



The Interurban Runner Newsletter

March, 2007

www.interurbanrunners.net

President's Report

It is official. The IRC has added some enhancements to its summer race series, thanks to IRC webmaster Tony Phillippi and IRC race director John Kokes. Tony and John hammered out the final details for the following enhancements: the 5K course will now be certified with the USATF. Paul from the Fleet Feet Running store in Bonney Lake will do the official timing. We will have a race clock available for all of our races. We will also have official entry forms printed and available at various running store locations, so we will no longer have day of race registration only.

John is also corresponding with a chiropractor who has shown interest in being at our races to do adjustments on runners after the race. With these improvements, the IRC will develop a reputation of putting on quality events that will attract more runners and more members, which will solidify our image as the "most active running club in the Puget Sound area."

It is a very exciting time for the running community in the Seattle/Tacoma area. Not only have we greatly improved our races, but we also have the new Tacoma Marathon taking place on May 13th. The IRC is looking to be an important contributor to the Tacoma Marathon by supplying volunteers for a water stop and anywhere else that race director Tony Phillippi may need us. That Tony guy sure gets around doesn't he? Alex Juchems will be spearheading the volunteer effort for the IRC, so if you would like to give back to the running community and get this new event off to a flying start, contact Alex at cooperjuchems@mac.com.

Long time IRC member and friend Jeff Haas has recently obtained his license as a massage therapist, so I decided to visit him and see how good he is, as I have heard reports that he has magic fingers. I spent an hour with Jeff as he gave me a thorough massage and he found knots in my body I had no idea existed. He worked them out, and I could feel the difference instantly as he worked on them. I am definitely going back to see Jeff on a regular basis, and I would recommend you visit him if you have been thinking of seeing a massage therapist. Jeff can be reached at 253-813-2672.

Over-tip breakfast waitresses and waiters.

Make new friends but cherish the old ones.

Be Safe Out There,
Larry Coyne



My Favorite Run

April My Favorite Run Lance's Over-the-Hill Run

Saturday, April 21st, 9:00 a.m.
Hosted by Lance & Deone Docken



Normally we have you come help us welcome spring with a run through the daffodil fields. This year, we are mourning Lance's youth with an "Over The Hill Run" to celebrate that he's becoming a Master Runner. That's right—Lance will turn **40** on the 23rd, so **dress in black** and come run with Lance and Deone Docken on Saturday April 21st at 9 a.m. We'll run from our house, up the hill, and do a 4.9 mile loop over our hill, down through the valley, and back to our house (route is simple and will be marked). If hills are not for you, then you can still do the old course: down into the Puyallup Valley, through a daffodil field (in full bloom, with Mt Rainier towering behind it), and along the Puyallup River trail. This distances of this run can be from 3 miles (out and back from our house to the daffodil field) up to any distance you'd like to make it (running on the river trail and back). If our hill is too intimidating, you can drive to the river trail and run from there. Deone will be walking if anyone is interested in walking with her.

After the run, Lance will treat us to his famous breakfast, with waffles, sausage, hash browns, eggs, etc. If you'd like to bring the kids, please do. We have a trampoline and swing set they can play on with our kids. Bring the family, and come enjoy the beautiful spring weather, just wear black!

Our address is: 11112 Karshner Rd Edgewood, WA 98372. Mapquest will do a good job of getting you here. If lost you can call us at 253-840-0290 at home or on our cell 253-905-1362.

From I-5 South (coming from Seattle): Take exit 142B toward Puyallup WA-161. Stay on 161 (which is Enchanted Village Parkway), which turns into Meridian as you go uphill into Milton/Edgewood. You will pass the Windmill Tavern, then at 36th, right before you go down hill into Puyallup, take a left onto

(Over-the-Hill Run continued on page 5)

The Interurban Running Club

is an organization for runners of all ages and abilities. The club provides the opportunity to meet other runners and improve running performance through regular workouts. The Club also organizes social gatherings and outings for members, their families and friends. Everyone is welcome!

IRC Officers & Board Members

- President Larry Coyne 253-952-3949
coyneld@aol.com
- Vice President Alex Juchems 253-529-8996
ajuchems@mindspring.com
- Treasurer J. Ellis 253-564-4340
jellis6355@aol.com
- Secretary Rick Garrison 253-638-0476
windblown@netscape.com
- Program Manager Robin Fox 253-906-3766
RunningDgs@aol.com
- Member at Large Bill Barmore 253-858-8407
billchiro1952@yahoo.com
- Race Director John Kokes 206-932-9355
john.t.kokes@boeing.com
- Membership Rob Willis 253-752-8386
Coordinator 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.
HOST NEEDED!
- Thurs. Scoreboard Pub, Federal Way** - 6:30 pm
Varied distances.
Contact Larry Coyne 253-653-4456 or
coyneld@aol.com
- Thurs. Cushman Trail, Gig Harbor** - 6:00 p.m.
Run 5 miles.
Contact Merita 253-853-3568
mtrohimovich@harboret.net
- 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 31

Yakima River Canyon Marathon. Ellensburg to Selah. Pt. to pt. course is exceptionally scenic w/ spectacular views of Yakima River Canyon. (425) 226-1518 or (509) 966-0188. www.yakimarivercanyonmarathon.com.

Sunday, April 1

Kitsap Family YMCA Resolution Walk/Run Series #4 - 20K & 5 Miles. Bremerton, 9 a.m. Un-timed event followed by a potluck. Last in series. \$5 pre.reg., \$6 DOR. (360) 377-3741.

No Fooling Half Marathon, 10 Miles, 10K, & 5K. Millersylvania State Park, Olympia. 11 a.m. (360) 273-9684.

Saturday, April 7

Skagit Valley Tulip Run 2 & 5 Mile. Burlington. 9:30 a.m. See tulips and air stunts if you're lucky! www.tuliprun.com, info@skagitrunners.org.

Submarine Anniversary Run 10K, 5K & 1 Mile. Naval Submarine Base, Bangor. 9:30 a.m. Base access necessary. \$10 by 4/1, \$12 after. Long-sl. t's add \$10. John Gardner (360) 692-8994.

(Events calendar continued on page 4)

IRC Spring Membership Meeting

The IRC Spring Membership Meeting is set for Wednesday, April 11th at 7:30 p.m. at the Godfather's Pizza located at 2301 SW 336th St., Federal Way, 98023. They have a room in the back reserved for us.

Before the meeting, we will have a run at 6:30 p.m., on part of the BPA trail. We will meet in the parking lot of Godfather's Pizza.

The club will provide pizza for everybody in attendance, so bring the entire family and find out what is going on in your running club and what we see happening for the rest of the year.

Driving directions: from either I-5 south or north, take exit 142B to Federal Way, and go west onto S. 348th St. 348th St will change names several times and will eventually become SW 336th St. Godfather's is just west of 21st Ave SW on left side of the street.

Call Larry at 253-653-4456 for any questions.

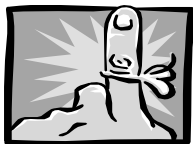
My Favorite Run Calendar 2007

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.



Don't Forget to Renew!

For most IRC members, membership dues were payable at the end of December. Please check the mailing label on the front of this newsletter and see when your membership expires. Please use the membership renewal form that comes with each newsletter and renew your membership.

IRC 2007 Calendar of Events

April

Spring Membership Meeting Wed. April 11th
Over-the-hill MFR Sat. April 21st

May

Cinco de Mayo MFR Sat. May 5th
Mother's Day 5K Race Wed. May 9th
Post-Capital City BBQ and Potluck Sun. May 20th

June

Green River Marathon Sat. June 2nd
IRC Spring Social Sat. June 9th
Father's Day 5K Race Wed. June 13th

July

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

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

**IRC CALENDARS ARE NOW
AVAILABLE FOR PURCHASE!!!**

ONLY 5 LEFT!!! Get your 2007 IRC calendar today!

Support your club and remember 2006 with the IRC, for the low price of only \$15! Did you see that shot of you-know-who in November? Or how about that It's something to see--if you don't have one yet, you're missing out!

But besides hot photos of the IRC's most eligible bachelors and bachelorettes, the calendar contains a lot of local events and all the important IRC dates for the year--it's great to have on hand.

Contact a board member to get yours today!

(Events calendar continued from page 2)

Robin Hill 5K & 10K Run. Sequim. 10 a.m. 2nd race of 3 in Athlete's Choice Race Series. \$20, \$25 DOR, \$50 for series. Carol (360) 461-2966, carolclayton@olympen.com. www.athleteschoice.info.

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

Easter Marathon & Half Marathon, 10 Miles, 10K, & 5K. Millersylvania State Park, Olympia. 10 a.m. (360) 273-9684.

Saturday, April 14

27th Annual Toe Jam Hill Half Marathon & 10K. Bainbridge Island. 9 a.m. Catch the 7:55 a.m. ferry to be shuttled to and from race. Also 1-mile kids dash. Proceeds benefit Boys & Girls Club. Pat (206) 855-8486, www.bipositiveplace.org.

Miles For Memories 5K. Village Green in Fairhaven, Bellingham. Reg. 7:30 a.m., race 9 a.m. Benefits Alzheimer Society of WA. \$25 includes T. www.alzsociety.org, (360) 738-6706, cbrumet@peacehealth.org.

Rattler Half Marathon. Winthrop. 9 a.m. Scenic, hilly trail run traversing Pipestone Canyon, 1800' elev. gain. \$25 by 4/11. www.mvsta.com, (509) 996-3287.

Sunday, April 15

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

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

Sunday, April 22

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

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

Saturday, April 28

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

Sunday, April 29

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

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

Sunday, May 6

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

Sunday, May 6

Lilac Bloomsday Run 12K. Spokane. Largest run in the NW. Nearly 50,000 participants. (509) 838-1579. www.bloomsdayrun.org.

The Avenue of the Giants Marathon. Humboldt, CA. 9 a.m. A beautiful through-the-woods run. Also a half marathon and 10K. www.theave.org, (707) 443-1226.

Sunday, May 13

Parker Paint Tacoma City Marathon & Half Marathon. Tacoma. Inaugural event. Also 10K. (253) 862-8890. www.tacomacitymarathon.com.

Sunday, May 20

Capital City Marathon & Half Marathon. Olympia. Also a 5 mile race. (360) 786-1786. www.capitalcitymarathon.org.

29th Annual Rhody Run 12K. Pt. Townsend. 11 a.m. Hilly, scenic course. Prize money for top finishers. \$18 by 5/9, \$25 after. Reg. begins 3/10. www.olympus.net/community/rhodyrun, (360) 379-3595, (877) 463-9786.

Beat the Bridge 8K. Seattle. 8 a.m. \$15, \$25 w/T, DOR \$17/\$27. www.beatthebridge.org. Benefits juvenile diabetes research. (206) 838-5153.

WANT TO RUN THE MT. SI RELAY?

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

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

Race Results

compiled by Christel Elliott

Judy Fisher

Matchmaker 5K (Centralia) 2/17/07,
23:30, 1stF(60+)

The Smelt Run 10K (La Conner) 2/24/
07, 49:35, 1stF(60-64)

Run For Luck 10K (Lacey) 3/3/07, 49:41,
4thF OA, 1stF(60+)

Spring Forward 5K (Tacoma) 3/10/07,
23:52, 1stF(60+)

St. Patrick's Day Dash nearly 3.5 mi.
(Seattle) 3/11/07, 25:04, 1stF(60-64)/35,
144thF/3752, 787th/7409 OA

Bob Dolphin

Run the Ditch Half Marathon (Parker,
WA) 2/17/07, 2:38:53. "This was a trail
run by an irrigation canal in the Yakima
area."

Resolution Run 15 Miler (Steilacoom) 2/
24/07, 2:51:19, 1stM(75-79)

(Over-the-Hill Run cont. from page 1)

Chrisella Rd. Follow Chrisella Rd down
until you get to Karshner Rd., a dead end
road on the left. (If you come to the RR
tracks you missed it, turn around and
take the first right after the tracks).

From Auburn/ Renton on 167: Head
South on 167 towards Puyallup, stay on
167 to the end (do not go on 512) turn
left onto Meridian/WA-161. At the next
light, turn right onto Valley Ave. and go
straight until the next light at Milwaukee
Ave. Turn left. After you go over the RR
tracks, Milwaukee turns into Chrisella
Rd. Take the 1st right after the tracks
onto Karshner Rd.

As you go up Karshner there will be a
crest in the hill, and our house is on the
left through the gate with the 3 big green
locking mailboxes. Ours is the blue
house, but you can park wherever, as
Lance's parents live next door and will
be expecting a crowd.

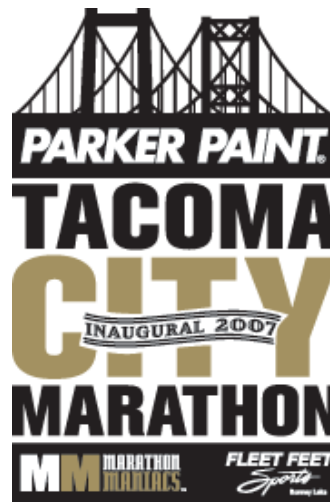


Welcome New IRC Members!

Larry Coyne, IRC president, is happy
to announce that we have two new mem-
bers to the IRC this past month, Ida
Chui and Doug Gaynor.

Ida lives in the Kent area and is
interested in marathons, 5K and 10K
races and relays. Once again, relay
people, here's a prospective member
for your relay teams. Ida has been to
several My Favorite Runs and decided
it was time to join the IRC.

Doug lives in the Tacoma area and says
he has been running for a couple of
years and is looking to join other runners
to improve his running. Doug is
interested in regular workouts,
marathons, and 5K and 10K races.



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

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

TACOMA TO HOST FIRST ANNUAL CITY MARATHON

Sunday, May 13, 2007, 7 a.m.

With its breath taking views of Mount
Rainier, Commencement Bay, Point
Defiance Park, and the Tacoma Narrows
Bridge, it is a surprise to many runners
that Tacoma does not host a marathon.
While Olympia has its Capital City and
Seattle hosts the Seattle Marathon,
Tacoma has been without a marathon for
many years. However, as of May 13,
2007, Tacoma's non-marathon status will
change.

Co-Directed by Fleet Feet Sports of
Bonney Lake and Marathon Maniacs, the
first annual Tacoma City Marathon will
debut on Sunday, May 13, 2007.
Festivities begin on Friday, May 11, with
the kick off of a two-day running and
marathon expo. The expo, held at the
new, world-class Greater Tacoma
Convention and Trade Center in downtown
Tacoma, will feature numerous sports
vendors and organizations as well as
guest speakers and running-related
clinics.

The marathon course itself will highlight
much of Tacoma's natural beauty.
Beginning in historic downtown Tacoma,
the scenic and rolling course will take
marathoners along the shores of
Commencement Bay via Ruston Way
and throughout the beautiful Tacoma area.
With views of the Tacoma Narrows' Bridge
as well as scenic Point Defiance, the
Tacoma City Marathon route certainly will
provide its participants a glimpse of
Tacoma's loveliest sights.

Along with the full marathon, both a half
marathon run and 10k run/walk will also
be offered for athletes who prefer a shorter
race distance.

For course maps and more information,
visit www.tacomacitymarathon.com or
contact Fleet Feet Sports at 253-862-
8890.

(article above from the TCM website:
[http://tacomacitymarathon.com/doc/
TCMPressRelease11_13_2006.htm](http://tacomacitymarathon.com/doc/TCMPressRelease11_13_2006.htm))

Member at Large Bill Barmore

February—I'm running a marathon or longer every calendar month to stay in shape and be ready for the next adventure. Pigtails Run was on February 3rd and the cost to enter was two cans of soup. The run was at Lake Youngs, a course I'm not fond of, but when running with other people I am. I arranged to carpool with friends from Bremerton, Karen and George Wiggins. Karen quit smoking a few years ago and substituted one compulsive behavior for another. Last year she ran 26 marathons or longer—I'm in awe.

The weather was iffy due to the rain, but once we started there was no quitting. A very large group (close to 100) took off and we hung together for a while, talking and catching up on what had happened since the last run. At some point, the fast runners took off and Yanghae and I were stuck running together for 31 miles. We paced pretty well, then my right hamstring cramped. A few minutes later I was running again and caught back up to her. At the finish of each loop, we would check in, have a snack, and then take off again.

The 3 loops total 28.8 miles, so Pigtails measured out a 1.1 mile out and back to bring the total to a respectable 31 miles. I was not happy after 3 loops, but we decided to run the whole thing. I dropped my water bottles and we were off. Upon running down the steep hill my left hamstring cramped and once more I stopped to recover, then took off. This time there was no catching Yanghae, but I did manage to finish in just under 5 hours.

Because there are almost 2 months between Pigtails Run and Yakima, I have actually trained a little, running some hills in the harbor and in the woods by our house. Living 200 feet from 1000 acres of forest with 35 miles of trails has its advantages. Anyone wishing to experience some pristine logging roads connected by single-track trails should let me know and we can set up some group runs. The mud is just a bonus.

Next month—Yakima and a hug from Lenore Dolphin :)

See You Later, Bill



11TH ANNUAL GREEN RIVER MARATHON

Saturday, June 2, 2007, 8:30 a.m.
(official early start 7:30 a.m.)

A fun Seattle-area run in early June (first Saturday) is the Green River Marathon/Relay. This year will be the 11th annual event. Marathon Maniac, Eastside Runners and IRC (Interurban Running Club) member Steve Barrick and Marathon Maniac Jim Anderson put on this run with the help of many volunteers. It begins at the intersection of the Green River trail and the Interurban trail in South Kent. The course (see links) follows the scenic Green/Duwamish trails past Russell Road Park, Christianson Greenbelt Park, and Fort Dent Park as the river winds it's way to Puget Sound and Alki beach. The run is very flat with two short hills late in the run. The last few miles have views of Seattle and Puget Sound toward the Olympics. The finish is in front of Spud's Fish and Chips at Alki.

If you don't want to run the entire 26.2 miles, then get together some friends and make it a relay with any number of participants. There are no formal rules or divisions, the run is just for fun and to stay in shape. Usually, more than half of the participants are on relays. They help cheer the others along and pass out water, gatorade and GU which is provided free. Many of the parks have restrooms along the way. Support is limited, so those with special nutritional and fluid needs are encouraged to make their own arrangements.

This is a low-key run amongst friends, no entry fee. A commemorative T-shirt will be available for ~\$8 with advance notice. There are no awards, but most of the runners treat themselves to lunch at Spuds at the finish. Return transportation will be provided to those who request it in advance.

For more details on these runs and for return transportation options, see the website, at www.greenrivermarathon.com. If you are planning on running in the Green River Marathon please let the race director Steve Barrick know by email. The race is free but we need to know how many people will need return transportation and how many supplies to purchase for the aid stations. Solo marathon runners need to email their name and age while relay teams need to email their team name and participant names, this is mainly for the race results page.

ELEVENTH ANNUAL GREEN RIVER MARATHON AND RELAY PASTA FEED AND T-SHIRT INFORMATION

The eleventh annual Green River Marathon and Relay Pasta Feed will be held at Galliano's Cucina located at 16435 Military Road in SeaTac WA on Friday June 1, 2007 at 11:15 a.m.

T-SHIRTS: We have tank tops (women's or men's), short sleeve shirts, and long sleeve shirts available this year--they are cotton. I am looking into wicking material shirts this year also. They may be red with white and blue lettering. The design to be determined shortly. The cost is \$8.00. Please let race director Steve Barrick know the gender, type and size of the shirts you want before 5/21/2007. His email address is barrick@greenrivermarathon.com.



VALENTINE MARATHON February 11, 2007

For the first time ever, I ran two consecutive marathons on the same course in different events. On December 23, 2006, it was the Christmas Marathon, starting and finishing at Millersylvania State Park south of Olympia, Washington, and on February 11, 2007, I returned to run the Valentine Marathon on the same course.

These are holiday-emphasized marathons directed by Bob Green. He also has a Halloween Marathon there in the fall, but the Dolphin Marathon Team is off to Washington, DC at that time for the Marine Corps Marathon.

Due to hitting the wall early and having to walk the second half, I ran one of my slowest times of 2006 at the Christmas Marathon (6:11:16). I devised a new strategy for the Valentine Marathon. Taking a 9:30 a.m. early start, I decided to run a twelve minute mile (slower than usual) to see if I could avoid or delay a mid-race slowdown. While the problem wasn't entirely eliminated, it was only in the last five miles that I walked more than I ran. My official finish time was 5:28:21, much better than my last three times on this course.

The weather was good, with air temperatures rising from 45 to 55 degrees during the event. It was overcast to partly cloudy with intermittent light rain. At times the 15 mph south wind was more of a hindrance than a help. After the 21st mile, there was a light tailwind as we headed for the finish on the state highway.

At the one hour early start, a small group of marathoners and several half marathoners ran out of the park and soon after headed south on Tilley Road (State Highway 121) on the scenic, rolling-to-flat, out-and-back course. In the early miles, I visited with Jon Gissberg and Amelia Gailey, both from Seattle, and Jon's friend Hajimi Nishi, a megamarathoner from Tokyo, Japan, who runs many American marathons. Jon, known by his Marathon Maniac (MM) nickname as "Barefoot Jon," wore thin, flexible sandals on this day because of the gravel-embedded pavement.

The next runner I visited with had an interesting story. Richard Takata from the Toronto, Canada, area had run close to 380 marathons and ultramarathons. His goal is to run *7 marathons on the 7 continents in 7 weeks* to establish a new world record. He began this adventure on January 28, 2007, and has completed marathons in Germany, Japan and Westport, New Zealand (the day before!). Soon he will be doing marathons in Egypt, Antarctica and Argentina to meet his goal. He hopes to raise \$120,000 for cancer research at the Prince Margaret Hospital.

The winner of the Valentine Marathon was Ben Wessenyelen, 23, of Seattle with a time of 2:57:07. In second place was Kevin Prentise, 44, of Edmonds with a 2:59:19. These two

were running together as they passed me in my 11th mile. Coming in third was MM Gregg Walchli, 44, of Seattle. He looked strong as we greeted each other. His finishing time was 3:02:37.

The women's race was won by Ann Armstrong, 44, of Poulsbo with a time of 3:10:07. Last year at the Yakima River Canyon Marathon, she was the second overall women's finisher. MM Annie Thiessen, 36, came in second for the women with a 3:19:24. She was accompanied by MM Tony Phillippi (3:19:33). Both are from Tacoma. MM Christel Elliott, 28, another Tacoma resident, was third with a time of 3:35:35. Congratulations to Christel for her new PR and Boston Qualifying time! MM Mel Preedy, 73, of Ravensdale ran a good time of 4:27:30.

It was a pleasant surprise to see MM Jim Simpson, 65, of Huntington Beach, CA, and MM Larry Macon, 62, of San Antonio, TX, on the course. Wherever we go for marathons, we always see old friends.

In conclusion, I learned that I can run the Millersylvania State Park course faster if I start out at a conversational pace and then run/walk the best that I can in the second half of the marathon. A continuous walk is relatively slow and needs to be delayed as long as possible.

Written by Bob Dolphin

Edited, Typed and Distributed by Lenore Dolphin

Tony Phillippi, Steve (the Prez) Yee, Christel Elliott, and Annie Thiessen running the Valentine Marathon. Smile everyone!



Scoreboard Breakfast Run

Come join us at 9:00 Sunday morning March 25th to run, walk or run-walk the BPA trail from Scoreboard. Varying distances and paces. Breakfast following at the Scoreboard.

Contact Alex Juchems (253) 529-8996 or Larry Coyne (253) 952-3949 to learn more. See you on the trail!

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

March, 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

