



The Runner Mumbles



Newsletter for Eastside Runners

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

SAT 25 06193511 03/13/87
NOTIFY SENDER OF NEW ADDRESS
SATO WILLIAM
11243 NE 53RD ST
KIRKLAND WA 98033-7505

TIME TO RENEW YOUR ESR MEMBERSHIP!

200 4/87
William H. Sato
3025 127th Pl SE
Bellevue, WA 98005

Feet first

Joe Clark

While running after a recent rain, I was struck with a revelation that at the time seem quite profound. Did you ever notice that you can always tell if you're going to have to alter your stride well before you get to a puddle?

And why is it that so many non-runners seem so embarrassed when they have to run? They kind of half-run and half-walk for a hundred feet or so, and as soon as they see someone they revert to a brisk walk. It's curious they way these humans behave.

Congratulations to Rick James. Rick is a former AAU All-American who ran at Kansas and trained with Jim Ryun. Rick had become a smoker, but he has been off those nasty, filthy, ugly, disgusting, wretched, nasty (did I already say that?) weeks for a month now. And he still can whup on all of us in a flat 400, severely.

It is also with some sadness that we say goodbye to Brent McDermott. Northwest Orient has transferred him. Maybe, if he saves up his frequent flier coupons, he can come back for the Skagit Valley Relays.

I saw coach Jerry Rice running last week. You all know what that means. Three more weeks and he'll be injured.

With spring approaching, the Tiger Mountain trail system offers some good running, beautiful scenery and hills. It's not all hilly though, particularly the railroad trail and Round Lake areas. The birds are already out, making it enjoyable listening also.

If you're looking for hills to run, here are a few that may tickle your fancy:

☞ Reed's Revenge on the Tolt Pipeline Trail. This goes up out of the Snoqualmie Valley and gradually gets steeper.

☞ The Lake Hills Connector, long a favorite of Gary Youngs and three or four others who won't admit it.

☞ Norway Hill in upper Juanita/Bothell. "Ya sure, you betcha."

☞ Wino Hill, rising into the clouds from the Ste. Michelle Winery.

☞ Main Street Hill in Edmonds; it seemed huge when I was a child and still does.

☞ Holmes Point Drive in Juanita has a long, windy, shaded hill good for hot days. You have to run up Juanita Drive or over Finn Hill to get two for the price of one.

☞ Points Drive. Drive into Yarrow Point. Closed to traffic, this is nice, especially during rush hour as you rise above the frustrated commuters.

☞ And last of all, the classic Market Street Hill, good any time of the day or night, with scenic views of Lake Washington on one side and less-than-scenic views of Kirkland on the other.

If hills aren't your bag, then here are some notable flat runs:

The Sammamish River Trail; the bike trails in the Kent River Valley; Green Lake, which may get crowded but what the heck, it's Seattle's oldest running spot.

Others include most of the Boeing Trail at Eastgate; Lake Washington Boulevard/Lake Street in Kirkland, which is kind of like Green Lake in the summer; and of course, the old standbys, Kansas, Indiana, Iowa and Nebraska.

Happy trails.

And for those who don't know, Peggy Hughes is thinking more about baby showers than April showers these days. Bill and Peggy are expecting a bouncing bundle in about three months. And Bernadette is terrorizing opponents with her dominating play in the "paint." She's having a great basketball season and the coach, a certain William Hughes, is mighty proud.

Calendar of events

March 1 — Mercer Island Half-Marathon. A function of some sort, reputable no doubt, will follow at Christa Friedrich's, 8126 W. Mercer Way on the rock.

March 5 — Thursday night pizza, 7 p.m. Poppa's at Bridle Trails in Kirkland.

March 15 — St. Patrick Day's Dash in Seattle.

April 2 — Thursday night pizza, 7 p.m. Poppa's at Bridle Trails in Kirkland.

April 12 — Emerald City Marathon, we hope to have a function afterward.

April 15 — Turnip-and-O-positive Day, mean-

ing it's membership renewal deadline. Dues are \$10 family, \$7.50 individual, which is a bargain compared to what the IRS will extract from you.

April 26 — Great ESR Falls-to-Gasworks Connection. And what, perchance, will you be doing that day?

April 30 — Resume Thursday night runs, 7 p.m. at Luke McRedmond Park along the Sammamish River Trail. Now this is tricky because daylight-saving time starts earlier this year and so may our runs. We're not sure yet.

May 1 — Mariners eliminated from AL West pennant race.

PRs and awards

Dwight Reed

Dorie Quam

Dwight Reed

Ian Mickle

Paul Hargreaves

John Martin

John Martin

Ian Meikle

Terri Butler

Marcia Koren

Ian Meikle

Linda Holst-Martin

Christmas Rush 10K, Kent

Christmas Rush 10K, Kent

Freeze Yer Buns Run

Freeze Yer Buns Run

Freeze Yer Buns Run

Freeze Yer Buns Run

Jingle Bell Run

Jingle Bell Run

Jingle Bell Run

Jingle Bell Run

Winter Glove Runs, Steilacoom

Winter Glove Runs

Third in division

40:00, second in division

First in division

Second in division

Third in division

Last in division (see story)

Second in division

Second in division

Fourth in division, fifth overall

Fourth in division

Fifth in division

Fourth overall

C'MON BABY, LET'S DO THE TWISP

A hardy contingent of ESR members slipped over to Twisp in January for the aptly named Freeze Yer Buns Run. Participants also got in some cross-country skiing, and therein lies the complication.

Informed sources, who won't be named because John Martin would track them down and impale them with a ski pole, said Mr. Martin had a bit of difficulty come race day.

It seems John left his cabin about 8:30 a.m. on skis and informed the crowd he'd meet them at the race's starting line in time for the noon

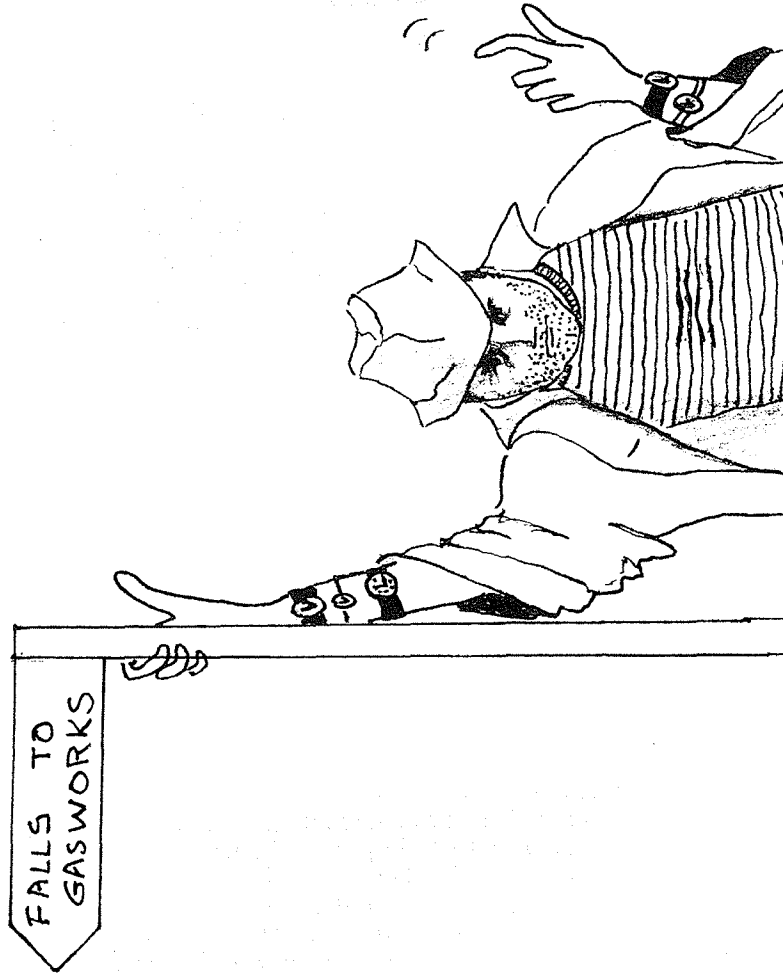
event.

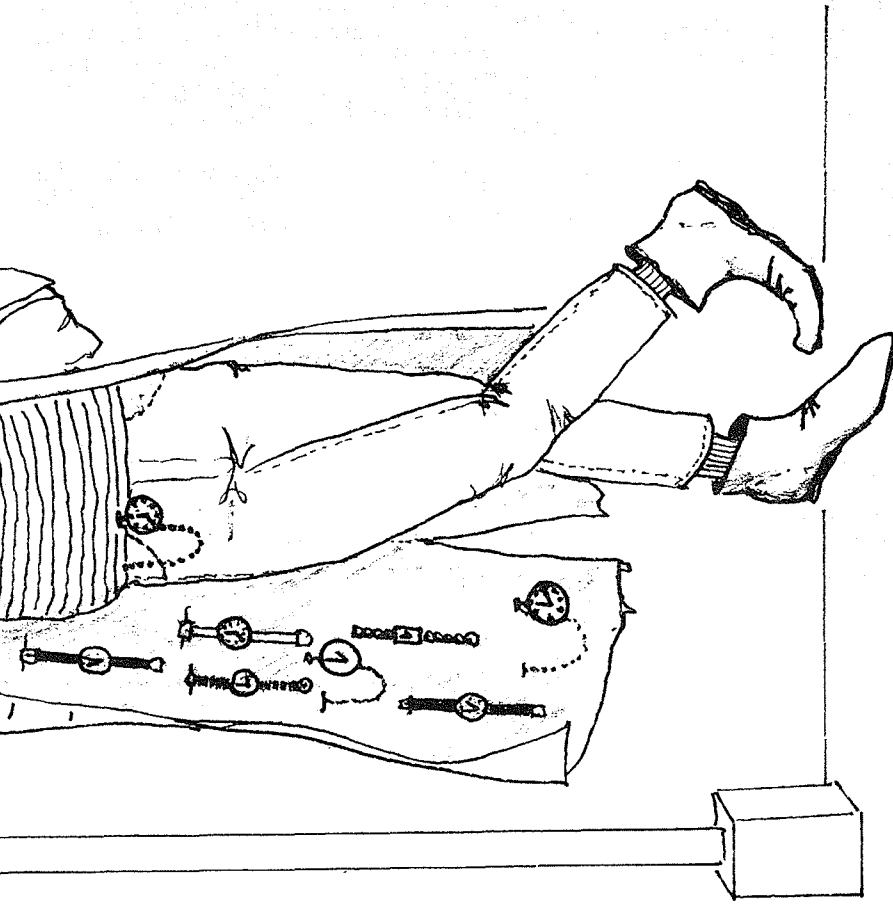
The race started. He wasn't there. The race ended. He still wasn't there.

"We fully expected to find him dead and frozen," said our Methow Valley correspondent. Instead, they found him late, about an hour after after the start. He got lost, he explained, "and he had some story about making circles in the woods," according to our source.

"Of course," our correspondent adds, "He had some competition in the race."

**Here's one
person who won't
volunteer for
Falls-to-Gasworks**





Mark Sunday, April 26
on your calendar
Watch for it!

—Paula Fredericksen

MESSAGE FROM THE PRESIDENT

By Jan Lawrence

We've got a great season coming up! The ESR Board has met several times, and you'll see the results shortly:

1. Planning for this year's Falls-to-Gasworks Relay is well under way. We're getting permits, pricing T-shirts, getting the applications printed and will be asking for your support shortly. The race is scheduled for April 26.

This year, Dwight Reed is proposing we hold a "club members only" relay a week before or after the regular Falls-to-Gasworks Relay so we finally get a chance to race the course. A great idea!

We're still firming up sponsors for the race, so if you know of anyone willing to donate food or prizes for the finish line, please contact me.

2. Rumor has it there are several club members who have already begun training for the coming triathlon season. They swim Monday evenings across the street from Redmond High School at 7 p.m. In addition to those members doing their training indoors, Marcia Koren and I are biking on a somewhat regular basis. We're training for "Chilly Hilly" at the end of February, then the Seattle-to-Portland ride.

3. New membership applications are now printed and are being distributed to the local running stores. We will be handing some out at various Eastside races this spring and would like volunteers to help. Please call me at 455-9345.

4. We're planning a get-together for after the St. Patrick's Day Run. Details will be available at the first Thursday pizza night in March.

FROM THE LOG OF THE ANONYMOUS RUNNER

Dec. 14 — Just finished the Jingle Bell Run. It is cold and rainy; perfect for feeling miserable. But the festive mood of the race brightens my spirits, so I compose this little ditty:

*Dashing through the wet
In shorts and a single-let
O'er the streets I run
I think I'm having fun
Bells go jing-a-ling
On feet and ev'rything*

*What fun it is to run a race
When the rain blows in my face.*

*Jingle bells, jingle bells, jingle all the way
Oh what fun it is to run on a cold and rainy
day-ay
Jingle bells, jingle bells, jingle all the way
Oh what fun it is to run on a cold and windy
day.*

TRIVIA

Q: What year did Sebastian Coe first break four minutes for the mile?

A: Aug. 30, 1976, at the Crystal Palace in 3:58.3

Remember, your club card entitles you to a 10% discount at Hoofin' It Athletics and Fast Lady Sports.

Correction to last edition's Trivia question:

It was Bill Donakowski, not his little brother Gerard, who made the World Cup Marathon team. Gerard is a top track man and medal winner in the Goodwill Games.

Dr. Quack

He ducks all of your running questions

Dear Dr. Quack:

Often when I run a 10K race, I have a religious experience where the Savior is Mr. Ed, the talking horse. But lately, it happens less frequently. What would you recommend to have this wonderful experience occur more often?

—Hy Cruzin

Well, Willburr:

You're saddled with too many negative thoughts; you must rein in your neigh-saying. Keep hoofing it and your experiences will come to you, as they say, bit by bit.

Dear Dr. Quack:

My wife is pregnant. Should I cut back on my running to protect the unborn child?

—Expectant Father

Dear Expectorant:

Yes, you don't want to be so tired that you fall asleep at the birthing classes.

Dear Dr. Quack:

Whenever I go out for a training run, that awful Megan Kappelhoff always joins me and I don't even invite her to come a long. What do I do to get rid of this pain-in-the-neck? Surgery?

Timmy, age 8½

Dear Timmy:

Stop playing hard to get; in other words, just run at your normal pace. She'll catch up to you quite easily, get to know you and soon she'll want to have nothing to do with you.

Dear Dr. Quack:

The night before a race I get very nervous. A gentleman friend suggests I take up nude bowling to relax. Is there something to that or is he giving me a line?

Ms. Uppteit

Dear Ms.:

Any man who would tell you to bowl nude is no friend of yours. However, he probably is a friend of mine.

Dr. Quack welcomes questions, though you may not welcome the answers. Mail your questions to ESR, or attach them to the gum underneath the tables along the east windows of Poppa's pizza.

The Runner Mumbles, newsletter for Eastside Runners, is published once in a blue moon or every other month, depending on whether the editor has to prune his trees or not. The newsletter is a forum open to all club members.

Contributors to this month's newsletter are Joe Clark, Paula Fredericksen, Gary Youngs, Ardell Fromm, Christa Friedrich and Burko Crutcher. The next newsletter will appear April 1 and *that* one will be on time, by golly.

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

APPLICATION

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

AREAS OF INTEREST

- Race Helper Social General
 Race Organizer Newsletter

TYPE MEMBERSHIP

- Individual Family

Also, Please list family members' names:

CLUB OFFICERS

President	Jan Lawrence	455-9345
Vice president	Ian Mickle	881-0368
Secretary	Gary Youngs	641-2103
Treasurer	Christa Friedrich	447-4400
Race Committee	Steve Martin	827-6886
	Marcia Koren	
Activities Committee	Paula Fredericksen	885-5092
Membership Committee	Linda Martin	827-6886
	Elise Botch	453-9345
	Ardell Fromm	232-1876
Newsletter	Frank Purdy	827-3517
	Deborah McKinney	827-5751