



# The Interurban Runner Newsletter

February, 2007

www.interurbanrunners.net



## President's Report



The IRC started off 2007 with a bang in January. On January 20th, we had our annual Polar Dip hosted by Mike and Rayn Salazar at their home in Gig Harbor. We had a dozen runners who braved the icy streets in the Salazar's neighborhood then made it out to the main road for a 6 mile run to the Ollala bridge. There John Kokes, Alex Juchems, and Roger Willis took the plunge off the bridge into the cold waters of the Puget Sound.

We only had one injured person from the jump and that was Alex, who failed to follow John's lead and missed the deep channel and ended up in the shallower area. Alex was not seriously hurt but did have several scrapes on his leg when he hit the bottom. Alex's daughter thought it was wonderful that her dad suffered a war wound. Mike brought a bottle of champagne for everybody to share and to celebrate the event with. And what would an IRC event be without Bill Barmore and his flame-thrower to start a fire with to keep us all warm.

On January 27th, about a dozen of us got together again for the IRC Snow Day, hosted by Alan and Debbie Sofinowski. We met up in North Bend then caravanned to Crystal Springs off of the Stampede Pass Highway. Some people cross-country skied and others did some snowshoeing. Rob & Caroline Willis were kind enough to loan Laura and I their snowshoes while they skied. Neither Laura nor I had ever been on snowshoes and had no idea what to expect. But it was just a matter of minutes before we were comfortable on them and off we went into the mountains trekking up and down the trails.

The weather was wonderful, nice and sunny without a cloud in the sky, but it was cold, as I guess it should be if you are up in the mountains playing in the snow. Jeff Haas took a long trek up in the mountains and was not expecting the rest of us to be done playing so soon. Some of us started to worry about him as time went on, but pretty soon he showed up, returning after taking a break to eat his lunch while he enjoyed the scenery. Then we all headed back to North Bend and enjoyed some hot food and good conversation at the Pizza Place.

Final details are being worked out by the board and member Tony Phillippi in conjunction with the Fleet Feet running store in Bonney Lake to make a substantial enhancement to our summer race series. If everything works out, we will have a certified course for our 5K races and a new timing system with a clock at the finish line.

*(President's Report continued on page 3)*



## My Favorite Run

### March My Favorite Run

#### Tenacious Turtle Trail Trot

Saturday, March 17th, 9:30 a.m.

Hosted by J. and Meridith Ellis



Come join us for a trail run at Point Defiance Park on Saturday, March 17th at 9:30 a.m. If you have ever thought about running on trails and have never done it, this would be a great time to try it out. The trails are well-groomed and wide in a lot of spots. The views of Commencement Bay, the Narrows Bridge, Gig Harbor, and Vashon Island are wonderful, and all viewed while running through old growth forest. The run will have distances of both 6 and 9 miles, and it will be well-marked (unlike previous years when we used flour and it snowed, when we put down flour in the pouring rain, and when we used paint and someone scraped it off the trail), so you won't get lost as long as you follow the trail as it is marked. I promise this time, really.

I will have the shorter run turn off at the beginning of the run so the two groups can run into each other 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, and there are indoor bathrooms. We will also have a drawing for prizes for participants and volunteers. There is Five Mile Drive that is closed to car traffic on Saturdays until noon for those who want to ride bikes or have the kids ride along. There is plenty of parking and we will have a group picture taken at 9:30 a.m.

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 posted in the park. 5400 N Pearl St. Ruston, WA 98407. You can also get there along the Tacoma waterfront on Ruston Way through the Asarco tunnel to Pearl St. if you know the way. Call 253-606-2511 if you get lost.

## 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  
coyneld@aol.com
- Vice President ..... Alex Juchems ..... 253-529-8996  
ajuchems@mindspring.com
- Treasurer ..... J. Ellis ..... 253-564-4340  
jellis6355@aol.com
- Secretary ..... Rick Garrison ..... 253-638-0476  
windblown@netscape.com
- Program Manager ..... Robin Fox ..... 253-906-3766  
RunningDgs@aol.com
- Member at Large ..... Bill Barmore ..... 253-858-8407  
billchiro1952@yahoo.com
- Race Director ..... John Kokes ..... 206-932-9355  
john.t.kokes@boeing.com
- Membership ..... Rob Willis ..... 253-752-8386  
Coordinator rhrwillis@comcast.net
- Newsletter Editor ... Christel Elliott ..... 253-226-9473  
performanceresources@hotmail.com



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.  
**HOST NEEDED!**
- 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, March 3

**Snake River Canyon Half Marathon.** Wawawai, ID. 10 a.m. Scenic flat out-and-back course. Cody Pews (208) 301-2065, www.palouseroadrunners.org.

**Self-Transcendence 2 Mile.** Boat Ramp, Magnuson Park, Seattle. 8 a.m. Free monthly series, chart your progress. (206) 527-5099.

**Run 4 Luck 10K, 5K, 1 Mile.** Chehalis. 9 a.m. \$20 by 2/23, DOR \$25. Margaret (360) 786-5595.

### Saturday, March 3

**Honeywagon Runs 13.1 and 4 Mile Runs.** Everson. 10 a.m. 4-Miles \$8, half - \$10. Flat roads through farm lands. Vicki Griffiths (360) 671-6645, vickyandgary@juno.com, www.gbrc.net.

**Snake River Canyon Half Marathon.** Wawawai, ID. 10 a.m. Scenic flat out-and-back course. Cody Pews (208) 301-2065, www.palouseroadrunners.org.

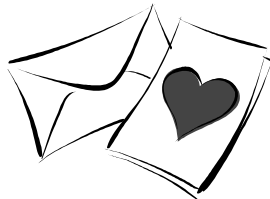
**Self-Transcendence 2 Mile.** Boat Ramp, Magnuson Park, Seattle. 8 a.m. Free monthly series, chart your progress. (206) 527-5099.

**Run 4 Luck 10K, 5K, 1 Mile.** Chehalis. 9 a.m. \$20 by 2/23, DOR \$25. Margaret (360) 786-5595.

(Events calendar continued on page 4)

## Board Meeting

by Rick Garrison



This month's board meeting was held on Tuesday, February 6, 2007 at Larry's business office in Federal Way. In attendance were Larry Coyne, J. Ellis, John Kokes, Alex Juchems, Bill Barmore, Rick Garrison, and Robin Fox.

### IRC Business

Membership renewals are rolling in. Some IRC clothing has been sold, and there are still 5 IRC calendars available.

### Social and Running Events

For of events of the past month:

Nice turnouts for the Polar Dip and Snow Day outings. Three brave souls jumped into the water: Roger Willis, Alex Juchems, and John Kokes. About six folks skied and snowshoed from the Crystal Springs area on a very nice day.

Events coming up shortly:

The Spring Membership meeting will be at Godfather's in Federal Way on April 11th. Our usual meeting spot, Round Table Pizza, will be closed for a couple of months.

Robin is still working on a special shopping night for IRC members at the new Balanced Athlete store in Kent.

Plans for events further out on the calendar:

We got Tony Phillippi on a conference call to discuss the brochure he's preparing for the IRC Summer Race Series, and his intentions of certifying the 5K course.

The IRC will have a water stop table along the Tacoma Marathon course on May 13th, and a table at the pre-race expo.

*(President's Report continued from page 1)*

Member Tony Phillippi is heading up the start of a new marathon in Tacoma, The Tacoma City Marathon, which you read about in last month's newsletter.

The IRC has agreed to sponsor one of the water stops on the course and provide volunteers anywhere else Tony will need help, such as at the expo, etc. A marathon of this proportion needs a lot of volunteers. Alex Juchems will be spearheading the volunteer effort for the IRC so if you would like to give back to the running community and get this new event off to a flying start, please contact Alex at [cooperjuchems@mac.com](mailto:cooperjuchems@mac.com).

Compliment at least 2 people everyday.

When in downtown Seattle feed a stranger's parking meter.

Be Safe Out There,

Larry Coyne

## IRC 2007 Calendar of Events

### March

Tenacious Turtle Trail Trot Sat. March 17th

### April

Spring Membership Meeting Wed. April 11th

### May

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 5 Race Wed. June 13th

### July

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

### August

Wed. August 1st Liar's Mile  
Summer Sizzler 5 & 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)



### Saturday, March 10

**Lincoln Park Run 5K and 10K.** Port Angeles. 10 a.m. First race of 3 in Athletes Choice Race Series. \$20, \$25 DOR, \$50 for series. Carol (360) 461-2966, carolclayton@olympen.com, www.athleteschoice.info.

### Sunday, March 11

**Henry Weinhard's St. Patrick's Day Dash 3.5 Miles (approx.).** Seattle. 9 a.m. 800-343-4411. www.stpatsdash.com.

### Saturday, March 24

**Fort Steilacoom Running Club Resolution Series #4 - 20 Mile and 20K.** Steilacoom H.S., Tacoma. 9 a.m. Series \$32 for FSRC members, \$40 non-members. Race \$8 members, \$10 non. (253) 537-8712.

**The Boardwalk 5K.** Husky Stadium, Seattle. 10 a.m. Benefits health and fitness programs in Seattle public schools. \$25 pre-reg., \$30 DOR, includes T. (206) 252-0476, rjlee@seattleschools.org, www.schoolkidscomefirst.com.

### Sunday, March 25

**Mercer Island Half Marathon.** Mercer Island. Also a 10K, 5K and kids dash. Over 3000 entrants last year. (206) 236-5323 x1920, <http://mercerislandhalf.com>.

**Dugan's Run.** Ocean Shores. 5K, 10K, 1 mile dash for older kids, and little dashes for young kids. Great awards ceremony post-race and all the kids get prizes. Fun community event. For more information and/or to be put on the mailing list call Dugan's Pizza at (360) 289-2330.

### Saturday, March 31

**Yakima River Canyon Marathon.** Ellensburg to Selah. Pt. to pt. course is exceptionally scenic, w/spectacular views of Yakima River Canyon. Marathon Maniacs reunion. Run with John "The Penguin" Bingham. (425) 226-1518 or (509) 966-0188. www.yakimarivercanyonmarathon.com.

### Sunday, April 15

**Nature's Path Whidbey Island Marathon & Half Marathon.** Deception Pass to Coupeville. (206) 729- 9972, www.whidbeyislandmarathon.com.

**Rage in the Sage Mountain Bike Duathlon.** Benton City. 9 a.m. \$18 per duathlete/team. 2. 5 miler, 10 mile mountain bike, 2.5 miler. First event of 3RRR multisport series. www.3rrr.org. Eric (509) 942-7137, sageg@charter.net.

### Sunday, April 22

**Wenatchee Marathon.** Wenatchee. Third running of this new event. Also offered are half marathon, 10K, 5K, and 2K (for kids). Traffic-free course. www.wenatcheemarathon.com.

**Mt Si Relay & Ultra.** Snoqualmie Elementary School, Snoqualmie. 57 mile Team Relay, consisting of ten legs, for five person teams. Plus two ultra runs of 50 Miles and 50K. www.eastsiderunners.com, mtsirelay@verizon.net.

### Saturday, April 28

**Capitol Peak 50 Miler & 55K.** Capitol State Forest, Olympia. 50 Mile solo early start 5 a.m., others at 6 a.m. Ultra and relay event. www.capitolpeakultras.com.

### Sunday, April 29

**Eugene Marathon.** Eugene, OR. Also half marathon, 5K, and kids run. Inaugural event. www.eugenemarathon.com.

**Mt. Rainier Duathlon & Mount Peak Duathlon.** Enumclaw. 8 a.m. Mt. Rainier: 8. 5K r, 50K b,

### Sunday, May 6

**Vancouver International Marathon & Half Marathon.** Vancouver, B.C. Great event and expo. Scenic through-city course is one of the best. www.bmovanmarathon.ca, (604) 872-2928.

**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.

### 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.

**Capital City Marathon Potluck** at the Brennands post-event. Details to follow.

## WANT TO RUN THE MT. SI RELAY?

Would you like to be on a team for the Mt. Si Relay? I'll help you form a team or connect you with a team looking to complete their roster. Five people on a team and each person runs two legs, of distances between 3 to 7 miles long. Some legs are flat and others have some hills. Some teams are VERY recreational and others are going for the glitter. So let me know your preferences and your age group.

More information at: <http://www.ontherunevents.com/mtsirelay/>, or you can contact Rick Garrison by phone at 253-638-0476, or by email at [windblown@netscape.com](mailto:windblown@netscape.com).

## Race Results



compiled by Christel Elliott

### Judy Fisher

Ft. Steilacoom Resolution Series 10K, 1/20/07, 50:35, 1stF(60-64), 11thF/61

Super Jock 'n Jill Winter Grand Prix Series #4, 2 mile (Emerald Downs, Auburn) 1/27/07, 16:09, 1stF(60+)

St. Martin's Homecoming 5K (Lacey) 2/10/07, 24:46, 3rdF OA, 1stF(60+)

Love 'em or Leave 'em 5K (Green Lake, Seattle) 2/11/07, 24:02, 1stF(60+)/6

### Merita Trohimovich

Pigtails Ultra at Lake Young's "4:35 official (I was one of the optional late starters so my time was 4 minutes faster) Nice day - no rain I was the first masters woman so I got a dozen beautiful home grown eggs - the advantages of finally being 40) 2nd female, 10th overall (tied with Tony Phillippi)."

### Bob Dolphin

Winter Series #4, 3.2 miles (Yakima) 1/14/07, 30:24, 1stM(75-79) for the series

Resolution Series 10 Miler (Steilacoom) 1/20/07, 1:47:34, 1stM(75-79)

Frosty Four Miler (Yakima) 2/3/07, 41:00 1stM(75-79)

Valentine Marathon 2/11/07, 5:35:53, 1stM(75-79). "That was a 35 minute improvement over the Christmas Marathon (12/23/06) on the same course."

### Christel Elliott

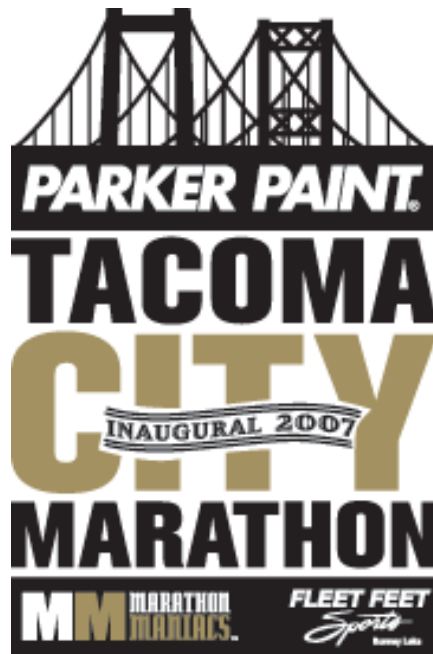
Capitol Peak 17 miler (Olympia) 3:23. "I intended on running the whole thing, but just had a bad day out there and didn't want to keep going. I love running really fast down the hills (that's the only time I run fast, mind you), and I couldn't because of the snow. I don't have the same gusto and drive that I had last year, it seems. I still had a great time, especially at the fire afterward!"

Valentine Marathon 2/11/07, 3:35:35, 1stF(25-29), 3rdF OA. "A PR and a BQ, thanks to the careful coaching of Dr. Annie, and certainly NOT due to the shape I'm in. Ugh! :) A great event, as always, and a fun time for everyone who participated! I had a blast running the first 15 miles or so with Annie (BB), Tony (tp!), and the MM Prez, Steve Yee. Before they dropped me like a hot potato. Without that powerful start, I never would have obtained a new PR, so I'm very grateful for their charity. :)"

### Molly Hurd

Canine 5K Run: 19:47 first female

12K's of Christmas 5K, 21:03 2ndF OA, 1st Masters



*Tony Phillippi, IRC member and website specialist, is co-directing the first-ever Tacoma City Marathon on May 13th this year. They would like to have an IRC water stop, as well as volunteers for designated spots along the course. Please help support this new event and our fellow IRC member and web guy! :)*

*If you would like to volunteer, please let Tony know, or contact a board member for more information. More details to come in the future. See article on the right for more information on this wonderful new event in Tacoma!*

## 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](http://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](http://tacomacitymarathon.com/doc/TCMPressRelease11_13_2006.htm))

## Member at Large

### Bill Barmore

January—I was moving into a new age group, and to commemorate the event I'd run an ultra. Not just any ultra, but Bridle Trails: cold, slippery, and dark. I knew I was unprepared for all aspects of the race. My shoes were worn out and I had no windbreaker, but I did have new batteries for my headlamp. As I was leaving my house to run a few errands, my phone rang. Since I packed it in my running bag, I couldn't answer it. I pulled over and looked at the number, which ended in a 3 and thought it was my son Bronco calling. I pressed send and surprise, the voice was that of a person who takes great delight in running long races with me, just to kick dust in my face at the end. Christel (a.k.a. Ultra Queen) was looking to carpool with someone and I was more than happy to offer my tormentor a ride.

The roads were clear, traffic light, and we were there in time to shop for bagels and sign up for the race. Before the start of the 5.2 mile race, I posed with Lance and Deone, Yanghae, and Christel as the only IRC members crazy enough to enter a race when it was 24 degrees outside. I seeded myself close to the front of the line for the 31-mile start and hadn't even warmed up when I hit the first hill—a rookie mistake. The ground was frozen and uneven, making ankle-rolling mandatory. I figured that anything less than 6 hours would be a good run and checked my watch as I finished the first of 6 loops. 42 minutes—way too fast. I looked over my shoulder and Christel was at the aid station. Time to run.

The light was starting to disappear and the trail was still rough. I finished loop 2, got my headlamp, and she's there. "Hey Bill, got your light?" Loop 3—my world is shrinking as I depend on my headlamp more and more. Strangely, the trail had softened and people were not twisting ankles like before. My cotton sweatshirt was wet from the moisture being wicked by my running shirts, so I was due for a wardrobe change.

During the last 2 loops, a new sensation took place. I knew I was slowing, but because I was so focused on the trail in the dark, the loops felt like they were faster. I was on my last loop, and I'd changed shirts again and I was cold. I just had to get to the finish line and everything would be just great. I finally figured out that there was a long downhill snow chute just before the finish. I was running down it carefully because I fell on my face the loop before and expected a familiar face to pass me just before the finish, like usual. This time, however, no one passed me and I finished in 5:09:21.

I was cold, tired, and hungry and took care of all those things right away: hot chocolate, PB and Js, and warm-ups. Finally, after what seemed like forever (2:31), Christel finished and we got to see friends finish and talked until the cold got to be too much. So we headed home, a nice warm ride for 2 people who had just run a great race.

Next month, PigTails Run. Bill



## 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 with no entry fee. A commemorative T-shirt will be available for about \$8 with advance notice. There are no awards, but most of the runners treat themselves to a lunch at Spuds at the finish. Return transportation will be provided to those that request it in advance.

For more details on these runs and for return transportation options, see the website, at [www.greenrivermarathon.com](http://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](mailto:barrick@greenrivermarathon.com).

## Update on IRC's Thursday night Scoreboard Pub Run and Walk

by Alex Juchems

Hard to believe it's been one year since the start of Thursday's Scoreboard Pub run/walk. This weekly run starts and stops at the parking lot of the Scoreboard Pub, which is located a few yards from Celebration Park and the BPA trail in Federal Way. The run/walk starts at 6:30 p.m. and there are typically 3 to 4 runners and 1 to 3 walkers who cover the scenic and hilly trail together. Distances range from 2 to 6 miles, with many options to make the run longer as desired.

And what would an IRC-sponsored run be without an opportunity to socialize, eat, and drink? The turnout for the social part of the evening is usually between 6 and 10 IRC members! On Sunday, December 31, we had an IRC morning run and breakfast event there as well. Six IRC members (pictured) ran or walked the BPA trail then enjoyed a great breakfast at the Scoreboard Pub while watching the Seahawk's last regular season game. There may be more Sunday morning runs - stay tuned!

If you're looking for a group to run with and a chance to socialize with other IRC members, come to the Scoreboard Pub any Thursday. Contact Larry Coyne (253) 952-3949 or Alex Juchems (253) 529-8996 if you're interested in joining us, and we'll look for you at the start!



IRC Members at the Scoreboard Pub, after a Sunday morning run. From left to right, Jim Shepard, Laura and Larry Coyne, Jeff and Helen Johnson, and Alex Juchems.



### 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.

## 2007 Inchworm Run

by Andy Larpenteur

We had a great turnout for the Inch Worm Run. Twenty participants ran various lengths on that beautiful sunny Saturday morning.

Nine runners ran the total One Million Inches (15.78 miles). They were: Rob Willis 2:05, Jennifer Yogi 2:08, Kurt Lauer 2:20, Steve Barrick 2:20, Guy Yogi 2:20, Matt Adams 2:24, Olga Walker 2:27, Jason Gordon 2:41, and Dean Darlo



2:48. Other participants ran a 10-mile course. They were Bill Bamore, Terri Stewart, John Kokes, Ida Chiu, and Carol Barber.

Other participants rode bikes and walked their dogs. They were J. Ellis, Kathy West, and the Juchems family including Alex, Sue, Sarah, and Matthew.

We had water stops supported by Andy and Norma Larpenteur and Jenna Barrick. A fun time was had by all. It was a beautiful morning for the flat, fast course.

**From Alex Juchems, "Thanks to Andy Larpenteur for bringing this favorite run back to life."**

## 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

February, 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

