



# THE RUNNER MUMBLES

THE PRESIDENTS COLUMN

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WHO IS THIS EASTSIDE RUNNER?

SURER, DON STORK MEMBERSHIP, ELISE BOTCH SOCIAL COMMITTEE, AND WILLIE SATO NEWSLETTER. THIS YEAR WE WELCOME NEW BOARD MEMBERS SANDRA WILSON V.P., AND SHARLEE TAYLOR SOCIAL COMMITTEE. ESR CONTINUES TO BE A CLUB FOR ALL RUNNERS WITH AN EMPHASIS ON SUPPORT AND FUN. PLEASE LET ANY BOARD MEMBER KNOW YOUR THOUGHTS ON ANYTHING YOU WOULD LIKE TO SEE AVAILABLE FROM ESR. (MORE SOCIAL EVENTS, MORE RELAY TEAMS, OR ?). W.S.

SOME PEOPLE ARE BORN LEADERS, SOME WORK HARD AT IT, AND OTHERS HAVE IT THRUST UPON THEM. SUCH WAS THE CASE FOR ME! HI I'M WILLIE SATO, NEWLY APPOINTED PRESIDENT OF EAST SIDE RUNNERS. I HAVE BEEN A MEMBER OF ESR FOR SEVEN YEARS AND HAVE SERVED ON THE BOARD, IN VARIOUS POSITIONS FOR FOUR YEARS. MANY THANKS TO LAST YEARS BOARD MEMBERS FOR THEIR DEDICATION AND HARD WORK. RON VAN RYN PRESIDENT, LOREN COWAN VICE PRESIDENT, GARY YOUNGS SECRETARY, FRED JAFFE TREA-

THE 2ND ANNUAL ESR DINNER DANCE WAS ONCE AGAIN THE SOCIAL EVENT OF THE SEASON. GREAT FOOD, DECORATIONS, ROCK & ROLL MUSIC, AND SOCIALIZING WERE THE ORDER OF THE DAY (EVENING?). A BIG THANK YOU TO THE EVENT COORDINATOR SHARLEE TAYLOR AND HER CREW. WE PRESENTED A GIFT TO A MOST DESERVING MEMBER, DAVE MCKINNEY. DAVE HAS DONE AND CONTINUES TO DO SO MUCH TO MAKE ESR A GREAT CLUB SUCH AS: ORGANIZING TUESDAY NIGHT TRACK WORKOUTS, THURSDAY NIGHT FUN RUNS, EQUIPMENT RENTALS AND THE FALLS TO GASWORKS RACE DIRECTOR AND COORDINATOR. THANKS TO ALL WHO ATTENDED THIS YEARS DINNER DANCE AND AGAIN THANKS TO ALL WHO GAVE THEIR TIME TO MAKE IT ALL POSSIBLE. W. S.

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## ESR PICNIC - FOOD - FUN - AND FOLLY

## ESR PICNIC 1992

GOOD FOOD, GREAT COMPANY, AND THE EVER POPULAR LET'S - EAT - A - BIG - MEAL - THEN - RUN - A - RELAY RACE WERE THE HIGHLIGHTS OF THIS YEAR'S ESR SUMMER PICNIC.

APPROXIMATELY THREE DOZEN PICNICERS, INCLUDING VISITORS FROM THE INTERURBAN RUNNERS CLUB, OUR FRIENDS FROM DOWN SOUTH, GATHERED AT FARRELL MCWHIRTER PARK IN REDMOND FOR THE AUGUST 30 EVENT. IT WAS A REGULAR FAMILY AFFAIR, WITH OLDSTERS AND YOUNGSTERS ALIKE ATTENDING. "GETTING TO MEET SPOUSES, SIGNIFICANT OTHERS, AND RUNNERS - IN - TRAINING (CHILDREN) OF FELLOW CLUB MEMBERS IS ONE OF THE BEST PARTS OF THE PICNIC," COMMENTED ONE ATTENDEE.

IN KEEPING WITH TIME-HONORED AMERICAN TRADITION, HOT DOGS AND HAMBURGERS (WELL COOKED TO 160 DEGREES I ASSURE YOU, ED. NOTE) WERE SERVED WITH ALL THE FIXIN'S. THERE WERE RUMORS, HOWEVER THAT A FEW NONTRADITIONAL VEGGIE BURGERS HAD ALSO BEEN SNEAKER ONTO THE GRILL BY \_\_\_\_\_ (INSERT YOUR FAVORITE VEGETABLE HERE, ED NOTE). BOWLS OF POTATO SALAD AND PASTA SALAD, CHIPS, COOKIES, AND MUCH MORE LINED THE TABLES. ELISE BOTCH'S DOG TRIED TO ELIMINATE SOME OF THAT EDIBLE CLUTTER, BUT WAS TWAATED FOR THE MOST PART. THE WEATHER WAS FINE, THOUGH AT TIMES WE WONDERED IF IT MIGHT RAIN. THE COUNTRY FARM SETTING WAS PERFECT FOR A PICNIC.

THEN CAME THE RACE. RON VAN RYN HAD SET A CHALLENGING COURSE THROUGH THE WOODS. THANKS RON WE ONLY HAD TO CLIMB THREE FENCES. (HE'S GOT TO STOP RUNNING WITH THE HASH HOUSE HARRIERS, THIER WARPING HIS WHOLE SENSE OF PERSPECTIVE, ED NOTE). OUR YOUNGEST RUNNER WAS 4 YEAR OLD MOLLIE VAN RYN ACCOMPANIED BY HER DAD DENNIS. OUR LEAST MODEST RUNNER WAS LOREN "I'M A LEO SO I NEED ATTENTION" COWEN. HE "FORGOT" HIS RUNNING CLOTHES AT HOME AND WAS FORCED TO RUN IN PINK POLKA DOT BOXERS. UNOFFICIALLY, WILLIE SATO WON THE LET'S - NOT - BE - TOO - COMPETITIVE AWARD AS HE SIDE-STEPPED, BACK-STEPPED, AND OTHERWISE MISSTEPPED HIS WAY ACROSS THE FINISH LINE.

YOUR SUGGESTIONS FOR NEXT YEAR'S PICNIC ARE REQUESTED. PLEASE CONTACT RON VAN RYN AT 821-5370. THE SUGGESTION THAT WE RUN FIRST AND THEN EAT HAS ALREADY BEEN MADE.

S. WILSON

SISTER CITIES HALF MARATHON LABOR DAY 92

HOW WOULD YOU LIKE TO START A HOLIDAY MORNING WITH FREE ESPRESSO, FOLLOWED BY AN EXHILERATING TIME WITH FRIENDS AND FAMILY AND FREE PIZZA AND FLUIDS OF YOUR CHOICE IN ANY QUANTITY YOU MIGHT HAVE DESIRED? (DESIGNATED DRIVERS TAKE NOTE, ED NOTE).

THAT'S HOW 34 EASTSIDE RUNNERS AND OTHERS SPENT LABOR DAY, VOLUNTEERING FOR THE SISTER CITIES HALF MARATHON.

HIGHLIGHTS INCLUDED THE FIRST FOUR RACERS RUNNING THE WRONG ROUTE AND A LADY THROWING UP AT THE SIX MILE MARK, (NEITHER WAS THE FAULT OF ANY EASTSIDE RUNNER). THEY WERN'T THE ONLY ONES HAVING FUN. MUCHO GRACIAS (EXCUSE MY FRENCH) TO THE FOLLIWING VOLUNTEERS:

- GARY AND LINDA YOUNGS AND TOM AND DAUGHTERS
- RON VAN RYN
- FRED JAFFE
- SANDY WILSON
- DON AND SONJA STORK
- SHARLEE TAYLOR
- ELISE BOTCH
- CINDY CRAIG
- NORTON SMALLWOOD
- STAN CORPUZ
- STEVE ROACH

- ADAM AND TONYA ENGST
- JIM SCHULTZ
- CHRIS, NICK, AND TYLER ARNDT
- MARK SMITH
- PAT CUAMEA AND COMPANY
- MARTHA SCHILLING
- CARLY (FROM INTERURBAN RUNNERS)
- RANDY ELLIOTT
- ANDY MASER AND DAUGHTER
- DAVE MCKINNEY (FOR SPECIAL LAST MINUTE BAIL OUT EQUIPMENT RUN)

LOREN COWEN (VOLUNTEER COORDINATOR)

APRIL IS NEARLY UPON US AND THAT MEANS (OH NO NOT THAT AGAIN!) YES IT'S TIME FOR FALLS TO GASWORKS 1993. THIS IS A VERY SPECIAL EVENT THIS YEAR, IT'S THE 10TH ANNIVERSARY OF THIS LOCAL RELAY EVENT. IF YOU THINK YOU HAD FUN BEING A VOLUNTEER AT SISTER CITIES HALF MARATHON AND THE SEATTLE MARATHON WATER STATION NOT TO MENTION THE BLOWOUT PARTIES AFTERWARD FOR THE VOLUNTEERS. (ARE WE ALLOWED TO SAY THAT?) THIS YEAR VOLUNTEERS WILL GET A VERY VERY VERY SPECIAL 10TH ANNIVERSARY SHIRT THAT WILL BE A KEEPER FOR SURE AS WELL AS A PARTY AT THE NORTHLAKE TAVERN (CHILDREN OK), THAT WILL BE AN EVENT TO REMEMBER. (THERE WILL BE A ROVING PARTY MONITOR TO MAKE SURE EVERYONE LEAVES IN A CONDITION SO THAT THEY WILL BE ABLE TO REMEMBER). NO EXPERIENCE IS NECESSARY TO VOLUNTEER FOR THIS RACE, ALL WE NEED IS A FEW HOURS OF YOUR TIME. WE ARE EXPECTING 100 TEAMS PLUS 30 - 40 SOLO RUNNERS THIS YEAR SO WE NEED ALL THE HELP WE CAN MUSTER. (50 - 60 VOLUNTEERS). PLEASE CALL RON VAN RYN TO VOLUNTEER YOUR SERVICES AT 821-5370. TRAINING IS PROVIDED.

FALLS TO GASWORKS \_\_\_\_\_ FALLS TO GASWORKS \_\_\_\_\_ FALLS TO GASWORKS \_\_\_\_\_ FALLS TO GASWORKS \_\_\_\_\_

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SPRING GENERAL MEETING

THE TRAINING TABLE

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MARCH 31 IS THE DATE FOR THE SPRING 93 - GENERAL MEETING. IT WILL BE HELD AT THE REDMOND LIBRARY, 15810 NE 85TH ST., AT 7 PM. THE FIRST HOUR WILL BE FOR SOCIALIZING AND CLUB BUSINESS UPDATES AND THEN A GUEST SPEAKER WILL TAKE OVER TO ENLIGHTEN US ON A TOPIC OF INTEREST TO ALL. OF COURSE MUNCHIES AND SOFT DRINKS WILL BE PROVIDED TO PUT US ALL IN A PROPER STATE OF MIND. TURNOUTS HAVE BEEN GREAT AT OUR 4 1992 GENERAL MEETINGS, DON'T MISS OUT IN 93. SEE YOU THERE!  
 PS NEW MEMBERS ARE ESPECIALLY INVITED TO COME AND MEET SOME OF THE LONG TIME ESR MEMBERSHIP.

WELCOME NEW MEMBERS!!!!!!!!!!!!!!!

- BECKY DAVIS
- STEVE MCCRACKEN
- DORIE QUAM
- MARTHA SCHILLING
- BRENT REED
- PHIL FLASII

THIS COLUMN WILL BE DEDICATED TO EATING HABITS, WHAT WE DRINK, AND RELATED SUBJECTS. THIS MONTHS TOPIC IS:

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 FAT FAT FAT FAT FAT FAT FAT FAT FAT FAT FAT  
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 (THE KIND WE EAT)

EVERYWHERE WE TURN IT SEEMS SOMEONE IS TELLING US TO EAT LESS FAT. THE CURRENTLY HELD FIGURE FOR THE TYPICAL AMERICAN IS 30% OF OUR DAILY CALORIC INTAKE OR LESS SHOULD BE FROM FAT. SINCE WE ARE NOT TYPICAL AMERICANS, IE RUNNERS, THE NUMBER IS QUOTED TO BE 20% OR LESS OF TOTAL CALORIC INTAKE FROM FAT. THE QUESTION IS HOW DO WE KNOW HOW MUCH FAT IS IN THE FOODS WE EAT? WELL SOME ARE EASY, ALL COOKING OILS, BUTTER, MARGARINE, LARD ARE 100% FAT. MOST VEGETABLES AND PASTAS ARE EITHER VERY LOW OR 0% FAT. MOST FRUITS ARE 0% FAT. MEATS, CHEESE, (MOST), PREPARED FOODS, FISH, AND POULTRY HAVE VARIOUS AMOUNTS OF FAT IN THEM. THIS TIME LET'S TALK ABOUT ONLY PREPARED FOODS, ( LUNCH MEATS, FROZEN DINNERS, REDUCED FAT PRODUCTS. WHEN YOU PICK UP THAT PACKAGE OF TURKEY LUNCH MEAT OR HOT DOGS AND THE PACKAGE SAYS ONLY 7 PERCENT FAT YOU FEEL PRETTY GOOD ABOUT BUYING IT RIGHT?

THAT NUMBER IS PROBABLY BASED ON FAT CONTENT BY WEIGHT OR VOLUME AND NOT ON THE PERCENTAGE OF CALORIES FROM FAT WHICH IS THE ONLY NUMBER YOU SHOULD BE REALLY CONCERNED ABOUT!  
 HOW DO YOU TELL WHAT THE PERCENTAGE OF CALORIES FROM FAT IS IN THE PRODUCT WHEN IT USUALLY IS NOT ANYWHERE ON THE LABEL? IT IS RATHER EASY. THERE ARE 9 CALORIES IN A GRAM OF FAT. LOOK ON THE LABEL TO SEE HOW MANY GRAMS OF FAT ARE IN A SERVING OF THE PRODUCT AND THEN MULTIPLY THAT NUMBER BY 9. THAT WILL GIVE YOU THE NUMBER OF CALORIES FROM FAT IN ONE SERVING. THEN LOOK UP HOW MANY TOTAL CALORIES ARE IN A SINGLE SERVING, (ALSO FOUND ON MOST LABELS), AND DIVIDE THE TOTAL NUMBER OF CALORIES IN A SERVING BY THE NUMBER OF FAT CALORIES IN A SERVING AND THAT NUMBER WILL BE THE PERCENTAGE OF FAT FROM CALORIES IN THAT FOOD PRODUCT. THAT 7% NUMBER IN BOLD TYPE ON THE FRONT LABEL COULD EASILY BECOME 50% OF CALORIES FROM FAT! DO YOU STILL WANT TO BUY THAT PRODUCT? MORE TO COME IN THE NEXT ISSUE OF THE RUNNER MUMBLES. IF YOU HAVE INFORMATION ON A SUBJECT THAT YOU THINK MIGHT BE OF INTEREST TO ESR READERS CALL RON VAN RYN AT 821-5370.