



The Runner Mumbles

Newsletter for Eastside Runners

Eastside Runners
P.O. Box 2616
Redmond, WA 98073-2616

Feet first

Joe Clark

By the time this comes out, summer will basically be over and we will be getting into fall races and marathons. Quite a few folks have been sacrificing their Sunday mornings for long runs. Most of them will be going down to Portland for the marathon down there, although some will be running Seattle or Three Rivers. Fall is also a time for some of the better short runs in the area. The temperature is a little cooler, the trees are changing color, as are the skies, and Washington college football teams aren't exactly off to a blazing start.

The summer saw quite a bit of success for the club. The number of club runners doing Crystal Mountain is steadily growing. This year Thornton Perry, Dave McKinney and Joe Clark all ran, up one from last year. And at Seafair, probably half the club ran or volunteered. And then there was the Skagit Valley Relay. This year we sent three teams and John Martin. John brought his Frankenstein mask and some very good wine. The club camped out at the KOA in Burlington the night before and had a great bonfire, highlighted by the vocal trio of John and Steve Martin, and John Meiser. The next day we went hardware hunting. Our Galloping Geoducks took third overall, and the Masters Touch and Running Bums battled it out for first and second in their division. Afterwards Bill Pence was talking about getting the Centipedes to come down from Vancouver to make things even more interesting in the coed masters division. By the way, the Masters Touch was such a memorable name, that at least four team members, including Captain Steve Martin, couldn't remember it.

Bill Hughes continued to cherry pick his way through another season. Naturally, he wouldn't divulge the names of his races, much to Dave Baumgarten's chagrin.

Steve Martin and Linda Holst tied the knot in August, as did our esteemed editor, Frank Purdy and his new bride.

If you didn't see Elise Botch around this summer, it was because she spent it travelling in Europe. Ian Meikle spent three weeks back home in England, and both Brent McDermot and Dorie Quam spent time in Tokyo, but they don't count. They are both flight attendants.

Lauren Clark and Bernadette Hughes got PR's in the Monroe Fair Days 2 mile. The two good friends ran together, finishing in 21:11 for Bernadette and 21:15 for Lauren. Lauren outkicked her old man in this, her first race, and then drug him around the fair for the next five hours. He was tired, she was excited, and they had a great time.

And finally, this edition's "Master of Going Faster" award goes to new member Steve Roach. Steve broke 40 minutes for the first time with a 39:28 10K at the Ivar Haglund run. Well done.

Calendar of events

- | | |
|---------|----------------------------------|
| Oct. 14 | Vancouver Relay. |
| Oct. 14 | Seattle Marathon. |
| Oct. 17 | Last Thursday night run of year. |

Oct. 19 ESR Club Championships.
Call Gary Youngs, 641-2103, to let him know
of your best 10K in the past year.

Oct. 20 Race helpers needed for Fallfest Classic.
Contact: Dale Kalamsz 885-0578, or
John Martin 822-0970.

Oct. 20 America's Marathon.

Oct. 26 First Saturday run, 9:00 A.M. at Lake
McRedmond Park.

Oct. 27 N. Y. Marathon.

Nov. 2 Bean Run.

Nov. 7 Thursday gathering for Pizza & Beer.

Nov. 8 Community Home Health Care Honolulu Marathon
Team Presentation Party at 6:30 P.M. at BOA
Yacht Club, 11 East Allison (on Lake Union).
Ron and Dennis Van Ryn's band, The Splits,
will play. Hawaiian Luau with Hawaiian
dancers performing. Tickets are \$15 per
person, includes all the food you can eat
and one drink of either beer or wine, and
all the dancing you are able to do. Christa
Friedrich is one of the members of the Honolulu
Marathon Team. Contact her for more information
or tickets. 447-4400 days, or 232-4357 evenings.

Nov. 17 PNAC X-Country. Lets get some teams entered.
See Joe Clark or Jerry Rice.

Dec. 5 Thursday gathering for Pizza & Beer.

Dec. 21 (Third Saturday), 8:00 P.M., ESR Christmas
Party, at the Hitters.

Dec. 31 Resolution Run, Seward Park.

PRs and awards

LAUREN CLARK	Monroe Fair Days, 2 mi.	21:15
BERNADETTE HUGHES	Monroe Fair Days, 2 mi.	1st Race 21:13
JOE CLARK	Crystal Mountain Summit Run	3rd overall
DAVE KENDALL	BCC X-Country Intrasquad, 3 mi.	1st overall
IAN MEIKLE	Seafair Diet Pepsi 10K	36:55.9
BRENT MacDERMOT	Seafair Diet Pepsi 10K	33:37
	Shore Run, 7 mi.	39:01
	Hood to Coast Relay	Team 1st (mixed sub-masters) new course record 37 seconds
JAN LAWRENCE	50 Meter swim	
DAVE BAUMGARTEN	All Comers Mile	4:38
	Seafair Diet Pepsi 10K	1st overall 31:28
CLIFF JOHNSTON	Renton Romp 5K	16:17
	Run Your Cans Off 5K	2nd overall
STEVE ROACH	Ivar Haglund 10K	39:28
DWIGHT REED	911 Run	2nd in division 11th overall
	Rainbow Run 10K	1st in division 5th overall
BILL HUGHES	The Unknown 5K	1st overall
BARB MEISER	Run for 911	39:55
DONN JOSEPH	Tiger Road Run	1st in division

GALLOPING GEODUCKS
MASTERS TOUCH
RUNNING BUMS

Skagit Relay
Skagit Relay
Skagit Relay

3rd overall
1st in division
2nd in division

INJURIES

Dale Kalamasz - Twisted ankle (sprained).
Jerry Rice - Here we go again. Mangled, munched
and much abused foot.
John Meiser - He refuses to divulge the nature of
his injury. But it's his back.

News and features

THE PRES' MESSAGE

I missed many ESR activities this year because I had to work nights. But, when I returned to working days and could resume the Thursday night runs, everybody was so glad to see me that they elected me president. Gee, thanks, everyone. I don't think I have ever been as appreciated by my peers as I have now.

I would like to begin my administration by thanking all those who were last year's officers. I would especially like to thank those who are going to continue, in some capacity for the club. For those who were not able to continue as officers, your contribution will not be forgotten and your efforts on behalf of the club will be missed.

Now, with all seriousness aside, I want to introduce the ESR all-star lineup.

As vice president, we have Joe Clark. Joe did a bang-up job the past year as the race committee. He wanted to be vice president because he felt it would be an easier job and could, therefore, spend more time on his college studies. Forgot it, Joe. Next spring I'll go back to working nights and you will have to fill in for me, probably during finals week.

Christa Friedrich will continue on as treasurer. What can I say about her other than if I screw up she will let me know. And if she yells at me in German then I'll know I really messed things up.

Linda Holst serves as a club officer for the first time. She'll be the secretary. Hmm! I wonder if she can take dictation..... I can't wait to find out.

The race committee will be made up of three others who are new to club officership. They are John "Monroe" Martin, Dale Kalamasz and Dave Baumgarten. Guys, under my leadership you have full autonomy. That means you'll be free to do most anything you want to. But, remember - if anything goes wrong, it's your hind ends.

Ex-pres, Kerry Lawrence, will join Ardell Fromm on the membership committee. I thought it would be a bit dicey letting a lawyer on that committee. But, it's hard enough to get anyone to serve on membership. Anyway, I am sure Ardell can teach him what to do.

Elise Botch returns to the activities committee. Joining her will be Paula Fredericksen. Now, since I want to put more emphasis on the activities and social aspects of the club, Elise and Paula are going to be busy. In fact, you know, Dwight, I might be seeing more of Paula next year than you will.

Frank Purdy returns as editor of The Runner Mumbles, our venerable newsletter. Frank's no Perry White or Jonah Jameson, but I don't care. As long as he can keep Dr. Quack to deadlines and can get the newsletter published at least once every blue moon, I'll be happy.

The last committee is the Falls-to-Gasworks committee. That's the bailiwick of the speedo twins, Dwight Reed and Dave McKinney. They are on their own. If they let things go wrong, I will disavow any knowledge of them or their actions.

So, that's it, folks. Let's embark on a year of achievement and fun. If you have any ideas for activities or how to improve the club, let me know. The worst I can do is laugh when you can't hear me.

ARE YOU SERIOUS?

By Joe Clark

The other day I was reading an article in the paper which, I must confess, brought joy to my heart. It seems that Runners World has a new publisher, and they are going to direct their publication towards those who are serious about their sport. No more articles about "tofu for better training", and hopefully, no more "cheesecake" on the covers.

But who are those so-called serious runners? All too often, it seems that being a serious runner is equated with being very fast, or running a lot of miles. The dictionary defines being serious as "involvement in something really important as distinguished from something frivolous or merely amusing". Yet running can be frivolous and sometimes, amusing. I think that being a serious runner is all in how the individual looks at their sport, not how much, how far or how fast. And a person's enjoyment, not times, is the best indication of success as a runner. In talking to people who've been running 15 years or more, I find a common theme, they're serious about their running, because they seriously enjoy it. What more can you ask for?

RUNNING AND FLYING (OR IS IT FLYING AND RUNNING?)
OR: CONFESSIONS OF A FLY-BY-NIGHTER

By Brent MacDermot

As dedicated runners we sometimes have to work at getting in our workouts. There are many conflicts to deal with: girl/boyfriends, social occasions, classes or that necessary evil - a job. My job as a Northwest Orient flight attendant poses some peculiar difficulties. Perhaps my experiences can help you get your run in when you travel.

Where to run: I like to find places to run on my own. Usually a bellhop will have a vague idea where people run but his idea of a long run rarely coincides with my own. I've jotted down his directions and followed them dutifully and ended up running his eight-mile course in 24 minutes. Not even Dave B. runs that fast - matching socks or not.

As an alternative to that, look around you as you drive to where you are staying. I look for bike paths, lakefronts, rivers, large parks, and forested areas. A real find is to see other people running or a dirt path right next to a sidewalk. Now try to remember how to get there from your hotel. After a 12-hour trans-Pacific flight, if there are more than two turns, I'm in big trouble.

If you don't see any promising routes, then remember a couple of general rules. First and foremost, if you see more wheels missing from cars than on the cars, you are running the wrong way! Smile politely and turn around fast. Second, run out of the center of a city rather than into the heart of it. It's easier to run in suburban areas with more sidewalks, trees, sprinklers and fewer cars than in an inner city with pollution, stoplights, crowds, and taxis with heads painted on the sides of their doors.

How not to get lost: The easiest way to avoid getting lost is to do an out-and-back course on the highway in front of your hotel. Boring! That's like running around a track every Tuesday night. Now daring (or foolhardy) souls will try to do a blind loop hoping their luck is good and that they find their way back before becoming roadkill. My luck in this is not so good. At this writing my legs are throbbing from an attempted nine-mile run that took 16 miles to finish. However, there are some tips on how to avoid this.

In the states, the roads are usually laid out sensibly with names in American and such helpful phrases as North, South Dead End or my favorite, Bike Path. Cities like Minneapolis are easy to run in because the streets are laid out almost in a perfect grid. East-west streets are numbered and north-south streets are alphabetized. Just remember your hotel's two cross streets and you can't get lost. Of course it would help if those annoying lakes weren't in the way.

Of course not all cities are that easy. Philadelphia is one of the worst for dead-end streets, hills where they've no right to be, rivers without enough bridges and streets that don't go straight. But usually you can find an intelligent runner to ask (look for someone like Bill Hughes who can tell you six routes to get back

to your hotel, what your splits will be, what percent grade up and down, and etc.) and so you survive your loop run.

Traveling outside of the country presents its own problems. Be aware that not everybody likes Americans, speaks American, or has the foggiest notion of why you are out in skimpy shorts and fancy "tennis shoes". Older countries than ours didn't take the time to put any order to their road system. In England you can take a major road and it'll meander into a country lane and finally somebody's driveway all within a few miles. In Japan they use the same numbers we do but very few English words on the road signs. It doesn't matter, though, because the roads have no sense of order anyway. But the worst is Germany, because the streets all look the same, have the same names with 10 or 13 syllables that no California boy can remember, and twist back and forth and cross each other two or three times.

How do you avoid these problems? There are some solutions. Pick out high landmarks that you can see for a long distance such as radio towers, airport beacons, tall buildings, and the such. Or try to get your sense of direction with the sun, moon, or stars, but avoid using the wind because it is always in your face (the colder the stronger). Or carry something with your hotel's name on it (preferably in the native language). You can always show it to somebody, look like a dumb tourist and then with luck they will feed you, water you, and put you in their car and take you to the hotel.

Some final cautions: Take the proper clothes with you. You don't want to try running in Anchorage with gear you'd wear in Los Angeles (I've tried it, it doesn't work). Most newspapers have international weather reports, look at them before you pack.

Find out about the people who live there. In Japan the children love to practice their English on you (try saying "Hello" with two "r's" in it and you'll sound just like them). In Philadelphia the children would rather practice their marksmanship on you. Take this into account when approaching native children. Speaking a few words of the language helps too. "Good day," "I'm lost," "American Express" and "I'm not carrying drugs or money" are helpful phrases the world over.

Find out about the beasts and plants that inhabit your vacation dream spot. It's extremely embarrassing not to mention uncomfortable to explain that rash; most people know that poison ivy doesn't grow in the middle of the street (so what were you doing in the bushes?). Dogs in Seoul are not a problem; dogs in Seoul are a delicacy. However, everywhere else dogs are to be watched. The nicest ones are in England, the meanest in Detroit. As you go to different climates you have different wild beasts to be aware of. Watch for bears in Alaska, fire ants in Louisiana, rats in New York, snakes in rice paddies and mosquitoes in Minneapolis.

It is hoped these hints will help to keep the mortality rate amongst runners to an acceptable 45%. Bon Voyage!

RUNNING TRIVIA

1. Masters runner Barry Brown had been undefeated in masters competition this year until the Cascade Runoff. Who beat him?
2. Before Roger Bannister ran 3:59:4 to break 4:00 in the mile, who held the record?
3. Who held the women's marathon record before Grete Waitz broke it for the first of many times?

ANSWERS

1. Antonio Villanueva.
2. Gunder Hägg in 4:01:4.
3. Christia Vahlensieck of France, 2:34:47.

IN DEFENSE OF SWIMMING

By Frank Purdy

"Swimming" in a runner's vocabulary generally occupies a spot between "Doberman" and "red meat." The reasons are many, but usually they involved a soggy-lung phobia.

My attitude floated in the runners' mainstream until last winter, when a knee injury effectively eliminated running and the rainy weather made bicycling feel like swimming anyway. So this old dog trotted over to the YMCA to learn some new tricks.

Trick No. 1: Get a swimming suit. Meaning don't swim in your running shorts; I didn't mean birthday suit, you lechers. After a few months of swimming, I find my running shorts are either stretched to the point of fitting a seal or addled with a chronic aroma of chlorine. And get goggles; otherwise your eyes will stretch out and smell like chlorine too.

Trick No. 2: Have someone show you the strokes. In my case, I was flapping along with the efficiency of a beached whale, my lungs coughing back water like a fire hose, when a kind-hearted lifeguard offered, "Well, you know it would be easier if...." Those ifs include head placement, breathing techniques and arm positioning, among others. It may sound intimidating, but swimming form is like running form: It comes with practice.

Trick No. 3: Don't try to go too fast. In running when you run into oxygen debt, you simply gulp more air. In swimming, you get a gulp of water. Keep your pace consistent and speed will come with practice.

Trick No. 4: Learning to entertain yourself. Swimming anywhere other than Lake Washington and the Pacific Ocean involves scores of laps in tiny spaces. Swimming in a 25-meter pool is somewhat akin to running laps on a 15-lap-per-mile track. Once you set a feel for your pace, use the clock to keep track of your laps.

Trick No. 5: Let your aerobic conditioning carry you. Runners' conditioning puts them at an advantage over other beginners. This conditioning actually makes runners well-adapted to the sport. The arm workout provides a nice supplement to running's leg work.

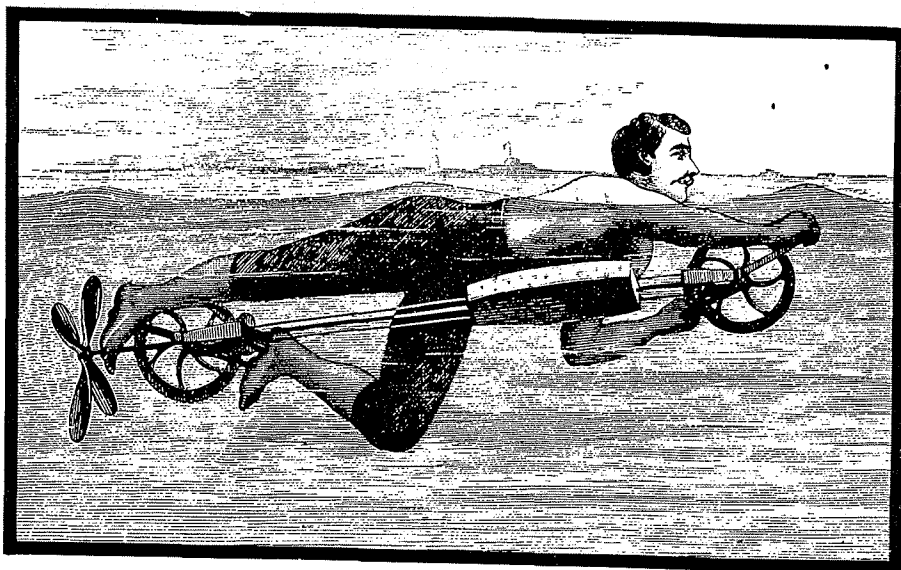
Trick No. 6: Get something for athlete's foot. You never know whose fungi are lying on those shower floors.

Trick No. 7: Remember that if I can learn to enjoy swimming, anyone can. Triathlons? Wait and see.

RUNNING QUOTES

Running is the closest thing to freedom, real freedom, I've ever felt. Brian Nash (blind runner).

Running is basically a time of tranquility. Bill Rodgers.



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Dr. Quack He ducks all of your running questions

Dear Dr. Quack:

With fall here, my running seems to be deteriorating. What tips can you offer for improvement, and why would fall have anything to do with it?

Dear Fallen:

When you're running and suddenly you start to fall, there's not much you can do. The main thing is save face, and you accomplish that by putting your hands out in front of you as you fall.

Fallen.

Dear Dr. Quack:

The cooler autumn weather seems to cause a tight feeling in my legs when I run. What can I do about it?

Cramped.

Dear Cramped:

This is a common problem. The only solution is to check the size of your tights. Those things will stretch, but tights made for 4-year-olds won't fit adults.

OFFICERS

President:	Gary Youngs	641-2103
Vice President:	Joe Clark	885-5092
Secretary:	Linda Holst	827-6886
Treasurer:	Christa Friedrich	447-4400 232-4357
Race Committee:	John Martin	822-0970
	Dale Kalamasz	885-0578
	Dave Baumgarten	
Activities Committee:	Elise Botch	453-7382
	Paula Fredericksen	485-9322
Membership Committee:	Kerry Lawrence	455-9345
	Ardell Fromm	232-1876
Newsletter Editor:	Frank Purdy	827-3517 453-4264

The Runner Mumbles, newsletter of Eastside Runners, is published once in a blue moon or every other month, whichever suits the whim of the editor. The newsletter is a forum open to all club members. The next deadline is November 15, during which time the moon will be in some sort of phase.

This issue's contributors are Joe Clark, Gary Youngs, Brent McDermot, (writing) and Christa Friedrich (typing and mailing).

CUT AND SEND

APPLICATION

NAME

ADDRESS

CITY

STATE

ZIP

AREAS OF INTEREST

- Race Helper
- Race Organizer
- Social
- Newsletter
- General

TYPE MEMBERSHIP

- Individual, \$5.00
- Family, \$7.50

Also, Please list family members' names:

The Runner Mumbles

Eastside Runners
P.O. Box 2616
Redmond, WA 98073-2616

10-1985

Larger type makes it easier to read!
And makes you think the newsletter staff is doing more work instead of less!!

Bill and Peggy Hughes
3206 E. Sammamish Road N.E.
Redmond, WA. 98052

 * HOOFIN' IT TO REDMOND *- AGAIN
 * Herm Atkins' Hoofin' It store is holding a
 * grand-opening sale, featuring many shoes marked
 * below the usual 10% discount offered to ESR
 * members. Shorts and singlets are \$5 off, and
 * there's plenty of foul-weather gear. Sale runs
 * through Nov. 31. And for a fee, Sammamish Trail
 * runners can use a shower on the premises.
 *

