

The Runner Mumbles

FALL, 1990

The Newsletter for Eastside Runners

Eastside Runners

P.O. Box 2616

Redmond Wa 98073-2616

The Rainier To Pacific Relay - One Teams Perspective

by Clifford Johnston

The sun was already peeking through the fading mist and the day was growing warm as Dermie made his final move. He knew we had only two more legs to the finish, so why not give his teammates a bit of a cushion? We had been following Dermie (Brent McDermott) in one of the team vans. We sensed that our notion of being "First to the beach," despite having had the last starting time, was a wild dream that might just come true. There was only one runner, a courageous but exhausted looking fellow from one of the military teams, between our team and the finish and Dermie was reeling him in like a kite on a string.

"Stay close to him Buddy" I said to our driver and spiritual advisor, the Very Reverend Buddy Love (Ralph Gamble). "I sense a video opportunity in the making." It soon became apparent that Dermie had come to the same conclusion, as he was gesturing us to pull along side of him as he neared the fading GI. "The stage is being set" Buddy yelled back to me as I hung the camcorder out the window. And on cue, Dermie put

on a surge that made the whole project worthwhile. By the time he handed off to Gary (Tower of Power) Niegeman we were safely in front. As we joined The Duffster, (Bruce Duff), our last runner, across the finish line at Ocean Shores, a nice collective glow settled upon the shoulders of the 11 Eastside Bashers team members.

It had begun 15 hours and 40 minutes, and 160 miles earlier in the shadow of Mt. Rainier. Our team captain Steve (The Skipper) Roach had thoughtfully assigned me to run the first leg of the relay. I believed that his intention was to provide me ample fluid replenishment (Miller) time since the first to start is also the first to finish. I was wrong. He was actually using me as cannon fodder on a blazing hot road against runners that made me look like a banana slug, with their comparative swiftness. The previous year Scott Adsit had run the first leg and had given us the lead which we were able to maintain and win the inaugural Rainier to Pacific Relay. It was apparent to me as seven runners

blazed past me that this year would be different.

Luckily for me our next bullet in the chamber was Denis Villeneuve. We could all see from the git go that Villie would not be taking any prisoners, as he blew by one runner after another. It was like watching someone eat Lays potato chips. And so it happened: Villie handed off to Scott, next came Willie (Flash) Sato, then Skipper, then John (The Bly) Blystone, then Buddy, then Greg (The Kid) Staup, then to Dermie and so on through the darkness and into the light, past barking dogs, beer can tossing yahoos and women of the night tempting us with their favors. Past all the teams that started before us and on to victory. It was a golden moment in the lives of a bunch of runners unaccustomed to such moments. As we tipped one of many post-race beers in our palatial suites at the famous Sands Resort, Johnny Bly, who is the original Basher and Keeper of the Basher spirit, put it all in perspective; "Lads," he said, "here's to swimmin' with bowlegged women."

NEW OFFICERS

Welcome new officers, and thanks to the outgoing officers.

President.....	Ron Van Ryn	821-5370
Vice President.....	..Mike Donoghue	488-4841
Treasurer.....	Fred Jaffe	881-3009
Secretary.....	Gary Youngs	432-3140
Membership.....	Carolyn Hitter	822-9395
Activities.....	Kathy Rasmussen	881-5708
Newsletter Editor.....	Willie Sato	822-2567

I would like to receive contributions and ideas for future

newsletters, such as suggestion for articles, photographs, new features, etc... Call me or write to the PO box. Ed.

Membership Update

Our roster is now up to approximately 160 members, most of whom have actually paid this years dues. Please pay up if you haven't yet; your membership date is on the mailing label if you are delinquent.

Newest members of the club include:

Stan Pulsipher	Ted Pierce	Noel Bain	Micheal
Ead			
Holly Goodwin-Chittenden		Jeffrey Chittenden	
Woodrow W. White	Rob Smith	Roy Drennon	
Patrick Duff	Pat Martin	Barry Shaw	
Joe Mangina	Greg Klein		

**A NOTE FROM THE
EX-PRESIDENT**

I would like to relay a brief note of appreciation to the board members who have been contributing their time towards the growth and operations of The Eastside Runners.

On an individual basis, I would like to recognize our most veteran board member Christa Freidrich, who has served for countless years as Treasurer. The accounting was always impeccable and Christa was always quick to let us know when we were approaching out of bounds on spending. Nearly as long time a board member is Secretary Gary Youngs who manages to keep our meetings on good documentary order. Membership accruals improved significantly since Tamara Dilanni headed the membership committee. This was due to her efforts towards reprogramming our membership data base which facilitates our follow-up on new members and renewals.

"The Runner Mumbles" you are now reading is produced by Willie Sato. Willie bravely volunteered to take over a journalistic career when Frank Purdy, the original editor of this internationally renowned newsletter, left the area. The newsletter is not an easy task when you're dealing

with freelance contributors who have no concept of a deadline (e.g. this article should have been submitted a month ago)

I would also like to recognize Kathy Rasmussen for her efforts on planning ESR's social gatherings. Lastly, Mike Donoghue and Ron Van Ryn should be noted for their leadership and organizational efforts related to ESR's race involvement. Mike and Ron have new positions now as Mike has consented to handle uniform orders and Ron is your new President.

I would like to at this time welcome new board members Treasurer Fred Jaffe and Membership Chairperson Carolyn Hitter.

Best wishes to all.

Marcia Koren

President-retired

**A NOTE FROM THE
PRESIDENT,**

Another year has passed, that is in terms of board members, and we are looking forward to the 1990-91 running season. I want to welcome all new board members and thank all past members who worked hard to keep the club moving ahead. This year we are planning some exciting events both running and social that I hope will please everyone. Our calendar will be even fuller than before especially with social events. Eastside Runners was formed with the club members in mind and I want your input and suggestions on what you would like to have on this years calendar regarding running and social activities. Please drop me a note at our PO box or call me evenings at 821-5370. I would like to thank everyone who volunteered at the Sister Cities Half Marathon. The race committee sent us a nice letter thanking us for our usual job well done. This has become a yearly project for us and helps the club fund some of our social functions, like our picnic on Sept. in Carnation, as well as our upcoming annual Christmas Party. Please check future newsletters for more get-togethers.

Ron

Fall Calendar

Sept	29	8:30 am	ARC 8K	Seattle
	30	8 am	Portland Marathon and 8K	
		9 am	Puyallup - Sumner	7 mi. Sumner
Oct	6	9 am	Autumn Leaf Runs	12k, 4k Leavenworth
	7	9:30 am	City Haul Runs	10k, 2.1 mi. Auburn
		10 am	Boy Scout Troop Cross-country	5K Carnation
			"Endorsed by ESR; put on by Scoutmaster and ESR member Fred Durbin. All ESR runners doing this race eligible for a random prize drawing! This is a good Race! "	
	14	9 am	BAC Slough Run	10K Bellevue
		9 am	Sun City Half Marathon	Yakima
**25	Last ESR Thursday	night run of 1990.	6:00pm	
			Most accurate predicted time runners will receive special club awards! By Shari's in Redmond.	
	27	8 am	Dawg Dash	3.75 mi. U of W
		9 am	ESR Saturday morning fun runs begin; every Saturday until the Spring. By Shari's in Redmond .	
Nov	3	9:30	Toys for Tots Runs	5K, 10K Seattle
		8am, 11am, 12 noon	Badger Mt. Bean Runs	50K, 30K, 15K
	12	7:30 pm	ESR General Meeting	Redmond Library
Dec	8	7 pm	ESR Christmas Party!	Details to follow.





Bev's worst nightmare.

June 25th General Meeting

After conducting club business and making general announcements, President Marcia Koren introduced the guest speaker for the evening, Dr. Larry Iverson. Dr. Iverson is a practicing psychologist, as well as a consultant to various groups interested in performance enhancements, which includes amateur and professional sports teams. He provides an alternate approach to the strictly physiological aspect of training. The lecture provided a perspective of the effects of inner motivation on our athletic pursuits. Dr. Iverson outlined the necessary visualization process to

achieve our personal bests. Essentially, you must set intermediate goals which you can attain and acknowledge, on your way to an ultimate and specific goal. The program was enlightening and well received by all in attendance. We would like to thank Kathy Rasmussen for obtaining our speaker, and also for providing the refreshments. The meeting concluded with members chatting and munching, munching and chatting.

The next General Meeting is scheduled for Nov 12, 7:30 pm, again at the Redmond Library. Speaking will be a group of Eastside Runners who will have just returned from running a relay race in New Zealand. We will also throw the meeting open to the floor for any questions, suggestions and comments from the general membership on any club business.

ESR UNIFORMS

We still have some uniforms left and need to re-order more. Please contact Mike Donoghue with any questions.

Shorts-\$14.00

Singlets-\$18.00

Windsuits-\$66.00

The Runner Mumblez would like to thank Barb Grant for the use of her computer and her time in the production of this issue. Ed.

GOODWILL GAMES UNITES THE WORLD'S BEST EASTSIDE RUNNERS

Several ESR members participated in the 1990 Goodwill Games held in Seattle this past July and August. Here's a list of their names,

with apologies to anyone we have left out;

Volunteers:

Mike Donoghue
Dorie Quam
Willie Sato
Kathy Rasmussen
Karen De Laurenti
Linda Baze
Jim Hitter
Christa Freidrich
Jill Roseen

Marathon finishers:

Dave McKinney	Steve Nagode
Berne Thorpe	Fred Durbin
Allan Scheuhle	Dwight Reed
Randy Elliot	Ron Ross
Jim DiIanni	Gary Youngs
John Williams	Karl Jensen
Wayne Wagner	Jim Brenden
Sidney Harris	Steve Dault
Fred Jaffe	Walt Poupore
John Carlson	James Lea
Deb Sorenson	Debi Briest
Judy Groombridge	Bonnie Harris
Lynn Hall	Sydney Stephen
Elise Botch	Pam Murray
Barb Grant	

ESR RACE EQUIPMENT FOR RENT

We, as a club, have quite an inventory of race equipment, which we will rent out at very reasonable rates. If you know of anyone or any group planning a race, let them know we can provide the following:

- Hand held result computer, "The Time Machine"
- Large timing clock
- 2 Walkie-Talkies
- 2 Bullhorns
- Cones
- Finish line chutes
- PA amplifier
- 4 results board
- Card table
- Quality Personnel!

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Three Fabulous ESR Babes.