

Summer '89

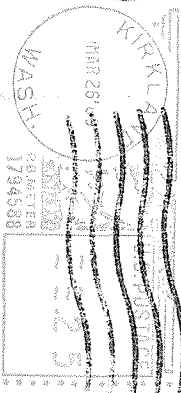


The Runner Mumbles

Newsletter for Eastside Runners

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

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PREZ'S CORNER

By Marcia Koren

Thanks to Steve Roach's enthusiastic membership activity, it appears we have welcomed more new runners this past year than previous years. In recognizing the growth of our club, I find myself reminiscing about the personality and posture of ESR at its advent in contrast to our present status.

At our last ESR board meeting, Steve Martin reminded us that Eastside Runners emerged from a schism with Club Northwest. Later prodding of Steve's archives revealed that the actual conception of ESR took place at the Fresh Air Tavern, after a Bloomday race, in a highly secretive meeting.

Steve, Ron Van Ryn and George Emerson decided to become "heretics" and separate from mother Club Northwest because of the contrasting running goals and greater interest in social interaction.

Notably, our present ESR V.P., Steve Martin holds a charter membership back to 1981 when the first meeting was held with the original members, including (and not limited to) Dan Moon, George Emerson, Alice Tagarres and Marylew Nelson. Regular Thursday night runs began on the Sammamish River Trail, which then and now serve as a major means of attracting new members.

Unquestionably, Dave McKinney's initiation of the Great Falls to Gasworks Relay put ESR on the map. This was done after many ESR members' experiences on our first relay race: Baker to Bellingham. For most of us it was a special running adventure that generated more camaraderie and support than ever noted in a regular road race. As such,

Dave McKinney has very successfully organized our own relay here in Seattle for the past six years. Some Eastside Runners got relay fever and represented the club internationally at the Jasper-to-Banff relay in Alberta and Vancouver Relay in B.C., as well as the Coors Island on Vancouver Island.

Equally important to ESR's development is Jerry Rice's general contribution of time to coach club members. I can remember (about 1984) when there were only about five of us on the Woodinville track, and only one division existed. As time has gone on, it has been rewarding to see many individual member make significant advancements in their running after weekly training/slaving with Jerry.

To Jerry personally, your time invested with us all these years is sincerely appreciated.

An interesting paradox, to bring this story to an end, is how we have expanded with many members on the west side of the bridge, myself included. I was approached by Eric Page, who suggested we start a westside chapter of Eastside Runners. And I might add it isn't too infrequent that we see a particular member (clue: first name is Tony) from Club Northwest at our events and competing with one of our teams although he insists on wearing the "other brand's" singlet during ESR events.

Lastly, I hope everyone took some cross-training days during the winter's snowfalls. Track workout was even canceled during the February freeze, although a few hard-core types showed up on the snow-covered track, hoping to avoid "interval withdrawal."

Best wishes for a great spring running season to come.

Calendar of events

April 2-9—Lewis and Clark Relay.
April 10—General meeting, 7 p.m., Redmond Library. Speaker will be Sandy Newton from Goodwill Games.
April 13—Thursday night runs begin, 7 p.m., Luke McRedmond Park
April 15—Deadline for income-tax re-

turns AND Eastside Runners club membership renewal.

May 7—Bloomsday Run.
May 13—Heart Run in Tacoma. We work.
May 20-21—Vancouver Island Relay.
June 21—Summer Solstice.
July 1—First day of July.

PRs and awards

Ian Meikle/Marcia Koren
 Dwight Pickett/Alice Taggares
 Tom Eagling/Christa Friedrich
 Dave McKinney
 Dorie Quam
 Dorie Quam
 Alice Taggares
 Carolyn Hitter

Valentine's Duet Run
 Valentine's Duet Run
 Valentine's Duet Run
 Resolution Run 10 mile
 Ulrike Criminale 25K
 Mercer Island Half Marathon
 Mercer Island Half Marathon
 Mercer Island Half Marathon

First in age group
 First in age group
 First in age group
 Second in age group
 Second overall
 First in division
 First in division
 Second in division

GENERAL MEETING

The Goodwill Games, set for 1990, may be too far over the horizon for many of us. But as the world revolves and the Games increase in our consciousness, we'll get a heightened sense of the imminence of the event, both in Seattle and around the world.

To that end, Sandy Newton of the Goodwill Games will speak to us on Monday, April 10, at 7 p.m. at the Redmond library.

One item of discussion is the role Eastside Runners could play in helping with the logistics of the games.

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.

BOARD NOTES

As an update on the ESR Board meetings, the following issues were addressed at the last board meeting on Feb. 28:

☞ Anticipatory planning for a general meeting, April 10. Our speaker will be Sandy Newton from the Goodwill Games.

☞ ESR has been approached to assist with the aid stations at the Tacoma Heart Run. Bill Hughes, race coordinator, will be asking for volunteers for this event on Saturday, May 13. Your involvement is needed. Call Bill (868-0284) if you can volunteer your time. We plan to Van-Pool to the race.

☞ Potential starting of a regular long weekend run for those in training for extended distance events. Time and place will be further discussed and announced.

RELAYS: AN INVITATION TO ALL RUNNERS

By Marcia Koren

For the past three years we have entered teams in the Coors Island Relay on Vancouver Island. It's our favorite relay event, and each year we have added a team because of expanded interest. This year, for the first time, team entry was by lottery. Luckily, all four of our teams were admitted to the relay.

At present, the ESR teams entered into the Coors Island Relay consist of:

- ☞ A men's masters team, coordinated by Mike Donoghue.
- ☞ A men's premasters team, coordinated by Bill Hughes.
- ☞ Eastside Social Club's men's open team headed by the inimitable Willie Sato.
- ☞ A women's open team, overseen by yours truly.

Our women's team was originally destined to be a women's premasters team, but all categories were collapsed to one open division because of lower enrollment.

This year's race is the weekend of May 20, and unfortunately the teams are already close to being filled. The runners on the above-referenced teams were mainly runners who participated in last year's relay.

On this issue, a discussion among previous team captains and participants pointed out that the ESR relay teams in recent times have been more heavily

weighted with runners (ESR and non-ESR) of a competitive nature. As a result, the more average ESR runner has not been given an equal representation at relay events.

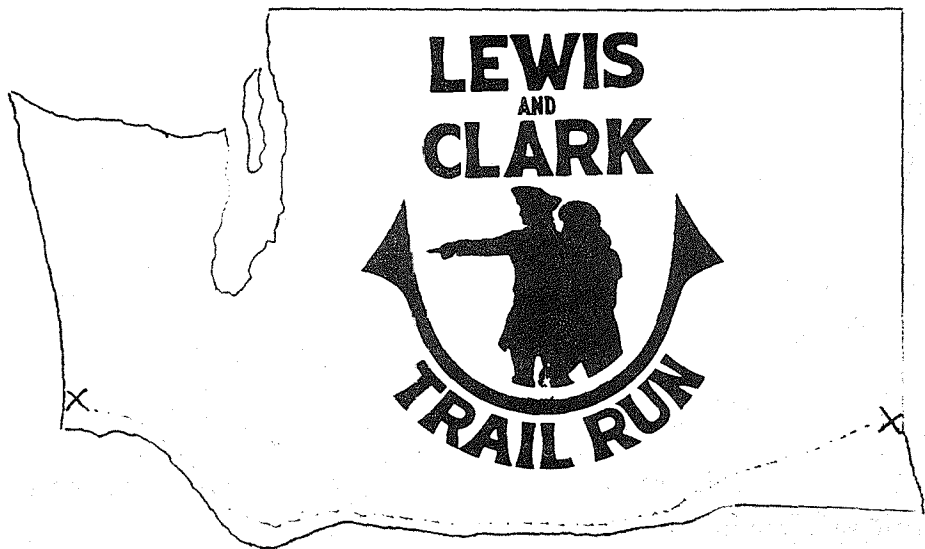
A closer look, however, would reveal that the old-timers have historically been the most assertive in organizing these events, as well as the stronger runners of the club. As a consequence the team events tended to cultivate the older, developed runners and not necessarily lead to encouragement of the less-competitive runner to participate in team events.

Subsequently, the primary message to be conveyed, I think, is ESR encourages *anyone* interested in being on a relay team, or in assuming the position of a team captain, to contact experienced relay-ers, such as myself or Bill Hughes.

It is important that we allow an opportunity for all interested runners to join the fun and camaraderie of relay events. As such, I hope we can facilitate a greater variety of participation. Please note that planning for relays beings *months* in advance. For example, the Coors Island Relay planning began the year before, but most should begin four months prior to the race because of runners' tendencies to make early commitments to races months ahead of time.

For those interested, the following are relays ESR has participated in:

Relay	Location/Connecting points	Month of race
Falls to Gasworks Connection	Snoqualmie (town) to Gasworks Park	April (canceled because of Centennial)
Jasper-to-Banff Relay Race	Jasper-Banff, Alberta, Canada	June
Coors Island Relay	Courtenay-Nanaimo-Victoria, British Columbia	May
Baker to Bellingham	Mt. Baker lodge to Bellingham	June
Washington Centennial Relay	Mt. Rainier to Ocean Shores	July
Hood to Coast	Mt. Hood to Seaside, Ore.	August
Greater Vancouver Relay	Through Vancouver	October
Haney to Harrison Relay	Haney to Harrison Hot Springs, B.C.	November



**ACROSS THE STATE —
ROOM FOR TWO MORE**

Pssst. Hey, wanna spend eight days running across the state? Wanna cause irreparable damage to your knees and quads, not to mention your employment status and familial relations?

Then Eastside Runners wants you.

The club is plunging ahead with its men's open entry into the Lewis & Clark trail run, which starts Saturday, April 2, in Clarkston and finishes at the Pacific Ocean near Cape Disappointment on Sunday, April 9. That's about 500 miles.

The ideal team has 10 members; at present the ESR team has eight. So if there are two more volunteers, then come forward.

"There are 10 legs each day," say team captain Dave McKinney. Assuming the team doesn't get two more, the "two runners will have to run an extra leg each day."

And volunteers just can't come for a few days and go home, according to race rules. "It does require taking whole week off," says Dave.

This race, by the way, is an official ESR cherry pick. Why else would Bill Hughes be on the team?

Joining Bill and Dave are John Carlson, Dwight Reed, Brent MacDermot, Dave Kendall, Gary Youngs and Mark Strom.

	Approx. total distance	Days for completion	People/team
this year ennial run)	75k	one	5
	150 mi	one (continuous race, no stops)	17
	130 mi	two (race stops and continues next day)	10
	55 mi	one	5 and up
	165 mi	two, continuous	11
	185 mi	two, continuous	12
	35 mi	one	6
	100k	one	10

HOW I BEAT THE WINTER RUNNING BLAHS

By Jorge Ipschatz Muldoon

Flashback to late October 1988, when this event took place — the shift from daylight-saving time to standard time. Now, no matter how early you get home from work, you have to run in the dark. Remember how uninspired you felt toward running, because it had to be done in the dark?

Very likely, you had a case of the winter running blahs. Well, maybe you didn't. And if you didn't, then you are probably one of those cold, inhuman running machines with ice water running through your veins as the cold rain runs down your singlet.

As for me, I had the blahs.

Normally, running in the dark does not bother me. I have run more often in the dark than in the daylight. But I prefer to get out before the sun is up to do my running. It's an ideal time to run because you don't have to contend with too many automobiles on the road. Usually, I don't see more than six cars on my morning jaunts.

However, an earlier start time at work took away my morning runs. I was forced to do all my running in the eve-

nings. No problem, as long as it was daylight-saving time. Big problem when we went to standard time. I just didn't want to run in the dark while rush-hour traffic filled the roads and streets.

The blahs set in as I ran less and less. As I ran less, the worse I felt because I was losing the well-being of physical fitness.

What was I to do?

My solution was to work nights. After all, the opportunity to do so was available to me where I work. So, I volunteered to work nights and have found the solution to be satisfactory. Now, I was able to run at mid-morning. I had daylight. I had less traffic.

I also had another advantage — the weather was better. It rains less in the morning than in the evening. It was rare to have rain when I was out running. Often on days of rainless mornings, it rained in the evening when I was at work.

By the time you read this, I'll be back to working days. That's fine. It is getting to be daylight in the evenings. I am eager to get together with my many running friends. And when next winter comes, that's OK. I'm going back to the night shift.

DR. QUACK TASK FORCE

Since it's been about a year since Dr. Quack was last heard from, a task force has been formed to find him. At present the task force is checking out these stories:

☞ He is pursuing a medical degree at a school in Grenada.

☞ He is managing "Gene the Machine" Hanley on the pro wrestling circuit.

☞ He is in Tijuana rehabilitating from a massive case of writer's block.

☞ He is at the Betty Ford Clinic to

kick an endorphin addiction.

☞ He is on a sabbatical to Nepal to find himself, but is lost.

☞ He is working as an understudy for Bill the Cat in the comic strip *Bloom County*.

☞ He is at Harborview undergoing treatment for a case of third-degree burnout.

If you have any information about Dr. Quack, please send it to the Dr. Quack Task Force, c/o The Runner Mumbles at the usual address.

COMING SOON

ESR THURSDAY NIGHT
RUNS FOR 1989

WHEN: BEGINNING APRIL 13

TIME: 7:00 PM

WHERE: LUKE McREDMOND PARK

SAY GOOD-BYE TO WINTER AND
HELLO TO SPRING. COME JOIN
ESR'S THURSDAY NIGHT RUNS

COMMENTARY BY DAN D. ROONEY

So, what kind of runner are you when it comes to injuries? Are you a smart one? Or not-so-smart?

A smart runner knows that, when you are injured, you've got to lay off from running to give the injury a chance to heal. Some runners are smart enough to know what ails them and what it takes to recover.

Take a stress fracture, for example. A smart runner knows this type of injury takes about two months to heal. So for about two months, the smart runner does not run. Instead, the smart runner finds alternate forms of exercise. The smart runner may not be able to keep the same level of conditioning, but at least he or she allows the fracture to heal. The smart runner knows that once healed, he or she can get back into prime

condition with a couple of months of disciplined training.

But what about the not-so-runners? How do they respond to an injury? More often than not, they try to run through their injuries. They keep up their running despite all the pain they experience as they run. They really don't accomplish anything positive by doing that. All they really do is aggravate the injury and not allow it to heal. Sometimes they may cause distress in other parts of their bodies as they alter their running styles to try to compensate for the pain.

Why do the not-so-smart runners do this? It could be that they are so addicted to runners' high that they can't stop running. They ignore the pain to achieve the high. Or, maybe the not-so-smart runners are just masochists at heart and really do enjoy running in pain.

CLUB OFFICERS

President	Marcia Koren	286-7658
Vice president	Steve Martin	827-6886
Secretary	Mike Donoghue	488-4841
Treasurer	Christa Friedrich	232-4357
Race Committee	Bill Hughes	881-0284
Activities Committee	Willie Sato	822-2567
Membership Committee	Steve Roach	881-0652
The Kid	Greg Staup	788-0388
Newsletter editor	Gary Youngs	641-2103
Key grip	Frank Purdy	827-3517

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