

# ◆ THE RUNNER MUMBLES ◆

SUMMER ISSUE 1993

## ◆ TOPIC

### THANK YOU ESR'S !!!!!!!!!!!

**T**HANK YOU TO ALL THE EASTSIDE RUNNERS WHO GAVE THEIR TIME AND EFFORT TO MAKE THE 10TH ANNUAL FALLS TO GASWORKS RELAY / SOLO RACE A SUCCESS. AS YOU MAY KNOW THIS IS OUR OWN RACE PUT ON SOLELY BY ESR AND IT TAKES A MAJOR EFFORT BY THE RACE COMMITTEE AND THE MAJORITY OF ESR MEMBERS TO MAKE IT HAPPEN EACH YEAR. THIS ONE'S FOR YOU!

THANKS TO:

ROB ADAMSON  
NICK ARNDT

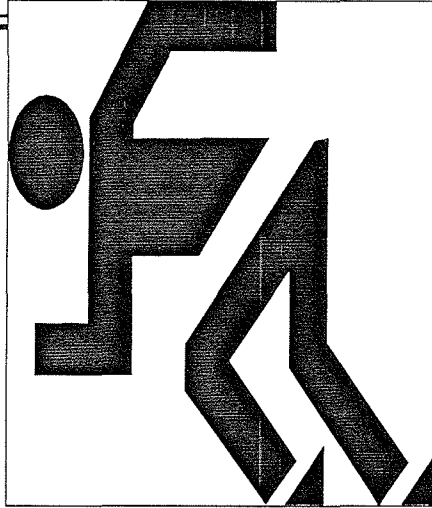
CHRIS ARNDT  
TYLER ARNDT



ELISE BOTCH  
LOREN COWAN  
PAULINE CRAIG  
BOB DAMON  
ROY DRENNON  
TONYA ENGST  
BARBARA GRANT  
BILL HUGHES  
SCOTT JONAS  
KERRY LAWRENCE  
BEYONDA'S SISTER  
DAVE MCKINNEY  
DAVE NYE  
PETER O'NEIL  
WILLIE SATO  
NORTON SMALLWOOD  
DON STORK  
LINDA TARTE  
RON VAN RYN  
SANDY WILSON

JERRY CAMPO  
CINDY CRAIG  
JOSE CUAMEA  
DIANNE DRENNON  
ADAM ENGST  
GAIL EVERETT  
JEFF HATFIELD  
FRED JAFFE  
DAVE KENDALL  
BEYONDA LIKINS  
ANDY MASER  
DEBBIE MCKINNEY  
LAVERNE O'NEIL  
STEVE ROACH  
JIM SCHULZ  
MARK SMITH  
SONJA STORK  
SHARLEE TAYLOR  
JIM WILSON  
GARY YOUNGS

IF I HAVE LEFT ANYONE OUT I APOLOGIZE  
PLEASE LET ME KNOW SO I CAN GIVE YOU  
THE RECOGNITION YOU DESERVE!



ESR MEMBER SPOTTED AT LOCAL RACE!

\*\*\*\* WELCOME NEW ESR MEMBERS \*\*\*\*

LINDA BAZE	-	RENTON
ROBERT BETTS	-	BELLEVUE
PAUL EMMETT	-	REDMOND
JIM MC ELWEE	-	KIRKLAND
KARYL HANSEN	-	ISSAQUAH
BRENT REED	-	KIRKLAND
JOHN MATTHEWS	-	BELLEVUE
BEYONDA LIKINS	-	SEATTLE
LINDA TARTE	-	KIRKLAND
TIM TARTE	-	KIRKLAND

\*\*\*\*\* WELCOME BACK \*\*\*\*\*  
KATHY RASMUSSEN

ESR MEMBERSHIP 101 MEMBERS

## ◆ ESR BOARD NEWS

### ESR WANTS YOU!!!!!!!!!!!!!!

**T**HE ESR BOARD OF DIRECTORS WILL BE CHANGING THIS FALL AND THERE ARE POSITIONS AVAILABLE FOR ANYONE WHO DESIRES TO TAKE A MORE ACTIVE PART IN THEIR CLUB. NO EXPERIENCE IS NECESSARY AND THERE IS ON THE JOB TRAINING AVAILABLE AT NO EXTRA CHARGE. THE BOARD MEETS ONCE A MONTH AND ENJOYS UNCOMMON FEELINGS OF POWER AND CONTROL AS WE MAKE MAJOR DECISIONS AFFECTING MANY. BUT MOSTLY WE EAT A LOT! IT'S FUN, JOIN US. CALL WILLIE SATO @ 822-2567. POSITIONS AVAILABLE: SECRETARY, TREASURER, SOCIAL CHAIRPERSON



\*\*\*\*\* ESR PICNIC ESR PICNIC\*\*\*\*\*

SEPTEMBER 25TH IS THE DAY FOR THE ANNUAL ESR PICNIC AND (IF YOU FEEL LIKE IT) VERY SHORT RELAY RACE.  
TIME: 1 - 5 PM  
LOCATION: COTTAGE LAKE COUNTY PARK  
LOCATED AT THE NORTH END OF THE LAKE OFF OF WOODINVILLE - DUVALL ROAD. (CONTINUED ON PAGE 2)

## Inside This Issue

1 THANK YOU!!! / NEW MEMBERS!

2 ESR PICNIC! / BOARD MEMBERS

3 FALLS TO GASWORKS 10TH ANNIV.

4 SPRING GENERAL MEETING

5 LOTS MORE SEE INSIDE!!

TOPIC

ESR PICNIC CONTINUED

FOOD: ESR WILL PROVIDE HOT DOGS HAMBURGERS, BUNS, MUSTARD ETC. AND POP.

IF YOUR LAST NAME STARTS WITH: A-K PLEASE BRING A MAIN DISH OR SIDE DISH L-Z PLEASE BRING SALADS, DESSERT AND/OR SNACKS. NO ALCOHOLIC BEVERAGES ARE ALLOWED IN THE PARK! FURTHER DRIVING DIRECTIONS WILL BE SENT TO YOU IN SEPTEMBER. CHECK YOUR MAILBOX. FAMILIES ARE WELCOME SO BRING THE KIDS, BOYFRIENDS, GIRLFRIENDS, ??? WE WILL HAVE SUNSHINE! WE WILL HAVE SUNSHINE! WE WILL HAVE SUNSHINE!

PICNIC INVITATION

THE INTERURBAN RUNNERS CLUB HAS INVITED ESR TO THEIR SUMMER PICNIC. IT IS GOING TO BE ON TUESDAY AUGUST 3RD AT 6 PM AT VAN DORENS LANDING IN KENT, ONE HALF MILE SOUTH OF 212TH ON THE GREEN RIVER. THEY ARE OUR SOUTHERN RUNNING CLUB CONNECTION AND ARE A LOT OF FUN. WE ARE INVITING THEM TO OUR PICNIC IN SEPTEMBER. PLAN ON BRINGING A SIDE DISH OR DESSERT AND DRINK, THEY WILL PROVIDE THE MAIN DISHES. AH YES! BRING YOUR RUNNING SHOES. FOR FURTHER INFO. CALL WILLIE SATO @ 822-2567.

ALSO AS MANY OF YOU ARE ALREADY AWARE, CARLY KNAPP, AN IRC MEMBER, HAS LEUKEMIA. THERE HAS BEEN A FUND ESTABLISHED FOR HER IN CARE OF THE MARINE VIEW PRESBYTERIAN CHURCH IN TACOMA. I AM PLEASED TO SAY ESR HAS MADE A CONTRIBUTION TO THIS FUND FROM THE PROCEEDS OF THE FALLS TO GASWORKS RELAY.

RON VAN RYN HAS RAFFLE TICKETS FOR A WEEKEND AT WHISTLER IN B.C. @ \$1.00 EACH. PROCEEDS TO GO TO CARLY. HIS PHONE NUMBER IS 821-5370.

\*\*\*\*\* SPRING GENERAL MEETING \*\*\*\*\*

THE SPRING GENERAL MEETING THIS YEAR WAS HIGHLIGHTED BY AUDIENCE PARTICIPATION. AFTER THE MEETING WAS OPENED BY PRESIDENT WILLIE SATO, AND THE CLUB BUSINESS AND ANNOUNCEMENTS WERE FINISHED, OUR GUEST SPEAKER DON GREIERT, WAS INTRODUCED.

DON IS A CERTIFIED PODORTHIST WHO WORKS IN REDMOND AT LAKE WASHINGTON SPORTS CLINIC. SEVERAL ESR MEMBERS ARE CLIENTS OF HIS. DON GAVE A SHORT TALK ABOUT HIS WORK AS IT RELATES TO RUNNERS. HE EXPLAINED THE PROS AND CONS OF VARIOUS RUNNING SHOE MODELS AND BRANDS. HE FOLLOWED THIS BY INVITING VOLUNTEERS TO STEP ONTO THE TREADMILL AND DO A GAIT ANALYSIS. IT WAS INTERESTING TO SEE THE DIFFERENT RUNNING STYLES AND PROBLEMS AND TO HEAR HOW THEY COULD BE CORRECTED. DON DIAGNOSED EACH GAIT AND SHOE WEAR PATTERN AND MADE SUGGESTIONS OF DIFFERENT SHOES AND ORTHOTIC CORRECTION.

THE NEXT GENERAL MEETING WILL BE THIS FALL. WATCH YOUR MAILBOX FOR FURTHER DETAILS.

\*\*\*\*\* THE TRAINING TABLE \*\*\*\*\*

##### FAT CONTINUED #####

LAST ISSUE I TALKED ABOUT HOW TO DETERMINE HOW MUCH FAT IS IN THE FOOD YOU BUY, AND WHAT AN IDEAL AMOUNT OF DIETARY FAT FOR A RUNNER IS. THIS ISSUE I WANT TO TALK ABOUT HOW TO GET RID OF THE STORED FAT ON THE OLD BOD A LITTLE FASTER THAN SIMPLY ADDING A FEW MORE MILES TO YOUR WEEKLY RUNS. SINCE THE PRIMARY FUEL FOR OUR MUSCLES DURING A RUN IS FAT WITH CARBOS ACTING AS THE KINDLING IT IS IMPORTANT TO HAVE A GOOD STORE OF CARBOS (GLYCOGEN) IN THE MUSCLES SO WE CAN BURN FAT EFFICIENTLY. THIS IS EASY SINCE MOST RUNNERS EAT LOTS OF PASTA, FRUITS, BREADS, VEGETABLES ETC. THE KEY TO GETTING RID OF THE EXCESS FAT IS TO BURN IT AWAY. WE DO THIS AS RUNNERS PRIMARILY THROUGH THE USE OF OUR LARGE LEG MUSCLES, (HAMSTRINGS, CALVES, AND QUADS). NOW IF WE ADD A SMALL AMOUNT OF UPPER BODY WORKOUTS TO OUR SCHEDULE, SAY 2 OR 3 20 TO 30 MINUTE UPPER BODY

WORKOUTS EACH WEEK AT A FAIRLY EASY WORKOUT LEVEL, YOU CAN INCREASE YOUR CALORIE BURN BY SEVERAL HUNDRED CALORIES PER WEEK WHICH WILL REPLACE FAT WITH LEAN, MEAN MUSCLE AT VERY LITTLE EXTRA EFFORT FROM YOU. KEEP THE UPPER BODY WORKOUTS AT AN EASY LEVEL OR YOU WILL NOT BE BURNING FAT BUT RATHER BURN UP YOUR GLYCOGEN STORES INSTEAD. ISN'T THAT A GREAT REASON FOR DOING A LIGHT WORKOUT?

AFTER A FEW WEEKS OF THIS ADDED WORKOUT SCHEDULE YOU WILL SEE THE DIFFERENCE IN THE MIRROR AND WELL AS ON THE ROAD. (IF YOU'RE NOT CAREFUL YOU JUST MIGHT BECOME A LEAN, MEAN RACING MACHINE! NAH LET'S NOT GET TOO HOPEFUL HERE.

REMEMBER THE FAT CALORIE RULE:

ONE GRAM OF FAT CONTAINS 9 CALORIES.

MULTIPLY THE NUMBER OF GRAMS OF FAT PER SERVING OF THE FOOD IN QUESTION TIMES 9 AND DIVIDE THAT NUMBER INTO THE TOTAL CALORIES PER SERVING AND THAT WILL GIVE YOU THE PERCENTAGE OF CALORIES FROM FAT. THE IDEAL RANGE OF TOTAL CALORIES FROM FAT ON A DAILY INTAKE SHOULD BE A MAXIMUM OF 25% AND BETTER YET CLOSER TO 20%. YOU WILL SOON BE READY FOR THAT PR IN YOUR NEXT 10K. HAPPY EATING.

IF YOU HAVE RECENTLY SET A NEW PERSONAL BEST LET'S BRAG ABOUT IT. CALL ME AND I WILL PUBLISH IT IN THE NEXT NEWSLETTER. RON @ 821-5370.

◆ TOPIC

# FALLS TO GASWORKS

**T**HE 10TH ANNUAL FALLS TO GASWORKS RELAY WAS ANOTHER GREAT SUCCESS. AS ALWAYS THE CREDIT GOES TO THE VOLUNTEERS, GREAT ORGANIZATION AND LEADERSHIP. RACE DIRECTOR DAVE MCKINNEY DID HIS USUAL FANTASTIC JOB WITH THE UNENDING PERMITS, RACE PACKETS, MAILOUTS, REGISTRATION, AND RACE DAY PREPARATION. THE RACE COMMITTEE WORKED HARD AT PUTTING IT ALL TOGETHER, AND THE ESR VOLUNTEERS MADE IT ALL HAPPEN. WE RECEIVED MANY COMPLIMENTS THIS YEAR. THE NEW T-SHIRT DESIGN MET WITH RAVE REVIEWS. WE ARE ENTERING THE SHIRT IN A NATIONAL RACE T-SHIRT CONTEST.

RACE DAY WAS A MIXTURE OF DRY, COOL, WET, VERY WET, SUNNY, WINDY, CALM AND OVERCAST WEATHER. THE 65 TEAMS AND 32 SOLOS CARRIED ON THROUGH IT ALL, REMAINING VERY ENTHUSIASTIC. AFTER OVERSEEING THE FALLS TO GASWORKS RELAY FOR 10 YEARS, RACE DIRECTOR DAVE MCKINNEY IS STEPPING DOWN FROM THE HELM. THANKING HIM FOR ALL HIS HARD WORK AND UNENDING EFFORT IS HARDLY ENOUGH BUT I'LL TRY. THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

WE ARE ALREADY PLANNING FOR NEXT YEAR'S EVENT AND ALL OF YOUR IDEAS AND INPUT ARE WELCOME. YOU MAY CONTACT ANY BOARD MEMBER WITH YOUR IDEAS AND SUGGESTIONS. PERHAPS YOU WOULD LIKE TO WORK ON THE RACE COMMITTEE?

\*\*\*\*\*

CONTRIBUTORS TO THIS NEWSLETTER:  
 WILLIE SATO  
 SANDY WILSON  
 LOREN COWAN  
 DON STORK  
 RON VAN RYN

\*\*\*\*\*

\*\*\*\*\* ATTENTION ALL WRITERS \*\*\*\*\*

THIS COULD BE YOUR ARTICLE IN THE NEXT NEWSLETTER!

WE ARE ALWAYS LOOKING FOR NEW CONTRIBUTORS TO THE NEWSLETTER. IF YOU HAVE A FAVORITE STORY TO TELL OR A GREAT PLACE YOU RAN ON VACATION, TELL US ABOUT IT.

PS :HOW ABOUT A FAVORITE RECIPE

\*\*\*\*\*

\*\*\*\*\*UPCOMING RUNNING EVENTS \*\*\*\*\*

JULY 25TH BARE BUNS FUN RUN SPOKANE (509) 624-6777 (STEVE ANSON)

JULY 26TH COLLEGE INN STAMPEDE SEATTLE 525-1295 (FRANK FLEETHAM)

JULY 30TH SEAFAIR TORCHLIGHT RUN SEATTLE 8K 728-0123 EXT. 6002

JULY 31ST TOUR DE LYNNWOOD LYNNWOOD 6K, 2K 670-6277 JIM OR ERICH

JULY 31ST TWIN PEAKS SNOQUALMIE 8.5K 831-5205 (ALAN)

JULY 31ST AQUA FEST RUN LAKE STEVENS 10K, 5K, 2K 334-4007 (JANET)

AUGUST 7TH PARK TO PARK RENTON 4 MILES 271-5941 (SHAWN)

AUGUST 8TH RUNNING FOOLS BURIEEN 5K, 1 MILE 767-0987 (BOB GREEN)

AUGUST 11TH WATERMELON RUN TACOMA 4 MILES 845-1628 (MARGOL TUCCI)

AUGUST 14TH ZOO RUN TACOMA 10K 2 MILES 591-5368

AUGUST 15 SAFEWAY SAMMAMISH RIVER RUN KENMORE 10K, 5K 487-2001

AUGUST 21ST GOLDEN OVER THE DAM GRAND COULEE 10K, 5K (509) 535-9404

AUGUST 28TH KLAHANIE K FOR CEI ISSAQUAH 392-1812

AUGUST 28TH MONROE FAIR DAYS RUN MONROE 10K, 2 MILES 794-FUNN (JIM)

AUGUST 29TH D.A.R.E. TO RUN BOTHELL BOTHELL 8K, 5K 485-4353

\*\*\*\*\* BOARD OF DIRECTORS \*\*\*\*\*

PRESIDENT	WILLIE SATO
VICE PRESIDENT	SANDY WILSON
SECRETARY	LOREN COWAN
TREASURER	FRED JAFFE
MEMBERSHIP	DON STORK
SOCIAL	SHARLEE TAYLOR
NEWSLETTER	RON VAN RYN

\*\*\*\*\*

\*\*\*\*\* ROVING RUNS \*\*\*\*\*

IF YOU HAVE A SPECIAL PLACE TO RUN THAT YOU WOULD LIKE TO SHARE WITH OTHER ESR MEMBERS CALL ANY BOARD MEMBER AND WE WILL SET UP A TIME AND PLACE TO MEET AND JOIN YOU! SATURDAY MORNINGS AND MONDAY NIGHTS WORK WELL.

\*\*\*\*\*

\*\*\*\*\* THURSDAY NIGHT FUN RUNS \*\*\*\*\*

THE TURNOUT CONTINUES TO GROW ON THURSDAY NIGHT FUN RUNS AT LUKE MCREDMOND PARK (ALSO CALLED LAGOON PARK). JOIN US AT 7 PM FOR A RUN AT ANY PACE. WE USUALLY GO OUT FOR DINNER AFTERWARDS TO REPLACE ALL THOSE BURNED OFF CALORIES. DON'T BE SHY, EVERYONE IS WELCOME.

\*\*\*\*\*

\*\*\*\*\* SATURDAY MORNING RUN \*\*\*\*\*

WE MEET AT LIKE MCREDMOND PARK AT 9 AM FOR AN EYE OPENER TO GET THE WEEKEND UNDERWAY WITH THE PROPER ATTITUDE. ALL MEMBERS ARE INVITED, ALL PACES ARE WELCOME. WE GO TO BREAKFAST AFTERWARD.

\*\*\*\*\*

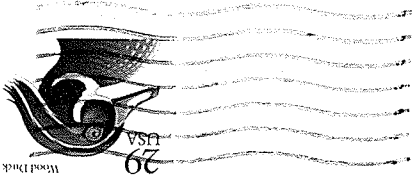
\*\*\*\*\* TUESDAY NIGHT TRACK \*\*\*\*\*

REDMOND HIGH SCHOOL IS THE SCENE IF YOU WANT TO LEARN HOW TO PICK UP YOUR PACE IN YOUR NEXT RACE. 6 PM REDMOND HIGH TRACK.

\*\*\*\*\*

ALL OF THE ABOVE ARE WEEKLY EVENTS SPONSORED BY ESR

FRED & LYNNE JAFFE [APR 94]  
2823 179th NE  
REDMOND WA 98052



EASTSIDE RUNNERS  
P.O. BOX 2616  
REDMOND WA 98073-2616



EASTSIDE RUNNERS MANNING AND WOMANING ONE OF THE EXCHANGE  
POINTS AT THE FALLS TO GASWORKS RELAY/SOLO RACE. GOOD JOB!