



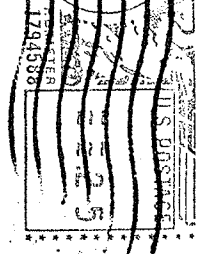
The Runner Mumbles

Newsletter for Eastside Runners

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

11-1988

BILL & PEGGY HUGHES
4-15-89
3206 E LK SAMM RD NE
REDMOND WA 98052





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GENERAL MEETING

By Gary Youngs

The general meeting of Oct. 3 was perhaps the best attended in the club's history. The 50-60 members in attendance doubled the typical turnout for a general meeting.

The club president, Marcia Koren, opened the meeting by introducing the people who will serve as club officers for the next year. She also lauded those who have contributed to the operation of the club in past year.

Then Marcia introduced the guest speakers, Bill and Lisa Weidenbach.

Bill and Lisa are the premier running couple in the Seattle area. These transplants from Michigan are occasionally seen at Redmond High School when ESR does its Tuesday night track workouts. They now make their home in Issaquah and were attracted to the area because of its mild winters.

The portion of their presentation dealing with their training showed how sensible they are. They seemed to have much knowledge concerning the many aspects of training, from diet and mileage to shoes and the body itself. They shared this knowledge in a light and lively manner. In fact, poor Bill had to play straightman and bear the brunt of Lisa's jokes.

AND SPEAKING OF WHICH ...

Member! Do you know someone who would be a good speaker for a general meeting? If you do, let a club officer know so a meeting can be arranged.

CENTENNIAL RUN

Marathons and even ultras aren't enough for some ESR members. For some of us, an eight-day run is an idea of a wonderful vacation.

Dave McKinney is assembling a 10-man team (in male open division) for April's Centennial relay. This weeklong, statewide race challenges runners to match Lewis & Clark's 6:15 pace.

Dave says the entry is all set up. "We're definitely going to do it. We are in the race and ready to run," he says.

"I've got eight people and I need two more," says Dave. "I'm just waiting on a couple of more people to decide."

Definitely entered are Dave, John Carlson, Mark Strom, Gary Youngs, Brent MacDermot, Dwight Reed, Bill Hughes and Dave Kendall. And as Dave mentioned, he has a couple of people in mind for the last two spots.

As of now, it's the only team ESR will have in the relay. If someone else wants to organize a team for the eight-day or the shorter two-day or three-day events, then Dave (827-5751) can provide information on how to get started.

And it bears repeating: Because of the relay, we won't be putting on Falls-to-Gasworks in April. We plan to return with Falls-to-Gasworks in 1990.

FROM THE BOARD OF TRUSTEES

A proposal, put forth at the November board meeting, requires input from the membership before it can be evaluated.

The proposal is allowing the club to subsidize members' entry fees in selected races. To be eligible a club member must have worked one of the races the club runs on

Calendar of events

Nov. 26 — Seattle Marathon and Half-Marathon.

Nov. 27 — Hobart 100, Maple Valley, 11K.

Dec. 10 — ESR Christmas Party, 7:30 p.m., 15617 N.E. 113th Court, Redmond. The Roach Hotel.

Dec. 11 — Jingle Bell Run, Seattle, 5K, Seattle.

Dec. 17 — Christmas Rush. Kent, 5K and 10K, Kent.

Dec. 25 — ESR Christmas Day Run (Keep your ears open to find out more on this one).

Dec. 31 — Resolution Run, Seward Park in Seattle, 5-mile. Join club members post-race at Leschi Lakecafe.

April 2-April 9 — Centennial Relay.

April 10 — Mariners open season.

December-April — Various skiing outings. (Hey George Emerson! How about water skiing!)

PRs and awards

Dwight Reed
Debbie McKinney
Paula Fredericksen
Frank Purdy
Brent MacDermot
Greg Staup

Badger Mt. Bean Run 15K
Badger Mt. Bean Run 15K
Badger Mt. Bean Run 15K
Woodinville Slough Run 10K
Woodinville Slough Run 2-mile
Woodinville Slough Run 2-mile

First overall
First in division
Second in division
37:58*
First in division
First in division

*Denotes PR

THURSDAY NIGHT RUN WINNERS

Using a system that makes the NFL's computerized quarterback-rating system look like first-grade math, ESR had determined the "winners" (i.e., those who look at their watches while running) of the Thursday night predict-your-time sweepstakes.

Those winners are:

Men

1. Bill Hughes
2. Bronco Posarac
3. Jim Schulz
4. John Williamson
5. Ron Van Ryn
6. Gary Youngs

Women

1. Kara Crisifulli
2. Patty VanAchte
3. Judy Cox
4. Della Wilson
5. Marcia Koren
6. Barbara Grant

Trophies will be handed out at the Christmas Party on Dec. 10. Winners need not be present to get their awards. However, no-shows will be subject to much rumor, gossip, backbiting, talking-behind-the-back and speculation as to seamier aspects of the no-shows' personal lives. It's your choice.

ESR WARMUPS

The ESR singlets, shorts and warm-ups are ready from H&L Sports. Steve Roach will take orders for the ESR warm-ups if anyone is interested. Phone 881-0652.

The Runner Mumbles, newsletter for Eastside Runners, is published once in a blue moon, depending on the editor's running schedule. The newsletter is a forum open to all club members. Contributors to this month's newsletter are Gary Youngs, Willie Sato, Burko Crutcher and George The Wonder Dog. The next newsletter will appear when we get around to it.

COMMENTARY BY DAND. ROONEY

You know what I don't understand? I don't understand why so many people go through a stretching ritual before they run.

I run, but I almost never do any stretching exercises. The only time I do them is when I go for a run soon after getting out of bed in the morning. And even then, the minute I spend stretching comes after I do jumping jacks.

Now, jumping jacks make sense to me. They get the blood flowing through the system and to the muscles. They are better at "warming up" a body before a run than any stretching. To me, stretching doesn't get the blood out to the mus-

cles and does little to "warm up" a body.

I have read articles to bear this out. One article stated the results of a survey that compared runners who stretched to those who didn't. The result was those who stretched had a higher rate of injuries than those who didn't.

Nevertheless, many runners still stretch. I have no idea why. But what perplexes me more is exercise experts recommend stretching. It seems to me, those experts aren't so expert. My guess is they are probagly in cahoots with he doctors and physical thereapists and get a cut on the profits from treating stretching-injured people.

BADGER MT. BEAN RUN

In all the years that ESR club members have traveled to the Wenatchee area to run races or just to visit, the road surfaces there have never been wet. It seems there is a law that prohibits wet roads in Wenatchee. For the Bean Run this year, that law was violated. An all-night rain left roads drenched.

Wet roads, however, were not a problem. The bigger problem was the fog. The fog was so thick that one could not see any other runner who was more than a 100 feet away. However, the fog did have the advantage of moderating the temperature, so it was neither too hot nor too cold.

The ESR contingent in the Badger Mt.

Bean Run this year wasn't as large as it had been in past years, but those who did run represented the club well.

Dwight Reed won the 15K. Debbie McKinney and Paula Fredericksen were 1-2 in the women's 15K. Bob Cecil placed 10th in the 30K. Other club members doing the distance included Les Soule, John Carlson and Gary Youngs. Loren Cowan was ESR's lone participant in the 50K run.

There was a certain sadness to this year's run: It could be the last one. The race organizer, Dave Brown, has said he is retiring. If no one replaces him, the race is history.

THINGS CHANGE FAST

By Burley Guy

Earlier this year I had to take some time off from running to recover from an injury. The two months of the recovery seemed interminable, but rationally I knew it was not that long.

However, when I resumed running, I was surprised to see how things had changed on the courses I run. Trees had been planted at one place, a tree had

fallen down at another. A road had been repaved. A street had been dug up and patched. An open drainage ditch had pipe laid on it and was covered over with blacktop. A house had been painted a brilliant blue. It definitely was not a Northwest color.

After those nine weeks, I believe I know how Rip Van Winkle felt upon waking after a 20-year sleep.

Don't Worry - Be Happy at the

ESR Christmas Party!

Dec 10 Sat. Night 7:30
pm

Hot Cider & Beer provided

E-405

NE 124th

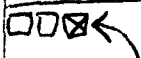
Bring:

- Minchies
- Donation for Redmond Food Bank
- A "White Elephant" Gift
(something of Value that you no longer want, gift wrapped please, to trade for something equally ~~useless~~ valuable.)

See You There!

Woodinville - Redmond Rd

NE 113 ct.



Steve's
House
881-0652

President	Steve Martin	
Vice president	Mike Donoghue	
Secretary	Christa Friedrich	
Treasurer	Bill Hughes	
Race Committee	Willie Sato	822-2567
Activities Committee	Steve Roach	881-0652
Membership Committee	Greg Staup	788-0388
The Kid	Gary Youngs	641-2103
Newsletter editor	Frank Purdy	827-3517
Key grip		

Dr. Quack

He ducks all of your running questions

Dear Dr. Quack: I have 27 pairs of worn-out running shoes underneath my bed. What should I do with them all?

—Shoe's fit to be tied

Dear tied:

There are a number of things you can do with the shoes:

(1) Let the shoes support the mattress, then sell the bed frame and go buy yourself another pair of shoes.

(2) Bury the shoes and hope new shoes grow in the spring.

(3) Pile 'em up and burn 'em on a day when the wind's blowing toward a neighbor you dislike.

(4) Cut 'em up into rubber bands.

(5) Glue them together into a massive, no-slip shower mat.

(6) Throw them at the cat that sings in the middle of the night.

(7) Pop 'em into the oven for a tasty dish of Fillet of Sole.