



The Interurban Runner Newsletter

January, 2005

www.interurbanrunners.net

President's Report

You're seeing the editing handiwork of Christel Elliott, beginning with this issue of the newsletter. (Presumably, Carol Rodriguez is giving her some help, for now). I know it'll be as spectacular as was Carol's work.

Now, how do runners donate blood without putting a crimp in their training? Seems to me they can't. It's a trade off that lasts – in my experience – 3 to 4 weeks before the old level of vigor returns. One could donate while recovering from an injury unless you feel that muscle needs all the precious blood your body can give to it. I had an opportunity to donate recently, and decided to go for it. After all, it's been such a long time since my previous encounter with the big needle.

There may be another reason I don't go back so often. The questions they ask during the screening process suggest what a dull life I live. Have you been out of the country? Have you had sex with a homosexual? Have you had sex with a woman who had sex with...? And other permutations of questions along that line. Is that the real reason so many people don't donate? They're ineligible? Ah, but what memories they have: trips to Africa and long ago affairs with libertine people. But I shake it off and know there's everything right with a lifestyle that provides no gossipy material. Besides, I still hope to visit Africa and Central America, someday.

I probably wouldn't have taken the recent Polar Dip plunge, but it seems it's one of those compulsory duties of being the president. Glad I did it; and glad it's over with. Actually, I found it weirdly tolerable in the water. The extreme discomfort hit me hard upon climbing out. Thank goodness for the campfire burning there on the shore. Once again, Mike and Rayn Salazar provided a cozy setting to help us recover with a fireplace burning, good food, and football on the big screen.

- Rick

My Favorite Run

My Favorite Run FSRC Resolution Run by Merita Trohimovich



Ft. Steilacoom High School
Saturday, February 19th,
9:00 a.m.

No one else volunteered to do a My Favorite Run this month, so I'm it!!! Unfortunately, I blew it! The IRC Snow Day is February 5th, I'm out of town the 12th and 26th, and I had planned to hold the run on the 19th. Trouble is, the Fort Steilacoom Running Club Resolution Run #3 is that day. I'm signed up for the series as are many of the IRC members. So, I have this idea to use the Resolution Run as the My favorite Run.

I know, for many of you the run is not a favorite but for many it is! It would really cool to have a huge IRC turnout and dominate the awards!!!! It will be 15 miles or 15K, runner's choice. It's a very reasonably priced run and there will be food afterwards. They give out cool ribbons for all the age divisions. Start time is 9:00 am at Fort Steilacoom High School. Check it out online at www.ontherun.com for more information and details. Hope to see you all there! ~Merita

Rick Garrison,
Christel Elliott, Deone
Docken, J. Ellis,
Meridith Johnson, and
John Kokes braved
the Polar Dip (left
to right),
January's
My Favorite
Run



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	
Secretary/IRC Apparel.....	Deone Docken	253-840-0290
	deoneyd@aol.com	
Program Manager	Merita Trohimovich	253-853-3568
	mtrohimovich@harbornet.com	
Member at Large	Alex Juchems	classified info
	ajuchems@mindspring.com	
Race Director	John Kokes	206-932-9355
	john.t.kokes@boeing.com	
Membership Coordinator....	Larry Coyne	253-952-3949
	coyneld@aol.com	
Poofwreeder/Editor.....	Christel Elliott.....	253-226-9473
	performancesources@hotmail.com	

We thank

**NORTHWEST
RUNNER**

For their
support.

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!



Regularly Scheduled Runs

- Tues. Kentwood High School - 5:30 pm**
Track workout.
Contact Steve Israel at 253-797-0041
- Wed. Tacoma Waterfront - Katie Down's - 6:30 pm**
Run 4 to 8 miles.
Contact J. Ellis at 253-606-2511
- Thurs. Jake's Ales in Federal Way - run at 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

Events Calendar

Saturday, January 22. Super Jock 'n Jill/New Balance Winter Grand Prix Series Race #4 XC, 2 mi. Emerald Downs, 9 a.m. \$25 for series and T-shirt, or \$5 per race. (206) 522-7711.
www.superjocknjill.com.

Saturday, January 29. FSRC Resolution Run Series #2, 10 Mile and 10K. Steilacoom H.S., Tacoma. \$10 single race, series fee \$40. Hot showers and hot food. See ad in January Northwest Runner, pg 2.

Saturday, January 29. North Sound Runners River Run Series, 2.3 mi. Langus Park, Everett. 9 a.m. Ray Townsend (425) 397-7214.

Saturday, February 5. IRC SNOW DAY

Saturday, February 5. Super Jock 'n Jill/New Balance Winter Grand Prix Series Race #5, track 2 mi. Nathan Hale H.S., 9 a.m. \$25 for series and T-shirt, or \$5 per race. (206) 522-7711. See ad in January Northwest Runner, pg 23.
www.superjocknjill.com

Saturday, February 5. Lord Hill Trails Fun Run 10, 20, and 30 mi. Snohomish. 7:30 a.m. No fee. 10.5-mile loop through hilly, wooded course.

Saturday, February 5. Self-Transcendence 2 Mile. Boat Ramp, Magnuson Park, Seattle. 8:00 a.m. Free monthly series, chart your progress. (206) 527-5099.

Saturday, February 5. Super Bowl Dash Half Marathon. Olympia. Noon. (360) 273-9684.

(Events Calendar continued on page 4)

Board Meeting

by Deone Docken



This month's board meeting was held on Tuesday, January 4th at Deone Docken's house. In attendance were Deone Docken, Rob Willis, Rick Garrison, Merita Trohimovich, Alex Juchems, Meridith Johnson, and J. Ellis.

In general business and other affairs:

It's time to renew your membership. Thanks to all who renewed at the Christmas party or in the mail.

The IRC 2005 Calendars are available for sale. Contact Steve Israel or a member of the board to get one. They are going fast, and there are only 4 left, so act fast!

Thanks to Christel Elliott our new newsletter editor for her willingness to step in as newsletter editor starting with this edition.

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

We still have dates open for 2005 My Favorite Runs. Please let Merita Trohimovich know if you are interested in hosting one.

It's time to start organizing teams for the Mt. Si Relay. Look for details in the newsletter.

For events of the **past month**:

December 11th was the annual IRC Christmas Party at J. and Meridith's house in Tacoma. It was a great party with a turnout of 52 + club members. The food was once again excellent, thanks to all the chefs. The entertainment was a lot of fun too, thanks to Alan Sofinowski and his gang. Thanks to Santa for the gifts for the kids and all who made the gift exchange so fun. Special thanks to J. and Meridith for hosting the party!

The IRC Jingle Bell Run was held on December 16th, starting at Jakes. The chorus of 11 carolers ran through a housing development off 1st Ave. in Federal Way, where every house was lit up with extravagant light displays. We had many cars stopping to hear us sing and videotape us. It was fun having Steve accompany us on harmonica! Steve Israel won a \$50 gift certificate to Jakes for being the most decorated runner with his battery-powered string of Christmas lights. Plan on joining us next year!

December 18th was the Black Diamond Bakery My Favorite Run. It was attended by 14 people (12 runners and 2 walkers). The distance was either a little short or we have some Olympic qualifying runners in the club. Everyone enjoyed a nice breakfast after the run.

For **this month**:

January 15th will be the IRC Polar Dip, a club tradition. Runners will run a 5 mile course from Mike Salazar's home to the Ollala Bridge in Gig Harbor, where they will jump into the freezing waters of the Puget Sound. This year the challenge is for the 2nd female to jump and end the men's reign on this event.

For events **further out on the calendar**:

The IRC Snow Day will be on Saturday, February 5th at Snoqualmie summit (see details in article below).



IRC Annual Snow Day!!! February 5th

Yes, there is snow in "them ther' hills"!! The plan is to head up to the Snoqualmie Pass area and do some cross country skiing or snowshoeing. Bring the whole family if you'd like!!

The meeting place is Denny's in North Bend, 8:00 a.m. for breakfast or 9:00 a.m. to head on up. We can do some carpools! Meet at 7:00 at the park and ride just off of 99 and Hwy 18 in Federal Way, contact Merita Trohimovich. There is also a carpool opportunity at the Fairwood Safeway--if anyone is interested in that, please contact Alan Sofinowski. If you let us know you are coming, we can wait for you.

Alan has graciously offered up his home for socializing after the day of fun in the snow. Please feel free to bring some snacks to share on the slopes or at Alan's place if you are feeling sociable. Need more info? Contact Alan Sofinowski at (425) 255-4570.

Lance Docken Will No Longer Run Shirtless, Thanks to Saucony by Deone Docken

When you think of Todd Byers racing, you think of his unshod feet. When you think of Lance Docken racing, you picture him coming across the finish line bare-chested, as he always sheds his shirt either before or during a race. That will now change.

Lance has made Team Saucony 2005. He is now a sponsored runner for the company and will wear their team outfit in races, etc. I, as his wife, am very proud that he has been selected and want everyone to know the exciting news.

CONGRATULATIONS, LANCE!!!



IRC Membership Updates

The IRC roster needs to be updated to include the birthdays of the members. At one time, we had everybody's birthdays on record, but somehow over the past few years, most of the birth dates have been deleted from the roster.

In January, most memberships will be due for renewal. I am asking that you please include your birthdate when you send in your renewals. Also, if you have a family membership, please include the birth date(s) of other IRC members in your family.

On the renewal form, please include your day & evening phone numbers or another way in which you can be reached. If you only want one phone number listed, please indicate so 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 questions, please call Larry Coyne, membership coordinator, at (253) 653-4456.

(Events Calendar continued from page 2)

Saturday, February 12. Youth Against Crime Run/Walk 10K, 5K, 1 mile. Lakewood. 9 a.m. (253) 376-5737.

Saturday, February 12. Second Annual Friendship Run and Tot Trot. Olympia. 9 a.m. \$20 individual or \$35 team. (360) 427-6189. Family fun run!

Sunday, February 13. Valentine Half Marathon, 10 Mile, 10K, 5K, & 1 Mile. Olympia. 10:30 a.m. (360) 273-9684. www.ontherun.com.

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. Last of the series. (206) 522-7711. www.superjocknjill.com See ad in January Northwest Runner, pg 23.

Saturday, February 19 FSRC Resolution Run Series #3 15 Mile and 15K. Steilacoom H.S. Tacoma. 3rd of annual four race series. \$10. Hot showers and hot food after race. Ren_Galier@msn.com See ad in January Northwest Runner, pg 2. **FEBRUARY'S MY FAVORITE RUN!**

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

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

Please share your favorite run with us!

Hello to all club members!!! I will be coordinating the My Favorite Run Series starting in January. We have several months this year that are currently without sponsors, including September and December. We definitely can do more than one run per month, so if you have even a slight desire to host one, don't hesitate! I've been hearing that there are people in the club who are interested in sponsoring these fun events, so please get in touch with me if you have an idea for a run or would like some more information. You can contact me at mtrohimovich@harbornet.com or call me at (253) 853-3568. ~Merita

Race Results

compiled by Carol Rodriguez

Carol Barber

Canine Candy Cane 5K, 27:30, 2ndF 50-59, 12/11/04
 “Ran with Amber. We ran great, for me. This is the fastest I have run in years. The person who was first in my age division ran it in 27:25 and was 24th OA. Dang!”

Todd Byers

OC Marathon, Newport Beach, CA, 5h03m35s (unshod), 12/05/04 “That was my 19th marathon of the year, and I also finished at least one in each calendar month. About ten of those I ran barefoot — my first year was the San Diego Marathon in January of this year! Whew, I think that is enough running!! Many thanks to each of you and Happy Holidays to all!”

Judy Fisher

12Ks Of Christmas, Kirkland, 59:39 (chip), 1st place F 60-69/4, 12/19/04

Club NW Resolution Run, Seattle 5K, 23:21, 1st F 60-69/12, 1/01/05

Washington Fat Ass, Tiger Mountain, 25K (15 1/2 mi.), 3:10, 1/02/05

Bridle Trails Runs, Kirkland, 10.4 mi. (2 loops), 1:33:53, 1/08/05

“That’s a total of 816 races since 1982, including 47 marathons, 9 ultras, and 68 triathalons. 2004’s total is 60 races.”

Rick Garrison

Kent Christmas Rush 5K, 20:08, 12/11/04 “Late start.”

FSRC Resolution Series 5K, 19:36, 01/01/05 “No excuse.”

Lance Docken

Resolution 5K, Sand Point, 4th place

Bridle Trails, 5 mi., 2nd overall

Merita Trohimovich

Resolution Run 5 mile “Seventh woman, first in my age division, time 34:40?? I know I was under 35 minutes.”

Steve Barrick

Seattle Marathon, 3:47:48, 11/28/04. “Another perfect day. My fastest mile was my last mile. This is really encouraging as I end out the year and start planning my 2005 calendar.”

Beat Your Age 10K, Seattle, 42:28, 12/15/04

FSRC 5K, Tacoma, 22:50, 1/1/05

FA 50K, Issaquah, 6:04:00, 1/2/05

“Marine Corps + New York City Marathon trip is in my plan for 2005. (Obviously I have a lot of other races before this.) I am definitely in for Marine Corps and will hope to get in the lottery for New York. If anyone wants to join me or help in my planning by giving me tips on where to stay or what to do for these 11 days before and after these races that would be cool! I have already started to look into lodging for Marine Corps. More info later as it becomes available.”

Christel Elliott

FSRC Resolution Run #1, 5 mi., 34:22, 1/1/05

Bridle Trails Run, Kirkland, 10.4 mi. (2 loops), 1:19:11, 1/08/05

IRC Polar Dip, 5.4 mi. (I think!), ran with the jogger, took the plunge with Deone. We did it for all women, following in Meridith’s brave footsteps! :)

It’s possible that one or two folks are missing the chance to get their results into this newsletter. Send me your email and I’ll send you a reminder.

~Carol

darkhorse22@comcast.net



Christmas Marathon

by Bob Dolphin



It seemed strange to stand as a spectator near the marathon and half marathon starting line at Millersylvania State Park near Olympia, Washington, on Sunday, December 19, 2004. I was following my doctor's orders to run only short races for a while. Apparently, I have a lateral bend in my spine as a result of a recent left hip injury.

I visited with some of my marathon buddies prior to the marathon start. Denny Brooks of www.ontherun.com was there and took my picture with some of them. At 10:30 a.m. race director Bob Green gave instructions to the runners and started the race.

I relocated a short distance to the starting area for the 1Mile, 5K, 10K, and 10 Mile combined start at 10:40 a.m. My race was the 5K, and it felt good to be running again. The weather was ideal with the temperature in the high 40's. The sun was hazy, and there was no wind for the shorter distances.

The out-and-back course went from the park to a small hill on Tilley Road and back. When I reached the finish line at the park picnic shelter/race headquarters, my body was starting to tilt to the right.....so I knew I had chosen the right distance for the day. I finished in 32:45 (10:34), 22nd of 42 runners in the 5K.

Then I became a spectator again and watched the 10K, 10 Mile, half marathon and marathon runners cross the finish line. The picnic shelter was an ideal setting for an after-race gathering. Bob and his crew kept the stove fired up so the runners could stay warm. They provided coffee, hot cider, hot chili, cold cuts and cheese for sandwiches, chips, cookies, etc. so that everyone had plenty to eat.....including the family members of the runners.

Hot showers were available for those who wanted to change into clean clothes and stay awhile. This worked well for early finishers who were waiting for other runners still on the course.

The Marathon Maniacs were well represented. Congratulations to Steven Yee, a founder of this group, who ran his 100th marathon at the Honolulu Marathon on December 12th. This makes him eligible to join the 100 Marathon Club North America. There are no dues and only one requirement for membership.....the completion of 100 marathons/ultras that are organized events.

Lenore and a few other volunteers at the picnic shelter/finish area wore Santa Clause hats to impart the Christmas spirit to the event. As a finish line worker, she has witnessed some heartwarming events, such as the marriage proposals by Uli Steidl and Larry Brown at the recent Seattle Marathon.

The most significant event she observed at the Christmas Marathon occurred after runners Jim Johnston of Columbia, MO, and Stephanie Peters of St. Louis, MO, crossed the finish line. Jim announced to everyone that he and Stephanie had just completed their first marathon. They had trained together for six months, and if they could make it through that, they could make it through anything. Then Jim asked a surprised Stephanie to marry him! He sank to one knee and placed an engagement ring on her finger.

This happy occasion was witnessed by Jim's parents, Pam and Jim Johnston, of Overland Park, KS. The Johnstons were on a trip to celebrate their 28th wedding anniversary with relatives in Redmond and Kirkland, WA. Jim (senior) is a retired Lieutenant Colonel of the U.S. Marine Corps.

Thanks go to Dr. Michael Allison, sports medicine specialist, for diagnosing my running injury and providing the medication and exercise regimen so that I was able to race in the 5K.

Dr. Allison at age 53 is a runner himself. In his early running career, he ran marathons in the 2:20-2:30 range. Now he specializes in the mile, running it in five minutes.

At one time, he authored a column on sports medicine in Northwest Runner Magazine. He's a knowledgeable practitioner at Valley Orthopedic Associates (Renton) who can relate to runners and their injuries from his own running interests and experiences.

After spending most of the day in the start/finish area, I had an unusual opportunity to watch Bob Green as he coordinated six separate races. It was impressive!

Thanks go to Bob Green, his wife Kristina Salazar, and the volunteers for putting on another fun event!



Editor's Note



Hello IRC members! I'm brand new at this, and to the program I'm using, so I apologize for any unwanted changes! I planned on trying to do things exactly as they've been done in the past (at least for my first edition), but the formatting has changed itself in some ways (for example, it changed a lot of fonts). So, I've tried to be adaptive and I will figure this out as I go. I welcome any feedback or suggestions, and I look forward to meeting you all at upcoming events! **HAPPY NEW YEAR!**

~ Christel Elliott

December's My Favorite Breakfast....I Mean Run!

by Alex Juchem

I can't think of a better way to take a break from the holiday rush and close out 2004 than with a trail run. And even better is running this trail with 13 running friends and two dogs! December's "My Favorite Run", hosted by Jeff Haas and Steve Israel was such a trail run. Starting from the Black Diamond Bakery, we headed out of town on an unusually sunny morning. We soon came to the trailhead and made a left turn onto what I can only describe as a hill that needed a ladder to accent it. Luckily it was short-lived and we were soon off sloshing through the leaves and the occasional puddle. After running or walking up a long gradual hill, we were rewarded with a nice decline into town and back to the bakery, but I'll get to that later. Steve did a great job marking the trail and everyone made it back safe and sound.

While unsure on the accuracy of the advertised distance of 7 miles, we all agreed it was at least 5. But who cares when the main reason for completing the run is to tuck into the fantastic breakfast offered at the Black Diamond Bakery? Jeff took care of reservations, which were highly recommended for a weekend morning, and several of us settled into the mountain size portions of eggs, pancakes, hash browns, and, of course, cinnamon rolls. Dick Decker wisely made a meal out of a single cinnamon roll. I think he even took some home with him. Not sure what J. had on his plate, but it was so large it needed a back-up alarm coming out of the kitchen. Next year, if the holiday stress has you in panic mode, reserve at least one Saturday morning and turn out for this run. Your spirit and stomach will thank you.

Your Runner at Large (and getting larger),
Alex Juchems



From left to right: Merita Trohimovich, J Ellis, Meridith Johnson, Steve Israel, Rick Garrison, Carol Barber, Carol's dog Amber, Dick Decker, Tim Cowden, Jeff Hass, Craig Lund, Tim's dog Maggie, Anna Morris, Mary Hanna

2005 Polar Dip

by J. Ellis



The 2005 Polar Dip Run started out on a frigid day, with the threat of snow looming. We had a challenging run of 5+ miles from Mike and Rayn Salazar's house to the Puget Sound, where we had the opportunity to plunge off the Ollala bridge. It was 35 degrees during the run and jump; the water was warmer than that. We had 6 jumpers, pictured on the front page of the newsletter huddled around the fire, trying to warm up.

First to take the plunge was Meridith Johnson, who before this day was the only IRC woman to take the leap off the bridge. J. Ellis was right behind her, followed by John Kokes in a Speedo and Rick Garrison. And finally, Christel Elliott and Deone Docken took the plunge together, officially eliminating the division between genders (this year, there were 3 men and 3 women).

The tide was high but going out fast, which made it difficult to get back to shore. The water was so cold that it stunned the jumpers, almost paralyzing them. If you didn't get your arms moving and legs kicking towards shore you could be in trouble, which is what almost happened. Christel and Deone looked like they were going to be swept out to sea but the current pushed them under the bridge to the bank where they could touch bottom.

Our fearless leader, Rick Garrison, not only took the plunge after he ran, but was the only person who also ran back after jumping. This turned out to be a very cold and icy run, since freezing rain started coming down just after the Polar Dip and continued raining on Rick most of the way back. He walked into Mike and Rayn Salazar's house to the potluck looking very blue and needing to be revived with some warm food.

We had 20 members in all at the event, either running or watching. We couldn't even shame Mike Salazar (who, by the way, didn't even run the 5 miles) into taking the plunge off the bridge. Well, someone had to get the fire going, and for that, all of us Polar Dippers were very grateful. It was a good time by all with many promises tossed around about jumping "next year". We will see about that! Until next time...

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

January, 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

