

## RACE SCHEDULE

SAT. 1/20/96 10-10:15 a.m.	13.1 mi; 10K; 4 mi; 3 mi. walk	\$7 no T; \$20 w/ l/s T; \$30 w/ l/s hood sweatshirt; \$8 DOR no T	<b>NOOKACHAMPS RUNS.</b> Skagit Valley Community College, 2405 College Way, Mt. Vernon.	Sarah (360) 428-1258
SAT. 1/27/96 9 a.m.	10 mi.; 10K	\$32/series; \$8/race; add \$2 DOR; no T	<b>RESOLUTION SERIES.</b> Steilacoom High School, near Western State Hospital in Tacoma. Must enter series by start of this race to enter series. \$22/series and \$6/race with \$10 FSRC membership. Hot soup; free massages; hot showers. Thermal gloves \$7.	Bruce McDowell 272-4727
SAT. 1/27/96 Noon	400; mile; 800; 200; 3000	\$2 (\$1 Club NW members)	<b>FROSTBITE ALL-COMERS TRACK MEET.</b> Edmonds District Stadium, 212th and 76th West, Edmonds.	
SAT. 2/3/96 Noon	8 mi.; 4 mi.	8 mi. \$8; 4 mi. \$6; add \$2 DOR	<b>RUN FROM THE SNOW.</b> Burfoot County Park, Olympia. Add \$12 for l/s T or \$10 for s/s T.	Bob (360) 456-0554
SUN. 2/4/96 10 a.m.	4 mi. run/walk	\$5 12-under; \$10 others; DOR \$10 and \$15; s/s T	<b>Y RUN FOR KIDS.</b> Downtown YMCA, 13th and Market, Tacoma. Out and back course, including Schuster Parkway. Benefits Tacoma-Pierce County Partners for Youth Campaign.	597-6444
SAT. 2/10/96 9 a.m.	5K	\$15 person; \$25 couple; l/s T	<b>VALENTINE DUET RUN.</b> Myrtle Edwards Park in Seattle, near grain terminal. Couples combined age divisions; singles 10-year age groups.	367-6340
SAT. 2/10/96 10 a.m.	3 mi.	\$5 pre; \$7 DOR	<b>VALENTINE COUPLES RUN/WALK.</b> Maiben Park, Burlington. Flat loop.	Jim Taylor (360) 755-9649
SAT 2/10/96 10 a.m.	5K	\$5; free to GBRC members	<b>TWO FOR THE ROAD RUN.</b> Bloedel Donovan Park, Bellingham. Geared for 2-person teams; singles will be paired.	Craig Moore (360) 671-8976
SAT. 2/10/96 1 p.m.	10K run; 2 mi. run/walk	\$10 2/22; \$12 DOR; l/s T	<b>RIVER RUN.</b> Rotary Log Pavilion in Morrison Park, Aberdeen. Flat course along Wishkah River. No shirt guaranteed after 2/22.	(360) 533-3447
SAT. 2/17/96 9 a.m.	2.9 mi.	\$5 pre; \$7 DOR	<b>WINTER CROSS COUNTRY SERIES.</b> Wright Park, Tacoma.	Ben Lieurance 857-5945
SAT. 2/17/96 9 a.m.	5K	\$6 pre; \$8 DOR; l/s T extra	<b>WINTER WONDERLAND 5K.</b> Franklin Pierce High School, Tacoma. Student \$1 less; kids 10-under \$2 pre or \$3 DOR.	Scott Jensen 535-9409
SAT. 2/24/96 9 a.m.	15 mi.; 15K	\$6 FSRC members; \$8 others; add \$2 DOR; no T	<b>RESOLUTION SERIES.</b> Steilacoom High School, near Western State Hospital in Tacoma. Third race in series. Fresh hot soup after race; free massages; hot showers. Thermal gloves \$7.	Bruce McDowell 272-4727
SAT. 2/24/96 Noon	400; mile; 1500; 800; 200; 5000; 10000	\$2 (\$1 Club NW members)	<b>FROSTBITE ALL-COMERS TRACK MEET.</b> Edmonds District Stadium, 212th and 76th West, Edmonds.	
SAT. 3/2/96 26.2 at 9 a.m.; 8Ks at 9:20 am	26.2 mi.; 8K race; 8K walk	Marathon \$35 2/20; \$45 late. 8Ks \$15 and \$20	<b>TRAIL'S END MARATHON &amp; 8K RACE AND WALK.</b> Seaside, Oregon. Relatively flat course overall.	(503) 646-7867
SAT. 3/2/96 10 a.m.	20 mi. relay	\$30 2/26; add \$10 late/DOR	<b>SPRING 20-MILE RELAY.</b> Marysville-Pilchuck H.S. 10-person teams. \$26 per team/10 mi. relay for elementary school students.	Craig Bowen 653-0600 days
SAT. 3/16/96 Assigned starts 9-11 am	69 flights (1311 steps)	\$18; pledges encouraged	<b>BIG CLIMB FOR LEUKEMIA.</b> To top of Columbia Seafirst Bldg. Free parking.	628-0777
SAT. 3/16/96 9 a.m.	20 mi.; 20 K	\$6 FSRC members; \$8 others; add \$2 DOR; no T	<b>RESOLUTION SERIES.</b> Steilacoom High School, near Western State Hospital in Tacoma. Last race in series. Huge baked potatoes; free massages; hot showers. Thermal gloves \$7.	Bruce McDowell 272-4727
SUN. 3/17/96 9 a.m.	4 mi. (almost)	\$15 2/19; \$20 late. T	<b>ST. PATRICK'S DAY DASH.</b> Seattle.	522-7711

Member Profile - Marcia Koren

Birthplace: Detroit, Michigan  
 Birthdate: 1-27-50  
 Children: Nicki & Ricki (felines)  
 Height: 5'4"  
 Weight: 125  
 Occupation: Clinical Research  
 Educational background: Masters in Nursing  
 Years in ESR: 16  
 Favorite vacation spot: Jasper, Alberta  
 Recommended local eateries:  
     breakfast - Surrogate Hostess  
     lunch - Barbeque baked potatoes at Larry's Market  
     dinner - Wild Ginger  
 Latest book read: "Snowfall On Cedars" (highly recommended!)  
 Recommended film/video: Fremont Summer Outdoor Theatre  
 Hobbies: Gardening  
 Favorite non-running activity: Biking  
 Most prized possession: My home and bicycle  
 Years running: 20  
 Reason for starting running: Avoid injuries, keep weight down  
 Favorite races: Anderson Island  
 Best race performance: 40:20 10k, Auburn City Haul  
 Current shoe: Asics Gel Lyte  
 Other notable running experiences: New Zealand Relay, Alaska Relay  
 Cross-training or other sports: Cross country skiing, downhill skiing, bicycling  
 Long term goals: Stable job, avoid injuries, avoid becoming a bag lady  
 Philosophy of life: " Eat phad thai daily, and you will be blessed with good Karma "



more from Marcia

1996 Falls To Gasworks Connection  
 ( we all get to volunteer!!)

This year the club will be proudly presenting the 13th Anniversary of the Falls to Gasworks Relay and Ultra Run. With all the work involved in this production, I still do not have a clue how Dave McKinney did this race on his own. This year, the people contributing to the race committee include: Linda Page, Dave McKinney, Willie Sato, Stan Corpuz, Paul Emmett, Jeff Hatfield, Norton Smallwood, and Dave Nye.

We are changing the race course this year to avoid the busy traffic on the Redmond Fall City road. The 1st exchange will now take place off the Fall City Elementary School driveway, just ~200 feet from the totem poll where the exchange has been previously.

The 2nd leg runners will then follow the Issaquah Fall City Road to Duthie Hill Road. Cars will not be allowed to follow the runner on the 2nd leg; we will provide a water stop on leg two. This leg will be the most difficult leg of the course due to hilly terrain. The 2nd exchange will be at the intersection of the Beaver Lake Road and Duthie Hill Road. Having the 2nd leg exchange on Duthie Hill Road will avoid the dangerous former 2nd exchange on the Redmond Fall City Road, however it will result in a much longer 3rd leg, of 8.6 miles.

The 3rd leg will have changes as well. in which the runners will follow SE 50th for a ways, a country road which parallels the Fall City Redmond Road. With the changes described above, hopefully the runners will have a more scenic and safer run.

Norton Smallwood (557-4251) is the volunteer coordinator, with assistance from Dave Nye (313-3173). If you do not hear from one of the ESR race committee by the end of March, please call one of us to let us know when you would be available to help. We need help the day before to mark the course. The race volunteers are needed all day long from 5:00am in the morning (Ultras start at 5:30) to approximately 4pm to when the finishline responsibilities are complete. This is the main event which brings in funding for the club, and its success is much dependent upon your help!

MK

ESR Fall General Meeting  
Issaquah Library  
Oct 30 7:00

The evening started with a no host happy half hour, featuring a sumptuous hotdogchipveggiesoda buffet, prepared by Sandy and Loren Cowan. New President Dave Nye called the meeting to order promptly at 7:36.

The new Board Members were introduced. Membership Chairperson Tami Curtis distributed the new ESR Directory. Good job Tami. Vice Pres Norton Smallwood thanked all who volunteered for the SJJ Half Marathon, and asked for volunteers for the Seattle Marathon. ESR annually does the 1st water station in Redmond, by City Hall on the slough trail. Norton also displayed some of the ESR sportswear in stock, a good selection available, and just in time for Christmas! Social Committee Chairperson Loren announced the upcoming dinner dance, Nov 18th at the Bellevue Red Lion.

Dave McKinney gave a brief update on Falls to Gasworks '96, then presented the 1995 Thursday Night Run awards, as follows: Don Stork 1st, Sandy Cowan 2nd, Sharlee Taylor 3rd, Steve Roach 4th, Fred Jaffe 5th, John Stone 6th, Bill Hughes 7th, Richard Cartner 8th, Shelley Sidwa 9th, and Willie Sato 10th. Dave Nye then gave Dave a gift certificate for all his continued hard work throughout the year, organizing the Tuesday night track workouts, Thursday night fun runs, equipment management, and anything else we needed. Thank you Dave M.

Frank Slagle gave an account of his trip to Russia. He and daughter Shelley and her husband Rich Sidwa were guests of runners in Vladivostok, whom they had previously hosted here. Frank shared some cultural experiences, running stories, and a departure adventure that was more exciting than it should have been.

The guest speaker for the evening was Heather Koski, a Registered Dietician and Exercise Physiologist. Heather talked about nutrition as it relates specifically to runners, and in general how it works in any diet. We as runners should be concerned with nutritional balance leaning more toward better fuel (carbohydrates and protein) for our high performance engines (muscles). If you feel that you are getting less out of yourself as you age, know that we lose a half pound of muscle a year for every year after age 25, and it accelerates after age 40. Diet greatly affects endurance performance. Most runners know the need to have a good reserve of carbohydrates, but not as many realize the importance of fluids also. Dehydration is common in runners, and fruit juice is excellent for hydrating, as well as being a very good source of carbohydrates. Drink 2 cups of fluid per 1 lb. lost after exercise as a rule. Also within 2 hours of exercise is the optimum time to replenish your carbo loss as this is when your muscles are in need and absorb more quickly.

Heather went on to say that roughly, we should consume about 15 times our body weight in calories daily, 60-70% coming from carbohydrates, 10-15% from protein, and 15-25% from fat. The variables would be your state of training, weight change goal, age, metabolism and many others. Heather is available for individualized nutrition analysis. Call her at 641-2675. Also read her column in Northwest Runner, "Nutrition Plus".



### *EAT AND RUN THE RUNNER MUMBLES RESTAURANT REVIEW*

SPEAKING OF EATING WELL, THE EASY ESR EATER HAS A COUPLE OF LOCAL EATERIES TO RECOMMEND

TRIPLE J CAFE - 101 CENTRAL WAY: " THIS NEWLY REMODELED DOWNTOWN COFFEE SHOP HAS GROWN UP, LITERALLY AND MENU-WISE. JIM AND THE GANG STILL OFFER EARLY MORNING ESPRESSO AND HOMEMADE BAKERY GOODIES, AND NOW OFFER AN EXPANDED LUNCH MENU, THAT IS STILL EVOLVING. BUT THE STAR ATTRACTION OF TRIPLE J'S THAT SEPARATES IT FROM THE CROWD IS THE ATMOSPHERE. FROM THE PANORAMIC VIEW OF THE CITY TO THE OVERSTUFFED SOFA IN FRONT OF THE FIREPLACE TO THE FRIENDLY REGULARS AND EQUALLY FRIENDLY STAFF, THIS PLACE JUST FEELS COMFORTABLE AS SOON AS YOU STEP IN. SEVERAL ESR MEMBERS HAVE ALREADY DISCOVERED IT."

NICK -N- WILLY'S - 25 LAKE ST. " JUST AROUND THE CORNER, AND DOWN THE STAIRS FROM TRIPLE J'S, YOU WILL ENCOUNTER A GREAT PIZZA TAKE-OUT SPOT, NICK-N-WILLY'S. THEY MAKE AWESOME U-BAKE PIZZAS, OR IF YOU WANT TO EAT IN THEY WILL COOK UP A SLICE OF ANYTHING ON THE MENU. HIGHLY RECOMMENDED ARE THE 'THAI PIE" AND "THE LITTLE NELL". SUFFICE TO SAY, THE FRESH INGREDIENTS THAT THEY INSIST ON USING REALLY MAKE A DIFFERENCE."

EEE

Here's a quick recap of the 26th Seattle Marathon and Half Marathon, one of the most heavily attended events in the Northwest. Yearly, two elements seem to attempt to put a damper on the mood of the events: the weather and the timeliness. The TV, radio, and well-wishing friends all claimed that our parade would be rained on. While that came true for all of three minutes in the half marathon, the full marathoners enjoyed a race of threatened, but not produced, rain.

Even though they have a chance to practice year after year, the bus drivers can't seem to transport the runners to the starting lines on time. There is a glimmer of hope for future races starting on time though. This year "the half" runners got off only fifteen minutes late and "the full" runners, only five. Shall we look for a PR next Year?

The runners enjoyed a wide variety of spectators, some blandly eyeing the persistent surge of bodies and others maniacally cheering on friends and relatives. I hear the marathoners received extra special treatment at their second aid station. Many thanks to those who volunteered their time and efforts.

Finally, congratulations to all those who put forth the running efforts, like Steve McCracken who PR'd in the half, Scott Adsit, John Blystone, and Larry Gabriel. That goes double for the marathoners, Rich Sidwa and Kerry Keyes.

If I forgot to mention your name as a participant, next year consider wearing a Superman cape to be more noticeable.

Tami C.

ESR Marathon Volunteers

Jim & Carolyn Hitter	Bob Damon & son	Norton Smallwood	Johnny Cochran	Carol Degan
Dave & Jill Nye	Dave McKinney	Shelley Slagle	Loren & Sandy Cowan	
Frank Slagle	Jim Schulz	Ron VanRyn	Elise Botch	John Matthews
Randy Ritter	Fred Jaffee	Sharlee Taylor	Guy Hughes	

Eastside Runners  
PO Box 2616  
Redmond, Wash. 98073

SUN. 3/24/96 noon 3 mi; 1 pm 8K; 1:15 half marathon	13.1 mi.; 8K; 3 mi. walk	\$25 half 3/20, \$30 late. \$17-\$20 8K. \$10-12 walk. T	MERCER ISLAND HALF MARATHON/8K. Start/finish Farmers New Work Life, 3003 - 77th Ave. S.E., Mercer Island.	236-5323
SUN. 3/24/96	10K; 5K; kids' run		DUGAN'S RUN. Ocean Shores. For info, write Dugan's Run, P.O. Box 699, Ocean Shores, WA 98569.	(360) 289-2330
SAT. 3/30/96	5K		APRIL FOOL'S RUN. Seattle.	Theresa 936-9659
SAT. 4/6/96	5 mi.		POUND FOR POUND RUN. Fircrest.	588-8329
SAT. 4/13/96	10K; 2.2 mi. predicted time		TULIP/SLUG RUN. Burlington.	(360) 755-9649
SAT. 4/13/96	10K; 5K		SPRING FITNESS RUN. Federal Way.	839-9700, ext. 1823
SUN. 4/14/96 Solo 6 a.m.; others 7:30- 8:30 a.m.	100K (62 mi.) solo or 6 to 10 person relay	\$30 solo, \$10per person/relay 3/25;late add\$15 /solo, \$50/team	WSU 100K RUN. For info, call WSU Activities and Recreation Sports Department, (509) 335-9666.	Marty Mullen (509) 335-9666
SUN. 4/14/96	35 mi. multi- sport relay		RIDGE TO RIVER RELAY. Nordic ski, Alpine ski, run, bike, kayak/canoe, portage. Teams, pairs, solos.	(509) 662-8799
MON. 4/15/96	26.2 mi.		BAA BOSTON MARATHON.	
SUN. 4/16/96 Solo 5:30 a.m.; teams 7-8 a.m.	51 mi. solo or 5-person relay	Solo \$40 4/4;\$50 late. Teams \$125; \$150 late.	THE GREAT EASTSIDE RUNNERS FALLS TO GASWORKS RELAY AND ULTRA. Starts North Bend H.S.; ends Gasworks Park, Seattle. VOLUNTEERS CONTACT NORTON 557-4251.	Stan 828-3013; Marcia 285-9103 (eves before 9)
MON. 4/17/96			Last day to mail entries for 5/5/96 BLOOMSDAY. \$8 entry fee jumps to \$20 after 4/17. No mail-in entries after 4/17 (register May 3-4 in Spokane). No DOR!	
SAT. 4/27/96	13.1 mi.; 10K		TOE JAM HILL RUN. Bainbridge Island.	842-2306
SAT. 4/27/96	4 mi.; 2 mi.		CHERRY STREET RUN. Hoquiam.	(360) 533-3447
SUN. 4/28/96	5K		EDGEWATER RUN. Seattle.	
SUN. 4/28/96 8:30 a.m.	10 mi.	\$20 4/26; \$22 DOR; T	APPLE BLOSSOM 10-MILE TRAIL RUN. Leavenworth. Riverfront loop along Columbia River, start/finish in Walla Walla Point Park. Mainly level with a few rolling hills and three bridges.	(509) 663-8711, ext. 5403, or (509) 662-3616

ESRraces.198

# A P P L I C A T I O N

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (Day) \_\_\_\_\_ Phone (Night) \_\_\_\_\_

## VOLUNTEER OPPORTUNITIES

- Race Helper                       Falls to Gasworks Volunteer                       Other \_\_\_\_\_  
 Newsletter                               Help With Social Functions

## TYPE OF MEMBERSHIP

- Individual, \$10                       Family, \$15                       Check box if a renewal

Make check payable to Eastside Runners and remit to: **EASTSIDE RUNNERS**, P.O. Box 2616, Redmond, WA 98073-2616

Haney to Harrison Relay - Sat. Nov 4th 1995 - by Carol D.

At least 7 teams in the 1995 Haney to Harrison Relay had members from the Eastside Runners. The day was cool and overcast for legs 1-5, drizzly and raining harder for legs 6 & 7, and downpour raining for leg 8.

Various runners reported the following memorable moments for their teams or rival teams:

\* THE WHAT RUNNERS? Captain Steve McCracken, Richard Cartner, Tami Curtis, CarmenRochelle Shelly Slagle Sidwa, Richard Sidwa, Carol Degan, Willie Sato, Sue Pannell.

The team ran as Steve's employees so that they could finish in the bottom half of the mixed corporate division. They were all fired on November 5th.(no compensation) Tami missed the hand-off by 4 minutes while waiting in the porta-potty line.(anyone surprised?) Richard Cartner was featured in the team video for demonstrating an alternative to waiting in the porta-potty line.

\*THE BASHERS! A mixed up team this time.(gender-wise also) Captain Sharlee Taylor, Sandy Cowan, Loren Cowan, Scott Adsit, Lynn Adsit, Al Schuehle, Steve Roach, John Blystone.

Loren wore an up-to-date running"outfit". Sandy could never find the van. Loren & Sandy did not listen enough - Al listened too intensely. The Cowans were seen hanging all over each other.

\*THE WESTSIDE EASTSIDE RUNNERS! Captain Linda Page, Eric Page, Marcia Koren, Dave Kendall,Chris Steer, Dave Bounds, Mike Donoghue, Pam Golightly.

Their team finished 19th in the recreational division. On leg 3, Mike closed in on Al Schuehle. On leg 4, Chris Steer ran like he was shot out of a cannon - right past John Blystone.

\*THE SPLAT CATS! Jim Schulz, Paul Wright, Dave Bohm, Nancy Eisner, Mike Eisner, Phil Hoyt, Ed and Gary from Vancouver, B.C.

Susie Main was injured so she served as the teams volunteer. Their team finished 8th in the recreation division. They were eight minutes faster than last year when they finished 5th., Dale and Paul were able to sneak in the side door, thanks to Carol, thus, they did not pay for the banquet.( nor did they eat the tremendous banquet dinner ) Jim, Paul, and Sharlee ran the next morning and saw an eagle fishing in the lake and harassing the birds.

\*EASTSIDE - A LITTLE OF THIS AND THAT! Captain Dorie Quam, Kate O'Neill, Carol Flexor, Debby Peterman, Mary Rogers, Debi Dopps, Reitha Weeks, Helen Sherk.

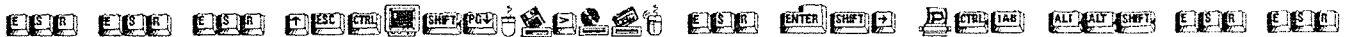
Their team finished 1st, I said, 1st in the women's over 40 division. This was the second year in a row for this honor. They had a close race with the team that wore beanie copters. On leg 8 Carol Flexor sprinted through town. The beanie copter woman passed her. Carol passed her back. Ahhhh, sweet revenge! Carol set a master's women's course record. EASTSIDERS won by 5 seconds!!!!

\*MOVING VIOLATION! Mona Petrou and friends.

Elvira, their inflatable doll, was seen running some of the legs.

\*SOME 50, SOME 60! Judy Groombridge and freinds.

They won the women's over 50 division!



## ESR GOES ONLINE !!

Thanks to the efforts of ESR member Jeff Hatfield, we now have an internet website. The address is:  
<http://www.accessone.com/~jdhatfield/esr/>

This is to be whatever we want to make it. Your input is encouraged. We hope to share information with all local and perhaps national and international runners and running clubs. We should be able to promote upcoming races and events to the general public. For local ESR news, such as a change in a scheduled fun run, or a member seeking a training partner on short notice, this service now provides a means of reaching many others quickly.

Call or e-mail Jeff (649-0785) with any questions and/or suggestions.

## Eastside Runners Race Results

### Salmon Days Rotary Run 10K

Jim Wilson 12th in division  
Bob Heaton 10th in division

### Salmon Days Rotary Run 5K

John Johnson 1st in division  
Randy Ritter 14th in division  
John Stone 18th in division  
Kerry Kyes 15th in division  
Don Stork 1st in division  
Elise Botch 17th in division  
Marcia Koren 1st in division

### Cle Ellum Ridge Run 50K

(Total climb 5200 feet, 13 stream crossings)

John Carlson 7:41  
Marlis Dejongh 6:59  
Sharon Carlson 7:24

### Success Run for our Kids 8K

John Matthews 20th in division  
Al Schuehle 1st in division  
Kerry Kyes 15th in division  
Guy Hughes 5th in division  
Dorie Quam 1st in division

### Northwest Masters 8 K

Michael O'Halleran 3rd in division, 4th overall  
Mike Donoghue 2nd in division

### Run Salmon Run 3.6 mile

Mike O'Halloran 2nd in division

### Lake of the Woods III 5K

John Johnson 1st in division  
Scott Adsit 2nd in division  
Mike Donoghue 1st in division  
Al Schuehle 2nd in division  
Don Stork 1st in division  
Guy Hughes 3rd in division  
Tami Curtis 2nd overall  
Lynn Adsit 3rd in division  
Mona Petrou 1st in division

### Skagit Flats Marathon

JD Klingman 4th in division 3:08  
Paul Emmet 3rd in division 3:23

### Skagit Flats 10K

Gary Niegeman 3rd overall

### Trick or Treat Twilight Run 2 mile

Dale Bohm 1st in division

### Winter Glove Run 10K

Jim Schulz 14th division  
Dorie Quam 1st in division

### Winter Glove Run 5K

Dave Westlake 1st in division, 2nd overall  
Richard Cartner 4th in division  
John Stone 13th in division  
Guy Hughes 1st in division

### Tri-Cities Marathon

Elise Botch 3rd in division  
Shelley Sidwa 1st in division (Qualified for BOSTON!)

### Masters Challenge

Mike Donoghue 5th in division  
Dorie Quam 1st in division

### Dawg Dash 6K

Sandy Cowan 7th in division

### Race for the Cure 5K

Bonnie Harris 4th in division

### America vs. Crime 5K

Dave Westlake 2nd in division  
Jim Schulz 1st in division

### Afternoon Delight Duathlon

Mark VanAchte 3rd overall  
Patty VanAchte 4th overall

### Auburn City Haul 10K

Mike Donoghue 1st in division  
Al Schuehle 2nd in division

### Auburn City Haul 2.1 mile

John Johnson 1st in division

### No Frills Half Marathon

John Johnson 1st overall  
Mark Smith 2nd overall  
Al Schuehle 3rd overall  
Jim Schulz 5th overall  
Paul Emmett 9th overall  
Fred Durbin 12th overall  
Marcia Koren 2nd overall  
Linda Page 3rd overall  
Mona Petrou 4th overall

### Seward Park Half Marathon

John Johnson 3rd overall  
Mark Smith 6th overall  
Mike Donoghue 7th overall  
Fred Durbin 12th overall  
Marlis DeJongh 21st overall

### Fowl Fun Run

Dave Westlake 4th overall  
Gary Niegemann 8th overall



Welcome New Members:

Kaylee Primlani Shawn Dunham

# The Runner Mumbles

Newsletter of The Eastside Runners

Winter 1996

## EASTSIDE RUNNERS CELEBRATE !

Social Event of the season was the "hottest" dinner-dance ever, by the ESR holiday maniacs, in the history of....well, it truly was FINE! It was a bit of a rainy evening - round about Saturday, November 18th . One might say it was a little early to celebrate, yet, one might agree there was less conflict with the traditional family events.

The location for the bash was a definite pleasure - The Red Lion "Rainier Room". Warm touches of personal decor were displayed by the Eastside elves.....this means more revealing photos of days gone by, left over crepe paper, brand new balloons (new air), and the statement of all time: the Eastside Runners Banner!

For our dining delight we partook in chicken-ala-pretty-good!....and a fine finale of lemon sorbet. (for Bashers, thats french for ice cream.) To be honest about it , no one in attendance was too hung up on food - due to the abundance of holiday spirit. All went well because the ESR Club is a group of mature, responsible athletes that would never do anything to damage their social reputations.

There were a few quaint touches that added to the festivities:

Costume award (forget it, there is no award) goes to Gary and Linda Youngs. Their attire included tails and a Victorian gown. One might assume there was a horse-drawn carriage out back or possibly a model T.

Traveling award goes to the ever-so-famous for his bedroom look (eyes), Cliff Johnston with a T. He came from the lovely hometown of Winthrop WA - without his lovely wife Celeste.....come on now Cliff we've seen enough of you, we want to see a lot more of the little woman.

Early arrival goes to Van and Kate Gamble. He was beginning to wonder where everybody was, but thats been done before by Mr. take-a-Gamble. LOSER! They lost there distinction when they were the first to leave.

Late arrival goes to, who else, Mr. Steve What-Captain-McCracken. There is no question that this is a deserving title, but we cannot continue to reward this kind of behavior.

Not another word can go by before I mention the repeat performance by Eastside's very own Ron VanRyn's band, ed THE SPLITZ. These guys are great! Thank you brother Ron and company for the tunes.....there wasn't a dry shirt in the house. To add amazing to outstanding, there was an unbelievable display of hidden talent by Mr. Loren Cowan. He tooted his sax horn in an unforgettable jam. Loren, you should go ahead and quit your day job.

Now, check out these photos of the merriment . See you all next year!  
Sue P.

