



The Interurban Runner Newsletter

July, 2007

www.interurbanrunners.net

President's Report

I hope to see you all at the only remaining IRC summer race on August 15th, starting at 6:30 p.m. at Briscoe Park in Kent. We will have both a 5K and 8K race, and don't forget the 5K course is USATF certified. If you want a personal best time or to get on the Northwest's Best list for a 5K, this is the race you will want to be at—it is flat and fast. There are awards three deep in each age group and after the race all runners and their families will be treated to ice cold root beer floats. The race is only \$10 so come out and enjoy an evening of racing with fellow IRC members.

Christel Elliott, our wonderful newsletter editor, is looking for some help with the newsletter. Christel will continue to put the newsletter together and get it to the printer. What she would like is to have somebody pick up the newsletter from the printer, attach the mailing labels and stamps and get it in the mail. If you would like to give something back to the club and would like to help please contact Christel at performanceresources@hotmail.com.

It is summertime and the temperatures have been rising and I know you all know what to do to take precautions to prevent overheating. So please follow what you know about overheating while out there running. It would be a tragedy to hear of somebody having a heat stroke or something because they were not being cautious.

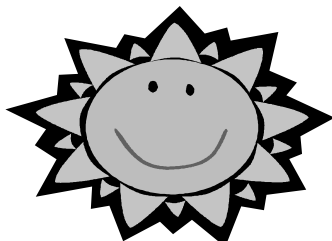
The IRC is going very strong. The My Favorite Runs have had some very good turn-outs so far this year. The membership has increased from last year at this same time and our regular runs are having more members participate and enjoy the company of other runners in the club.

Doug Gaynor, who has been running with us on Thursday nights at the Scoreboard, said he had a personal best at a half marathon last month. He also said it was the result of running on Thursday nights and being pushed to run just a little faster than he normally does. So running with others runners can be very beneficial.

You will never plough a field if you only turn it over in your mind.

Be Safe Out There,

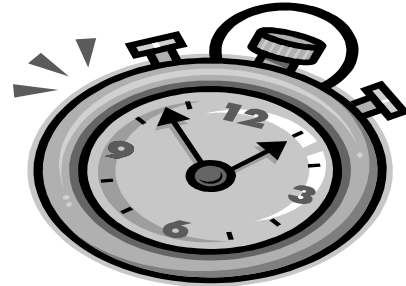
Larry Coyne



My Favorite Run

August My Favorite Run IRC Annual Liar's Mile and BBQ Potluck

Van Doren's Landing Park, Kent
Wednesday, August 1st, 6:30 p.m.



The IRC will be having their annual Liar's Mile and club picnic at Van Doren's Landing Park in Kent on Wednesday, August 1st with the run starting at 6:30 p.m., rain or shine. This year we will meet at the southern group picnic site in the park.

The object of the liar's mile is to estimate the time you think it will take for you to run a mile, surrender your watch to the race official, and then run it. There will be awards for the most accurate guesstimates. It's a fun race for kids to do, as well.

After running, all members and their families will be treated to a barbecue. The club will supply the hamburgers, hot dogs, brats, veggie burgers, buns, condiments, plates, and utensils. The rest of the meal will be a potluck so please bring your favorite dishes to share, such as salads, side dishes, desserts, and beverages.

As well as giving out prizes for the race, everyone will be eligible for random prize drawings.

Directions:

From highway 167, take the Willis St./Des Moines exit. Go west on WA-516/S. Kent Des Moines Rd. Turn right onto Washington Ave. S (West Valley Hwy). Go 1.3 miles, then turn left onto S. 228th St., which turns into Russell Rd. The park is located at 21861 Russell Rd., Kent, 98032.

For more park information, please visit the following website:
http://www.ci.kent.wa.us/parksmaintenance/valley_parks.asp

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
	cooperjuchems@mac.com	
Treasurer	J. Ellis	253-564-4340
	jellis6355@aol.com	
Secretary	Rick Garrison	253-638-0476
	windblown@netscape.com	
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	RunningDgs@aol.com	
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	billchiro1952@yahoo.com	
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	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	



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.
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, July 28

Seafair Torchlight Run 8K & 5K. Qwest Field, Seattle. 6:30 p.m. USATF certified courses. Pre-reg. 8K \$20, 5K \$15. (206) 728-0123, www.seafair.com.

Anacortes Art Dash 1/2 Marathon, 10K & 5K Run. Anacortes. 9 a.m. www.anacortesartsfestival.com, Nicole (360) 293-1918, nicolej@cityofanacortes.org.

Whale of a Run 4 Mile Run & 1 Mile Run/Walk. Silverdale. 9 a.m. Kids dash too. Scenic, fast course. Greg Chapman (360) 692-9414.

Saturday, July 28. White River 50-Mile Trail Run. Crystal Mountain. 6:30 a.m. www.seattlerunningcompany.com, (206) 325-4800.

Sunday, July 29

Original Bare Buns Fun Run 5K. Loon Lake. Kaniksu Ranch. 9:30 a.m. Clothing optional run/walk. (509) 327-6833, www.kaniksufamily.com.

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

(Events calendar continued on page 4)

Board Meeting

by Rick Garrison

This month's board meeting was held on Tuesday evening, July 10, 2007 at Larry's business office in Federal Way. In attendance were Larry Coyne, J. Ellis, Alex Juchems, Robin Fox, Rick Garrison, and Bill Barmore. Meridith Ellis sat in as our guest.

IRC Business

Paid lots of bills, but the treasury is still comfortably funded.

A shopping night at the Kent Balanced Athlete was too difficult to arrange. Club members already get a 10% discount on all non-sales items, all the time, anyway.

A couple of board members indicated that they intend to take a break for at least the coming year, so there will be some recruiting to fill out the positions, next year.

Christel is still willing to edit the newsletter, but is asking for help in picking them up from the printer, folding, labeling and doing the mailing. The board is kicking around a couple of ideas.

Social and Running Events

For of events of the past month:

Eight runners and a couple of dogs ran part, to all of the Soos Creek Trail for Alex Juchems' June Favorite Run.

Events coming up :

The Liar's Mile and BBQ permissions have been granted for the same location at Van Doren's Landing Park, in Kent. Robin will pick out the pinata and prizes.

Alex will check on hosts for the August Favorite Run and the September Membership Meeting/Chili Feed.

IRC 2007 Calendar of Events

August

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

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 IRC final summer race is almost here! You can now pre-register for this race by downloading the race form at our web site www.interurbanrunners.net or you can pick up an entry form from one of the local running stores or from an IRC board member. Join in the fun while it lasts!



(Events calendar continued from page 2)

Sunday, August 5

Footzone 5K. Redmond Town Center. 9 a.m. One of the flattest courses around! www.promotionevents.com, (425) 391-3132.

Friday, August 10

Auburn Good Ol' Days 5K Run/Walk. Auburn. 7 p.m. \$18 by 7/28, \$25 after. Flat, fast course. Fee includes T and BBQ. (253) 939-3389.

Saturday, August 11

Arlington Run for Hope 5K & 10K. Stillaguamish Athletic Club, Arlington. 9 a.m. Benefits Housing Hope. www.arlingtonrunnersclub.org, Greg (360) 435-3409.

30th Annual Loggers' Jubilee 10K & 2 Mile Fun Run. Morton H.S. 8 a.m. DOR only. www.loggersjubilee.com, Steve (360) 496-5357.

Festival of the River 5K. River Meadows Park, Arlington. 9 a.m. \$5, \$15 w/T. Great giveaways! www.festivaloftheriver.com, Franchesca (360) 435-2755 x22.

Alpine Days 10K & 5K. North Bend. 8:30 a.m. Paved course, incredible view of Mt. Si. www.festivalatmtsi.org, (425) 888-4305.

Sunday, August 12

Guts & Glory 5K. Qwest Field, Seattle. 8:30 a.m. Benefits the Crohn's and Colitis Foundation of America. www.cfa.org, Jennifer (425) 451-8455.

Port Gamble Half Marathon. Port Gamble. 8:30 a.m. Trail run, limited entries. www.rootsrockrun.com, Chris Hammett (360) 779-8757.

Wednesday, August 15

IRC Summer Sizzler 5K & 8K. Briscoe Park, Kent. 6:30 p.m. \$10 DOR only. Root beer floats to follow. John Kokes (206) 619-4231. USATF Certified 5K Course.

Saturday, August 18

Race for Literacy 5K & 1 Mile. Bremerton. 9 a.m. Kids' dashes too. Meranda Tuttle (360) 307-7108.

Celebrate Shoreline Rotary Run 10K & 5K. Shoreline Stadium. 9 a.m. Cozy and competitive event. www.shorelinerotaryrun.org, Allen Anderson (206) 546-6631.

Covey Run 10K Smartwater 5K. Redhook Brewery, Woodinville. 8 a.m. Fundraiser for Children's Hospital; 10K is open to those 21 years and older. www.10krun5kfun.com, Jessica (360) 863-2358, jessica.goebel@cwine.com.

30th Annual Friday Harbor 8.8K Loop. Friday Harbor. Reg. 7:30 a.m., run 9:15 a.m. Fee includes entrance to county fair. Proceeds benefit children's scholarship funds. www.islandrec.org, (360) 378-4953.

Bonney Lake Days 5 Mile Fun Run. Allan Yorke Park, Bonney Lake. 8 a.m. Fleet Feet (253) 862-8890, www.fleetfeetbonneylake.com.

Ferndale Flat & Fast 10K Series - Summer. Ferndale. 10 a.m. Compare your times with this flat, fast course. Joel Pearson (360) 223-0264, www.gbrc.net.

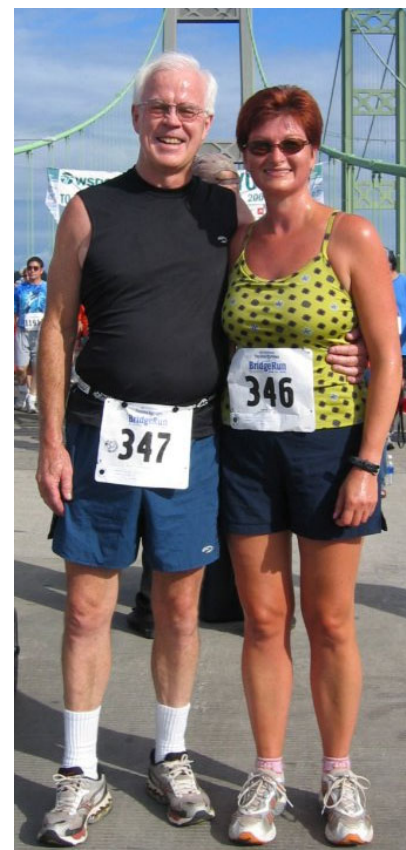


IRC Board Members Wanted!



The current IRC year is quickly coming to a close and there will be two positions available beginning in October. The board is a very important part of the club and we can use new faces and fresh new ideas to improve the club and benefit the overall membership as the IRC moves into the future.

The board meets on the first Tuesday of each month, and the meetings generally last one to one and half hours. If you would like to become a board member and make a difference in your running club, please contact Alex Juchems at 253-529-8996 or cooperjuchems@mac.com.



Larry and Laura Coyne at the Bridge Run 5K.

Race Results

compiled by Christel Elliott

Judy Fisher

IRC Father's Day 5K (Kent), 6/13/07, 24:31, 1stF60+

Five Mile Lake Sprint Triathlon (Federal Way), 6/16/07, 1:24:29, 1stF60+

Evergreen 5K (Olympia), 6/17/07, 24:06, 1stF60+

White River 5K (Buckley), 6/23/07, 23:49, 1stF60-64

Shore Run (Seattle), 6.7 Miles, 6/24/07, 53:17, 1stF60-64

Five Mile Lake Women's Sprint Triathlon (Federal Way), 6/30/07, 1:22:52, 1stF60+

Firecracker 5000 (Seattle), 5K, 7/3/07, 24:42, 1stF60-64

Four On The Fourth (Steilacoom), 4 Miles, 7/4/07, 31:07, 1stF60-64

Ocean Shores Sprint Triathlon, 7/7/07, 1:30:56, 1stF60+

Seafair Half Marathon (Bellevue), 7/8/07, 1:53:48, 1stF60-64

Rick Garrison

Run For Pride 10K (Seward Park) 43:31 6/23/07

Run For The Pies 5K (Carnation) 19:15 7/4/07. "Won a pie, thanks to an odd age-grouping arrangement."

Cornucopia Days 5K (Kent) 19:55 7/14/07

Bob Dolphin

Green River Marathon 6/2/07, 6:16:00

North Olympic Discovery Marathon 6/10/07 5:12:14, First 75+M. "This was my 7th marathon in 7 consecutive weekends in the Pacific Northwest."

Molly Hurd

IRC 5K 6/13/07, 20:32

Bellevue Seafair 5K, 21:07, 2nd OAI female, 1st age division

Gary Wright

Village Runner 4th of July 5K Run (Redondo Beach, CA) 7/4/07, 22:41, 263/1966 OA, 7/46 M55-59. "Out and back on city streets along the beach. Weather: Light overcast, mild temps. Comments: Large race but well-organized, good scenery; also has kids' dashes."

Seafair Marathon (Bellevue, WA) 7/8/07, 4:40:04, 286/400M OA, 196/250 M, 27/32 M55-59. "One loop on city streets, rolling hills. Weather: Mostly sunny, warm temps. Comments: Hillier than it appears on paper, well administered with many aid stations; also has marathon relay, half marathon and 5K."

Bob Brennand

Four on the Fourth 7/4/07, 22:18, 5th OA, 1stM45-49

Sound to Narrows 6/9/07, 44:31, 20th OA, 2ndM45-49

Overall Results for the 2007 IRC Father's Day 5K Race

32 finishers total. Volunteers/Course Marshals: Larry Coyne, Deone Docken, J. Ellis, Kathy West, Alex Juchems, Sarah Juchems, Dee Israel.

5K Results

OA Pl., Age Pl., Name, Time, Age Div.

1	1	Lance Docken	17:12	M40-49
2	2	Mark Howlett	17:40	M40-49
3	3	Kevin McCrabb	17:43	M40-49
4	4	Daryl Montgomery	17:48	M40-49
5	1	Tony Myrie	18:25	M50-59
6	2	Steve Israel	18:47	M50-59
7	1	Tyler Fredrickson	18:58	M30-39
8	5	Dean Kayler	19:38	M40-49
9	6	Markham Hurd	19:59	M40-49
10	1	Wanda Howlett	20:28	F40-49
11	2	Molly Hurd	20:32	F40-49
12	2	Joe Githens	20:57	M30-39
13	1	Patty Bredice	21:11	F30-39
14	3	Bill Barmore	21:19	M50-59

OA Pl., Age Pl., Name, Time, Age Div.

15	4	Mike Hominda	21:21	M50-59
16	7	John Hale	21:38	M40-49
17	1	Dennis O'Hare	22:01	M60+
18	1	Judy Fisher	24:30	F60+
19	8	Eric Kormondy	25:06	M40-49
20	3	Yola Malik	25:40	M30-39
21	1	Malorie Spreen	25:42	F13-19
22	9	Bill Bredice	26:07	M40-49
23	3	Laura Coyne	26:39	F40-49
24	2	Steve Fredrickson	26:53	M60+
25	1	Rich Redman	27:52	M40-49
26	3	Bob Wilkinson	28:46	M60+
27	2	Ellen Meline	32:09	F13-19
28	4	Robert Campbell	32:28	M60+
29	1	Monet Malik	50:35	F12-30
30	1	Patience Thompson	50:35	F20-29
31	1	Ben Schieferdecker	56:16	M12-32
32	11	Kurt Schieferdeckr	56:17	M40-49

Males Under 13: 1 Ben Schieferdecker 56:16

Males 30-39: 1 Tyler Fredrickson 18:58, 2 Joe Githens 20:57, 3 Yola Malik 25:40

Males 40-49: 1 Lance Docken 17:12, 2 Mark Howlett 17:40, 3 Kevin McCrabb 17:43, 4 Daryl Montgomery 17:48, 5 Dean Kayler 19:38, 6 Markham Hurd 19:59, 7 John Hale 21:38, 8 Eric Kormondy 25:06, 9 Bill Bredice 26:07, 10 Rich Redman 27:52

Males 50-59: 1 Tony Myrie 18:25, 2 Steve Israel 18:47, 3 Bill Barmore 21:19, 4 Mike Hominda 21:21

Males 60+: 1 Dennis O'Hare 22:01, 2 Steve Fredrickson 26:53, 3 Bob Wilkinson 28:46, 4 Robert Campbell 32:28

Females under 13: 1 Monet Malik 50:35

Females 13-19: 1 Malorie Spreen 25:42, 2 Ellen Meline 32:09

Females 20-29: 1 Patience Thompson 50:35

Females 30-39: 1 Patty Bredice 21:11

Females 40-49: 1 Wanda Howlett 20:28, 2 Molly Hurd 20:32, 3 Laura Coyne 26:39

Females 60+: 1 Judy Fisher 24:30

Member at Large Bill Barmore

June—I've been training for the Newport Marathon on June 2nd. I also promised Steve Barrick that I would provide a PortaPotty for the start of the Green River Marathon on the same day. I'll spare everyone the details of how I managed to be two places at once. Short story long—I dropped off my truck and trailer with precious cargo at Steve's house then walked back to I-5 to catch my ride to Newport. I love it when a plan comes together. I was riding with Eric Gierke and May Cheng. We had so much to talk about. Eric is a neurologist and May grew up on a farm in China and now works for Disney. The subject of Chinese cuisine came up and it turns out that black dogs are considered the tastiest of all. Score, I've got two black labs.

For a whole year, Newport has been my race. I was told by Tony Phillippi to sign up early because it fills up, so I did. Everyone talks about how fast it is and they are right. I planned to sleep with a couple from Wenatchee in their trailer at a park across the bay. They brought their cat with a little bell on its collar and cats are night hunters. Good thing I thrive on no sleep.

On the morning of the race, we drove to the start area, and I ate my pre-race bagel chased with Gatorade, and tied my shoes for the last time. I was heading towards the clothes check when I noticed that curly-haired blond girl again in a very familiar pose. After running 4 marathons and an ultra with Christel, running stride for stride, this one was different. Newport is a PR course and it was understood that the wounded and dead will be left on the course.

It was difficult to tell that the race had started, but everyone was running so I started my watch. Immediately I knew that I was overdressed and threw my shirt into Mary Hanna's open hatch as I ran by. My first mile was in the low 7s and I quickly new that it was go time. I ran a little with Karen Leahy, a Hood to Coast teammate and Fleet Feet Bonney Lake runner. I met her friends and of course my mouth was running as fast as I was. The mile pace was hanging around 7:25 for a long time and very slowly crept up to 7:35 and then 7:40. I was running with Dick Decker for close to 15 miles and finally at the turnaround decided to drop that old guy.

I dropped my hydration belt with Christel's friends who were watching George and yelled hi as we passed. I focused on my splits for much of the trip back and tried to pace with others. I was still running 7:40s when the sun burned through at mile 24. As if turning on a switch my mile 25 pace hit 8:15 and 26 ballooned to 8:56 and my goal of running sub 3:20 was over. I crossed the line in 3:20:46 and was both thrilled with my second fastest time ever and determined to come back next year. I was enjoying orange slices in the recovery area when Christel finished. She had just run her fastest marathon ever and I couldn't have been more happy for her. Speed comes with a price and she was not able to enjoy a finisher's beer

with cookies like I did.

I gathered my belongings, showered at May's room, brunchd at a house rented by 12 people, and we were on our way home. As we pulled in at Steve's house to get my truck, Eric and I answered nature's call by taking advantage of what was in the trailer. The weekend was complete. Time for Bill to take a nap.

See you next month. Bill



Tony Phillippi and friend at the Run the Bridge 5K.

Are you interested in helping with the IRC newsletter?

Hey all you IRC Members,

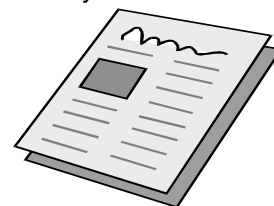
Our newsletter editor has been working very hard for several years putting together the newsletter, picking them up from the print shop, folding them, putting address labels on and mailing them out. Her task would be a lot easier if we could get some volunteers to help get the newsletter in the mail.

If you are interested in helping put out the newsletter and giving some very much needed relief to our newsletter editor in the form of folding, stamping, labeling, please contact myself jellis6355@aol.com, Larry Coyne coyneld@aol.com or Christel Elliott performanceresources@hotmail.com.

Christel will still be doing the articles and putting the newsletter together to send to the printer, but we need help with the other aspects of putting out the IRC monthly newsletter.

Thanks for your support!

J. Ellis



NORTH OLYMPIC DISCOVERY MARATHON June 10, 2007

The North Olympic Discovery Marathon on June 10, 2007, was one that I've run every year since its inaugural in 2003, and I always enjoy the race. It's scenic, diverse, and interesting. Because of past runs, every step of the way is familiar.

The highlights from Sequim to Port Angeles along the Olympic Discovery Trail are the Carrie Blake Park staging and start area at Sequim, the Railroad Bridge Park and the Dungeness River flowing swiftly beneath it, three creeks crossed by footbridges in forested settings, and the last four miles along the shore of the Strait of Juan De Fuca to the finish line by the Red Lion Hotel, race headquarters, at Port Angeles.

At the 9:00 a.m. start it was a sunny day with the temperature at 60 degrees with light winds. I ran a Boston qualifying pace for 10 miles, but then I fell off the pace as the sunny weather affected my progress. About this time thick, overhead clouds appeared and headwinds moved in making for more comfortable running. However, the wind took a toll.

In the 17th mile, the rains came and continued for the remainder of the race. The last four miles with headwinds, rain, and mid-50s temperatures were a challenge, but at least it was a cool run with the finish area in view.

I finished in 5:12:14 (11:55 pace), 341st of 405 overall finishers and first in my division. At age 77, it was my 7th marathon in 7 consecutive weekends, a personal record. Of interest, Marathon Maniac Leslie Miller, 27, of Bellevue had run the same seven marathons and finished ahead of me in all of them.

Running in his first marathon, Danny Hayman, 22, of Seattle, won the marathon in 2:46:00. In second place was Zach Schade, 39, of Tumwater with a 2:52:30. Conor Haggerty, 22, of Port Angeles, finished in third place with a 2:56:36.

The first three women finished in 9th, 10th and 11th places overall. Lori Buratto, 36, of Spokane Valley was in first place with a 3:10:49, while Ann Armstrong, 45, of Poulsbo ran a 3:11:33. Ann finished in second place in 2006 and 2007 at the Yakima River Canyon Marathon and was the overall women's winner at the inaugural Tacoma City Marathon on May 13, 2007. Bridget McKinnon, 30, of Centennial, CO, ran a 3:13:50 for third place.

With a time of 3:16:58 Chris Warren, 39, of Renton was the first Marathon Maniac to finish. Friends of ours who placed first in their age divisions were: Larry Carroll, 67, Liberty Lake, 3:35:33; Gunhild Swanson, 62, Spokane Valley, 3:53:07; and Jack Swanson, Spokane Valley, 5:29:23.

Lenore worked at the finish area in the cold rain and wind

opening up many packets of finishers medals for marathoners and half-marathoners. She welcomed many of our friends and me to the finish line in the hours that she was there.

It's always great to meet new people on the course. When I talked with Bob Boardman, 60, of Port Angeles in mid-course, he told me that he had spent a lot of time on the race course trail, but this was his first long run on it. Congratulations for running a first marathon in 5:51:42.

A father and his 11-year-old son had taken a two-hour early start for walkers. I passed them in the 17th mile and they seemed to be in good condition.

In the 18th mile I caught up with a young woman from Marysville, a first timer, who was walking with a sore knee. I gave her some advice and reassured her that because there were other runners behind us, she wasn't keeping the volunteers from shutting down their aid stations.

I visited with Ken Yoder, 60, of Elkhart, Indiana (4:58:44) and told him that I had lived in Indiana for 13 years (1961-1974), so we had a lot of common interests.

Thanks go to Larry and Michelle Little, directors of the marathon and associated events, their committee, sponsors and volunteers for putting on a great marathon that gets better every year. We plan to return in 2008 to keep our string going.

Written by Bob Dolphin

Edited, Typed and Distributed by Lenore Dolphin



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

July, 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

