



The Interurban Runner Newsletter

April, 2007

www.interurbanrunners.net

President's Report

A great time of year is upon us. It is spring and the grass is growing, the trees have sprouted their leaves, and the flowers are blooming. Best of all, there are more runners and walkers out there being active. There are multiple races every weekend all over the northwest. If you want to be in a race on any given weekend, you can go and have a wonderful time, figuratively speaking that is (some of us are not as fast as others but we do have a lot of fun).

It is good to see long-time member J. Ellis back out running again after his hip replacement surgery last year. J. joined a bunch of us on a Sunday recently at the Scoreboard Pub in Federal Way to run the BPA trail. J. also has taken on the position once again as being the contact person for the run every Wednesday night at Katie Downs on the Tacoma waterfront. J. has an aggressive goal of doing a marathon in all 50 states. I believe he is over halfway there, and now he can once again work on obtaining his goal. It probably will not hurt that Meridith is now working for an airline and they will be able to fly around the country for a lot less money.

Our Thursday night group at the Scoreboard Pub in Federal Way is growing. John Kokes is a regular now, thanks to his work schedule (maybe not good for John, but good for us). John and Alex Juchems usually show up at about 6:00 and run 2 miles then come back to the Scoreboard and meet the rest of us and run another 4-5. Jeff Haas, after finishing his training as a massage therapist, is back with us. Leo Dondlinger has been there walking and running the trail for several weeks and as long as there's beer, he said he would be showing up. Leo's wife Gail and Helen Johnson have been walking on Thursday nights ever since we moved to the Scoreboard. As for Jeff, Helen's husband, we just have to get him out there walking every Thursday. He's always there to socialize with us though--never a dull moment. We also have a new member, Doug Gaynor, who has joined us. He travels quite a bit, but says he will join us when he is in town.

If you are looking for a group of people to run with on a regular basis, think about coming out to the Tacoma waterfront on Wednesdays or to the Scoreboard Pub in Federal Way on Thursdays. Both groups are made up of friendly people and everybody is welcome. For the Wednesday night run contact J. Ellis at 253-606-2511. For Thursday nights contact myself at 253-653-4456 or Alex at 253-529-8996.

Don't expect life to be fair, but do drink good champagne for no reason at all.

Be Safe Out There, Larry Coyne



My Favorite Run

May My Favorite Run

Cinco de Mayo Run

Saturday, May 5th, 10:00 a.m.

Hosted by Jeff Haas



The IRC's Jeff Haas will be hosting the May MFR on the beautiful and challenging Lake Youngs Trail in Renton. This trail is unpaved and the loop is 10 miles all the way around. If this is too strenuous, we suggest a shorter out-and-back with the distance at your discretion. The scenery is great, and you almost always see deer in the thickly-wooded watershed surrounding Lake Youngs. The miles are marked on the protective fence so you always know where you are on the course. If you follow the fenceline all the way around, you will not get lost. Just veer to the right at the end where the P for parking sign appears. The run will take place, rain or shine and can be a bit muddy. If it rains, a change of clothes and some trail shoes are recommended.

After the run, we will have a potluck social in the park. Larry Coyne has graciously donated his camp stove and we will have tacos and fajitas prepared by Jeff. John Kokes, our race director, will bring the club's tent-tarps in the case of rain, and J. Ellis will bring the club's picnic supplies. If you plan to do this run and want to bring a side dish, that would be great. If you need suggestions for food to bring or anything else contact Jeff Haas 253-630-4196 or HAAS444@WORLDNET.ATT.NET

Directions:

From the south, travel Highway 18 to the Maple Valley Exit and turn left. Turn right onto Petrovitsky Rd. Turn Left onto Old Petrovitsky Rd. and join us at the Lake Youngs Park.

From the north, travel I-405 and exit on Maple Valley/Enumclaw exit 4. Follow the signs to Maple Valley Highway 169 on the left. Turn right onto 140th st. Turn left onto Petrovitsky Rd. Turn Right onto Old Petrovitsky Rd. and join us at the Lake Youngs Park.

The Interurban Running Club

is an organization for runners of all ages and abilities. The club provides the opportunity to meet other runners and improve running performance through regular workouts. The Club also organizes social gatherings and outings for members, their families and friends. Everyone is welcome!

IRC Officers & Board Members

President	Larry Coyne	253-952-3949
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We thank



For their support.

Regularly Scheduled Runs

- Tues. Kentwood High School** - 5:30 pm
Track workout.
Contact Steve Israel 253-797-0041
- Wed. Tacoma Waterfront, Katie Downs** - 6:30 pm
Run 4 to 8 miles.
Contact J. Ellis 253-606-2511 or jellis6355@aol.com
- Thurs. Scoreboard Pub, Federal Way** - 6:30 pm
Varied distances.
Contact Larry Coyne 253-653-4456 or coyneld@aol.com
- Thurs. Cushman Trail, Gig Harbor** - 6:00 p.m.
Run 5 miles.
Contact Merita 253-853-3568 mtrohimovich@harbournet.com
- Sat. Cedar River Trail, Maple Valley** - 7:25 am,
meet at Lake Wilderness Park.
Varied distances.
Contact Rick Garrison 253-638-0476 windblown@netscape.com

Events Calendar

Saturday, May 5

Sequim Run Off 10K & 2 Mile Run. Old Dungeness School House, Sequim. 10 a.m. Last race in Athlete's Choice Race Series. Coincides with Sequim Irrigation Festival. \$20, \$25 DOR, \$50 for series. Carol (360) 461-2966, carolclayton@olympen.com, www.athleteschoice.info.

Apple Blossom 5K & 10K Run. Wenatchee. Reg. 8 a.m., race 9:50 a.m. In conjunction w/ Apple Blossom Festival. Flat, fast course along river. Free kids race too. Pre-reg. \$12, DOR \$15. www.wvmedical.com, (509) 663-8711 x 5484.

UW Bothell 5K. UW Bothell Campus. Reg. 8 a.m., run 9 a.m. \$15 includes post-race pancake breakfast. www.uwb.edu/5krun, (425) 352-3394.

Olympia Downtown YMCA Spring 8K & 2 Mile Run/Walk. Olympia. Reg. 7:30 a.m., first event 8:30 a.m. Public Agency Challenge for teams. \$14, add \$6 DOR and \$8 w/T. (360) 357-6609, www.olympiadowntownymca.org.

Lynden Holland Days 5K & 10K. Lynden. 9 a.m. (360) 354-5995, www.lynden.org.

(Events calendar continued on page 4)

Board Meeting

by Rick Garrison



This month's board meeting was held on Tuesday, April 3, 2007 at Larry's business office in Federal Way. In attendance were Larry Coyne, J. Ellis, John Kokes, Alex Juchems, Rick Garrison, and Robin Fox.

March Board Meeting

The board meeting for March was postponed, because of a lack of quorum, to March 17th, following the Turtle Trot Trail Run. Larry couldn't attend, so the meeting items were limited to the pressing issue of delegating tasks for the Spring Social.

IRC Business

Doug Gaynor, of Tacoma, was announced as a new member of IRC.

Social and Running Events

For of events of the past month:

Eleven people took part in the My Favorite Run at Pt. Defiance Park, hosted by J. Ellis. The course was very well marked and nobody got lost.

Events coming up shortly:

The Spring Membership meeting is set, and Robin still needs to coordinate a special shopping night for IRC members at the new Balanced Athlete, in Kent.

J. described how the IRC will participate in the Tacoma Marathon, with the biggest task of recruiting volunteers for a water table, and as course marshals.

John announced that Tony Phillippi has certified the 5K course for the Summer Series Races, and is currently trying to coordinate for a city permit, USATF insurance, and socks for the racers. Race flyers have been distributed to the nearby running stores with intentions to approach other stores to display these flyers.

Plans for events further out on the calendar:

The Spring Social will be June 9th at the Muckleshoot Casino. A menu has been selected.

The IRC Spring and Summer Races are coming up very soon. You can now pre-register for all the races. Download the race form at our web sight www.interurbanrunners.net or pick up an entry form from one of the local running stores or a board member.

IRC 2007 Calendar of Events

April

Spring Membership Meeting Wed. April 11th
Over-the-hill MFR Sat. April 21st

May

Cinco de Mayo MFR Sat. May 5th
Mother's Day 5K Race Wed. May 9th
Post-Capital City BBQ and Potluck Sun. May 20th

June

Green River Marathon Sat. June 2nd
IRC Spring Social Sat. June 9th
Father's Day 5K Race Wed. June 13th

July

Mid-Summer 5 & 8K Races Wed. July 11th

August

Wed. August 1st Liar's Mile
Summer Sizzler 5K & 8K Races Wed. August 15th

September

IRC Chili Feed & Board Membership Meeting Sat.
September 22nd

October

Halloween Trick or Treat Run, Thursday October 25th
Tacoma Triangle Half Marathon & Tunnel Dash Sat.
October 27th

November

Starbucks to Starbucks Run Sat. November 10th

December

IRC Christmas Party Sat. December 8th
Black Diamond Bakery Run Sat. December 15th
IRC Jingle Bell Run Thur. December 20th

IRC CALENDARS ARE NOW AVAILABLE FOR PURCHASE!!!

ONLY 5 LEFT!!! Get your 2007 IRC calendar today!

Support your club and remember 2006 with the IRC, for the low price of only \$15! Did you see that shot of you-know-who in November? Or how about that It's something to see--if you don't have one yet, you're missing out!

But besides hot photos of the IRC's most eligible bachelors and bachelorettes, the calendar contains a lot of local events and all the important IRC dates for the year--it's great to have on hand.

Contact a board member to get yours today!

(Events calendar continued from page 2)



Sunday, May 6

Lilac Bloomsday Run 12K. Spokane. Largest run in the NW. Nearly 50,000 participants. (509) 838- 1579. www.bloomsdayrun.org.

The Avenue of the Giants Marathon. Humboldt, CA. 9 a.m. A beautiful through-the-woods run. Also a half marathon and 10K. www.theave.org, (707) 443-1226.

Saturday, May 12

Kitsap Family Fun Run 5K & 1.2 Miles. Bremerton. 1 p.m. Kids dashes too. (360) 692-4881.

Niketown 5K & 1 Mile. Seattle. 8 a.m. 100% of entry fees will be donated to physical activities programs at local schools. \$15 entry fee + \$5 shirt. (206) 447-6453, www.niketown5k.com.

Haggen to Haggen 5K Fun Run/Walk. Bellingham. Walk 8 a.m., run 8:30 a.m. Pre-reg. \$5, DOR \$8. www.gbrc.net, billyr@haggen.com.

Holy Family & Take Your Mom Around the World & 5K Run/Walk. Auburn. Kids dash 8:30 a.m., 5K 9 a.m. Flat, loop course. Post-race Mothers Day brunch for all participants. Pre-reg. \$20, DOR \$22. (253) 833-5130, HFEvents@hotmail.com.

NARAL Run for Your Rights 5K. Green Lake, Seattle. 10 a.m. Proceeds benefit NARAL Pro-Choice WA. \$20 individuals, \$15 students. (206) 624-1990, www.prochoicewashington.org.

Mothers Day 5K. Colville. 8 a.m. Pre-reg. \$12, DOR \$17. (509) 684-6037.

Sunday, May 13

Parker Paint Tacoma City Marathon & Half Marathon. Tacoma. Inaugural event. Also 10K. (253) 862- 8890. www.tacomacitymarathon.com.

Sunday, May 20

Capital City Marathon & Half Marathon. Olympia. Also a 5 mile race. (360) 786-1786. www.capitalcitymarathon.org.

29th Annual Rhody Run 12K. Pt. Townsend. 11 a.m. Hilly, scenic course. Prize money for top finishers. \$18 by 5/9, \$25 after. Reg. begins 3/10. www.olympus.net/community/rhodyrun, (360) 379-3595, (877) 463-9786.

Beat the Bridge 8K. Seattle. 8 a.m. \$15, \$25 w/T, DOR \$17/\$27. Benefits juvenile diabetes research. www.beatthebridge.org, (206) 838-5153.

Saturday, May 26

Mazama 5K & 10K. Mazama. On Community Trail; Reg. includes pancake breakfast. Fees vary by age; see website. www.mvsta.com, (509) 996-3287.

Sunday, May 27

Chum Run 5K. South Whidbey Community Park, Langley. Trail run; team and individual competition. (360) 221-5484, sports@whidbey.com, www.swparks.com.

TTTS Race for Hope 5K Run/Walk. Magnuson Park, Seattle. 7:30 reg., 9 a.m. run. Benefits the Fetal Hope Foundation. Pre-reg. \$25, DOR \$30, includes T. www.TTTSRaceforHope.org, (206) 729-9972.

Ferndale Flat & Fast 10K Series - Spring. Ferndale. 10 a.m. Compare your times with this flat, fast course. Pre-reg. \$12, DOR \$15. Joel Pearson (360) 223-0264, jrap85@msn.com, www.gbrc.net.

North Sound River Run Series 2.3 Miles. Langus Park, Everett. 9 a.m. Ray Townsend (425) 397-7214.

Friday, June 1

Grumpy Grouch Fun Run 5K. Kettle Falls. 7 p.m. \$10. Kicks off Town and Country Days. Precedes vote for the town's grumpy grouch. Karri Slater (509) 738-2882.

Saturday, June 2

Duvall Days 5K & 10K. McCormick Park, Duvall. 8:45 a.m. \$20 by 5/17, \$25 after. Free kids dashes. Flat, fast 5K, hilly 10K. 1st race in Snoqualmie Valley Cup series. www.cityofduvall.com/duvalldays.

10th Annual Dog Island 10K. Guemes Island. 10:45 a.m. Pre-reg. includes ferry and transport. Also 2 mile walk. Benefits library. \$25 w/T, \$15 w/out. DOR \$28/\$17. Tim Whitman (360) 293-5757, www.dogislandrun.com.

Edmonds Waterfront Festival 5K. Edmonds City Park. 9 a.m. \$20 pre-reg., includes technical T, \$25 DOR. (425) 774-0637, www.runninginmotion.com.

10th Annual Maritime Gig Festival Fun Run 5K & Kids Dash. Gig Harbor. Reg. 7 a.m., run 8 a.m., dash 8:35 a.m. \$15 w/T, \$10 w/out by 5/21, \$15 after. (253) 851-6865, www.maritimegig.com.

Issaquah 5K. Lake Sammamish State Park, Sammamish. 8:30 a.m. XC style course. \$20 by 5/18, \$25 after; 12 & under \$10/\$15. www.issaquahtri.com.

Governor's Cup Marathon, Half Marathon, 10K & 5K. Helena, MT. First event 7 a.m. www.govcup.bcbsmt.com. Trinda Smith (800) 447-7828 x8210.

Race Beneath the Sun 5 Mile & 1/2 Mile Kids Run. Bellingham. 5-mile 10 a.m. Kids run 9:45 a.m. \$5 adults, \$2 18 and under. Alison Allen (360) 671-6724. alisonallen@comcast.net, www.gbrc.net.

7th Annual Run to the Border 5K & 1.5 Mile Kids Run. Blaine. 9 a.m. Benefits Girls on the Run of NW WA. www.runtotheborder.org.

Race Results

compiled by Christel Elliott

Judy Fisher

Shamrock Shuffle Half Marathon (Olympia) 3/17/07, 1:53:28, 1stF(60-64)

Big Climb For Leukemia Stairclimb (Seattle), 69 floors up Columbia Tower, 3/18/07, 13:14, 1stF(60+)

The Foothills Dash 5K (Orting), 3/24/07, 24:06, 1stF(60-64)

Mercer Island Half Marathon, 3/25/07, 1:49:27, 1stF(60-64)

Yakima River Canyon Marathon (Ellensburg), 3/31/07, 4:09:42, 2ndF(60-64) (I think) (My 60th Marathon!)

Bob Dolphin

Resolution Series 20 Miler, 3/24/07, 4:02:02, 1stM(75-79)M, in event and series

Yakima River Canyon Marathon, 3/31/07, 5:39:27, 1stM(75-79)

Rick Garrison

Run For Luck 5K (Lacey) 3/3/07, 20:42

St. Pat's Dash ~3.3 miles (Seattle Center to SafeCo Field) 3/11/07, 21:31

FSRC Resolution 15K (Ft. Steilacoom) 3/24/07, 1:37:37

Self-Transcendence 2-Miler (Magnuson Park) 4/07/07, 12:13

Molly Hurd

Spring Forward Run (Tacoma) 3/10/07, 21:11, 2nd OAI female, 1stF(40-49). "Very hilly course!"

Dugan's Run (Ocean Shores) 3/25/07, 20:19, 1st OA female

NEW! Welcome New
IRC Members!

Larry Coyne, IRC president is happy to announce that we have two new members to the IRC this month, Sherri Ellis and Derek Escabi. They live the Olympia area. Member Steve Scoles recruited his sister and nephew to join the IRC, so thank you for your efforts Steve.

Sherri joined the IRC at the spring membership meeting and is interested in marathons, 5K and 10K races, and regular workouts. We look forward to Sherri and Derek joining us in some of our upcoming IRC events whenever they can.



Check out the Pierce College Runners Fair and 5K that will held on May 12th at www.pierce.ctc.edu/runnersfair.

It is the day before the Tacoma City Marathon and they have Dave Scott in to speak on the 11th at a spaghetti dinner and the 12th for the workshops.

For more information, please check out their website or contact Steve Johnson via email at xrnng@hotmail.com.



TACOMA TO HOST FIRST ANNUAL CITY MARATHON

Sunday, May 13, 2007, 7 a.m.

With its breath taking views of Mount Rainier, Commencement Bay, Point Defiance Park, and the Tacoma Narrows Bridge, it is a surprise to many runners that Tacoma does not host a marathon. While Olympia has its Capital City and Seattle hosts the Seattle Marathon, Tacoma has been without a marathon for many years. However, as of May 13, 2007, Tacoma's non-marathon status will change.

Co-Directed by Fleet Feet Sports of Bonney Lake and Marathon Maniacs, the first annual Tacoma City Marathon will debut on Sunday, May 13, 2007. Festivities begin on Friday, May 11, with the kick off of a two-day running and marathon expo. The expo, held at the new, world-class Greater Tacoma Convention and Trade Center in downtown Tacoma, will feature numerous sports vendors and organizations as well as guest speakers and running-related clinics.

The marathon course itself will highlight much of Tacoma's natural beauty. Beginning in historic downtown Tacoma, the scenic and rolling course will take marathoners along the shores of Commencement Bay via Ruston Way and throughout the beautiful Tacoma area. With views of the Tacoma Narrows' Bridge as well as scenic Point Defiance, the Tacoma City Marathon route certainly will provide its participants a glimpse of Tacoma's loveliest sights.

Along with the full marathon, both a half marathon run and 10k run/walk will also be offered for athletes who prefer a shorter race distance.

For course maps and more information, visit www.tacomacitymarathon.com or contact Fleet Feet Sports at 253-862-8890.

(article above from the TCM website: http://tacomacitymarathon.com/doc/TCMPressRelease11_13_2006.htm)

Member at Large Bill Barmore

March: I've been on auto-pilot for many weeks. My training has gone well, the dogs are easier to run with, and I have been measuring and mapping the trails next to my house. I think during summer I may host a trail ultra. The forest canopy will shade the logging roads and the single-track will be covered and cool.

As a change of pace, I thought I would roll my left ankle in the first five minutes of the Tenacious Turtle Trail Trot, just 2 weeks before the Yakima River Canyon Marathon. I like a challenge. The swelling was minor and I could run with almost no pain. I'd been looking forward to Yakima for a year and a day because upon crossing the finish line for 2007, I would have run 14 marathons or longer in 12 months, more than doubling my lifetime total.

Many other factors helped make this year as fun as any run I have done. Bob Dolphin was running his 400th marathon at his and Lenore's own race, and I was given my room back at the Dolphin Hotel. Probably the best part was the night before the race when we got together before the pasta dinner and got to see and talk with friends before we ate. I got some strange looks when I commented that my Pigtails Flat Ass finishers medal was still hanging from the Christmas Tree in our living room and still is.

Race day was so perfect. The weather was overcast and cool, and we talked strategy while waiting for the train-whistle to start the race. It was hard to figure where to start with so many friends at the line. Then I saw the curly-haired blond girl. The last 2 marathons we've run together she's beaten me, not that I'm keeping track.

Two things about this race with Christel were different from the others. We set out for a 3:30 finish, which is an 8-minute pace, and for the first half, we were hitting the splits to the second. Then as we headed into the hill at mile 14.1, one of us required more time at the aid station than the other. When this happened at Portland when I was running with Audra, I took off and never looked back.

This time I remembered begging Christel to leave me at Seattle in 2005 and she wouldn't consider it. I was then allowed the opportunity to show my compassionate side. It turns out I have one and was able to provide support and encouragement until the finish or as I put it, corrupt her finish picture with my image. I can always try for fast times but can't always run with a friend.

For April, my plans are totally up in the air but you can bet I will have fun.

Bill, IRC Member at Large



11TH ANNUAL GREEN RIVER MARATHON

Saturday, June 2, 2007, 8:30 a.m.
(official early start 7:30 a.m.)

A fun Seattle-area run in early June (first Saturday) is the Green River Marathon/Relay. This year will be the 11th annual event. Marathon Maniac, Eastside Runners and IRC (Interurban Running Club) member Steve Barrick and Marathon Maniac Jim Anderson put on this run with the help of many volunteers. It begins at the intersection of the Green River trail and the Interurban trail in South Kent. The course (see links) follows the scenic Green/Duwamish trails past Russell Road Park, Christianson Greenbelt Park, and Fort Dent Park as the river winds it's way to Puget Sound and Alki beach. The run is very flat with two short hills late in the run. The last few miles have views of Seattle and Puget Sound toward the Olympics. The finish is in front of Spud's Fish and Chips at Alki.

If you don't want to run the entire 26.2 miles, then get together some friends and make it a relay with any number of participants. There are no formal rules or divisions, the run is just for fun and to stay in shape. Usually, more than half of the participants are on relays. They help cheer the others along and pass out water, gatorade and GU which is provided free. Many of the parks have restrooms along the way. Support is limited, so those with special nutritional and fluid needs are encouraged to make their own arrangements.

This is a low-key run amongst friends, no entry fee. A commemorative T-shirt will be available for ~\$8 with advance notice. There are no awards, but most of the runners treat themselves to lunch at Spuds at the finish. Return transportation will be provided to those who request it in advance.

For more details on these runs and for return transportation options, see the website, at www.greenrivermarathon.com. If you are planning on running in the Green River Marathon please let the race director Steve Barrick know by email. The race is free but we need to know how many people will need return transportation and how many supplies to purchase for the aid stations. Solo marathon runners need to email their name and age while relay teams need to email their team name and participant names, this is mainly for the race results page.

ELEVENTH ANNUAL GREEN RIVER MARATHON AND RELAY PASTA FEED AND T-SHIRT INFORMATION

The eleventh annual Green River Marathon and Relay Pasta Feed will be held at Galliano's Cucina located at 16435 Military Road in SeaTac WA on Friday June 1, 2007 at 11:15 a.m.

T-SHIRTS: We have tank tops (women's or men's), short sleeve shirts, and long sleeve shirts available this year--they are cotton. I am looking into wicking material shirts this year also. They may be red with white and blue lettering. The design to be determined shortly. The cost is \$8.00. Please let race director Steve Barrick know the gender, type and size of the shirts you want before 5/21/2007. His email address is barrick@greenrivermarathon.com.

**5th ANNUAL SAMISH BAY BIVALVE BASH LOW TIDE
MUD RUN,
11:30 a.m. Saturday, July 14.**

"Yard for yard the Northwest's toughest footrace."

Well-quadracepped runners will want to know about this race. Trudge through 250 yards of Samish Bay mud. This event is strenuous and only those in top fitness should participate. Shoes are required, clean-up hoses are provided, and a change of clothes is recommended. Runners stuck in the mud will be rescued before the incoming tide gets them. Men's and women's 13 and up divisions. 100 yd Kid's (8-12) Run at 11:00. Trophies and prizes for each division. Online Pre-registration (\$13) by July 10 at www.bivalvebash.com. Registration limited to first 200 entrants. Race entries include free Bivalve Bash entry.

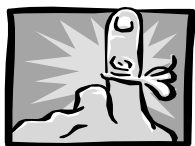
See what Keefer Whan, winner of the 1st Annual Samish Bay Bivalve Bash Mud Run, had to say: "I have raced NCAA Division 1 competition, run marathons, Mt. Erie, Ski to Sea, and Hood-to-Coast relay. Even though only 300 meters, this is the hardest race I have ever competed in. Everyone should attempt this race once...if only to learn a little something about what is inside them!"

Listen to the NPR audio clip of the 2006 Mud Run, "Racing Through 250 Yards of Mud, For Fun" at <http://www.npr.org/templates/story/story.php?storyId=5617480&ft=1&f=1021> and read the hilarious account by ultra marathoner Indro Neri "Tales of Racing in the Mud" at <http://www.runtheplanet.com/community/runnerstories/mudrun.asp>.

The Samish Bay Bivalve Bash Mud Run is held as part of the Samish Bay Bivalve Bash, a benefit for the community clean water awareness programs of the Skagit Conservation Education Alliance. The public is invited to join the fun. For Bivalve Bash details go to www.bivalvebash.com.

Your help in getting the word out is appreciated. Online Registration at www.bivalvebash.com

For information call 425-501-0709.



Don't Forget to Renew!

For most IRC members, membership dues were payable at the end of December. Please check the mailing label on the front of this newsletter and see when your membership expires. Please use the membership renewal form that comes with each newsletter and renew your membership.

IRC Spring Social Saturday, June 9th

Mark your calendars now for Saturday June 9th, the date for our Spring Social. This year we will have the gathering at the Muckleshoot Indian Casino in Auburn. We will have our own banquet room with an in-room cash bar. The evening event starts at 6:00 p.m. for cocktails and some good social time together, with dinner following at 7:00 p.m. After dinner, you can stay and socialize some more, as we have the room until midnight. You can also go out in the casino and partake in the entertainment, usually music and dancing.

If you are so inclined, you can play the many games of chance the casino offers. The casino has added a non-smoking section. You all know how us runners and walkers are about a smoke-filled room so no problem here.

The menu selections are prime rib \$27.95, stuffed halibut \$26.75, or pasta primevera \$17.95 (for those who want a veggie dish). All prices include gratuity. Please call Larry Coyne at 253-653-4456 or email him at coyneld@aol.com and let him know **by May 24th** how many will be attending and what your dinner selections are.

As much as we always like to include the whole family in our functions, this is an adult night out. The IRC has put down a deposit of \$150 and will be applied equally towards everyone's dinner so you all get a little discount. The club must pre-pay the full cost of the catered event. It is important to notify Larry with your plans to attend. Your only obligation is to pay to the club the cost of your dinner the night of the event.

Driving directions: From I-5 north or south take the exit for East bound Highway 18 to Auburn. Take the Auburn Way S. exit off of Hwy 18, turn left at bottom of exit. Follow Auburn Way to the top of the hill. The Muckleshoot Casino is on the left.

My Favorite Run Calendar 2007

If you've ever thought about hosting a run for the club, now is your chance! Do you have a favorite run you'd like to share with other members of the IRC? If so, maybe you should consider hosting a "My Favorite Run" for 2007!

There are open months, or we could have more than one "My Favorite Run" in any given month.

If you would like to host a My Favorite Run, just let Robin Fox or any member of the board know and they will be willing to help you plan it. Don't worry about the details--you will have a lot of support in doing it.

Robin's phone number is 253-906-3766, email is RunningDgs@aol.com.

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

April, 2007

The Interurban Runners Club Membership Application and Renewal Form

Name(s) _____

Address _____

City: _____ State _____ Zip _____

E-Mail: _____

Please add me to the email list.

Day Phone: _____

Evening Phone: _____

Please do not list my phone number in directory.

Date of Birth (M-D-Y) _____ - _____ - _____

New Membership Renewal

Type of Membership:

Individual (\$15)

Family (\$17)

Student (\$5, must

be in school/college)

Please Indicate Interests:

Regular Workouts Relays

Marathons Ultra Runs

5 & 10 k Races

Waiver: I, my heirs, executors, administrators, and assigns waive, release and discharge any and all rights or damages against the Interurban Runners Club (IRC) and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in IRC 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

Please make checks payable to:
Interurban Runners Club

Mail to:

Interurban Runners Club
Membership Coordinator

P.O. Box 24882

Federal Way, WA 98093 - 1882

