

8-1985

Runner Mumbles

side Runners
Box 2616
mond, WA 98073-2616

A BLUE MOON!!!
YOUR NEWSLETTER
T FAR BEHIND!!!



The Runner Mumbles

Newsletter for Eastside Runners

Eastside Runners
P.O. Box 2818
Redmond, WA 98073-2818

Feet first

Joe Clark

To the many varied sights we all occasionally see while running, I added a new and unique experience. While out for an easy trail run after a race, I heard a bit of crashing in the brush. Stopping to get a glimpse of a deer in the bush, I was somewhat surprised. The deer was rather small and dark; indeed, if I didn't know better, I would have sworn it was a bear cub. Then, as momma came into view, about 15 yards away, I realized that this species of "deer" was known as *Ursus Americanus*, or better yet, black bear. My tired legs were amazingly refreshed, as I decided that perhaps this wasn't really the trail I wanted. Indeed, there was a definite spring in my step as I made my exit.

During the Carnation 5K recently, Donn Joseph showed his stuff. He won his division despite running a bit extra. It seems that after the first 10 or so runners everyone was misdirected. Donn was philosophical about the extra distance though. Since it was apparent that the original course was short, he figured that the extra distance brought it up to a legit 5K. Also running well were Fred Weinmann and his son, Chris, who won his division, and Joe Clark.

Dwight Reed is travelling in style to races these days. He flew up to Lopez Island with Paula Fredericksen, John Martin and Chris Hixon. Some people will do anything to avoid those ferry lines.

Ian Miekle had some tough luck in the Hadlock Days 10K. He ran an excellent race, finishing 5th overall. Unfortunately, the three runners directly ahead of him were in his division and he didn't receive any hardware for his efforts. Jim and Carolyn Hitter were also there, with Carolyn bringing home some hardware. Also running were Joe Clark, and of course, Jim Hadlock. After all, the race did borrow Jim's name.

Barb Grant is healthy again, as evidenced by her doing the Seattle-to-Portland bike ride in one day.

Steve Clark popped in on a run while vacationing in Minnesota. In a field of 4,000 Steve was 7th in his division. The most notable thing about this race, though, was the presence of over 100 wheelchair athletes. It was appropriately named the Kaiser Roll.

Quite a few folks were at the Mariner Lite Home Run 8K this year. The race was highlighted by the East/West rivalry that took place. Jerry "Coach" Rice, running for ESR, had been challenged by Randy Rice (his brother) of the Three Rivers Road Runners in Richland. On only a few 20-mile weeks of training (after a nearly career ending injury), Jerry ran a 28:50. Very respectable, but Randy ran a tad faster, around 28:00. What is it about these little brothers anyway?

And finally, this edition's "Master of Going Faster" Award goes to David "Beedlebaum" Baumgartner, who set PR's at virtually every distance he ran. Dapper Dave with the dark socks started by trashing his old PR by running 32:31 in the Summer Times Run. In fact, he was at 14:50 for three miles. Can you say Oxygen debt? Dave also ran a 32:38 the day after a 17-miler. His hard work is certainly paying off.

Calendar of events

- August 9-10 Skagit Valley Relay.
ESR will have three teams. We are planning on going up the night before and camping/picnicing/partying in the grand ESR tradition.
- August 17 At 3:00 PM. Potluck at Bill and Janet Pences. 2209 W. Lake Sammamish Parkway N.E., Redmond. Elections for next year's board members will be held. Call Janet Pence, 746-9755, for directions.
- September 9 General Meeting, at 7:00 PM, at the Redmond Library.
- September 14 Peter Puget 10K.
This is one we work. Help keep our dues cheap and volunteer to work this one. Contact Dale Kalamasz or John Martin.
- October 20 Fallfest Classic.
Another race we work, with a surprise at the end. Naturally, we need your help. Contact John Martin or Dale Kalamasz.

PRs and awards

*Denotes PR

Mike Donoghue	Redmond MS 10K Sound to Narrows 12K Chelan 5 mi. Shore Run 7 mi.	1st in division 44:45* 1st in division 4th overall 41:47*
Ian Miekle	Hadlock Days 10K	5th overall
Dave Baumgarten	Summer Times 10K All Comers, 1,500 meter All Comers, 3,000 meter Redmond Derby Days 10K	32:31* 4:14* 9:03* 3rd in division
Joe Clark	Carnation 5K Moss Bay 10K	2nd in division 3rd overall 4th overall
Donn Joseph	Carnation 5K	1st in division
Fred Weinmann	Carnation 5K	2nd in division
Chris Weinmann	Carnation 5K	1st in division
Carolyn Hitter	Hadlock Days 10K	2nd in division
Dave McKinney	Summer Times 10K Toughest 10K in Seattle	33:55 1st in division
Bill Hughes	Harbors Home Run 2 mi. Monroe Health Run	2nd in division 3rd overall 2nd in division
Peggy Hughes	Harbors Home Run 2 mi. Monroe Health Run Stilly Milk Run	15:24* 2nd in division 5th overall 1st in division 3rd in division
Caroline Cropp	Seafair Triathlon	2nd in division
Christa Friedrich	Seafair Triathlon	5th in division

INJURIES

Debbie McKinney	Pulled something in leg
Ann Weinmann	Same old injury
John Martin	Pulled quad muscle
Paul Podborski	Post picnic trauma

WELCOME TO NEW MEMBERS

Valerie Wall	Brent MacDermot	Janine Jacobson
Jan Pelroy	Dorie Quam	

CONTRIBUTIONS

We need your contributions. Any time you travel to a race, get a PR or award, or have any thoughts to pass on, please let us know. To be able to express the views of the club, we need your input. Contact Frank Purdy (827-3517) or Joe Clark (885-5092) by phone, mail, Thursday runs, or Western Union Singing Telegram.

BOARD MEMBERS

New board members have been nominated to see the good ship "ESR" through the following year. Elections will be held on August 17th, at the potluck hosted by Bill and Janet Pence. The nominations are:

Gary Youngs	-	President
Joe Clark	-	Vice President
Linda Holst	-	Secretary
Christa Friedrich	-	Treasurer
John Martin)	
Dale Kalamasz)	
Dave Baumgarten)	- Race Committee
Elise Botch)	
Paula Fredricksen)	- Activities Committee
Frank Purdy	-	Newsletter Editor
Kerry Lawrence)	
Ardell Fromm)	- Membership Committee

News and features

RUNNER ALERT

At Community Home Health Care they know runners are a breed apart. They are committed, caring people. And that is just the kind of people Community Home Health Care is looking for. Are you willing to volunteer?

CHHC provides skilled health care, hospice care and social services for individuals and families. Quite often Medicare, Medicaid, and private insurance does not cover the entire cost of treatment, and the recipient is unable to meet the remaining obligation. So every year a team of runners goes to Hawaii on behalf of CHHC to run the Honolulu Marathon in December. Each runner is committed to raise a minimum of \$50 a mile for a total of \$1,300 which goes to CHHC's patient service fund.

And the money is easier to raise than you think. Just explain the cause and you'll find people are willing to donate. And what better place to run than Hawaii. People from all over the world come to participate -- it has been estimated that this is the largest race with first time marathoners -- so don't let the lack of experience discourage you.

Community Home Health Care would love to make you part of the team. If you are interested, call Christa Friedrich, at 232-4357 or 447-4400.

THE BRUSSELS 20K

By Dan Clark
Your ESR Foreign Correspondent-at-Large Five Pounds Overweight
Mr. Injury International

The day started with rain but looked like it might clear up. The race started just east of the downtown area. As we arrived, I began to realize what 20,000 people looked like. We lined up according to number. They gave out arm bands to make sure you started from the starting line and not from the park halfway around.

The starting line is three stone archways. I was about 30 yards back. It had gotten colder right before and looked like rain again. Many of the runners had on "Glad-Trash-Bag" rain coats.

I was standing in the crowd waiting for the gun (a cannon) when light rain (acid rain) started to fall. Thirty seconds before the gun, the runners started to hum "Be kind to your web-footed friends..." Then it started to pour. As the gun went off, I began to realize why the Glad Trash Bags and not Gortex as they started to rip them off and throw them in the air. I almost fell trying to jump over them.

We ran down a small hill and got on one of the main city streets. The water was ankle-deep in places. The rain stopped as quickly as it started. As we turned to go out of the downtown area, we hit cobblestones - boy, if you think red bricks are bad, try wet cobblestones.

At about 5K we jumped over an 18" curb and I started to feel my hip that I had injured a few weeks back. Then we ran down into a tunnel. A press truck was in the tunnel making its way through. The diesel fumes were really bad. We then, after a few more tunnels, turned into a park.

As we went around a bend, I heard (in French) "apres se raser". The Belgian culture is a little strange at times but this takes the cake. Why do you need aftershave at the 8K point of a 20K? Oh well. Even though I felt fresh (not from the aftershave mind you), I realized that this would be the second race I would not finish.

I started to walk and realized how bad my hip was. I walked (limped) to the 10K point where I got a ride back to the finish. I found Nancy there and watched the rest of the runners finish. I was amazed how easy it was for the crew at the finish to take the magnetic cards (like the Rainier Bank Machine Card) off the runner's number and feed them into a reader

SEEING THE CANADIAN ROCKIES — BY FOOT

PICK UP SOME BREAD
ON YOUR WAY HOME:
Debbie McKinney
picks up where Dave
McKinney leaves
off during an
exchange somewhere
in the mountains.
We don't know what
happened to the
poor fellow at
right.



A healthy contingent of Eastside Runners headed north for the Jasper-to-Banff madness on June 15-16. This is the run in which local bears participate. With a little help from the obliging Canadians, the club put together enough to cover the 170-or-so miles. Photo at top by Marcia Koren, photo on opposite page by some guy we paid to take it.



IDENTIFY EVERYONE AND WIN A FREE FUN RUN ON THE SAMMAMISH RIVER TRAIL: We'll save you the trouble. Front row from left: Bernadette Hughes, Peggy Hughes, Marcia Koren, Dave McKinney, Debbie McKinney, Jan Lawrence, Steve Barnes (borrowed), Audrey Somebody (ditto) and Bill Sokolik. Top row: Dwight Reed, Paula Frederickson, Tom Duranti, Rob Mase (on loan), John Hope (ditto) Mits Miyata (more ditto) Kerry Lawrence, Bill Hughes, Thornton Perry, Chuck Barrett.

HOT BUNS IN THE SUMMERTIME

By Frank Purdy

Summer in the Seattle area means the return of many time-honored traditions. Sailing, hydros, camping and avoiding Mariners' games are but a few. For runners, summer means trying to hold on to at least token mileage until the fall.

"Heat" in this area is mutually exclusive, at least to those of us who have ever steamed in the east-of-the-Mississippi humidity. But even here, after living here a few years, one begins to regard a 65° sunny day as "hot".

And when it's "hot", runners begin to do some weird things, like wrapping wet towels around their head, running early in the morning, at midnight or at 7:00 PM on Thursday nights. What follows are but a few of the anomalies that seem to accompany summer.

THEY WENT THAT AWAY: For some reason, warm weather brings out scores of lost motorists who seem to seek out runners - and only runners - to ask directions. Maybe in winter, they need the protection of a gas-station cover to pop their question. And if motorists need directions to an establishment on your running route, they're in luck. To-wit:

Them: "Hey you in the shorts and the ugly legs. Can you direct me to Smokie Jo's Tavern?"

You: "Sure. Go south on this street 1.31772 miles. Then turn west on that street for .46788 miles. It's on your right on a hill with a 2.88° incline. Just four yards from a curb where you have to step down. You can't miss it."

You feel good. You've helped someone and impressed them with your knowledge of the city. You start running. You turn around. You told them to go south. They're going north.

YOUR TAX DOLLARS AT WORK: Summer is when you discover which of your city's water fountains work. And which don't.

CHOICE OF CANCER OR POLIO: It's 90° and you've put off running four days waiting for things to cool. Do you put on a shirt and bake, or go shirtless and fry - the exposed skin? Sun lotion? You're in Seattle; you'd like to believe sun lotion doesn't exist.

WATCH OUT FOR THAT TREE: 'Tis the season when runners of both genders, drawing on skills carefully honed from years in the garment industry, evaluate this year's swimsuit fashions on live models in lakefront parks. But long, lingering looks at the fabric (you are looking at that fabric, aren't you?) mean a long, lingering stay at the clinic if you don't watch where you're going - wham! Too late.

I DIDN'T THINK IT'D WORK ANYWAY: You discover that what the experts say about running in summer won't save you from discomfort, only from death. Meanwhile, the Kingdome is airconditioned...

RUNNING QUOTES

"Without ice cream there would be ~~no~~ chaos and darkness" - Don Kardong.

"If you want to be successful as a runner, really successful, you have to be one of two things, unemployed or unmarried" - Unknown author.

"How you jog is never as important as that you jog" - Bill Bowerman.

"I never thought sports should be for the few who have talent" - Ted
(Chicago coach of U. Chicago Track Club)

EVERYTHING BUT THE ANTS

Kirkland has enough on its hands during Moss Bay days; imagine the chaos if Eastside Runners hadn't had its picnic that weekend.

Dwight Reed graciously hosted the affair on Saturday, July 13th. Dwight Reed, after carefully monitoring consumption of beer by picnickers, chose a time for a relay race. Dwight Reed selected the course for the relay race, Dwight Reed selected the teams for the relay race. Dwight Reed somehow managed to be on the winning team of the relay race. Address inquiries to Dwight Reed.

Other activities included volleyball with two-person teams, attempts at giving haircuts with frisbees and swimming in a pond occupied by a power boat and water skier.

A splendid time was had by all.

TRIVIA QUESTIONS

- (1) Who was the first woman to run in the Boston Marathon?
- (2) Recently a Washington runner broke a national single-age record. Can you name this teenage athlete: Hint: the record was broken at the Opening Day 8K.
- (3) Ed Eyestone from BYU recently won both the NCAA 5,000 and 10,000 meter titles. The last American to accomplish this feat was from the Northwest. Who was he?
- (4) In 1971, two women broke the 3:00 hour marathon barrier for the first time. Nina Kuscsik was one, who was the other?

ANSWERS TO TRIVIA QUESTIONS

- (1) Roberta Gibb in 1966. She hid in the bushes at the start and ran unofficially. The next year, Kathy Switzer (entered as K Switzer) became the first woman to run with an official number. In 1972 women finally were allowed "official entrant" status.
- (2) Salvator De Salvo set a single-age record (13) for 8K, running 27:17.
- (3) Gerry Lindgren, running for Washington State University, won the NCAA 5,000 and 10,000 meters in 1968.
- (4) Beth Bonner (2:55:22). Both were running in the same race at Central Park.

* HOOFIN' IT TO REDMOND *

* Herm Atkins' Hoofin' It is opening a new *

* store in Redmond. For Eastside Runners, that *

* means any club member with a card can get a *

* 10% discount at the new store through Labor *

* Day. The store is at Sammamish Landing, West *

* Lake Sammamish Parkway and Leary Way, just *

* north of SR-520. Also, a shower is available *

* for a fee for any Sammamish Trail runners. *

Tips

THE RICE STUFF

Go to a movie. Any movie. Wanna know what time it is? No problem. Twenty or thirty people will be happy to oblige you...but only at the top of the hour. Beep, beep, beep. There's the guy who sets his watch five minutes ahead so he'll never be late. Moments later, an onslaught of beeps, bwaps, chirps and twirps: those who have attempted to set the correct time either by watching the time/temp station on the tube, or by listening to the silky-voiced siren on the telephone. The few stragglers in the next two to three minutes are either owners of kiddy watches, or folks who lost the owner's manual shortly after setting their timepiece for the first (and last) time. (We'll never know how many of those are still on standard time!)

But one thing's for sure: since the dawn of the microchip age the strap-on stopwatch has gone from the status of a nice accessory to that of a non-optional piece of equipment. When I first started running (in the spring of 1893, I believe), a couple of guys on the team became totally cool when they got "skindiver" watches. Hey, these watches even had a little ring with numbers on the outside of the face. You could time yourself on training runs by setting the zero to the time you started. Of course, if you stopped for an intersection or whatever...

Now, we're modern and lucky. There are watches that have video games, time splits, function as alarms and calculators, and even tell reasonably accurate time. But by far the two most popular functions yet installed on our running watches are the jogging pacer and the countdown timer.

Oh yea, I know I'm going to offend somebody here, but it must be said: those damn jogging pacers are the most aggravating, stupid innovation to come to the sport since people got the idea that playing the "Rocky" theme nonstop at 120 decibels was inspirational. (Just what I want to be, a slow, flat-footed 200-pound boxer with mush for brains and a beyond stupid girlfriend.)

As to the actual merits of the feature, well, technically, the most efficient way to run a race would be at a perfectly even pace. Of course, that assumes that (a) the course is dead flat, (b) there is absolutely no wind, and (c) you just don't give a rat's behind about relative position. Personally, I think it's a very good idea to change your stride length and turnover rate sometime in the race. This tactic utilizes different areas of the primary muscle group and allows a bit of rest for the ones most often employed in the running stride.

Also, there is going to be some "flat" spot in the race psychologically. If you go into this phase on the run with a bit of cushion from having started a bit faster, than your projected average pace, the few seconds given up while "cruising", will not hurt your overall time.

The countdown timer, ah yes. The Tuesday group is altogether too familiar with that little toy. Some of the new Casio watches allow you to set two different times on your watch. When started, the first countdown will commence from where you set it (ex: two minutes). At "zero" the watch will signal you with a series of tones, and automatically begin counting down the other time (in this case, one minute). This allows you to use your watch as an effective tool in running fartlek without having to continually look at the clock face. But, boy, is that rest minute short!!

Effective tool. Remember that. Your watch is your servant, not your master. Some of us have a tendency to get quite hung up with the details of time during our running, forgetting that it's just a general

Use the watch to give you an approximation of how far you've run when in an area that the distances are not familiar to you. Use the watch to monitor progress on hard runs that you repeat from time to time. But once in a while, leave it at home and just run for the sake of running. You can benefit on your hard runs by letting the animal loose and just plain hammering with no concern over time, or you can give yourself a psychological break from the pressure by leaving the watch home and just relaxing on an easy day.

A parting thought on jogging pacers: in physics, you can eliminate a sound by producing the same frequency, but with the opposing waveform. If two runners with their watches set at the same cadence came in proximity of one another, would they cancel each other out and disappear in a puff of smoke? One can only hope.

Dr. Quack

He ducks all of your running questions

Dear Dr. Quack:

I read somewhere that running makes you an impulsive addict and costs you your job and spouse. It said that all runners are sicker than alcoholics.

Well, I am sure glad I read that story because I was running four times a week, had quit smoking, lost 25 pounds, and generally felt great. I was sure glad to see that I was killing myself. But now that I've stopped running, what other safe activities can I do to take its place?

Surrogate.

Dear Surrogate:

There are a number of safe activities you can choose:

- (1) Golf. People never get wrapped up in golf. You've never heard of a golf widow, have you? Golfers are on and off the course in a jiffy; they never linger and thus have time for their families.
- (2) Softball leagues. Preferably pick one in which you practice four nights a week and play three nights a week. That should leave plenty of time for relaxation with your family.
- (3) Bowling. I've never known a case in which Bowling Night was sacred. I've never known bowlers to take their game seriously.
- (4) Bridge. Card-playing has done wonders in bringing together families, particularly wives and husbands as they work together at their bridge hands. The cooperation and coordination between partners is a wonder to behold.

There are those who say that some people are impulsive sorts who overdo everything they try. That's balderdash. Only runners do that, and the list of the above activities proves that.

----- 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:

EASTSIDE RUNNERS.

Officers

President:	Kerry Lawrence	455-9345
Vice president:	Gary Youngs	641-2103
Secretary:	Mary Norman	747-7855
Treasurer:	Christa Friedrich	447-4400 232-4357
Membership Committee:	John Meiser	453-0679
	Ardell Fromm	232-1876
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

The Runner Mumbles, newsletter of Eastside Runners, is published once in a blue moon (like now) or every other month, whichever is more convenient. The newsletter is a forum open to all club members. The next deadline is Sept. 15, or the day after the second new moon from now.

This issue's contributors are Joe Clark, Dan Clark and Jerry Rice (writing), Marcia Koren and some guy we paid to take our pictures (photos), and Christa