

The Runner Mumbles

Mt. Si Relay & Ultra Run - Sunday, April 9, 2000

Get ready ! Its coming !! Have you signed up to Volunteer ???

I can't begin to tell you how super our committee members have been. They know how to scurry when it's needed. We have had some new experiences in marketing - and the relay is more prosperous than ever. We have had to make quick and accurate changes - and the finished product turns out as if it were a masterpiece from the start. We aren't there yet, but we plan to continue to produce a great race that all ESR members can be proud to be associated with.

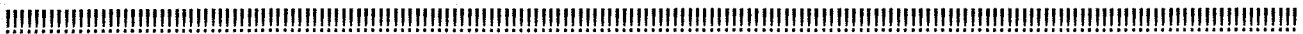
We have had to make a major change within the last couple of weeks, due to a road closure on 124th in the Valley. It has turned out to be a blessing in disguise because we were not real pleased with that portion of the course. The new section of the course will take us up to Rattlesnake Lake. It is quite beautiful and it is a much safer environment than the previous layout. There will be more running on trail this year, which is preferable for our ultra runners and should be by the relay teams as well.

Be sure to give Bob Weed a call. He is in charge of the volunteers. This is always a really fun day and a great way to support your club. See you there! Sue Sato
The enclosed entry form needs to be revised. The total distance is now 56.2 miles, the leg distances are a little longer in some cases, and the 5:30 start is now 6:00. - ed.

General Meeting Monday , March 20	Redmond Library, 15810 NE 85th Street Snacks at 6:30, business starts at 7:00
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The guest speaker will be Scott Jurek, ultra-marathoner. Scott won the Western States 100 this past summer in California and has accomplished a number of other great things. He is an excellent speaker and has a lot of good thoughts to share with the group. Besides the other usual club business, this will be the last General Meeting before the Mt. Si Relay, so that will be one of the topics of discussion.

Victor Bast



Congratulations Boomin' Babies and Baby Boomers !!
Congratulations to Marcia Koren and Sandy Cowan for easing into a new age division
(that's runner talk for making it to another decade)
ESR is also anxiously awaiting the impending birth announcements from the Bast and the Curtis households. As of press time, we are still waiting. Stay tuned.

President's Notes

We're beginning to see results, both good and bad, from the Board of Director's decision to put more time and energy into the club activities that ranked higher on the member survey than those that ranked lower. For example, the Saturday morning run continues to attract more people and new members. Ed and Barb Sobey are doing a great job! Even the Mill Creek run, which ranked last in popularity among all the locations, had 21 people show up last time we were there! And Dave McKinney's Tuesday night track workout, which came in #2 in the survey, continues to grow in popularity, especially with the competitive runners!

The Mt. Si Relay, which is the third most popular club activity, is shaping up to be one of the most well-organized, well-run events of its kind in the Pacific Northwest. The level of professionalism shown by the Race Director, Sue Sato, the race committee, and the volunteers continues to impress me. Continuing down the list, webmaster Elise Botch and her expert consultant, Niels Kirkegaard, continue to improve the #4 activity, the Eastside Runners web site (over 80% of the membership is online). The board has already started discussing our next Holiday Party, and there are plans underway to expand the Thursday night predict-your-time run into a Grand Prix Series, with some great new fun runs.

The bad result is some disappointment that the Eastside Runners will no longer be organizing the volunteers for the mile 4 water station for the Seattle marathon. We will, instead, encourage members of the Eastside Runners to volunteer and work directly with the Seattle Marathon Association. We want to especially encourage those with an interest in taking on more responsibility to volunteer for leadership roles with the SMA.

There's one thing that everyone can do to make our club activities better. Come join us for a run! Whether you're looking for new places to run and new people to run with or you want to revisit old places and old friends, the Eastside Runners is for you!

Victor Bast

Welcome New Members:

Aaron Arredondo	Jeff Bell	Barb Blumenthal	Lynne Robbins, John Stark, Daniel Stark
Jeannine Takaki	Marsha Reed	Karen Selander	Wolfgang Mathurin Sue Adams
Derek Sceats	Alison and Dan Turner	Brian Bloeppe	Robert Campbell Jenne
and Jim Pierce	Tom and Lynne Whitaker	Leslie Chapman	

Speaking of membership, January renewal has just ended, and results were pretty good. Chairman Mona Petrou says well over half the membership sent in dues on time, 89 members to be exact. This newsletter is being sent to all members, but will be the last to those who do not pay their dues before the end of February (2000).

January Race of the Month

January's Eastside Runners Race of the Month was the Nookachamps Winter Runs. This year's race, the 21st annual, was on Saturday, January 15. As in previous years, it was held at the Skagit Valley College, Mt. Vernon, WA. This is one of the Northwest's Premier Winter Runs (that's what their ad says) and is always well-attended by the Eastside Runners and friends (that's what somebody told me.) The runs include a half marathon, (USA T&F Certified Course) a 10K, a 4-mile and a non-competitive 3-mile walk. Bonus: pre-registration w/o t-shirt is only \$7, race day only 8!

Eastside Runners and friends who were there:

Elise Botch, Tim & Julie Holmes, Mike Donoghue, John Hahn, Carol Carrillo, Linda Ellingson, Steve Lay, Judy Dahlberg, Scott Wray, Chris Ashby, Darrell Smith, Jim Brewer, Dale & Suzy Bohm, Frannie Harmeson, Andy Lyle.

March Race of the Month

We couldn't get our act together in time for a February Race of the month, but there's plenty of time to start planning for March - Mercer Island on Sunday, March 26. It's a half marathon, 8K, 3 mile walk and a $\frac{1}{2}$ mile kid's dash. The 8K is an official 2nd seed qualifying race for the Spokane Bloomsday run.

Victor Bast

West Seattle Runners Cross Sound Relay

March 19 is the date. The pilot event in 1999 was WSR only and was really fun! The organizers decided to keep it small again this year and try to make a "real" event out of it next year. But, they are opening it up a little bit and inviting some non-West Seattle Runners to join. Eastside Runners are invited. They hope that 10 or 12 people will be interested. Here's an adaptation of the article that will be in the next WSR newsletter...

Sign up now for the second running of the West Seattle Runners' Cross Sound Relay. Everyone had a blast at last year's relay so you won't want to miss out this year. The fun begins at Alki, at the Statue of Liberty, on Sunday morning, March 19, at 8:00a.m. The three leg relay combines the thrills and chills of the Mt. Si relay with the high drama of Beat the Bridge! The first leg starts at the Statue of Liberty and runs 5 miles along Beach Drive to the Fauntleroy ferry dock. The runner of this leg has to hustle to catch the ferry before it leaves for Southworth. The second leg starts at the Southworth ferry landing and makes a 5 mile out and back loop along the water and back to the ferry. This runner, too, will have to burn rubber to catch the ferry returning to Fauntleroy. The third leg returns 5 miles from the Fauntleroy ferry dock to the Statue of Liberty. This runner can poke along at a leisurely pace because the only downside of this leg is catching hell from teammates. At a low cost of only \$7 per runner (including ferry fare), you won't want to miss this event. Contact Tom Ternes at 937-6821 if you're interested in running or volunteering to help. I hope you will find this worthwhile to get out to the membership.

Thanks, Steve

Victor Bast

This sounds like fun. Visit the West Seattle Runner website at ontherun.com, under running clubs. - ed

SAMMAMISH TRAIL CLEANUP

Saturday, January 22nd dawned crispy (as in black ice in places) and relatively clear for a Seattle winter day with hardly any rain. Sixteen Eastside Runners members converged on the Sammamish Trail behind Shari's Restaurant in Redmond for our quarterly trail cleanup. After some brief club announcements, club members were equipped with plastic bags and vinyl gloves and spread out in both directions for our section of trail, which is roughly between Marymoor Park and 116th St.. It was a good day for a brisk walk on the trail and members **Antonio Montanana, Bob Weed, Barb Sobey, Bob and Pearl Spiger, Sue and Willie Sato, Jody Ziskind, Max Limb, Karen Selander, Christi Nelson, Rich Sidwa, Deborah Krichels, Al Schuehle** and President **Victor Bast** picked the trail clean as a whistle! My apology if I missed anyone! Along the way, we met **Tom Whitaker**, a runner who is new to the area and interested in joining the club, who joined us for breakfast at Shari's after the cleanup. If you missed this official ESR event, you won't want to miss the next one scheduled for Saturday, April 22nd. It's our opportunity to give something back to the county who furnishes us these wonderful running trails.

Bob Weed

Has anyone seen the signs indicating that "The Eastside Runners" have adopted this section of trail to keep clean?? - ed.

Our Own Carol Does it Again

Carol Degan is going to be published again, in the March issue of *Northwest Runner* magazine. This article should be of great interest to all Eastside Runners, as it chronicles the first 20 years of the club's history. Carol did a lot of research with past

and present members. Now every one will be anxious to see if their name is mentioned, or perhaps even their photo included. We will soon find out.

Calling All Bargain Hunters!!

The **Brooks** outlet store has moved. It is still in Bothell, but a few miles North of the old location. They have some great prices on shoes and running apparel.

The new location is:

22703 Bothell-Everett Hwy, Space D
Go South on B-E Hwy off I-405, turn left at 228th, go a block, left into parking lot, you're there. Ph. 425.402.1632

ESR Board for 1999-2000

President:	Victor Bast	425.357.9433
Vice Pres:	Bob Weed	425.821.8714
Secretary:	Ron VanRyn	425.339.0923
Treasurers:	Bob & Pearl Spiger	425.488.7078
Social:	Carol Degan	425.814.8003
Membership:	Mona Petrou	425.743.9663
Newsletter:	Willie Sato	425.822.2567
Other:		
Weekly runs:	Dave McKinney	425.827.5751
Sat. runs:	Ed & Barb Sobey	425.861.3472
Race Director - Mt. Si Relay:	Sue Sato	425.822.2567

Holiday Party photos finally here! Thanks again to Mike & Mona Donoghue for hosting it last December. See what fun we had?

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The ESR Holiday Party



Eastside Runners Saturday Morning Runs, February - March, 2000

All runs start at 8:30 - Breakfast afterwards

1. Mill Creek

Feb. 26

4.3 or 6 mi. loops on paved trails and sidewalks along quiet residential streets.

Bothell-Everett Hwy. At 160 St. SE (Mill Creek Road) Snohomish County Thomas Guide pg. 436 C7

2. Redmond Watershed Preserve

Mar. 4

3 1/2 and 5 1/2 mi. courses entirely on unpaved trails through the woods.

Novelty Hill Rd. 2.4 mi. east of Avondale Rd. King County Thomas Guide pg. 537 JI

3. Mercer Slough, Bellevue

Mar. 11

4 mi. loop or 6 mi. Figure 8 on unpaved trails and sidewalks.

South Bellevue Park & Ride off Bellevue Way just North of 1-90 Exit 9 King County Thomas Guide pg. 596 E2

4. Medina/Hunts Point

Mar. 18

3 1/2 or 6 mi. loop courses on streets and sidewalks with views of Lake Washington.

Hunts Point Town Hall, Hunts Point Lane & 84h Ave. just north of Hwy. 520 King Co. Thomas Guide pg. 566 B2

5. Edmonds

Mar. 25

4 mi. loop or 8.3 mi. keyhole with views of Puget Sound and the Olympic Mountains.

Brackett's Landing Park, next to the Ferry Terminal, Railroad Ave. at Main St. Snohomish County Thomas Guide pg. 454 F5

6. Mt. Si Relay Preview

Mar. 32 (a.k.a. April 1)

Preview the Mt. Si Relay course. This is an opportunity to preview 3 or 4 legs of the relay course. Teams will be selected that morning with an attempt to keep them equal so everyone will have running partners. Details in early March.

For more information, call Ed or Barbara Sobey at 425 861-3472, or visit our Website:

www.eastsiderunners.com

Eastside Runners

P.O. Box 2616

Redmond, WA. 98053