



The Interurban Runner Newsletter

March, 2008

www.interurbanrunners.net

President's Report

The month of March signals many changes, and the spring season is well underway. Flower bulbs and leaf buds are emerging, we have more hours of daylight to run in and more races to choose from. Daylight savings time has been more of a "bounce" than a "spring forward" for my family's schedule. I'll welcome the time when my children's internal clocks adjust to the one-hour change! While I enjoy the longer periods of daylight, I do miss the early light I enjoyed on my morning runs. While I may have to wait a few more weeks for early morning light to return, I'll enjoy the pleasant change of running in daylight during the Thursday Scoreboard Pub runs.

The IRC's Thursday evening runs from the Scoreboard in Federal Way have grown in popularity the past two years. With the increase in runners and walkers, there's also a diverse level of running paces available. On any given Thursday evening the pace varies from < 7-minute/mile tempo running to 9-10 minute mile social running with various paces in between. If you haven't attended one of these runs, make time in your schedule to attend at least one Scoreboard Pub run this spring. We meet in the east area of the parking lot, and head out for the run/walk at 6:30 p.m. If you're planning to attend for the first time, let us know and we'll look for you at the start of the run. Contact Larry Coyne (253) 653-4456 or myself (253) 670-5513.

The Scoreboard run is just one of five regular weekly runs offered through the club. Check out the "Regularly Scheduled Runs" section for locations and contact numbers. For the next few weeks, **Rick Garrison** will be out of the country on a work assignment. Rick's the contact for the Saturday morning Cedar River Trail Run. During Rick's absence, please contact **Steve Israel** (253) 797-0041 to learn more about this great run.

The IRC also hosts a monthly run called "My Favorite Run". These monthly runs originated from club members sharing their favorite runs with others. **Jeff Haas** is the "My Favorite Run" coordinator. Jeff has worked with several club members to line up a great series of runs, such as this month's Tenacious Turtle Trail Trot (T4), hosted by J and Meredith Ellis. April's "My Favorite Run" is a new route that should appeal to all levels of runners and walkers. Jeff's planned a scenic run that I'm excited to try out! If you have a run that you'd like to share with others, contact Jeff at (253) 630-4196 or jhaas44@q.com.

(President's Report, continued on page 6)

My Favorite Run

April My Favorite Run

Cedar River Trail North

Saturday, April 19th, 9:00 a.m.

Hosted by Jeff Haas



My Favorite Run April will be on a new course this year. We will meet at Renton's Ron Regis park at 9:00 a.m. Saturday, April 19th. The course is an 8 mile loop that starts on the Cedar River Trail and travels east about 3.5 miles to Jones Road. Then you run on Jones until it ends and turn left at the stop sign, run for about 4 more miles and finish up back on the trail. The course will be marked, and if you want to run further or shorter, you can run out and back on the Cedar River Trail to accommodate your desired distance.

About the course: it is paved trail and road, and there are views of the Cedar River and large horse ranches along the very beautiful Jones Road. After the run, we have reservations for breakfast at The Apogee Restaurant. For more information, call or email Jeff Haas at (253) 961-0427, JHAAS44@Q.COM.

Directions: from the south travel hwy 167, exit at I-405 N. Take Hwy 169 exit to Maple Valley/Enumclaw. Travel east approximately 3-4 miles, Ron Regis park is located on left.

Directions: from the North travel I-405 S. Take Highway 169 exit to Maple Valley/Enumclaw. Travel East for about 3-4 miles, Ron Regis park will be on your left.

ALL NEW! CHECK OUT THE IRC'S MYSPACE PAGE!

Just go to our page at www.myspace.com/interurbanrunners and add us as a friend! You'll have to wait approval, and you need to have a page of your own to do it. I just threw together a rough page for now, but I'll continue to improve it, and feel free to send me pics and other items to put online! Hope you like it! ~Christel
*** Note: only approved members can view our page, so your privacy is protected!

The Interurban Running Club

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

IRC Officers & Board Members

President Alex Juchems 253-529-8996
 cooperjuchems@mac.com

Vice President J. Ellis 253-564-4340
 jellis6355@aol.com

Treasurer Jeff Johnson 253-927-7235
 jeffjo18@hotmail.com

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

Program Becky Jacobsen 253-740-2880
 Co-Manager beckyjj_2004@yahoo.com

Program Merita Trohimovich 253-853-3568
 Co-Manager mtrohimovich@harbornet.com

Member at Large Larry Coyne 253-952-3949
 coyneld@aol.com

Race Director John Kokes 206-932-9355
 john.t.kokes@boeing.com

Membership Rob Willis 253-752-8386
 Coordinator rhrcwillis@comcast.net

Newsletter Editor ... Christel Elliott 253-226-9473
 performanceresources@hotmail.com



Regularly Scheduled Runs

- Tues. Kentwood High School** - 5:30 pm
 Track workout.
 Contact Steve Israel 253-797-0041
- Wed. Tacoma Waterfront, Katie Downs** - 6:30 pm
 Run 4 to 8 miles.
 Contact J. Ellis 253-389-3032 or
 jellis6355@aol.com
- Thurs. Scoreboard Pub, Federal Way** - 6:30 pm
 Varied distances.
 Contact Larry Coyne 253-653-4456 or
 coyneld@aol.com
- Thurs. Cushman Trail, Gig Harbor** - 6:00 p.m.
 Run 5 miles.
 Contact Merita 253-853-3568
 mtrohimovich@harbornet.com
- Sat. Cedar River Trail, Maple Valley** - 7:25 am,
 meet at Lake Wilderness Park.
 Varied distances.
 Contact Rick Garrison 253-638-0476
 windblown@netscape.com

Events Calendar

Saturday, March 29

Running of the Fools 10K. Longview. 8 a.m. Course is flat and fast around Willow Grove Park loop. Don your craziest costume! Bill (360) 200-3441, www.cowlitzvalleyrunners.org.

Walk n Roll 5K & 10K Run. Haller Park, Arlington. 11 a.m. Fairly flat, mostly paved course. Proceeds benefit Eagle Wings DisAbility Ministries. (360) 659-4861,

Chapel Hill 5K Run for Relief - Burma. Gig Harbor. 9 a.m. Kids' dash too. www.chapelhillpc.org, Jennifer (253) 853- 0238.

Birch Bay Intl. Road Race 5K, 15K & 30K. Birch Bay. 8:30 a.m. Waterfront courses. www.birchbayroadrace.com, (360) 325-0715.

Sunday, March 30

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

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

(Events calendar continued on page 4)

Board Meeting

by Rick Garrison



This month's board meeting was held on Tuesday evening, March 4th, at the Acme Bowl in South Center/Tukwila. In attendance were Alex Juchems, Larry Coyne, John Kokes, J. Ellis, Merita Trohimovich, Rick Garrison, Becky Jacobsen, and Jeff Johnson. Meridith Ellis was also present.

IRC Business

Four new members have joined since the last board meeting.

Eleven orders were placed for the new IRC clothing and have been forwarded. They will arrive on March 19th.

The Orting Lions Club has asked us to help them conduct a race. There are several questions before we consider accepting the challenge. They will get back to us soon.

Initial planning for this year's IRC Summer Race Series has begun. The board agreed with John's proposal to move the venue to Three Friends Fishing Hole Park, located along the Green River in Kent (about one half mile south of Briscoe Park, where the races were held for the past couple of years). The site is easily accessible and efforts will be made to have this course certified.

Social and Running Events

My Favorite Runs The April and May versions are set to go.

The Spring Membership meeting is scheduled for April 9th at Vince's Pizza in Federal Way. Details have been finalized with no problems to note.

The board meeting was conducted at the Acme Bowl in Tukwila so that the board can consider it for the Spring Social, set for June 14th. A decision was made to plan for a BBQ at a home. Two possibilities have been proposed. The rejection of Acme Bowl was due mainly to the costs.

To the IRC Membership:

The My Favorite Run series was created to promote variety in our running routines and also to encourage new runners to get involved in the funnest running club second to none in our area. Recently our attendance of these events has been so-so but we would like to see those numbers rise as we have a fun filled challenging number of events scheduled for 2008. Some old favorites are still scheduled but we have added variety to capture some new attendance. Whether you are a new member or an old grissled veteran we would like to challenge you to find your way to some of our MFR events this year to either aid your training or ad to your social running schedule.

See you running soon,
Jeff Haas

IRC 2007-2008 Events & My Favorite Run Calendar

April 9th Membership meeting

April 19th Cedar River North Run - Jeff Haas

May 3rd Cinco de Mayo Run - Jeff Haas

May 7th Mother's Day Race

June 11th Father's Day Race

June 21st Soos Creek Trail Run - Alex Juchems

July 9th Mid-Summer Race

July 26th Puyallup River Trail Run - Becky Jacobsen

August Beer & Barbie Run - Larry & Laura Coyne

August 6th Liar's Mile

August 13th Summer Sizzler Race

September Jim Shepard's Run

September 20th Chili Feed/Membership Meeting

October 23rd Trick or Treat Run

October 25th Tacoma Triangle & Tunnel Dash - Larry & Laura Coyne

November 8th Starbuck to Starbucks - John Kokes

December 13th IRC Christmas Party

My Favorite Run Calendar 2007

If you've ever thought about hosting a run for the club, now is your chance! Do you have a favorite run you'd like to share with other members of the IRC? If so, maybe you should consider hosting a "My Favorite Run" for 2007/2008!

There are open months, or we could have more than one "My Favorite Run" in any given month. If you would like to host a My Favorite Run, just let Jeff Haas or any member of the board know and they will be willing to help you plan it. Don't worry about the details--you will have a lot of support.

For more information, please contact Jeff by phone at 253-630-4196 or by email at jhaas44@q.com.

(Events calendar continued from page 2)

Saturday, April 5

Yakima River Canyon Marathon. Ellensburg to Selah. 8 a.m. Pt. to pt. www.yakimarivercanyonmarathon.com, (425) 226-1518 or (509) 966-0188.

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

Sunday, April 6

Babcock Farms Trail Race 4 Miles. Port Gamble. First race in Roots Rock Run Trail Run Series. (360) 779-8757, www.poulsborunning.com, www.rootsrockrun.com.

Sunday, April 13

Whidbey Island Half Marathon & Marathon. Whidbey Island. 8 a.m. New course. Scenic point to point course showcasing east and west of island; www.whidbeyislandmarathon.com.

Spring Classic Half Marathon, 10 Miles, 10K, & 5K. Vance Creek Park, Elma. 10 a.m. (360) 273-9684.

Saturday, April 19

28th Annual Toe Jam Hill Half Marathon & 5K. Bainbridge Island. 9 a.m. Catch the 7:55 a.m. ferry to be shuttled for free to and from race. (206) 729-9972, www.promotionevents.com/toejam.

Saturday, April 26

Miles for Memories 5K. Village Green in Fairhaven, Bellingham. Reg. 7:30 a.m., race 9 a.m. Benefits Alzheimer Society of WA. www.alzsociety.org, (360) 738-6706.

Fifth Tom Wales Community Run 5K. Volunteer Park, Seattle. 9 a.m. Course is mixed trail and roads in the park. Half mile kids run too. www.tomwalesrun.com, (206) 624-1981.

Redmond Elementary Hawk 5K & 1 Mile Run. Redmond Town Center. 5K 9:30 a.m. Fast and flat course along Sammamish River. Electronic timing, open/masters, Alina (425) 869-5426.

4.3 Mile Airfield Run. Fort Lewis. 9 a.m. No DOR, civilians need base access. www.fortlewismwr.com, (253) 967-2604.

Sunday, April 27

The Boardwalk 5K. Husky Stadium, Seattle. 10 a.m. Benefits health and fitness programs in Seattle public schools. (206) 252-0476, www.schoolkidscomefirst.com, rjlee@seattle.schools.org.

See Spot Run 5K. Yakima. 10 a.m. Run or run/walk with your dog. Dogs available from humane society for participation. <http://yakimahumane.org>, (509) 457-6854.

The IRC Needs You to Be a Blues Brother at the Tacoma City Marathon!

The IRC will again be hosting the water station at mile 12.3 for the Tacoma City Marathon, with our theme being The Blues Brothers. We had a lot of fun last year and were a hit with the runners. If you would like to be a volunteer this year and put on The Blues Brothers costume, please email me back at jellis6355@aol.com or call 253-389-3032 or 253-606-2511 with your jacket size. The more the merrier and your club needs you.

I wanted to also let you know that the Tacoma City Marathon is still in need of a lot of volunteers. If you or anyone you know that might be willing to help out as a course marshal, or otherwise, you can send me their name, e-mail address and jacket size, or contact Rob Hester, the volunteer coordinator for the Tacoma City Marathon, at rob@tacomacitymarathon.com or 253-226-5495. The marathon is looking pretty good in comparison with last year, but they only have about half of the volunteers they need.

Thank you,
J. Ellis, IRC Vice President &
Rob Hester, Volunteer Coordinator for the Tacoma City Marathon

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

We need one more to fill an IRC Team for Mt. Si Relay. **WE NEED YOU!**

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

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

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



Race Results

compiled by Christel Elliott

Judy Fisher

Live, Love, Run! (Tacoma), 10K, 2/16/08,
46:24 (chip), 1stF60-64

Smelt Run (La Conner), 10K, 2/23/08,
47:06, 1stF60-65

Run For Luck (Lacey), 10K, 3/01/08,
47:39, 1stF Overall

KCBA Fun Run (Seward Park), 5K, 3/
02/08, 22:47, 1stF60+

Spring Forward (Tacoma), 5K, 3/08/08,
22:56, 1stF60+

Mercer Island Half Marathon (Seattle), 3/
09/08, 1:45:02, 2ndF60-64 (lost by 3/10th
seconds!)

Molly Hurd

Love 'em or Leave 'em 5K 2/10/08, 20:19,
1st age division

Mercer Island 10K 3/9/08, 43: 52 5th
OAF, 1st age division

Rick Garrison

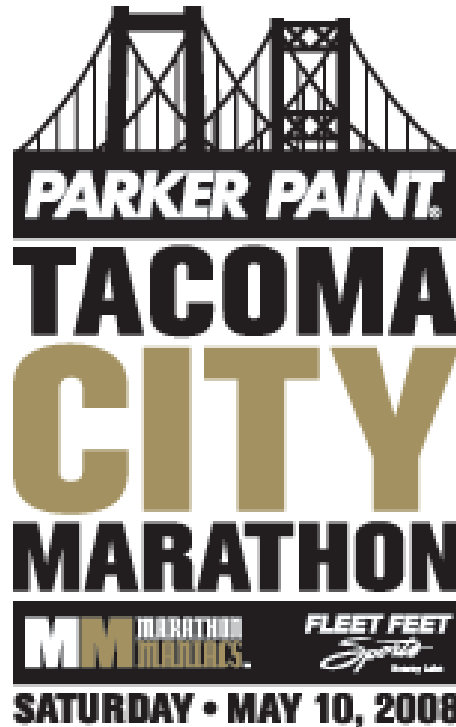
FSRC Resolution 15K 2/23/08, 1:06:02
4thM(55)

Jim Brewer

Sequoia 20K (Oakland,CA) 2/16/08,
2:17:12, 1960 ft gain, 61/120 OA and 4M/
12(50-59)

Christel Elliott

Chuckanut 50K (Bellingham) 3/15/08,
6:12:13. "I'm back! Felt like a real runner
for the first time in a long time (as opposed
to someone who's just faking it and
feeling awful!) I felt great the whole time
until I got to the long flat section, which
slowed me way down. A great day, lots of
fun mud and great friends."



Parker Paint Tacoma City Marathon May 10th, 2008

www.tacomacitymarathon.com

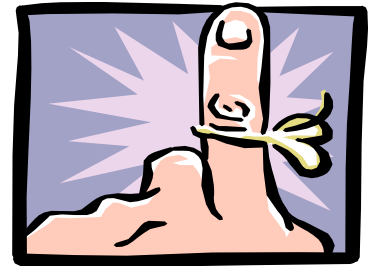
The Parker Paint Tacoma City Marathon course is a challenging but scenic loop through Tacoma.

Rolling hills throughout the course provide breathtaking views of Commencement Bay, Mt. Rainier, and the Tacoma Narrows Bridges, and a nice downhill finish gives runners a smooth ride to the end.

TCM 2008 is USATF Certified and a Boston / New York City Marathon Qualifier. (Pacing provided by Marathon Maniacs!)

Is there going to be another Blues Brothers water stop this year? Yes, there is! See page 4 of this newsletter for more information on how to become a volunteer, either at the BB aid station or elsewhere on the course!

Don't Forget to Renew!



For most IRC members, membership dues are payable at the end of each year, but not all.

Please check the mailing label on the front of this newsletter and see when your membership expires. Please use the membership renewal form that comes with each newsletter and renew your membership.

You don't want to miss out on any newsletters or club activities by letting your membership in the IRC lapse! Thanks for being a member of the IRC.



Larry at Large by Larry Coyne

Isn't it great that daylight savings time is here? It almost seems like spring will be upon us any day now. Oh, well this is the northwest and you really never know when spring will really get here.

I look forward to being able to run in the daylight again. At one time, I did the majority of my running in the mornings before the sun ever came up, and now I dread it when I have to get up first thing in the morning. I want to be able to have my coffee and a bite to eat and have a little quiet time before I do anything.

Since marrying Laura, I have switched my running time to the evenings or afternoons after she gets home from work so we can run together. Well, we never really run together anymore, as she is always out in front of me these days. I just tell her the view is better from behind rather than in front of her.

So, I am really looking forward to running in the daylight again. And I am hoping for warm weather to arrive really soon as I like the heat a lot better than the wind, rain, and cold.

There are several marathons coming up this spring that members of the IRC play a major role in. IRC member Tony Phillippi is one of the race directors for the Tacoma City Marathon, which will be held on May 10th this year. In the inaugural race last year, members of the IRC volunteered to take care of a water stop in the Point Defiance Park, which we will be doing again this year.

If you would like to volunteer, be on the lookout for information about volunteering coming out very soon. To find out more about the Tacoma City Marathon, go to interurbanrunners.net and on the home page click on the Tacoma City Marathon link.

IRC member Steve Barrick hosts the Green River Marathon, which will be held on June 8th this year. This is a free marathon - that's right! No charge to run in this marathon. Steve is making this the largest free marathon in the country and is looking for volunteers. Laura and I, along with our granddaughter, volunteered last year and took care of several water stops. It was great event for our granddaughter, and when we were finished for the day, she asked, "Can we do this again?" And yes, we will be there again to help Steve out. To obtain more information about the Green River Marathon, go to interurbanrunners.net and on the home page click on the Green River Marathon link.

Volunteering is a great way to give back to the running community and you meet the nicest people.

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

Larry

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

April Is IRC Spring Membership Month!

Plan to attend the IRC Spring Membership run/walk and meeting scheduled for April 9th at Vince's Italian restaurant in Federal Way. Co-program manager **Becky Jacobsen** has lined up a great evening starting with a walk/run on the BPA trail followed by pizza and soft drinks provided by the club. Family members are welcome. This is also a chance to find out more about IRC runs, races, relay opportunities, and social activities planned for 2008!

Enclosed with your newsletter is a copy of the club roster. If there are any corrections or updates needed, please contact the club's Membership Coordinator **Rob Willis** (253) 752-8386 rhrwillis@comcast.net or myself, or any other member of the Board.

Benefits of Belonging to the IRC "Community"

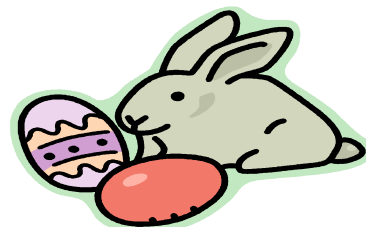
Through the IRC, I've enjoyed meeting and running with many new friends on routes and trails I never knew were there before. When I go to races, there's a good chance they'll be other IRC members to visit with and share in the pre-race anxiety as well as the post-race fun.

Another benefit of belonging to the IRC is the "community" that we have as runners and walkers. I've found over the years that the IRC community offers something more than just running...hard to believe there could be anything more?!? When I lived in rural Iowa, I knew the person I called for help. Whether it was the plumber, mechanic, or doctor, I knew that person and their family. Living in a large metropolitan area such as Seattle-Tacoma, it's rare to know the person you call to fix your house, help with legal matters, or receive other services. But through the IRC, I now have friends like Steve Israel who I can call for home repair work, Jeff Haas for the much needed massage work to loosen up tight leg and back muscles, and Laura Coyne - jeweler support extraordinaire who found just the gift I was looking for at Christmas time. And I know if my wife Sue and I decide to buy or sell property or have computer work done we can count on Larry Coyne and Jeff Johnson.

These are just a few examples of how the IRC community and network has benefited my life. Become an active IRC member and you'll find a community of folks who love to run and a network of resources you'll know and trust.

Train wisely and enjoy the many benefits of running!

Alex Juchems
IRC President



IRC Spring Membership Meeting Wednesday, April 9th, 7:00 p.m.



The IRC Spring Membership Meeting is set for Wednesday, April 9th at 7:00 p.m. at Vince's, located at 32411 Pacific Highway South, Federal Way. They have a room in the back reserved for us.

Before the meeting, we will have a run at 6:00 p.m. on the BPA trail. We will meet in the parking lot of Vince's.

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 foresee happening for the rest of the year.

Driving directions: from either I-5 south or north, take exit 143 and go west onto S 320th St, turn left (south) onto Pacific Highway South, turn right (west) onto 324th Street, take the first left into the shopping center at the corner of 324th and Pacific Highway, and you will find Vince's.

Call Becky at 253-740-2880 with any questions. We hope to see you there!

Pictured on this page: Laura Coyne riding her bicycle in this year's Chilly Hilly bike ride on Bainbridge Island in February.



MARK YOUR CALENDARS!

Just thought people might be interested in a Fun Run organized by a Gig Harbor High School Student. She has organized a 5K run to raise money for the refugees in Burma. ~ J.

Date: March 29th

Time: 9:00 race (8:00 to 8:45 registration)

Location: Chapel Hill Church, 7700 Skansie Ave. Gig Harbor

Distance: 5K

Cost: \$5 to \$18 depending on age and t-shirt

Contact Jennifer Dean (253) 853-0238 for more information or jdean@chapelhillpc.org.



Spring is here!



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

March, 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

