



The Interurban Runner Newsletter

February, 2008

www.interurbanrunners.net

President's Report

Brrrr!

What a "thrill" it was to finish the IRC's annual Polar Dip run and splash! Twelve runners and walkers made the five-mile journey to the Ollala Bridge, with four taking the challenge and leaping into the frigid waters of Puget Sound. John Kokes led the charge off the bridge followed by myself, Jim Shepard, and Rich Cockrell, a guest of Ron Book. A warm fire greeted both "jumpers" and runners, with Bill Barmore there with his trusty propane torch! **Mike** and **Rayn Salazar** hosted this unique event, serving up hot chili and other delicious food following the run. If I had any second thoughts of jumping off the bridge, Mike kindly reminded me, "Oh, you're the club president, you have to jump". Thanks Mike!

Sometimes having too much of a good thing can be dangerous. That was the case for IRC's Snow Day as nearly 5 feet of new snow fell on the mountains the week before the Snow Day event. Credit and thanks go to **Alan Sofinowski** for trying hard to salvage this annual event. Perhaps there will be another Snow Day later in spring, as there will no doubt be plenty of snow around for a while.

Finding Inspiration in a Movie

Several IRC members attended the one-day only showing of the movie "Spirit of the Marathon". The movie captured the training, emotions, and perseverance of both first time marathoners and top ranked professionals preparing for and running the 2005 Chicago Marathon. I particularly liked how the film was centered on the Chicago Marathon. In 2004, I ran the Chicago Marathon with other members of the IRC. Experiencing a marathon with John Kokes, J and Meridith Ellis, and Mike Salazar was like running as a team – we had a lot of fun! IRC member Marilyn Stenhagen and her friend Lauren Eagan were in attendance at a Federal Way theater and found the movie a great inspiration for the marathons they're training for. This is the type of film that will be a great gift for any runner if it comes out on DVD.

IRC's Communication Team

The IRC is one of the most active running-social clubs in the area. Even in the traditionally slow month of February, the IRC is offering club members three special events in addition to the regular weekly runs. Lately I've noticed more and more new faces at IRC events. This is exciting and needed for the sustained growth and energy of the club! A lot of credit for the

(President's Report, continued on page 6)

My Favorite Run

March My Favorite Run

Tenacious Turtle Trail Trot

Saturday, March 15th, 9:00 a.m.

Hosted by J. and Meridith Ellis



Come join us for a trail run at Point Defiance Park on Saturday, March 15th at 9:00 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 9:00 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 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, March 1

Honeywagon Runs 13.1 and 4 Miles. Everson. 10 a.m. Walkers welcome! Flat roads through farm lands. Vicki Griffiths (360) 671-6645, www.gbrc.net.

Run 4 Luck 10K, 5K, 1 Mile. Chehalis. 9 a.m. Margaret (360) 786-5595.

NW Trail Runs 10K. SeaTac. Longer run available too; see website for details. www.nwtrailruns.com, Eric (206) 291-8250.

Saturday, March 8

Sunset Valley Loop 10 Mile Fun Run & Relay. Anacortes. 10 a.m. Four 2.5-mile loops through park. Solo or up to 4-person teams. (360) 293-1918.

Spring Forward 5K Run. Stadium H.S, Tacoma. 9 a.m. Benefits autism. Boris (253) 582-8142.

Sunday, March 9

36th Annual Mercer Island Half Marathon, 10K & 5K. Mercer Island. New location - start and finish at Community Center at Mercer View. (206) 236-5323 x1920.

(Events calendar continued on page 4)

Board Meeting

by Rick Garrison



This month's board meeting was held Tuesday evening, February 5th, at Larry's office in Federal Way. In attendance were Alex Juchems, Larry Coyne, John Kokes, Rick Garrison, Becky Jacobsen, and Jeff Johnson.

IRC Business

All the IRC calendars have been sold, and no more will be published.

Laura Coyne has made arrangements for ordering new IRC clothing. J. will get the word out with links showing everyone on the email list of what they look like and how to place an order.

The Orting Lions Club has approached us about helping them conduct a run. The board has a lot of questions and has directed J. and Becky to find out the answers before we make any commitment.

Social and Running Events

My Favorite Runs The Salazars hosted 14 runners for the Polar Dip (group pictured below), with only four making the leap into the water. The Snow Day in February was snowed out. The road over Snoqualmie wasn't reopened until that morning with the assumption that traffic would be horrible. Jeff Haas will host a Favorite Run in April on the Cedar River Trail, and come back with a May outing at Lake Youngs. John Kokes and Alan Sofinowski will try to organize a My Favorite Bike Ride, perhaps in March.

The Spring Membership meeting is scheduled for April 9th. Becky will check on the availability of Vince's Pizza in Federal Way. We're looking for a place for the Spring Social, set for June 14th. There's some discussion that the Acme Bowl in Tukwila has a very nice party room. John and Becky will check it out.



IRC 2007-2008 Events & My Favorite Run Calendar

March 15th Tenacious Turtle Trail Trot (T4) - J. Ellis

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 2007/2008!

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, March 15

Tenacious Turtle Trail Trot, Point Defiance Tacoma. 9:00 AM. Hosted by IRC members J. and Meridith Ellis. Potluck after the run. Contact King Turtle J. Ellis at jellis6355@aol.com, see page 1 of this newsletter.

Foothills Dash 5K, 10K & 15K. Orting. 9 a.m. Benefits recreational programs for youth and adults w/special needs. (253) 798-4177, wgarri1@pierce.wa.us.

Runnin O' the Green 5 Mile and 2 Mile Run. Bellingham. 8:30 a.m. Lance Romo (360) 647-7665, www.trithecookie.com.

Sunday, March 16

The 21st Annual Big Climb for Leukemia. Columbia Center, Seattle. 8:30 a.m. Run or hike 69 flights of stairs to raise money for Leukemia research. Teams and individuals, www.bigclimb.org.

Henry Weinhard's St. Patrick's Day Dash 3.5 Miles. Seattle. 9 a.m. Through-city course. One of the biggest single events in the city or state. 1-800-343-4411. www.stpatsdash.com.

Saturday, March 22

Fort Steilacoom Running Club Resolution Series #4 - 20 Mile, 20K & 5K. Steilacoom H.S., Tacoma. 9 a.m. Hot showers and hot food after. (253) 537-8712, www.runfsrc.com.

Franklin Family Run 5K. Vancouver, WA. 9 a.m. Mostly flat neighborhood streets. 1 mile kids run at 8:15 a.m. www.eventmgnt.com, (503) 643-9440.

Sunday, March 30

NW Trail Runs 5 & 10 Miles. Sammamish. Eric (206) 291-8250, www.nwtrailruns.com.

Saturday, April 5

Yakima River Canyon Marathon. Ellensburg to Selah. 8 a.m. Course is exceptionally scenic, (425) 226-1518/(509) 966-0188. www.yakimarivercanyonmarathon.com.

Skagit Valley Tulip Run 2 & 5 Mile. Burlington. 9:30 a.m. Great annual run through on woodsy trails. www.tuliprun.com or www.skagitrunners.org.

Sunday, April 13

Whidbey Island Marathon & Half. Whidbey Island. 8 a.m. See website for details. www.whidbeyislandmarathon.com. New course for 2008!

Inchworm Run Report/Results by Andy Larpenteur

The wind and rain held off long enough for all the participants to complete their runs. We had a hardy group of 11 runners that came out and tackled the course in varying distances and speeds. The runners were: Mitch Parker 1:54, Kent Sizer 1:59, John Pontarolo 2:08, Steve Barrick 2:10 and John Kokes 2:25. These runners all completed the One Million Inches!

One runner, Rob Willis, was so enthusiastic (or crazy) that he ran over one million inches (16.9 miles) with a time of 2:25. John Kokes waited for Rob who had a late start, so they could finish together. Bill Barmore and Merita Trohimovich ran 13 miles with a time of 1:54. Ida Chiu ran eleven miles in 2:25 and Jeff Haas ran 10.5 miles in 1:48. Larry Coyne ran a six mile distance. Andy and Norma Larpenteur worked the water stop at Van Dorens Landing.

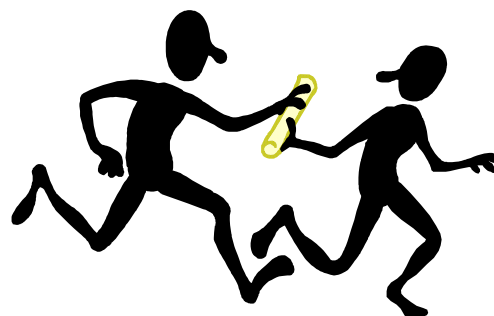
Everyone got in a good workout and a great start to their day. Thanks to Steve Barrick for his enthusiasm for this race. He invited several Cedar River runners to join us and in my opinion, the more the merrier!

Mt. Si Relay Teams Sunday, April 13th, 2008

The Eastside Runners have set Sunday, April 13th for the 2008 running of the Mt. Si Relay and, once again, the IRC wants to organize teams or at least help folks find teams to join. It's Mt. Si in name only. The relay is about 58 miles long through the Snoqualmie Valley and Rattlesnake Lake area. Each team is comprised of 5 members, running two legs of 4 to 7 miles. Most teams finish in 7 to 8 hours. More information at: www.ontherunevents.com/mtsirelay/.

If you're interested in getting on a team or looking for someone to fill out your squad, let me know. Indicate if you'd be interested in a no-hassle, out for fun kind of a group; or a rip-snortin', go-for-the-gold team.

Rick Garrison
windblown@netscape.com
253-638-0476



Race Results

compiled by Christel Elliott

Judy Fisher

Nookachamps Half Marathon (Mt. Vernon), 1/12/08(9:30AM), 1:48:55, 1stF60+

Bridle Trails 5 Miler (Kirkland), 1/12/08 (3PM), 50:33, 1stF60+

FSRC Reolution Series (Tacoma), 10K, 1/26/08, 48:35, 1stF60-64

New Balance Winter Grand Prix Series (Seattle), 2 Miles, 2/9/08, 14:50, 2ndF60+

Love 'Em or Leave 'Em Valentine's Day Dash (Seattle), 5K, 2/10/08, 23:37, 1stF60-69

Bob Dolphin

Resolution Series 5 Mile Run 1/1/08, 50:27, 1st 75+M

Winter Race Series #3, 5 Miler, Yakima, 1/6/08, 50:09, 1st 75+M

Winter Race Series #4, 5K, Yakima, 1/20/08, 35:18, 1st 75+M

Resolution Series 10 Mile Run, 1/26/08, 1:46:24, 1st 75+M

Rick Garrison

Nookachamps Half Marathon 1/12/08, 1:38:14

FSRC Resolution 10K 1/26/08, 43:07

Christel Elliott

Bridle Trails 50K (Kirkland) 1/12/08. "Not sure what my time was, but I finished, slow as it was. Thanks to Bill and Val for running with me!"

Orcas Island 50K 2/17/08. "Again, not sure what my time was, under 8 hours though. BEAUTIFUL day! Thanks to Linda & Jamie for running with me!"

Parker Paint Tacoma City Marathon May 10th, 2008

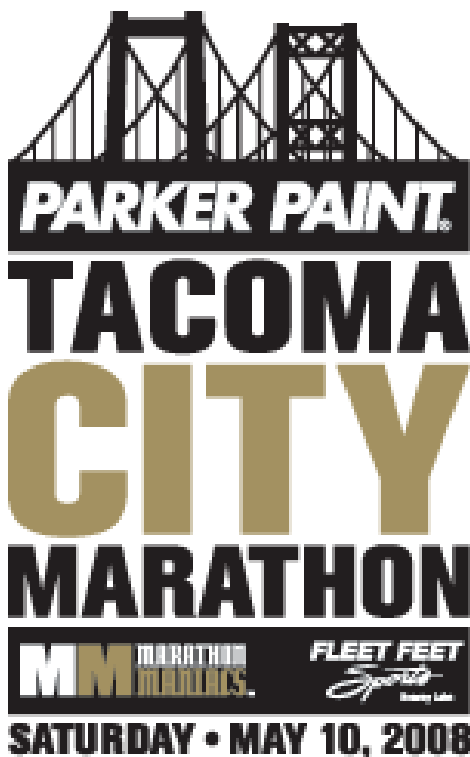
www.tacomacitymarathon.com

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!)

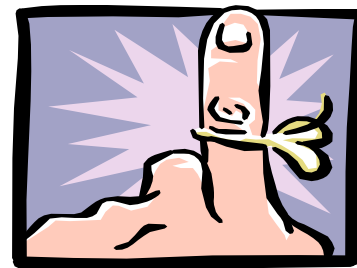
Is there going to be another Blues Brothers water stop this year?



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.



Welcome New IRC Members!



Alex Juchems IRC president is happy to announce that we have four new members, Jackie Hattori, Shawn Mercald, Myah Nilsen, and Dennis Zaborac.

Jackie is from the Kent and is interested in various runs. Shawn is from Federal Way and is interested in regular workouts and marathons. Myah recently moved to Federal Way and is training to run her first marathon. Dennis is also from the Kent area. His running interests include regular workouts and marathons.

We look forward to having Jackie, Shawn, Myah, and Dennis join the many IRC events whenever they can.

Larry at Large by Larry Coyne

This doesn't have much to do with running, but more with just everyday living. Some of you may not be into hunting and fishing and guns and stuff like this but it is an important part of my life. Years ago, a friend of mine named Loren gave me a 22-caliber rifle that belonged to his dad when his dad was a kid for my sons to use when we went camping. The kids loved to shoot dad's empty beer cans. I had one rifle for the kids to use and my friend thought I should have a rifle for each of my two sons. Well, as life goes, my friend moved out of the area and I lost contact with him. As my sons grew up and became adults, the rifle got put in the back of a closet.

I was looking for something the other day and saw the rifle. I picked it up and reread the inscription my friend's dad had put on the rifle when he gave it to my friend. Right then and there I knew I had to look up my old friend and return the rifle to its proper owner. Searching the internet, I located him and sent him a letter about returning the rifle to where it should be, with him, my old friend. I included my phone number in the letter and he called me the other day, and was overwhelmed that I had made the gesture to return the rifle to him. My old friend Loren is coming to town this month and we are meeting at an old watering hole we used to frequent. Many of you probably can guess where that is—the Scoreboard Pub in Federal Way, where I will return the rifle to its rightful owner.

I know when we meet up again we will have many stories to tell about the rifle and its history with him, his dad, and my sons. My sons still talk about the camping trips and target shooting and learning the proper way to handle pistols and rifles. They say that so many of their friends never had the experiences they had growing up. So many of their friends were taken to Disneyland and places like that. When my sons talk about our vacations of going camping, visiting National Parks, fishing and hunting trips, and all the silly things we did, their friends say they wish their parents had taken them and done things like that. I truly believe these silly things we used to do make me and my sons very close still to this day, because we spent a lot of personal time together in the truck traveling around and telling stories around the campfires.

Don't let old friendships be forgotten because friends are not always the easiest thing to come by in this life. We meet a lot of people and we don't want all of them as friends, but we need to cherish those we do.

Laura had a very bad experience while out biking over the weekend. Her Jeep was broken into and her sports bag with some running and biking gear was stolen, about \$350 worth of stuff. This is a wake up call for all of us! If you drive somewhere to go for a run or bike ride, take only what you need, and don't leave valuables in your car.

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

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

increase in new faces as well as the continued support of long-time club members goes to the excellent work of the IRC's Communication Team of **Christel Elliott** (newsletter editor) **Tony Phillippi** (webmaster) and **King Turtle J Ellis** (email notifications).

Christel has served as newsletter editor for over three years and does a fantastic job presenting club news and keeping members informed. While I may be partial to IRC publications, I believe the IRC's newsletter is one of the best around!

Have you stopped by to check out the IRC website lately? (www.interurbanrunners.net) Tony's designed the site to serve as a great resource for the club and the running community. Several new members found the club through the IRC website. Tony's experience in managing the rapidly growing Marathon Maniacs club and website, as well as his personal insight into what a runner needs from a website has proven to be a great benefit for the club!

Tenacious is the best description for the IRC email notification system. And who more qualified to manage it than Mr. Tenacious himself, J Ellis? How many times have you gone to your email to verify where and when to meet for an IRC event? I have many times! J is always on top of IRC events and him getting the word out through email has contributed greatly to increased member participation in IRC events. If you're not on the email notification system and would like to be, contact J at jellis6355@aol.com.

Thank you to these three volunteers, whose time and expertise greatly add to the success of the IRC! Next time you see Christel, Tony, or J, please thank them for all they do for the club.

IRC Member in a National Running Magazine!

While it is not unusual to see **Judy Fisher** listed several times in "Northwest Runner's – Best of Times", Judy is also listed in the March issue of "Running Times" magazine. The article lists the 2007 Masters of the Year with Judy was noted as honorable mention in the age range of 60-64. Way to go Judy!

IRC Vests and Jackets for Sale

The IRC is offering club members the opportunity to purchase vests and jackets with the IRC logo. Big thanks to **Laura Coyne** for organizing this special clothing sale event. All orders must be prepaid and in to the club's mailbox by the 5th of March. I've already ordered mine! See the enclosed clothing sale article for more details.

Train on!

Alex Juchems

IRC Clothing Available (Nice stuff!)

The IRC is offering club members an opportunity to purchase "Interurban Runners" fleece Vests and Columbia Jackets. Each jacket and vest will have the club logo embroidered in white – see logo below



Look out below! Crazy jumpers at the Polar Dip in January.

Go to the website www.4logowearables.com and enter the numbers below for sizing chart and fabric information. The colors listed here are the *only colors available* for the club to order. (Coats – ladies charcoal, men’s gremlin / Vest – leaf green or black)

\$48.50 (each) Fleece Jackets

C6114 - Lady's / Charcoal heather

Gents / Gremlin

\$32.50 (each) Fleece Vest

D770 Unisex Vest/ Leaf Green or Black

All orders must be prepaid and placed by February 29th. Orders will be available within approximately 10-14 days once the club’s order has been placed. Orders can be placed at this email address mrsjunecleaver@gmail.com along with any questions you may have. You can also call with any questions (253)973-4038 (Laura Coyne’s cell) or to place an order by phone.

Use this form below (fill in, copy and paste in email to mrsjunecleaver@gmail.com).

Name Item Quantity Size Color

All payments can be mailed to the IRC Post Office Box and **must be received by Wednesday, March 5th**. The club order will be placed Thursday, March 6th.

Please make checks payable to:

Interurban Runners Club

Mail to:

Interurban Runners Club

P. O. Box 24882

Federal Way, WA 98093-1882

We look forward to hearing from you!



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

February, 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

