



The Interurban Runner Newsletter

April, 2008

www.interurbanrunners.net

President's Report

Running through old growth forest, splashing through mud puddles, and eating great food—the Tenacious Turtle Trail Trot once again lived up to its reputation as a great IRC running event. Twenty-three runners and walkers and two dogs enjoyed the beautiful trails of Point Defiance Park for the March's "My Favorite Run". Big thanks to **J and Meredith Ellis** for hosting this signature IRC run!

There was a good turnout for the Spring Membership meeting on April 9th. Fifteen IRC runners and walkers took to the BPA trail for the pre-meeting run/walk. Thirty-four members participated in the meeting, including Mike Salazar, one of the founders of the club nearly 18 years ago! My daughter Sara joined me for this annual IRC event. Sara loves joining IRC events and takes great pride in letting her classmates at school know she's a member of a running club. Sara and I also joined the pre-meeting run/walk. During our two-mile run/walk we explored the "hidden" side trails and followed as best we could each rabbit we saw. Experiencing a run with a 6-year old reminded me that running doesn't always have to be about distance and speed.

IRC at the Mt. Si Relay and Ultra

Having fun running is exactly what the IRC's Tenacious Turtles Team did at the Mt. Si Relay! Team members John Kokes, Jeff Haas, Marilyn Stemhagen, Lauren Eagan, J Ellis and I enjoyed a day of running and friendship as we covered the 57 miles of trails. It was great to have King Turtle J back on the running scene after his recent hip surgery. J was the team driver as we rode in the infamous "turtle-mobile", complete with vintage turtle tunes. On the way back home, J even played a song written and performed by IRC's own Steve Israel. Steve's rendition of "Run, Run Turtle Man" was inspiring!

Other IRC members on relay teams were Bob and Sally Brennand and Kent Sizer. Bob and Kent were on a "fast" mixed masters team. Like J, Sally is unfortunately out with an injury. Sally drove the team vehicle and cheered on her teammates. IRC member Gary Wright ran the ultra distance of 50 miles. Way to go Gary!

IRC Summer Race Series

The IRC summer race series is fast approaching. The first race of the season is the Mothers Day 5K race on May 7th. This year, the race location is changing to the recently-opened

(President's Report, continued on page 6)

My Favorite Run

May My Favorite Run

Cinco de Mayo Run

Saturday, May 3rd, 10:00 a.m.

Hosted by Jeff Haas



May's my favorite run will be the Lake Young's Trail course in Renton. This course is an undulating 10-mile loop trail (approximately). This run is all trail and no roads with just nature and yourself. It is common to see deer on the trail! There are wood mile marks on the fence surrounding the trail so you can track your distance. Follow the fence line and you won't get lost.

It can be muddy so you will want to prepare for the conditions. Walkers are welcome and this course can be an out and back for those desiring a shorter distance. If you want to ride your bike, the trail is mountain bike accessible also.

After the run we will have a Cinco de Mayo-themed potluck for the occasion. The host will provide taco meat and fajita chicken for the main course, if you can bring a potluck item that fits in with the Cinco De Mayo theme that would be great. For more info. contact Jeff Haas @ 253 961-0427 or jhaas44@q.com.

Directions:

From the north, travel I-405 and take exit #4 Maple Valley/Enumclaw and turn left. Travel highway 169 for about 2 miles and turn right onto 140th St. Stay on this road until the light at 140th and Petrovitsky turn left. Take Petrovitsky to "Old" Petrovitsky Rd. where you'll find the park.

From the south, travel Highway 18 to the Maple Valley exit and turn left. Turn right at the light onto Petrovitsky Rd. Then turn left onto "Old" Petrovitsky Rd. and you'll see the park, bathrooms and gravel parking lot.

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	Alex Juchems	253-529-8996
	cooperjuchems@mac.com	
Vice President	J. Ellis	253-564-4340
	jellis6355@aol.com	
Treasurer	Jeff Johnson	253-927-7235
	jeffjo18@hotmail.com	
Secretary	Rick Garrison	253-638-0476
	windblown@netscape.com	
Program	Becky Jacobsen	253-740-2880
Co-Manager	beckyjj_2004@yahoo.com	
Program	Merita Trohimovich	253-853-3568
Co-Manager	mtrohimovich@harbornet.com	
Member at Large	Larry Coyne	253-952-3949
	coyneld@aol.com	
Race Director	John Kokes	206-932-9355
	john.t.kokes@boeing.com	
Membership	Rob Willis	253-752-8386
Coordinator	rhrcwillis@comcast.net	
Newsletter Editor ...	Christel Elliott	253-226-9473
	performanceresources@hotmail.com	

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 253-389-3032 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@harbornet.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 3

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

Olympia Downtown YMCA Spring 8K & 2 Mile Run/Walk. Olympia. Reg. 7:30 a.m., first event 8:30 a.m. (360) 357-6609, www.olympiadowntownymca.org.

Sunday, May 4

Lilac Bloomsday Run 12K. Spokane. 9 a.m. Largest run in the NW with nearly 50,000 participants! USATF-certified course. (509) 838-1579, www.bloomsdayrun.org.

BMO Bank of Montreal Vancouver Marathon, Half Marathon & 8K. Vancouver, B.C. . www.bmovanmarathon.ca, (604) 872- 2928.

Eugene Marathon, Half Marathon & 5K. Eugene, OR. Run in the footsteps of legends on this flat and fast course. www.eugenemarathon.com, (877) 345-2230.

Wednesday, May 7

IRC Mother's Day 5K. 3 friends Fishing Hole, Kent. 6:30 p.m. Sponsored by Interurban Runner's Club. Giveaways for all participants. John (206) 619-4231, www.interurbanrunners.net.
(Events calendar continued on page 4)

Board Meeting

by Becky Jacobsen

This month's board meeting was held on Tuesday evening, April 1, at Alex Juchems' house. In attendance were Alex Juchems, Larry Coyne, J. Ellis with special guest Meredith, Becky Jacobsen and Jeff Johnson.

IRC BUSINESS

No new members have joined since the last board meeting, however, Steve Scoles and family renewed.

The new IRC vests and jackets came in - they look great!!

The Seattle Marathon has asked for volunteers to be videotaped setting up a water station so they can put it on You Tube as an instructional video. The IRC has agreed to be videotaped at the Tacoma City Marathon water station - we're still looking for volunteers so if you're a soul man/woman contact J. Ellis to volunteer.

The membership roster went out last month with birthdays listed but a request has been made by a club member to remove the birthday info from future distributions - no problem, birthdays will be removed in the future.

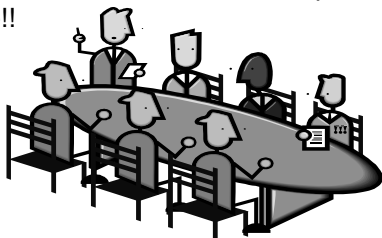
SOCIAL & RUNNING EVENTS

The Tenacious Turtle Trail Trot was a huge success with 23 people and 2 dogs - a new record. We also raised \$75 from the old IRC clothing fire sale at the T4.

Jeff Haas is set to go for the April and May My Favorite Runs. Meredith is considering hosting a My Favorite Run at the Chambers Bay Golf Course Trail, dates were discussed but nothing decided, but there seems to be good support for the idea.

With regard to the Summer Race Series, we're working on getting the online form updated to read 2008 instead of 2007 but we will happily accept forms that say 2007 for the summer race series.

This year's Spring Social is a family friendly cookout at the home of Becky and Jake Jacobsen in Puyallup. The date is set for June 14 - guests are welcome to begin arriving around 4 p.m. and dinner will be served around 6 p.m. We hope to see you all there!!



IRC 2007-2008 Events & My Favorite Run Calendar

April 9th Membership meeting

April 19th Cedar River North Run - Jeff Haas

May 3rd Cinco de Mayo Run - Jeff Haas

May 7th Mother's Day Race

June 11th Father's Day Race

June 21st Soos Creek Trail Run - Alex Juchems

July 9th Mid-Summer Race

July 26th Puyallup River Trail Run - Becky Jacobsen

August Beer & Barbie Run - Larry & Laura Coyne

August 6th Liar's Mile

August 13th Summer Sizzler Race

September Jim Shepard's Run

September 20th Chili Feed/Membership Meeting

October 23rd Trick or Treat Run

October 25th Tacoma Triangle & Tunnel Dash - Larry & Laura Coyne

November 8th Starbuck to Starbucks - John Kokes

December 13th IRC Christmas Party

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 2008!

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 Jeff Haas 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.

For more information, please contact Jeff by phone at 253-630-4196 or by email at jhaas44@q.com.

(Events calendar continued from page 2)

Saturday, May 10

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

Saturday, May 17

Vasque Cougar Mtn. Trail Run Series #1 - 5 Miles. Sky Country Trailhead, Bellevue. 9 a.m. First race of four. Benefits King County Parks. (206) 329-1466, www.seattlerunningcompany.com.

26th Annual Bayview Women's 10K Run & 2 Mile Run/Walk. Burlington. 10 a.m. Benefits Skagit Domestic Violence and Sexual Assault Services. (360) 757-0835, 5petes@comcast.net.

Viking Fest Road Run 1 & 5 Miles. Poulsbo. 9 a.m. Kids' dashes too. Joe (360) 779-9898.

Down & Dirty 5K Mud Run. Fort Lewis. 9 a.m. Fun run with lots of muddy obstacles. No DOR, civilians need base access. www.fortlewismwr.com, (253) 967-2604.

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

Sunday, May 18

Capital City Marathon, Half Marathon & 5 Miles. Olympia. Kids' race too. (360) 786-1786. www.capitalcitymarathon.org

Rhody Run XXX 12K. Pt. Townsend. 11 a.m. One of the NW's best-loved races; www.rhodyrun.com, (360) 379-3595, (877) 463-9786

Nordstrom Beat the Bridge 8K. Seattle. 8 a.m. Benefits juvenile diabetes research. USATF-certified course. www.beatthebridge.org, (206) 838-5153.

Saturday, May 24

Mazama 5K & 10K. Mazama. On Community Trail; registration includes pancake breakfast. www.mvsta.com, (509) 996-3287.

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

Sunday, May 25

Coeur d'Alene Marathon, Half Marathon & 5K. Coeur d'Alene, ID. First run event 7 a.m. Course utilizes paved Centennial Trail along the lake. www.cdamarathon.com.

Thursday, May 29

NW Trail Runs 5 & 10 Miles. Soaring Eagle Park, Sammamish. 6:30 p.m. Buddy division option with this evening run. www.nwtrailruns.com, Eric (206) 291-8250.

The IRC Needs You to Be a Blues Brother at the Tacoma City Marathon!

The IRC will again be hosting the water station at mile 12.3 for the Tacoma City Marathon, with our theme being The Blues Brothers. We had a lot of fun last year and were a hit with the runners. If you would like to be a volunteer this year and put on The Blues Brothers costume, please email me back at jellis6355@aol.com or call 253-389-3032 or 253-606-2511 with your jacket size. The more the merrier and your club needs you.

I wanted to also let you know that the Tacoma City Marathon is still in need of a lot of volunteers. If you or anyone you know that might be willing to help out as a course marshal, or otherwise, you can send me their name, e-mail address and jacket size, or contact Rob Hester, the volunteer coordinator for the Tacoma City Marathon, at rob@tacomacitymarathon.com or 253-226-5495. The marathon is looking pretty good in comparison with last year, but they only have about half of the volunteers they need.

Thank you,
J. Ellis, IRC Vice President &
Rob Hester, Volunteer Coordinator for the Tacoma City Marathon



Big Brothers Big Sisters
of Puget Sound



I recently received information from a woman named Jacqui about a cool new program through Big Brothers Big Sisters. It is called MoveBig! and is designed to provide a unique mentoring experience for volunteers and children in South King by participating in outdoors activities together and also occasionally attending spectator sports events. We ask that volunteers in the program agree to attend two events a month with the child they are paired up with, normally on Saturdays, which could be a Ultimate Frisbee game in Kent, a hike in the Cascade foothills or a Tacoma Rainiers game. All events are organized and staffed by Big Brothers Big Sisters staff and are free to the volunteers and children

We know that children not only lack positive adult mentors, but also opportunities to get outside, try new sports and experience the natural beauty of our region. We have a lot of children waiting to be paired with their MoveBig! partner, now all we need are the volunteers!

For more information, please contact Jacqui Deelestra at Jacqui.Deelestra@bbbs.org or 206.763.9060 x241. Please also visit their website at www.bbbs.org. Thanks for your consideration.

Race Results

compiled by Christel Elliott

Judy Fisher

St. Patrick's Day Dash (Seattle), 3.5 Miles, 3/16/08, 25:06 (chip), 1stF(60-64), 2ndF Age-Graded OA (it pays to be older!)

Big Climb For Leukemia (Seattle), Columbia Tower - 69 Flights of Stairs (running UP!), 3/16/08, 12:12 (chip), 1st F(60+), 45F/1112, 407/2666 OA

FSRC Resolution Run Series (Tacoma), 5K, 3/22/08. 23:43, 1stF OA

Run For Relief - Burma (Gig Harbor), 5K, 3/29/08, 23:25, 1stF(60+), 2ndF OA

Skagit Valley Tulip Run (Burlington), 5 Miles, 4/05/08, 38:48, 1stF(60+)

Bill Barmore

Yakima Marathon, 4/5/08, 3:54:58. "I had a fun Friday-Saturday at Yakima. For the price of a chocolate malt milkshake, Valery drove me to Yakima and let me pace her the entire 26.2. My return trip was dependent on the results. I gave it my best shot in her quest to get a BQ. I do have an image to uphold and she ran by heart rate while I was the keeper of the clock. At mile 18 we had 80 minutes to finish the 8.2 miles so I knew we were going to make it. We never wavered, cramped, or slowed down. She made her first ever BQ by 5 minutes. I'm such a people pleaser. :)"

Tony Myrie

FSRC Resolution Run 20K 3/22/08, 1:22:24, 1stM(50-54)

Christel Elliott

Dizzy Daze 50K 3/29/08, 5:24. "Great day, started out nice and easy, finished feeling great and running hard. Who ever thought ten laps around Green Lake could be so fun? Ran with Linda and Rob, good times!"



Parker Paint Tacoma City Marathon May 10th, 2008

www.tacomacitymarathon.com

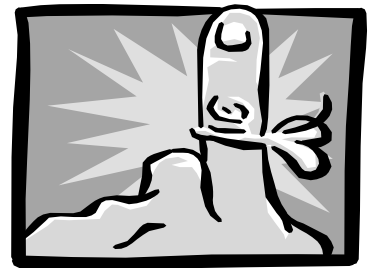
The Parker Paint Tacoma City Marathon course is a challenging but scenic loop through Tacoma.

Rolling hills throughout the course provide breathtaking views of Commencement Bay, Mt. Rainier, and the Tacoma Narrows Bridges, and a nice downhill finish gives runners a smooth ride to the end.

TCM 2008 is USATF Certified and a Boston / New York City Marathon Qualifier. (Pacing provided by Marathon Maniacs!)

Is there going to be another Blues Brothers water stop this year? Yes, there is! See page 4 of this newsletter for more information on how to become a volunteer, either at the BB aid station or elsewhere on the course!

Don't Forget to Renew!



For most IRC members, membership dues are payable at the end of each year, but not all.

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.

You don't want to miss out on any newsletters or club activities by letting your membership in the IRC lapse! Thanks for being a member of the IRC.

Capital Lakefair 3K & 8K

July 19, 2008, starting at 8 a.m.
Capital Lake (Heritage Park)
Olympia, WA

Register at www.ontherunevents.com/lakefair.

For more information contact Jerry Miller, jmiller@osd.wednet.edu

All racers and walkers are welcome and eligible for prizes. Awards include overall, master's, and super master's for men and women, and age group awards for men and women, boys & girls. Proceeds benefit local high school cross country and track teams.

Thanks!
Linda Schactler
(Parent volunteer)
360-866-9014

Larry at Large by Larry Coyne

Well it is pretty close to the month of May and there is an old saying about a certain day in May and it goes like this: "Hurray, Hurray for The 8th of May, outdoor _____ starts today." Next time I see you, let me know if you want to know what goes in the blank and I will finish the saying for you.

May is very special to me, as I was born in May, and Laura and I had our first date together in May of 2000 and were married in May of 2001. We celebrate our anniversary every year by going to Port Townsend for the Rhody Run. The Rhody Run falls the weekend closest to our anniversary and it was the second date we went on. So you can see why the month of May is very special to me.

May also starts the IRC summer race series. Wednesday, May 7th is our Mothers Day 5K race this year in its new location at 3 Friends Fishing Hole Park in Kent, just down the road from the old location. You can visit the IRC website and find driving directions and an entry form to send in. The best part of the races is each race is only \$10 and when you sign up for all 4 races at the first race you get a one year membership to the IRC. What a deal! Where else can you get a race for \$10, plus a one year membership to the most active running club in the Puget Sound area?

The other races are on Wednesday, June 16th, July 9th and August 13th, and all four races start at 6:30 p.m. and will also be at the 3 Friends Fishing hole Park in Kent. For more information, please feel free to contact the IRC race director John Kokes at 206-619-4231.

I truly hope you all enjoy the newsletter that the IRC puts together every month. This is truly a newsletter for all IRC members, and every member is welcome and encouraged to contribute to the newsletter. So if you have a race you did or have a story to tell about one of your training runs and want to share your experience with other runners please do so by emailing your article to Christel Elliott, our newsletter editor, at performanceresources@hotmail.com.

We should take a moment and say thanks to all those responsible for getting the newsletter out, they do a lot of behind the scenes that all of us don't really see. Christel for compiling the articles and putting them in the newsletter format and getting it to the printers. Rick Garrison and Alex Juchems, who work together at picking up the newsletters, folding them, printing and attaching mailing labels and stamps and getting them to the post office. We all owe them a big thank you.

I hope to see you all at the many IRC functions this year.

Larry Coyne
IRC Member at Large

(President's Report, cont. from page 1)

3 Friends Fishing Hole Park. The course will still be along the flat and fast Green River trail. IRC race director John Kokes is busy taking care of last minute details and is working with Tony Phillippi to certify the course. Certifying the course allows race results to be submitted to Northwest Runner magazine's "Best of Times" section. A few of last year's age division winners from IRC races were listed in Northwest Runner. Hope to see you at the Mothers Day race and to reading a few of your names in Northwest Runners "Best of Times" section!

Finding Inspiration

Those who run with me on Thursday evenings at the Scoreboard know how much I love watching Lance Armstrong ride each of his seven Tour de France races. While my wife Sue thinks I'm a bit "off" watching 8-hours of bicycle racing, I find it inspiring. The physical limits these riders push themselves to over three straight weeks are incredible.

I also don't have far to look to find inspiration all around me, such as Laura Coyne. Laura's recently become quite a bike rider herself and has been riding the roads and bike events, regardless of weather conditions! Another source of inspiration is from IRC member John Pontarollo. John's not only running Boston this month, but he's also tracking his miles run, working toward a goal of running 2008 miles this year.

Then there is ten-year old Hannah, a family friend of IRC member Cheri Ellis. Hannah was also running and walking the BPA trail with her family before the spring membership meeting. She has run over 100 miles as part of a school project to track the number of miles run over a period of time. I could see the pride in her face when she shared her accomplishment. These are just a few examples of feats and accomplishments that I gain inspiration from and help keep me running. I'm sure each of you could share a few stories of inspiration you've experienced as a member of the IRC.

I'll be at April's My Favorite Run hosted by Jeff Haas. I'll also be an IRC Blues Brother working the water station at the Tacoma City Marathon. And I'll be at the IRC Mothers Day race, either running or working as a volunteer. Hope you can join me at these events, as well as future IRC activities. If you do, I'm sure you'll find inspiration to help keep you active and enjoying the sport of running!

Train on!
Alex Juchems



Tenacious Turtle Trail Trot (T4) 2008 hosted by J and Meredith Ellis



The 2008 Tenacious Turtle Trail Trot (and walk) was a great success. The day turned out perfect for running or walking. The trails were a little muddy in places since it had been raining for a week, but it was still very pleasant for running.

We had a good turn out, 23 plus 2 dogs. There are only 21 pictured because the Salazar's should have been told it starts at 9:00 a.m. like usual. (See T4 group picture below).

The food afterwards was wonderful with a full spread of stuff to enjoy after a good run (or walk). Distances were 5+, 8+ and 3 for the walk with 9 doing the 8+ miles, 7 and 1 dog doing 5+ miles and 7 and 1 dog doing the 3 mile walk. Fun for all and with this turn out we can count on next year for another Tenacious Turtle Trail Trot (T4).

J. Ellis
AKA King Turtle

IRC Spring Social Saturday, June 14th

Mark your calendars now for Saturday, June 14th, the date for our Spring Social. This year's event is a family-friendly cookout at the home of Becky & Jake Jacobsen, 10308 72nd Avenue Court East, Puyallup. The event will begin at 4:00 p.m. with dinner around 6:00 p.m., and then socializing until ??? We are still working on the menu and would like to get an idea of how many will be attending. Please call Becky Jacobsen at 253-740-2880 or e-mail her at beckyjj_2004@yahoo.com and let her know by **May 30th** if you plan to attend and how many folks will be in your party. We hope to see you all there!!

Directions: From Hwy 167 take the exit for Hwy 512 west (toward Tacoma), stay on Hwy 512 then exit the exit for "Hwy 161 South, South Hill, Eatonville"; go right at the light onto 104th Street; stay on 104th Street until you come to a 4 way stop at Fruitland (you're almost here).

From I-5 (north or south) take Exit 128 which is Hwy 512 east; stay on Hwy 512 then take the Canyon Road exit; go left at the light onto Canyon Road; go right at the first main intersection onto 104th Street; you'll come to a 4 way stop at Woodland (you're almost here).

Both Go straight through the intersection at the 4-way and then take the first left onto 72nd Avenue Court East – it's a small private road but there is a large periwinkle colored house on the corner that's hard to miss. If you end up at the next 4 way stop – Fruitland – you've gone too far. There are only four houses on our street, ours is the next to last one.



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

April, 2008

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

