

*The Runner Mumbles*  
*newsletter of the Eastside Runners*  
*-new improved compact readable edition*  
Summer '91

1981 Revisited

On its 10th year anniversary ESR has decided to send its Roving Reporter to interview one of the founding fathers of the club, the venerable George Emerson. Additional historical background provided by Ron VanRyn.

Herewith follows a taped interview held at Poppa's, formerly the traditional meeting place after a Thursday evening fun run.

RR: "As one of the originators of ESR, George, can you tell us briefly how the club got started?"

GE: "Eastside Runners actually began in late 1979 as part of Club Northwest, Eastside Chapter. Unfortunately we didn't get any attention at all from the parent organization. There were no social functions or parties and we felt that we were just subsidizing the elite runners of Club Northwest. So in 1981 we notified Bill Roe, the founder of CNW, that ESR was forming its own club. Will Knedlik was one of our charter members and being an attorney, he drew up the charter and the by-laws. The dues were then \$5.00 per member and \$7.50 per family." ( Ron swears the actual founding location was the Fresh Air Tavern in Spokane, the first Sunday in May, 1981, after the Bloomsday Race )

RR: "Besides Will and yourself, who were the other charter members?"

GE: "As I recall, there were Ron and Dennis VanRyn, Harlan and Merilew Nelson, Steve Martin and Dan Moon. (and Rolf Ausen and Arni Frederickson ). Dan, by the way, later did the artwork for for the Falls to Gasworks shirts."

RR: "Did the club have a meeting place at the time?"

GE: "The Nelsons, as owners of Fast Lady Sports, let us use their store and later we also had meetings at their house."

RR: "When did the Thursday evening fun runs begin and was the course then the same as it is now?"

GE: "In the Summer of '81, the starting point was closer to the Redmond City Hall at N.E. 85th which was then dead-ended at the river. There were usually 15 to 20 runners and the highlight of the evening was the pizza and beer at the Pizza King. That place had excellent food, but we didn't supply them with enough customers. They went out of business about 1983."

RR: "What was the first race of ESR?"

GE: "The Inflation Fighter Run, a 10k held February 6, 1982. There were 43 runners all of whom finished. First place went to Joe Clark, in a time of 32:53, and the first female was Maria Vega deClark in 43:49."

RR: "How about the first race officiated by ESR?"

GE: "That's one I'd just as soon not talk about, the

Kingsgate 10k, a race which the merchants of that community sponsored and which they asked us to officiate. Can you imagine a course with 34 turns? The sponsors promised us plenty of help but didn't fulfill on their pledge. Harlan and I were at the finish line and were amazed to see runners converging from three different directions. Only about 20% of the participants ran the full 10k, everyone else got lost. A friend of mine, Bill Robertson, 240 pounds, was first across the finish line in 22:25. 'Did I win?' he asked. 'Yeah' was my response 'and you beat Henry Rono's time by 5 minutes.' A lot of angry runners asked for their money back and the organizer wrote checks as fast as he could. Harlan suggested that all officials put paper bags on their heads. If any shirts of that race can still be found they'd be collectors items."

RR: "George, what about your own running achievements?"

GE: "I started running January 1, 1976 when I quit smoking and went on a diet. Over the years I've run a total of 29 marathons; my best time was 3:14. Then there were three or four 50k's with a PR of 4:04 and my PR in a 10k was at age 45, 39:27."

RR: "In your opinion, how is ESR doing now?"

GE: "We've held together well and will continue to do so as long as we don't cater only to the elite, but emphasize the social aspects and the camaraderie of all fellow runners."

WELCOME NEW ESR MEMBERS!

Kate O'Neil

Jim Elmer

Robert Damon

Donald Klingman

Shannon Braunagel

Debbie Young

Glenn Tachiyama

#### Membership News

The ESR Board has decided to publish a membership directory this Fall. Rest assured, we aren't planning to make money by selling our valuable membership list to junk mail companies. However, if you DO NOT want your name and phone number included in the directory, please contact the Membership Chairman (Carolyn Hitter, 822-9395) by the end of July.

Did you notice that the mailing label for your newsletter now contains your membership renewal date? Who knows, there may be one or two of you out there who will send in your \$10 without having a reminder mailed. And about 40 of you should have found a "Second Notice" reminder in this envelope! Help keep Fred happy by getting those dues money in!

If any of you out there were wondering about our finances, rest assured they are in the very capable hands of Fred Jaffe. He issues a financial statement to the Board at their monthly meetings. For example, for the period 5/8/91 to 6/11/91, our club budget went from roughly \$2700 to \$3100, mainly since that was a big membership renewal period. On a somewhat different schedule, the Falls to Gasworks Race took in about \$9000 with expenses of well over \$8000. Some expenses have not yet been received, and being a non-profit organization, most of what remains is donated back to the community, this years recipients being the First Aid group which supported the race (\$300) and the Eastside Domestic Violence Program (\$200).

## Newest Kids on the Block

Congratulations to these ESR couples are in order for the little blessings they have recently received.

Mark and Patti VanAchte - son Connor  
Mark and Karen Strom - daughter Kelly  
Greg and Roni Staup - daughter Kaitlyn

## MILESTONES

Frank Purdy	Yakima 10mi	2nd in div
Dwight Reed	Toe Jam Hill 13.1mi	1st in div
Walt Poupure	Pound for Pound 5mi	1st in div
ESR Mixed Masters	Vanc Island Relay	1st in div
Eastside Bashers	"	1st in div
Peter O' Neil	Spring Fitness 5k	2nd in div
Karen DeLaurenti	"	2nd in div
Linda Baze	"	3rd in div
Kara Crisifulli	Beat the Bridge 8k	3rd overall
Joe Clark	Bear Run	3rd overall
Mark VanAchte	D.A.R.E. 10k	1st overall
Bill Hughes	Duvall Country 2mi	1st overall
Carolyn Hitter	" 10k	1st in div
Sandy Wilson	Bellingham 13.1mi	1st in div
Peter O'Neil	Haywood Masters/TAC Classic - 800m	1st in div*
Gordon Overbye	" Steeplechase	1st in div*

\* their times qualify them as All - American

The 1991 Rainier to Pacific Relay held July 13-14 saw a trio of ESR squads running magnificently and looking good doing it. Mike Donoghue's Mens Masters team did extremely well, Steve Roach's Bashers didn't quite repeat their past two first place finishes, and Sharlee Taylor's team of "Insignificant Others" (Elise, Sandy, Marlis, Bonnie, Norton, Bob, Don, & Loren) thoroughly enjoyed their first team relay experience.

## VOLUNTEERS NEEDED

Seems like we're always asking for volunteers. That's because our members always come through in the clutch, and are the best darn volunteers in the whole world, and are wonderful human beings who know when they are being kissed up to. Okay, we really need 30-40 people to help out on the Sister City Half Marathon on Sept 2nd (Labor Day) in Woodinville. This is an annual ritual for all good ESR members to become involved. And of course there is a freebie party afterwards for all the help.

To volunteer call: Mike Donoghue....488-4841  
Kathy Rasmussen...881-5708  
Ron VanRyn.....821-5370

## CALENDAR

July 20 Sat	9am	Run of the Mill 5.5K - Mill Creek Snohomish River Run 10K,2mi - Snohomish
July 27 Sat	8am 10am	AquaFest 10K,5K - Lake Stevens Once Around Lake Cavanaugh 8.2mi - Oso
July 29 Mon	6:30 pm	College Inn Stampede 4mi - Seattle
Aug 2 Fri	6:40 pm	Seafair 8K - Seattle
Aug 10 Sat	9am 6:30 pm	Zoo Run 10K,2mi and kids races - Tacoma Summer Twilight 5mi,2mi - Marysville
Aug 11 Sun	9am	Park to Park Dash 4mi - Renton Alpine Days 7.25mi - North Bend
Aug 14 Wed	6pm	Watermelon Run 4mi - Fort Steilacoom
Aug 18 Sun	8am	Wash State Games 10K - Kirkland
Aug 24 Sat	8am 10am	Monroe Fair Days 10K,2mi - Monroe Valley Health Run 10K,5K - Renton
Aug 25 Sun	9am	Sammamish River Run 10K,5K - Kenmore
Sept 2 Mon	9am	Sister City Half Marathon - Woodinville

\*\*\*\*\* After this race, for which we all volunteer, ESR will host a party for all who have volunteered throughout the year. It will be held from 12:30 to 2:00 at McCorys on the Slough, just down from the race starting line. We have reserved the outdoor patio at McCorys, and food and drink will be provided.

Sept 30 Monday Evening ESR Fall General Meeting. Details to follow.

## The Big One

What 10 year anniversary would be complete without a party? You won't have to wait for the ESR Christmas Gala to see your running colleagues in long pants and high heels (?). We are planning to have a semi-formal function in the very near future to celebrate 10 great years of running here on the ol' Eastside. The dinner /dance will be an excellent opportunity to mix and mingle with all those other members you have never met. All in all, an evening to remember. Isn't that one reason we all joined in the first place? Details to follow concerning ticket prices, menu, time and place, entertainment, etc. Don't say we never invited you to anything.