

ESR Summer Picnic-2002

by Karen Zehm

Another ESR summer picnic come and gone. This years picnic was held at Cottage Lake Beach Club community park on Thursday, August 22nd. The weather was sunny and the turnout was good.

Thanks to Loren Cowan for setting up the relay course again this year. The winning team members were Carl Kadie, Ben Kadie, and Bob Wismer. The youngest participant award goes to Andrew Collins (Sandy and Loren Cowan's grandson).

Frank Slagle's 81st birthday was celebrated with a cake and a round of "Happy Birthday To You".

Many thanks to all the volunteers this year, especially Mark King for organizing the event. Other volunteers included Pearl Spiger, Sharon Manolopoulos, Tim King, Mary King, Bob Spiger, and many others who helped clean up.



Happy Birthday Frank!

The Eastside Runners
P.O. Box 2616
Redmond, WA 98073-2616
Website: www.eastsiderunners.com
E-mail: info@eastsiderunners.com

BOARD OF DIRECTORS

PRESIDENT:
Barbara Sobey 425-861-3472
bb.sobey@verizon.com
VICE PRESIDENT:
Mark King 425-788-9276

TREASURER:
Loren Cowen 425-836-5583
Lc.saxguy@gte.net
SECRETARY:
Sandy Cowen 425-836-5583
scowan.email@gte.net

ESR LEADERSHIP TEAM

ACTIVITIES DIRECTOR:
Bob Wismer 425-445-3129
bob@wismer.com

MEMBERSHIP:
Vikki Zarkovich 425-837-8753
vikkijc@hotmail.com
TOPICA MESSAGE BOARD OWNER:
Antonio Montaña 425-867-5072
amontanana@hotmail.com

WEBSITE TEAM:
Elise Botch 425-453-7382
emb@trufamily.com
Gabi Braun 425-823-6244
gabi_braun@hotmail.com
Niels Kirkegaard 425-401-1322
nielskirkegaard@hotmail.com

MT. SI RELAY RACE DIRECTOR:
Willie Sato 425-822-2567
wsato99@gte.net
SATURDAY AM RUN COORDINATOR
Mona Petrou 206-550-2942
425-743-9663
mpetrou@windermere.com

FEATURED RACE COORDINATOR:
Carl Kadie 425-747-7545
carlk@msn.com

RUNNING APPAREL:
Ash Hans 425-788-9276
ashhans@attbi.com
RACE VOLUNTEER COORDINATOR:
Mark King 425-788-9276
markking@foxinternet.net

PUBLIC RELATIONS:
Carol Degan 425-814-8003

THE RUNNER MUMBLES STAFF

PUBLISHER:
Karen Selander 206-999-3060
kselander@windermere.com
EDITOR:
Alison Turner 425-889-8854
djturner2@mindspring.com

President's Message

by Barbara Sobey

Summer is a great time to be living in the Pacific Northwest. And, it's a great time to be an Eastside Runner. It's the best time for running. It's warmer, most of the time. It's not quite as wet, most of the time. And there's lots of daylight, all summer long!

Eastside Runners have weekly runs scheduled all year round. But, if you're looking for cross training, or just some other fun, outdoor activities, you can find that through Eastside Runners as well. Our members participate in many activities. Some of them are listed in this newsletter. Others you'll hear about by just talking to your fellow ESR members

Interested in kayaking? There's a group of Eastside Runners who get together many Friday evenings to kayak around the Seattle area. They often meet at places where kayak rentals are available, so it's a great opportunity to try out something new.

Many of our members are avid bike riders. If you're looking for a biking

partner, check with some of your running partners at the next ESR event. You won't have to ask very many people before you find someone who's ready for a ride.

We also have members who are active hikers and/or backpackers. Just bring up the topic at a Saturday breakfast and see how many suggestions you get for great hikes in the area or the latest backpacking route.

Yes, Eastside Runners is a running club. But many of our members participate in other activities as well. So take advantage of the friendships you've made through ESR. Take advantage of the long summer days. Enjoy summer in the Pacific Northwest. It's the best place to be this time of year!



ESR Fall General Meeting

By Barbara Sobey

Eastside Runners will hold a General Meeting on Monday, October 28, at the Bellevue Library, 1111 110th Ave NE, Bellevue. Free parking is available in back or under the library. Social time and refreshments will begin at 6:30 p.m. The general meeting is scheduled for 7:00 p.m. Our featured speaker will be ESR member and track coach, Tony Young.

You've probably been reading about Tony in the past two issues of Northwest Runner. When Tony turned 40, he set his sights on several of the Masters records and has been successful at breaking records and winning races. He will be speaking on "Peaking Again." Come hear his stories about training, winning races and setting records.

2002 ESR Holiday Party

by Bob Wismer

I know what's going through your mind lately. You are just now coming down off the (natural) high of the awesome time you had at the ESR Summer Picnic, thinking life can't get any better than this. Well, prepare yourself. Now you can start thinking about the culminating event of the calendar year, the ESR Holiday Party on December 7th. Sit down while I tell you what you're about to indulge in. If you came to last years' event, you'll know what I'm talking about.

It will take place at the Pine Lake Community Center in Sammamish. The same Sammamish that neighbors Sahalee, which hosted the NEC PGA tournament, highlighted by Tiger Woods ... big time ... see where I'm going with this? Ready for more? How about catering by Twelve Baskets, with an array of fruits, vegies, cheese and crackers, highlighted with a choice of chicken fettuccine, vegetarian lasagna, or beef stroganoff. We'll even throw in a side salad. Wait, wait!— there's more - entertainment and dancing with Ron Van Ryn and the world renowned Splitz. We might even be treated to a few tunes accompanied by "Saxguy" Cowen himself.

Can you believe it? You may be asking yourself if we can fit it all in one action packed evening? You bet we can! If you can't wait until 6:30pm that night, contact Bob Wismer at bob@wismer.com or 425-445-3129, and he'll sign you up to come early and set up. You might even be treated with an early glimpse of the Twelve Baskets caterers, the band, or even the "Saxguy" – maybe even score an autograph. Come hungry, and bring your dancing shoes. Put it on your calendars. We'll keep you informed.

ESR ROCKS AT 2002 SUPER JOCK N JILL ½ MARATHON!!!!

by Julie Pyne

Another year and another Labor Day brings another Super Jock N Jill ½ Marathon! On Monday, September 2, a few dozen Eastside Runners climbed out of their beds early in the morning to help with this years' race. We all met in the parking lot of Redhook Brewery in Woodinville, ate some bagels and donuts, drank some coffee to wake up, and then spread out along the course to perform our various duties. This year brought over 2000 runners and walkers together for the highest participation ever!! The course had a few changes this year in order to eliminate the horrible out-n-back near the end. All in all, the racers loved the course and were very grateful to ESR for guiding them in the right direction and calling out the mile-splits.

Many thanks to our Course Monitors Lisa Blauvelt, Angela Brame, Carl Bryan, May Cheng, Tami Connelly, Carol Degan and Brent, Mel Donaldson, Ash Hans, Carolyn and Jim Hitter, Bill Hughes, Brian Hutchison, Mary and Tim King, Bruce Lobree, The Rayl family, Lisa Schmidt, Karen Selander, Barbara and Ed Sobey, Bob and Pearl Spiger, Diane Stong, Bob and Nora Weed, and Bob Wismer. Also many thanks to our split-timers Bob Wismer, Jim Stevens, Julie Pyne, and Loren Cowan. Extra special thanks to Mark King for helping to organize this rowdy bunch!! The racers definitely appreciated the volunteers, as many of them shouted their thanks as they breezed by. ESR members should appreciate them also – this event brings in a fair amount of money for the club!

As some of you know, the major incentive for volunteering is the post-race beer at Redhook. We landed a large table on the deck, guzzled beers and other drinks, and ate some delicious food for lunch. The day was a true success!! Everyone who helped did a phenomenal job – thank you all very much!!!



Saturday Morning Runs

by Mona Petrou

All runs start at 8:30am (arrive 15 minutes early)

October 5-Preston-Snoqualmie Falls Trail

Paved trails in a wooded setting with a view of Snoqualmie Falls at the turn-around. 2, 3.8 and 5.8 mi. out and back. Start where Lake Alice Road crosses Preston-Snoqualmie Trail. King County Thomas Guide pg. 629 F1

Run Leader: Carl Bryan (425) 222-7554

October 12-Lake Hills/Phantom Lake, Bellevue

5.3 mi. keyhole or 6.0 mi. dumbbell courses on unpaved trails and sidewalks K-Mart Shopping Center off 148th Ave. at Main St. in front of Starbucks. King County Thomas Guide pg. 566 J6

Run Leader: Fred Jaffe (425) 746-3814

October 19-Cougar Mountain, Bellevue/Issaquah

Multiple courses available on beautiful, well maintained trails and/or pavement combinations. Some hills. Run either in Cougar Mountain Park or Coal Creek trails. From I-90: Take Exit #13 (Lakemont Blvd). Proceed south on Lakemont Blvd SE for 3.2 miles. Meet at Red Town Trail head and parking/on left at the big bend in the road.

**Run Leaders: Al Schuehle (425) 883-9824
Lisa Schmidt (425) 562-7978**

October 26-Sammamish River Trail Clean Up

Combination trail clean up and morning run. Meet at Luke McRedmond (Lagoon) Park on Sammamish River Trail. King County Thomas Guide pg. 537 B4

Run Leader: Julie Pyne (206) 297-0745

November 2-Bridle Trails/Kirkland Breakfast Potluck.

3.2 mi., 5 mi., or 8 mi. marked course through lovely Bridle Trails park. Bring a dish or drink to share/coffee and water is provided by the club. Meeting spot is the parking lot of the Ben Franklin School; 12434 NE 60th; at the north edge of the Bridle Trails. King County Thomas Guide pg. 506 G6

Run Leader: Al Schuehle (425) 883-9824

November 9-Edmonds

5 or 7 mile loop in Edmonds on pavement and trails. Meet at Meadowdale playfields at 66th Ave. and 168th street. Snohomish County Thomas Guide pg 435, B7.

Run Leader: Mike Donoghue (425) 743-9663

November 16-Mercer Island

Four hilly routes, including stairs, from 4.7 to 10.3 miles. Other out and back routes on bike path for walkers and jogging strollers. Meet at tennis courts in Lid Park, 71st Ave SE & SE 22nd. King County Thomas Guide pg 595, J1.

Run Leader: Vikki Zarkovich (425) 453-7382

November 23-Mercer Slough, Bellevue

4 mile loop or 6 mile figure 8 on unpaved trails and sidewalks. South Bellevue Park & Ride off Bellevue Way just north of I-90, exit 9. King County Thomas Guide pg. 566 B2.

Run Leader: Elise Botch (425) 453-7382

November 30-Medina/Hunts Point

3 1/2, 5 or 6 mi. loop courses on streets and sidewalks with views of Lake Washington, Hunts Point Town Hall, Hunts Point Lane & 84th Ave. just north of Hwy. 520. King County Thomas Guide pg. 566 B2

Run Leaders: Sue & Willie Sato (425) 822-2567

December 7-Mill Creek

4.3 or 6 mile loops on paved trails and sidewalks along quiet residential streets. Bothell-Everett Highway at 164th St. SE (Mill Creek Road). Snohomish County Thomas Guide pg. 436 C7.

Run Leader: Al Schuehle (425) 883-9824

December 14- Kent Christmas Rush-ESR Race of the month

Join the ESR group at the Kent Christmas Rush. Fast and flat, along the Green River, certified 5K and 10K courses. For race registration and details contact:

www.ci.kent.wa.us/culturalprograms.

Debbie Blessington, LMP	
	MASSAGE THERAPY
Eastside Runners Special:	
\$5 off first massage	
\$10 off if scheduled before 3:30pm	
11411 NE 124th Street, #170 425) 823-1166	

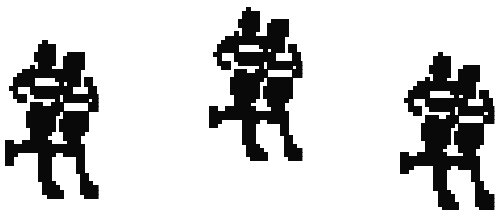
New Monday Night Run!

Looking for something to fill the gap between the weekend and the Wednesday track workouts? Join other Eastside Runners at the **Footzone in Redmond Town Center** (right across from REI) at **6:00 p.m.** We are there every week, rain or shine. Runs vary from 3-7 miles. There are several courses available, some flat, some hilly. Much like our Saturday morning runs, we break into groups of same-paced runners. All levels are welcome.

For more information, call Barbara Sobey at 425-861-3472

Wednesday Night Track

The track workouts are every **Wednesday at 6 pm**, year-round, rain or shine, at **Lake Washington High School, 12033 NE 80th Street in Kirkland, WA.** Lake Washington High School track was newly re-surfaced. Turnout ranges from only a handful of runners on the rainiest evenings to 30 or so on the good nights. Paces range from a couple of runners who do the 400s in 70 or 80 seconds to some folks who just jog slowly around the outside lane. You will quickly find what group to hook up with by the pace you run. It is advisable for people to warm-up 5 or 10 minutes before 6 pm and conclude with cool down of a few laps. Colin Hawkes is the coach, and goes over the nights workout before we start. An example of a workout might be, 2 x 400 meters, 600, 2 x 400, 800, 2 x 400, 1000 with a half-lap recovery between each interval. Each workout is about 3 miles total and is completed in about 35 minutes. There are those who choose to do their own workout but come for the camaraderie. This workout is meant for you to increase your pace or improve your form. You are out there for YOU, there is no need to feel like you have to keep up with the other runners. It is relaxed and non-competitive.



Wednesday Night Run

Looking for a mid-week alternative to the Wednesday track workouts? Join other Eastside Runners at the **Footzone in Redmond Town Center** (right across from REI) at **6:00 p.m.** We are there every week, rain or shine. Runs vary from 3-7 miles. There are several courses available, some flat, some hilly. Much like our Saturday morning runs, we break into groups of same-paced runners. All levels are welcome.

For more information, call Barbara Sobey at 425-861-3472.

Thursday Night Run

The Eastside Runners Thursday Night Summer Runs originate at **Luke McRedmond Landing, 15811 Redmond Way, Redmond, WA.** Meet at the Picnic Shelter. Start time is at **6:30 pm** (Pacific Daylight Time). Please arrive earlier if you need to warm up. The course is out-and-back on the Sammamish Valley Trail. The last run will be October 31. From November 1st, through the end of March, the Eastside Runners' Thursday night runs will begin at **6:00 pm** from **Piecora's Pizza** in Kirkland. Piecora's is located in the Southeast corner of the Bridle Trails Shopping Center, **6501 132nd Ave. NE, Kirkland, WA 98033.**

Walkers Welcome

by Mark & Mary King

Do you have friends or family members who aren't runners but you know would enjoy the social aspect of our Saturday morning events? Please invite them to join the growing group of walkers participating in these weekly activities. Walking groups start at the same time and location as the runners. Routes are informal, sometimes following those planned for runners and other times improvised on the spot. Lengths also vary depending on the mood of the participants but most often fall in the 3 to 5 mile range. Outdoor enjoyment, good conversation and breakfast afterward are constants.

Mt. Si Donations

by Willie Sato

Ever wonder what you get for your dues? Membership dues cover only a portion the club's expenses. Thanks to revenue from local races, where ESR members volunteer, we are able to make ends meet. In addition, our own annual Mt Si Relay has been very profitable in recent years.

Being a non-profit organization, and a good civic minded neighbor, we are happy to share our good fortune. For 2002, ESR is pleased to announce the following groups as recipients of \$500 each from our club:

World Impact Network - they provide, among other things, a food bank on the Eastside. Suggested by Sandy and Loren Cowan.

Special Olympics - As runners, we should be thankful for our good health and athletic abilities. We hope to have a representative from Special Olympics speak at our Oct 28th General Meeting, and accept their contribution at that time. Suggested by Mark and Mary King.

Lake Washington High School - Thanks to the efforts of ESR President Barbara Sobey, we are able to give back directly to LWHS, where we hold, at no charge to the club, the Wednesday Night Track Workouts. The girl's soccer team is to be the recipient this year. Suggested by Pearl Spiger.

I'm sure we all feel a little better, knowing that our club is doing good for the community, and not just for ourselves.

Thanks very much to Sue Sato, Treasurer for the Mt Si Relay, for arranging all of these contributions.



" ESR President Barbara Sobey, with Larry Winkler and Coach Michael Rasmussen of Lake Washington High School, after presenting their check from ESR."

Eastside Runners Email List

by Antonio Montanana

Eastside Runner club members can subscribe to the club email list and receive weekly messages about the Saturday morning runs (including location and directions), the clubs "Featured Race" and other club/running related events. It's a great way to keep in touch with club activities! The list is moderated; any subscriber can send messages to all other subscribers but all messages are evaluated to verify the content is club/running related. Club members can subscribe/unsubscribe an anytime and can also subscribe with multiple email addresses (get your messages at home and work!).

No longer receiving club email messages? It's probably because you've changed your email address and you need to re-subscribe to the list from your new email account. To subscribe, send an email to: esr-subscribe@topica.com

To send running/club related messages address the email to: esr@topica.com

To unsubscribe, send an email to: esr-unsubscribe@topica.com

Any questions? Contact the list moderator: Antonio Montanana at amontanana@hotmail.com

ESR Apparel



Check out the new ESR apparel on the website at www.eastsiderunners.com



Making the Team for H2H

by Bob and Pearl Spiger

So, you're interested in forming a team for the Haney to Harrison relay. Lots of ESR members have participated in the relay and are a good source of information. Some of the things to consider are:

- a) How to find people for your team
- b) How to enter the relay
- c) Where to stay in Haney
- d) Where to stay in Harrison
- e) Transportation on race day, and
- f) Team philosophy.

Finding people for your team depends a lot on team philosophy. If you expect your team to win in the category you enter, you will want to recruit fast runners. The Wednesday night track workout is probably a good place to pass the word that you are forming a team. Look for people who finish early. If, on the other hand, you are forming a team just for the fun of it, then your team will be more like ours. We had good luck recruiting at the Saturday morning breakfast. The team name is another factor. For example, a team named "Lightspeed Ladies" may well attract a whole different group of people than one named "Will Run For Food". You should be prepared for a certain amount of attrition in your team, particularly if your team is formed early. People coming from far away are risk factors as are those who don't like to travel to foreign countries.

Entering the race is easiest using the race web site listed under www.bcathletics.org. You can get a lot of information on the eight legs of the course which vary from about 5 to 9 miles in length. The registration can be done on-line with a credit card. Most of the ESR teams pick up the race packets on the first Friday in November, the day before the race. At this time you need to submit a list of the runner names for each leg. The type of team you register will depend on the team makeup and age. On race day, the recreational category starts at 7:30am while the others start at 7:00am. For a quick team, this doesn't matter. For our teams, we needed all the daylight we

could get.

Most people on ESR teams come to Haney, have dinner and stay Friday night to be on hand Saturday morning. There are a number of reasonable motels, although several are actually a few blocks away in Maple Ridge. Booking early will allow your team to stay together.

In our opinion, the Harrison Hot Springs Hotel is the place to stay in Harrison if you like hot spring pools, parties, tasty buffet meals, and lots of people. This is basically where the race finishes and where the awards ceremony is held. Most people stay Saturday night and head for home on Sunday. There is a buffet breakfast and a group run Sunday morning. Once again, it pays to book early.

The team should discuss day of race transportation before day of race. More vehicles means more flexibility but perhaps less camaraderie than one vehicle. On parts of the course, each team is limited to one vehicle. Other factors include small children, dietary preferences, and the desire to quarantine sick team members. For slow teams, another factor is the required start of legs 7 and 8 by a certain time. This could mean that runners in legs 6, 7, and 8 would all be running at the same time.

Although the forming of a team involves a certain amount of logistical hassle, we have had a good time putting ours together for the last two years and encourage you to give it a try.



Karen Zehm (Selander)
REALTOR®

Cell (206) 999-3060
Business (425) 483-5100
E-mail [kzelander@windermere.com](mailto:kselander@windermere.com)
Website www.aaronandkaren.com

Windermere

Serving the Eastside and
South Snohomish County

Windermere Real Estate/S.B.A., Inc.
13901 N.E. 175th Street, Suite 100
Woodinville, Washington 98072

ESR Member News Update

Congratulations to Debbie and Steve Bredeweg on the birth of their first child, Luke Jacob Bredeweg, born September 6th at 9:53 AM. He weighed in at 6 lbs., 13 oz., and 19 1/2 inches long.

Congratulations to Karen and Aaron Zehm on their recent marriage. They got married in Las Vegas on September 4th.

Here is a funny story from Chuck Kastner:

My wife and I arrived at our starting point near the Burke-Gilman Trail. We were out of energy bars, so I popped into the local grocery store (QFC) to buy a few. I was wearing my traditional running attire--rain jacket, fanny pack, and tights. I seemed to be getting a lot of attention as I stood in line with my

bars in hand. My out of shape, middle aged contemporaries gave me admiring glances. (If only they could look like me) As the clerk sheepishly handed me my change, he kept giving me sly sidelong glances, too. I reveled in the attention. It must be the combination of my new weight lifting routine and marathon training; a heady mixture that generates a glowing aura of health and vitality. I bounded back to the car in a perky mood until my wife started laughing hysterically. She reached behind me and ripped off a pair of her black laced panties that swung from the velcro on the neck of my jacket. Oh my God, I thought as I plunged on to the trail, never looking back, and vowing never again to visit the local QFC. The moral of the story is to always check your velcro before you head out in public.

Welcome New Members: July - September 2002

Richard Knight's bio: Hi. I am an independent manufacturer's rep for EDA companies (Electronic Design Automation). I have lived in WA for about 7 years. I dig sushi, BBQ's, warm beaches, etc... :-)

Kristin Olsen's bio: I moved out here from Myrtle Beach, SC in the spring of 2000 and started working for the Bellevue Art Museum as a manager for the art fair they put on every summer. Currently I work for a nonprofit founded by Dale Chihuly called Seniors Making Art and am 2 quarters away from finishing my Masters in Business. I enjoy running and did 10K races in SC, however with work and school I've let my mileage slip!

John Dickson's bio: Just moved here with my family from Portland, leaving my beloved Wildwood Trail behind. Rumor has it there are a few trails around the here though... I'd like to find some new running pals, especially for longer runs. No big goals at present. I've threatened to train for a spring marathon to celebrate my 50th birthday. Vancouver? London? Sleep in on S u n d a y s i n s t e a d ?

Dave Steffens bio: I am 43 years old and have been running for 30 years. I have logged over 90,000 miles along the way and, despite a bad hamstring injury a few years ago (that is completely healed now), I have been relatively injury free - so don't let anyone tell

you that running will ruin your joints. The highlights of all the years of running has to be the camaraderie I've shared with other runners. When you train together you create a bond that connects on a surprisingly deep level (you also laugh a lot!!!). I also, love the battle of competition even if I end up on the short end of the stick, the effort builds character. Currently, I went into business with the Eastside FootZones and helped open the Bellevue FootZone store - come in and say hi & don't forget about your discount. Also, I am a running and walking coach for all levels. I am currently the head coach for the Arthritis Joints in Motion Program, the Seattle Marathon Training Program and I coach runners and walkers on an individual basis. My advice: Listen to your body (not the nay sayers), vary your running surface and terrain, & keep your shoes in good shape. Happy Trails (and roads)!

Bo Cole	Shelby Schenk
John & Rebecca Koreny	Tony & Kelly Burns
Kim Lobree	Amber Landry
Andrea Ryan	Lynn Marindell
Christa Tinker	Aaron Sundberg
M. Gregory Tenn	Xia Yuaw
Ted & Kris Voxk	
Laura & Phil Bloch	
Dale Opp	

Welcome!

Featured Races

by Carl Cadie

The Eastside Runners' Featured Race series is organized to help members find nearby races where they can expect to see other ESR members. Whether you're looking for your first race or just adding to your massive t-shirt collection, races are more fun when shared with friends.

Upcoming Featured Races:

*** OCTOBER ***

Issaquah Salmon Days Rotary Run (25th Annual)

Flat & Certified. Another great place to a PR

Date: Oct. 6, 2002

Location: Issaquah, WA

Distance: 10k and 5k

Phone: (206) 270-2532, (425) 391-9019 hotline

Registration & Info: <http://www.salmondays.org/2002/sports/run.asp>

NOVEMBER

None scheduled

DECEMBER

Kent Christmas Rush

Date: December 7th or 8th

Distance: 5k and 10k

Check out the web site for details to come later



Race Results

by Tami Curtis

Taste of Kirkland Sunday September 15, 2002

5K

Jeff Grove 16:58 2nd overall,
1st division
Erik Rayl 17:29 2nd division
Jim Stevens 19:09 3rd division
Aimee Haag 20:55 1st division
Tami Curtis 21:19 2nd division
Carl Kadie 21:23
Robert Campbell 25:31

1/2 Marathon

79. Patty Bredice 1:40:08
103. Larissa Uchiyama
1:43:02
172. Antonio Montanana
1:51:10
292. Bill Bredice 2:02:40

Triathlon

184. Patty Bredice 32 F
1:22:11
215. Bradley Van Peurse
1:23:42
285. Linda Tarte 1:26:27 2nd
division
370. Janse Papenfus 1:29:24
549. Ed Sobey 1:35:33

Run-A-Muk

August 17, 2002

5K

Mike Donoghue, 1st Div 20.33
Carl Bryan 24.46
Phillip Bloch 25.26
Robert Campbell 25.52
Lisa Schmidt 27.1
John Stevens (youngest runner)
31.1
Jim Stevens 31.11
Linda Rinker 36.06

10K

John Sweeney 39.13
Nicole Sweeney, 3rd Woman
Overall 43.58
Carl Kadie, PR 44.36
Kim Lobree, 1st Div 45.18
Steve Moe 55.27
Laura Bloch, 1st Div 51.03
Heather Moe 55.27
Pearl Spiger, 1st Div 72.07
Bob Spiger, 2nd Div 82.28

Magic In the Mountains

ALPINE DAYS
August, 10, 2002-Northbend, WA

5K

Men's 36 - 40
1. Paul Abdalla 16:13

10K

Men's 36-40
6. Ramesh Rajagopal 41:31

Men's 41-45
4. Dale Bohm 43:08

Carnation, Run for the Pies

July 4, 2002

Females:

Patty Bredice 19:55 3rd in div
Aimee Haag 20:30
Barb Blumenthal 21:40 2nd in div
Larissa Uchiyama 21:41
Barbara Sobey 25:54 2nd in div
Ash Hansen 27:57
Nora Weed 31:20
Pearl Spiger 33:40 3rd in div (the
website shows 4th, but she got a
pie certificate) Mary King 47:34
Linda Rinker 48:21

Males:

John O'Hearn 16:32 3rd in div
Scott Adsit 18:42 1st in div
Gordon Overbye 20:05 2nd in div
David Murphy 20:33
Don Uchiyama 20:36
Woody Sobey 21:32
Steve McCracken 21:57
Ed Sobey 22:32
Mark King 22:39
Eric Kormondy 22:44
Rich Sidwa 23:29
Bill Bredice 23:32
Carl Bryan 23:53
Loren Cowan 24:38
Bob Weed 31:39
Bob Spiger 38:45

Dianne Bast personal results:

July 4th Run San Ramon 5K
26:05, 4th Div.

Tami Curtis personal results:

Danskin Triathlon
1:54 (PR and 1st triathlon)

May 5th Devils Mountain 10K
53:35 40-44, 14/72 age group

June 9th Everett to Paris 10K
53:49 8/113 age group
113 (overall female)

Ocean's Eleven

by Bob Wismer

The Mt. Rainier To The Pacific Relay consists of 11 person teams, each running about three 5-mile legs over 153 miles on country roads. It began in Ashford, Washington, just west of the Mt. Rainier Nisqually entrance, and concluded on the beach at Ocean Shores.

This article could just as easily been written about good times at the Hood To Coast Relay. Unfortunately (or fortunately as might be the case), our team failed to be drawn from the pool of 1,500 other 12-person teams that entered on the first day of registration back in October 2001. 1,000 lucky teams made the cut, while we made alternate plans for mid August.

Mark King was the first to suggest that we take this same team to the Rainier To Pacific Relay in July. A theory was born. Many gray and fewer follicles later, a team was created, existing of only three of the original HTC members. Mark was ready for the padded room when two people dropped out less than three weeks before the race. We recruited ESR heavily until we were at full strength once again. Thanks goes to Mark for his recruiting efforts.

Our 11 person team included ESR members Rich Sidwa, Mark and Scott King, Rosemary Vasquez, Phyllis Nelson, Dana Buccigrossi, Ash Hans, Jason Nelson, and myself. Toby Depaulo and Tricia Lee came over from Spokane, recruited by one-time teammates who dropped out due to a job and location change. We were also required to provide two volunteer course monitors. We owe our thanks to Mary and Tim King for stepping in.

I created an MS Excel spreadsheet that estimated everyone's start and finish time. This helped Rosemary emotionally prepare for her 3.7 mile leg at 2:30am. After 21 hours, 22 minutes & 10 seconds, we missed our predicted finish by 8 minutes and 15 seconds.

We had a Suburban and an Excursion to haul us around, thanks to the Kings and Rosemary. The ride to Ashford that Friday morning was uneventful, which is always a good thing.

At the registration area we met up with a second team of ESR runners, traditionally known as the Bashers. Their captain, Scott Adsit, has coordinated a team for every Rainier To Pacific Relay dating back 15 years. No wagers were made. The Bashers slowest runners rivaled our fastest. They started one hour behind us, and passed us on our ninth of 33 legs.

Yah, so we weren't competitive. We knew it and didn't care, all right? Quoting the profound words of the great philosopher Cyndi Lauper, "We just wanted to have fun". Okay ... it was a misquote. If you're looking for a story that goes on about how we won the race, than please skip to the next article, which I'm sure is more interesting than reading my babble.

Still there? Okay then, back to the relay.

None of us had run the RTP before, so every mile was a new experience. Rich started us off on a sunny Friday afternoon with a flat 2.1 mile leg. He thought he had it easy until he ran his third 5.2 mile leg up a steep, long, windy, and mostly gravel road.

Scott King, one of our strongest runners, took on the most difficult threesome of 6.9, 6.9 and 4.0 mile legs, which was no small feat considering the conditions.

Each of us had 6 to 7 hours between each leg. During this time we cheered each other on, provided water stops, attempted sleep, ate, and stretched for the next leg during each short stop. We managed to jump ahead long enough to get a few hours of sleep while half the team took their rotation.

Cell phone reception between vehicles was far from dependable. We relied heavily on our spreadsheet to estimate when we needed to be



ready for the beginning of our next rotation.

Prior to the second vehicles' second leg, we underestimated when we needed to wake up. I received a friendly wakeup call from Rich as he fortunately found reception to warn us that we had 15 minutes before meeting Mark, who was already half way done with his leg. As we scrambled to wake everyone, we couldn't find Jason, our third runner, lost in a sea of sleeping bags and low lighting in the Elma High School gym. I woke someone who at first glance looked like him, and groggily asked me at 3:30am, "Do I know you?". Leaving Dana behind to find Jason, I hastily drove Rosemary and Phyllis back 10 miles to meet Mark at the exchange point. We got there with a few minutes to spare.

When we returned to the school, the search party of Dana and the rest of the team came up empty. Jason was nowhere to be found, and he was scheduled to start running in 5 minutes. By dumb luck I stumbled across his sleeping bag. It's amazing how similar the back of peoples' heads look in the dark. It could not have been pleasant waking up to my frantic look, warning him that he was running in 5 minutes. Fortunately his starting point was within 100 yards of where he was sleeping. I gathered his bag and clothes. It was a group effort getting a drowsy Jason prepared. With reflective vest, race number and flashlight in hand, we ushered him to the exchange point with Phyllis appearing from the darkness.

Later that morning, Rosemary and Dana provided much of the entertainment, lifting our hearts on the final legs. They cranked up the tunes and led a dance as each of us ran by. I was greeted with a small human pyramid ... you had to be there to understand.

Ash ran our 33rd and final leg 4.9 miles on the hard packed sand along the beach, finishing adjacent to the Shilo Inn in downtown Ocean Shores. The team greeted her 100 yards from the finish to cap off the event together. Our team, Ocean 11, finished 11th out of 33 teams in the Mixed Open division. The Eastside Bashers finished 8th out of 84 teams in the Men's Open division.

After absorbing our 21+ hour triumph and claiming our medallions, we partook of the free food and drink, snapped team photos, waded in the ocean surf, and kicked sand on each other (okay, I did the kicking, and Dana has threatened revenge, and hopefully she's not reading this right now. Note to editor - "Don't send copy of newsletter to Dana"). Later we relaxed with a nice lunch and re-hydration at the Shilo Inn restaurant.

A great time was had by all. Many of us were strangers on Friday, and became friends less than 24 hours later. Everyone's excited about holding a reunion to gather again, reminisce, and share photos. I'm already looking forward to next years' relay. I don't mind skipping the crowds and congestion of Hood To Coast. I did that the previous three years. Early consensus indicates that we'll have a full team next year for the Rainier To Pacific. I found it to be more of an adventure then a run, and I had new friends to share the experience with.

Oh, and take your time registering – there's no rush.

The Golden Note Award

by Elise Botch

Avid marathoners are always looking for the next challenge and adventure and I read about the Golden Note Award. "Start 2002 on a high note by running 52.4 miles of Musical Marathons Everybody who finished both the Suzuki Rock 'n' Roll Marathon on June 2, 2002 in San Diego and the Country Music Marathon on April 27, 2002 in Nashville will be presented with the Golden Note Medal. The beautiful heavy weight golden medallion measures four inches and is engraved with "Finisher", 52.4 Miles of Musical Marathons." Well, this sounded great to me, so I signed up for both. Of course, I was not thinking at the time the marathons were only 4 weeks apart. My only thought was that I had never been to Nashville and I love going to San Diego.

My training for Nashville consisted of two days of running a week and a long run on the weekend, life just did not permit me to put in any more time than that so I went to Nashville just hoping to finish. I arrived in Nashville and was amazed what a beautiful city it was and how easy it was to get around. My hotel was in the perfect location, 5 minutes from downtown and the start of the marathon at the Coliseum and 10 minutes from Opryland. It was a perfect day for running the on race day. The Country Music Marathon & 1/2 Marathon starts at Centennial Park, (where there is a replica of the Partheon) and finishes at The Coliseum, the home of the Tennessee Titans. We were shuttled from the Coliseum to Centennial Park for a 7 am start. Along the way, you run pass many of Nashville's scenic and historic points of interest including the Ryman Auditorium, Music Row, Belmont University, Bicentennial Mall, the state Capitol building and beautiful Shelby Park. The course has a number of rolling hills and at the 11th mile the 1/2 marathoners broke off from us marathoners and we could see the finish line a mile away. The course then round into a business park, that portion was pretty flat. Then we came back up toward the finish and at 20 miles we were on the same street of the finish line and had to go right on by it as there were

six miles left to go, it was mentally tough to go on and if I did not have that chip strapped to my shoe I might have just stopped there. We did some hill climbing and ended up at a beautiful Shelby park that weaved for about 5 miles then we came out of it and had a mile to go back to the finish at the Coliseum. I came in 3,462 of 4,427 marathoners. It was a slow marathon but I was just glad I finished. The bands were great along the course and I gained a great appreciation for Country music. The post concert featured Jo Dee Messina and Lee Roy Parnell, nice way to end a perfect day.

San Diego Rock N Roll Marathon

Since I had just completed Nashville four weeks earlier and life allowed me to devote more time to training I felt more confident attempting the Rock N Roll Marathon. We parked in the Port of San Diego. No markings of any kind to help you remember where you parked. I knew that was going to be a problem when I returned so I decided to count rows, thinking that might help. We were shuttled to the start a road up near Balboa Park for a 6:45 am start. The course passes many of San Diego's highlights. I say that quite literally, we did not see any of them. The marathon starts outside historic Balboa Park, runs through Hillcrest, skirts the world-famous San Diego Zoo and the downtown Gaslamp Quarter, travels up Highway 163 – supposedly America's most scenic urban highway, races by Sea World and around San Diego's beach and bay communities and then finishes at the historic Marine Corps Recruit Depot. Highway 163 is sloped at a 45 degrees angle and very difficult to run on, but we did six miles. Each mile of the course we were supposed to hear Rock N Roll bands but I encountered very few. There were 16, 539 finishers and the interesting statistic was that there were 1,100 more women finishers than men. My finish time was the best for

the year. Once, we got to the Port of San Diego, the nightmare began. I had to find that rental car. I knew what side I parked on but it was white, like so many. I was tired and getting angrier by the minute. I had to walk up and down 1/4 mile stretches after just running a marathon. Luckily a nice woman offered to drive me around until we found it after 45 minutes of searching. The nightmare did not end there. It took an hour to get out of the parking lot because the volunteers did not know how to direct traffic and we were at a deadlock. My temperature was rising. I still had to take a shower and head back up to LA that afternoon to catch a plane home. When I returned home I contacted the organizers to share my disgust I told them I could not recommend the Rock N Roll marathon to my friends in my area running club. So I just want you to know I give the Rock N Roll Marathon a definitive thumbs down.

I was told it would take two months before I would receive my Golden Note Medallion.

It arrived two months to the day. I have my name inscribed on a plaque and have been awarded the Golden Note for running 52.4 Miles of Musical Marathons.

If you'd like to share your marathon experiences with other Eastside Runners, please send your article and any pictures to:

Karen Selander at

kselander@windermere.com



MONA PETROU

RESIDENTIAL SPECIALIST

Serving the Eastside since 1992

Windermere

Windermere Real Estate/HKW, Inc.

Phone: 206-550-2942

mpetrou@windermere.com

More ESR Picnic Photos



*The Eastside Runners
P.O. Box 2616
Redmond, WA 98073-2616*

