

April, '86



The Runner Mumbles

Newsletter for Eastside Runners

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



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Feet first

Joe Clark

Spring is here, Thursday night runs will be coming soon, and to a lot of people, it's time for increasing activity in training. And to a lot of people, ESR seems to spring to life. But there's actually quite a bit that went on during the "inactive" months of winter. Our board has been going on with preparations for Falls to Gasworks, the Jasper to Banff Relay, we had our Christmas party, did some skiing, the Mercer Island Half-marathon and party, and, of course, Jerry Rice has been coaching intervals at Redmond High School every Tuesday night all winter long. We're probably one of the very few clubs to offer any regular coaching. If you really try hard, you can get a good deal for your \$5, even in winter.

And that brings me to this next little point: It's the club members and their hard work that make this all possible. We earn our money when we do results at races, relying on volunteers. In the spring, we typically work four or five races, including Falls to Gasworks. Working a race can be both fun and rewarding, especially with ESR. Falls to Gasworks takes more than 50 volunteers, and it is one of the premier relay races in the Northwest. It has been featured in the Northwest Runner and the Racer. The standing line in the club is that if you can't work it, you must provide two volunteers in your place, and if you planned to race it, the number is three. Exemptions traditionally have been granted to those stout enough (foolish enough?) to run the entire distance. For this year's edition you can get in on the fun by calling Joe Clark, 486-4947; Dave McKinney, 827-5751; or Dwight Reed, 885-5092.

A couple of ESR folks have been running real hot lately. Johnny Martin and Paul Kierie pulled off some impressive doubles. Johnny ran 21:00 for the St. Patty's Day Dash and come back to take second in the Sedro Woolley Kiwanis 10k. Paul ran 4:18 in the 1500 meters at the Polar Bear Invitational track meet. He ran a 4:09 1500 at the UW developmental meet. Debbie McKinney also ran well at the Polar Bear. In her first ever 3000 meters she took fourth in an outstanding race. And at Mercer Island, Dori Quam and Linda Holst Martin took first and second in the women's masters division. And Ian Mickle led all ESR runners with a sub 21:00 at the St. Patty's Day Dash.

Dwight and Paula just got back from Florida where they took their vacation. Jerry and Linda are headed down as part of their Christmas gift. It must be the ions.

Once again, the St. Patty's Day dash brought a lot of good times on its fast course, a great way to start off the spring. The race seems to be a good one and is rapidly developing a following.

Bill Hughes and I just finished putting on our third annual Corporate Challenge Relay. We had to run south on the trail this year, due to the washout near the winery. Fortunately, we didn't have the wind that plagued us last year. However, we did have some rain of a fairly continuous nature. Once again, Dave McKinney and Dwight Reed led their team to victory. Dave also ran the fastest leg of the day, clocking 27:05 for 8k. Among other club runners were Debbie McKinney, whose team was second in the Mixed II division, Ellen Birkheimer whose team won the Mixed I division, and Carolyn Hitter, who ran two legs and led her team to victory in the Women's division. Ron van Dyne was spotted running along the trail while the race was going on. He said hello to all and is planning to attend the Thursday night runs. He had been rather scarce since he started his new job.

We had our general meeting the other night. The guest speaker I had arranged didn't show, making me 0 for 2. I don't think I'll be lining up too many more speakers. There was a good turnout, with some new faces, and also some we hadn't seen in a while. We all enjoyed the refreshments and discussed a lot of club news. Here's a brief recap: Our next meeting will be a potluck at Christa Friedrich's house. It will be Saturday, May 10. The meeting will be preceded by a run. Watch the mail for further news. Jan and Kerry Lawrence will be having a potluck party after the Emerald City Marathon. The party will start one hour before TV coverage. Call 455-9345 for more info. A number of folks are planning to ride the Seattle-to-Portland bicycle ride this year. The ride is on the third weekend in June. Call Dwight Reed if you're interested.

We have a couple of races coming up that we'll be working. The first, of course, is Falls to Gasworks. The others are the Nordstrom Kids Run on April 26 and the Redmond MS Run on June 7. Also discussed was having club members bring baked goods for after the Falls to Gasworks. It was considered a good idea, so consider making something. Also, we talked about dues, which are due on tax day, and bringing a friend to club functions. And noted that the line is being held for at least one more year on dues; they're still on \$5 for an individual and \$7.50 for a family.

There is some talk of putting together teams for the Skagit Valley and Baker to Bellingham relays. The Skagit race should be no problem, since it is Aug. 9. However, the Baker to Bellingham unfortunately scheduled itself on the same day as the Crystal Mountain Summit Run. Naturally, any thinking runner will take the scenic beauty, tremendous organization, soft running surface, and of course, just the one hill, over the relentless downhill, injury-aggravating, quad-pounding, hard-

surface race that is the Baker to Bellingham. Trust me, Crystal is the thinking person's race, and it's only 7K. Also, at Crystal you get a beautiful view of Mt. Rainier at the finish; whereas at the Baker to Bellingham, you're running away from the view. But ultimately the choice is up to you, and now that you've been educated as to the merits of the races, there is no doubt that you'll make the right choice. (Editor's note: The last paragraph met no standards of objective journalism. But since The Runner Mumbles itself has no standards, the paragraph made it into print).

PRs and awards

*Denotes PR

Peggy Hughes	5k (unknown race)	24:08*
Debbie McKinney	3k Polar Bear Invitational	11:18 4th overall
	Corporate Challenge Relay	2nd in division
	Tiger Road Run	2nd in division
Dorie Quam	Mercer Is. Half-Marathon	1st in division
	Tiger Road Run	1st in division
Linda Holst-Martin	Tiger Road Run	2nd in division
Ellen Birkneimer	Corporate Challenge Relay	2nd in division 32:21*
		Fastest woman
Elise Botch	Resolution Run 20 mile	2nd in division
		2:45:00*
Carolyn Hitter	Corporate Challenge Relay	1st in division
Dave McKinney	Corporate Challenge Relay	1st overall 27:05*
		Fastest man
	Resolution Run 20k	1:09:52*
	Tiger Road Run	1st in division
Mike Donoghue	NW Masters 10k	56:18*
Fred Weinman	NW Masters 10k	59:14*
Gary Youngs	Mercer Is. Half-Marathon	1:31:00 (course PR)
Frank Purdy	Mercer Is. Half-Marathon	1:27:46*
	Resolution Run 20 mile	2:19:06*
Dwight Reed	Corporate Challenge Relay	1st overall
Johnny Martin	Cathlamet-Puget Is. Run	1st overall
	Sedro Woolley Kiwanis 10k	2nd overall
Donn Joseph	Tiger Road Run	1st in division
Ian Diekle	Tiger Road Run	3rd in division
Paul Kierie	UW Developmental Meet 1500	4:09*
	Polar Bear 5000	15:59*
Joe Clark	UW Developmental Steeplechase	10:11*
Bill Hughes	Sedro Woolley Kiwanis 2.7 mile	2nd overall

Calendar of events

- April 13 Pot luck at Jan and Kerry Lawrence's one hour before TV coverage of Emerald City Marathon. Call 455-9345
- April 20 Falls to Gasworks. Have you volunteered yet? Call Joe Clark at 406-4947.
- April 26 Nordstrom Kid's Run. We work this one. Call Dale Kalamacz at 885-0578.
- May 1 Thursday night runs start, 7 p.m. at Luke McRedmond Park. Every week until the Harvest Moon or a Blue Moon, whichever comes first. Pizza and beer after the run.
- May 10 General meeting and potluck at Christa Friedrich's house. Fun run before the meeting at about 4 p.m. Call 232-4357.
- June 7 Run for MS. We work this one. Call Dale Kalamacz at 885-0578 to volunteer.

THE PREZ'S MESSAGE

Ahhh, spring! It is a time for some of you to shift from skiing to running; for some to resume outdoor recreation; for a few of you to get off your duffs and get back to running; for many of you to say good-bye to running in the cold, the damp and the dark and to say hello to the not-so-cold, the not-quite-as damp and the almost light. And as the swallows return to San Juan Capistrano and the buzzards return to Hinckley, Ohio, so too does the club return to the Thursday night run in the spring.

Officially, Thursday night runs begin on the first Thursday following the change to Daylight-Saving Time. This year that day is May 1. However, if you show up the few Thursdays prior to that, you likely will find some club members already have started them.

Now, some of you are reluctant to come out to Thursday night runs. It seems you are intimidated by the high-powered runners. You shouldn't be. You should adopt the attitude that those fast runners can't be enjoying themselves at their pace, while you are having a ball as you plod along. Besides, all types of runners do turn out. You should easily find someone of your caliber to run with.

So, mark on your calendar the official date -- May 1, and show up at the official place -- Luke McRedmond Park in Redmond, at the official time -- 7 p.m. Come and renew acquaintances. Make new ones. Bring a friend and introduce him or her to the club. And remember, after the run, reward yourself with pizza and your favorite beverage at Poppa's. Come and join in the camaraderie of the Thursday night runs.

MEDICAL FACT
FROM THE ARCHIVES
OF DR. QUACK:
Any Eastside Runners
club members who fail
to volunteer to work
Falls to Gasworks
get warts. So hop
to it! Mark Sunday,
April 20 on your
calendar.



NEW SHOES

By Joe Clark

I remember the day. I was 7 years old and I just got some brand-new high-top Keds, complete with that little circle on the ankle. On that awesome feeling; I just wanted to run, jump and bounce around. It was those magical shoes, shoes that the athletes who were my heroes wore. With those I could do anything except run circles around my little brother (he had new shoes too). But the neighbor kids had better watch out.

Perhaps that is one of the reasons for running's popularity, the excuse to go out and get that new-shoe feeling. Not just any shoes will do, of course; oxfords and deck shoes don't really make you feel the way you did way back when. Back when you were carrying a secret message that only you, and your new shoe, could safely and quickly carry. But today's new shoe brings back that feeling, and with it a glimpse of childhood days long past. Now the midsole is the first to go, back then it was the toes or sides. Mom never did understand that I wasn't scuffing my feet. No, that rock I kicked just scored a goal that enabled my team to win the championship. That mud was from the grueling cross-country race against the world's best, and yes I did win, despite being tripped up in the scramble (I didn't mean to rip my pants, dad).

Now you can trot out to the local running shop to pick up what is ostensibly just another important part of your "fitness equipment." Once you put them on, though, watch out; it's that new-shoe feeling. It's part nostalgia, part excitement and part magic. With today's prices, you may not kick many rocks to score that winning goal, but take them out on the trails. Get them a little muddy, win that championship and have fun. Isn't that what it's all about?

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Dear Dry:

Beer is a diuretic. If you drink enough of it, you'll have no need for a diary.

GUARANTEED WEIGHT LOSS!!!!

Yes, you too can shed unwanted pounds with Dr. Quack's guaranteed "26.2 Plan." Eat all you want; yes you can with Dr. Quack's 26.2 Plan. With only eight weeks of a little effort, say one to three hours a day, you too can carry a skim body all over town. And we mean everywhere in town. For more details, send \$14,399.99 in cash to Dr. Quack, care of this newsletter. For ESR members, the cost is only \$14,388.88.

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

OFFICERS

President:	Gary Youngs	641-2103
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Secretary:	Linda Holst-Martin	827-6886
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Activities Comm.:	Elise Botch	453-7382
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The Runner Mumbles, newsletter of Eastside Runners, is published once in a blue moon or whenever. The newsletter is a forum open to all club members. Contributors to this issue are Joe Clark, Paula Fredericksen, Burko Crutcher, Christa Friedrich and Ardell Fromm. The next newsletter will be published around June 1.