





The Runner Mumbles

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

Inside

-  I survived Boston Marathon!
-  We all survived Falls-to-Gasworks!
-  How you can survive summer's heat
-  Will you survive Dr. Quack's advice?

FAMILY

110
BILL and PEGGY HUGHES
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REDMOND WA 98052

6-1985



The Runner Mumbles

Newsletter for Eastside Runners

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Feet first

Joe Clark

Spring is upon us now (almost summer actually), and predictably, racing activity has picked up. Several ESR folk have made a couple of journeys north with considerable success. First off, Bill Hughes led a cherry-picking expedition to Sedro Woolley, where almost everyone took home a cherry. Bill, Dave & Debbie McKinney, Linda Holst, John Martin and Carolyn Hitter all took home whitewater raft trips for their efforts. Paula Fredrickson took home a second in her division, and Jim Hitter rounded things out with his fastest 10k (45:01), since going to Africa 2 1/2 years ago. John Martin was particularly impressive (at least that's what he says), winning the 10k after taking third in the masters 15k the day before.

In the second sojourn to the north country, Dwight Reed and Bill Hughes went 1-2 in the April Showers 2 mile. The accompanying 10k saw Dave and Debbie McKinney leading a tour of what seemed like every major hill in the greater Arlington area. The hills don't seem as bad when you win though, and they both did.

One of the more incredible performances happened in Issaquah at the "Run For Little League 5 Mile". Ann & Fred Weinman arrived at the start only to find that the rest of the runners had departed a minute or two earlier. Undaunted, they set out in hot pursuit. In fact, Fred still ran under 35 minutes official time, but Ann was the real story. Saying that she wasn't fully recovered from her injury, she caught up to, and passed all of the other masters to win her division. Imagine what's going to happen when she's healthy.

In Portland, Steve Clark (any resemblance to the writer of this column is not incidental, he's my baby brudder) won the "Overland Park 5k". Using a kick his mother gave him as a youth, he pulled away in the last 1/4 mile to win in a p.r. of 16:08. Some of the runners in this E. Portland community are wondering, "who the heck are the Eastside Runners?"

And speaking of brothers, John Martin gave a touching testimonial to his brother Steve the other night. Noting Steve's hard work that paid off with his qualification for the Boston Marathon, he simply said "he ain't heavy, he's my brother". What more can you say?

And speaking of Steve Martin, he and Linda Holst are getting married in August. They're planning on having a run in conjunction with the reception. More information will be out on that one soon.

And speaking of weddings, our lovable, crusty, old curmudgeon & an editor here at The Runner Mumbles will also be "gettin' hitched" in August. More information will follow on that one as it is released to the press.

With more and more races, it gets hard to keep track of all of those in attendance. Here are the latest reports of large ESR sightings. Opening Day 8K (large turnout with full plumage), Rhody (an annual migration), Boeing Fun Run (a few sightings, near front of the flock), Ridge to River Relay (two distinct formations), and the akewood 1/2 Marathon (more Black and Red Chested Fasties). The familiar red and black is becoming more so.

And finally, I would like to thank all of those who supported me during the last three months. I just went back to school, and ran on the track team at B.C.C. The support...

- June 15-16....Jasper to Banf. The team is full, good luck and enjoy.
- June 30.....Mariner/Lite Home Run. Get in a good race (new course due to construction). Now is your chance to get in a good run and cheer on those submariners.
- July 13.....ESR picnic at Dwight Reeds house. Potluck, beverages will be provided. For more info. call Dwight at 885-5092
- July 16.....The Winery Hill Climb. 6:30 p.m. picnic to follow. See article elsewhere in the newsletter. For more info call Joe Clark at 885-5092
- July 17.....Board Meeting, 7:00p.m. at Kerry Lawrence's office.
- July 27.....Crystal Mountain Summit Run. Scenic, with only one hill. Don't miss out on the fun.
- Aug 10.....Skagit Valley Relay. ESR is going again, so get on a team now. Plans are afoot to camp out and have a potluck dinner/party the night before.

PRs and awards

- Carolyn Hitter...Sedro Woolley...1st in div.
April Showers 10k...1st in div.
- Debbie McKinney...April Showers 10k...1st ovl.
Sedro Woolley 10k...1st in div.
Stoker Relay...3rd in div. (team)
Ski to Sea...1st in div. (team)
- Ann Weinman...Run For Little League...1st in div.
Jan Lawrence...St. Patricks Day Dash(4mi)...31:02
- Linda Holst...Sedro Woolley 10k...3rd in div. 42:35*
- Peggy Hughes...Duvall Country Livin 5k...27:20*
- Mike Donoghue...M.I. 1/2 Marathon...1:21:51*
I Love People Run...2nd in div.
Run, Row, Ride...1st in div. (team)
April Showers 10k...1st in div. (3rd ovl)
Norsk Spring 5mi...27:42*
- Bill Hughes...April Showers 2mi...1st in div. (2nd ovl)
Sedro Woolley 2.7 mi...1st in div. (2nd ovl)
Duvall Contry Livin' 5k...1st ovl.
- Dwight Reed...April Showers 2mi...1st ovl.
Boeing Fun Run 5k...4th ovl.
Ski to Sea...4th in div. (team)
- Bill Pence...St. Patricks Day Dash(4mi)...25:05
- Steve Clark...Overland Park 5k...1st ovl. 16:18*
of course, the accuracy of a "road course" is questionable.
- Joe Clark...Green River Invitational 5k...16:17*
the accuracy of a track in beyond reproach.
- Dave Baumgarten...Opening Day 8k...26:51*
Founders Day 10k...2nd ovl.
- Dave McKinney ...April Showers 10k...1st ovl.
Sedro Woolley 10k...1st in div.
Super Summer 1/2 Marathon...2nd in div. (4th ovl)
- T.P. Perry won the womens masters division in a race recently.
Due to genetic difficulties, he graciously declined his award.

Congratulations to Kraig Norman. Kraig is the son of Mary Norman, and he just placed 5th in the state 1600M finals. (about 9 yds less than 1mi). Kraig ran 4:15, and he's only a junior in high school. More on Kraig, and sons and daughters of other ESR members will be in our next issue.

Injuries

Dale Kalamacz...pulled quadricep
 Pences Car.....sideswiped (again)
 Monroe Martin ("leave me alone")..pulled hamstring
 Steve Martin...strained calves
 Dennis Van Ryn...tendonitis
 Frank Purdy...bashed face
 Frank Purdy's Bicycle...bashed front wheel

Janet Pence is up to 1/4 mi. running and is ineligible for this list.
 "No injuries will be capitalized. We don't want to make them any bigger than they already are"

News and features

SOME VIEWS ON BOSTON

Running the Boston Marathon was one of the most fascinating experiences of my life. A combination of: grueling, exciting, challenging, warm, humid, hilly, and marvelous crowds.

After being bussed from downtown Boston to the tiny, rural community of Hopkinton, and and lying around on the grass of Hopkinton High School, it was finally time to walk down the hill to the starting line. Some 6500 runners plus about 500 turkeys lined up on main street. Bang! The cannon goes off, and we all head down the road. The first several miles were downhill, although rolling at times, with small but enthusiastic crowds. Somewhere in the first five, I heard my first "All right, Seattle!", a reference to my singlet with a neatly printed "Seattle" on it. Throughout the remainder of the marathon, I must have heard "Go, Seattle!" over 500 times. It really pumped me up at times when I felt like giving up!

The next several miles were nice, with enthusiastic crowds, especially as you passed through each hamlet, but the heat and humidity began to take its toll. At mile 12, the first thought of "Why do you do this?" entered my mind. But not for long, for in the far distance, I heard a faint, high pitched "noise". I asked a runner next to me what it was, and he replied, "Wellesley!" As we got closer and closer, the roar of the Wellesley coeds became truly deafening, until, right at the college, we were shunted through a corridor on the street about six feet wide, with literally hundreds of coeds yelling (and I mean yelling) their vocal chords out. It was incredibly uplifting. In fact, I asked a runner after we went through this 1/2 mile long "experience" if he wouldn't mind backtracking and doing it again with me! He grunted something, I didn't hear his response, and on second thought, decided I'd better keep going.

From Wellesley (about mile 13) to the first of the Newton Hills (about mile 17) was more of the same, enthusiastic crowds, but hot and humid. I was tiring fast, and knew the Newton Hills were up ahead. We've all heard of Heartbreak Hill, but did you know that there are three little hills BEFORE you even get to experience Heartbreak? Well, these three "little" hills take it out of you, just ask Joe Clark or Harlan Nelson! By the time I got to Heartbreak, I was ready to grab the nearest lawn chair, sit down, have a brew, and cheer for the rest of the marathoners. But every time I would slow down or stop and stretch, the crowd would cheer, and cheer, yelling "come on Seattle, don't stop now!", and I would draw on some inner strength (certainly not any glycogen, it was long gone) and muster up some semblance of running form, to the accompaniment of loud cheering (so many times the crowd would convert your "low" to a "high", or at least a "medium"). Well, after struggling up to the top of Heartbreak Hill, I was almost a goner, until somebody (the good Samaritan?) had compassion on me and offered "Hey Seattle, how bout a brew?" Well, of course I never drink alcohol while running, but with my state of exhaustion, the heat, and the fact that a PR was well out the window, I said to myself, "oh well, why not?" So I actually stopped, pulled over to the guy, and drank a... well I don't remember what it was, but it was in a green bottle and was COLD! The crowd, believe it or not, cheered

The last five miles seemed like twenty, and I would probably slowed to a crawl, except I knew Linda was waiting for me at the finish and I had better get there before four hours, because they take the finish line equipment down and essentially leave at that time. Plus, I had told her that I'd be in at 3:30 or before. (Actually, I think her marathon, i.e. standing on the sidewalk near the Pru for seven hours, was as tough as mine). At mile 25 I wanted to stop. Oh how I wanted to stop, but there was just nowhere to pull off because of the snow fences on both sides, plus the crowd just won't let you stop; they are simply adamant! Well I rounded the corner and saw the finish banner, and thought, oh, just one brief little stop. I bent over and stretched, but the crowd wouldn't go for that, plus, I had inadvertently stopped, guess where, right in front of Linda! I didn't know it until she screamed at the top of her lungs! So I looked over with this expression of...well, ask her, and managed to jog (in its truest sense) to the finish line.

Down under, in the Prudential Center's parking garage, I slumped against a concrete piling and consumed yogurt and potato chips (yuk!) then slowly came to my senses, and managed to walk outside to meet Linda. We walked back to the hotel, and she asked me if I would ever run Boston again. I said, "No way". One week later, I changed my mind. Yes I probably would. Can you believe it?

Other quickie thoughts on Boston: As a 5-7 day mini-vacation, in April, in New England, it's really fun. We stayed on Cape Cod, ran past the Kennedy compound, had lobster dinners (fairly cheap), visited New Hampshire, downtown Boston (historic, fascinating), and Harvard Yard/campus. If you ever have the opportunity, GO! You'll love it

Steve Martin

Congratulations to Steve Martin for completing the Boston Marathon. He now joins Ian Mickle, Joe Clark, and Harlan Nelson as an official member of the "ESR Boston Marathon & Greater Wellesly Tourist Society".

WINERY HILL CLIMB

There are those at ESR who are interested in a race up "Winery Hill" (N.E. 145th). It is about .7 mi. long, starting by the St. Michelle Winery. The race will be handicapped by height, weight, age, 5/10k time, and hair color. Awards will for fastest handicapped time, best style, worst style and other categories to be named later.

The run is tentatively scheduled for Tues., July 16, at 6:30 p.m. It will start at the St. Michelle Winery and finish at Kamiakin Jr. High, about 600 yards from the top of the hill. After the run, there will be a picnic.

There are also plans afoot for an ESR handicapped track meet sometime in August. Both of the events will be open to all ESR members and guests. For more information call Joe Clark at 885-5092.

FALLING INTO THE GASWORKS

The Great ESR Falls-to-Gasworks Connection, the club's equivalent to banging your head against the wall, is behind us for another year. And people are feeling good about it - and it's not because it feels so good now that we've stopped.

"Things went better than last year," said Dave McKinney, who with Dwight Reed and Steve Martin, handled the project. "We had an easier time with traffic because we had 35 fewer teams. And we didn't have problems with the bus." Last year, as race workers looked on in horror, a Metro bus stopped dead in the runners' path just before the first exchange point in Fall City. It finally was coaxed away as the lead runners approached.

Another improvement, says Dave, was that the gym at Mt. Si High School was open in the wee hours for solo runners, which wasn't the case last year. Dave reports 94 teams started with one DNF. Forty solo runners started and 29 finished. Repaving work on a bridge forced a detour near Woodinville, but only one team wandered off course. Dave credits that to Joe Clark's prerace instructions to teams.

But Dave points out, "we were a bare minimum for help". Dave said there are thoughts of getting a sponsor - "a business or organization that might give us a few more people."

Dwight echos the sentiments about needing more help. He said "that at some of the last points, club members were doing set-up as the runners were in sight. "We can start begging for help next year," he said.

But Dwight added, "everything went pretty smoothly. At the end, everyone (runners) comes up to tell us how well organized it is. We can't believe it."

Dave extends his "personal thanks" to those who helped, particularly those who took times at exchange points. "That turned out really well."

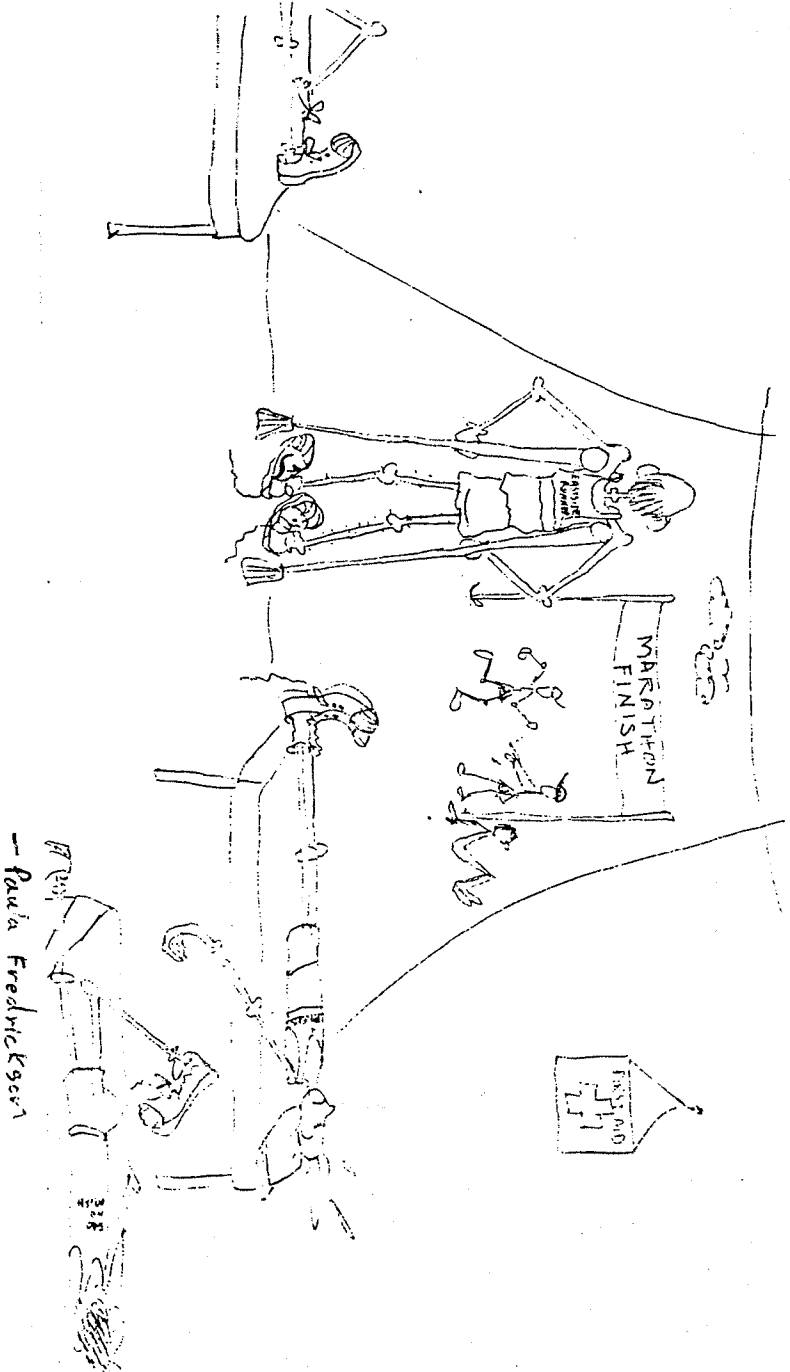
As for finances, Dave said the club will come out just about even. The main expenses were the T-shirts and awards.

ANGELS OF MERCY

The title may be stretching things a tad, but without volunteers, ESR would not be much of a running club. For one thing, most of our income comes from working the finish line and doing results at 5 or 6 local races. Your \$5.00 a year in dues only covers a couple of general meetings and newsletters.

When ESR works a race, it usually takes 10-15 volunteers and most of a Saturday morning. Out of this, ESR gets \$.50-\$1.00 per runner. The volunteers? Sometimes they get a T-shirt, so obviously that's not the reason they're there. Most are there because it's a chance to give something back to their sport and their club. So on behalf of ESR, we'd like to say thanks to all of you who've helped out this year. We know that you'd just as soon be running, rather than working a race, but somebody has to do it. For the rest of you who haven't worked on a race yet, we sure could use your help.

"MAYBE I CAN RUN ON HOME AND MAKE IT AN EVEN 30"



- Paula Fredrickson

ESR "RECOMMENDED RACE"

On June 9, a bunch of folks from ESR will be going to Hadlock for the Hadlock Days 10k. No, it isn't named after our own Jim Hadlock, and Reeds grocery, where it starts, doesn't belong to Dwight. But it is a nice course, with nice T-shirts, nice race officials, nice awards, and nice post-race refreshments (fruit, beer, and juice last year). Add this all up and you should have a nice time. It is held in conjunction with Hadlock Days, a small community fair. After the race, we will be biking out to one of the three parks in Port Townsend for some fun and maybe a picnic on the beach. The bike ride takes about 1/2 hour, and there are bike lanes and wide shoulders. Good weather has been requested, and we hope to see you there.

Trivia

In 1980, Grete Waitz won the New York City Marathon in a world record time. The second place woman was the first american under 2:30. Who was she?

What runner is famous for racing (and winning) dressed as "Elwood Blues", and "Billy Chester Polyester" among others.

In the last 10 years, one american won the world cross country title back to back. Who was he?

Of the following runners, who won the Boston Marathon the most times, Tarzan Brown, Bill Rodgers, Clarence DeMar, Johnny (the elder) Kelley, or Johnny (the younger) Kelley?

Answers to Trivia

1. Patti Lyons-Catalano 2. Gary Faneli 3. Craig Virgin 4. Clarence DeMar (2)

Tips

Joe Clark

THE HEAT IS ON

Hot weather is approaching fast, so we thought a refresher of hot weather running tips would be in order.

First, hydrate (drink water) well before and after running. Water takes about 20 minutes to be absorbed into your system, while ERG takes about 30 minutes. Cold water is absorbed faster than warm water. Hydrate frequently on runs longer than 35-40 minutes. You will lose more fluids than you can replace during a long run, especially if it is a hard one.

You can cool yourself off by dousing your head, chest etc. with cold water. The principle involved is cooling the body in areas of major arteries. This is why cold water on the wrists also helps.

While running in direct sunlight, wearing light colored clothing will help. Also, a well ventilated, white or light colored cap can be beneficial. The light colors will help to reflect the sunlight, while dark colors will absorb it.

If you will be racing in hot weather, gradually acclimate yourself to the heat over a period of 3-5 weeks.

Coffee and beer are diuretics, and tend to dehydrate.

Finally, know the symptoms and treatments for heat related injuries. Once you have had a heat injury, you are more susceptible to one in the future. Watch for these warning signs; dizziness or lightheadedness, nausea, extreme weakness, disorientation, flushed or pale and clammy skin. First aid for heat injuries is as follows; get the victim into the shade and loosen or remove constricting clothing. Lay the victim down with the feet elevated. Give water and cool the body off externally with water. DO NOT GIVE SALT! Act quickly.

Wear That Helmet, And Head Off Disaster

Recently, while certifying the opening Day 8k, I was presented with one of the most graphic safety arguments that I've ever seen. Frank Purdy and I were pedaling up the western high rise of the Evergreen Point bridge with our police escort and van in tow. Suddenly, Frank's front tire dropped into the expansion grate, stopping the bike instantly, and pitching him headfirst into the pavement.

We weren't going very fast, well under 15 mph, yet the results were fairly serious. Frank was bloodied and dazed, the front rim of his bike destroyed. We rushed him to University Hospital, where he immediately underwent a thorough neurological exam, not to mention 30-40 stitches and the loss of some of his treasured beard. Frank's helmet now has a large gouged area just above his eyebrow. The medical staff all said that without the helmet, his minor concussion would have been major.

Most of the serious injuries with bicycles involve people who weren't wearing a helmet. Think about it: When you're falling, how in the heck are you supposed to keep your head from hitting the ground? It's pretty hard. Frank is glad he had a helmet (and so are his friends). If you ride a bike, please wear a helmet. Thanks

Time chart

Computing your race based on your pace

Mile Pace	5 MI	10 KM (6.2 MI)	15 KM (9.3 MI)	10 MI	20 KM (12.4 MI)	Half Mar (13.1 MI)	25 KM (15.5 MI)	30 KM (18.6 MI)	Marathon (26.2 MI)
4:30	22:30	27:54	41:51	45:00	55:48	59:00	1:09:44	1:21:42	1:57:59
4:45	23:45	29:27	44:11	47:30	58:54	1:02:16	1:13:38	1:26:21	2:04:33
5:00	25:00	31:00	46:30	50:00	1:02:00	1:05:33	1:17:30	1:33:00	2:11:06
5:15	26:15	32:33	48:50	52:30	1:05:06	1:08:50	1:21:23	1:37:39	2:17:40
5:30	27:30	34:06	51:09	55:00	1:08:12	1:12:07	1:25:15	1:42:18	2:24:13
5:45	28:45	35:39	53:29	57:30	1:11:18	1:15:23	1:29:08	1:46:57	2:30:46
6:00	30:00	37:12	55:48	1:00:00	1:14:24	1:18:39	1:33:00	1:51:36	2:37:19
6:15	31:15	38:45	58:08	1:02:30	1:17:30	1:21:56	1:36:53	1:55:45	2:43:53
6:30	32:30	40:18	1:00:27	1:05:00	1:20:36	1:25:13	1:40:45	2:00:44	2:50:26
6:45	33:45	41:51	1:02:47	1:07:30	1:23:42	1:28:29	1:44:38	2:05:33	2:56:59
7:00	35:00	43:24	1:05:06	1:10:00	1:26:50	1:31:46	1:48:30	2:10:12	3:03:32
7:15	36:15	44:57	1:07:26	1:12:30	1:29:54	1:35:03	1:52:23	2:14:51	3:10:06
7:30	37:30	46:30	1:09:45	1:15:00	1:33:00	1:38:19	1:56:15	2:19:30	3:16:39
7:45	38:45	48:03	1:12:05	1:17:30	1:36:06	1:41:36	2:00:08	2:24:09	3:23:13
8:00	40:00	49:36	1:14:24	1:20:00	1:39:12	1:44:53	2:04:00	2:28:48	3:29:46
8:15	41:15	51:09	1:16:44	1:22:30	1:42:12	1:48:10	2:07:53	2:33:27	3:36:20
8:30	42:30	52:42	1:19:03	1:25:00	1:45:24	1:51:26	2:11:45	2:38:06	3:42:52
8:45	43:45	54:15	1:21:23	1:27:30	1:48:30	1:54:43	2:15:38	2:42:45	3:49:26
9:00	45:00	55:48	1:23:42	1:30:00	1:51:36	1:57:59	2:19:30	2:47:34	3:55:59
9:15	46:15	57:21	1:26:02	1:32:30	1:54:42	2:01:16	2:23:23	2:52:03	4:02:32
9:30	47:30	58:54	1:28:21	1:35:00	1:57:48	2:04:33	2:27:15	2:56:42	4:09:05
9:45	48:45	1:00:27	1:30:41	1:37:30	2:00:54	2:07:49	2:31:08	3:01:21	4:15:33
10:00	50:00	1:02:00	1:33:00	1:40:00	2:04:00	2:11:06	2:35:00	3:06:00	4:22:12

Courtesy of Hard Core Runners in Yakima. No telling where they got it.

Dr. Quack

He ducks all of your running questions

Dear Dr. Quack: With summer and hot weather approaching, what should I do to change my running habits?

IProstrated

Dear Prostrated: There are several ways to keep yourself cool when running in summer's heat.

(1) Run with your cat.

Place your cat on your shoulder and have he/she/it place its nose on the artery on your neck. That will keep that key artery cool. As a side benefit, the means by which the cat attaches itself to your shoulder will provide marvelous ventilation for your upper body.

(2) Run nude.

This in itself is not much cooler than running with a singlet and shorts. But these days, many jails are air-conditioned.

(3) Run with an air-conditioner.

For this, an extension cord is recommended. Hold the air conditioner so that the blower is pointed toward those key arteries. As a side benefit, this is a wonderful workout for your arms.

(4) Forget about the whole thing until September.

For this, you need a hammock, a beer and a TV turned to a baseball game. Mariners don't count.

The last is the wisest course for a summer runner.



Officers

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Vice president:	Gary Youngs	641-2103
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Race Committee:	Joe Clark	885-5092
	Ron Van Ryn	822-2149
Newsletter:	Frank Purdy	827-3517
Falls-to-Gasworks Committee:	Dwight Reed	885-5092
	Dave McKinney	827-5751

----- 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:

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 July 15.

This issue's contributors are Joe Clark, Steve Martin, Gary Youngs, the Hard Core Runners of Yakima (writing), John Meiser (mailing) and Dwight Reed's word processor.