

The Runner Mumbles

WINTER, 1990

Newsletter for Eastside Runners

Eastside Runners
P.O. Box 2616
Redmond, WA 988073-2616

ESRs Falls to Gasworks Connection - 1990

Back in 1982, ESR had a team in the Baker to Bellingham Relay. This was the first such race for most of us and we really had a great time. In fact, we had such a good experience that one of us, Dwight Reed, thought it would be fun to have a similar event closer to home. We thought if we got a few teams and maybe even some solo runners we could manage a race without too much trouble, and even run in it ourselves. We were wrong.

Dwight got the idea for the course, from the town of Snoqualmie to Gasworks Park, via the Sammamish River and Burke Gilman Trails. Dan Moon provided his artistic touch and came up with our race logo and t-shirt design. We picked a date in April, 1983, and printed up some entry forms. Then all the other work necessary to put on a race began to surface. First there were permits to obtain, and not just one. We were going about 46 miles and through several towns, not the least of which is Seattle and the Seattle Parks Department. Steven Martin dug into all the paper work and somehow got it all done on time.

As we sorted out the logistics, we began to realize that to do a good job on this race, it was going to take every ESR member we could get out on race day. None of us were going to run our own race. There were the start, nine exchanges, the finish, and many places in between to cover. In fact, we could have used more people, but by moving around, we felt we could just manage to stay ahead of the race.

There were many of us who helped put that first race on, and have seen it through five other times so far. And it has become a very popular event for Seattle area runner. Many of them expressed their disappointment that we decided not to hold it in 1989 because we wanted to run in the Lewis and Clark Relay. Already runners have been asking for entry forms for the 1990 event, our seventh.

That first year we attracted 98 teams and 18 solo runners. The next year we got about 30 teams and 50 solo runners. There aren't many relays around that attract as many.

(Continued on Page 3 - See "Falls to Gasworks")

COORS LIGHT ISLAND RELAY - FIFTH ANNIVERSARY

May of 1990 will establish ESR's fifth year of participation in the Coors Island Relay. The race most likely represents ESR's greatest involvement of members in a running event due to the Canadian hospitality and challenging competition involved with this race. The geography of this event involves a start-up in the northern section of Vancouver Island, Courtenay, and follows the coast to Nanaimo. There is an overnight break in Nanaimo and the conclusion of the relay is just north of Victoria.

ESR has fared well at this relay all years as each team has brought home at least a placing ribbon. In 1985 we arrived with one mixed team, and our participation has since expanded to a show of four teams in 1989. Last year was significant in that after much competition with the Canadian male masters teams, ESR men's masters was able to victoriously place first in their division. The men's sub masters, men's open and women's open teams also came home with awards, which is an impressive accomplishment.

Aside from the competition, a more important aspect of this relay is that

this event seems to be marked as a happening which promotes a sense of camaraderie among ESR members. For this reason we have been emphasizing runners of all abilities to be represented from the club. This year there will be a slightly different constellation of teams appearing at the Coors Island Relay. Thus far, team captains and corresponding team categories include: Mike Donaghue, Men's masters; Steve Roach and Willie Sato, men's premasters; Elise Botch and Ron VanRyn, mixed; Bill Hughes, open men's; and Marcia Koren, Women's premasters. Contact Marcia Koren or Bill Hughes if you have an interest in running this relay. It is a salient issue that more teams apply for entry than spaces available, thus by a lottery system any one of the ESR teams could be denied entry to the Coors Light Island Relay. Lastly I would like to extend best wishes to all those ESR participants who may be experiencing this relay for the first time. It quite likely could be one of your most memorable running experiences.

MK

THE RUNS

- 1-13 Nookachamps Runs, Mt. Vernon
13.1 mile, 10K, 4 mile
- 1-20 Resolution Runs, Steilacom
10 mile, 10K
Freeze Yer Buns, Twisp
10K, 2mile
- 2-2 Kim's Birthday
- 2-3 Shuksan Runs, Bellingham
10 mile, 3 mile
- 2-11 Duet Run, Seattle, 5K
- 2-17 Resolution Runs, Steilacom
15 mile, 15K

Every Tues 6 PM Track Workouts
Redmond High School

Every Sat 9 am Fun Runs
McRedmond Park,
Redmond

Thanks to all the contributors to this edition of The Runner Mumbles:
Marcia Koren, Fred Jaffe, Willie Sato, Dave McKinney, Steve Roach, Gary Youngs, Kathy Rasmussen, Ron Van Ryn, the Movie Star, and the Rest.



The Society Page



General Meeting

The General Meeting was held on November 13th at the Redmond Library. President Marcia Koren opened the meeting with some general business. Awards were presented to winners of the year-long Thursday night run series, with First Places going to Bonnie Harris and Bill Hughes. We will again this year be holding our trademark event, *The Falls to Gasworks Relay*. More on this elsewhere in the newsletter. Also reported was the purchase by our club of a new electronic timing device which will greatly facilitate more accurate race results.

Marcia then introduced the speakers for the night, our own Elise Botch, who talked about her marathon in New York and Moscow. Mark VanAchte and Steve Dault then recounted their experiences at the Hawaiian Ironman Triathlon. Thanks to all three for their interesting and informative presentations. Following the formal program, cookies, tea and juice were served.

Seattle Marathon/Half Marathon

ESR again provided volunteers for the first water station for the marathon. This is becoming another tradition for the club. Thanks to Ron Van Ryn for

organizing the volunteers.

Following the race, ESR members gathered at the Red Door Ale House in Fremont. John Blystone and Steve Roach, anxious to begin the socializing, arrived before the place opened. But being the resourceful (and thirsty) guys they are, they amused themselves at the pub next door until the Ale House opened and the others arrived. Mike Donoghue was the last to arrive and reportedly the last to leave. The Eastside Runner contingent was almost forced to mingle with the notorious Seattle Hash House Harriers seated at the next table, but fortunately they were too wasted to notice us.

The food was great, the beer was great, and the camaraderie was terrific. A good time was had by all.

Christmas Party

The ESR Christmas party was held December 9th at Jim and Carolyn Hitter's beautiful old home in Kirkland. Special thanks to the Hitters for their hospitality. Over 50 people attended, including a few newcomers. Welcome Jill, Sharlee, Judy, Mary Louise, Jim, Scott, and all new members. Of course there was a lot to eat and drink. Coach Jerry Rice was presented with gift certificates, to dinner and Nordstroms, in appreciation for all the tireless work

he puts in at the Tuesday night track workouts. Thanks again Jerry. Tamara Soreano was awarded the *Most Improved Runner Award for 1989*, based mainly on improvement on the track and race results. Congratulations Tamara.

The *White Elephant Gift Exchange* was lots of fun, and we also collected a lot of food for the Eastside food bank. All in all it was a great party.

Resolution Run

Another event that is threatening to become an ESR tradition is the get-together after the *Resolution Run*. at Seward Park. We found the energy to gather one more time in 1989, in the back of the bar at the Leschi Lake Cafe. As morning turned in to afternoon, people wandered in and ordered breakfast and lunch and decafs and Irish coffees and whatever. It was good time to meet new friends and remember the past year's events with old friends. The group broke up in mid-afternoon to prepare for the evenings New Year's Eve festivities.

More Congratulations!

Eric Page and Linda Holst got married, to each other. Gary Youngs and Linda Griffin are getting married, also to each other.

ESR CHRISTMAS RUN

Is there a better way to spend Christmas morning than by running through downtown Bellevue, followed of course by a hearty brunch? Seven of us decided this would be an excellent way to usher in the holiday season.

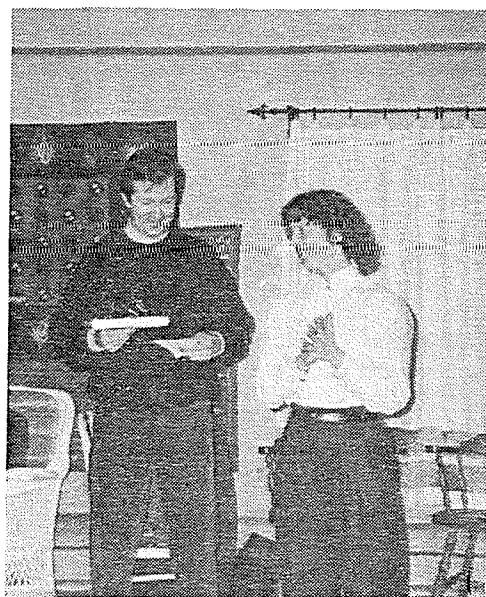
Elise Botch was the host this year. She gave us a choice of half a dozen courses all beginning and ending at her house on Bellevue Way and S.E. 13th. Without hesitation all of us opted for the traditional scenic route through Old Bellevue and north to the posher parts of the Eastside. This time, however, unlike former years, the group chose a counter-clockwise pattern thereby avoiding the face of the infamous N.E. 24th mountain.

Dave McKinney set not-too-tortuous a pace and was thoughtful enough to stop at several strategic corners to allow the remainder to stay within hailing distance. One of the highlights of this run is the complete lack of interference by cars and the absence of gas fumes. There are not too many days anyone would really care to venture through downtown Bellevue. Were there any pedestrians to be seen? A handful at best, wishing us the best of seasons to which of course we reciprocated. And how was the weather? It couldn't have been any better - no precipitation, in the low 40's. The sun made a brief appearance toward the end which set the tone for the day.

And did we feast afterward! Elise had prepared all manner of food and drinks, hot and cold, which we dwelled over for some time.

For those who missed this outstanding event, plan on doing it in 1990.

FJ



The Coach and the Prez

Water Water Everywhere or Should I Say Exceed?

What's that sound? Oh it's the alarm on my radio. Why is it going off at 5:30 a.m. on a Saturday? Oh yes it's the Seattle Marathon today and I volunteered for the 1st water station and I have to meet the supply truck at 6:30 at Redmond City Hall. Why is it so dark outside? Grab something out of the reefer and I'm on the road. It's really quiet in Redmond at 6:30 on a sat. morning. I have 3 layers on plus gloves and I'm still cold. I should have brought warm running clothes at least I could run to keep warm, but it's so dark I couldn't see where I was running on the trail. Oh well I'll stand here on the corner and wait for the truck. The moon is coming out from behind the clouds that helps a little. Here come some headlights this might be the supply truck, Oh no it's a police car and He's looking at me and slowing down. This should be fun to explain. Whew he turned into city hall. It's quiet again. 6:45 and I still haven't seen the truck ahh more headlights oh no it's the police car again, wait here come more lights it's a rental truck that must be it. They didn't see me they're driving by no wait they're backing up. 6:55 all the equipment is here now I get to wait until 8 until the rest of the volunteers arrive. The race doesn't start until 9 why do they want everyone here at 8? I know I'll catch flack for that. 8 AM people are

arriving and are wondering why they are here at 8 for a 9 o'clock start? Deja Vu? 8:30 and everything is set up and ready to go I mixed 5 gallons of Exceed. That should be more than enough no one drinks that stuff. 9 o'clock and we hear by portable radio the race has started, that means runners in about 15 minutes or so. OK everyone here are your last minute instructions. Here come the first runners hmmm hey didn't want anything, this is going to be easy. Runners are coming 3 and 4 across the trail in an endless stream. What is Marcia yelling at me? We need more Exceed you're kidding? OK Marcia you pour the Exceed powder I'll add the water and stir. I can't believe there are runners waiting for the Exceed to be mixed. There are 8 of us doing the Exceed table and we are falling behind, quick grab more cups. How many hands can we get into this mixing bucket at the same time? So far I've counted four. It's been 20 minutes and there is still no let up how many people are running this race anyway? Finally it is slowing down and half of us are covered from head to toe in sticky goo and we have orange hands. Break down the tables and carry them over to where the pickup truck will be. Thanks everybody for your help anyone want to go for a run? I think things are returning to normal whatever that is. RVR

"Falls to Gasworks" (Continued)

In fact, we discovered that so many teams generated so much traffic that it was too much to handle. The race has subsequently been limited to 100 teams, and we usually have to refuse some entries each year.

It has been a lot of work by ESR to put Falls to Gasworks together, but it has been great fun, with some exciting moments! The first start at Mt. Si High School was very exciting. Once we yelled "GO!" there wasn't anything we could do to stop it. And that first exchange point in Fall City. We created their first traffic gridlock! Then, another year, there was the metro bus that turned around right in front of our exchange point and got stuck. The driver got it straightened out just moments before the first runner came in. One year our exchange point in Marymoor Park turned out to be a dog show. Total confusion, but our exchange workers sorted out traffic for our race as well as the dog show.

So we are very proud of this event, one that is looked forward to and enjoyed by our running community. We are doing it again on April 22, 1990, and we need your help to keep this event the great race it has become. Please keep that Sunday open to come out and work with us. Entry forms are out, but there is much to do. Kathy Rasmussen and Dwight Reed are getting t-shirts and awards; John and Sharon Carlson are working on permits. Marcia Koren is looking into post-race refreshments. But on race day we need you to help work the course, no experience is necessary. Mike Donoghue (488-4841) and Ron Van Ryn (821-5370) are organizing course workers and will gladly take your name, so let them know you are available. This is our race.

The best part of working the Fall to Gasworks Connection race, besides getting a great t-shirt, is the workers' pizza party immediately following the awards ceremony. It never tastes better! DM

RELAY A GOOD YEAR FOR ESR

The year 1989 will bring back fond memories for all the Eastsiders who took part in the numerous relay events that year.

It all started with the Lewis and Clark Relay, featuring the ESR team put together by Dave McKinney. Dave found it difficult to get ten people who wanted to run eight days in a row across the state. So difficult in fact that they ran with only eight, and still finished a remarkable third overall and first team from Washington.

In May we ventured up to Canada for the Vancouver Island Relay. Again we did well, but more importantly had great fun, especially with our video cameras.

We had a mixed team for the Baker to Bellingham Relay in June, who won that division. Next came the Washington Centennial Relay, run from Mt. Rainier to Ocean Shores. The club entered three teams, each finishing first or second in their division. The Eastside Bashers were thrilled to win the event, as most of them had never finished any race in first place.

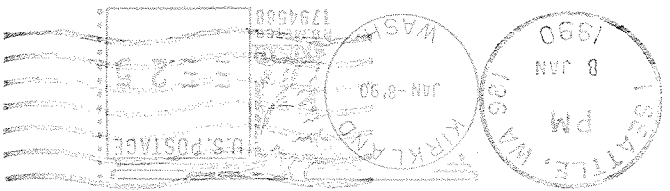
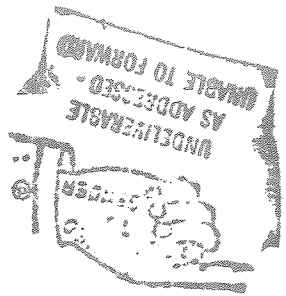
We had a team in this year's Hood to Coast Relay that finished second in their division. Brent McDermott put together an ESR team for Oregon's unique Civil War Relay. This is a fifty-mile run between Eugene and Corvallis, where each of the five runners alternately runs five two-mile legs. They finished seventh overall and second in division.

1989 was full of good memories and lots of fun. Hope to see you this year at the relays. SR



The Kid in action at the Rainier to Ocean Shores Relay

STEVE FUNK
4-15-88
301 116TH AVE SE SUITE 100
BELLEVUE WA 98004

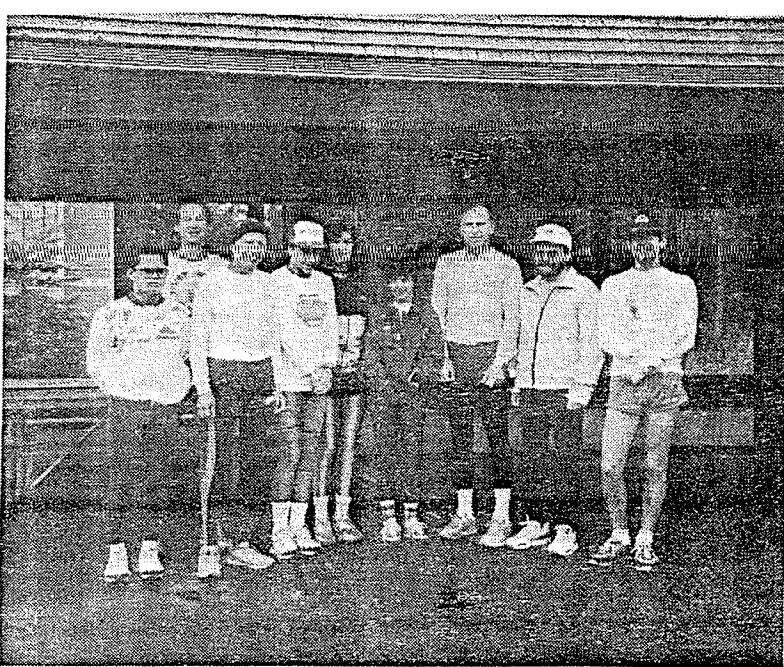


PR's and Awards

Elise Botch	Marine Corps Marathon	3:30:10
	BAC Slough Run	1st in Div.
John Blystone	Woodinville 10 K	36:18 PR
Greg Staup	Woodinville 2 mile	2nd Overall
Kara Crisifulli	Trick or Treat 5K	1st Overall (F)
Fred Durbin	Skagit 24 hr run	100 mi. 5th Overall
Dave McKinney	Toys for Tots 10K	1st in Div.
Stan Corpus	Pratt & Chew 4 mi.	25:52 PR
Dave Westlake	Pratt & Chew 4 mile	2nd in Div.
Christianno Wilson	Roman Meal 5K	1st Overall (F)
Sharlee Taylor	Roman Meal 5K	2nd in Div.
Denis Villeneuve	Roman Meal 5K	1st in Div.
Tamara Soreano	ESR 1989	Most Improved Runner Award

ESR New Year's Resolutions

- Debbie McKinney - To train sensibly for the Vancouver Marathon
- Sharlee Taylor - To take life less seriously
- Willie Sato - Train well and do my first marathon, Goodwill Games in July
- John Williams - Nothing printable
- Bonnie Harris - Run well at Boston (Marathon)
- Sidney Harris - Lose fifteen pounds and do Boston in 3:15
- Bob Cecil - Go to Boston
- Jerry Rice - To run at least 122 days, and become even more Bo Jackson-like
- Scott Jonas - To stay healthy and improve in the Biathlon (CC skiing/shooting)
- Karen Delaurenti - To pay my dues
- Manuel Noriega - To pay my dues, then become invisible



See? We really do have Saturday morning runs!