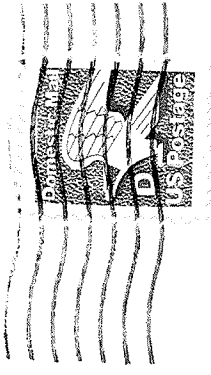


**EASTSIDE RUNNERS, Inc.**  
**PO Box 2616**  
**Redmond, Wa 98073-2616**

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LINDA HOLST  
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INDIVIDUAL



# The Runner Mumbles

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**Newsletter for Eastside Runners**

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

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## Feet first

### Joe Clark

In the continuing story of Dwight Reed and Johnny Martin, we have two new chapters to add. The first took place at the Mercer Island Half-Marathon, where Johnny set out to do some serious rearranging of the masters ranks. Johnny ran a P.R. of 1:14:41, good for second master overall and topping such notables as Chris Steer, Al Huff, and ESR's own Dwight Reed and Mike Donaghue.

In chapter two though, Dwight came back strong, taking John to task in the St. Patrick's Day Dash. Dwight hammered out a sub 5:15 average on the four-mile course. Unfortunately, as is too common in races these days, the results were not available. What happened to the days of yore, when not every race had a T-shirt, but every runner did get a time and place? They do it in other parts of the country without blaming "the computer."

With the continued strong running of Dwight, John, and Mike, all we need is a few more of you in your 40s (or just about to turn 40) to get together and let folks know that there is more than one good masters team around here.

Dwight wasn't the only one running well on St. Patty's Day, by the way. Debbie McKinney and Linda Holst blitzed the course with some outstanding times. As a matter of fact, there are quite a few folks who wouldn't be a bit surprised to see them break 40 in a 10K. They are less than a minute away. Elsewhere during the race, Dave McKinney had to be wondering where Dwight was; last he knew, Dwight was somewhere behind him. But Dwight, along with a few thousand others, was wearing green instead of the old red and black, and had slipped by unnoticed. It is hard to catch someone when you think you are ahead of him. Still, his time was no slouch, just a wee bit over 21 minutes.

Bill and Janet Pence must be healthy now as they both ran. We aren't sure about their car (see previous issue). Also joining in the shenanigans were Gary Youngs, Debbie DeGabrielle, John Acocks, Steve Martin, Fred Jaffe, Jan Lawrence and Paula Fredericksen. The latter two, along with Dave and Dwight, made the evening news coverage also.

Getting back to Mercer Island, John Martin wasn't the only Eastside Runner to bring home some hardware. Fred Jaffe took third in the Men's 60-and-over division. And ESR kept its tradition of sneaking club members' pictures in the Norwester. In the last issue you'll find Dave McKinney, Johnny Martin, and Joe Clark. Autographed copies with optional Goretex cover and motivational trinket will be available soon.

All in all, ESR was probably the most visible club there, with the following club runners (and probably a few more we didn't see) taking part: Dwight Reed, Debbie McKinney, Dave McKinney, Linda Holst, Steve Martin, Johnny Martin, Fred Jaffe, George Emerson, Gary Youngs, Maria De Clark, Fred Weinmann and Joe Clark.

Special thanks also go to Christa Friedrich, Mary Norman and Alice Taggares for staffing an ESR information table. Also to Mike Donoghue for reserving his cabana for ESR's traditional post-race party, and

lastly to Jerry Rice, who drove the course to give advice and encouragement to his proteges from intervals.

Bill Hughes and Joe Clark pulled off their second annual Corporate Challenge Relay last month. Some of the teams and volunteers looked a bit familiar. The winning team in this 4x8K race was from Boeing, with Dave McKinney and Dwight Reed leading the way to victory. Taking third in their division was a team from Honeywell, led by Mike Donoghue. and in third place overall (second in division) was a team called the Roadbyters, with Bill and Joe. Helping with the race were Paula Fredericksen and Debbie McKinney, and also from Fluke Manufacturing were Barb and John Meiser. Everyone seemed to have fun, everyone got a ribbon or hardware, and everyone got a time and place before leaving. About 20 teams took part, and even the weather cooperated.

Lastly, we would like to put forth our nomination for ESR member of the year, Christa Friedrich. Not only is Christa our treasurer, but she types the newsletter, works on races regularly, takes care of ordering and purchasing of uniforms, assists with memberships, and generally does the work of three people. Thanks Christa.

And thanks to all of you who help to make ESR what it is, a pretty darn good club.

## Calendar of events

- April 6 - Peter Kirk Run.  
ESR works this one and we need volunteers.  
Call Joe Clark, telephone 823-0303.
- April 14 - Emerald City Marathon.
- April 15 - General Meeting at Redmond Public Library,  
at 7:00 P.M.
- April 21 - Falls-to-Gasworks Connection.  
Please volunteer!
- April 27 - Lake to Lake Relay.  
Get teams together now, ESR is going.
- May 2 - Official start of Thursday night runs.  
Unofficially it will probably start a couple  
of weeks earlier. 7:00 P.M. at Luke McRedmond  
Park.
- May 4 - Opening Day Run
- May 5 - Bloomsday, Spokane.  
Vancouver Marathon.
- May 11 - Nordstrom Kids Run.  
ESR works this, please help out.
- June 15-16 - Jasper to Banff. Contact Kerry Lawrence  
at 455-9345 for this relay race through the  
Canadian Rockies.



## INTERVALS

ESR has one of the few interval programs in the area, with over a dozen people taking part. They are held at 5:30 P.M. every Tuesday at Wood-inville High School's all-weather track. For further information, call Jerry Rice at 821-5876.

## IMPORTANT NOTICE

ESR will no longer be sending out postcards for all of our events. The main reason for this is monetary; it costs a bunch. All functions will be listed in the calendar section of the newsletter. If you have any questions, feel free to call the appropriate committee member, also listed in the newsletter.

## BLOOMSDAY

If you are not going to Vancouver for its marathon and if you don't want to hang around here for the Opening Day Run, then you will want to go to Spokane for the Lilac Bloomsday Run. Also, you will want to take the Bloomsday bus to get there and back. If you are interested, call Sharon Oliger at TAC Holidays, telephone 248-3800. Join 30,000 other people on May 5 for this crazy race.

## ESR SKI TRIP

The dozen or so members who went to ski Whistler in Canada all say they had a good time and that the skiing was great. However, when questioned about putting something in the newsletter about it, they say it wasn't really all that great or "we can't put things like that in the newsletter." Well, if you want to find out about it, you'll have to ask those who went. And please, write it down so we can put it in the newsletter.

## News and features

## PRESIDENT'S CORNER

By Kerry Lawrence

As I look back at the three years Jan and I have been in Eastside Runners, I am rather amazed at the changes in ourselves during that period. My greatest concern about the club is that the club's membership isn't changing as much as I think it needs to in order to keep a high level of enthusiasm and generate the new ideas which keep a club moving forward.

(Continued on next page)

Other than the group of "regulars" who go to the Thursday night runs, pizza and beer, and participate in most of the club functions, I am concerned that we aren't adequately serving the wants of the rest of the membership and are failing to attract the new members that we are going to need to keep making progress.

When Jan and I were stationed in Europe with the Army, we were part of a very successful ski club. The biggest advantage that club had was every year almost one-third of the membership left for other assignments, with the result that no group became locked into the management functions of the club.

Almost without exception, ESR's officers and committee chairmen have been with the club for at least as long as Jan and I have. We need to expand the number of active people in the club and need to expand the club's membership so that we have a larger base of people who would become active in the management of the club.

I would appreciate everyone taking time to think about what we can all do to introduce new people to the club and especially make all of our members feel welcome and comfortable.

As part of this issue, there has been a debate about converting the Thursday night run into a staggered start, or at least a multiple start, so that the beginning runners aren't left out on the trail all alone. There are pros and cons to this and I would appreciate other people giving the board members their thoughts on ideas like this.

John Meiser and Ardell Fromm are now the membership committee and John is working on an updated roster based upon the membership renewals which we are now sending out. Membership is critical to the health of the club and I would appreciate everyone making it a priority item.

#### WHAT'S IN A NAME?

By Gary Youngs

Like many of you, I enjoy relay races for the camaraderie that comes from sharing the better part of a day with good friends. However, unlike some of you, I also enjoy putting together a team. Now, it is not that I like filling out applications or anything like that. You see, I get a kick out of naming a team (and naming a team is a right that belongs to the person who puts a team together).

Now, take a name like ESR "A". It is a good functional name. It identifies the club and it is a good bet it is the club's ace team. However, it is a name I would never use, because it is dull and unimaginative.

I prefer names that show a bit of wit; names that are somewhat humorous or that could be used in a game of Trivia Pursuit. The first team I put together I named the Duchy of Grand Fenwick Running Club. For those who have seen the movie, "The Mouse that Roared," you are probably familiar with the small European nation that declared war on the U.S. and won. Then, I named a team the Pooka U. Harriers. The "U" stood for nothing in particular, but a pooka is what Jimmy Stewart had as a friend in the movie, "Harvey". Names, I have thought of but have not used, include the Society for the Appreciation of Silly Spaniards (SASS for short), the Yuppie, Guppy and Puppy Tupperware Party, and the Ex-Lax Striders (with the motto of "steer clear of our rears").

The relay race season draws near. It begins this month with our own Falls-to-Gasworks Connection and ends in October with the Greater Vancouver Road Relay. I can hardly wait to put together and name my first team. But, I must be careful. Last year, when I told one member the team name, he gave me a funny look. This year I may have difficulty in recruiting people. They may not want to be on a team with an oddball name.

EVERYTHING YOU WANT TO KNOW ABOUT THE FALLS-TO-GASWORKS  
CONNECTION -- AND LESS

By Frank Purdy

You think Hannibal had a tough time crossing the Alps? His elephants didn't require a street-use permit from the Cisalpine Gaul engineering department. Think WPPSS has trouble with damage control? Try monitoring traffic at nine exchange points. And the county elections department on a heavy turnout night? It doesn't have to process applications from 100+ teams, each with five runners, and 50+ solo entrants.

For the third consecutive year, Eastside Runners on April 21 will take on the task of operating the Falls-to-Gasworks Connection, starting at Mount Si High School near Snoqualmie Falls and ending at Seattle's Gasworks Park. Club members put a lot of work into the 46-mile, 75-kilometer relay, but all agree that the saying about getting out of it what you put into it holds true.

And just what do we put into it? Read on.

Since bureaucracy-bashing is trendy nowadays, we'll start there. Steve Martin, who for the third year is dealing with the various governments involved, reports he has to clear things through eight agencies in six jurisdictions.

For starters, there is Mount Si High School, which wants to know when scores of runners will use its track and bathrooms. Then there is the State Department of Transportation, which wants to know about those same scores of runners using State Route 202 between Snoqualmie and Redmond. After a relatively quick jaunt through Redmond, we come to King County.

King County has two agencies that are curious about this: the parks department, as in Marymoor, and the Real Property Division. From there we head north into Eothell and around Lake Washington to the club's old bugaboo, Seattle. "We have a long history of feuding" with Seattle, says Steve, though out of that feud comes a relatively unknown aspect of the club's involvement in the race: a sizeable donation to charity.

It seems the city and its two interested parties, the parks and engineering departments, in 1983, gave the club a choice: give the government 10% of the gross revenue, or donate the profits to charity. The club chose the latter and last year gave \$1,400 to fight multiple sclerosis. And while the club would come out wealthier by just paying the government (even though the county, it turns out, also has a similar provision), Steve says the donation "is a nice thing to do. The original intention was not to make money. We were surprised when we made a profit the first year."

BLAME IT ON DWIGHT

A 46-mile relay? Through the country and into the city? Whose stupid idea is this, anyway?

Dwight Reed grins sheepishly, kind of like a kid with his hand in the cookie jar. "All my fault," he replies.

The inspiration came three years ago when Dwight took part in the Baker-to-Bellingham relay. "It was so much fun, I got the idea it would be fun to put on our own."

The idea light bulb really lit when he was driving along a favorite stretch of highway, State Route 202 leading from Redmond to Snoqualmie Falls. "I was driving along and noticed this big, wide shoulder. I put two and two together and got 46."

Selling the club on the relay was easy, Dwight says. Many club members had enjoyed the Baker-to-Bellingham race along with Dwight. "There was a lot of enthusiasm for it."

Dwight credits Ron Van Ryn with naming The Great ESR Falls-to-Gasworks Connection. "We were kicking around some ideas," says Dwight, "and he came up with that. It stuck."

For this year's race, Steve first approached the various agencies in January and has heard back from all except Seattle, though he sees no problem with the big city. "The bigger the bureaucracy, the longer you have to wait." And Steve finds after a couple of years of fighting city halls he is getting the hang of it. "It's getting easier. I missed a couple of jurisdictions in the first couple of years, and they'd call me and say, 'Hey'."

The matter of insurance is handled by The Athletics Congress, of which Eastside Runners is a member.

After that, the fun part begins. Dave McKinney, co-race director, started working on applications "the end of last year. In January I finally got them finished" and he began mailing them out. About 1,000 were printed. Most of his time has been spent on "just little things," such as applications, instructions and T-shirts. These are little things that are big things if they are not done.

With applications mailed, Dave is working on instructions and T-shirts. The instructions will be mailed out a couple of weeks before the race, says Dave. The T-shirts will have the same design with some changes by artist Dan Moon. The 46-mile figure will be switched to 75 kilometers, and some lettering will change, according to Dave. Elise Botch is taking orders for shirts, and Marilew Nelson is ordering the shirts and numbers from the supplier.

Dwight Reed, the other co- of the co-race directors, is soliciting volunteers to work the race and is ordering trophies and awards. "We give a plaque to each member of each division winner," which comes out to 12 divisions. Also, each solo finisher gets a plaque. Does someone deserve a plaque for running 46 miles? You bet!

With all that set up, it comes down to the day-of-race preparations to make it run smoothly. Uncle Sam may want you, but not half as much as Eastside Runners.

Last year's race drew 130 teams, again each with five members, and 55 solo entrants. A lot of volunteers are needed to keep runners heading in the right direction as they get strewn across the countryside.

Dave said last year, "We have had 40 to 50 people" working the course, most from the club with a few from the outside. The outsiders included a radio club with two-way radios. With nine exchange points, many volunteers doubled up, working the first and third checkpoints, and so on. And on it goes, from early morning into mid-afternoon.

But the benefits are many, mainly in the form of publicity and visibility. Runners throughout Puget Sound, and even a few statewide, know of Eastside Runners as the club that somehow manages to pull this off. The first year found good TV coverage when a local station happened to do a feature on Frank Bozanich at the same time he happened to run the race solo.

So, as Dave puts it, "We'll do it until we get tired of it -- who knows? People seem to enjoy it. It seems to be a unique enough event that people look forward to it."

As for Dwight, "My only regret is I don't get to run the thing. It would be nice to get enough volunteers so we could have a team."



# Tips

Joe Clark

## RUNNING AROUND

With the days getting warmer and longer, it might be fun to try running in some new areas for a change. With that in mind, I set off in search of trails suitable for running. These are not your urban-type trails, mind you. No sir, these are composed of real dirt and/or woodchips, with no asphalt. A refreshing change, and easier on the body than your average sidewalk. This is not an all-inclusive list, but if you know a good one that I missed, please let me know for a future issue.

Starting with the southeastern area, there are a couple of nice runs. The first is along the powerline road running past Lake Tradition just east of Issaquah. To get there, go to the east of town, past the Honda shop (go one block south of the Honda shop, then east to the end of the road). The trail starts at the bottom of a hill with a steep uphill climb that you may want to walk. Once you reach the top, however, you can go for miles on trails and dirt roads. Also in Issaquah, you can follow the old railroad bed from downtown for a two-to-three-mile out-and-back route. Quite a ways south are trails in Point Defiance Park (Tacoma), and Pre's Trail (Eugene).

Up north, Edmonds has a couple of nice places to run. There is a very nice woodchip trail for running at Edmonds Community College. A two-to-six-mile run there can be quite nice. Yost Park in Edmonds is also a nice place for a couple of miles with some good hills and a pretty creek to boot.

In Bellevue you can take a tour through Robinswood Park, Bellevue Community College and the Boeing Computer Center (at the old Eastgate airport). That area has an extensive network of dirt and woodchip trails. Kelsey Creek Park also is a great place to run, with flat or hilly routes possible.

Gary Youngs tells me of a powerline trail he calls Burma Road. It is hilly and passable in summer only. You can get on it at the Lake Hills Connector and run to Kelsey Creek Park.

Kirkland has Bridle Trails State Park, which has miles of trails, although you might have to share them with an occasional horse. There is also the Tolt Pipeline Trail, which starts on top of Norway Hill (Juanita) and runs all the way to Duvall.

Seattle has some patches of green amongst the concrete and steel. Some of the nicer areas include the Arboretum and Foster Island. And you can run along Lake Washington from the Mercer Island Bridge past Seward Park. If you are in the Greenlake area and want to get away from the crowds, you might try Upper Woodland Park.

Dan Moon tells me that Golden Gardens and Discovery Parks offer some nice running also.

Also on the Eastside, there are oodles (a great amount; a lot) of trails all around Redmond High School.

Others that deserve mention, though they may be a bit out of the way, are Moran State Park on Orcas Island (14 miles from Ferry Dock on Eastsound Drive). Mount Si in North Bend (only one hill). The Canal Towpath in Washington, D.C. (take I-90 to Cleveland, then head southeast and follow the signs). And if you happen to be in Beantown, there is a nice pathway running for miles along the Charles River. Just hop on I-90 east and 3,016 short miles later you are there. (Be sure to bring change, I-90 is mostly a toll highway from Illinois east.)

## THE RICE STUFF

By Jerry Rice

Being somewhat less than a staunch advocate of the "LSD" method of training, it became necessary not only to implement an alternate program for myself and others, but also to come up with a semi-catchy acronym designed to jog (don't say it) the memory as well as succinctly describe the components.

So, introducing "F.I.S.H." Add some variety to those meaty miles you slug out all week long by choosing one or more of the letters, which stand for Fartlek, Intervals, Sand, and Hills.

Basically, the theory goes something along the lines that you don't learn to run fast by running slowly. Fartlek, from the Scandinavian word for "speed play", is probably the most enjoyable and least obnoxious method of speed training available to the distance runner. It is generally free-form, such as a series of random accelerations of virtually any distance, duration, or intensity. Fartlek can be more structured.

Say, for example, you are out for an eight-mile run. A mile-and-a-half from the house, you begin to lose concentration and the pace feels tedious. Try playing a little mind game: for the next two telephone poles (or trees), you are running neck and neck with Alberto Salazar, or Joan Benoit, or anyone of your choosing. Turn that little stretch of pavement into your own private race course. And get in the habit of winning these races. It helps to develop a very positive attitude. Alternate between resting (a comfortable pace) and "racing" for as long as you like.

Intervals are, from my point of view, absolutely essential for continued improvement at any level. They are generally very structured, with the four subcomponents dictated by either the runner or his coach. On Tuesday evenings, to use the ESR interval workouts as an example, the length and number of repetitions, the intensity or speed of the repetitions, and the rest period between repeats are all spelled out before the workout begins.

Of course, there are countless variations available for running intervals, and should anyone find themselves curious or care for some company, it is fairly easy to spot us: we'll be the dozen or so bodies glistening in the moonlight on Woodinville's track from 5:30 P.M. until 7:30 P.M., or thereabouts, each Tuesday.

The final two of our piscine letters are primarily devoted to building strength. Running in sand can hardly be used as a yardstick for predicting race times, but besides developing power, it is relatively easy on the legs. To keep from "cheating," run the same stretch several consecutive times with your watch as a guide for consistency.

The only disadvantage in running hills is that you usually have to run them back down, which can be damaging to knees, backs, and ankles. Ideally, select a loop where the uphill is moderately steep, 200-600 meters long; the downhill is more gradual and longer. Lean into the hill and use your arms.

So, add a little FISH to your daily regimen--if it is improved times you want, you'll get them. If not, the additional variety will be its own reward.

# Dr. Quack

## He ducks all of your running questions

At presstime, Dr. Quack was on the 14th green with his beeper turned off. Normally we would fill this space with past columns that were reader favorites. But there are none. So we rummaged through his office while he was still out on the golf course and found these answers to last issue's readership survey question. The response, over 70 million replies, was phenomenal.

The question: Do you prefer "The Act" of running, or do you prefer to be cuddled while running?

The answers were as follows:

- 25.6% said they didn't want to cuddle with a perspiring, heavily breathing body.
- 43.8% said they already answered the question once, in Ann Landers' survey, and didn't want to answer it again.
- 6.3% didn't know how to read.
- 18.4% were too busy training and never saw it.
- 33.9% thought the question too trivial to answer.
- 17.6% would have preferred to answer a question about soap-use habits.
- 58.5% failed to see the relation between that question and pizza and beer on Thursday nights.

Percentages may total over 100% for two reasons: (1) Respondents gave more than one answer; (2) We don't know how to add.

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## Officers

President:	Kerry Lawrence	455-9345
Vice president:	Gary Youngs	641-2103
Secretary:	Mary Norman	747-7855
Treasurer:	Christa Friedrich	447-4400 232-4357
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Newsletter:	Frank Purdy	827-3517
Falls-to-Gasworks Committee:	Dwight Reed	885-5092
	Dave McKinney	827-5751

The Runner Mumbles, newsletter of East Side Runners, is published once in a blue moon or every other month, whichever is more convenient. The newsletter is a forum open to all club members. The next deadline is May 15.

This issue's contributors are Joe Clark, Gary Youngs, Kerry Lawrence and Jerry Rice (writing), Christa Friedrich (typing) and John Meiser (mailing).

ATTENTION\*\*\*ATTENTION\*\*\*ATTENTION\*\*\*ATTENTION\*\*\*ATTENTION\*\*\*ATTENTION

Not only does the IRS want your money -- ESR wants it too. Spring has arrived and so has RENEWAL TIME.

If you want to continue to be a member of ESR and receive this invaluable newsletter, mail in your dues for 1985 without delay.

**DEADLINE:** Midnight, April 15, 1985.  
And no, we will not be standing at the curb in front of the post office to take your last minute mail.

**PENALTY:** Very severe - you will be dropped from the mailing list.

So, be good, use the renewal form below and mail in your dues. Keep the club afloat and yourself well informed about the latest in running, the goings-on of the club, as well as the antics of your fellow club members. Membership cards for 1985 will be mailed upon receipt of the dues.

Where else can you get all this for such economical rates as ours. They still are (no increase since 1870):

- \$5.00 single membership
- \$7.50 family membership

Mail the form below with your check, payable to ESR, to:

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

----- CUT AND SEND -----

# APPLICATION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

## AREAS OF INTEREST

- Race Helper       Social                       General
- Race Organizer     Newsletter

## TYPE MEMBERSHIP

- Individual, \$5.00                       Family, \$7.50

Also, Please list family members' names:

\_\_\_\_\_

\_\_\_\_\_