



THE RUNNER MUMBLES

Dec '94

Newsletter for Eastside Runners
December, 1994

Eastside Runners
P.O. BOX 2616
REDMOND, WA. 98073-2616

Board of Directors

Pres: Loren Cowan 828 4525
V. P.: Dave Nye 823 8260
Sec.: Sandy Cowan 828 4525
Tres.: Ron Vanryn 339 0923
Memb: Jeff Hatfield 649 0785
Social: Joan Day 603 0435
News: Steve McCracken
746 5927
Uniforms: Dave Nye 823 8260

Announcement

ESR member Dale Bohm was married to Suzy Main on the morning of Jan.1, 1995. The ceremony was held at Green Lake in Seattle on a cold, but beautiful morning. With a blue sky and calm waters as a backdrop, they said their "I do's" and pledged undying devotion to the sport of running as the basis for their nuptials.

After rings were exchanged, they left for a fabulous honeymoon in Scandanavia, unfortunately forgetting to invite the Board of Directors to go along.

In spite of this oversight, we extend our congratulations to both, and wish them all the best in the years to come.

Regular Runs

Tuesday Evening Intervals:
Redmond High School Track
6 pm, Year round.
Contact Dave McKinney @
827 5751 for more info.

Thursday Evening Social Run:
Meet at Piccora Pizza Parking lot, at NE 70th and 132nd Ave NE in Kirkland, at 5:30 pm

every Thursday until March. Optional pizza and beverage follows at 7 pm.

Saturday morning running:
Begins at 9 am sharp, at Luke McRedmond park behind Shari's in Redmond. Also year round, participants then meet at Bud's cafe for breakfast afterwards.

New Members

ESR is pleased to welcome all of the new runners who have joined the club since July. We look forward to getting to know each of you, and through the awesome running resources available within the club, encourage your participation in all of the events and activities sponsored by ESR. If you have any questions please feel free to call any Board member at any time.

A big WELCOME to:
Richard Brannon
Robbe Black
Julee Carper
Richard Cartner
Marcus Curtis
Tami Curtis
Joan Day
Peter Dodson
Jose & Lisa Garza
Duane Oswald
Mona Petrov
Ronda Rohde
Orlin Sorensen
Pearl Spiger
JanerStadsnaug
John Stone

Pay Up or Die

Members who are a little behind in getting their dues payments in

will be shot at dawn. Thank you for remembering to get your dues in on time. It's much appreciated, or else!

New Uniforms

Uniform Specialist Dave Nye announced the arrival (finally!) of new uniforms. These come in sizes to fit any ESR member. Some changes have been made in the design, making them more attractive and unique than ever before. Come to the General Meeting, January 30, for a complete viewing. Uniforms are available for the following prices:

Singlets	\$18
Windsuits	\$78
Shorts	\$20

Windsuits will only be sold as a set. There are these sizes:

2 small
7 medium
7 large
2 extra large

Some older uniforms are still available. Come early for the best selection, and bring your wallet.

ESR Banner Lost/Found

The famous ESR Banner, which had flown proudly over countless workouts and running events for many years, inexplicably disappeared after a Thursday evening run last Fall.

After an extensive and seemingly fruitless search, Dave Cooper from Redmond Parks and Recreation called yours-truly, and informed me they had had the banner in the back of one of their trucks for several weeks. For the price of some cookies, we got it back!

Dec '94

1994 Seattle Marathon Volunteers
by Dave Nye

Once again, Eastside Runners supplied hardworking volunteers to run water station # 3 at this year's Seattle Marathon. Many of us braved sub-arctic temps to aid the thirsty runners on their quest for glory. After the event, we were treated to a huge breakfast at Coco's in Redmond. Thanks again to the following people for their efforts!

- | | | |
|-----------------|---------------|-----------------|
| Martha Shilling | Sue Pennell | Marcia Koren |
| Ron Vanryn | Randy Ritter | Carol Degan |
| Jeff Hatfield | Randy Lavoie | Fred Durban |
| Connie Biefait | Don Stork | Kyle Wong |
| Elise Botch | Sonja Stork | Lynn Champion |
| Dave Nye | Karla Serrano | Richard Brannon |
| Jim Brenden | Megan Serrano | Jim McElwee |
| Ellen Brenden | Fred Jaffe | Jill Goedde |

Memorandum del Presidente

Good. Now I have the attention of all the Spanish speaking members (Actually, I've been taking some Spanish classes and I want to show off a little. Don't expect much, it's only Spanish 101). I thought I would update the membership on some of the great activities that are happening with Eastside Runners, along with some of my ideas on how we can improve on our club's mission of "Competitive and Fun Running Activities in a Social Atmosphere":

Tuesday night track Workouts: 6 PM at Redmond High School, we sponsor interval workouts led by one of the club's most experienced and successful runners, Dave McKinney. Try it. You might like it.

Saturday mornings: 9 am at Lagoon Park behind Shari's Resiaurant in Redmond. Join a group for runs of 5K to 10K (or longer) at your own pace. Pace and ability varies. You can't be too slow or too fast for this one.

Second Thursday of each month through Spring: 5:30 PM at Piccora's Restaurant in Bridle Trails a handful of runners have been meeting for runs about four to six miles. Rumor has it that they have been known to go to Piccora's after the run for pizza and drink. Check it out. Just show up or call one of the regulars for more information. Sharlee Taylor, Jim Schulz, Richard Cartner, Tami Curtis, and yours truly should be able to give you additional information.

Networking: Organize your own run or other social event. There are club members who get together on a regular (or not so regular) basis for runs and other social activities. Use your membership roster. Call an old buddy you haven't run with for awhile and, as they say, "Just Do It". Introduce yourself to a new member or invite a non-club member to any ESR event. It's **your** club! Use it!

Vido Speaks: OK you's guys that haven't paid you's dues. I've had enough of this, see? What am I gonna have to do to you's? Embarrass you's in front of you's girls. Trip you's in you's big 10K? Put a dead horsie's head in you's bed? Turn you's upside-down in some garbage can in a back alley in Tukwiller? Make you's watch "90210"? Pay you's dues. Now!

Signed: Vido "Cement Shoes" Mulesculini

Yap it Up!!: A few weeks ago, I was just running the Seattle marathon, minding my own business, when I saw Jim and Carol Hitter, long time Eastside Runner members that had been in Yap, Micronesia, for the last two years. More to come in the nest newsletter.

Welcome back, Jim and Carol!

Submitted by Loren "Cement Shoes" Cowan, President

Frank Slagle Tackles 26.2 at 73

Simply stated, Frank Slagle is an inspiration. He just ran his first marathon, at 73 years of age, and according to his friends and family, he did it with the same strength, determination, and good humor that he applies to other areas of his life.

This first-time event for Frank was the 1994 Royal Victoria Marathon in British Columbia on October 9. His goal for the event was "to finish and be alive at the end." He accomplished that goal with flying colors. Officially, his time was 4:32:17.

Frank admits to starting out the marathon "What am I doing here?", just like he starts all of his races. He aimed for a 4:30 race, which meant a 10 - minute pace. He credits Sandy Cowan, his running partner and "excellent coach" during the marathon, with holding him down to that pace. Sandy laughs, "He probably felt like throwing something at me, I said 'Frank, we've got to slow down' so many times!" After several miles, they settled into their ace, and stayed pretty close to it until the last couple miles of the marathon. At that point, Frank began to walk some, mostly to help with his breathing.



Frank Slagle shows off his family(above), and his shirt (left). An inspiration to all, his friendly smile belies a steely determination honed in the mines of Kellogg, Idaho, and the pharmacy labs at WSU. Betty's fine family includes daughter Shelley and son-in-law Rich, both prominent ESR members.

"I recovered real quick afterwards," Frank says. "I walked some after the race, and when we went to the food area, I got a little dizzy. My blood pressure was dropping." More walking and liquids took care of that, and Frank had no real recovery problems in the days that followed. He tried walking as a recovery exercise, but decided "This is for the birds." He was back to running two days after the marathon.

Frank started running in June of 1990, mostly as an activity to share with his daughter, Shelley Slagle Sidwa. For the last couple years, he has trained with Shelley and her husband, Rich, but until Victoria, he had sopped shot of running the actual race. Now, Frank is considering running other marathons, like the Clackamas marathon in Oregon this Spring. "I'm not afraid of them anymore. They're no different than training runs," Frank figures, "if you use your head."

Article submitted by Sandy Cowan Wilson

PACKET PICK-UP

Detailed course information will be sent to all solo/teams entered 10 days before the race. Thereafter, course information will be included with race packets (numbers, t-shirts and any last minute instructions). Packets will be available Saturday, April 22, between 11 a.m. and 4 p.m. at the Footzone, 17250 Redmond Way, Redmond, at the Bear Creek Shopping Center. On the day of race, packets will be at the start between 5 a.m. and 6:30 a.m.

SUPPORT & MONITORING

Each team will be responsible for their own support, transportation, traffic control, directions and aid. Exchanges, major intersections, and key points on the course will be monitored by ESR club members. Solo runners must have a dedicated support person throughout the race. Refreshments will be provided at the finish line by Eastside Runners.

BICYCLES

The solo runner support person may use a bicycle. Teams will not be permitted to use bicycles due to traffic problems. Any team doing so will be disqualified.

AWARDS

Eastside Runners will provide finish times and individual leg times if possible, and it will be mailed to each team captain.

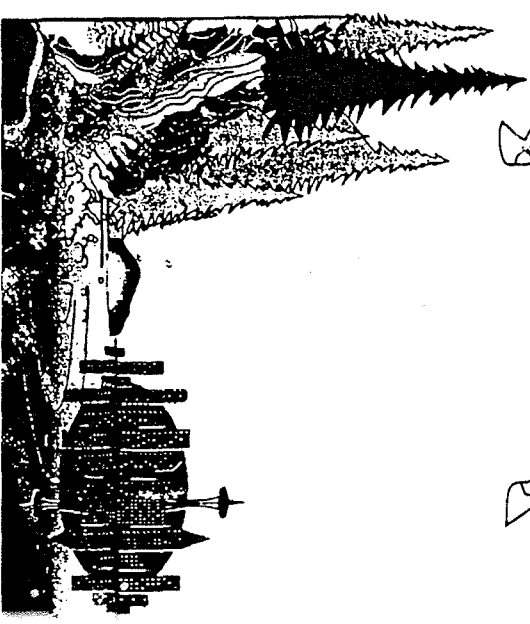
Awards will be:

- PLAQUES to first place team members in each division.
- RIBBONS to second through sixth place in each division.
- TROPHY for company sponsoring first place corporate team.
- PLAQUES TO first place solo runner in each division.
- SPECIAL PLAQUES to each solo runner completing the course.

For further information, contact the race directors:

Stan Corpuz (206) 828-3013 (evenings before 9 p.m.)
 Marcia Koren (206) 285-9103 (evenings before 9 p.m.)

The Great **ESR**
FALLS TO GASWORKS
 CONNECTION



A 75 KILOMETER
 TEAM RELAY • ULTRA RUN

A Run to Benefit
 Crohn's & Colitis Foundation of America, Inc.
 &
 Multiservice Center
 of East and North King Counties

SUNDAY
APRIL 23, 1995



EASTSIDE RUNNERS

RELEASE (To be signed by each runner).
 In consideration of being allowed to participate in THE FALLS TO GASWORKS CONNECTION, I hereby agree that Eastside Runners Club and any other person or entity associated with the event shall have no express or implied duty to provide traffic control, first aid or any other services or equipment to me during the event, and that I have made provision therefore; and that I accept all risks, known or unknown, which may arise out of or related to my participation in the event; and that I release these entities from any and all claims or liabilities that might arise out of or relate to my participation in this event.

PARENT'S SIGNATURE _____
 (If runner is under 18).

1 _____
 2 _____
 3 _____
 4 _____
 5 _____

EASTSIDE RUNNERS

Please make checks payable to:
 EASTSIDE RUNNERS

Send entry and check to:
 EASTSIDE RUNNERS
 C/O Stan Corpuz
 1400 Second Street
 Kirkland, WA 98033

NOTICE

ESR GENERAL MEETING

MONDAY, JANUARY 30

REDMOND LIBRARY

15810 N E 85th

7 PM

Guest Speaker: Terry Linde

Snacks, beverages, treats etc.

Uniforms, Falls-to-Gasworks news, and much more.

Eat at 7, Meeting begins at 7:30 PM.

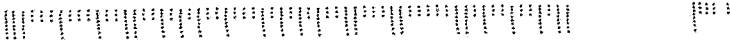
Our guest speaker for the January 30th General Meeting is Terry Linde, President of Iron Athlete, Inc., a personal training business here on the Eastside. Terry is a former amateur competitive bodybuilder with a degree in Physical Education from Washington State (Apple Cup Champs) University. With eight years experience in personal training and certifications by the National Academy of Sports Medicine, the National Strength Coaches Association, and the American College of Sports Medicine, Terry will speak to us about the benefits of strength training, with particular application to running.

Place this in your calendar, or on your refer, and plan to attend!!

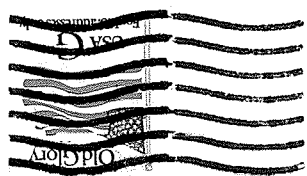


Winter Schedule

Date	Event	Location	Distance	Start/Time	No. or Address	Contact
1/14/95	King Day Classic	Tacoma	Marathon, 5K	Lincoln HS	1115 S. MLK Way	
1/21/95	Nookachamps	Mt. Vernon	13.1m, 10K, 4m.		Skagit Col.	428 1203
	Freeze Yer Buns	Twisp	10k, 2 mi.	1 p.m.	Box 1028, Twisp	
1/22/95	Vancouver Lk.	Van., WA.	13.1 M., 4.5 m.	10 a.m.	Van. Lk Park	694 8936
	Winter Triathlon	Bellevue	Short & Do-able	9 a.m.	Pro Sports Club	Mark V. 881 6767
1/28/95	Resolution Ser.	Tacoma	10k, 10m.	9 a.m.	Steilacoom HS	272 4727
1/30/95	General MTG	Redmond	Not Far	7 P.M.	Redmond Library	828 4525
2/4/95	Frosty Four	Yakima	4m.	Noon	Yakima	248 1202
	Las Vegas Mar.	Nevada	26.2 m.		POB 81262, L.V, Nev	702 876 3870
2/11/95	Duet Run	Seattle	5k	8:30 a.m.	Greenlake	522 7711
	Eagle Lk. Fun Run	Orcas Is.	10k	10 a.m.	Orcas Is. to Olga	320 376 3176
2/12/95	Y Run for Kids	Tacoma	4.2 m. run/walk	10 a.m.	YMCA	206 597 6444
2/20/95	Great Aloha Run	Honolulu	8.25 m.	6:58 a.m.	Aloha Tower	808 735 6092
2/25/95	Resolution Ser.	Tacoma	15k, 15m.	9 a.m.	Steilacoom HS	272 4727
3/4/95	Big Climb-Leuk	Seattle	Straight up	Seafirst C.		628 0777
	Trail's End M.	Seaside, O	Marathon	9 a.m.		503 646 7867
3/11/95	St. Pat's Dash	Seattle	3.85 m.	Early	Seattle Center	524 7867
3/17/95	Resolution Ser.	Tacoma	20k, 20m		Steilacoom HS	206 272 4727
3/25/95	Mercer Is. 1/2 M	M.I., WA	13.1 m., 8k		Downtown	236 5323, ext. 290
3/26/95	Disneyland Mar.	Anaheim	26.2 m., 5k	7 a.m.	Mickey's Turf	800 524 9200



Loren & Sandy Cowan
12667 NE 87th Street
Kirkland, WA 98033



EASTSIDE RUNNERS
P.O. Box 2616
Redmond, WA 98073-2616