

## ***Appreciation night at Footzone***

*by Karen Zehm*

On March 9th, Redmond Footzone hosted an Eastside Runners Appreciation night. The evening started out with everyone enjoying snacks and each others company. Then we listened to talks by Stan Ross, representing Asics, on Gu/Gu02 and then Dan Shemeil, representing Saucony, on Wright Sox. Shelby Shenck, representing Footzone, spoke on the Fuel Belt, Polar and Blister Shield, and Dave Steffens, a walking and running coach, spoke on training. Prizes were given out to ESR members by all the reps, notably a pair of Saucony shoes, won by Larissa Uchiyama, and a pair of Asics, won by Heather Moe. We then shopped and enjoyed the 20% discount on all regular priced merchandise! Thank you to Footzone for this wonderful evening. Remember that Footzone offers a 10% discount to ESR members every day. So for those of you who missed this event, you can still take advantage of the regular ESR discount.

## ***This could be your last newsletter***

*by Sharen Manolopoulos*

This could be your last newsletter!! Time is running out if you haven't sent in your 2003 renewal dues!! Check out the attached label. If marked in red, then your membership is past due (let us know if incorrect). We hate to deny you all of the great benefits that come with club membership. Think of what you would be missing: a great newsletter, discounts at your favorite running stores, Saturday morning fun runs, Thursday night runs, Wednesday night track workouts, social meetings with great speakers, annual summer picnic, Holiday party, ESR website, great companionship, and additional many additional activities.

The annual fee is only \$12 for a single membership or \$18 for the whole family. So HURRY....run to your nearest checkbook right now. Fill out the application inside of this newsletter or download it from the website, and mail it in today. Your friends are waiting for you.

If you have renewed, but have not yet received your new 2003 membership card, your card should be attached to this newsletter.

For membership information please contact Sharon Manolopoulos at:

425-861-6520 or email at sharenm@gte.net

## ***ESR General Meeting***

*by Barbara Sobey*

Tuesday, April 8 will be the next Eastside Runners' general meeting. Come hear the Stories of Mt. Si Relay. Our signature event celebrates its 20<sup>th</sup> relay this year. Our panel will have stories to tell – how it all got started, what's kept it going and how it's changed over the years. No doubt, there will be some funny events recounted along the way. Come hear what Dave McKinney, Art Veyna, Marcia Koren, Ron Van Ryn, Willie Sato and Loren Cowan have to say. Come add stories of your own! We'll also have 20 years of T-shirts and photos on display. Don't miss this fun and entertaining evening.

Date: Tuesday, April 8, 2003

Time: 6:30 – 7:00 social time

7:00 – 9:00 business meeting and panel presentation

Where: Kingsgate Library

12315 NE 143<sup>rd</sup> Kirkland

## ***ESR Thank You***

*by Barbara Sobey*

"Thank You to Carl Kadie, Greg Coviello and Tim Regan for their donation of Access software to Eastside Runners. This will help keep our membership records in order. All three of these members work for Microsoft and generously made this donation."

## ***Another Couple Finding Love at ESR***

*by Barbara Sobey*

As a follow up to the article in the last issue of The Runner Mumbles, we send out our congratulations and best wishes to Vikki Zarkovich and Ed Pfeifer who announced their engagement at the Saturday run on March 22. Vicki and Ed met at a Saturday run a couple years ago. They both completed their first marathon at the Columbia Gorge Marathon last year and crossed the finish line holding hands. How's that for a romantic running story!?

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

**BOARD OF DIRECTORS**

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

**ESR LEADERSHIP TEAM**

**ACTIVITIES DIRECTOR:**  
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 bob@wismer.com  
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 Sharen Manolopoulos 425-861-6520  
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 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:**  
 Kim Lobree  
 wwrunner@attbi.com  
**RACE VOLUNTEER COORDINATOR:**  
 Mark King 425-788-9276  
 markking@foxiinternet.net  
**PUBLIC RELATIONS:**  
 Carol Degan 425-814-8003

**THE RUNNER MUMBLES STAFF**  
**PUBLISHER:**  
 Karen Zehm 206-999-3060  
 kselander@windermere.com  
**EDITOR:**  
 Alison Turner 425-889-8854  
 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*

Have you seen the March issue of Northwest Runner? Eastside Runners is mentioned several times in this issue. We're referred to as: "one of the area's premier running clubs." Wow! Kind of makes you feel good to be part of that, doesn't it? How did we earn this reputation? I believe there are several things that qualify us for this premier status.

Eastside Runners is visible. Look at that photo of the group of us at Noo-kachamps. There are almost 30 of us in the picture. This isn't unusual for area races and especially for one of our featured races. We try to get our banner displayed. Many of us wear ESR clothing. We gather before and after the race. Other runners see us as a friendly club.

Eastside Runners is active. Check

out the events listed in this newsletter. We have 4-5 scheduled events each week. Attendance at these events runs as high as 40. We make a real effort to welcome newcomers. There's often a group of participants heading off to eat together after running.

Eastside Runners has a signature event. The Mt. Si Relay celebrates its 20<sup>th</sup> anniversary this month. Many local runners know Eastside Runners from our relay and look forward to participating each year.

Eastside Runners has been around for over 25 years. We have over 250 members. Congratulations to each of you for being part of "one of the area's premier running clubs." I'm proud to be part of it with you.

***ESR Discounts***

***Recycle your running shoes***

One of the benefits for becoming a Eastside Runner is the discounts that we receive at various stores. Here is the list below of the stores that participate. To get the discount, just show your ESR membership card.

- Footzone 10%
- Super Jock & Jill 10%
- Seattle Running Company 15%
- Redmond Athletic Supply 15%

Do you have a closet full of old running shoes? Shoes that are still in good enough shape to keep your feet warm and relatively dry, but not good enough for running? Many of us do. Now there's a way to clean out your closet while helping the area homeless. The Footzone stores in Redmond, Issaquah and Bellevue are collecting these shoes for donation to area homeless shelters. Just drop your shoes off at any of the stores. While you're there, remember that the Footzone stores offer a 10% discount to ESR members!

***Website Password***

The password to members only pages on the ESR website is:

run4health



***The 20<sup>th</sup> Annual Mt Si Relay & Ultra Runs is almost here!!***

*by Willie Sato*

The date this year is April 27<sup>th</sup>. To those of you who are new to the club, this event is our biggest of the year. We have been putting it on continuously for 20 years, though we skipped 1989 to do the cross state centennial relay that year.

This is a well known and much anticipated event for all of Puget Sound. It is the Eastside Runners signature event, as well as our major source of race income. It helps support other activities, such as buying equipment and funding the Holiday Party.

By now I hope you have all had a chance to sign up on a team, or better yet, be a volunteer. We can proudly say the whole race is run entirely by our club members, from orga-

nizing, volunteering, race results, registration, and so on, and we have a great reputation to uphold.

Every year we receive many thanks and compliments for a job well done, and the credit starts and ends with you great ESR volunteers.

Please contact Mark King at 425.788.9276 to volunteer if you are available. We have some jobs to do before the 27<sup>th</sup> if that works better for you. If you can't come out to help, please pray for sunshine for the rest of us!

Thanks Everyone,

Willie Sato  
Race Director 2003

***Seattle Marathon-ESR Volunteers***

*by Mark King*

Sunday April 27 will be the 20th running of our own Mt Si Relay. Other volunteer efforts we makethroughout the year are important to our operating budget as well as the running community but this is THE BIG ONE. It is the single biggest way in which we give back to the running community, support worthwhile local charities and finance our own operations. We run this event essentially on our own with only a very few volunteers who are not clubmembers and, therefore, really need EVERYONE that possibly can to lend a hand on race day.

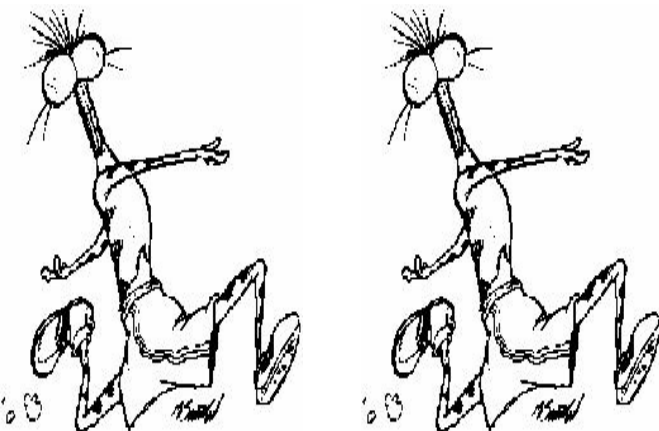
For those of you who have not previously worked the race, it runs most of the day but volunteer duties typically last only about 2.5 hours. The course runs through the Carnation, Snoqualmie and North Bend areas. Exact times and locations of your volunteer duties will be provided prior to race day. Each volunteer receives a stylish and fashionable t-shirt and an exclusive invitation to the post race gala affording an opportunity to

mingle with the beautiful people upper crust of local society (although I think they are going to let me in too.)

If you have not already signed up directly with one of our Station Captains, please contact me with the following information at markking22@comcast .net or by phone at 425-788-9276:

1. Name(s) of volunteer
2. Day and evening phone numbers
3. email address (it's helpful to have it in the body of the text even if it's the same address you are emailing from.)
4. T-shirt size(s)

Thanks in advance to all of you planning on working the race. At the risk of sounding a little corny, your help will help make the 20th the best we've ever had. Besides, race director Willie Sato has guaranteed partly cloudy to mostly sunny with highs around 65 degrees (except Rattlesnake Lake which will be 34 degrees with mixed snow and rain and gusts to 50 mph.)



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## Saturday Morning Runs

by Mona Petrou

For more information, call the run leaders or visit our website at [www.eastsiderunners.com](http://www.eastsiderunners.com). Schedule, directions and maps are also available on our website.

### Preston-Snoqualmie Falls Trail, Fall City 4/5

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

### Lake Hills, Bellevue 4/12

5.3 keyhole or 6.0 dumbbell courses on unpaved trails and sidewalks K-Mart Shopping Center off 148<sup>th</sup> Ave at Main Street in front of Starbucks.

King County Thomas Guide pg. 566 J6

Run Leader: Fred Jaffe (425) 746-3814

### Snoqualmie-Valley Trail, Carnation 4/19

Out and back course along the river and on the scenic Snoqualmie Valley Trail in Carnation. Meet at John McDonald Park

King County Thomas Guide pg 539 C7

Run Leader: Mike Donoghue (425) 743-9663

### Redmond Town Center 4/26

3.7, 4.8 and 7 mile routes available through Marymnoor Park on paved trails. Meet at Footzone across from REI in the Redmond Town Center.

Run Leader: Debra Venhaus (425) 316-8149

### Redmond Watershed Preserve – An ESR Favorite! 5/3

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 Stephens (425) 822-9747

### Tiger Mountain-NEW RUN! 5/10

Many trails and distances are available. Maps provided for 2.5 mile, 5 mile and 6 mile courses. Take I-90 East from Issaquah 2 miles. Take Exit # 20 (High Point). Make a right turn at the end of the exit ramp and then another immediate right, heading West on SE 79<sup>th</sup> (parallel to I-90). In ¾ miles the road changes to dirt at the white gate. Park on the paved road just before the gate and meet at the white gate.

Run Leader: Al Schuehle (425) 883-9824

### Mercer Island 5/17

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, 71<sup>st</sup> Ave SE and SE 22<sup>nd</sup>. Thomas Guide pg 595 J1

Run Leader: Vikki Zarkovich (425) 290-9656

### Edmonds 5/24

5 and 7 mile loops in Edmonds on pavement and trails. New meeting place: Perrinville at 76<sup>th</sup> Ave W and Olympic View Dr.

Snohomish Thomas Guide Map 455 A3

Run Leader: Mike Donoghue (425) 743-9663

### Bothell Landing 5/31

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

### Cougar Mountain, Bellevue/Issaquah 6/7

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 (Lakemount Blvd). Proceed south on Lakemount 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

### Downtown Kirkland 6/14

5K or 10K routes available on paved streets in Kirkland. Meet at the Gazebo at Marina Park in downtown Kirkland.

King County Thomas Guide 536 D3

Run Leader: Mark King (425) 788-9276

### Medina/Hunts Point 6/21

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

### Mercer Slough, Bellevue 6/28


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

For more information, call the run leaders, or visit our web site at [www.eastsiderunners.com](http://www.eastsiderunners.com).

Debbie Blessington, LMP	
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## *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 resurfaced. 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, call Colin Hawkes (425)452-5512 or hawkesc@yahoo.com, or visit our website.*

## *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.*

## *New Sunday Morning Run!*

The Sunday long runs will start March 30th at 8am and leave every week thereafter at the same time from the Redmond Footzone. All ability levels are welcome and the runs will vary in distance from 12 to 20 miles. The store will be available before and after the run for bathroom use, stretching and purchases. Also we are looking for a couple of "pacers" for the run so people don't get left behind. Ideally we need someone to pace a 9 min. mile and one for a 10 min. mile. You can contact Shelby Schenk if you are interested or have anyone in mind. Shelby can be contacted at 425-556-0383.

## *New Tuesday Night Run!*

In a blatant attempt bring the Bashers back into the fold (because we miss them), the summer run series out of Luke McRedmond Park, traditionally held on Thursday nights, is being moved to Tuesday nights. Now those who enjoy the Thursday night runs at Bridle Trails don't have to miss out on the fun of our regular runs along the Sammamish River trail. Join us in our predicted time competition or just come out for a run or walk along the trail, some camaraderie and/or a taco or two at Ooba's after the run.

The "unofficial" kickoff of this year's series will be our Sammamish Trail Clean Up night on April 15th at 6:30pm. There will be no formal run planned that evening. Those who wish to run as well as participate in the clean up might want to arrive early as there will be food provided after the clean up. For further information regarding the Trail Clean Up night contact Loretta Stesco or Linda Rinker.

Predicted time runs start the following Tuesday (April 22) at 6:30pm. The basic format will be the same as in prior years with runners predicting their times on runs ranging anywhere from 2k to 10k (no peeking at your watch past the half way point!) A few twists to the normal format are in the works just to break up the routine and any suggestions will be gratefully accepted. Prizes will be awarded to the point total leaders at the end of the season. For information regarding these Tuesday night (used to be Thursday night) runs, contact Mark King at: marking22@comcast.net or 425-788-9276.

## *Wednesday night Walks*

Come join Bellevue's Footzone store for their new Wednesday night walks. Walks will be approximately 45-60 minutes long (the store closes at 7:00pm). The walks are open to all. The address for Bellevue's Footzone store is: 10640 Main St. For more information, contact Dave Steffens at 425-985-8724.

## 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:

#### April: Whidbey Island Wings of Gold

April 12, 2003

Marathon, 1/2 Marathon, and 10 mile walk

<http://www.whidbeyislandmarathon.com/>

206-729-9972, info@promotionevents.com

#### May: Cougar Mountain Trail Running Series

May 24th, 2003

5 mile trail run

Redtown Trailhead, Cougar Mountain

NEW-\$15 of each \$25 entry fee will benefit King County Parks

Chip timed, but not certifies.

<http://www.seattlerunningcompany.com/cougarmtn1.html>

206-325-4800, searunco@aol.com

#### June: Fall City Days Fun Run

June 6, 2003

5K, 10K, 5K Walk

Certified and chip timed. The course is flat. This is where personal records are often set.

<http://www.racecenter.com/fallcity/>

Barb Lewis 425-222-6163, gblewis@nwlink.com

#### July: Virginia Mason Team Medicine at Seafair

July 6, 2003

1/2 Marathon, 5K run and 5K walk

NEW- Starts in Bellevue's Downtown Park.

Certified and chip timed.

<http://www.seafair.com/> &

<http://www.signmeupsports.com/events/register.asp?eventid=17272>

Mike Ogliore 206-728-0123 ext. 108, mike@seafair.com

For more information, please visit our web site at [www.eastsiderunners.com](http://www.eastsiderunners.com)

## Race Results

by Tami Curtis

### Nookachamps Winter Runs

January 18, 2003

#### 10K Men's Results

40-49

Gregory Mills 40:15 (2 minute improvement!)

Carl Kadie 44:42

Don Uchiyama 45:42

#### 10K Women's Results

19-29

Ash Hans 1:00:45

30-39

May Cheng 48:03

Emily Pickrell 1:12:15

40-49

Shelley Sidwa 55:55

Elise Botch 1:00:26

60-69

Pearl Spiger 1:04:46

Linda Rinker 1:09:55

#### 4 Mile Men's Results

40-49

Mark King 29:25

50-59

Bill Hughes 27:38

Steve McCracken 30:55

60-69

Bob Spiger 46:08

70 & Over

Frank Slagle 50:59 3rd in div.

#### Half Marathon Women's results

19-29

Nicole Sweeney 1:42:37

Laura Bloch 1:53:13

30-39

Larissa Uchiyama 1:41:19

40-49

Kim Lobree 1:44:06

Lesa Overfield 1:44:43

Julie Holmes 1:53:28

Sharen Manolopoulos 2:01:55

50-59

Barbara Sobey 2:12:23

#### Half Marathon Men's Results

30-39

Ramesh Rajagopal 1:30:09

John Sweeney 1:42:37

40-49

Tony Phillippi 1:18:55 1st in Div.

Tim Holmes 1:43:51

Loren Cowen 1:59:57

50-59

Greg Larson 1:30:59

Steve Moe 1:38:56

James Balkwill 1:44:00

Ed Sobey 1:44:50

Rich Sidwa 1:46:30

Carl Bryan 1:53:01

60-69

Mike Donoghue 1:33:22 2nd in

Div.

#### Smelt Run 10K

LaConner, WA

February 22, 2003

#### Men's results

40-44

Carl Kadie 44:10

50-54

Rich Sidwa 46:19

55-59

Steve Moe 44:27

60-64

Bob Spiger 1:21:58

#### Women's results

40-44

Heather Moe 1:06:18

45-49

Shelley Sidwa 54:47

55-59

Pearl Spiger 1:06:17

60-64

Linda Rinker 1:11:11

#### Tony Young, on the run!

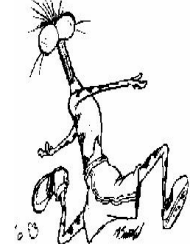
Jan 18, 2003 UW Indoor Mile (4:08.60)

Feb 01, 2003 UW Indoor 800 (1:53.89)

Feb 15, 2003 UW Indoor 3000 (8:22.99)

All 3 New American Masters Records!

Remember: If you want to be sure of getting your results in, let us know!! Email results to Tami Curtis at [tami\\_curtis@hotmail.com](mailto:tami_curtis@hotmail.com)



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## Welcome New Members!

Here is a list of all new ESR members since the end of last year. I apologize for the delayed welcome for some of you. Please take the time to say hello to these new members.

Kimberly Anderson	Rod Brown	Sandy Johnson	Michelle Orme	Sharlee Taylor
Ram Aringunrum	Maxine Coe	Karen Kartes	Peter & Trish Ostertag	Carrie Turney
Jennifer Beers	Carol Copping	Thomas Kerrigan	Robin Pederson	Ing Uhlin
John Blystone	Triffina Crane	Eric Kormondy	Tony Phillippi	Aide Uzgiris
Pam & James Bradbury	Corey Dyer	Amber Landry	Emily Pickrell	Michael Vanderhyde
Denyse Bradford	John Eagle	Gordon Macdonald	Ramash Rajagopal	Shannon Vincent
Raeann Bradshaw	Tom Eagle	Jamie Madden	Dipankar Ray	Jim Whitright
Carole Brandt	Kris Ehrhard	Natascha Marlowe	Kelly Anne Koffman	David Wilkes
Sean Brannen	Grant Eshpeter	Hillary McLaughlin	Susan Rice	Chris Wilson
	Erin Fitzpatrick	Bryan Monaghan	Chaad Richeson	Jerry Wilson
	Sara Ford	Jim Morin	Nicole Chiappini	Catherine Wittel
	David Hazelwood	Carroll Moseley	Ryan Rodenberg	Tony Zaragoza
	Colleen Healy	Jennifer & Rich Moss-Batten	Perry Rodgers	
	Joe Hemler	April O'Brien	Kathy & Richard Scarce	
	Julienne & Timothy Holmes	Heide O'Connell	Leo Smale	
	Michael Horntvedt	John O'Hearn	Ella Steere	
	Mike Humphreys	Michael O'Neil	Don Stork	
	Debra Johnson		Clair Strum	

## New Topica signup Instructions

By Antonio Montanana

Eastside Runners' club members can subscribe to the club email list and receive reminders about the Saturday run locations, notices about the club's "race of the month" and other club/running related events. Approximately, one hundred and fifty club members subscribe to the list - it's a great way to keep in touch with the club's activities.

The email list is "moderated" - any subscriber can send a message to all other list subscribers, but it is first evaluated by a "moderator" (to verify it is club/running related) before being sent out. The list is open to current club members only and club members can subscribe / unsubscribe at anytime.

Subscribe by sending an email requesting to join the list and including your full name to:

**aimontanana@hotmail.com**

After your subscription has been approved send messages to other club members by addressing them to:

**esr@topica.com**

Unsubscribe by sending an email to:

**esr-unsubscribe@topica.com**

Questions? Contact the list moderator: Antonio Montanana

aimontanana@hotmail.com

## Classifieds

### Attention ESR Members!

The club now owns two 10' x 10' shelter tents, which are available for any to member to rent.

The only conditions are that you be a current paid up member, borrow it one week at a time, and pay \$5 rental and \$20 refundable damage deposit.

These tents are easy to put up and take down. OK for one person, easier with two. They are great for backyard parties, garage sales, soccer sidelines, tailgating, etc.....

If interested in renting one contact Willie Sato at:

home: 425.822.2567

e-mail: w.sato@verizon.net

### Walking Partners Wanted

Looking for distance/training walking partners. I am visually impaired and love to walk and am training for my second Portland marathon. If you would enjoy a fast paced walk and some company please call Becky at :

W- (206) 988-7743

H- (425) 868-5411

Ads are free to members and can be sent to Karen Zehm at kselander@windermere.com

Eastside Runners Application Form

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(day) \_\_\_\_\_ (evening) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Annual Dues: (Jan-Dec) (Dues reduced if you join after June 30th)

\_\_\_\_\_ Individual (\$12.00) \_\_\_\_\_ (July-Dec: \$6.00)

\_\_\_\_\_ Family (\$18.00) \_\_\_\_\_ (July-Dec: \$9.00)

Volunteer interests: \_\_\_\_\_ Race volunteer \_\_\_\_\_ Activity planning \_\_\_\_\_ Mt. Si Relay \_\_\_\_\_ Newsletter  
\_\_\_\_\_ Other

*Waiver: I release and discharge any and all rights and claims or damages against the Eastside Runners and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in ESR events. I attest that I have full knowledge of the risks involved in running, and that I am physically fit and sufficiently trained to participate.*

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date

**Checks payable to: Eastside Runners, P.O. Box 2616, Redmond, WA 98073-2616**

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