



# The Interurban Runner Newsletter

February, 2005

www.interurbanrunners.net

## President's Report

Seeing the sun set later and later as we move beyond winter solstice brightens my mood and allows me to think about how soon we can get out there in just a t-shirt and shorts, how we can finish all of our runs while it's still light. In reality, "soon" may still be quite a while yet, but for now, it seems like it's oh so close. Conversely - or perversely - I'll briefly go into a funk in mid-June at the thought of our daylight hours turning around and getting shorter. Meanwhile, the Puget Sound running scene never has a down time. Nothing to look forward to since it's all happening now, next week, and later this year. That was my pleasant surprise upon moving to this area: the very active masters scene and loads of races year 'round. Those before us have created and evolved the Interurban Runners Club in the same fashion, developing events and activities for the entire year. So pay attention to the events calendar and get some of your workouts in with a group. It'll feel easier, and you may find yourself getting a stronger workout than you would on your own.

It was great to have Christel Elliott and Nancy DeSilva at the board meeting. Christel, as the new newsletter editor, offered recommendations including getting the publication out earlier in the month, while Nancy talked about getting the website modernized. She'll need to contact Joe Costanza (remember him?) for specific information given that he set it up. Hopefully, we'll soon see much of the content brought up-to-date. As Nancy gets some free time, she'll make deeper changes and improvements. Along similar lines, we're looking for folks to help with the newsletter by compiling race results, doing the events calendar, and/or contributing photos and articles. Merita has filled the "My Favorite Run" calendar for every month this year, but if you have a trail, a loop or ??? that you'd like to show off, let her know and she'll find room for you somehow, someday. If you're not up for hosting a post-run brunch or picnic, we can lend a big hand.

Want to be on a Mt. Si Relay team or need another body or two for your team? Contact any of the board members and let us try to help.

Another reminder for those still waiting to renew their membership. The information is on the cover of this newsletter. We look forward to hearing from you.

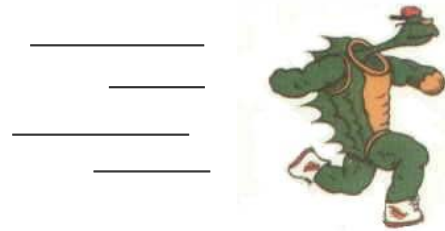
- Rick



**HAPPY VALENTINES DAY!**

## My Favorite Run

### My Favorite Run Tenacious Turtle Trot hosted by J. Ellis



Pt. Defiance Park

March 12th, 9:30 a.m.

If you have ever thought about running on trails and haven't done it yet, this would be a great time to try it out! The trails are well groomed and wide in a lot of spots. The scenery of Commencement Bay, the Narrows Bridge, Gig Harbor, and Vashon Island is wonderful while running through old growth forest.

The run will have two distances of 6 and 9 miles and will be well marked, (unlike previous years when it was marked with flour and it snowed, when flour was put down in the pouring rain, and when we used paint that someone scrapPed off of the trail), so you won't get lost. I promise this time, really.

I will have the shorter run turn off at the beginning of the run so the two groups can cross paths at different times. After the run we will have a potluck at the covered picnic shelter by Fort Nisqually where we will start and finish. There is a wood burning stove to cook or heat up food. There are also indoor bathrooms. We will have a prize drawing for participants and volunteers.

The Five Mile Drive in the park is closed to cars on Saturdays until noon for those that want to ride bikes or have the kids ride along. There is plenty of parking and we will meet and have a group picture taken at 9:30 AM.

*(My Favorite Run continued on page 4)*

## 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 ..... Rick Garrison ..... 253-638-0476  
windblown@comcast.net  
Vice President..... Rob Willis ..... 253-752-8368  
rhrwillis@prodigy.net  
Treasurer ..... J Ellis ..... 253-564-4340  
jellis6355@aol.com  
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Program Manager Merita Trohimovich ..... 253-853-3568  
mtrohimovich@harbornet.com  
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Membership Coordinator....Larry Coyne ..... 253-952-3949  
coyneld@aol.com  
Poofwreeder/Editor.....Christel Elliott.....253-226-9473  
performanceresources@hotmail.com

## Regularly Scheduled Runs

- Tues. Kentwood High School** - 5:30 pm  
Track workout.  
Contact Steve Israel at 253-797-0041
- Wed. Tacoma Waterfront, Katie Downs** - 6:30 pm  
Run 4 to 8 miles.  
Contact J. Ellis at 253-606-2511
- Thurs. Jake's Ales in Federal Way** - 6:30 pm  
Paved trails, 2-6 mile runs.  
Contact Carol Barber at 253-639-0361,  
runanddance@aol.com
- Sat. Pt. Defiance** - 9 a.m., meet at Ft. Nisqually  
Trail runs of varying lengths, distances,  
and times.  
Contact J. Ellis at 253-606-2511

## Tuesday Nights Available???

We'd like to get regular Tuesday night events back on the calendar. Are you willing to act as "host" to coordinate a track workout, or do you have a venue or run you'd like to turn into a weekly event? If so, please get in touch with Merita Trohimovich, IRC Program Manager. Her contact information is in the Officers and Board Members listing above. Thanks!

## Events Calendar

**Saturday, February 19.** Super Jock 'n Jill/ New Balance Winter Grand Prix Series Race #6 Road Hdcp. Magnuson Park, 9 a.m. \$5 per race. (206) 522-7711. www.superjocknjill.com

**Saturday, February 19.** FSRC Resolution Run Series #3 15M/15K. Steilacoom H.S. Tacoma. 3rd of annual 4 race series. \$8, \$10 non-members. Hot showers and hot food after each race. 9 a.m. start time. Contact Ren Gallier at Ren\_Gallier@msn.com

**Saturday, February 26.** Saint Martin's Homecoming 5K. Lacey. 9 a.m. \$11, \$14 DOR. Brad Hooper (360) 438-4523.

(Events Calendar continued on page 4)

We thank

**NORTHWEST  
RUNNER**

For their  
support.

onthe**RUN**.com 

# Board Meeting

by Deone Docken



This month's board meeting was held on Tuesday, February 1<sup>st</sup> at Deone Docken's house. In attendance were Deone Docken, Rick Garrison, Merita Trohimovich, Alex Juchems and J. Ellis. Guests attending were Christel Elliott, Nancy DeSilva and Lance Docken.

## In general business and other affairs:

A reminder--there is a new deadline for newsletter submissions, the 10<sup>th</sup> of each month. That includes race results.

It's time to renew your membership! A new club roster will be coming out soon and you must be current on your dues to be listed on it.

The IRC 2005 Calendars are available for sale. Contact Steve Israel or a member of the board to get one. They are going fast! Last check, there were only 3 left, so act fast!

We are looking for someone to take over compiling the race results for the newsletter. Please let a member of the board or Carol Rodriguez know if you would like to do this.

It's time to start organizing teams for the Mt. Si Relay. Look for details in the newsletter. J. and a group of the most active members will be marathoning elsewhere that weekend, so in order to continue to have the usual strong IRC showing, we need some different people to organize teams. Give it a try!

Who is the woman on Jeff Haas' answering machine? Anyone?

## For events of the past month:

January 15<sup>th</sup> was the IRC Polar Dip, the My Favorite Run for the month, and a club tradition. Mike and Rayn Salazar hosted 20 participants, and most of them ran or walked, but only 6 were crazy enough to take the icy plunge. The gender barrier has now been broken as Christel Elliott and I simultaneously (so neither of us would chicken out) took the plunge, joining Meridith Johnson as the only females to have jumped in the history of the club. Meridith, the old pro at it, took the first jump, followed by J. and then by Rick (who

actually ran back to Mike's after warming up by the fire for a bit--it's a wonder he doesn't have pneumonia). Then John donned a Speedo and jumped followed by myself and Christel. Afterward, hot showers and good food awaited us at Mike and Rayn's house. Plan on coming and jumping next year!



## For this month:

February 5<sup>th</sup> was the IRC Snow Day. The plan of skiing or snow shoeing was scrapped due to lack of snow. The plan was then changed to a trail run on the pass. Lance, Merita, J., Meridith, Alan and Debbie and Erin Sofinowski and their dog Pepper all made the trek there, running and walking varied distances. So it could still be called a Snow Day, Mother Nature let it snow on them a little. Afterward, Debbie and Alan opened their home for socializing and refreshment. It was a fun day, and there was snow!

The My Favorite Run for February will be on Saturday the 19<sup>th</sup>. The FSRC Resolution Series 15K/15M run. Many members are already signed up for the series, but more can come and cheer the others on and run this distance as well!

## For events further out on the calendar:

The My Favorite Run for March, the Tenacious Turtle Trot, will be on the 12<sup>th</sup>. It is a club tradition, held at Point Defiance Park in Tacoma (see details this newsletter).

The Spring Membership Meeting will be held on April 13<sup>th</sup>, with a run before the meeting. Put it on your calendar and watch for details.

Well, that's it from the board meeting! Hope you are having fun running! I know I will be on March 13<sup>th</sup>, the St Patrick's Day Dash. I will be running with the Mix 92.5 80's show team. I submitted a poem and won a spot on their team, who I will be training with on Thursday nights until the race. The radio station is picking up my entry fee as well as outfitting us in running apparel, sponsored by Brooks, including new shoes and a jacket! I'll see you there! Run Happy!



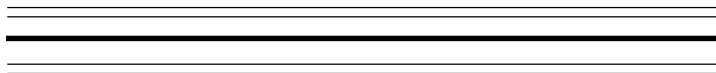
(My Favorite Run continued from page 1)



DIRECTIONS:

To get to Point Defiance take I-5 to Hwy 16 West towards Gig Harbor/ Bremerton, take the 6th Ave. exit, turn left onto 6th Ave., turn right onto N. Pearl St. and follow into the Point Defiance Park. Follow signs to Never Never Land and Fort Nisqually that are posted in the park. 5400 N. Pearl St. Ruston, WA 98407.

You can also get there along the Tacoma water front on Ruston Way, through the Asarco tunnel to Pearl Street, if you know the way. Call 253-606-2511 if you get lost.



## IRC Membership Updates

Enclosed in this edition of the IRC newsletter, you will find an envelope for sending in your membership renewal. Most memberships were due for renewal in January. If your membership falls into this category, please make sure to send in your renewal as soon as possible.

When you send in your renewal form and payment, please also remember to include your birthdate, and if you have a family membership, please include the birth date(s) of other IRC members in your family. We need to update the IRC roster to include members' birthdays. At one time, we had everybody's birthdays on record, but somehow most of the birthdates have been deleted from the roster. The updated roster will be included with next month's newsletter, so keep your eyes peeled for that!

On the renewal form, please include your day & evening phone numbers or other way(s) in which you can be reached. If you only want one phone number listed, please indicate your preference on the form. If you have an unlisted number and you would like it to remain that way, please note that as well.

If you have any questions, please call Larry Coyne, the IRC membership coordinator, at (253) 653-4456.

(Events Calendar continued from page 2)



**Sunday, February 27.** Non-Leap Year Classic Half Marathon, 10 Mile, 10K, 5K, & 1 Mile. Millersylvania State Park, Olympia. 11 a.m.

**Saturday, March 5.** Run 4 Luck 5K, 10K, 1 Mile. Lacey. 9 a.m. \$20 w/T, \$15 no T. before 2/25, after \$25 no T. Gina Shaw (360) 786-5595. www.thurston-parks.org

**Saturday, March 12.** "My Favorite Run" Tenacious Turtle Trail Run (see article, p.1)

**Sunday, March 13.** Henry Weinhard's St. Patrick's Day Dash, 4-miler, Seattle. 9 a.m. Slightly new course this year. 1-800-343-4411.

**Saturday, March 19.** FSRC Resolution Runs Series #4 20M, 20K, and 5K. Steilacoom H.S., Tacoma. Fourth and final race in series. \$8, \$10 non-members. 9 a.m. start time. Hot showers and food after. Contact Ren Gallier at ren\_gallier@msn.com. (253) 565-1437.

**Saturday, March 19.** Leprechaun Classic 10K, 5K, & 1 Mile. Millersylvania State Park, Olympia, 11 a.m. www.ontherun.com or (360) 273-9684.

**Sunday, March 20.** Mercer Island Rotary Half Marathon and 8K. Mercer Island. 8:30 a.m. Traditional event adds new features this year. (206) 236-5323 x1920. www.ontherun.com.

**Sunday, March 20.** The 18th Annual Big Climb for Leukemia. Bank of America Tower, Downtown Seattle. Run or hike 69 flights of stairs to raise money for Leukemia research. Teams and individuals. \$35 individual fee till 3/16, \$50 after. (206) 628-0777.

**Saturday, March 26.** Easter Marathon, Half Marathon, 10K, 5K and 1 mi. Millersylvania State Park, Olympia. 10:30 a.m. (360) 273-9684.



If you have an event you would like to have listed here, please contact Rick Garrison-windblown@comcast.net.

# Race Results

compiled by Carol Rodriguez

## Merita Trohimovich

Ft. Steilacoom Resolution Run Series, Tacoma, 10 Mile, around 1:08, "7th woman overall, 1st in my age division" 1/29/05

## Judy Fisher

Nookachamps Half Marathon, Mt. Vernon, 1:46:48, 1st F(60-69), 1/15/05

Super Jock n Jill Winter Grand Prix, Emerald Downs, Auburn, 2 Mi. (1 MI ON SHOE-SUCKING MUD!), 17:28, 1/22/05

Club Ballard Seattle Open Cross-Country Classic, Lincoln Park, Seattle, 4K (2.46 Mi.), 20:57, 1/23/05

Ft. Steilacoom Resolution Run Series, Tacoma, 10K, 48:23, 1/29/05

## Steve Barrick

Ft. Steilacoom Resolution Run Series, Tacoma, 10 Miler, 76:12

## Meridith Johnson

Ft. Steilacoom Resolution Run Series, Tacoma, 5 miles, 44:37, 3rd place 50-54, "8:56 pace"

Ft. Steilacoom Resolution Run Series, Tacoma, 10 miles, 1:27:28, 3rd place 50-54, "8:35 pace"

## J. Ellis

Ft. Steilacoom Resolution Run Series, Tacoma, 5 miles, 44:37 "8:56 pace"

Ft. Steilacoom Resolution Run Series, Tacoma, 10 miles, 1:27:31 "8:36 pace"



## Todd Byers

New Year's 4 Miler, New York, NY about 40:00 (unshod), 1/1/05

Carlsbad Marathon, Carlsbad, CA 5:12:12 (unshod), 1/16/05

BNA 5K, Seal Beach, CA, 28:29 (unshod), 1/17/05

Las Vegas Marathon, Las Vegas, NV, 4:24:27 (unshod), 1/30/05

## Steve Israel

Seattle Marathon, 3:04:56, 2nd age div., 11/28/04

Christmas Rush, 37:55, 1st age div., 12/11/04

Ft. Steilacoom Resolution Run Series, Tacoma, 5 mile, 2nd age div., 1/1/05

Nookachamps Half, 1:24:51, 1st age div., "24 degrees. Cold!", 1/15/05

Ft. Steilacoom Resolution Run Series, Tacoma, 10 mile, 1:01:18, 1st age div., 1/29/05

## Alex Juchems

FSRC - 10 miler, 1:08:31. I think my fastest mile was from mile 5 to mile 6, trying to unsuccessfully hold off Merita. Great time afterwards hanging out with IRC friends and family.

## Tony Phillippi

Ron Herzog 50k 11/13/04 Granite Falls 5:04:32, 9th place. "Tank traps can be hazardous. Will wear eye protection next time."

Seattle Marathon 11/28/04 2:59:13 38th place, 40th Marathon for 2004. "Great course I love the out and backs!!"

Birch Bay Marathon 12/11/04 3:41:16, 4th place. "Washington's oldest marathon, ran with friends aNnIe and Glenn."

Christmas Marathon 12/19/04 3:06:54 6th place. "Didn't plan on running this fast. I got sucked into a pack and stayed with them."

FSRC 5 Miler 1/1/05 34:24 Ran with Christel.

Fat Ass 50k (Tiger) 01/02/05 Issaquah 5:59:00 7th place. "Bonked hard. My buddy Glenn Tachiyama helped me out with some GU an water."

Bridle Trails Twilight 50K 01/08/05 Kirkland 4:55:18 19th place. "Ran the entire race without headlamp."

Fat Ass (Capital Peak) 55K 01/22/05 Olympia 6:21:14 16th place. "Ran 1st loop with Christel. Hills and mud what more could you ask for!"

FSRC 10 Miler 1/29/05 Tacoma 59:45 13<sup>th</sup> place. "Went out and killed myself, but I got in some much needed speed work. Great conversations after the race... Marathon bla bla bla Marathon bla bla bla..."

Lord Hill 58K 02/05/05 Lake Stevens 6:28:14 13th place. "Nice 3 loop course, lots of mud!"

Valentine Marathon 02/13/05 Maytown WA 2:57:30 2nd place. "Ran 1st 6 with Christel. She was running the half, so I was on my own after that."

## Christel Elliott

FSRC 5 Miler 1/1/05 34:22, 9<sup>th</sup> woman, 1<sup>st</sup> div. "I ran with Tony!"

Bridle Trails, Kirkland, 10.4 miles (2 out of 6 muddy loops) 1/8/05 1:19:11, 15<sup>th</sup> place overall, 1<sup>st</sup> woman.

(Race results continued on page 6)



(Race results continued from page 5)

Fat Ass (Capital Peak) 1/22/05 Olympia 3:05, 17+ miles, 5<sup>th</sup> woman. Only ran one loop, which turned out to be over 17 miles. Trying to maneuver the trails in the (clay?) mud was like running down a slip and slide, but I loved it. Time for trail shoes!

FSRC 10 Miler 1/29/05 1:13:06 14<sup>th</sup> place, 2<sup>nd</sup> age div. Ran with achey broken rib, trying to wear a rib belt. Yuck! Won't do that again. The belt made it difficult to breathe, so I took it off at mile 2. Still didn't feel right the rest of the race.

Valentine Half Marathon 2/13/05 Maytown 1:33:54 3<sup>rd</sup> place. Ran first half of the half with Tony. Had it been certified, I would have qualified for New York! Great day!

### Bob Dolphin

Resolution Run, 1/1/05, 5 miles, 51:36, First 75-95M, Oldest in race

Winter Series, 1/2/05, Yakima, 5 Miles, 51:52, First 75-95M, Oldest in race

Winter Series, 1/16/05, Yakima, 3.2 Miles, 41:13 (Walked), First 75-95M, Oldest in race

Resolution Run, 1/29/05, 10 Miles, 2:08:42 (Walked), First 75-95M, Oldest in race

Frosty Four Miler, 2/5/05, Yakima, 4.2 Miles, 40:36, First 75-95M, Oldest in race

Valentine Marathon, 2/13/05, Millersylvania State Park, 5:54:30, First 75-95M, Oldest in race

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**It's possible that one or two folks are missing the chance to get their results into this newsletter. If that's you, send me your email and I'll send you a reminder each month.**

~Carol [darkhorse22@comcast.net](mailto:darkhorse22@comcast.net)

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## My Favorite Run Calendar 2005

Keep these great events in mind!  
Mark your calendars now!

**February 19th** - Sponsored by Merita Trohimovich - 15 mile or 15 km Ft. Steilacoom Resolution Run #3, [www.ontherun.com/resrun/](http://www.ontherun.com/resrun/)

**March 12th** - Sponsored by J. Ellis - Tenacious Turtle Trail Trot - Fort Nisqually at Point Defiance Park (see article this issue)

**April** - Sponsored by Deone and Lance Docken - Daffodil Day at the Docken's

**May** - Sponsored by Rob Willis

**June 25/26** - Sponsored by Dick Decker - Burnt Ridge Run, Camping and Duathlon (more info on page 4 "SAVE THE DATE")

**July** - Sponsored by Jeff Haas

**August 13** - Sponsored by Merita Trohimovich - Tri, Bi or Lay around and Lie, Gig Harbor

**September** - Sponsored by Julie Holmes

**October** - Tacoma Triangle 1/2 marathon - Start and Finish at Point Defiance Park

**November** - Sponsored by John Kokes - Starbucks to Starbucks Run - Alki

**December** - Black Diamond Bakery Run

As you can see, we have an event for each month this year, but we can always do more! There is no limit to the number of My Favorite Runs we can do. Do you have a favorite course you would like to share with the group? If so, please contact Merita by phone at 253-853-3568 or by email at [mtrohimovich@harbornet.com](mailto:mtrohimovich@harbornet.com). Share your personal favorites with us!

As these events approach, keep your eyes open for more information (watch the newsletter, and soon, the IRC website for current information and updates), and feel free to contact any of the board members if you have questions.

### See YOUR Name in Print!

Do you have something interesting pertaining to running you would like to write about? Maybe you've participated in a really great race or run that you'd like to write about and share with the IRC? Now's your chance to become rich and famous! Write an article for the IRC newsletter! OK, so no guarantees on the rich and famous part, but we'd love to receive submissions from members. If you are interested, please contact me, or just start sending me your random thoughts/ideas/pictures! I welcome any ideas or comments you may have. Write me! ~ Christel (the Editor)

### Start of the Valentine Marathon & Half Marathon

Millersylvania Park, February 13th, 2005



Runners, start your engines...er, I mean watches!



IRC member Bob Dolphin, smiling at mile 14  
Photos courtesy of Maniac Chris Warren. Thanks!



### SAVE THE DATE!

**Burnt Ridge Run, June 25-26**  
**Meeting approximately 7:30**

Dick Decker has graciously offered up his getaway cabin for the weekend for what sounds like a great event. There will be trail running, camping, dinner/dancing, and a duathlon. Dick is requesting firm RSVPs because of site constraints. The sooner you let us know you are coming, the better. First Annual Cross-country Runs at Burnt Ridge, starting around NOON time on Saturday and ending sometime the following day! BEST PART -- NO ENTRY FEES!!!

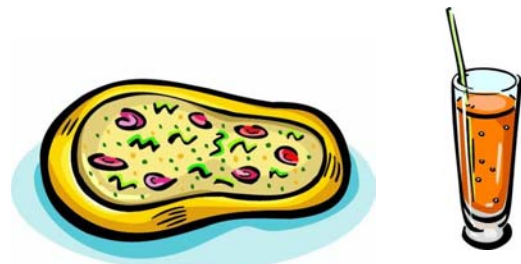
It's an overnight camp-out on a 44-acre, non-working farm with an active runway and a view of Mt St Helens, located in rural Lewis County, Washington about halfway between Seattle and Portland. Two invitational-only footraces will be held and a few aircraft owners and neighbors/friends will be invited to share in the festivities.

YOU are invited to visit and stay for any part, or better, ALL of the festivities! More information to follow soon...

### SAVE THE DATE!

**Spring Membership Meeting,**  
**April 13th, Run at 6:30,**  
**Meeting approximately 7:30**

We will have a run sponsored by Alex Juchems, followed by a whole lot of pizza and our annual Spring Membership Meeting at the Round Table Pizza in Auburn. All members are invited to attend this fun event! Bring the whole family. More info to come...



# The Interurban Runner Newsletter

PO Box 24882  
Federal Way, WA 98093-1882

February, 2005

## 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 (\$15.00)  
 Family (\$17.00)

**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

