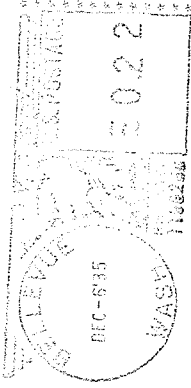


The Runner Mumbles

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

YOUR ONCE-IN-A-BLUE-MOON
BREAK FROM REALITY
IS IN YOUR HAND!!!!



Bill & Peggy Hughes
3206 E. Sammamish Road NE
Redmond, WA. 98052

12-1985



The Runner Mumbles

Newsletter for Eastside Runners

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

Feet first

Joe Clark

This past fall has been a busy one for ESR runners. They traveled south to Portland for the marathon, out to the San Juans for the traditional "Orcafest 10K", across the border for the Vancouver Relay, and, after a one-year absence, back to Badger Mountain for the Bean Runs. In addition to that, club colors were seen at the BAC Slough Run, Salmon Days, St. Jude's Fall Festival, Symphony Classic, Run for 911 (everybody got a PR), and the Woodinville Slough Run.

The Portland Marathon saw Dorie Quam and Debbie McKinney finish less than one minute apart. An excellent marathon for Debbie, and Dorie is now qualified to run Boston. That, of course, would enable her to join the exclusive ESR Boston Marathon Society (current membership five). Also doing well were Dave McKinney, De Eveland with a PR and Jim Fetridge, also a PR. In the accompanying five-mile run, Linda Holst-Martin and Marcia Koren both appear to be stronger than ever, finishing within seconds of one another. The two Martins (you know, Johnny and Stevie), Elise Botch, Jan and Kerry Lawrence, Susan and Jim Fetridge, Dave Kendall, and yours truly were all there, with most running the five miles.

Also succumbing to marathon madness were John Carlson and a new member, Dean Taylor (our friendly neighborhood Hoofin'It manager), in Seattle, and Dave Kendall and Carolyn Hitter at Three Rivers.

Up on Orcas Island, ESR once again dominated, taking first in the 5K with Bill Hughes, and Dave McKinney, Dwight Reed, and Monroe Martin going second, third, and fourth in the 10K. On the women's side, Linda Holst-Martin won the whole schmeel.

This year ESR had two teams at the Vancouver Relay. Although unable to duplicate our one-two finish last year, we did quite well. Our top team placed fourth overall, despite having Bill Hughes, Dave McKinney and Brent McDermott all running twice, and it was a mixed team competing against open teams.

The really big news though is the return of ESR to what could be called a cult race, the Badger Mountain Bean Runs. Dave McKinney continued on his recent tear by winning the exceedingly rugged 30K in a time less than one minute off the course record. Since his marathon, Dave has collected a new 10K PR and two second places. In the 30K, Linda Holst-Martin was the second woman overall and took first in her division, Debbie McKinney took second in her division, and Dwight Reed took second in the 15K. Also running were Sharon Carlson, John Carlson,

Dave Kendall, Jan Pelroy, Steve Martin, Gary Pelroy, Isabelle Opperman, and Paula Fredericksen.

Other important news: Dave Baumgarten got some white running socks, John Martin got some of those rather unique sock racers. It is our humble opinion that he isn't really any faster, and besides, they have no shoelaces. Joe Clark received a pair of new shoelaces (smiley faces) which are now racing comfortably in a pair of waffle II's. Cliff

Jerry Rice is injured again. Jerry Rice is running again. Bill Hughes found another Cherry Pick. Interested members should wait across from Bill's house early Saturday morning, in order to try to tail Bill. He can be crafty tough, when followed.

Triathlon season is over, and we can all breath a sigh of relief, albeit not without a touch of sympathy for those poor unfortunates who succumbed to that triple-headed dragon.

Our club exchanges newsletters with many of the running clubs in the state, and in the last issue from the Three Rivers Road Runners, we noticed that they plan to challenge other clubs to a relay from Yakima to Richland. We would like to officially accept such a challenge, and we'll keep you posted with any information we receive. In addition, we invite teams from the Three Rivers Runners, and any other clubs, to take part in our annual Falls to Gasworks Relay. The 1986 version will be held on April 20.

And finally, our master for going faster award goes to Gary Pelroy. Gary set a PR in the Seattle Symphony Classic. It was his first time under 40 minutes. It's probably no coincidence that he is a regular at Tuesday night intervals, now held at Redmond High's brand-new Rekotarn track.

Calendar of events

- Dec. 5, 1985 Be at Poppa's (in Bridle Trails Shopping Center) at 7:00 P.M. Join other ESR club members for food, drink and camaraderie at once-a-month social gathering.
- Dec. 21 ESR CHRISTMAS PARTY. At 8:00 P.M. At the Hitters, 428 10th Avenue West, Kirkland. For more details see the enclosed red flyer.
- Dec. 26 - 30 Cross-country skiing. Call Gary Youngs (641-2103) for details.
- Dec. 31 Resolution Run at Seward Park. After the race, celebrate your run and the coming New Year at Jilly's.
- Jan. 9, 1986 Thursday night gathering at Poppa's, at 7:00 P.M.

Jan. 11 Freeze Your Buns 10K and cross-country ski trip.
Contact Steve Martin if interested.

Feb. 6 Thursday night gathering at Poppa's,
at 7:00 P.M.

Feb. 14 - 17 ESR ski trip to Whistler.

March 2 Mercer Island Half-marathon.

March 6 Thursday night gathering at Poppa's,
at 7:00 P.M.

March 16 St. Patrick's Day Dash.

April 3 Thursday night gathering at Poppa's,
at 7:00 P.M.

April 13 Emerald City Marathon.

April 20 Falls-to-Gasworks Connection

May 1 Begin Thursday night runs, at 7:00 P.M.,
at Luke McRedmond Park.

PRs and awards (*Denotes PR)

Sharon Carlson	Bean Run 30K	3rd in division
John Carlson	Seattle Marathon	4:00:18
Joe Clark	Clackamas Invite X-C 8K T-Bird Invite	25:45* 5th place
Paula Fredericksen	Bean Run 15K Woodinville 10K Orcafest 10K	3rd in division 50:33* 2nd in division
Linda Holst-Martin	Bean Run 30K Orcafest 10K	2nd woman overall 1st in division 1st woman overall
Bill Hughes	Orcafest 5K Unknown Cherry Pick Summers Last Stride 4K	1st overall 1st overall 3rd overall
Donn Joseph	Issaquah Salmon Days 5K	1st in division
Cliff Johnston	Issaquah Salmon Days 10K Run Your Cans Offs 5K	3rd in division 2nd overall
Dave McKinney	Portland Marathon Woodinville 10K Orcafest 10K Bean Run 30K	2:39:35* 33:41* 2nd overall 1st in division 1st overall

Debbie McKinney	Bean Run 30K Portland Marathon	2nd in division 3:29:07*
Barbara Meiser	Chimacum Half-marathon	1:40:09* 2nd woman overall 1st master woman
Dave Kendall	Bean Run 30K	5th overall
John Martin	Orcafest 10K	4th overall 2nd master
Ian Miekle	Issaquah Salmon Days 10K	2nd in division
Isabelle Opperman	Bean Run 15K Strohs Run for Liberty 8K Fowl Fun Run 2.5mi.	1st in division 35:09, 1st in div. 1st in division
Gary Pelroy	Seattle Symphony Classic 10K Strohs Run for Liberty 8K	39:38* 31:00*
Jan Pelroy	Strohs Run for Liberty 8K	31:30
Thorton Perry	Men's Novice 6mi. Bike Race	2nd overall
Randy Rice	Redmond Track, Tues. Columbia River Classic	34:06* 56:49*, 1st in div.
Dwight Reed	Bean Run 15K Run the Rainbow 10K St. Jude's 5K Woodinville 10K Orcafest 10K	2nd overall 1st in division 1st in division 1st in division 2nd in division 1st resident 3rd overall, 1st master
Gary Youngs	Chimacum Half-marathon	1:29:30

INJURIES

Steve Roach

Shin Splints

Slick Rhodes

Frost Fanny

SOME OF THE NEGATIVE CONSIDERATIONS OF RUNNING IN
THE SOUTHEASTERN UNITED STATES

by Dave Kendall

Having moved to the Northwest only some four short months ago, I can only say that the running here is fantastic. I have spent a good deal of my life in the Southeast, particularly in Alabama, Georgia, and lastly, Mississippi. While running there can be pleasant during some times of the year; it can be downright miserable during others.

I found it mildly amusing last July shortly after arriving to hear other runners complaining about the unbearable heat. A few short weeks before I had been running in temperatures in the mid to high 90°s with 80 to 90+% humidity. I found the weather here wonderful and invigorating by comparison, more like our spring and fall weather than summer.

Summers in the Southeast are particularly difficult for serious runners and can be almost unbearable at times. I have tried running at different times of the day to see if I could find a way to beat the humidity and heat, to no avail. The humidity is the critical factor that makes running so difficult, and at times the air feels so thick you could cut it with a butter knife. I have run a number of races where I was severely affected by the heat and humidity and have witnessed a number of runners afflicted with hyperthermia.

In the early days of the running boom in Brunswick, Ga. (1977), one of the local hospitals actually scheduled a marathon during the month of June. I think it was looking for volunteers for some weird experience and thought it could collect the bodies of the heat-expired runners. Thank God most runners stayed home and only a small field of around 25 showed up for the race.

While living in Savannah, Ga., I ran my first marathon in Western Louisiana in a race called the "Rice Festival Marathon," a point-to-point course starting in Lafayette and ending in Crowley. It was a crisp 75° at the start and a sweltering 93° at the finish of my race some three hours and 50 minutes later. Over half the field dropped out because of heat-related problems, several from hyperthermia.

A contributory factor aggravating the heat problems was the inexperience of the aid station volunteers. Some 800 runners were in the race, and it was very disconcerting to arrive at the first aid station at two miles and find 20-30 runners backed up in line waiting for fluids, while volunteers dipped cups of gatorade and water individually out of large plastic garbage containers for each runner.

I decided to skip the first aid station, since I was on projected pace (a foolish decision) and did not want to lose time waiting. To my amazement and consternation the next five aid stations used the same protocol for dispensing fluids.

I shall always remember the finish line of that marathon, which resembled a Vietnam field hospital more so than the end of a race. Countless runners in severe heat-related stress were being administered to by

health officials, with sounds of ambulances in the background. Many runners, suffering from severe fluid losses, were doubled over with cramps in their legs and stomach. I lost 11.5 pounds in fluids during the race and suffered simultaneous cramps in my stomach, quadriceps and calves.

It was common to see lame heat-afflicted runners on the course trying to stretch out cramped hamstrings or other affected muscle groups. A friend of mine was so covered with salt that he resembled a corpse more than a living being.

Running in rural country areas of Mississippi also had its own unique hazards. Unscheduled pit stops in wooded rural areas required some careful attention to detail to avoid mishaps. The primary understory species throughout Mississippi in wooded areas is "poison ivy." Believe me, it is no fun to come in contact with the oils from this plant. It can and does make your life miserable for several weeks to over a month.

Snakes are another serious consideration that is not to be taken lightly, particularly when running in wooded areas along paths, and on paved surfaces as well. I almost stepped on a full-grown copperhead just two weeks prior to leaving for Seattle. Once while running during a rainstorm in a residential area proximal to a stream near flood stage, I encountered a water mocassin lying in the road. Before I realized what it was, the snake had lunged at my feet, barely missing me. I have also rescued many harmless snakes and turtles from certain destruction by pickup trucks and cars, including a seven-foot rat snake and a 25-pound alligator snapping turtle.

Another major nuisance to running in the south during warm weather is the tremendous number and variety of biting insects, from mosquitoes to large biting flies to minute midges or "no-see-um's". Believe me, the persistence of the large flies we call "green heads" is impressive. They will chase you and force you into doing an unscheduled fartlek for sheer survival sake.

They will bring blood when they bite and have been known to follow a runner (i.e., me!) for several miles. After running the mosquitoes and their companions will literally chase you to your car and force you to dispense with the normal idle chit-chat following a run.

If the wind is blowing you may be safe from the flying insects but beware of the "ants". Sitting down in the grass or along curbs proximal to mounds of "fire ants" (i.e., they are everywhere) can be an unpleasant experience. Fire ants have a powerful toxin that can make you literally do a dance and feel as though your afflicted parts are on "fire".

Aside from all these negative aspects, there are indeed times when running in the Southeast is very pleasant and enjoyable. Runners there are no less dedicated than in the Northwest, although we are not as numerous. I have found running here in the Northwest to be a very pleasant and rewarding experience. It is certainly refreshing to pass another runner from another part of the country or world and receive the same friendly nod of the head, smile, or a thumbs up sign indicating a mutual acceptance and brotherhood/sisterhood.

PRESIDENT'S MESSAGE

by Gary Youngs

When it comes to running, how has 1985 been for you? I hope it has been as good for you as it has been for me. No injuries or illness to keep you from running. Maybe a PR or two. Or maybe just your best running in quite some time. If it hasn't been a good year, I sympathize with you and wish you a better year in 1986.

And what does 1986 hold for ESR?

It is my hope to emphasize the social aspects of the club. The November issue of "Runners World" states the trend in running these days is away from the hard-core and toward running for the enjoyment of it, and with races serving as the bases for social events. We do this already with the Thursday night runs, relay races and few other races such as the Mercer Island Half-marathon. I would like to do this with other races such as the Resolution Run, the St. Patrick's Day Dash and the Opening Day 8K.

I would also like to see the club get into other activities; activities not necessarily related to running. We already have social events such as the Christmas party and the ESR Picnic. And, we have had traveling with the Whistler Skip Trip. In the future the club should be the focal point for cross-country ski trips, hiking, biking, etc. Since we get together often enough even during the winter, we can talk about and set up such activities.

Have you got any ideas? Let me know. Whether it is for running or for some other activity, let's have new ideas to make 1986 a year of fun.

EPIC RUNNING

Barbara Meiser was out to break 1:40 at the Chimacum Half-marathon. She missed her goal by seconds. Nevertheless, she bettered her PR by about four minutes, finished first in her division and was the second woman finisher. She did all that despite falling down at the nine-mile mark and putting a nasty gash in her right knee. She crossed the finish line with blood streaming down her leg, soaking her sock and shoe. Later her wound was closed with twelve stitches.

DRIPPY RUNNING

Only a few brave souls braved the inclement weather of October 28, to run the Club Championship. When all of the drenched, wind-blown runners finished, a husband-and-wife team was the best. Janet Pence was first woman. Bill Pence was first man. Gary Youngs and Fred Jaffe were second and third men. There were no other women contestants.

Three ESR teams ran the Vancouver Relay in a day long rain. Two of the teams can lay claim to having been in first place at some point of the race. Bill Hughes' "Eastside Runners" led much of the first, second and third legs and finished seventh overall. Gary Young's "Millard Fillmore Mime Troupe" was in the lead for the first 40 yards of the race, but finished in the middle of the pack. Janet Pence's "Locos 'N' Motion" was never first but was certainly never last.

WHAT A TEAM

By Joe Clark

November 3rd dawned bright and muddy, perfect weather for a little bit of cross-country running. As coincidence would have it, that was precisely the day that Jerry Rice had selected for our own "ESR Inter-Squad Cross-Country Team Trials". The purpose was to select seven runners for our men's open team. With so many runners hammering it out on Tuesday evenings, it was decided that this would be the best way to sort out an A and B team.

Joe Clark, with the aid of Bill Hughes, designed a course offering a little bit of road, a little bit of grass, a little bit of gravel, a little bit of hill, and a large bit of mud. Dave Baumgarten, Ian Miekle, Steve Clark, Jerry Rice, Cliff Johnston, Paul Keire, Ellen Birkhimer and Steve Roach did the dirty work, so to speak. Bill Hughes (injured), Dave McKinney (recovering from winning the 18mi. Bean Run the day before), Dwight Reed (master team captain), Joe Clark (bye), Debbie McKinney (women's team captain), Dennis Van Ryn (who designed this course anyway), Paula Fredericksen (you must be nuts), and Dala Kalamasz (no thanks, I'm trying to quit), all found some way to avoid running. Instead, they acted as course monitors, providing directions while watching a great race. Steve Clark took it out at the start, and after one mile, he and Dave Baumgarten had opened up a slight gap on the rest. On the trails, Steve opened up a gap on Dave. However, Dave was able to keep in contact and started reeling in Steve as they entered the fields with about 3/4 mile to go, catching him with about 600 yards to go. From there on it was a thrilling finish, with Dave winning by about two seconds. Ian Miekle took third, Paul Keire fourth and Cliff Johnston and Jerry Rice battling for the last spot on the A team, Cliff pulled away on the hills to take it.

The end product of this is our teams for the PNAC X-Country Championships.

Men's Open A: Dave Baumgarten, Joe Clark, Steve Clark, Dave McKinney, Ian Miekle, Paul Keire and Cliff Johnston.

Men's Open B: Jerry Rice, Randy Rice, Bill Hughes, Dave Peckham, Brent McDermott, Dale Kalamasz and Steve Roach.

Men's Masters: Dwight Reed, Johnny Martin, Steve Martin, Mike Donoghue, Bob Giantonio, and Steve Darc.

Women's Open: Debbie McKinney, Ellen Birkhimer, Linda Holst-Martin, Elise Botch, Dorie Quam, Sharon Carlson and Isabelle Opperman.

RAOUL AT THE RACES

(A beautiful day in the neighborhood)

Temperatures near 40. Showers, possibly mixed with snow. An 80% chance of precipitation. That's what the morning paper said, and it turned out to be quite an understatement. It was weather that would make any "native"

proud. The snow was there, changing at random to rain, then hail, and back again.

It would be hard to find better weather for the PNAC X-Country Championships, or a tougher course with hills strategically placed at all the wrong places. And with this being one of the premier X-Country races in the area (although this year's organization didn't show it), the field was both talented and deep.

And among those were four teams of Eastside Runners, two open, one masters, and one women's. The men's A team led and unofficially was our first team followed by the masters team and the B team. In the women's race, Ellen Birkhimer was leading the ESR contingent when the group she was with inadvertently took a wrong turn, and didn't get an official finish. All in all, most everyone had a pretty good time. There's something about x-country that does that to you. With 27 runners and quite a few more watching, you might say that we done ourselves proud. Following is a list of how they ran, and how they watched.

Paula Fredericksen, Christa Friedrich, Ann Weinmann, Andrea Miekle, Chris Hixon, Linda Rice and Nathan (Nat the Rat) all managed to see the runners four or more times, but didn't manage to stay warm and dry. Steve Roach and Jan Pelroy were forced to drop out due to injuries, but were able to holler from quite a few spots as teammates went by.

Men's 10K

Joe Clark "A"
Dave Baumgarten "A"
Johnny Martin "Masters"
Steve Clark "A"
Brent McDermott "B"
Paul Keire "A"
Dave McKinney "A"
Cliff Johnston "A"
Tan Miekle "A"
Dwight Reed "Masters"
Jerry Rice "B"
Mike Donoghue "Masters"
Tim B. Sullivan "B"
Fred Weinmann "Masters"
John Carlson "B"

Women's 5K

Ellen Birkhimer
Debbie McKinney
Marcia Koren
Dorie Quam
Isabelle Opperman
Sharon Carlson
Elise Botch

* Redmond's Hoofin' It reminds all Eastside Runners *
* that they get a 10% discount with club card. And *
* runners can shower for free at the store after the *
* 9 a.m. Saturday runs. Also, the store has new Gore- *
* Tex running sock hats just in time for Christmas. *

RUNNERS' GIFT

by John Meiser

Runner Running,
Runner Speaking,
Walker Walking,
Never Speaking;

Yet Being Other,
Mentor Blindly,
Friend And Human,
Excuding Kindly;

Surely Somewhere
In Between,
Lies A Meaning
More Than Two Feet;

Letting Everyone,
Fly Along,
Leaving Sparkles
On The Feelings;

What If The
Vocal Paraplegic,
Was Pulled Along,
And Smiled Behind;

Tingling And
Refreshing Beauty,
Unattached And
Undemanding;

The Racing Flyer,
Soul On Wings,
Experiencing
Other Things;

Changing Quickly
Whole Days' Meaning,
Bringing Faith And
Hope And Healing.

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 Dale Kalamasz Dave Baumgarten	822-0970 885-0578
Activities Committee:	Elise Botch Paula Fredericksen	453-7382 485-9322
Membership Committee:	Kerry Lawrence Ardell Fromm	455-9345 232-1876
Newsletter Editor:	Frank Purdy	827-3517 453-4264

Dr. Quack

He ducks all of your running questions

Dear Dr. Quack:

The recent snowfall interfered with my running. Since I'm training for a marathon in early spring, I can't afford to cut back my mileage. Do you have any tips for running in the snow?

Slipped Disc.

Dear Slipped:

I have an easy-to-follow, five-part tip on how to run in the snow: (1) Find running shoes with good tread; (2) Dress warmly so as to ward off hypothermia; (3) Jog down to your nearest travel agent; (4) Buy a plane ticket to Hawaii; (5) Run on the beach. Follow those tips and you can maintain your mileage.

Dr. Quack.

Dear Dr. Quack:

Last fall, up until early November, I heard about all these important people running to the office. County executives, city council members, a whole bunch of people; all they talked about was running to the office. Well, I run to the office too; five miles in and five miles home, and I thought I might get some company. But when I looked around, I didn't see any of them running to their offices. They all just stood on soap-boxes. They weren't lying, were they? Or is their definition of running different from mine?

Lesser of two evils.

Dear Lesser:

Those people weren't necessarily lying; perhaps they just made promises they couldn't keep. They use soapboxes because that's how they know best to exercise their lungs. And when they run, they're easy to spot -- they always run in PACs.

Dr. Quack.

----- 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