



# The Interurban Runner Newsletter

June, 2008

www.interurbanrunners.net

## President's Report

### IRC's Summer Race Series – Fathers Day 5K

IRC's summer race series saw near record turnout for the second race of the season, the Fathers Day 5K. Over 40 runners completed the run under cloudy but dry skies. The race series is popular with both local runners and runners from across the nation - a runner from Dallas, Texas won the women's division, in a time of 18:50 and there was also a runner from Arizona. Several youth ran the course, some running their first 5K. It was great to see the looks of accomplishment on their faces as they finished. Lance Docken again lead the race from start to finish.

Thank you to the following volunteers for making the Fathers Day 5K a success: John Kokes, race director, J. Ellis, assistant race director, Kathy West and Meredith Ellis, registration, Merita Trohimovich and Larry Coyne, course marshals, Alex, Sara, and Matthew Juchems, race cheerleaders and general race support.

Up next: on July 9th are the Mid-Summer 5K and 8K races. Plan on attending and bring a friend and/or family member along to enjoy a great race and free barbeque! The race will again start and finish at Three Friends Fishing Hole Park in Kent.

### Fun Racing in Small Town, Iowa

As many of you know, I grew up and farmed in Iowa, in the small town of Conrad, population 1,200 or so. In early June, my daughter Sara and I went to visit family there. I also had plans to run the "Conrad Dash-n-Splash" 5K. The race is held annually during Conrad's "Black Dirt Days" celebration. The

*(President's Report, continued on page 6)*

## My Favorite Run

### July My Favorite Run

#### Teddy's Dog Days of Summer Trail Run

Saturday, July 26th, 9:00 a.m.

Hosted by Becky Jacobsen and Teddy



Teddy, our yellow lab, challenges you all to join him for his favorite run on the Clark's Creek trail in Puyallup. In skiing terms, the trail is a black diamond (meaning difficult) – but it's also great fun to run through the woods, over the rocks and across the occasional puddle. Stopping to roll in the puddle is optional, unless you're Teddy. **NOTE: trail shoes are recommended but definitely wear shoes you don't mind getting dirty.**

The run will start at Becky & Jake's house (10308 72nd Avenue Court East, Puyallup, WA 98373) with a gentle .8 mile warm up on the road to the trail – then the adventure begins!! There are 3 and 4 mile routes on the trail and then you'll follow the same .8 mile route back to Becky & Jake's for a potluck brunch – we'll make the crepes, you bring your favorite filling.

Contact Becky Jacobsen at 253-740-2880 for more info. Directions will be forwarded with the e-mail reminders.



## 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  
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 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



### Friday, July 4

**Run For the Pies 5K.** Carnation. 8:30 a.m. Final race of Snoqualmie Valley Cup series. (425) 788-7291.

**Four on the Fourth 4 Mile & 1 Mile Kids' Run.** Steilacoom. 9 a.m. Fast, flat course. Pat Kenworthy (253) 537-8712, www.runfsrc.com.

**Fourth of July 5K.** Edmonds. 9:30 a.m. Part of city-wide festivities. (425) 774-0637, www.runninginmotion.com.

**Yankee Doodle Dash 10K & 5K.** Everett Family YMCA. Reg. 7:30, run 8:30 a.m. (425) 258-9211, www.ymca-snoco.org.

**The Great Sedro-Woolley Loggerodeo 5.17 & 2 Mile Footrace.** Sedro-Woolley. 9:30 a.m. www.loggerodeo.com/downloads.php, Kyle (360) 856-4465.

### Wednesday, July 9

**IRC Mid-Summer Run 5K & 8K.** Three Friends Park, Kent. 6:30 p.m. \$10.00. Out and back on trail followed by BBQ. DOR only. www.interurbanrunners.net, John (206) 619-4231.

### Saturday, July 12

**Vasque Cougar Mtn. Trail Run Series #3 - 10 Miles.** Sky Country Trailhead, Bellevue. 9 a.m. Second race of four. Benefits King County Parks. (206) 325-4800.

*(Events calendar continued on page 4)*

## Green River Marathon 2008 Results

[http://www.greenrivermarathon.com/results/2008\\_results.html](http://www.greenrivermarathon.com/results/2008_results.html)

**NEW GREEN RIVER MARATHON COURSE RECORD SET!!!**

2008 Photos: [www.greenrivermarathon.com/images/GRM2008/indexall.html](http://www.greenrivermarathon.com/images/GRM2008/indexall.html). (Coming soon--keep checking.)

Runners continue to speak highly of all of our volunteers. This year is the most I have ever heard the volunteers speak so highly of the runners. I am always open to your feedback on how we can make next years event **EVEN BETTER!**

Please review your results and if you find any changes to be made, please let me know. I hope to see you all at next year's race which will be held June 06, 2009.

It is our intent to **ALWAYS** have the **GREEN RIVER MARATHON** as a **FREE EVENT**.

Thank you for making this the best ever **GREEN RIVER MARATHON!**

Steve Barrick  
[www.greenrivermarathon.com](http://www.greenrivermarathon.com)  
Join us in 2009!

IRC member Yanghae Shaffer running Green River Marathon



### Cinco de Mayo, May's My Favorite Run by Jeff Haas

My favorite run for the month of May was at Lake Young's watershed. It was a cloudy day with ideal running conditions, as 14 runners and walkers made their way through the unpaved hilly trail. Afterwards we all enjoyed an excellent potluck with the Cinco de Mayo theme in mind for the food. Nobody went home hungry!

The my favorite run is a great way to meet new and old members of the club and enjoy getting some exercise together. This series has shown some good attendances so far and we are anticipating even bigger crowds as we approach the summer months of runs coming soon. So no more excuses for those of you who are absent from some excellent runs, the lawn mowing and chores can wait for another time. We'll see you next month for the Soos Creek Trail run and tailgate potluck afterwards. (See picture below)



### IRC 2007-2008 Events & My Favorite Run Calendar

**July 9th** Mid-Summer Race

**July 26th** Teddy's Dog Days of Summer Trail Run, Clark's Creek Trail in Puyallup - 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

## Board Meeting

by Rick Garrison



This month's board meeting was held Tuesday evening, June 3rd, at Alex Juchem's home in Auburn. In attendance were Alex Juchems, Larry Coyne, John Kokes, J. Ellis, Merita Trohimovich, Rick Garrison, Becky Jacobsen, and Jeff Johnson.

### IRC Business

Alex reported six new runners have become IRC members.

After 3 plus years as newsletter editor, Christel Elliott would like to retire. Recruitment is underway.

### Social and Running Events

IRC Race Series. The Mother's Day 5K could have used a couple more volunteers, especially to hurry along the awards ceremony. John will coordinate with Fleet Feet regarding use of their timing devices for the coming races.

IRC Bike Ride(s). John and Alan Sofinowski may make this a short notice event in order to take advantage of any nicer weather we might ever see.

Spring Social (June 14th). Final discussions and arrangements; it's set to go.

Liar's Mile and BBQ (August 6th). A budget was approved for food and prizes.

(Events calendar continued from page 2)

**Run of the Mill 5K.** Mill Creek. 9 a.m. Benefits the Lance Armstrong Foundation. [www.mcrunofthemill.com](http://www.mcrunofthemill.com).

**Senior Games 5K Run/Walk.** Bremerton. 9 a.m. XC race, must be 50+ years young to compete. Entry fee includes all events, T, and banquet. Greg Chapman (360) 692-9414, [www.bigweb.net/kitsaptrackclub](http://www.bigweb.net/kitsaptrackclub).

**Bill Burby Inspirational Fun Run (5K/10K) and Walk (5K).** Vashon Island. 9 a.m. Certified course, challenging course. [www.hometown.aol.com/burby10K5K](http://www.hometown.aol.com/burby10K5K), [burby10k5k@aol.com](mailto:burby10k5k@aol.com).

### Sunday, July 13

**Ocean Shores Half Marathon, 10K & 5K.** Ocean Shores. 8 a.m. [www.trifreak.com](http://www.trifreak.com). (541) 386-4262.

**Battle Ground Milk Run 10 & 5 Miles.** Battle Ground. 9 a.m. (503) 643-9440, [www.eventmgnt.com](http://www.eventmgnt.com).

### Saturday, July 19

**Crown of Queen nne 3.3 Mile Fun Run.** Seattle. 8 a.m. Contest for best crown; followed by parade & picnic at community center. [www.queenannehelpline.org](http://www.queenannehelpline.org), (206) 282-1540.

**ChelanMan Half Marathon & 10K.** Chelan. 9:30 a.m. Part of multi-sport weekend festival. [www.chelanman.com](http://www.chelanman.com), (360) 325-0715.

**Capital Lakefair 8K & 3K Run/Walk.** Heritage Park, Olympia. 8 a.m. Stay for post-race music and refreshments. South Sound Running (360) 705-2580, [jlmliller@osd.wednet.edu](mailto:jlmliller@osd.wednet.edu).

**Samish Bay Bivalve Bash Low Tide Mud Run.** Bow. 12:23 p.m. Strenuous run through 250 yards of mud starting at low tide. Reg. fee includes entry to Bivalve Bash. [www.bivalvebash.com](http://www.bivalvebash.com).

**Raspberry 5K Run/Walk for Cancer.** Lynden. 10 a.m. Part of Raspberry Festival; runs through berry fields and local park. (360) 354-5995.

### Sunday, July 20

**17th Annual Bare Buns 5K Fun Run.** Fraternity Snoqualmie Nudist Park, Issaquah. 11 a.m. Clothing optional. Dirt course with hills on Tiger Mtn. [www.fraternitysnoqualmie.com](http://www.fraternitysnoqualmie.com).

### Saturday, July 26

**Seafair Torchlight Run 8K & 5K.** Qwest Field, Seattle. 6:30 p.m. USATF certified courses. Run followed by Torchlight Parade. (206) 728-0123, [www.seafair.com](http://www.seafair.com).

**28th Annual Whale of a Run 4 Mile Run & 1 Mile Run/Walk.** Silverdale. 9 a.m. Kids' dash too. Scenic fast course. Greg Chapman [www.bigweb.net/kitsaptrackclub](http://www.bigweb.net/kitsaptrackclub), (360) 692-9414.

IRC members participating in the Mt. Si Relay in April



# Race Results

compiled by Christel Elliott

## Gary Wright (pictured below)

Sunflower Relay & Iron Event, May 3, 2008, Mazama, Winthrop, and Twisp, WA. "21.7 miles, two miles of asphalt road, the remainder on rolling dirt roads and trails. My time: 5:35:36, 125/147. Weather: Partly sunny and mild temps. Great scenery!"

Watershed Preserve 12 Hour Trail Race, May 17, 2008, Redmond Watershed Preserve, WA. "Laps of 6+ miles each, all on trails with a few rolling hills. My distance: 4 laps: 26.88 miles. Weather: Sunny and hot. This is an ideal race for a first time ultra."

Green River Marathon (13th annual), June 7, 2008, Kent, Tukwila, Seattle. "Mostly flat, paved bike/jogging trails. My time: 5:23:00. Weather: Overcast & mild temps, a few light sprinkles at midday. Near perfect running conditions." (picture below of Gary at GR Marathon)



## Judy Fisher

UW Bothell Husky 5K, 5/17/08, 22:56, 2nd F Overall

Capital City Marathon, 5/18/08, 3:55:55, 1stF60-64

Fremont 5K, 6/06/08, 22:15, 2ndF60-69  
Maritime Gig Festival 5K (Gig Harbor), 6/07/08, 20:19 (course was short!!!), 1stF60-69

Lynnwood Rotary Hi! 5, 10K, 6/08/08, 47:38, 2ndF Overall

## Tony Phillippi

Mardi Gras Marathon, February, 3:06:47

Chucanut 50K, March, 5:08:52

Yakima Canyon, April, 2:58:41

Boston, April, 3:18:57

Kentucky Derby Marathon, April, 3:09:21

Capital City, May, 3:14:53

## Welcome New Members!

Alex Juchems, IRC president, is happy to announce that we have a new member to the IRC, Larry Welch.

Larry is from the Puyallup area and is interested in regular workout runs and marathons.

We look forward to Larry joining the many IRC events whenever he can.

## Capital Lakefair 3K & 8K

July 19, 2008, 8 a.m.

Capital Lake (Heritage Park), Olympia

Register at [www.ontherunevents.com/lakefair](http://www.ontherunevents.com/lakefair). For more information contact Jerry Miller, [jmiller@osd.wednet.edu](mailto:jmiller@osd.wednet.edu).

All are welcome and eligible for prizes. Proceeds benefit local high school cross country and track teams.

## 2008 IRC Father's Day 5K 3 Friends Fishing Hole Park, Kent June 11, 2008

There were 42 finishers at this year's Fathers Day 5K. Volunteers/Course Marshals: Larry Coyne, Merita Trohimovich, Kathy West, Meridith Ellis, J. Ellis, Alex Juchems, Laura Coyne.

### OA Age Name Time Age

1	1	Lance Docken	17:11	M40-49
2	2	Mitch Parker	18:16	M40-49
3	1	Tyler Fredrickaon	18:49	M30-39
4	1	Sheila Nathu	18:53	F40-49
5	3	Dean Kayler	19:25	M40-49
6	1	John Rankin	20:58	M50-59
7	2	Mike Hominda	20:59	M50-59
8	1	Lauren Saunders	21:05	F0-12
9	1	Matthew Saunders	21:22	M0-12
10	4	Paul Dorman	21:48	M40-49
11	5	John Schophorst	21:53	M40-49
12	1	Tara Peterson	21:57	F30-39
13	6	Steve Barrick	22:09	M40-49
14	3	George Gullufsen	22:18	M50-59
15	4	Steve Van Wieringen	22:54	M50-59
16	1	Alan Thompson	23:03	M60+
17	1	Judy Fisher	23:29	F60+
18	1	Heidi Weekes	23:55	F20-29
19	2	Diane Rademacher	24:00	F40-49
20	3	Laurie Rice	24:11	F40-49
21	7	Paul Baerny	24:14	M40-49
22	5	Gary Wright	24:24	M50-59
23	8	Bill Bredice	25:04	M40-49
24	2	Katie Waite	25:21	F30-39
25	9	Donovan Jedel	25:26	M40-49
26	10	Eric Kormundy	25:40	M40-49
27	3	Danelle VanWieringen	26:02	F30-39
28	2	John MacDonald	26:17	M30-39
29	2	Steve Fredrickson	27:01	M 60+
30	4	Kim Ferguson	27:42	F30-39
31	4	Debbie Terry	28:07	F40-49
32	3	Bob Wilkinson	28:58	M60+
33	3	Steven Scoles	29:21	M30-39
34	1	Dean R. Kayler	30:16	M13-19
35	5	Sherri Ellis	31:00	F40-49
36	4	George Lorenz	31:31	M60+
37	5	Patty Bredice	31:57	F30-39
38	2	Alex Perez	33:29	M0-12
39	5	Mike Dorman	35:43	M60+
40	2	Lauren McIntire	36:24	F20-29
41	1	Morgan Knickrehm	36:25	M20-29
42	6	Stephen Fribley	39:11	M50-59



## Larry at Large by Larry Coyne

The Green River Marathon, put on by IRC member Steve Barrick, was held Saturday June 7th. The weather was pretty good for the runners, not like last year when the temperature was in the 80's. This year it was overcast and a little cool at the start of the marathon and it misted several times during the race, but nothing heavy and it never lasted long.

Laura and I, along with our granddaughter Sadie, volunteered to take care of two water stops, as we did last year. Our granddaughter was thrilled at the idea of helping out again this year. She spent the night with us, which she always thinks is fun, and one of her last comments before going to sleep was, "We get to do the running club tomorrow."

At the water stops, several runners mentioned to Sadie that they remembered her from last year and thanked her for volunteering again this year so that they could have water during the race. There's no greater way for young people to learn how to give something back to the community than to have those they are supporting stop and thank and acknowledge their giving.

I highly recommend that, if you have young people in your lives, you gather them up and volunteer for something. It doesn't have to be a race—it can be anything. My sons, who are now 30 and 28, still talk about the times I took them to help out at Special Olympic events. Volunteering is something our young people will remember for the rest of their lives.

Other IRC members that I saw volunteering at the Green River marathon were John Kokes, Bill Barmore, and John Pontarolo. I am sure there may have been more IRC members volunteering too, but I just did not get a chance to see everybody.

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

Larry

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

race, now in its 4th year, is organized, financed, and managed by a good friend of mine and his wife, Nile and Gloria. The race continues to grow in popularity with a record 120 runners and walkers participating in this year's race.

The race started with a blast from a 12-gauge shotgun, which certainly got my attention! The course followed tree-lined streets and a crushed limestone trail. While the high heat and humidity kept me from running the race I wanted, I had too much fun to be disappointed in my finish time. Each age division place received a medal and a personal photo, taken during the awards ceremony. The shirts were well designed and each finisher received a free pass to the local swimming pool, which Sara and I took advantage of for much of the day!

I visited with Nile after the race and enjoyed learning how the race has grown and his plans for future races. Like the IRC's summer races, the Dash-n-Splash 5K is a grass roots running event where the focus is on the runner. Similar to the recent IRC Fathers Day 5K, there were many young runners in the Dash-n-Splash. Providing an event for young runners to experience the joy and satisfaction of racing, including recognition at the awards ceremony, is important in cultivating a love of running and a healthy lifestyle for youth.

### **IRC's Blues Brothers in Demand**

The IRC Blues Brothers have been invited to help with the inaugural Tacoma Narrows Half-marathon on August 2nd. The club has been offered the 6-mile aid station, located in the War Memorial Park with great views of the Narrows bridges and the Olympic mountains. The IRC's Blues Brothers are rapidly becoming a fixture at major running events (see picture below). What a great time we had helping runners at the Tacoma City Marathon. I'm already looking forward to helping even more runners at the Tacoma Narrows Half-marathon. My 6-year old daughter Sara may even help out. I just have to find an extra small black suit for her. If interested in joining, contact J. at 253-564-4340 or email [jellis6355@aol.com](mailto:jellis6355@aol.com).

### **Thank you Christel Elliott!**

Compared to other running club newsletters, the IRC newsletter is by far one of the best! This is due largely in part to the outstanding work of Christel Elliott, IRC newsletter editor for the past 4 years. While Christel has enjoyed serving the club as newsletter editor, her workload outside the IRC continues to increase and she's interested in taking time off from editing job. I'm very thankful for all the volunteer time and expertise Christel has given the IRC. Next time you see Christel, please thank her for all she's done for the club.

If you or someone you know may be interested in serving as newsletter editor, or to learn more about the role, please contact Christel or any member of the IRC board.

*Train on!*  
Alex Juchems



*IRC Blues Brothers water station at Tacoma City Marathon*

## TACOMA CITY MARATHON May 20, 2008

When it was confirmed in late March that I had prostate cancer, an immediate concern was that I wouldn't be able to run the Yakima River Canyon Marathon (YRCM) on April 5, 2008, due to pending surgery and recovery. Subsequently my cryoscopic (cold exposure) treatment couldn't be scheduled until April 15th at the Regional Hospital in Yakima. That suited us fine, and I kept my YRCM string intact.

The treatment I had was a minimal invasion procedure that killed the cancer cells and permitted a rapid recovery. The second day after surgery I was able to walk an hour for exercise and within two weeks I was hiking two hours a day from our Whistler, BC, timeshare unit. I passed up the Wenatchee Marathon and the Vancouver International Marathon to make sure that when I ran the Tacoma City Marathon I would be fit.

On the morning of the day before the race, Lenore and I drove 35 miles from our Renton home to the Greater Tacoma Convention and Trade Center and checked in with Tony Phillippi, co-race director, and Rob Hester, volunteer coordinator. Both are members of the Marathon Maniacs Club, a supporting group of the marathon.

We passed out runners' bibs, timing chips, technical shirts and goody bags to registered marathon participants. It was a fun assignment that gave us a chance to visit with friends, acquaintances and others.

On Saturday morning, May 10, 2008, as I walked to the 7:00 a.m. start of the Tacoma City Marathon, I was thankful to be back to my sport of marathoning after almost four weeks of rest and recuperation.

While I waited for the race to start, a white stretch limousine drove to the starting line, and the pacesetters hopped out! Being at a Marathon Maniac (MM) event one can expect pleasant surprises such as this. Tony Phillippi introduced each pacesetter, gave the pace to be run, and then mentioned the hometown and number of marathons run. These statistics were impressive.

Once the race started, I knew that I was going to have a good day. There was no post-operation soreness even when I pounded the pavement on the downgrades.

The weather was ideal with air temperatures at 50 degrees at the start and 60 degrees at the finish. The sky was overcast, and an early shower didn't last beyond the 5K point. The air was calm for the most part with a cooling breeze in the last miles. I ran part of every mile and walked the steepest uphill.

Along the way I visited with Mel Preedy, Val Ridao, Anne Groenig and others. I learned that Jason Goodmanson and Kelsey Craft were running their first marathon. Congratulations to them and to the other first time finishers!

It was good to see my fellow Interurban Running Club members and Tenacious Turtles volunteering at Mile 12 Aid Station in Port Defiance Park. They were dressed as Blues Brothers musicians and played tapes of their music.

I enjoyed the downhill in the last two miles, and I was glad to get my medal and a hug from Lenore as I finished with a 5:38:37. I was 315th of 347 finishers and first of two in the 75+ male division.

Three hours earlier Michael Lynes, 41, of Tacoma had won the race with a course record time of 2:38:11. This was a two minute improvement over his winning time in 2007. In second and third places were Ryan Berg, 34, of Tacoma (2:50:40) and Phil Grahifs, 24, of Spokane (2:58:32).

Annie Thiessen, 37, of Tacoma also set a course record as she finished in 3:00:21 and came in 4th overall! The next two women finishers were Danita Erickson, 36, of Tacoma (3:05:58) and Rebecca Peebles, 26, of Madison, Wisconsin (3:17:38).

Because this is a Marathon Maniac sponsored race, the members were very prominent as director, coordinators, volunteers, pacers, aid station crews and participants in the marathon and shorter races.

The second annual Tacoma City Marathon was another successful event, and our thanks go to the directors, Paul Morrison of Fleet Feet Sports in Bonney Lake and Tony Phillippi, the sponsors and the volunteers. Our thanks also go to our many friends who expressed their concern about our health and recovery. I know that helped me run well to give me my best time in six months!

Written by Bob Dolphin

Edited, Typed and Distributed by Lenore Dolphin



# The Interurban Runner Newsletter

PO Box 24882  
Federal Way, WA 98093-1882

June, 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

