

The Runner Mumbles

SUMMER, 1990

Newsletter for Eastside Runners

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

COORS ISLAND RELAY ESR Invasion of Canada a Success

The Eastside Runners contingent of 5 teams to the 1990 Coors Light Vancouver Island Relay all returned triumphantly. Each team ran hard and ran well, with two teams placing in the top 10 overall. More important was everyone's enjoyment of this very well-run event, and the beautiful (and very wet) scenery. The teamwork exhibited by everyone was very evident, and the Canadians now know about this group of hard-working and fun-loving runners from the States.



Ron VanRyn hands off to Sally Brennand-Simpson at the Vancouver Island Relay.

COORS ISLAND REVISITED FOR THE FIRST TIME

Friday morning, 9 A.M., six members of the Eastside Runners "With or Without Nuts" climbed into van number 1 and pointed the hood ornament north for a 4-hour drive to the Vancouver Island ferry, including a couple of pit stops along the way. (That's one thing Seven Eleven doesn't tell you about their thirsty two-ouncers!) Van number 2 would bring 4 more bodies leaving at 1 P.M. and we had a last-minute sign up who would meet us at the hotel at Courtenay. We met other ESR teams on the ferry as well as the Hash House Harriers team from Seattle/Tacoma. The drive up the island was scenic and we estimated where the stages (legs) began and ended in anticipation of running them the next day.

The Captains' meeting brought a few surprises and we went over these changes at a team meeting just before calling it a night. There was a get-together gathering with vegies, crackers, cheese, and free beer, each item given a different priority level by the hundreds of runners in attendance. Saturday morning arrives and we prepared for our assigned 7 A.M. start. There are 10 stages each day on this puppy and we are ready to have some fun. We weren't disappointed, the race committee did a first class

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ESR UNIFORMS

The new shipment of uniforms has arrived. Shorts are available in black or red, men's and women's sizes. The singlets also come in men's and women's sizes, while the wind suits are unisex sized.

Shorts - \$14.00 • Singlets - \$18.00 • Windsuits - \$66.00

Call Steve Roach at 881-0652 to order.

Eastside Runners Board Members 1989-90

President	Marcia Koren	286-7658
Secretary	Gary Youngs	641-2103
Treasurer	Christa Friedrich	232-4357
Race Chairmen	Ron Van Ryn	821-5370
.....	Mike Donoghue	488-4841
Membership	Tamara Soreano	827-3675
.....	Mark Van Achte	881-6767
Activities	Kathy Rasmussen	881-5708
.....	Patti Van Achte	881-6767
Newsletter	Willie Sato	822-2567

Another Successful Falls-to-Gasworks Relay



Dave McKinney about to start the '90 Fall to Gasworks - Randy Elliott looks on

Falls to Gasworks '90 was run under cool and wet skies, but the work of the ESR volunteers shone brightly. Many thanks to all who worked to make this another great event. Our efforts were greatly appreciated by the participants as well. Here are two notes to race organizer, Dave McKinney, which surely express the feelings of many others also:

Dear Dave:

I just wanted to thank you and the Eastside runners for the 1990 Falls to Gasworks Run. Your group was very supportive all along the way. You helped make my first ultra a very positive experience (although right now I can't move) I know over the next year I will look back with a sense of accomplishment. It was helpful that your course monitors wore the distinctive red and black outfits. What a wonderful shirt and what a wonderful plaque. Thank you all so much!

Sincerely, Celia Rosales

To Dave McKinney & The Eastside Runners:

We want to thank all of you folks at the Eastside Runners for the great job you did in putting on the Falls to Gasworks Relay.

It was our first time doing this race and we really enjoyed the entire day. Good job in holding off the rain as well as you did.

We thought you had the race well organized and the exchange points seemed to work smoothly.

Hope to be back again next year.

Team Orca

RACE CALENDAR

July 13, 14	Rainier to Pacific Relay	Aug 3	Seafair 8K
July 14	Lakefair Runs	7:45 p.m.	8K - Downtown
9 a.m.	10K, 2 mi - Olympia	Aug 11	Zoo Run
9:15 a.m.	Vashon/Bill Burby Run	9 a.m.	10K, 2 mi - Tacoma
8 a.m.	10K - Vashon Island	8 a.m.	Run-a-Muk
July 15	Crown of Queen Anne	9 a.m.	10K, 2 mi - Mukilteo
8:30 a.m.	3.3 mi - Seattle	Aug 12	Park to Park Dash
July 21	Silver Lake Triathlon	9 a.m.	4 mi - Renton
9 a.m.	1 mi, 13.5 mi, 4.8 mi.	10 a.m.	Alpine Days Run
9 a.m.	Run of the Mill	Aug 18	7.25 mi - North Bend
9 a.m.	5.5K - Mill Creek	10 a.m.	Run for Help
7 a.m.	Snohomish River Run	10 a.m.	5K - Redmond
July 22	10K, 1 mi - Snohomish	10 a.m.	Hood Canal - Union Run
7 a.m.	Goodwill Games Marathon	9 a.m.	5K, 2K - Union
July 28	Men's Division	9 a.m.	Harborun
10 a.m.	Goodwill Games Marathon	Aug 19	20K, 8K, 2 mi - Aberdeen
9 a.m.	Women's Division	9 a.m.	Summers Last Stride
9 a.m.	Once Around Lake Cavanaugh	Aug 24-25	4K, 8K - Kirkland
9 a.m.	8.2 mi - Near OSO	Aug 25	Hood to Coast
9 a.m.	Aqua Run	10 a.m.	Relay - Oregon
9 a.m.	10K, 5K - Lake Stevens	9 a.m.	Valley Health Run
9 a.m.	BK Fun Run	9 a.m.	10K, 5K - Kent
9 a.m.	5 mi - Des Moines	9 a.m.	Monroe Fair Days
9 a.m.	Whale of a Run	9 a.m.	10 K, 2 mi - Monroe
9 a.m.	1 mi, 5 mi - Silverdale	9 a.m.	Dog Jog
July 29	Seafair Triathlon	Sept 9	2 Mi - Seward Park
8 a.m.	15K, 40K, 10K		ESR Potluck
			Fall City - More details later



*Sharon Carlson,
Ellen and Jim
Brenden posing
along the
roadside on
Vancouver
Island.*

COORS ISLAND REVISITED (CONTINUED)

job of organization, support, safety factors, traffic control, etc., etc., etc. With over 100 teams competing, team member changes and last-minute runner scheduling was handled with apparent ease. Whoever said laptop computers don't have a future in road racing? I thought someone said that, well anyway Everyone did a great job running their legs even though we were all saying to each other, "I'm just going to run an even pace, I need to save something for tomorrow." Ten stages later we arrived in Nanaimo where we had dinner and went to still another get-together sponsored by Coors Beer. There was another Captains' meeting and another team meeting.

Sunday morning arrived a little on the wet side but that didn't dampen our spirit though later in the day I thought the van might get washed away in a rain storm that got a 9+ on our moisture meter. Ten more legs and a head-to-head (I wish) battle with the Hellions team and we reached the finish line. A couple of how did you do's to other teams and it was off to the ferry for a very filling, all-you-can-wolf buffet and on the road again for a relaxing drive back to Kirkland and get our minds ready for business as usual on Monday.

I highly recommend the Coors Island Relay if you are interested, but if the team captain asks you to run stage 20, tell him/her you would love to, but you prefer to run hills and get bored with flat courses. Hope you can join us next year!

Ron Van Ryn

BASHERS TO DEFEND TITLE

The Eastside Bashers will return to Mt. Rainier July 13th to defend their championship of the 1990 Rainier to Pacific Relay. This year sees the number of teams entered doubled from last year's inaugural race so the competition will be tougher. Captain Steve Roach has put together another crack squad of fine runners. Their main competition may come from Mike Donoghue's Eastside Express Masters team, who were third overall last year. (Rumor has it this team has a secret training supplement - *Geritol Gold* - but this information is unconfirmed.)

INJURY UPDATE

Bonnie H.	IT Band
Jim S.	Ankle ligament
John W.	Foot sprain
Wendie M.	Biceptal tendonitis
Sharlee T.	Stress fracture
Linda Mc.	Hamstring
John B.	Labatt's withdrawal (5%)
Dale K.	ACL
Lynn B.	ACL
Willie S.	Ankle sprain

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patamahie

*Ted Pierce finally signs
up with ESR, as Patti
VanAchte looks on.*

