

The Runner Mumbles

Spring 1991

The Newsletter for Eastside Runners

A Word From The President

Daylight savings time is here once again and that can only mean one thing. No, I'm not talking about the Mariners and Kingdogs, it's time for the 1991 season opener of the Thursday Night Fun Runs. They will be better than ever this year with a new improved format. Come on out and see what's new and start accumulating points to be in the running for the year end awards. Awards will run 10 places deep and speed is not a requirement to be a finalist this year. Knowing your pace and consistency are the only tools you'll need to acquire a piece of hardware (trophy) for your collection. If that isn't enough incentive to get you out each Thursday, then how about a bribe, say pizza and your favorite liquid refreshment (leaded or unleaded) afterwards? Thursday nights, 7:00 P.M., Luke Mc Redmond Landing in Redmond, next to Shari's Restaurant. Be there or be somewhere (else).

RVR

ESR CROSS-TRAINING: A CROSS COUNTRY WEEKEND BY MARCIA KOREN

Mid February, a group of thirteen Eastside Runners rendezvoused at the Pine River Ranch near Lake Wenatchee. Although the snow was scarce in some areas, the comraderie of friends and sunshine compensated for any imperfect snow conditions.

We all arrived at this bed and breakfast ranch Friday night and cozily shared all four rooms of the home. Prior to breakfast Saturday morning, some of the more compulsive types did an eight mile run. The rolling out of bed early was rewarded by beautiful majestic mountain scenery, clean air and little sign of other human life! Following a satiating breakfast, we headed for the Chiwawa X-C ski trail. This six mile loop made it's way through a beautiful evergreen forest and intermittent views of a riverbed. Unknown to most sports enthusiasts, ESR hosted the first Olympic trials for the X-C ski arrest event. Each contestant was required to race down a steep ice covered hill and avoid entering the river at the base of the hill. Keeping in mind some participants had no edges on their skiis, avoiding an aquatic landing was quite a challenge. Officiating ESR judges gave Barbara Grant the highest award for the most creative arrest, which amounted to a spread eagle faceplant into the snow! Meanwhile, back at the ranch, we mellowed out in shifts in the hot tub. This was followed by consumption of an indeterminate number of Gustov Burgers in Leavenworth. Predictably, the compulsive types awoke early Sunday morning for a fourteen mile run. Our cross-country tour was then lead by Jim Di Ianni in which we worked our way up a five mile trail with 1,100 foot elevation gain. We hope to have more events like this in the near future. Much appreciation to Mike Donoghue for organizing this fun weekend.

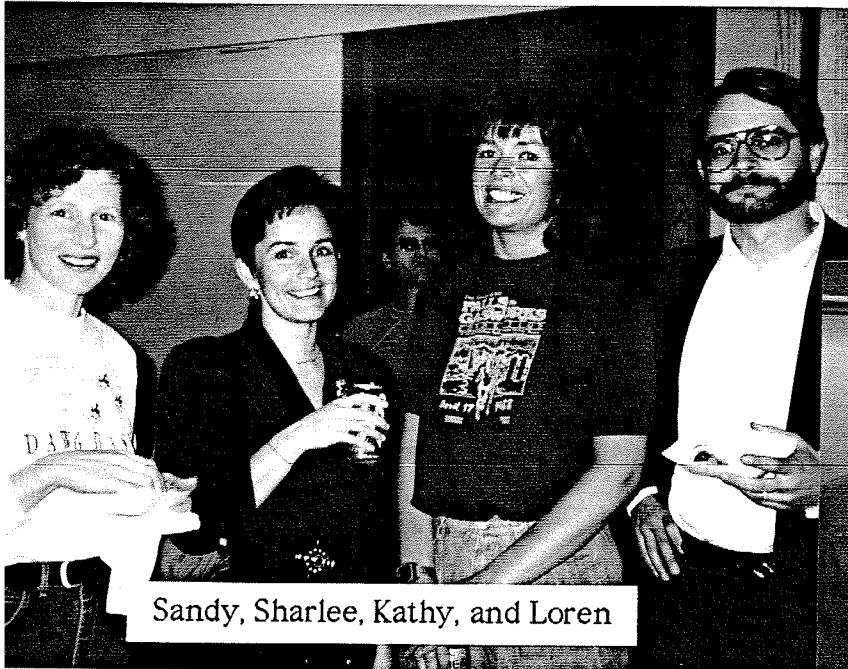
FYI:

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

The Great Falls To Gasworks Connection

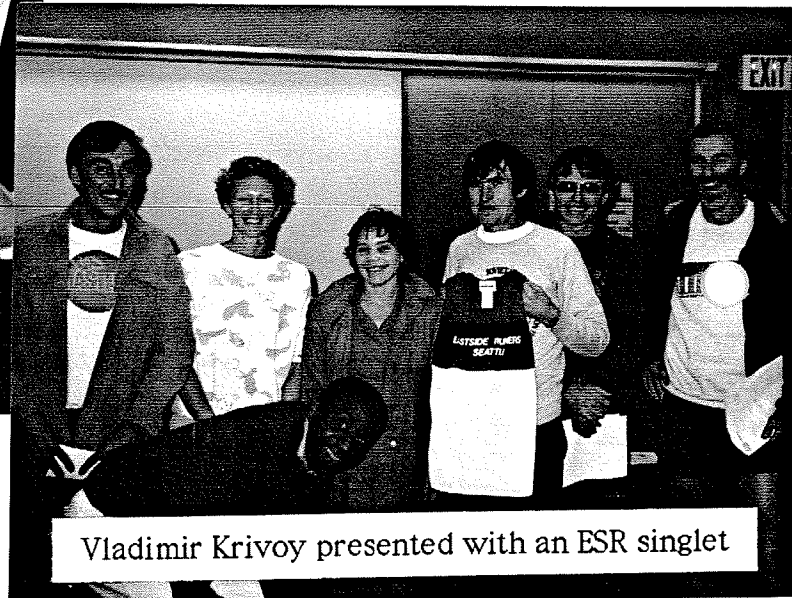
This years edition of our own Falls To Gasworks Relay was a great success. This year saw a field of 99 teams and 38 hardy ultras. Weather was ideal, the teams enthusiastic, and the volunteers terrific as usual. Race Director Dave McKinney did his usual excellent job of coordinating the event, with special thanks to Mike Donoghue for organizing the volunteers. Our efforts did not go unnoticed by the participants, many of whom came up to Dave and his staff to express their thanks and compliment us all on a job well done. Thanks again to all who helped out. There will be a party for all the volunteers in the near future. Stay tuned for details!



Sandy, Sharlee, Kathy, and Loren

photos from the
General Meeting

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Vladimir Krivoy presented with an ESR singlet

AWARDS

Special mention must be made here (under threat of physical mayhem) of the results of the Resolution series run through the Winter in Tacoma. This popular series of 4 races was dominated by some of our own Eastside Runners. The 30-39 year old males category was swept by Steve Roach 1st overall, Jim Schultz 2nd, and Sidney Harris 3rd. Others also placing in their divisions were Dave McKinney, Bonnie Harris, Laurel Cromwell, Deb Sorensen, Randy Elliot, but not John Blystone. A special appearance was put in by Clifford Johnston for the series last race, where he proudly displayed his Christmas thighs.

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Spring General Meeting

The March 27 General Meeting was the best attended meeting in recent memory. The crowd was treated to a fine program of speakers, and also dined in style on chips and hot dogs.

President Ron VanRyn called the meeting to order and made announcements and conducted general club business. A call was put out for anyone not yet signed up to volunteer for the Falls to Gasworks Relay to please do so. Remaining awards for Thursday night runs from last year were also handed out.

Relay Race Director Dave McKinney then had his staff give short descriptions of their areas of responsibility for the race, and what their volunteers could expect. Mike Donoghue was overall in charge of coordinating the volunteers and their duties. Bill Hughes described the mechanics of timing and record keeping at each point in the race. Gary Youngs gave an overview of crowd and traffic control and stressed safety first. Ron explained finish line procedures, and Kathy Rasmussen summed it all up by stressing how really rewarding it is to do a good job, be an efficient, supportive and cheerful volunteer.

Next we had an unscheduled but enthusiastically received guest introduced. Elise Botch brought her running buddy from the Soviet Union, Vladimir Krivoy, to meet some fellow runners. They met in Moscow at the International Peace Marathon August 1989.

Vladimir is a fitness instructor and a welder, and also an outstanding runner, as his marathon PR of 2:23 attests. His visit here was difficult to arrange, but well worth the trouble as he wishes he could stay longer. Surely one of his most prized souvenirs must be the ESR singlet given to him that night! Glad to have met you, Vladimir.

Our featured speaker for the evening was then introduced, Dr. Bob Adams. This local resident is known worldwide, as he was the team doctor for the U.S. Goodwill Games team, and has worked with elite and Olympic athletes extensively. He is also chairman of the Substance Abuse Education and Testing (Doping Control) Committee, from his office in Redmond, and is involved with The Athletics Congress.

His talk centered on road racing safety, as it applied to each of us as runners, and also as race volunteers. He described the logistics involved in safely staging large scale events, such as the GG and Boston Marathons, and how much would apply to the races we work around here. His handout briefly described the major injuries and symptoms to look out for while working a race or while running yourself. One international rule that has changed since the 1984 Olympics, in the interest of runner safety, is a more flexible interpretation of aiding a runner in distress. We all remember the site of the female Swiss marathoner staggering around the track at the 1984 Olympics, trying to avoid contact that would have then disqualified her. Today, a brief medical evaluation in such a situation would be permissible. Dr. Adams related stories of his many and varied experiences around the world and different events. He then opened the floor to questions, which were mainly of the injury treatment variety.

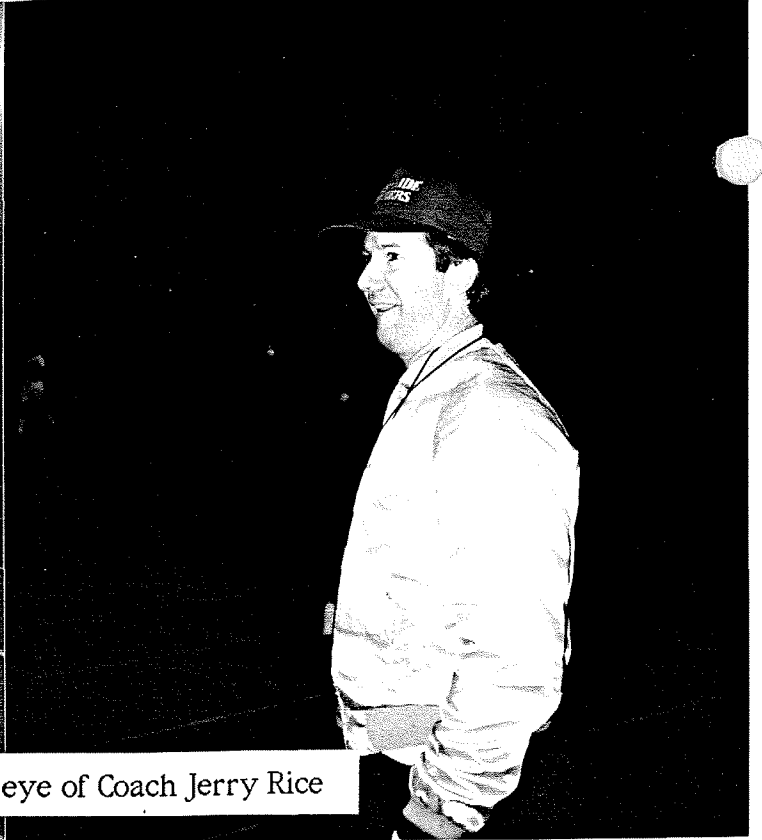
Thanks to Kathy for providing the refreshments, and thanks again to all the speakers. See you all at the next meeting.

ESR Officers

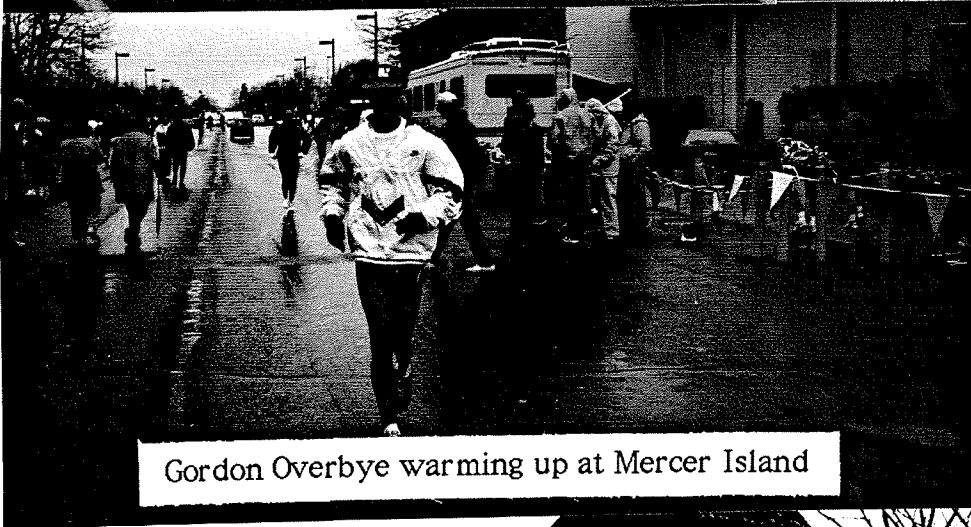
President.....	Ron Van Ryn	821-5370
Vice Pres.....	Mike Donoghue	488-4841
Treasurer.....	Fred Jaffe	881-3009
Secretary.....	Gary Youngs	432-3140
Membership.....	Carolyn Hitter	822-9395
Activities.....	Kathy Rasmussen	881-5708
Newsletter.....	Willie Sato	822-2567

Welcome to these new ESR members!

Steve Nicholes	Bob Adams
Sharen Manolopoulos	Mike Ethredge
Emily Bader	Terri Hartley
Greg Whittier	Sandra Bright
Mairi Brooks	Don and Sonja Stork



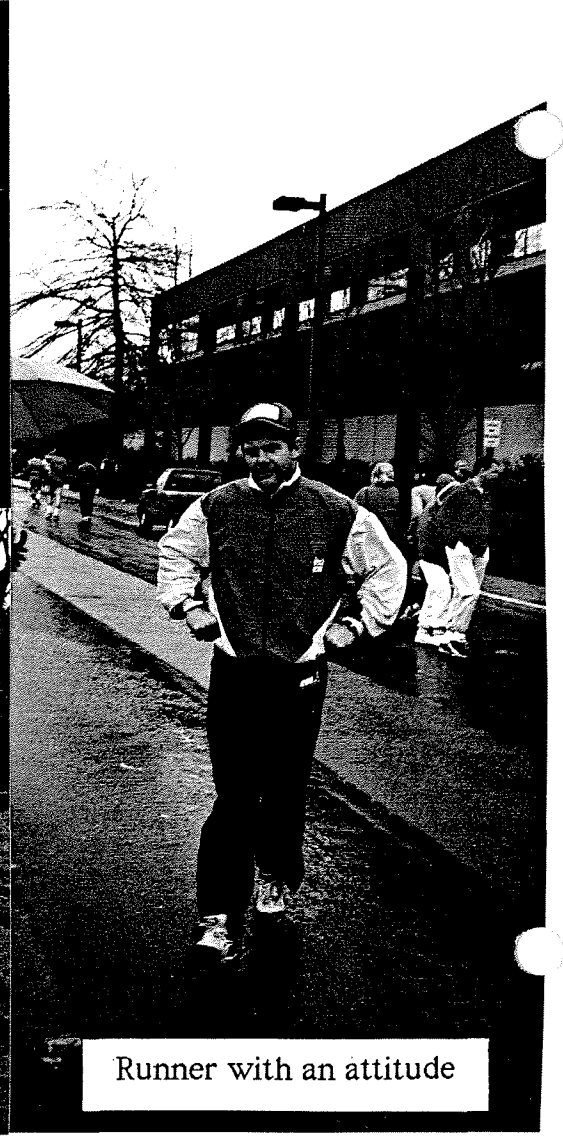
Tuesday night track workout under the watchful eye of Coach Jerry Rice



Gordon Overbye warming up at Mercer Island



Typical Saturday morning turnout about to head out on the trail



Runner with an attitude