

# The Runner Mumbles

Winter 90/91?

*The Newsletter for Eastside Runners*

Eastside Runners

P.O. Box 2616

Redmond Wa 98073-2616

## FALL GENERAL MEETING

Our Fall General Meeting was held November 19 at the Redmond Library. ESR President Ron Van Ryn called the meeting to order and made general announcements.

The guest speakers came from within our own ranks, members Mike Donoghue, Marcia Koren, and Elise Botch.

Mike and Marcia reported on their trip to the New Zealand Waikato Relay in October. Their ten-person team included fellow ESR members Judy Groombridge, John Carlson and Dave Kendall, among others. They completed the 3-day, 30-leg, 343K event in 25:14:11, good for fourth overall.

Mike narrated a very entertaining slide show which highlighted the beautiful scenery and the friendly natives they encountered. Their presentation was filled with anecdotes of the extraordinary hospitality shown by the host Kiwis.

Elise Botch then followed with her experiences in running the 1990 Berlin Marathon. The locals were of course still celebrating the Reunification, and the marathoners shared in the excitement. Elise had many excellent photographs of her trip along with interesting first-hand accounts of this memorable running experience.

Awards were handed out for the 1990 Thursday Night runs. Bill Hughes, John Williams, and Dave McKinney were the top point-getters for the season-long series, based on predicted time runs and attendance. Gary Youngs won the Club Championship Race, with a finish time only 4 seconds off his predicted time.

The next General Meeting will be held this Spring.



Were you surprised when you received a phone call about the Christmas party? That was the trial run of ESR's newly-organized Phone Tree. Ten ESR members have each volunteered to make phone calls to 10 other members, thus providing a quick way to contact the entire ESR membership. Maybe the personal touch will increase the participation in club activities!

Thanks to our Phone Tree Committee: Elise Botch, Tamara Dianni, Patrick Duff, Ardell Fromm, Larry Gross, Jim Hitter, Peggy Hughes, Norton Smallwood, Sharlee Taylor, and John Williams.

# My Favorite Run -- Bridle Trails State Park

by John Williams

Are you tired of dodging bikers, walkers, roller skaters, and/or cars on the Sammamish River trail, at Green Lake, or in your local neighborhood while pounding hard asphalt and concrete surfaces? Would you like to give your feet a treat and your concentration a different kind of challenge? If so, then consider a run in the Bridle Trails State Park.

Bridle Trails is a heavily forested square-shaped park approximately one mile long on each side and containing twenty miles of horse trails. It is located east of I-405 and north of Highway 520 between 116th Ave NE, NE 60th St., 132nd Ave. NE and NE 39th St. Parking is available at the park headquarters off 116th Ave. Also available at this location are water fountains and restrooms (even a hot shower for 25c). A map on the bulletin board shows all the trails. An alternate parking location is at Bridle Trails Shopping Center on 132nd Ave. and NE 70th St. (location of Poppa's Pizza), about a 3-minute run north of the park.

Trail conditions vary from season to season. In the summer, expect dust and shady, cool trails. In the autumn, inhale the scent of tall pines and watch the leaves change color while you bypass some of the low-lying areas which are beginning to muddy up from occasional rains. In the winter, expect mud in most places, although soil conditions vary from sandy to sloppy and the rangers have been putting down gravel lately to improve footing. Also, in freezing conditions, watch out for ankle-bending frozen mud. In the spring, expect mud and more mud but don't worry if there's a rain shower while you're in there -- in many places, the trees are high enough and thick enough to provide some protection. At all times, watch out for tree roots, occasional baseball-sized rocks, and fresh horse droppings as you use different sets of muscles in an easy lope through this rolling terrain.

I've found that running in Bridle Trails requires a different mind set from training hard at the track or doing long runs on the street. Because of the varying trail conditions, more mental flexibility is required. Don't go there expecting to do your usual hard workout. Bridle Trails is more of a place to relax and revert to more playful patterns of running/hopping/skipping/jumping. Wear old shoes and socks and expect them to be muddy or dusty when you finish. Mountain bikes are prohibited, but you may encounter occasional horses. It's courteous (and safer) to stop and give them the right of way so that riders won't complain and try to have runners banned from the park too. During an hour's run, I might see 3-5 horses at most on weekdays (expect more on weekends depending on the time of day). A run around the outermost trails takes about 40 minutes. For a longer run, consider parking at Luke McRedmond Park (Shari's) in Redmond and making your way to Bridle Trails via Marymoor Park and the Bridlecrest horse trail which starts there (80-90 minutes).

If you have any questions, contact me at 881-6191.

## AWARDS

Randy Elliot	Ulrike Criminale Memorial	50K	1st in div 2nd overall
Dave McKinney	" "	25K	1st in div
Gary Neigeman	" "	25K	2nd in div
Deb Sorenson	Resolution Series	5 mi	1st in div
Laurel Cromwell	" "	5 mi	2nd in div
John Johnson	Resolution Run	5 mi	3rd in div
Steve Martin	" "	5 mi	2nd in div
Mark VanAchte	Christmas Rush	10K	3rd in div
Mike Donoghue	" "	10K	3rd in div
Judy Groombridge	" "	10K	1st in div
Jim Gibson	" "	5K	1st in div
Ian Meikle	" "	5K	1st in div
Marcie Koren	" "	5K	2nd in div
Kara Crisifulli	Jingle Bell Run	5K	1st in div

## CALENDAR

Feb 2, 10 am	Shuksen Runs	10 mi, 3 mi, 1 mi, 1/2 mi	Bellingham
Feb 2, 12 noon	Frosty Four	4.1 mi	Yakima
This run comes highly recommended by ESR member Frank Purdy, who lives in Toppenish. Frank will be happy to accommodate any fellow member -- first come, first serve. Please call Frank at (509) 865-3490.			
Feb 10, 9 am	Duet Run	5K	Seattle
Feb 10, 10 am	Y Run For Kids	4 mi	Tacoma
Feb 16, 9 am	Resolution Series	15K, 15 mi	Fort Steilacoom
Feb 17, 1 pm	Mid-Winter Run	10K, 2 mi	Olympia
Feb 17, 2 pm	Pound for Pound Run	3 mi	Bellingham
Mar 10, 9-11 am	Big Climb for Leukemia	69 flights	Seattle
Mar 16, 9 am	Resolution Series	20K, 20 mi	Fort Steilacoom
Mar 17, 10 am	St. Patrick's Day Dash	4 mi	Seattle
Mar 17, 10 am	Dugans Run	10K, 5K	Ocean Shores
Mar 17, 2 pm	Sarduccis Fun Run	4 mi	Bellingham
Mar 24, 1 pm	Mercer Island Half Marathon and 8K		Mercer Island
Apr 13	Spring Fitness Runs	10K, 5K	Federal Way
	Tulip and Slug Runs	10K, 2 mi	Mt. Vernon
	Olympia Rainrunners Half Marathon		Olympia
	Two Rivers Run	10K, 5K	Snoqualmie

### April 21, all day, The Falls to Gasworks Relay

This is ESR's own race! We need to all volunteer. Please send in the enclosed volunteer sign-up sheet soon. See you there!

Every Sat morning, 9 am ESR Sat morning fun runs

Attendance has been good at these low-key runs. Come for the run, then join us for the traditional post-run breakfast. Yumm!

### Spring Cleaning

## Get Well Soon Jerry!

*As most of you know, our venerable track coach, Jerry Rice, is still at home recuperating from a long-term illness. He suffers from chronic fatigue probably due to a virus, but they aren't sure. He is in good spirits and still has a ways to go. Jerry points out optimistically, "Some days are better than others."*

*Jerry, we all wish you well and hope you return to good health soon.*

We are seriously thinking of pooling the considerable resources of our membership and holding a gigantic 1st Annual ESR Springtime Garage Sale.

Many members have a few extraneous, seldom-used but serviceable heirlooms (junk) laying around, but not enough to have their own sale. Collectively we should be able to amass quite a sizable pile of these priceless, or at least cheap, goodies, and surely have fun doing so. If any of you out there are interested, have any experience in these matters, have a garage, etc. ... please contact the Event Chairperson. Also, if you would like to volunteer to be the Event Chairperson, contact yourself, or rather any board member, to get this project off the ground. Details to follow.

## Desperately seeking phone numbers!

Roman Michalak  
Pamela Murray, Larry Johnson  
Peter O'Neil, Laverna Roycroft  
Jim Schulz  
Eric & Linda Page

Some of you have apparently moved or changed phone numbers. Please give me a call (822-9395) and let me know where you are so our membership communications can be effective. Thanks!

Carolyn Hitter  
Membership Chairman

### ESR Officers

President.....	Ron Van Ryn	821-5370
Vice Pres.....	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.....	Willie Sato	822-2567

### UNIFORMS

Shorts - \$14.00	Call Mike D. at
Singlets - \$16.00	488-4841 to order
Windsuits - \$66.00	yours today

### FYI:

ESR members now receive a 10% discount at the following Eastside stores:

The Sports Page	Bear Creek Shopping Center
Frizzante's	Bridle Trails Shopping Center