

President's Report

What a great month of IRC activities we've had! Over the past few weeks there have been two "My Favorite Runs", the IRC's "Mothers Day 5K" race, and a special guest appearance of the IRC Blues Brothers at the Tacoma City Marathon.

April and May's "My Favorite Runs":

Jeff Haas hosted the "My Favorite Run" for April and May. Jeff's runs were both scenic and challenging. April's run was along the Cedar River Bike trail and a quiet country road in Renton. The cold, wet, and snowy weather did not stop 19 runners, walkers and at least four dogs from turning out for this great run. Alan Sofinowski was ready to host a parallel bike ride. While the weather kept other bike riders home, Alan would not be deterred and completed the ride. Runners and walkers enjoyed a hearty breakfast at the Apogee Restaurant following. In May, Jeff hosted the second annual "Cinco de Mayo" trail run around Lake Youngs. There was a good turnout of 14 runners, walkers and a dog. Following the run, we all enjoyed a Mexican-themed potluck. I'm still thinking about that delicious chocolate cake John Kokes made. Big thanks to Jeff for hosting these two great runs!

IRC's Summer Race Series:

The IRC summer race series began May 7th with the "Mothers Day 5K". The course was again along the flat and fast Green River Trail, with the start and finish at the new location of Three Friends Fishing Hole Park in Kent. Thirty one runners lined up to race, including 7-year old Gregor Sach, who ran with his father, Eric Sach, owner of the Balanced Athlete store. Also participating was June Vezeau from Prince Albert, Saskatchewan. June works for Weyerhaeuser and is a good friend of our family. June was in Federal Way for work and wanted to get a run in as she's preparing for the Calgary Stampede Marathon in July. We had a good time visiting and getting a great run in.

Lance Docken lead the race from start to finish, covering the 5K in just 17:11! Coming across the finish line in second was Roger Willis followed by Kent Sizer. The rest of the runners, including myself, followed after. Gregor Sach finished in 33:32, a personal best! Look out Lance—the next ...and next, and next generation of runners are on the way! Alicia and Dave Hardt set up their camera and caught the action on film. Check out their web-site www.hardtphoto.ifp3.com to view photos. The Mothers Day 5K was a success thanks to the following volunteers: John Kokes – Race Director; J. Ellis, Assistant Race Director; Patty Richardson – registration; Rob Willis – course marshal; Pete Grove – course marshal; Larry Coyne – course marshal; Laura Coyne – general race support and "sock lady".

(President's Report, continued on page 6)

My Favorite Run

June My Favorite Run

Soos Creek Trail Run

Saturday, June 21st, 9:00 a.m.

Hosted by Alex Juchems



June's "My Favorite Run" is along the beautiful Soos Creek Trail. Generally flat, with some rolling hills, the paved trail meanders through valley bottom wetlands, mature forests and horse farms. Total out-and-back distance is 9-11 miles with the option for varied distances. The trail has recently been measured and painted with half-mile markers. The trail is also great for bicycling.

Run starts at Gary Grant Park at the north end of the trail. The park has modern bathrooms, covered shelter house and a very good children's playground. Breakfast at the park following the run/walk. Please bring a few of your favorite bagels, muffins, pastries, etc. to share. Starbucks coffee provided both before and after the run! For more information check out the link to the Soos Creek trail web site; <http://www.metrokc.gov/parks/trails/sooscreek.html>. Contact Alex Juchems at 253-529-8996 or email at cooperjuchems@mac.com with any questions.

Directions: From Highway 167 North or South, take exit for 212th. Head east (up the big hill) approximately 3 miles (212th becomes 208th). The trail head is just beyond and down the hill from Kent Ridge High School. Flashing yellow lights indicate pedestrian cross walk for start of trail.



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

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 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@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

Sunday, June 1

San Juan Island Marathon & Half Marathon. San Juan Island. Highly scenic loop course. Includes pre-race dinner. (360) 472-0908.

Friday, June 6

Fremont 5K & Briefcase Relay. Fremont. Relay 6 p.m., Individuals 7 p.m. Beer garden opens at 6 p.m., lasts through the night. (206) 729-9972. www.promotionevents.com.

Saturday, June 7

Duvall Days 5K & 10K. McCormick Park, Duvall. 8:45 a.m. Paige (425) 788-3571.

Flight for Sight 5K & 10K. Boeing Fitness Center, Everett. 9:30 a.m. Raises money for Guide Dogs of America. (253) 833-5590, www.iam751.org/funrun.html.

11th Annual Maritime Gig Festival Fun Run 5K & Kids' Dash. Gig Harbor. Reg. 7 a.m. run 8 a.m., free kids' dash 8:45 a.m. (253) 851-6865, www.maritimegig.com.

Sunday, June 8

North Olympic Discovery Marathon & Half Marathon. Sequim to Port Angeles on Olympic Discovery Trail w/stunning views. www.nodm.com, larry@nodm.com, (360) 417-1301.

(Events calendar continued on page 4)

The IRC Turns 18 by Mike Salazar

As I read my most recent IRC newsletter I realized that June 10, 2008 the IRC will turn 18. Looking back, it hardly seems possible that nearly two decades have passed since the idea of forming a running club became first a reality and now an institution.

Many of the runners I meet and read about now are new and unfamiliar. Many of the runners the club started with have moved on. But the dedication to running with a fraternity of runners that view running as more than just a finish time is as strong now as it was in June, 1990.

As we enter our 18th year, IRC runners organize and run the Seattle and Tacoma Marathons and numerous other road races and running/walking/biking events throughout the year. Regular runs each week sponsored and attended by IRC runners throughout the Puget Sound region still provide the training for our runners' successes and the continued growth of our club.

It is with the foregoing in mind that I note predictions of our clubs early demise ended up being just that. For that I thank our current and past members and their dedication to running, healthy living, family, friends and fun. Lest anyone forget where we came from the following is my memory of how this all got started.

PART I - NEW BEGINNINGS The first 2 IRC runners were Nancy Thomas and Jeff Haas. Only they were not at the time IRC runners. They were Winterwood Striders out of the Covington area coached by Bill Lindesmith, who had run at Oregon and coached runners for a monthly fee. My recollection is that Nancy and Jeff decided to start running marathons around 1987 and met through Bill.

One day in the early spring of 1988, I ran a 10K at Russell Road and saw them in their Winterwood Striders singlets and struck up a conversation. Within minutes of finding out Jeff's mom Carol owned a tavern in Kent, I joined the Striders. For \$40.00 a month Bill would give you a running schedule which included two-a-day workouts, hills Tuesday evenings, and track Thursdays, racing Saturdays, and 20-milers on Sundays.

Because Jeff's mom had good beer and I had no life, the regimen produced improved times for all of us and many hangovers for me, which only seemed to go away by running 20-milers with Jeff from his mom's place at Redondo to the Cliff House in Tacoma and back. Then we would play darts and drink beer afterward at Jeff's moms.

Soon, we Striders were joined by Dean Hirabayashi, Pete Grove, Bob and Sally Brennand, Patty Jensen (and all of her legions of friends and family), and Roma and Al Sofinowski. We ran so much and so often that I do not remember what race or run we all met at, but at some point I think there were about 40 of us when we had the first Christmas party and gift

exchange at Bill's moms house in Covington. The first person to steal a gift was Bob. He took my beer.

For over a year and a half, we all trained for and ran Boston and then slowly came to the conclusion that most of us were burning out and could compose our own training schedules without paying \$40.00 a month. One day after hill workouts at Redondo, I believe Nancy suggested starting a running club to Jeff and Pete over beers at Salty's.

The idea spread like wildfire. I heard about it on a 20-mile Sunday run up the Interurban Trail running with Bob and Dean. They asked me what I thought. I told them I was all for saving \$40.00 a month for more beer.

In the early 1990's we began meeting at Ryan Law Offices on "A" street in downtown Auburn, where I practiced right after law school. Together Nancy, Bob, Pete, Dean, Patty, and I met for a couple of months while we drew up and approved Articles Of Incorporation, by-laws (borrowed from Eastside and other running clubs), named ourselves, picked a logo, chose colors, designed singlets, running shorts, and (in my case at least) drank lots of beer.

We named ourselves Interurban Runners because we wanted to identify ourselves with all of the South Puget Sound area and because we were always running on the Interurban Trail. We chose Mt. Rainier as our logo because, well, it is Mt. Rainier and we saw it running all the time.

(article continued on page 7)

IRC 2007-2008 Events & My Favorite Run Calendar

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

(Events calendar continued from page 2)

Furry 5K. Seward Park, Seattle. 10 a.m. Run with your dog and support the city's animal shelters. Don't bring your cat! www.furry5K.com.

Wednesday, June 11

IRC Father's Day 5K. Three Friends FishingHole Park, Kent. 6:30 p.m. Out and back course on trail. John (206) 619-4231, www.interurbanrunners.net.

Saturday, June 14

Roman Meal Sound to Narrows 12K & 5K. Tacoma. Traditionally one of area's largest races. (253) 403-3065. www.soundtonarrows.com.

Fall City Days 10K Run & 5K Run/Walk. Fall City. 9 a.m. Flat, fast, scenic course, www.cityofduvall.com/duvalldays/2008snoqualmievalliecup.html.

Vasque Cougar Mtn. Trail Run Series #2 - 7 Miles. Sky Country Trailhead, Bellevue. 9 a.m. (206) 325-4800, www.seattlerunningcompany.com.

Saturday, June 21

Berry Dairy Days 10K & 2 Mile Fun Run. Downtown Burlington. 9 a.m. (360) 755-9649, www.ci.burlington.wa.us.

IRC Spring Social

Saturday, June 14th

Mark your calendars now for Saturday, June 14th, the date for our Spring Social. This year's event is a family-friendly cookout at the home of Becky & Jake Jacobsen, 10308 72nd Avenue Court East, Puyallup. The event will begin at 4:00 p.m. with dinner around 6:00 p.m., and then socializing until ??? The club will provide beef and chicken, as well as veggie burgers, and sodas. We're asking everyone to bring their favorite 'tizer, sidedish, salad, or dessert. Also, weather permitting, we'd like to invite folks to enjoy the deck and patio so you might want to bring along a lawn chair.

Please call Becky Jacobsen at 253-740-2880 or e-mail her at beckyjji_2004@yahoo.com and let her know by May 30th if you plan to attend and how many folks will be in your party. We hope to see you all there!!

From Hwy 167 take the exit for Hwy 512 west (toward Tacoma), stay on Hwy 512 then exit the exit for "Hwy 161 South, South Hill, Eatonville"; go right at the light onto 104th Street; stay on 104th Street until you come to a 4 way stop at Fruitland (you're almost here); go straight through the intersection then take the second right onto 72nd Avenue Court East – it's a small private road but there is a large periwinkle colored house on the corner that's hard to miss. If you end up at the next 4 way stop – Woodland – you've gone too far.) There are only four houses on our street, ours is the next to last one.

From I-5 (north or south) take Exit 128 which is Hwy 512 east; stay on Hwy 512 then take the Canyon Road exit; go left at the light onto Canyon Road; go right at the first main intersection onto 104th Street; you'll come to a 4 way stop at Woodland (you're almost here); go straight through the intersection and then take the first left onto 72nd Avenue Court East – it's a small private road but there is a large periwinkle colored house on the corner that's hard to miss. If you end up at the next 4 way stop–Fruitland–you've gone too far. There are only 4 houses on our street, ours is the next to last one.

Board Meeting

by Rick Garrison

This month's board meeting was held Tuesday evening, March 4th, at Alex Juchem's home in Auburn. In attendance were Alex Juchems, Larry Coyne, John Kokes, J. Ellis, Rick Garrison, Becky Jacobsen, and Jeff Johnson.

IRC Business

No new members to report. Eleven orders were placed for the new IRC clothing and have been forwarded. They will arrive on March 19th.

Social and Running Events

My Favorite Run, Tacoma Marathon water station help, and the IRC Race Series. Each is set to go with very little additional planning needed.

IRC Bike Ride(s). John and Alan Sofinowski are still developing ideas.

Spring Social (June 14th). Andy Wangstad has printed brochures announcing this event, and he will have them in the mail this week. A budget of \$200 was approved for food purchase (beef brisket, chicken, vegetarian items, and sodas). Side dishes and alcoholic beverages will be potluck. Published directions to Becky's house need to be corrected.



IRC members socializing at the Cinco de Mayo Favorite Run

Race Results

compiled by Christel Elliott

Judy Fisher

Y Run For Kids (Tacoma), 5K, 4/12/08, 22:49, 1stF60-64, 70thF/494 F Overall

Whidbey Island Half Marathon (Oak Harbor), 4/13/08, 1:56:27, 2ndF60-64

Toe Jam Hill Half Marathon (Bainbridge Island), 4/19/08, 1:56:34, 1stF60-64

Redmond Elementary Hawk Run, 5K, 4/26/08, 22:17, 1stF60-70

Mt. Rainier Duathlon (Enumclaw), 1.6 Mi. Run, 14.4 Mi Bike, 3.8 Mi Run, 4/27/08, 1:40:17, 1stF60+

Olympia YMCA Spring Run 8K, 5/3/08, 35:52, 1stF60-64

IRC Mother's Day 5K (Kent), 5/7/08, 22:46, 2ndF Overall

Tacoma City Marathon (my 61st), 5/10/08, 3:57:39, 1stF60-64

Kirkland Half Marathon, 5/11/08, 1:55:14, 1stF60-64

Gary Wright

Mt. Si Ultra Run (50 miler, 25th annual) (Snoqualmie/North Bend) 4/1/08, 13:44:00, 50/50OA, 13/13 M(50+). "Two separate out-&-backs, almost all on rail-to-trail paths (about 5 miles of pavement) and mostly flat. Sunny and mild, with cooling and a little rain in the evening. Near perfect running conditions. Despite an ankle problem, I avenged my only career 50 miler DNF from 2006 run. This race has much sentimental value to me because my first ultra finish was at the 1983 edition [then known as Falls to Gasworks (75 km)]."

David Hardt

Army 10K Prelim., (Fort Lewis) 4/10/08, 39:30.9, 6:22/mile pace, 7/40 OA.

YMCA 5K (Tacoma) 4/12/08, 19:52.8, 15/494 OA, 6:38/M.

10 mile race (Elma) 4/13/08, 1:08.0, 6:48/M, 2nd OA.

Army 10K Team Final (Tacoma) 4/16/08, 39:22, 6/50 OA, 6:22/M.

IRC 8 mile Fun Run (Renton) 4/19/08 53:31, 6:42/M (PR).

David Hardt, pictured below in IRC gear



Rick Garrison

IRC Mothers Day 5K 5/07/08, 20:13

Christel Elliott

Capitol Peak 50 mile 4/27/08, 10:27. "My first 50 mile run since 2006, and it felt great. Took it easy for the marathon distance, then let go and finished feeling really happy and strong. First time I've ever ran up to Capitol Peak on dirt rather than snow and ice!"

Forest Park 50K (Portland) 5/25/08, 5:31. "Lots of rain, lots of mud, kept cool all day and had fun! Again, started off nice and easy and finished feeling strong, but very tired. Forest Park is awesome!"

2008 IRC Mother's Day 5K RESULTS

31 finishers at 3 Friends Fishing Hole Park in Kent, WA on May 7, 2008. Volunteers/Course Marshals: Larry Coyne, Laura Coyne, Pete Grove, Rob Willis, J. Ellis, Patty Richardson.

OA Pl.,	Age Pl.,	Name,	Time,	Group,	Age
1	1	Lance Docken	17:11	M	40-49 41
2	1	Roger Willis	17:52	M	13-19 18
3	1	Kent Sizer	17:57	M	50-59 53
4	2	Mitch Parker	18:05	M	40-49 47
5	3	Alex Juchems	19:54	M	40-49 47
6	1	David Hardt	20:12	M	30-39 32
7	2	Rick Garrison	20:13	M	50-59 55
8	2	Paul Monaghan	20:23	M	30-39 39
9	3	Mike Hominda	21:06	M	50-59 55
10	4	Robert Schwieger	21:10	M	40-49 44
11	1	Wanda Howlett	21:41	F	40-49 45
12	4	John Rankin	21:47	M	50-59 50
13	1	Carson Pettie	22:31	M	<12 12
14	1	Judy Fisher	22:46	F	60 -69 64
15	5	George Gullufsen	23:09	M	50-59 54
16	6	Byron Miller	23:43	M	50-59 51
17	1	Timothy Joslin Sr.	24:00	M	60-69 67
18	2	Laurie Rice	24:28	F	40-49 46
19	2	Mark Stockslager	24:38	M	60 -69 68
20	7	Gary Wright	25:51	M	50-59 57
21	5	Donovan Jedel	26:07	M	40-49 40
22	3	June Vezeau	26:48	F	40-49 48
23	3	Steve Fredrickson	26:53	M	60 -69 61
24	3	Dan Cornwell	28:16	M	30-39 34
25	4	Neal Stoddard	28:17	M	60 -69 64
26	8	Donn Krugness	30:03	M	50-59 54
27	5	Bob Wilkinson	31:33	M	60 -69 63
28	4	Eric Sach	33:32	M	30-39 39
29	2	Gregor Sach	33:32	M	<12 7
30	1	Ruggles Larson	35:11	M	>70 74

Welcome New Members!

Alex Juchems, IRC president, is happy to announce that we have four new members to the IRC, Shyla Clark, John Rankin, Erich Sach, and Dana Shepard.

Shyla is from the Tacoma and is interested in regular workouts, 5K and 10K races, and marathons. John is from Auburn and ran in the IRC Mothers Day 5K. Erich Sach is the owner of the Balanced Athlete store in Kent and an ultra-runner. Dana Shepard is from Tacoma and is interested in regular workouts and marathons.

We look forward to Shyla, John, Erich, and Dana joining the many IRC events whenever they can.

Larry at Large by Larry Coyne

Well life is full of changes and change can be a very scary thing to some people. But if you can not adapt to change you will soon find yourself left behind in this world. One of the big changes in all of our lives right now is the price we pay for fuel for our automobiles. I must admit Laura and I have a very large truck that we use to pull our travel trailer with, and we love to go camping and see the different parts of Washington. You fill that puppy up with 30 gallons of diesel and your pocket book really knows it. We will continue to camp and go places but they will be a little closer to home, those long trips to eastern Washington will become a thing of the past.

Other changes resulting from the rise in fuel prices are that bike shops are going gang busters, sales of bikes are up, and tune-ups on bikes are taking longer to get done. People are taking their bikes out of the garages and getting them tuned up and ready-to-ride. A one or two day wait is out of the question—better plan on a week or longer in most cases, bike shops are reporting. Downtown Seattle has seen quite an increase in the number of bikes on the streets because of people riding to work.

Laura and fellow IRC member Becky Jacobsen can be found once a week riding their bikes together coming home from Seattle after work. They both take their bikes to work, Becky on the train and Laura on the bus, and they ride to work from their respective getting-off points. Then they meet after work in downtown Seattle and ride together down through the Green River and Interurban trail systems.

More people are taking the bus and walking more to the bus stops to and from work. On the news the other day, a lady reported during an interview she was actually losing weight from having to walk to the bus stops, so now she gets off the bus earlier than she really needs to and is walking more so she can lose more weight.

This all means more people are getting more exercise. This is quite a lifestyle change for some people, but for those who do not adapt, their wallets will be a little lighter. If they do adapt, they will save money and suddenly become healthier too. I am even going to ride my son's mountain bike to the office. He is using my road bike to train for the Seattle to Portland Bike Ride, on days when I know I don't have to go anywhere else.

So all-in-all, none of us like the prices we are paying for fuel. At least I am taking it for granted none of us like it, but it may make for a healthier country overall for those who can adapt to change.

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

Note from the Editor: Thanks to Larry for the positive spin! Not only do gas prices force us to be more active, but we're also not polluting the environment as much. Better for our bodies and the world in which we live! Ride/run/walk happy!

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

The "Fathers Day 5K" is the next race, scheduled for Wednesday, June 11th. The race will again start and finish at "Three Friends Fishing Hole" park in Kent. Plan to attend next month's race to run, walk, or volunteer. I challenge each club member to promote the IRC race series and to invite a guest to join you at the next race. Like my friend June, they'll appreciate your offer and thank you for sharing such a great running experience.

IRC's Blues Brothers:

The IRC Blues Brothers made their annual appearance at the Tacoma City Marathon, providing runners support and general comic relief around mile 12. Thank you to **J. "Ellwood" Ellis** for organizing the IRC aid station team of 11 volunteers, including myself, all in costume. Thanks to **Larry Coyne's** generator, J. assembled a sound system that could be heard for at least a quarter mile! And thanks to **John Kokes** for making several signs with key Blues Brothers messages to inspire runners as they climbed the hill to the aid station. What a great time we all had helping runners find that extra spark halfway through the race. The aid station was again a big hit for runners, including IRC members who ran the marathon: Merita Trohimovich, Judy Fisher, Yanghae Shaffer, Tony Myrie, Gary Wright, and Bob Dolphin.

IRC Spring Social:

The IRC spring social is fast approaching. Big thanks to **Andy Wangstad** for creating, printing, and mailing the Spring Social flyers. Becky and Jake Jacobsen are opening their home as host of the event. See Becky's article for updates on what to bring.

IRC's Used Shoe Drive:

The IRC is sponsoring a used shoe drive to benefit those in need. The shoe drive is part of the Spring Social. In addition to you favorite summer side dish and lawn chair, bring along any pair of used running shoes, no matter the condition. Just make sure each pair is tied together. Shoes will be donated to Operation Nightwatch, a homeless shelter in Seattle www.seattlenightwatch.org.

June's My favorite Run:

The Juchems-Cooper family will host the "My Favorite Run" in June. The run is along the Soos Creek Trail in Kent. The date of the run has been changed to June 21st. Plan to attend and start the first day of summer running, walking, or biking with friends!

I'm looking forward to seeing many of you, along with your friends, families, and co-workers at the many IRC events coming up!

Train on!
Alex Juchems



(article continued from page 3)

When we were done with the preliminaries, we created and voted on positions. Bob was the universal choice for our president, having run at Stanford and attended business school at UCLA. Bob's smarts, quiet leadership, and proven times at the finish line were bona fide enough for all of us.

Nancy wrote and published the first newsletter and for the next year and got the communications going to other clubs. Patty took over membership since she already knew everyone, everywhere. Dean opened bank accounts and mailboxes and got us our first sponsor, Verazzano's in Federal Way, as well as half off on everything 'cause he knew the owner. Pete and I pretty much did whatever we were told and kept the beer cold.

And then we began running as the Interurban Runners. 10K's, marathons, and finally relays. The Interurban logo soon began showing everywhere and by June of 1990, it was time to have our first official IRC post-race picnic for runners, their families, and friends at Point Defiance Park after Sound to Narrows, followed in those early years by the anniversary party each year on the deck at the Tides Tavern in Gig Harbor.

Over time, what we lacked in speed we made up with our moves on the various dance floors we took over at the post race parties. Within the year, we were a hit all over the place and began growing in membership.

Christmas that year, we had the first chili feed at Patty's condo in Auburn. I will never forget Alan Sofinowski calling at some point in the party and telling me Michael Jackson was going to be late for a concert at the Tacoma Dome because he had the "Gloved One" in a holding pattern over Sea Tac.

Like all things, our first real test as a club came totally unexpected a couple of years later when IRC runner Carly Knapp developed leukemia and had to undergo a bone marrow transplant at Fred Hutchinson in Seattle. Without Carly ever asking for a thing, the club came together as one to raise money for her transplant and take care of her as best we could.

Club members, our associates, and other clubs worked food stands at Mariners games in the Kingdome and donated time, effort and money to Carly and her family. Club members designed, produced, and sold "Run For Carly" singlets and we wore them to races. I still have mine, faded though it may be.

Just before her transplant, 50 or so club members traveled to Seattle and were in the audience when Carly appeared on PM Northwest. Others organized and staffed round the clock care for her in Seattle at Fred Hutch until she could go home. Carly lived, saw her children grow up, and a couple of years ago got her Doctorate. She now lives and practices in Federal Way.

Since these early days of the club, professional and family commitments have drawn me away but never apart from the club. Therefore, I was greatly surprised at March's run/walk in

Point Defiance when John Pontalaro walked up to me and reintroduced himself as a member from 12 years ago. John said, "You're one of the originals, aren't you?", then told me he'd been working in Alaska, but has retired, moved back, and is rejoining. It seems good things and people never change.

PART II-THE GOODWILL GAMES MARATHON & OTHER THINGS In the early days, even I ran intervals with determination. 77-80 was a good day for a 400 x 12. 75 was cause for a beer. Often I lied about the time to get the beer. I usually tried to stay with Jeff Haas, Glen the Manimal and the Sally's (Holdener and Brennand). Like clockwork, Bob, Pete and Dean were always 5-7 seconds ahead except for special days when Pete would drop back and sing to us.

It was around this time that the Goodwill Games came to Seattle providing the opportunity of a lifetime for IRC runners to run a marathon in front of the world. Pete and Bob trained for months to get ready. Pete, if I remember right, also added biking and became the first person I knew to do STP in a day.

Race day dawned, bright and warm. It was the era of "glasnost" and Bob and Pete were about to lay some rubber down. Tom Moore and I had 10 speeds and biked all over Seattle to meet the boys at pre-selected points. About half-way through, we realized they were in the top 20 and headed to the finish line outside Husky Stadium to bring them in.

Over the second half of the course in 80 degree heat, Bob and Pete picked up 10 places out of an international field of runners. Both were set to finish in the top 10 when with a mile or so to go Bob took off and went for broke. Minutes later when Pete crossed the finish line, his first words to Tom and I were unexpectedly, "Find Sally. Bob collapsed in front of the ER at the UW and is being admitted."

We found Sally moments later, told her what had happened, then went back to congratulate Pete, who told us what had happened. About a half an hour later, I found Bob in a hospital room prone under a large white sheet hooked up to a huge IV. Sally was guarding one side of the bed. Two friends were guarding the other. I got to stand by Bob's toes which were sticking out one end of the sheet.

The tension was palpable when out of no where my legal training kicked in. "Bob", I asked quietly, "would this be a bad time to talk about a will?" For a brief second, I thought Sally was going to kill me. Moments later, when Bob told me what I could do with his toe tag to peals of laughter, I knew he was out of the woods.

Later that day, Tom and I went for a long run through Point Defiance. Somewhere along the way, Tom told me he was getting divorced. As sad as that moment was then, like nearly all IRC stories I know, there was a happy ending. Years later, Tom married Founder Nancy Thomas. Their reception was at Bob and Sally's and I got to give the toast in front of the entire club. Back in the day...

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

May, 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

