



## **EASTSIDE RUNNERS APRIL UPDATE – MONDAY, APRIL 17, 2000**

### **President's Notes**

This is the third issue of the new monthly update. The regular quarterly newsletter, The Runner Mumbles, went out in mid-February, (thanks, Willie), so there wasn't much point in having an update in February or March.

I've recently become aware of some glitches in our system of getting the word out to the club membership about upcoming events. My wife, Diane, in fact, wasn't aware of the March 20 General Meeting. Although it was announced in The Runner Mumbles, that issue came out a month before the meeting, so she didn't remember. She never saw the email announcement that went out a few days before the meeting because it went to her work email address, and she's home on maternity leave with our eight-week old daughter, Marie.

Because of these and other technical difficulties, and because of personal preferences, we are going to overhaul the way we manage the email distribution. An Eastside Runners member, Jeff Bell, who is also a manager at Microsoft in his spare time, pointed me towards one of their products, ListBot. Email will eventually be sent only to those who chose to subscribe. Details are the section below. ListBot is free for both the club and for subscribers.

For those who chose not to subscribe, we will continue to mail out this monthly update. This will be the publication we use to announce events that occur between issues of The Runner Mumbles. The Runner Mumbles will continue to be handed out or mailed to all members.

Victor Bast

### **How to subscribe to the Eastside Runners email list on ListBot:**

Everyone must subscribe to the Eastside Runners email list in order to continue to receive email! It's very simple to do and only takes a minute. The current list will be discontinued.

To subscribe to the list, visit the Eastside Runners ListBot page.

<http://eastsiderunners.listbot.com>

After you send or fill out a join request you will be sent a verification request, to which you will have to reply in order to complete the join process. Only current members of the Eastside Runners will be permitted onto the list.

## **Email versus Snail Mail**

There's been some confusion about what's been mailed, what's been emailed, and who's on the mailing lists. Any exceptions to the following are errors, of which there could be many, not because of any decisions made by the board.

All ESR members whose dues were current in 1999 are still on the roster. We've only deleted those members who didn't renew in 1999, but we will soon be purging the list for those who haven't renewed in 2000.

The Winter issue of *The Runner Mumbles*, which was published about Feb. 19, was either handed out or sent by USPS mail to all members.

The December and January updates were emailed to those with addresses listed in the roster, and were mailed to those without.

The dues renewal notice, which went out in mid-January, was sent by email to those with addresses listed in the roster, and was mailed to those without.

## **2000 dues renewal**

We've had a very good renewal rate for this early in the year, about 120 members. The renewals are still trickling in. This update will be the last one to go out to those who have not renewed for the year 2000. Dues are \$12 per year for an individual, \$18 for a family. Hand your check to one of the club co-treasurers, Bob and Pearl Spiger, or mail it to Eastside Runners, att'n Membership, PO Box 2616; Redmond, WA 98073-2616

## **2000 Mt. Si Relay a Smashing Success!**

Thank you thank you thank you to all you great ESR volunteers for making this year's event such a success. Race Director Sue Sato and all her Committee members did a fantastic job of orchestrating things. We continue to get compliments from the participants, the truest measure of a job very well done. Much more to follow in the next *Runner Mumbles* newsletter. ws

## **West Seattle Striders' Cross Sound Relay, March 19**

The West Seattle Striders invited the Eastside Runners to its second annual Cross Sound Relay. This low-key event has no entry forms, no permits, no police support, no start or finish line banners, and only our two clubs running. Participants did have to call Tom of the West Seattle Striders to sign up and tell him their pace. Tom then made up 12 even teams. Runners found out their teams just before the race.

Leg 1 started on Alki Beach and followed the roads and Lincoln Park trail along the waterfront to the Fauntleroy ferry. Then, all the participants rode the ferry to Southworth. Leg 2 was an out and back course along the waterfront from Southworth. Then, everyone rode the ferry back to Fauntleroy. Leg 3 retraced the route of Leg 1 to finish back on Alki Beach.

I had never been in a race where I could talk to all the participants during the middle of the race. The ferry rides were the highlight of the event.

The relay ended at the Pegasus restaurant with pizza for all. Tom awarded postcards of the Fauntleroy ferry to the winners of the various legs, overall team winners, and then to all the runners.

Eastside Runners who participated: Marcia Koren, Mike Donoghue, Dave Kendall, William Emerson, Carol Degan; dual club members Steve Moe, Heather Sutton, and Leslie; John Hahn showed up for the pizza, resting after his 50 km run at Chuckanut Mountain the previous day. Newcomer William Emerson ran all 3 legs as a member of 2 different relay teams, and he won legs 2 and 3!

The West Seattle Striders were extremely hospitable, friendly, and fun. Many thanks to them for including us in their unique event. They talked about doing it again, so plan to join us next year!

Thanks to Carol Degan for writing this up.

### **March 20 General meeting**

About 30 Eastside Runners members and friends attended. Scott Jurek, the guest speaker was very well received. The audience enjoyed his program and several stayed after the meeting to talk to him.

Willie had the clothing rack and gave a pitch. The Board member reports all went well. Significant items: club voted unanimously to be manage the race course for the Beach to Bay race on September 17, which is put on by the Kirkland Chamber of Commerce in association with the Taste! Kirkland event. Linda Wheaden looked for support of her idea to add mile markers to the BG trail and got some discussion but no volunteers. More information is needed, but this idea was well received. Antonio got a good response to the new Grand Prix series, I thought. Barb got a good response to the March 32nd relay run, too.

### **Thursday night Grand Prix Series**

On April 6th, the first Thursday night run of the year, Loren Cowan stunned the other competitors by not just taking first place, but by being only 3 seconds off his predicted time in the 5K distance. His win kicked off the first event of the 2000 season for the Eastside Runners Thursday Night Grand Prix Series.

This past Thursday, Al Schuehle silenced the skeptics by estimating the distance of the Marymoor Park Climbing Pinnacle course within .01 mile, winning first place for that event. Cowan's respectable third place kept him in first place overall for the series, while Schuehle's win put him in second.

Winning this year's Thursday Night Series has become an obsession for "Buffalo Bills" Cowan, who has never won the series, but reportedly has come in second place overall more often than any other member of the Eastside Runners.

Completing the top five runners in the series: third (tie) Tami Curtis and Steve Roach, fifth Bill Hughes.

Next Thursday, April 20<sup>th</sup>, will be a Poker Run. Everyone who runs the entire course will have an equal shot at winning, so we could end up with a whole new set of leaders! The run starts promptly at 7 PM at Luke McRedmond Park, behind Shari's restaurant in Redmond. For more information, email Antonio at: [amontanana@hotmail.com](mailto:amontanana@hotmail.com) or call him at 425-867-5072.

**April Schedule – Saturday morning runs, 8:30am**

**April 22 – Sammamish River Trail cleanup - meet at Luke McRedmond Park**

**April 29 – Lake Hills/Phantom Lake**

**May 6 – St Edward's State Park**

**May 13 – Mill Creek**

**May 20 – Mercer Slough**

**May 27 – Medina/Hunt's Point**

For more info call Ed or Barb Sobey at 425-861-3472 or go to the website, [eastsiderunners.com](http://eastsiderunners.com).

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