

# The Runner Mumbles

FALL, 1991

*The Newsletter for Eastside Runners*

Eastside Runners

P.O. Box 2616

Redmond Wa 98073-2616

## ESR's TENTH ANIVERSARY DINNER/DANCE

Get into the Holiday spirit early! Don't miss the ESR's Tenth Anniversary Dinner/Dance! Imagine what it could be like:

It's 11:45:12. Saturday night, November 23. You've been boogeying hard since about 9 pm, when the music started, shortly after that delicious, nutritious high-carb/low-fat buffet dinner served at 7:30, right after the no-host cocktail hour. You feel a shooting pain in your right Achilles as you attempt a Janet Jacksonesque move, but you push on. You've waited too long and trained too hard for this one. You're determined to finish.

The course has been a grueling one, back and forth across the tiles at the American Legion Hall in Kirkland, at 2nd and 5th, across from City Hall. The dress is semi-informal (for once we may see each other in grown-up clothes, but anything goes). Actually, you regret wearing orthotics in your dress shoes and make a mental note not to do that again.

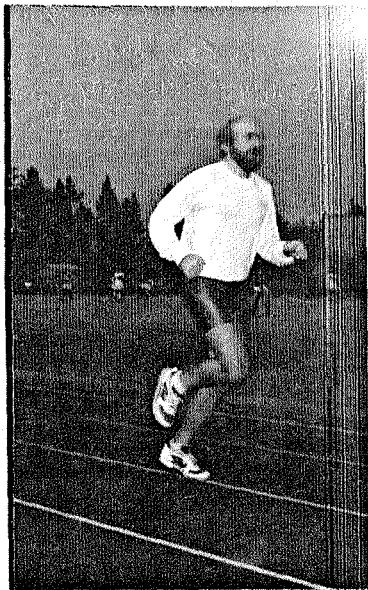
11:56:45 - Dodging the flailing arms of someone doing the Freddy, you position yourself for the last dance. You're sure it will be a slow one - aren't all last dances slow? - until you remember that this is Rockin' Ron VanRyn's band, "The Splitz", on stage, specialists in oldie's rock 'n' roll. Notwithstanding the positive influence of Loren "Cal" Cowan on sax, God only knows what they'll play. Sure enough, Proud Mary blares across the sound system, and you brace yourself for an uphill finish.

11:58:07. Muscles straining, sweat pouring. 11:59:20. Reaching deep for reserves. 12:00:00. That ultimate victory!

A deep sense of accomplishment engulfs you, making all the pain and effort worthwhile. No T, but you know life would somehow be lacking if you had missed this one.

This will undoubtedly be the Mother of all early holiday season parties. Cost is a mere \$10 a ticket in advance, \$12 day of race, er rather, at the door. It's well worth the fee just to hear Ron (he sings better than he runs), but wait there's more. A catered dinner with drinks included! Where's my checkbook?

**SO SIGN UP EARLY!** Call Ron at 821-5370 for your advanced tickets or just send in your money to our PO box. Bring a spouse or other. **IMAGINE WHAT IT WOULD BE LIKE!**



Randy Elliot - Hundreds of Laps for SIDS

Running 104.3 miles on an outdoor track, Randy Elliot pushed himself to a personal mileage high in the 24 hour Run for SIDS. The event took place at Lincoln High School in Portland on September 28-29.

Beginning at 8 am Saturday, Randy ran 87 miles before midnight. He began to walk full-time at about 1 am and reached the 94 mile mark around 2 pm. He was 20 hrs, 27 min into the run when he hit the 100 mile milestone. "It was a rush to pass 100 miles," he recalls.

Despite this "100 mile rush," Randy was physically spent by that time and stopped for a two hour rest. The break included a massage, medical check, and food. Adrenalin kept him from sleeping, but the break helped. Afterward, he was able to walk another 4+ miles. His pace for those last miles increased to about 4-5 minutes per lap, compared to 7-8 per lap before the break.

Randy had more than one reason to run the race. One goal was to see how far he could go. He also wanted it as a learning experience, and he thinks he learned a lot. For example, he now knows that he must eat "much differently" next time in order to avoid the temperature loss he experienced this time. Randy also was able to raise approximately \$850 for the SIDS Foundation.

Randy admits to liking endurance-type events. He may run this one again and is considering the 100-mile Western States run in California. Randy was amazed at how quickly the time went by in the SIDS run and thinks it was a more social event than most races. According to Randy, "The competition is there, yet you're communicating with others, which makes it very enjoyable. You forget you're going in circles."

Randy's main post-race problem is sore hips. "My legs were never a problem. I didn't run hard enough," he says.

## ESR General Meeting October 3rd

Hot dogs and chips were the first order of business at our last general meeting. The crowd feasted on the tube steaks and mingled around until 7:30, when President Ron VanRyn called the meeting to order. Announcements were made about the upcoming ten year anniversary dinner/dance, the need for some new board members, kudos from the Sister City Half Marathon for our fine job as volunteers, and the Thursday night fun run awards were handed out by Dave McKinney.

The Thursday night runs, which by the way are officially over Oct 24th, were well attended in 1991. There were a total of 56 different participants, with a high turnout of 24 one night. The Saturday morning runs are still going strong also, with the addition of the post-run breakfast a big factor in the good attendance down at the slough, at 9 am, by Shari's, in Redmond, Wash.

### The Thursday Night Awards

1st - Don Stork	6th - John Williams
2nd - Loren Cowan	7th - Sandy Wilson
3rd - Ron VanRyn	8th - Noel Bain
4th - William Sato	9th - Fred Jaffe
5th - Gary Youngs	10th - Norton Smallwood

with special thanks to Jim Schulz, for coming out to help though too injured to run.

The guest speaker for the evening was Greg Bolton of the Seattle Massage School. He talked about the history of sports massage, which is a fairly recent addition to the American sports scene. They have been practicing sports massage in the Eastern European countries for many years, and the success their athletes showed prompted acceptance here in the states in recent years. The U.S. team in 1984 Olympics was the first to have sports massage personnel as part of the team.

What can sports massage do for us runners? Greg states that sports massage can enhance your preparation/performance, recovery, and rehabilitation. Running builds strength, endurance, and inflexibility. Runners develop strong hamstrings but have weak quads, which are needed for strong knees. Massage and stretching will help loosen the hamstrings, allowing better flexibility in the legs.

We as runners should pay special attention to our legs and shoulders. These areas tend to become the most tight.

The talk ended with an audience participation demonstration of a lower body massage. Everyone was squeezing this and pressing that, rolling around on the floor, and in the end it did feel quite good. Enclosed is the handout describing how to give yourself a lower body massage, along with the phone number for the Seattle Massage School.

The lucky recipient of the door prize, a one hour massage at the Seattle Massage School, was Sonja Stork. Congratulations!

## Tuesday night interval workouts

I assume all of us wonder just how fast could we run if we only knew how. To race faster, you must train faster. One of the best ways to accomplish this is to do the ESR interval workouts, held at 6 pm every Tuesday night at Redmond High School.

We're lucky to have an experienced and dedicated coach in Jerry Rice. His background includes running track for state champion Richland High, as well as a collegiate career at WSU. He credits Max Jensen of Richland as being his most influential mentor.

Jerry stresses multiple shorter intervals with fixed recovery periods, as opposed to a few long intervals, such as 4 x 1 mile repeats. This is better for us non-elite runners as it allows more margin for error. The goal is to actually run faster than normal, so the body and mind become accustomed to speed. The point of all this is to run faster in races. These sessions try to simulate the stresses found in a race, with emphasis on the third quarter of the workout, which translates to the crucial third quarter of a race. Jerry says anyone can go out too fast, and most know how to kick at the end, but that third quarter of any race requires special attention. Interval workouts done properly should prepare one, both mentally and physically, for that crucial part of the race. Intervals give you the speed and confidence to race well.

Here is a typical workout:

1	group -	400,	3x800,	1000	hard/easy	every 50m,	3x600,	400
2	group -	400,	3x600,		"		"	"
3	group -	same as B						
4	group -	400,	3x600,		"		2x400	
5	group -	same as D						

Typical 400 (one lap) times for the groups:

1	@ 75sec
2	@ 75-78sec
3	@ 78-85sec
4	@ 85-95sec
5	@ 95+

The workouts are different every week, partly for variety, and allowing for the climate, needs of the runners, time of year, and perhaps aiming for certain popular races. Other variations include fartlek, hillwork, trail runs, and hard/easy whistle runs which emphasize effort over specific time goals.

So come out for some speedwork. Its not easy, but it can be very rewarding.

**ESR Board Members**

President..... Ron VanRyn  
Vice Pres.....Loren Cowan  
Secretary.....Gary Youngs  
Treasurer.....Fred Jaffe  
Membership.....Don Stork  
Activities.....Elise Botch  
Newsletter.....Willie Sato  
                  Sandy Wilson

**Welcome New Members:**

Marilu Koschak  
John Olson  
Heather Sutton  
Frank Slagle  
Betty Slagle  
Shelley Slagle  
Chris Arndt  
Ken Bloom  
Melinda Burdo

Some of you out there still have safety vests from various volunteer events. Please call Dave McKinney at 827-5751 so we can account for them all. Thank you.

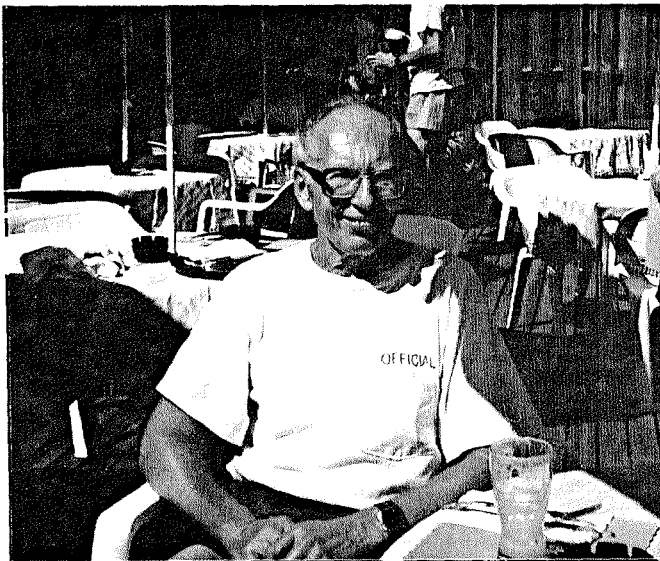
The Saturday morning run on Oct 26 will be lead by Gary Youngs starting at 9 am, from Renton Stadium parking lot, just off I-405. Take exit 4 and turn West on 3rd Ave, by Burger King, and follow signs around to the stadium. Gary promises a new and exciting breakfast stop afterwards. Call him for details at 432-3140 home, or 234-7026 work.

Uniforms are still available. Contact Loren Cowan at 868-8163 for sizes and prices.

Contributions to the newsletter are always welcome. Articles, photographs, personal milestones (or someone elses), suggestions, money, etc. gladly excepted. Call Willie at 822-2567 or just send them in to the PO box.

" Don't wait for your ship to come in, swim out to meet it."

" The secret to living without stress is to avoid becoming personally involved in your own life."



### Runner Profile: Fred Jaffe

Born and raised - Dec 3, 1922 in Breslau, Germany (now in Poland)  
Family - Wife Lynn, of 39 years, 2 daughters, 1 son, 4 grandkids  
Education - City College of NY, Bus Admin  
Occupation - Retired Law Office Administrator  
Hobbies - Music, singing, chess, bridge, hiking, cycling, swimming  
Last book read - " The Renaissance" by Will Durant  
Favorite foods - Potatoes and pasta  
Latest accomplishment - Retiring

#### Running background

Fred started running one day, not by design, as a means of going home for lunch from work, only one mile away. This was in 1965, when not many people did this sort of thing. Fred was later one of the early Greenlake runners in the late 60's.  
1st race - Resolution Run at Seward Park, 1977, at age 55  
Favorite race - Mercer Island Half Marathon  
No. of marathons - Four  
1st in division awards - 5 or 6  
Major injuries - 1986 broken 5th metatarsal (from playing tennis in running shoes) and presently a disc out of alignment (also non-running related)  
Favorite shoes - Any with a wide toebox (Nike or New Balance)  
Most memorable running experience - 1984 Emerald City Marathon at age 61, a 3:31 PR  
Future plans - to find a volunteer job that is a benefit to society

Fred has been an ESR member since 1982 and is presently the club Treasurer. We are all lucky to have him around.

Oct 26  
     9:30 am     Halloween Run  
                   5K and kids dashes - Bremerton  
     10 am       Black Cat Run  
                   5mi, 1mi - Lakewood (Tacoma)

Oct 27  
     8 am        Tri Cities Marathon and 5K  
                   Richland  
     9 am        Woodinville Slough Run  
                   10K, 2mi - Woodinville

Nov 2  
     8 am        Dawg Dash  
                   8K - U of Wash campus  
     9 am        3rd Annual Last Bean Runs  
                   50K 9am, 30K 11am, 15K noon  
                   East Wenatchee

Nov 9  
     9:30 am     Toys for Tots Run  
                   10K, 5K - Seattle  
     10 am       Mt. Erie Road Run  
                   3.6mi - Anacortes

Nov 16  
     10 am       Fowl Run  
                   5mi, 2mi - Mt. Vernon  
     11 am       Pratt and Chew Classic  
                   4mi - Gasworks Park, Seattle

Nov 24  
     2 pm        Turkey Trot  
                   5 mi - Fort Steilacoom

Nov 30  
     9 am        Seattle Marathon and Half  
                   Marathon - Marymoor Park and  
                   Bothell

Dec 7  
     ---         Winter Glove Runs  
                   10K, 5K, 1mi - Steilacoom  
     10 am       Michael Jackson Runs  
                   10K, 5K, 1/2mi - Bellingham

Dec 14  
     10 am       Christmas Rush  
                   10K, 5K - Kent

Dec 21  
     ---         Carl Glatze Memorial Run  
                   2.6mi, 9.6mi - Anderson Island

Dec 31  
     ---         Resolution Run  
                   5mi - Seattle



The Vikings, of course, knew the importance of stretching before an attack.