On the way, the people were incredible - waving, exhorting us on, cheering, and you couldn't help but be warmed and inspired. The aid stations had hundreds of helpers, ready to provide iced sponges (a real Godsend), de-fizzed Coke, and water. This we expected, but what we didn't expect was the entertainment at many of the aid stations, including hula dancers and music, Tahitian dancers and music, and Santa Claus and helpers. Truly amazing.

As I went into Hawaii Kai, I saw the leaders and exhorted them on...Duncan McDonald, Eric Stahl, Jon Andersen, Herm Atkins, and Patti Catalano among them.

Then, after the 4-mile sojourn through this housing development (Hawaii Kai), the sun was beginning to exert its effect. By mile 23, near Diamond Head, we were all hot and weary, but we knew that after climbing a long hill to the Diamond Head point, it was all downhill or level (the last two miles!).

Finally, as we entered Kapiolani Park, the excitement mounted as you were aware of thousands lining the last 1/3rd of a mile to the finish. You may have felt like dying, walking, stopping, whatever, but this crowd just wouldn't let you! They cheered and cheered and cheered.

Then, there was the finish line - Thank God! Topped with a kiss and shell lei!

What impressed me too was the care given the runners after they finished. This included: (1) all the defizzed Coke you could drink, (2) people hosing you down with a cool mist (very popular), (3) 30-minute delayed videotape showing you finish, and (4) a quick and easy pickup of your treasured shirt.

People stayed for hours afterwards, cheering the runners in. For five, six, seven, eight, nine, ten, and yes, 11 hours later (when an old, 85-year old Japanese man finished) they cheered. It was incredible.

As the winners said at the awards ceremony (Jon Andersen and Patti Catalano), "This is the peoples' marathon!" After watching Jack Lord present the leis to the winners, (with about 2,000 runners looking on), we walked slowly back to Waikiki and finished our day with a swim and Mexican dinner.

A memorable experience and one I plan on repeating this December.

Steve Martin

(over)

## HONOLULU MARATHON CARBO PARTY

S. Martin

About 2,000 runners attended a carbohydrate-loading party. For \$10.00, you received all the spaghetti and salad you could eat, and beer you could drink. This was fine enough, but there also was a mass T-shirt swap, and I'm telling you, it was WILD! Everyone was trading shirts, with the Aussie and New Zealand shirts in highest demand. People were literally ripping shirts off their backs right and left.

After this insanity, the world-class runners were announced, including Eric Stahl, Duncan McDonald, Grete Waitz, Frank Shorter, and Allison Roe. And the orchestra played a musical tribute to all the marathoners, including the song recorded years ago by Joe Cocker, "You Are So Beautiful". And, finally, the party ended with a dance. Imagine meeting and dancing with people from New Zealand, Australia, Japan, Canada, and Great Britain, and in a new (old) T-shirt no less! (They announced that 33 countries and 47 states were represented.)

This was definitely one of the highlights of the trip!