



# The Runner Mumbles

## Newsletter for Eastside Runners

Eastside Runners  
P.O. Box 2616  
Redmond, WA 988073-2616

### Better Late than Never

A belated congratulations to the Eastside Bashers, who proudly represented the ESR at this year's inaugural Washington Centennial Relay. They ran from Mount Rainier to Ocean Shores in 15:50:06, 1st overall, almost an hour ahead of the second place team. Thanks to experience and

hard work, our boys beat all 78 other teams, surprising even themselves.

We are gaining a reputation for having talented and sociable teams. Let's keep up this ESR tradition of teamwork, camaraderie, and friendship, and we'll always end up winners.

### ESR Race Results

The ESR Club Championship race was held September 30th in Carnation. The first-time event was run in conjunction with an existing race this year, the Carnation Back to School 5K.

The cool overcast morning saw an enthusiastic group of 17 Eastside Runners entered. Each member ran against his or her best recent 5K time, allowing anyone to win using this handicapping system.

Next year we hope to have a larger ESR turnout and also invite other running clubs to send teams, making this an intra/inter club affair. Any comments or suggestions about this or any other future ESR events are welcome. Contact any board member.

Thanks to Bob Summers and Mike Plant for sharing their race with us this year.

- Males:
1. Jim Wilson
  2. John Maroney
  3. Mark Strom
  4. Dwight Reed
  5. Jim Hitter

- Females:
1. Marcia Koren
  2. Carolyn Hitter

### Race/Social Calendar

Nov 13 ESR General Meeting, Redmond Library, 7 PM. We shall conduct club business, make announcements, and have a presentation by ESR members who completed this year's Hawaiian Ironman Triathlon and Moscow Marathon. Refreshments will be served.

Nov 19 Pratt & Chew 4-Miler, Seattle

Nov 25 Seattle Marathon and Half Marathon. We have been asked to work a water station for this race. Please contact Ron at 821-5370 if you can help. Also, **POST-RACE PARTY** immediately following

at the Red Door Ale House, 3401 Fremont Avenue. For all runners, volunteers and friends for fun socializing and support.

Dec 2 Roman Meal Glove Runs, 5k and 10k, Tacoma.

Dec 9 Annual ESR Christmas Party. Details to follow.

Dec 10 Jingle Bell 5k, Seattle Honolulu Marathon

Dec 16 Christmas Rush, 5k and 10k, Kent

Dec 31 Last day of the decade.

Apr 22 Falls to Gasworks 1990 Relay. This is our race! We all volunteer!

**SATURDAY MORNING RUNS** .... No, this isn't what you get after too many nachos and beer on Friday night. These low-key strolls begin November 11th at Luke McRedmond Park, near Shari's Restaurant, at 9 AM. We wish to emphasize that these are non-competitive social runs, with our main goal being able to have a nice breakfast afterward at wherever we feel like that morning. Call Fred (881-3009) or Norton (868-7207) for details.

## On Reaching Forty and Sub-Forty

- by the Prez -

As a new decade is coming to a close (both from a personal and time perspective), there appears to be a trend of taking a more eclectic approach to training among many runners.

Nearly ten years ago when my running became a regular habit and I toyed with the idea of competing in races, no other form of training entered into the program.

Subsequently I would reach a near peak of competency in my "personal record" and predictably fall into an injury (the "I" word). At age 34 I came painfully close to the Almighty sub-forty, while also painfully approaching my third stress fracture.

My last injury involving my hip had the most serious implications for a major fracture and consequently whimpified my competitive running nature. An attitude adjustment was in order to survive: 1) Running was not that important. (That fabrication never worked!) 2) I probably would never see a sub-40. 3) I needed to take up a new mode of physical training. As a result, my Miyata 912 became a means of diverting my running frustrations. Admittedly, my early bicycle training could not measure up to the intensity of energy expenditure experienced by running, but after two training years,

I actually associated myself more with a bicycle than with running shoes.

Interestingly, within the last two years I am seeing more of a trend of runners "cross training" to biking, swimming or cross country skiing due to either injury, needing a new outlet in training, or just wanting to experiment with one of those frivolous triathlons. Up to five or six years ago an avid runner would not subscribe to (or admit to) an alternative training outlet, but I think a cross training has become much more acceptable for a person who may identify himself or herself as primarily a runner.

So what does all this have to do with homing in on forty years of age. Simply that I think a different attitude prevails about competition. There seems to be a more endogenous relaxed feeling about my running ability while also less internal pressure to make the Almighty Sub-Forty. Unexpectedly this laid-back approach has led to a major accomplishment: I have overcome the positive splits approach to running races.

Has anyone wondered what happened to Kerry Horn who was breaking one PR after another? As a reference to the theme of this

vignette, Kerry suffered a major "I" (word) at an Allcomer's meet. His serious knee injury has led to his becoming very powerful on a bicycle. I was quite impressed with all the garb Kerry had already invested in, including anew bicycle, the top-of-the-line Shimano peddles and new flashy cycling clothes. What was most impressive, however, was that Kerry's mental state was quite intact, given the fact that he may not be running again competitively.

So what is the meaning of reaching forty and sub-forty. In a generic sense it forecasts a much more sensible approach to goals. 1990 will predictably promote many more of us to the masters category where we've repeatedly witnessed significant winnings over a younger generation. Personally, the sub-forty may be more realistically at hand due to the fact I've learned how to avoid injury (knock on wood) while it is not the only goal to be considered. Thus, like a good investment portfolio, I consider my physical pursuits more like a money market fund; if one mode of training bottoms out, having entered other modes of training will result in dividends while recovering from a crash (not to necessarily refer graphically to bicycling). \*\*\*\*\*

### PR's and Awards - Congratulations One and All!

Mark Van Achte	Hawaiian Ironman	10:43:55, 445th Place	Marcia Koren	Auburn City Haul 10K	40:24 PR
Steve Dault	Hawaiian Ironman	11:49:51	Steven Roach	Auburn City Haul 10K	36:40 PR
John Williams	St. Judes 5K	1st in Div.	Greg Staup	Salmon Days 5K	16:40 PR
	Klahanie 4K	1st in Div.	Gordon Overbye	Cent. Games Masters	4:47
	Summers Last Stride	1st in Div.		"    "    "    "    "	1st Place
Dwight Reed and			John Blystone	Monroe 10K	36:26 PR
Lisa Thomas	Shelton Couples Run	1st Overall			

### Eastside Runners Board Members 1989-90

President.....	Marcia Koren	286-7658
Secretary.....	Gary Youngs	641-2103
Treasurer.....	Christa Friedrich	232-4357
Race Chairmen.....	Ron Van Ryn	821-5370
.....	Mike Donoghue	488-4841
Membership.....	Tamara Soreano	827-3675
.....	Mark Van Achte	881-6767
Activities.....	Kathy Rasmussen	881-5708
.....	Patti Van Achte	881-6767
Newsletter.....	Willie Sato	822 2567

### SLEIGH BELLS RING .....

Dust off your party Nikes and mark your calendar for one of ESR's best social events; the ever-popular Christmas Party! This year's gala event will be held on Saturday, December 9, 1989. Guests will be asked to bring their favorite potluck dish and a white elephant gift. In addition, we will be collecting canned goods, etc., to donate to a local food bank. Soft drinks and beer will be provided. Watch your mail for details. See you on December 9th!

Activities Chairpersons: Kathy Rasmussen  
Patti Van Achte

## I'm on What Team?

by Sid Benedetto

"What?" was the response I got most. Now, this was not a "What?" that meant "Could you please repeat that, because I couldn't quite hear you." No, this was a "What?" that was said in disbelief and some shock. You could hear that in the voices of those who said "What?" and in the look of their faces. Their voices would rise in pitch and their eyes opened wide when they said "What?"

But why did these people respond like that and who were they? First they were the members of the team I put together for the Rainier to Pacific Relay. Second, they were saying "What?" to my answer to their questions, "What did you name the team?"

Now, as I was putting the team together, I was surprised when not one of my team members asked me what I named the team except for one of the women. When she asked me a couple of days before the race, I replied that it was a secret and I wouldn't reveal the name until we all met for the race. I could tell she was a bit worried about it, but I assured her with a "Trust me."

After all, why shouldn't she? When I have put teams together in the past, I had demonstrated a flair for naming them. Even though I am a member of Eastside Runners, I have

never used the club name in a team name. I always came up with some fairly creative names such as the "Millard Fillmore Dance Troupe" and the "Duchy of Grand Fenwick Running Club." The names I devised were amusing, maybe a little cute, but original.

For the Rainier to Pacific relay I lost some originality. I borrowed a name of a team that ran the Lewis and Clark Trail Run. I liked the name they had, but I wanted to add my own wit to it to make it different. Since the team was from Texas and wasn't here for Rainier to Pacific, I thought we could be the children of the Texan team. But, "children" didn't sound right. Neither did "sons and daughters" nor "offspring." Finally I came up with "progeny."

So that was the name of my team - The Slut Puppy Progeny. It was the name my team members couldn't believe I used. One member just couldn't bring herself to say it, so she called us the Stud Puppy Progeny. Another wrote a newspaper article and called the team the Mud Puppy Progeny. Even I whimpered out on its use. When asked by a television news interviewer what I named the team, I said "It's not fit for the public airwaves." \*\*\*\*

### EDITOR'S NOTE

Many thanks and best wishes to Frank Purdy, past publisher of The Runner Mumbles. Rumor has it Frank moved to Eastern Washington, something about wanting to live in the same town as his wife.

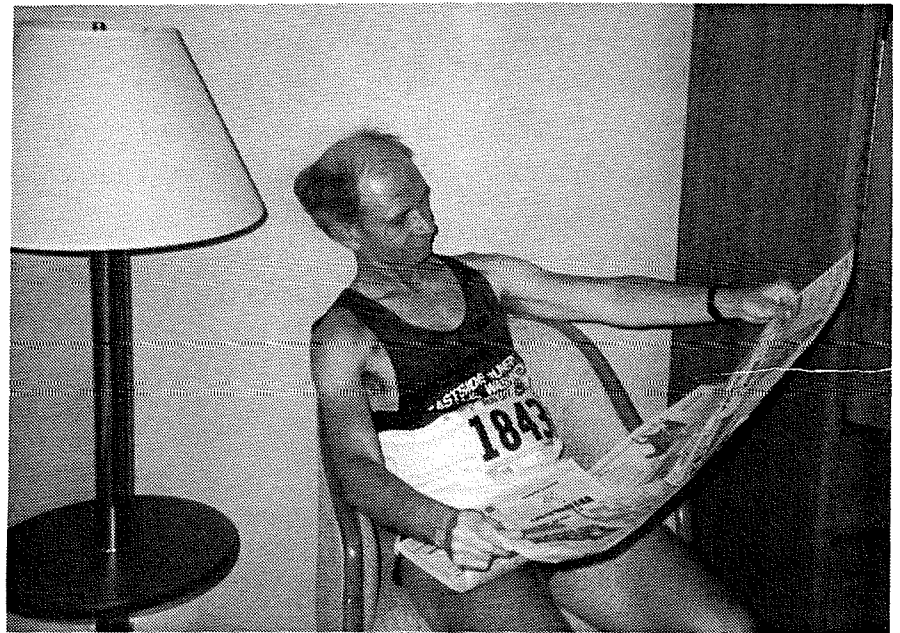
Frank was responsible for all the fine newsletters up until this one, and he'll be hard to replace. The new staff will try to maintain the same high standards of journalism, though we have no idea what that means.

"Ah, Nordy's Men's Sale!"

### WHY DO I RUN?

WHY DO I RUN? TAIN'T NO MYSTERY -  
WANNA HAVE A GOOD  
MEDICAL HISTORY,  
DOCTOR TOLD ME RUNNIN' IS GREAT -  
HELPS THEM BLOOD CELLS  
CIRCULATE,  
GREAT FOR THE LUNGS,  
GREAT FOR THE TICKER,  
CAN'T NOTHIN' GETCHA  
IN BETTER SHAPE QUICKER,  
FEELS SO HEALTHY, FEELS SO SWEET,  
PUMPIN' MY ARMS  
AND FLAPPIN' MY FEET,  
MOLDIN' MY MUSCLES, FIRMIN' MY FORM,  
PANTIN' LIKE A PACK MULE,  
SWEATIN' UP A STORM,  
KEEPS ME LOOSE,  
TIGHTENS MY TUMMY  
AND SHRINKS MY CABOOSE,  
BEATS BEIN' SLUGGISH,  
BEATS BEIN' LAZY  
WHY DO I RUN? MAYBE I'M CRAZY!

*Ed Cunningham*



*Handling pre-race jitters, ESR style.*



*Eastside Runners outstanding in their field.*