

**EASTSIDE RUNNERS**  
c/o Fast Lady Sports  
14310 N.E. 20th St.  
Bellevue, WA 98007  
(206) 641-9696

#83-1

### 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
Social Committee	Jan Lawrence	455-9345
	Debbie McKinney	827-5751
Membership Com.	Harlan Nelson	641-9696
	Marilew Nelson	641-9696
	Lynnie Ford	827-7217
Newsletter	Kerry Lawrence	455-9345
	Paula Coblantz	455-5314

### PRESIDENT'S MESSAGE

I am pleased to tell all ESR members that the club is in the best financial condition in its history. The great response we have gotten from our membership in 1982 was a big part of our financial success. I want to thank all those who helped as race workers. Our race committee worked very hard last year to provide the club with much needed income. Without your help we could not have done it. The racing season for 1983 is coming up fast and once again we need your help to make this year better than ever. There are many one time jobs available that require little or no experience and I think you will find them both fun and rewarding. We need several people for the upcoming Falls to Gasworks relay race that ESR is putting a great deal of time and energy into to make it a big success and an annual event. The race has the potential to become one of the major road race events in the Northwest but we need your help! The date is April 10, and we are starting to collect names and phone numbers for race helpers. Please send your name and phone number to ESR c/o Fast Lady Sports in Bellevue. The address is in this newsletter. I hope to hear from you.

Ron Van Ryn

### P.R.'S and AWARDS

**George Emerson** - 50K Winter Run 4:12:00

**Alice Taggares** is nationally ranked in her age group in the 15K distance.

**Caroline Cropp** - 10K Resolution Run 57:10

**Steve Martin** after so many close races broke 40 min. for 10K with a 39:50 at the Resolution Run.

**Barb Meiser** is closing in on your V.P. with a P.R. of 47:02 in the Resolution Run.

**Ron Van Ryn** - 10K Resolution Run 41:01

## ANNOUNCEMENTS

**Incorporation - PNAC Membership - Tax Exempt Status** - - Welcome to the new incorporated ESR. The Club has incorporated as a means of limiting liability of the Club officers and race workers; and in preparation for joining PNAC which should be completed shortly. We are now in the process of applying for tax exempt status and hope to have this completed in February. The Club now has a Board of Directors which selects the four officers. The Board provides overall direction for the Club, the Officers carry out the day-to-day work. New directors will be elected next fall.

**General Meeting - March 10** - - A general meeting will be held at the Redmond Library on March 10 at 7:00 p.m. Yvette Hackman, the nutritionist who writes for the Nor'wester will speak on running nutrition.

**Falls to Gasworks Relay** - - We are already getting inquiries from potential teams. The organizing committee has put in a lot of work and now needs support from the Club membership for course workers. Please call Steve Martin at 827-6886 or Dwight Reed at 885-5092 to sign up.

**U.S. Olympics Womens Marathon Trials** - - This trials will be held on the Capital Cities Marathon course in Olympia in spring, 1984. The club is in contact with the organizing committee and we expect that a limited number of club members will have an opportunity to work the course. The initial indication from the organizing committee is that virtually all people invited to work the course in any capacity will have to be PNAC officials by race time. Any opportunities offered to the Club will be used by the race committee to reward those people who have worked other club races. If you would like to work the trials and are willing to attend an officials clinic please contact the race committee.

**Jasper to Banff Relay - June 11/12** - - This is a 180 mile, 17 leg relay race held in the beautiful Canadian Rockies. The race starts at noon, and last year, the winning team crossed the finish line some 17 hours later (a 5:40 pace). Although ESR doesn't anticipate beating the Canadian Olympic Track Team, we feel this relay could be the "race of the year." Each runner will run a 9 to 12 mile leg. Rumor has it that last year a runner running the 3:00 a.m. leg set a PR - of course, he was being chased by a grizzly bear! Plan to schedule a few days before the race for an ESR hike and spaghetti feed. To sign up, call Kerry Lawrence at 455-9345. First come - first served signups. T-shirts are really neat.

**Emerald City Marathon** - - For those wanting to get together for long runs, plan to meet Saturdays at 1:30 p.m. at the Madison Park Cafe. Call Susan O'Malley (545-6846) if you have any questions. We will be running various parts of the marathon course.

January 29	-	16 miles
February 5	-	17 miles
February 13	-	Run the Mercer Island Half-a-thon instead
February 19	-	18 miles
February 26	-	19 miles
March 5	-	20 miles
March 12	-	20 miles

**Spring Club Championships** will be held May 5th using a staggered start handicapping system. Call Dave McKinney 827-5751 or Dwight Reed 885-5092 with your 10K PR since November 17, 1982. Signups will begin after April 15

**Christmas Basket** - - We received a very nice card from the family who received our Christmas basket, thanking the Club members who contributed. Thanks again for your support.

## CALENDAR OF UPCOMING EVENTS

<u>Date</u>	<u>Event</u>	<u>Comments</u>												
February 3	Pizza & Beer	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 below. Route will be through South Bellevue and along I-90 Slough. Meet at: <table border="0" style="margin-left: 20px;"> <thead> <tr> <th style="text-align: left;"><u>To Run</u></th> <th style="text-align: left;"><u>Fast Runners</u></th> <th style="text-align: left;"><u>Slow Runners</u></th> </tr> </thead> <tbody> <tr> <td>4 miles</td> <td>9:50</td> <td>9:30</td> </tr> <tr> <td>6 miles</td> <td>9:30</td> <td>9:15</td> </tr> <tr> <td>9 miles</td> <td>9:15</td> <td>8:45</td> </tr> </tbody> </table>	<u>To Run</u>	<u>Fast Runners</u>	<u>Slow Runners</u>	4 miles	9:50	9:30	6 miles	9:30	9:15	9 miles	9:15	8:45
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February 13	Mercer Island Half-a-thon	"Snack potluck" party at Joe Ashlock's afterwards. Bring your favorite snack, the Club will provide beer.												
February 19	Ice Skate-Potluck-Hot Tub	See "Announcements" for details.												
February 22	Board Meeting	7:00 p.m.												
February 26	Inflation Fighter Run	Meet at 9:00 a.m. by Redmond City Hall. \$1 entry fee.												
March 3	Pizza & Beer	7:00 Pizza King												
March 5	Roving Saturday Brunch Run	Meet at Alice Taggares' house at 9:30. Bring \$1.00 for donuts and juice and your bathing suit to enjoy the jacuzzi afterwards.												
March 10	General Meeting	7:00 Redmond City Library. Speaker will be a nutritionist. <b>Falls to Gasworks volunteers needed!!</b>												
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 2	Roving Saturday Brunch Run	Meet at Madison Park Cafe in Seattle. (See times above)												

April 7	Pizza & Beer	7:00 Pizza King
April 9	Roving Saturday Brunch Run	Meet at 9:00 a.m. at 3110 W. Lake Sammamish Pkway S.E. Bring \$2.00 for breakfast & your swimsuit.
April 10	<b>ESR's Falls to Gasworks Relay</b>	<b>45 mile ESR Extravaganza. We need volunteers for course marshalls and officials. Call the Race Committee.</b>
May 1	Bloomsday Run	Join the 24,000 runners for a great time. The Club will not sponsor a bus, but we may get on a bus from a travel agent, TAC Holidays. We will try to coordinate carpools. Rooms at the Tradewinds Motel which has a hot tub, sauna and heated pool have been reserved for us.
May 5	Club Championships	7:00 p.m. Sammamish Slough.
May 22	Rhody Run	No houses are available at Fort Warden for the race, so we will coordinate transportation.
June 5	Avon Marathon - LA	Let's have ESR women represented a second year at Avon. Come run the Olympic Marathon course.
June 11/12	Jasper-Banff 180 mi. relay race.	17 person team is forming. First come - first served sign-up. Contact Kerry Lawrence for sign-up.
June	ESR Picnic & Fun Run	Meet at Dwight and 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	Laurel James has asked us 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	

**Race Assistance** - - The Club is increasing in size and we are receiving more requests from race organizers to provide assistance. To ensure that we don't over commit the Club, the Board has adopted a policy that all requests for race support must be referred to the race committee for a recommendation to the Board that the Club provide or not provide support. Only the Board has authority to commit the Club to supporting a race. This does not mean that members shouldn't offer to work races they wish, only that we need to organize the demands on the Club. A number of club members have and are working on the Seattle Marathon, Olympic trials and other races and the Club encourages all members to support runs as best they can.

**Ice Skate - Potluck - Hot Tub - February 19th** - - Meet at Alice Taggares' house -3110 West Lake Sammamish Parkway S.E. at 1:00 p.m. to drop off potluck dishes and carpool to Highland Ice Arena 18003 Aurora Avenue North, or meet at the ice arena at 2:00 p.m. Regular price is \$3.00 plus \$1.00 for skate rental. If more than 25 people show up the price is \$2.25 plus \$1.00 rental. Plan on leaving about 4:00 for hot tub and potluck about 6:00. RSVP to Alice by February 17th. 643-0692.

**ESR Sweatshirts - T-shirts** - - Marilew now has x-large ESR sweatshirts for all those massive muscle men. T-shirts will be off the presses and at the shop by the time you read this. More info? Fast Lady Sports - 641-9696..

### MEMBER'S CORNER

A warm fire and a mug of hot chocolate keep running through my mind. The wind is blustery and far too cold; the leaden skies are a good indication rain can't be far away. Somebody has obviously made a mistake. The sky should be a light cornflower blue with cotton clouds languishing on the horizon. A slight, cool breeze - just enough to dry perspiration and keep the body temperature down - should be gently blowing. But the weather has not cooperated for my first marathon and it seems a bad omen.

As we stand shivering behind the starting banner, I look around at the other runners near me. I examine their legs. Too much muscle. Their body fat must be much lower than mine. I move back in the pack. Here people's limbs are thicker and they don't have the gaunt, hungry look of the experienced marathoners. The conversation centers on simply completing the marathon in reasonably good shape. I'm more comfortable here. They are echoing my own thoughts.

Suddenly, the starting gun fires and we've actually begun our 26-mile journey. Smile at everyone, Debbie. Remember, you've worked for this for months. All the training mileage is behind you now. All you have to do is enjoy it. Remember everything you've read about attitude being half the battle. Don't let any doubts creep in. Look for all your friends. You know they'll shout encouragements when you pass. It'll make you feel important. Concentrate on that.

You're at mile 5 now. You know you've settled into an easy pace. Everything feels okay. The knee is behaving itself for a change. No pain at all! Hold this pace until 13 miles. If you still feel good, we'll pick it up just a bit then.

It's going to be a long race. Find someone to talk to. How about that man just ahead? It won't take much to catch him and he looks friendly. He is nice. It is his second marathon. Hasn't been running long but intends to keep it up. We compare training schedules. An interesting conversation, but the pace is just a little slow. We'll have to move on. Don't insult him by gaining speed too quickly. Just wish him luck and ease away.

Okay, Deb, you're at the halfway point now. Take inventory. The knee is still good; no sidestitch developing; a little hungry, but ignore it; still warm enough; legs feel strong. Let's push a little harder and see how it feels. Not bad, but take it easy. Start monitoring your body every mile now. We'll slow if something doesn't feel right. This is a good pace. A little faster, but still comfortable. One more time around Seward Park and then the long stretch home. Don't lose your concentration.

What's that crowd up ahead? It's the finish line. We'll be running right by it and people are already starting to finish! Don't get discouraged. You know you're not fast, but you

can endure. You're past the halfway mark. Fewer miles to travel than you've been. Concentrate on all those people behind you. Some of them may not even make it, but you will. Just keep running.

We're coming up on 18 miles now. Jan and Susan must be here somewhere. You're starting to become mentally fatigued. Your legs aren't really as tired as you think. You know you have another 8 miles left in them. Remember how glad you were to find out Susan and Jan were going to run the last 8 miles with you. Concentrate on just finding them. It'll be easier with them along. They'll be jumping out of the crowd any time now. Keep running until they come.

There they are! Say hello, don't sound discouraged. Listen to the rhythm of your footfalls. They say you look great. Believe them. Listen to the breathing - regular and controlled - a good sign. Jan has hurt herself; she slows down. It would be so easy to stop with her now. But Susan is still going strong. Stay with her. Suddenly, remarkably there are only 3 miles to go. Accelerate. Nothing should be left when you hit the finish line. Breathing is becoming more difficult. Ignore it; 2 miles left. Forget the aid station - you're too close to waste time stopping for water now. Maintain your pace.

There must be only 1½ miles left now. Control yourself. You can't sprint for that distance. Save it for the last ½ mile. Keep a good steady pace now. The quads are starting to ache, but control your breathing for another mile. Don't do anything silly. Look good when you cross the finish line.

You can hear the people cheering at the end now. Your husband will be looking for you. Keep a strong, steady pace. With no mistakes, you'll just break 4 hours. He's there. A quarter of a mile to go. Another friend jumps in to run with you. Keep your body relaxed and fluid. Don't tense. We're rounding the last corner. There's the finish chutes. Savor these last few yards. They're the culmination of the past 6 months. There will never be another marathon like your first. The tears are starting now, but it's okay. Your lungs are aching, your head is pounding. You can't even feel your legs anymore, but there's the finish line. Just a few more steps. Use everything you have left. Leave nothing emotionally or physically. Here's the last step. You're there! Stop your watch, brush away the tears, give the officials your tag.

Now you can be proud. All the fears and anxieties are over. You broke 4 hours by 4 minutes. Find your husband and friends. Enjoy their congratulations. You deserve them all!!

Debbie McKinney

### 1983 Mazatlan 10K

On January 13th I accompanied Christa Friedrich and Alice Taggares to Mazatlan, Mexico, where they would run in the first of what is intended to be a fun international annual 10K - "La Carrera de Los Venados" (the run of the deer) since Mazatlan was called the place of the deer by the pre-Columbian Indians. The run was sponsored by Nike and Viking Travel of Boulder, Colorado, and organized by Rich Castro.

Upon arrival in Mazatlan, the "jocks" picked up their race packets and Alice was thrilled to find she had been chosen (random selection) as a member of the USA team captained by Rodolfo Gomez. Herb Lindsey of Boulder was the captain of the Mexican team. Because all team members were given yellow Nike gear in which to run, this left Christa alone to fulfill the agreement to advertise for Marilew in the lavender Fast Lady Sports outfits. (By the way, Marilew, when does Christa pick up her check for the airfare?!)

The January 15th race was held early at 8:00 a.m. to accommodate out of country runners not conditioned to the heat and the humidity (a large number were from Boulder.) Of the over 600 participants, approximately half were Mexicans. The out and back course on the beach drive began and ended at El Cid Hotel. Traffic control was handled by a naval attachment in dress uniform, replete with side arms and billy clubs. The girls arrived on the scene well before race time and immediately noted the beer tent with a tape player loudly welcoming us with "Anchors Away."

El Presidente Municipal (the mayor) fired the starting gun and a police car with siren blaring led the runners out and an ambulance and a fire truck, also with sirens at full volume, brought up the rear. All three vehicles kept their sirens going throughout the run - just a little Mexicano exuberance! The streets were lined with spectators - many cheering and clapping, but more than a few, especially the laborers and elderly, laughing at this ridiculous display. While it was not yet hot, the humidity drained the runners and the girls, like the others, didn't care whether the water was drinkable or not at the half way point aid station. The repeat course allowed the girls not only the opportunity to enjoy the full magnitude of the siren accompaniment, but also to see red-garbed Gomez and Adrian Royle, far in front of the rest, battling for the lead. Gomez took Royle in the last 500 meters. Lindsey was never a threat, finishing in 14th place. Ironically, with all that impressive traffic control, the large gap between lead runners and the rest of the pack was a jumble of enthusiastic shouting bicyclers. The last few 100 yards of the course became a narrow lane lined with cheering spectators with plenty of beer welcoming the finishers. This started Christa's love affair with Pacifico, the local beer. No one was turned away - the beer was there for everyone, runner or not, all to the tune of "Anchors Away" which had been playing continuously since before the race started, as a friendly welcome to the USA runners.

The awards ceremony and a Mexican buffet followed in the El Cid courtyard. Because of the two languages interspersed in the ceremony, more than a little confusion resulted, but there was no confusion when Alice heard her name announced as division winner. In her congratulatory enthusiasm, Christa joined Alice on the stage and her positioning was right when again in the dual languages we heard: "Christa Friedrich, third place division winner!" For the balance of the trip these two modest, low-keyed girls managed to share this news with everyone they encountered whether the subject was appropriate or not. The youngest finisher in the race was a six year old girl (Colorado, I think) and she rivaled Gomez in her reception.

The following day, when the girls found the Mazatlan News in the local market place, they once again lived up to that tipico obnoxious turista image, with their uninhibited squeals of delight upon seeing Alice's name in the Spanish newspaper. To date she has run off some 50 copies of the same.

Viking Travel is already making plans for next year's Mazatlan 10K and they are anxious to include Seattle runners. The pluses for the event were: a four hour non-stop flight direct to Mazatlan, the money exchange rate was 148 pesos per \$1.00, accommodations, food, and transportation were at a minimum cost - how long has it been since you've had butterflied shrimp plus drinks for your \$20.00? This was the story of our week in Mazatlan - along with endless beautiful beaches, delightful weather, a para-sail ride over Mazatlan surfs, all enjoyed in the pervasive easy-going manana atmosphere - all were winners along with Christa and Alice.

Gene Miller

Members are invited (encouraged!) to contribute articles/information for the newsletter - - don't forget to let us know your P.R.'s (Call Kerry Lawrence or Paula Coblantz)

