



# The Runner Mumbles



## Mt . Si Relay: Another Successful year!

by Willie Sato

The 2002 Mt Si Relay & Ultra Run, held April 14th, was a great success, in spite of unexpected adversities. We learned the morning of the race that due to recent torrential rains, some of the course was underwater, and some of the roadways were closed. There were later reports from the runners of trees down across the trail. It was crazy out there!

It was clear at 5:30 am quick action was needed. We were moving entire Exchange points and parking areas, setting out cones and signs, and repositioning volunteers on the improvised course just minutes ahead of the approaching runners. It all went incredibly smoothly, and we received many kudos for getting it all done.

Credit must go to all our great volunteers who did the work. Special mention to Exchange Captains Scott Adsit, Tim & Julie Holmes, and Kathy Rasmussen, who had to quickly set up new exchanges. Steve Roach did a precheck of Leg 1, found a portion of it closed to traffic, redesigned it and repositioned his volunteers in about 15 minutes. Max Limb road a bike miles to a critical turn on the trail that could not be driven to. Mike Donoghue placed signs and painted arrows along the new route. Thank goodness for cell phones! And an extra special thanks to Course Director Jim Schulz, who happens to live in the Snoqualmie Valley. He suspected the day before there might be road closures, monitored the river levels, and designed an alternate course the day before. We sure needed it Sunday morning.

It all did go very well after all. Thank You Thank You Thank You to all ESR volunteers, and their friends and family members who came out to help. Together we did a great job!

We are now in the process of making our annual contributions to local charities, with some of the proceeds from the race. This year we will be contributing to the Youth Special Olympics, an Eastside food

bank, and a local school athletic program.

Next years race is tentatively set for the last weekend of April, instead of the second weekend. Hopefully that will bring better weather!

See you all next year,

Willie Sato - Race Director

### Mt. Si Relay Volunteers 2002

Robert Adamson	Jim and Carolyn Hitter	Steve Roach
Scott Adsit	Tim and Julie Holmes	Julie Runyon
Kimberly Berry	Rand Howard	Maduri Sabharwal
Jerry Bielak	Jennifer Huffman-Swift	Richard Searce
John Blystone	Patti Jensen	Karen Selander
Steve Boesen	Carl Kadie	Ed and Barb Sobey
Earl Boyd	Rakesh Kapur	John Stone
Dana Buccigrossi	Jenni Locat	Don Stork
Bob Burch	Pete Maniccia	Sharlee Taylor
Candace Cadiz-Matteson	Tom Manning	Takaki Jeanine
May Cheng	Sharen Manolopoulos	Takaki Miwa
Mark Chopper	Steve McCracken	Takaki Tomo
Michael Conoway	Jenn Ng	Takaki Satoshi
Loren and Sandy Cowen	Dave and Jill Nye	Robert VanEvery
Carol Degan	Pete and Laverna O'Neil	Mark Warner
Gordon Duncan	Ken and Kim O'Neill	Ke;lly Waterhouse
Fred and Linda Durbin	Ed Pfeifer	Lary Webster
Bob Giantonio	Kathy Rasmussen	Bob and Nora Weed
Bruce Goldman	Randy and Daryl Ritter	Tyler Wyse
Ash Hans		Vikki Zarkovich

The Eastside Runners  
P.O. Box 2616  
Redmond, WA 98073-2616  
Website: [www.eastsiderunners.com](http://www.eastsiderunners.com)  
E-mail: [info@eastsiderunners.com](mailto:info@eastsiderunners.com)

**BOARD OF DIRECTORS**

**PRESIDENT:**  
Barbara Sobey 425-861-3472  
[bbs544@hotmail.com](mailto:bbs544@hotmail.com)  
**VICE PRESIDENT:**  
Julie Pyne 425-893-8485  
[julie\\_pyne@hotmail.com](mailto:julie_pyne@hotmail.com)  
**TREASURER:**  
Shelly Sidwa 425-885-0748  
[ris@nwrain.com](mailto:ris@nwrain.com)  
**SECRETARY:**  
Debra Venhaus 425-316-8149  
[debrajv1@aol.com](mailto:debrajv1@aol.com)

**ESR LEADERSHIP TEAM**

**ACTIVITIES DIRECTOR:**  
Mark King 425-788-9276  
[Markking@foxinternet.net](mailto:Markking@foxinternet.net)  
**MEMBERSHIP:**  
Vikki Zarkovich 425-837-8753  
[vikki@wildtangent.com](mailto:vikki@wildtangent.com)  
**TOPICA MESSAGE BOARD OWNER:**  
Antonio Montaña 425-867-5072  
[amontanana@hotmail.com](mailto:amontanana@hotmail.com)  
**WEBSITE TEAM:**  
Elise Botch 425-453-7382  
[emb@trufamily.com](mailto:emb@trufamily.com)  
Gabi Braun 425-823-6244  
[gabi\\_braun@hotmail.com](mailto:gabi_braun@hotmail.com)  
Niels Kirkegaard 425-401-1322  
[nielskirkegaard@hotmail.com](mailto:nielskirkegaard@hotmail.com)  
**MT. SI RELAY RACE DIRECTOR:**  
Willie Sato 425-822-2567  
[wsato99@gte.net](mailto:wsato99@gte.net)  
**SATURDAY AM RUN COORDINATOR**  
Lisa Schmidt 425-562-7978  
[ejslrs@earthlink.net](mailto:ejslrs@earthlink.net)  
**FEATURED RACE COORDINATOR:**  
Carl Kadie 425-747-7545  
[carlk@msn.com](mailto:carlk@msn.com)  
**RUNNING APPAREL:**  
Mark King 425-788-9276  
[markking@foxinternet.net](mailto:markking@foxinternet.net)  
**RACE VOLUNTEER COORDINATOR:**  
Julie Pyne 425-893-8485  
[julie\\_pyne@hotmail.com](mailto:julie_pyne@hotmail.com)  
**PUBLIC RELATIONS:**  
Carol Degan 425-814-8003

**THE RUNNER MUMBLES STAFF**

**PUBLISHER:**  
Karen Selander 206-999-3060  
[kselander@windermere.com](mailto:kselander@windermere.com)  
**EDITOR:**  
Alison Turner 425-889-8854  
[djturner2@mindspring.com](mailto:djturner2@mindspring.com)

**The Runner Mumbles** is the quarterly newsletter of the Eastside Runners. Individual memberships are \$12, families are \$18 (\$6 & \$9 if after June 30th). For more information call ESR President Barbara Sobey, send us an email, or visit our website.

## *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 has 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 Annual Summer Picnic*

By Mark King

### *Coming Soon to a Park Near You!!*

Hard to believe it's already time to start planning for this year's ESR summer picnic. It seems like just a couple weeks ago we were running in the pouring rain and 40 something degree temperatures along the Cedar River Trail (oh yeah, that was a couple weeks ago.) Anyway, this year's event will be held on August 22 at the Cottage Lake Beach Club community park, across the lake from the site of last year's picnic. Head west off of Avondale Rd on NE 168<sup>th</sup> ST into the Cottage Lake Beach Club development (Thomas Guide pg 477 F7.) Proceed about ¼ mile and the park will be on your right.

This year's event will be much the same as previous years. No need to change a winning formula. There will be plenty of food, games (including the traditional relay race), fabulous prizes and plenty of food. Hamburgers, veggie burgers, all the "fixin's" and drinks will be provided. Please bring a side dish or a desert. The festivities begin at 5:30 PM. See you all there!

## ***Volunteer Opportunities***

*by Julie Pyne*

The summer is here and races are happening all over the place. If you're looking for a fun way to get to know fellow Eastside Runners and want to get outside and enjoy the sunshine, volunteering is for you!!! We have a couple of events coming up where our help is needed. Please contact me via email or phone to let me know if you are interested. The more, the merrier!! And we always make it worth your time!

### **CONTACT:**

Julie Pyne at Julie\_pyne@hotmail.com or  
Ph: 206-297-0745

## ***Super Jock 'N Jill 1/2 marathon***

*by Julie Pyne*

Monday, September 2<sup>nd</sup> marks the day for the Super Jock 'N Jill 1/2 Marathon Run and Walk. This is Labor Day, so mark your calendars now!! ESR has provided many volunteers for this event in years' past and we have been asked to do so again this year. The walk begins at 8am, while the run begins at 9am. We act as course monitors, directing runners and cheering them on. The course starts and ends at Redhook Brewery in Woodinville and takes place along the Burke-Gilman Trail. More details to come. Hope to see you all there!!!!

## ***Look For Fellow Eastside Runners on TV!!!***

*by Julie Pyne*

On May 24<sup>th</sup>, several Eastside Runners gathered at Redhook in Woodinville for their chance to be a star!! Super Jock 'N Jill invited our club to take part in the filming of a television commercial to advertise the upcoming Super Jock 'N Jill 1/2 Marathon on Labor Day. The commercial spot will appear on KOMO-TV, so keep your eyes peeled for some familiar faces. Sorry, I don't know when the commercial will start running, but will keep you posted via email. The following people participated: Sue Adams, Susan Ashlock, Dana Buccigrossi, Kirsten Lemke, Andy Oliver, Kevin Ross, Max Limb, Sue Sato and Karen Selander. Super Jock 'N Jill was very appreciative of our t.v stars...thanks to everyone who helped!!!!

## ***Brooks Muddy Buddy Ride & Run***

*by Julie Pyne*

Sunday, July 14<sup>th</sup> marks the day for the Brooks Muddy Buddy Ride & Run Series at Des Moines Creek State Park, near Sea-Tac airport. The race begins at 9am. Help is needed in all areas in approximately six-hour shifts. The shifts are from around 6am-noon OR 7/8am-3pm. All jobs are open – from manning water stations to course marshals to helping with parking. All volunteers will receive a race t-shirt.

This is the first time that this race is in Seattle. It is a multi-sport buddy race that is completed in a leap-frog format. It is a total of 10k of biking and running with 5 obstacles on the way. The final obstacle is a large mud pit that each person must crawl through to get to the finish line. Seattle is one of eight cities that this series is taking place. Should be lots of fun to see people get covered in mud!!!

## ***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.

**Karen Selander**  
REALTOR®

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

Windermere

**Woodinville**

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

## ***Saturday Morning Runs***

by Lisa Schmidt

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

### July 6-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 Lk. Alice Road crosses Preston-Snoqualmie Trail. King County Thomas Guide pg. 629 F1

**Run Leader: Carl Bryan (425) 222-7554**

### July 14-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 148<sup>th</sup> Ave. at Main St. in front of Starbucks. King County Thomas Guide pg. 566 J6

**Run Leader: Fred Jaffe (425) 746-3814**

### July 20-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**

### July 27-Alki Beach with West Seattle Runner

Join the West Seattle Runners for their Saturday run from the Statue of Liberty at Alki Beach. Located on Alki Ave S.W. at 61st Ave SW. See King County Thomas Guide pg 594, B2. Or carpool from the South Bellevue Park & Ride at 8:00 a.m. Park & Ride is off Bellevue Way just north of I-90 exit 9. King County Thomas Guide pg 596 E2

**Run Leader: Barbara Sobey (425) 861-3472**

### August 8-Bellevue Footzone

Join both the Arthritis and Seattle Marathon training groups at the new Footzone in Bellevue. Store manager, Dave Steffens will map out various courses and provide some surprises at the finish line. Store is located at 10640 Main Street, Bellevue. Park in the large lot across 107th Ave NE from the store. King County Thomas Guide 566 D5

**Run Leader: Barbara Sobey (425) 861-3472**

### August 8-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 60<sup>th</sup>; at the north edge of the Bridle Trails. King County Thomas Guide pg. 506 G6

**Run Leader: Al Schuehle (425) 883-9824**

### August 17-Mukilteo Run a Muk 5K and 10K

Join us for the August race of the Month at the Mukilteo Lighthouse Festival. Check the website at [www.mukilteofestival.org](http://www.mukilteofestival.org).

**Run Leader: Carl Kadie (425) 747-7545**

### August 24-Mercer Slough, Bellevue

4 mi. loop or 6 mi. 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. 596 E2

**Run Leader: Elise Botch (425) 453-7382**

### August 31-Medina/Hunts Point

3 ½, 5 or 6 mi. loop courses on streets and sidewalks with views of Lake Washington, Hunts Point Town Hall, Hunts Point Lane & 84<sup>th</sup> Ave. just north of Hwy. 520. King County Thomas Guide pg. 566 B2

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

### September 7-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 Leader: Al Schuehle (425) 883-9824**

### September 14-Mill Creek

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

**Run Leader: Debra Venhaus (425) 316-8149**

### September 21-Redmond Watershed Preserve – An ESR Favorite!

3 ½ and 5 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 J1

**Run Leader: Allison & Dan Turner (425)889-8854  
Jane Stephans (425) 822-9747**

### September 28-Bothell Landing Loop

course of 6 miles or any distance out-and-back on the Burke-Gilman or the Sammamish River Trails. NE 180<sup>th</sup> St., ¼ mi. east of Bothell Way. King County Thomas Guide pg. 476 D6

**Run Leaders:  
Pearl & Bob Spiger (425) 488-7078**

## New Saturday Morning Runs

by Lisa Schmidt

### ***New Runs Added!***

Hello all ESR's. Yours truly has been hard at work adding some new runs sure to be new ESR favorites. Some are seasonal, so don't miss a thing. Please check out the new schedule, and look for these exciting new Saturday runs:

- **7/27:** Run with the West Seattle Runners at beautiful Alki Point. Obviously a seasonal addition, with carpooling options available for those who are travel-shy. Meet at the South Bellevue Park n Ride for carpooling over to Alki Point in West Seattle.
- **8/3:** Dave Steffens, the famous Seattle marathon runner, and multiple winner of the Seattle marathon, has opened a new Footzone location in Downtown Bellevue. We'll meet at the new Footzone, and run with a few other Eastside training groups. Dave has maps, refreshments, and other surprises ready for us. Should be a big, exciting, fun group of runners.
- **8/10:** Marks the return of everyone's favorite: the Bridle Trails Potluck/Breakfast Run. We've added a potluck so you can enjoy whatever treats you'd like to share. Some folks plan on camp stoves for flapjacks (although that might be a rumor!). The Club will provide coffee, bottled water, and paper goods/utensils; please bring muffins/donuts/fruit/other items to share. This is a very popular run and a lot of fun.
- **8/17:** Our featured race of the Month is the Mukilteo Run a Muk, and it's also our Saturday run this week. Check the website at [www.mukilteofestival.org](http://www.mukilteofestival.org) for more information. Carpooling will be available.
- **9/7:** A new trail run, sure to become an ESR favorite, is introduced this month. Join us at Cougar Mountain Red Town Trail Head for this fantastic Saturday run. Many courses will be available, some are simply spectacular! Think St. Edwards without the super steep slope. Some challenging courses are available, with some moderate ones as well. The Coal Creek trail is simply breathtaking! The best part is the post-run breakfast at the Old Country Buffet in Factoria (also breathtaking, but for different reasons!)

Enjoy the new Saturday schedule, and let me know if you have any comments or suggestions. I can be reached at (425) 562-7978. See you on Saturday!

## Wednesday Night Run

by Barbara Sobey

Looking for something to fill the gap between the Tuesday track workouts and the Thursday evening runs? Join other Eastside Runners at the Footzone in Redmond Town Center (right across from REI) at 6:00 p.m. We're there every week, rain or shine. Runs vary from 3 to 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

by Allan Schuehle

The Thursday night summer series is 12 weeks into the point competition. This time prediction series meets each Thursday throughout the summer, except for 7/4 and ESR picnic day 8/22. Meet at Luke McRedmond /Lagoon Park (159<sup>th</sup> Place NE and NE Redmond Way – see King County Thomas Guide pg 537, B4) on the Sammamish River Trail at 6:30. Come a little early to make your time prediction and record the distance you plan to run. Run leader, Al Schuehle ([luckyal@juno.com](mailto:luckyal@juno.com)) has marked out and back courses for 4k to 10k distances. Points are awarded based on the accuracy of your prediction and the number of runners for the evening. No peaking at your watch on the return run! Prizes are awarded to the top three point earners at the end of the series.

Leaders at this point are:

Mark King 54 points

Max Limb 32 points

Fred Jaffe 29 points

Ash Hans 17.5 points

Matt Buell 14 points

There's still plenty of time to get in on the fun. Join us on Thursday evenings for this summer tradition.

Contact Al Schuehle at 425-788-9824 or email at [luckyal@juno.com](mailto:luckyal@juno.com)

## Meet our ESR Tuesday night track coaches!

### **Member: Tony Young**

*Birthplace:* Chicago, Ill April 12, 1962

*Ht:* 6' 1"

*Wt:* 170

*Family:* Heather (wife), Mack (son - 10), Andie (daughter - 7)

*Occupation:* Bank Manager/Mkt Area Mgr

*Education:* BS in Business California State University of Los Angeles

*Recommended .....*

*Book:* anything with historical ref/facts, Civil War, WWII, etc,...

*Movie:* Forrest Gump    *Food:* You name it, it goes down! Italian, Chinese, Burgers!)

*Reason for starting running:* Watched the 1972 Olympic marathon as a 10 year old and have been hooked ever since.

*Hobbies:* Yardwork, (lately painting the house!), goofing off with the kids

*Favorite run:* Speed workout on the track or long and slow along the trails around Redmond.

*Avg. weekly mileage:* Fall/Winter - 60-70, Spring/Summer 45 - 55

*Favorite race:* Fall City (because it is accurate and FLAT!)

*Accomplishments:* Kentucky State High School Mile Champ (1979), Six-time Collegiate All American 800/1500 (1984 - 88), US Masters Mile record holder (4:09.61) - 2002

*Personal Bests:* 400/49.5, 800/1:48.79, 1500/3:42.8, Mile/4:00.4, 5k/13:52, 10k/30:42

*Words of Wisdom:* " Ignore Age and all of the barriers that are supposed to be present!"

*Long term goals:* "To run as close to 4 minutes for the mile as I possibly can." Enjoy retirement (from work) someday.

### **Member: Colin Hawkes**

*Birthplace:* June 21<sup>st</sup> in Reno, Nevada

*Occupation:* Financial Advisor, UBS PaineWebber

*Education:* BBA in Accounting from Gonzaga University, MBA from Texas A&M University.

*Recommended.....*

*Book::* Once a Runner by John Parker

*Video/movie:* Band of Brothers (HBO)

*Eatery:* Gilbert's on Main Street in Old Bellevue (Try the # 9 sandwich)

*Running store:* The recently opened Footzone in Downtown Bellevue

*Reason for starting running:* I have always loved to compete. I started running in the 4<sup>th</sup> grade to compete against my best friend in a local 5k race.

*Favorite races:* Rainier to Pacific, Hainey to Harrison, St. Patrick's Day

*Best race:* Lilac Bloomsday (12k) 41:39

*Worst race:* Portland Marathon 2000 (extreme rain at the start) I started way to fast, hit the wall at mile 15 finished 3:08. Portland Marathon 2001 (extreme heat) Arrived late to the starting line, ran way to fast trying to catch up, hit the wall at mile 17, finished 3:12. This year I've decided to change my fall marathon to Cal International, sorry Portland.

*Favorite training run:* Chisholm Park to Enetai Beach around the slew in downtown Bellevue. Any variation of the trail system near Kelsey creek.

*Avg. weekly mileage:* 30-35 miles

*Current shoe:* Nike Kantera

*Current injury:* Stiff right Achilles

*Years running:* since 1983

*Years in ESR:* 3

*Favorite non-running activity:* Golfing, kayaking, watching Mariners games, re-hydrating with a few friends after a hard workout.

*Current goals:* Run the Boston Marathon, try to avoid being lapped by Tony Young during Tuesday night track.

*Word of Wisdom:* Find a few running partners. It makes it easier to get out the door and makes your runs much more enjoyable.

---

**To meet Tony and Colin, come out to The Redmond high school track at 6:15 pm on Tuesdays. See page 7 for more information on the track workouts.**

## ***Tuesday Night Track***

---

Please note that the track workout has been **moved for the summer** while the Lake Washington High School football field is under renovation. We are now meeting at **Redmond High School, 17272 NE 104th Street, Redmond**. Workouts are every **Tuesday at 6:15 p.m.** We plan to return to Lake Washington in the fall since that location seems to be more convenient.

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.

For more information please contact Colin Hawkes at (425) 827-8984 or hawkesc@yahoo.com

## ***New ESR Apparel***

---

*by Mark King*

New lines of both running and casual apparel with the ESR logo are in the works. The initial order will include cotton T's and Nike Dryfit singlets. These items should arrive by the time you receive this newsletter and will be available for sale at the Saturday morning runs or by contacting Mark King at (425) 788-9276 or by e-mail at markking@foxinternet.net. Supplies will be limited, so be sure to buy early and often!



## *ESR Photo Gallery*

---



June 8th, Saturday morning run



ESR members before the Whidbey Island Marathon and half marathon.

Front Row: Lisa Blauvelt, Ash Hans

Second row: Jim Balkwell, Barbara Sobeu, Lesa Overfield, Shelley Sidwa, Rich Sidwa, Mary King, and Mark King.

Back row: Ed Sobey



## ESR Member News Update

### **ESR Welcome!**

Welcome to our youngest ESR members.

Ryan Curtis joined us on April 3. He weighed in at 9 lbs. 2 oz. He joins his older brother Jack as a new member of the baby jogger group. Tami is anxious to introduce him to the Sammamish River Trail. Congratulations Tami and Glenn.

Amelie Clara (Gabi, please fill in last name) joined us on May 19. She weighed in at 8lbs 12 oz. She is the first child for Thomas and Gabi. We expect to see Gabi and Amelie out running very soon. Congratulations and welcome!

### **ESR Goodbye!**

David Rigault has relocated back home to France. He will update us with his new contact information later. He will be missed.

Norma Corbin will be moving to the Bay area this July. Here is a note from Norma:

Hello

I have been a member for about a year and enjoy your camaraderie. The selection of trails is great. A lot of thought has gone into it. Since I live in Auburn I have only participated in the ones in Bellevue, Issaquah, Redmond, Horse Bridal trail, Fall City and Kirkland. Actually Fred bought me breakfast once because I was the one in the Saturday run that has come the farthest. I usually run with my Husky.

The ESR is a very "efficient club" and many times I have borrowed your ideas for the Diablo Road Runners of which I am a board member.

By late July I will be relocating to the Bay Area in California. I will join the Basts. I will continue to be a member and occasionally join your runs when in town. Also check my new contact number and perhaps some of you would like to stop by for a weekend.

Norma Corbin

## Welcome New Members: April - June 2002

**Jerry Wilson is still working.** Just turned 67, feels like 27, thanks to running, fast walking, some weights and good nutrition. He's not a zealot or a crank, he just picked up at 55 where he left off at age 18, and he's been pretty constant. It has paid off. Now he's getting serious about improving his endurance and possible competing-in a small way to start. Had a go at it about 5 years ago and showed some promise, but was sidelined. Looking forward to a comeback. He works out 5, sometimes 6 days a week on an indoor track and in the weight room at Gold Creek Tennis and Sports club in Woodinville.

**Jason and Robyn Allee** are recently married. Robyn is an accountant from Vancouver B.C.. Jason is a construction project manager and a Seattle native. Robyn has run 1 half-marathon and a few 10K's. Jason has run 3 1/2's and a few 10K's.

Catherine Carlson	George & Marguerite Moyet
Robert & Leona VanEvery	Laura Andrews
Ash Hans	Ramesh Rajagopal
Debra Thomas	Reann Bradshaw
Donna Woodcock	Eric Kormondy
Gregory Mills	James Beebe
Judy & James Stevens	John O'Hearn
Julie Sander	Susan Ashlock
Leonard Green	Carroll Moseley
Matthew Haber	Debra Johnson
Meagan Molovoz	Emily Pickrell
Stephen Gwinn	Heide O'Connell
Anthony Phillippi	Triffina Crain

## 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:

#### \*\*\* JULY \*\*\*

##### **Carnation - Run for the Pies**

Location: Carnation, WA

Date: July 4, 2002

Distance: 5K (certified)

Registration & Info: [http://www.movinglegs.com/run\\_for\\_the\\_pies2002.htm](http://www.movinglegs.com/run_for_the_pies2002.htm)

Email: [christinoart@msn.com](mailto:christinoart@msn.com)

#### \*\*\* AUGUST \*\*\*

##### **Mukilteo Lighthouse Festival Run-A-Muk 5k and 10k**

Said to be a bit hilly

Location: Rosehill Center at Mukilteo, WA,

Date: August 17, 2002

Distance: 5K & 10K

Phone: (425) 355-2514,

Info: [www.mukilteofestival.org](http://www.mukilteofestival.org) (under construction)

#### \*\*\* SEPTEMBER: \*\*\*

##### **Kirkland's Half Marathon and 5K**

Location: Carillon Point in Kirkland

Date: September 15, 2002

Distance: 5K & half marathon

Run/Walk, Kirkland, WA; runs at Carillon Point on waterfront, part of

Taste!Kirkland Festival; 8 a.m.; (425) 822-7066,  
[www.tastekirkland.com](http://www.tastekirkland.com)

#### \*\* 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>

Message Therapist ad

# Race Results

by Tamie Curtis

## Fremont Fun Run

June 21, 2002  
Seattle, WA  
5K

### Women's 20-29

2. Sarah Gist 18:29  
6. Nicole Sweeney 20:35

### Men's 20-29

10. Andy Oliver 20:12

### Men's 30-39

6. Jeff Grove 17:09  
18. John Sweeney 19:37  
51. Bill Bredice 23:46

### Women's 30-39

5. Aimee Haag 20:41

### Men's 40-49

1. Tony Young 15:05

### Men's 50-53

John Hahn 18:41

## Fremont Fun Run

June 21, 2002  
Seattle, WA  
5K

### Women's 20-29

2. Sarah Gist 18:29  
6. Nicole Sweeney 20:35

### Men's 20-29

10. Andy Oliver 20:12

### Men's 30-39

6. Jeff Grove 17:09  
18. John Sweeney 19:37  
51. Bill Bredice 23:46

### Women's 30-39

5. Aimee Haag 20:41

### Men's 40-49

1. Tony Young 15:05

### Men's 50-59

3. John Hahn 18:41

## Fall City Days

Saturday, June 15, 2002

### 10K results

#### Men's 30-39

20. Carl Kadie 45:20  
22. Tim Regan 45:26

#### Men's 40-49

23. Bob Wismer 45:33  
38. Steve Carlson 51:54

#### Women's 40-49

29. Monica Chun 58:48

#### Men's 50-59

6. Steve McCracken 44:19  
13. Carl Bryan 49:51  
27. Ken Chun 58:34

## 5K results

### Women's 20-29

4. Wendy Bright 22:05

### Women's 30-39

3. Patty Bredice 20:19  
5. Brenda Carter 22:14  
45. Teri Weronko 35:02

### Men's 30-39

14. Bill Bredice 22:56  
42. Mark Lord 55:55

### Women's 40-49

7. Rosemary O'Connell 24:07

### Men's 40-49

9. Eric Kormondy 22:07

### Men's 50-59

2. Scott Adsit 18:47  
8. Norton Smallwood 22:46

## Capital City Marathon

Olympia, WA

### Marathon:

Jeff Bell 3:16:03  
Ed Sobey 3:58:20  
Michelle Ball 4:17:14  
Barbara Sobey 4:44:39

### Half Marathon:

Tim Holmes 1:44:18  
Julie Holmes 1:51:52

## Redmond El Hawk 5K Run

April 28, 2002  
Redmond, WA

Abdalla, Paul\* 16:24.34 (1st over all)  
O'Hearn, John\* 17:01.63 (4th over all, 2nd in Div)  
Pazaski, Kevin 17:32.96 (3rd in Div)  
Hawkes, Colin 18:19.05 (1st in Div)

### Adsit, Scott 18:31.01 (1st in Div)

Regan, Tim 21:08.70  
Kadie, Carl 21:11.85 PR  
Moe, Steve 21:36.11  
Young, Mack 22:50.06 (1st in Div)  
Moe, Heather 28:02.80  
Hitter, Carolyn 30:29.42 (1st in Div)

## Mercer Island Half and 8K

Mercer Island, WA

### Men's Half Marathon

#### Men's age unknown

Brian Hutchison 1:55:32

#### Men's 30-34

Jeff Bell 1:31:33 13 / 106  
John Sweeney 1:36:54 28 / 106

#### Men's 35-39

Bill Bredice 1:49:14 63 / 99

### Men's 40-44

Stephen Gwinn 1:38:19 30 / 103  
Ed Pfeifer 1:58:07 79 / 103  
Mark King 1:53:38 70 / 103

### Men's 50-54

Richard Sidwa 1:57:33 45 / 60

### Men's 55-59

Steve Moe 1:38:34 7 / 36  
Hanan Berman 1:57:15 19 / 36

### Men's 60-64

Mike Donoghue 1:31:08 1 / 18

## Women's Half Marathon

### Women's 25-29

Sarah Gist 1:30:13 4 / 61

### Women's 30-34

Patty Severson 1:36:51 8 / 91

### Women's 35-39

Vikki Zarkovich 1:58:58 44 / 86

## Women's 8K

### Women's 25-29

Nicole Sweeney 33:49 2 / 44

### Women's 30-34

Kristin Marchant 36:04 2 / 52

### Women's 35-39

May Cheng 38:47 8 / 53

### Women's 40-44

Heather Moe 45:44 16 / 30

## Men's 8K

### Men's 35-39

Tony Young 26:29 1 / 35

## Wings of Gold

Whidbey Island, WA

## Half Marathon:

Jim Balkwill 1:36:40 1<sup>st</sup> in division  
Lisa Blauvelt 1:53:22  
Mark King 1:51:44 2<sup>nd</sup> in division  
Les Overfield 1:50:44  
Bob Spiger 3:13:30  
Pearl Spiger 3:04:07 1<sup>st</sup> in division

## Half Marathon Walk:

Mary King 3:51:28  
Linda Rinker 3:51:32

## Marathon:

Michelle Ball 4:27:00  
John Hahn 3:02:46 2<sup>nd</sup> Overall  
Ash Hans 5:08:59 1<sup>st</sup> in division  
Rich Sidwa 4:18:19  
Shelley Sidwa 5:08:59  
Barbara Sobey 4:47:06 3<sup>rd</sup> in division  
Ed Sobey 4:08:45

## Boston Marathon

April 15, 2002

Nicole Sweeney - 3:27:05  
John Sweeney - 3:28:51  
Barb Blumenthal - 3:35:26  
Larissa Uchiyama - 3:37:15  
Kirsten Lemke - 3:39:33

## Vancouver Waterfront Half Marathon

June 9th, 2002

Larissa Uchiyama 1:40:10 (1st in Division)

## Shore Run

June 23rd, 2002

## 6.7 miler.

Jeff Bell 44:35 10/87  
Steve Moe 48:56 8/41  
May Cheng 51:19 6/10

## 5K

Larissa Uchiyama 21:52 2/46  
Gordon Overbye 19:51 2/19

## Rhody Run-12K

Fort Worden in Port Townsend,  
May 19, 2002

Carl Kadie 57:25(57:11) 243 pl. PR  
Mark King 59:01(58:46) 294 PR  
Melvin Donaldson 1:18:37(1:18:04) 946  
Lisa Schmidt 1:18:41(1:18:07) 949 pl  
Pearl Spiger 1:36:32(1:35:53) 1293 pl  
Bob Spiger 1:42:25(1:41:46) 1390 pl  
Mary King 1:55:53(1:55:02) 1709 pl

## Dustin's Run

McMinnville, OR  
June 1, 2002

## 5K

Woody Sobey 21:20, 3rd in division  
Barbara Sobey 26:38, 1st in division

## 10K

Ed Sobey 51:04 3rd in division

## Race results for Diane Bast

## Devil Mountain Run 10K 56:47

## East Bay Triple Crown Series:

### Tilden Tough Ten 1:42:31

### Lake Chabot Trail Challenge 1/2 marathon 2:22:47

### Woodminster 9 miles 1:38:43



## Summer Kayaking

by Barbara Sobey

Welcome to the no host Eastside Runner's Friday evening kayak schedule. Bring, borrow, or rent a kayak, canoe, or something floatable and join us. We plan to be on the water by 6:00 p.m. Everyone is welcome and we will decide if and where to have dinner each time. Call Ed & Barbara Sobey @ 425 861-3472 or Pearl & Bob Spiger @ 425 488-7078 if you have questions.

You may want to call ahead and reserve a rental kayak, especially if the weather is nice.

The rental places close at dusk or 8pm. Three rental facilities we've used in the past are:

**Enatai Beach Park** 3519  
108th Ave. SE Bellevue  
425 637-8838 www.canoe-  
kayak.com

Aqua Verde Cafe and Paddle Club 1303NE  
Boat St. Seattle 206  
545-8570

Northwest Outdoor Center on Lake Union  
2100 Westlake No Ste#1 Seattle 206-281-  
9694 www.nwoc.com

### Our tentative schedule for this summer is:

**June 14, 2002**

**Enatai Beach Park (Rentals)**

Paddle on Lake Washington or Mercer Slough depending on water and weather.

June 21, 2002 Woodinville  
at Wilmot Gateway Park) Paddle east towards  
Redmond.

**June 28, 2002 (Rentals)**

**Northwest Outdoor Center**

Launch your own boat next to the Center.

Paddle on Lake Union and around houseboats.

**July 5, 2002**

**Tracy Owen Station (Log Boom Park) in Kenmore**

Launch on beach next to restrooms.

Paddle on the lake or up the slough depending on the weather and water.

**July 12, 2002**

**Aqua Verde Cafe and Paddle Club (Rentals)**

Paddle through the Montlake cut and arboretum

**July 19, 2002**

**Kirkland March Beach by the restrooms**

Paddle on Lake Washington.

**July 26, 2002**

**Enatai Beach Park (Rentals)**

Paddle the lake or slough depending on weather and water.

**Aug. 2, 2002**

**Redmond at Luke McRedmond Park**

Paddle the slough downstream and back.

**Aug. 9, 2002**

**Northwest Outdoor Center (Rentals)**

Launch your own kayak next to the Center.

Paddle toward the locks.

**Aug. 16, 2002**

**Tracy Owen Station (Log Boom Park)**

Paddle on Lake Washington or go up the slough towards Bothell depending on weather and water.

**Aug. 23, 2002**

**Aqua Verde Restaurant and Paddle Club (Rentals)**

Montlake Cut and Arboretum

**Aug 30, 2002**

**Woodinville at Wilmot Gateway Park**

Paddle downstream towards Bothell

After all the summer paddling, we highlight the year with an outing on Lake Union in December with the Christmas boats. Several of us have done this for the past 3 years. We decorate our boats and join the festivities. Details will be available later in the year.



**MONA PETROU**

RESIDENTIAL SPECIALIST

*Serving the Eastside since 1992*

**Phone: 206-550-2942**

**mpetrou@windermere.com**

**Windermere**

Windermere Real Estate/HKW, Inc.

## *ESR member runs Boston!*

by Larissa Uchiyami

The Boston Marathon, prestigious, venerable, steeped in tradition, and just outright fun. It is something that every marathoner should do at least once. The stringent qualifying times for men made me appreciate my double "X" chromosomes. Whatever way you can get there, go. Whether it's through a charity fundraising organization (and hey, you have the added benefit of being a humanitarian/philanthropist), or if you know someone on the BAA (I actually met a guy who had a friend snag him a number), go! There aren't enough superlatives to describe the whole experience.

First of all, you get a lot of bang for your buck. This year's entry fee of \$75.00 included: the pre-race pasta dinner; transportation to the start; free coffee, bagels, water and Powerbars at the "athlete's village" (more about that later); a plethora of portapotties; clothing check; pre-race entertainment; security (including SWAT teams on roofs of downtown buildings near the finish); post-race snacks (packaged up for your convenience); a space blanket; a finisher's medal and t-shirt; a post-race party/dance; and a few months after the race, a certificate (suitable for framing) and an Official Racer's Record Book (which includes complete results of the marathon. Oh, and finally, if you wear your race number or finisher's medal, you can take the "T" (public transit train) free on marathon day.

Secondly, the crowds at Boston are incredible. The man who sat next to me on the bus to the start told me "the crowd will not let you quit." He last ran Boston 18 years ago as a bandit. At mile 24, his legs cramped and he started to walk. Two potbellied men came charging out of the crowd, grabbed him under each arm and started dragging him down the street. "Come on buddy you can't quit now. We're going to run you to the finish." He had no choice but to motor on. I too found that the crowd really carried me the last two miles. The crowd at the start (where we were told it would be most sparse) was HUGE! The people lined the street like the finish line of any other marathon. They offered water and fruit to runners before we even hit the first mile mark. The screaming coeds at Wellesley College (the famous "Wellesley Scream Tunnel") could be heard a half a mile before you could see them. As one man next to me told another man, "It's like The Beatles in the sixties, and you're a Beatle". Because Boston Marathon is held

on Patriot's Day every year, the entire state of Massachusetts is off work, and everyone it seems is at the marathon. Every socioeconomic and ethnic group was represented in the crowds. People set up card tables with Dixie cups of water for the runners. They barbecued ribs and chicken on the side of the road. I gratefully accepted orange slices and a freeze pop from random children who lined the course, eager to have their hands slapped. Of course all this crowd support can have a downside (such as starting out to fast on those first few miles of downhill). Runners who wore their names anywhere on their bodies were cheered loudly by name. At one point, I was running near three different women named "Amy". I couldn't get away from "Amy" no matter how hard I tried. There are a lot of people that remain on the course until the last runner is finished (even after the finish line is officially closed). This year the last runner was an elderly man who finished around 10:00 p.m. He was on the news, thanking the crowds that were still there cheering him in.

The third reason Boston is such a destination marathon is the amazing organization and effort that is put forth which results in a truly awesome race. Boston is like a well-oiled machine. All the volunteers were pleasant and knowledgeable. Friends and family could track their runner's progress on the net. This year, especially in light of September 11<sup>th</sup>, there were many concerns with safety and security.

In this 106<sup>th</sup> Boston, the first and second women finishers broke the previous course record. The Kenyans regained their dominance of the race. Seventeen British soldiers in fatigues and combat boots ran in honor of their fallen comrade who died in the terror attack of September 11<sup>th</sup>. They had already run the London Marathon beforehand. They pushed a large wooden sled that proudly flew the Union Jack and Old Glory. The widow and infant son of their friend were at Boston and received 43,000 dollars that the soldiers had raised for them.

If you should decide to go to Boston, here are some things you should know. The course is point to point. You are bussed to the start four hours prior to the race. The area all the runners congregate is euphemistically called "the athlete's village". There are several large canopies under which you can take shelter. Claim your spot as people soon encroach on your territory. The tent with the longest line

snaking around it contains the free pre-race bagels, coffee, etc. The savvy, veteran runners brought Thermarests, sleeping bags or blankets to lie on or wrap themselves in. The grass was wet. I only had my plastic bag for my clothing check to sit on. The weather can be all over the place. That day, we started with light rain and cool temperatures and ended with very muggy, warm and sunny weather. Runners are assigned starting positions (corrals) according to qualifying times. My corral was about 1/2 mile from the start. Although your official time begins when the gun goes off, your net time is measured by a chip. Mile markers are painted on the road (in the middle). Water stops are staggered on both sides of the road, first on the right and then the left every mile. If you are on the left side of the road, use the water stop on that side, do not cross over to the right. Heartbreak Hill is actually a series of hills that starts around mile twenty. There is a long gradual hill before Heartbreak at mile 17 (along a golf course). A statue of John Kelly marks the last hill in Heartbreak (or so I'm told, I never did see it so I didn't know Heartbreak was over!) There are two more hills before the end. I was also told that when I saw the large Citgo sign, there was only one mile to go. Unfortunately, I could see that sign for quite some time before that last mile. The finish line is also seen early on a long flat stretch. It just took forever to get there.

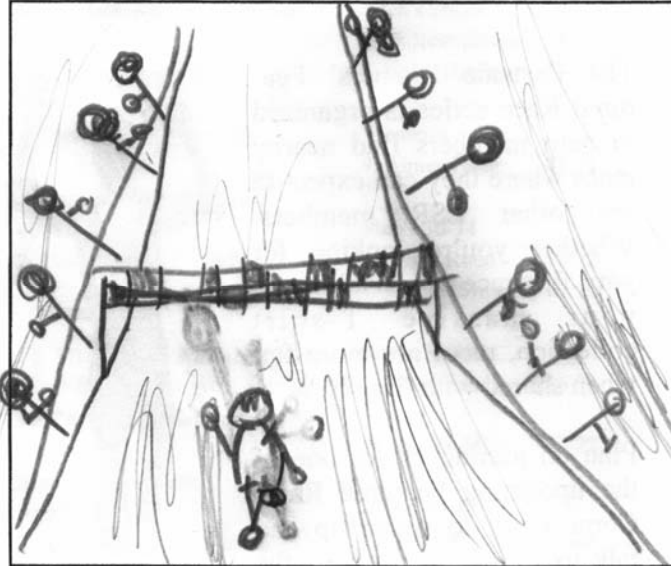
If you go to Boston, enjoy the whole experience. Get there a few days early, and linger a few after the race. There is so much history there and so much to see. The people are very friendly. After a while, that distinctive accent (which my sister coined "a British accent with an attitude") really grows on you.

---

*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*



*Line art by 6 year old Ben Kadie*

It shows your view as you near the finish line of a race. The course, lined by trees, is downhill. One runner is in front of you. Will you pass and win the race?

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

