



The Interurban Runner Newsletter

September, 2006

www.interurbanrunners.net

President's Report

In the August newsletter, I reported that I was off to Alaska for my annual salmon fishing trip on the Lost & Situk Rivers. We caught lots of silver salmon and a few pink salmon. Best of all, we did not have any encounters with bears at the river this year. We did see a grizzly with two cubs, but they were far enough away to not be of any real concern. There were lots of other reports of bears at the river, but we were lucky and never came to close to them. We left one spot on the river after catching our limit and a guy came in and started fishing right where we were. We saw him later and told us that shortly after we left, a big grizzly came down the river and growled at him and splashed the water; he had thought he was in real trouble. But after smacking the water a few times, the bear moved onto a sand bar, swam across the river, and crawled up on a log, which the guy said was his cue to get out of there.

I stay in the river most of the time while I am fishing, tying the fish to one of my legs and dragging them up and down the river. One of the other guys decided to do this with me this year. I showed him how to tie the knot to secure them, but he forgot how to do it. One day after catching two large silvers, he slipped in the river and started to go down. As he kicked and struggled to stay upright, his knot came untied and he lost his fish. Some lucky bear downstream most likely got an easy meal.

Some people ask why I go fishing there, with the risk of bear encounters, and I tell them it's not a problem. I just have to be able to outrun one person and the bear will leave me alone. Considering the guys I go with, outrunning them is no problem.

We have a number of events coming up before 2006 comes to an end. In October, we have the Tacoma Triangle and Tunnel Dash and the Trick or Treat Run (see the articles in this newsletter for all the details on these two events). In November, we have the Starbucks to Starbucks Run, and in December we have the IRC Christmas party and Black Diamond Bakery Run.

I want to acknowledge Deone Docken for her service to the IRC. Deone has served on the board in several different capacities in the last 3-4 years and has chaired several events each year. Deone has decided that it is time for her to step down and let somebody else get involved with directing the club. To Deone, thanks for your support of the IRC, and I am sure she will still be involved in events as her busy schedule allows her.

(President's Report continued on page 4)

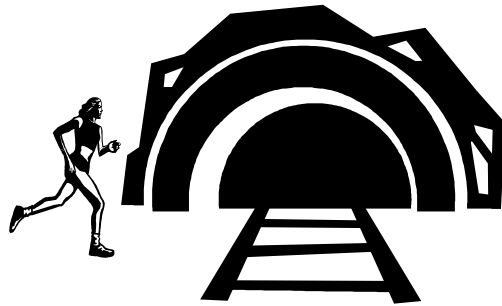
My Favorite Run

October My Favorite Run

Tacoma Triangle & Tunnel Dash

Saturday, October 28, 9:00 a.m.

Hosted by Larry Coyne



The annual Interurban Runners Club Tacoma Triangle & Tunnel Dash is set for Saturday, October 28th at 9:00 a.m. This is a half marathon course, but you may run shorter if you would like to. All you have to do is stop at one of the three water stops along the course and get a ride back to the start/finish line.

We will meet at the upper parking lot at the Point Defiance Zoo in Tacoma. The run starts with about a one mile run to the Ruston Tunnel along Ruston Way. Runners will regroup there for the infamous Tunnel Dash then each will be on their own to do the rest of the run however they please.

This is always a big event for the IRC and participation is by invitation only to all IRC members (this event is not open to the public).

When all runners have finished, we will go to a restaurant in Tacoma to refuel our bodies and brag about our accomplishments.

Driving directions: from North or South I-5 in Tacoma, take the Hwy 16 exit to go to Bremerton/Gig Harbor. Take the 6th Ave exit off of Hwy 16, turn left onto 6th, turn right on Pearl and follow Pearl all the way to the end. That will take you into Point Defiance Park and Zoo. Follow the signs to the zoo, and also look for IRC signs to guide you and we will meet in the upper parking lot. The run starts at 9:00 a.m.

We need volunteers for the water stops. If anybody would like to volunteer, please let me (Larry Coyne) know. For more info, call me (Larry) at 253-653-4456. You can call this number on the morning of the run if you're lost.

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/...Deone Docken 253-840-0290
IRC Apparel deoneyd@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. Pt. Defiance - 6:30 pm, meet by tennis court**
Run 4 to 8 miles.
Contact Christel Elliott 253-226-9473 or
performanceresources@hotmail.com
- Thurs. Scoreboard Pub, Federal Way - 6:30 pm**
Varied distances.
Contact Larry Coyne 253-653-4456 or
coyneld@aol.com
- Sat. Pt. Defiance - 9 am, meet at Ft. Nisqually**
Trail runs of varying lengths, distances,
and times.
HOST NEEDED!
- 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, September 30

River and Rails 10K & 5K Run. Arlington. 9 a.m. \$15 by 8/4, \$25 after. Fairly flat, mostly paved course. Proceeds benefit Cocoon House. Greg (360) 435-3409, greg_arc@comcast.net, www.arlingtonrunnersclub.org.

Habitat for Humanity of East King County Fun Run 10K. Snoqualmie. 9 a.m. \$25 Also 6K & 3K walk. Raise funds to build local homes. www.habitatkc.org, info@habitat.org, (425) 896-6007.

Sumner Rotary Run N2 Fall 5K. Sumner. 9 a.m. \$15 pre-reg., \$20 DOR. Fast, flat course through downtown Sumner. Jennifer (253) 305-7588, www.rotaryclubofsumner.org.

Sunday, October 1

Portland Marathon's 5-Mile Run. Portland, OR. 7:45 a.m. Also a 10K Mayor's Walk and kids run. (503) 226-1111, www.portlandmarathon.org.

(Events calendar continued on page 4)

Don't Be Spooked Away!

It's the IRC's 4th Annual Halloween Costume Run and Party at Round Table Pizza in Federal Way..

On Thursday, October 26th at 6:30 p.m., be sure to be at the scariest costume party of them all! You have to RUN IN COSTUME before you get your candy. That's right! Let me tell you the competition is pretty tough. Each year the costumes have gotten scarier, funnier, and more creative! I suggest you start working on that costume right away.



Due to the closure of Jake's a new venue was chosen. We will be meeting at The Round Table Pizza in Federal Way in their banquet room at 6:30 for a group photo and then run in costume from there on the BPA trail. The kids can run loops around the ball fields if there are no ball games, or will stick in a group on the trail with a few supervising adults.

Family members not running can stay warm in the Banquet Room, or play video games. After the run, we will all meet back at Round Table Pizza for pizza and a costume contest and the kids will trick or treat around the table, so please bring a bag or two of candy (or powerbars, toothbrushes, pencils, money-whatever you think the kids would like) to pass out to them. Kids don't forget to bring a bag for your goodies!

There will be prizes for KIDS and ADULTS in the following categories: Best Overall, Funniest, Scariest, Cutest, and Most Creative.

The club will be providing the prizes, each family should plan on paying for their pizza and drinks, or we can pool our money and order together so we can get a discounted price.

Don't miss this fun event!

Steve Barrick posing for a picture with the members of his Hood to Coast team. "I knew two people on my team before the relay - the most of everyone in our group. Strong bonds are formed on this relay. I would recommend everyone joining the relay next year - DO NOT let not knowing others stop you from doing it!"



IRC EVENT CALENDAR 2006

September

IRC Chili Feed and Board Membership Meeting 9/23 (Sat.)

October

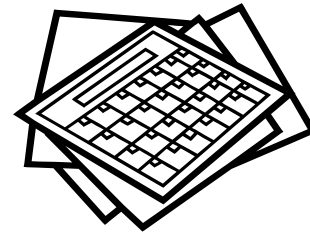
Tacoma Triangle Half Marathon 10/28 (Sat.)

November

Starbuck To Starbucks Run 11/11 (Sat.)

December

IRC Christmas Party/ Christmas Rush 5K/10K 12/09 (Sat.)
IRC Jingle Bell Run 12/21 (Thurs.)



My Favorite Run Calendar 2006

Mark your calendars now...

Do you have a favorite run you've been dying to show the club? We have some months open for additional My Favorite Runs. If you would like to host one just let me or any member of the board know and we will be willing to help you plan it. My email address is deoneyd@aol.com.

Thanks,
Deone

October -- Tacoma Triangle, October 28

November -- Starbucks to Starbucks, John Kokes,
November 11

December -- Black Diamond Bakery Run, Steve Israel,
December 16

(Events calendar continued from page 2)

Haunted Hustle 10K & 5K. Pioneer Park, Puyallup. 9 a.m. \$15 by 9/14, \$20 after. Includes long-sleeve T. Sponsored by Puyallup Parks & Rec and South Sound Running. (253) 770-3325, www.cityofpuyallup.org.

Walk for Hope 5K Run/Walk. Magnuson Park, Seattle. 10 a.m. \$25 pre-reg., \$35 DOR. Run/walk to cure breast cancer. (425) 646-9628, www.cityofhope.org.

Saturday, October 7.

Leavenworth Marathon and Half Marathon. Leavenworth. 8 a.m. Scenic, rolling course. Part of Oktoberfest festivities. (509) 679-8949. www.leavenworthmarathon.com.

Colbert Autumn Classic Half Marathon. Colbert. 9 a.m. Hilly course. www.brrc.net. (509) 448-8642.

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

Fall Frolic and Foot Race 10K & 5K. Columbia Park, Kennewick. First event 9 a.m. \$15 DOR Also a 1-mile family fun run. www.3rrr.org.

Sunday, October 8

Rotary Run at Salmon Days 10K & 5K. Issaquah. 9 a.m. USATF certified courses. Kids fun run too. 10K is PNWTF 10K Road Race Championship. (425) 391-9019, www.promotionevents.com.

Run for Children's 5K. Magnuson Park, Seattle. 9 a.m. \$25 pre-reg., \$30 DOR, free w/ \$100 in pledges. Raises money for uncompensated care at Children's. Kids fun run too. www.runforchildrens.org, (206) 987-2777, (206) 729-9972, lindasmithrn@comcast.net.

Royal Victoria Marathon. Victoria, B.C. 8:30 a.m. Also half marathon and 8K run. Kids races too. (250) 658-4520, www.royalvictoriamarathon.com.

Sun City Half Marathon & 5K. Yakima. 9 a.m. Rolling courses through orchards. (509) 248-3455.

Great Columbia Crossing 10K. Astoria, OR. 9 a.m. 25th anniversary of this race. Cross the Columbia River on the 4.1-mile Astoria-Megler Bridge. www.greatcolumbiacrossing.com, (800) 875-6807.

Saturday, October 14

Olympic Medical 6th Annual 10K & 5K. Port Angeles. 9:30 a.m. \$20 pre-reg., \$25 DOR w/T. Runs along scenic Olympic Discovery Trail. Kids dash too. Carol Stevenson (360) 461-2966, carolstevenson@olympen.com.

Fort Steilacoom Running Club Roman Meal Glove Run 10K, 5K & 1 Mile. Steilacoom. First event 9 a.m. FSRC member \$15, non \$17, DOR add \$2. Hot breakfast, hot showers. Pat (253) 537-8712.

Sunday, October 15

Bog Jog 10K & 5K Run. Grayland. 9 a.m. \$15 pre-reg., \$20 DOR, includes T. Scenic course through cranberry bogs and on the beach. Proceeds support the Cranberry Harvest Festival. www.2thebeach.org, (800) 473-6018, info@2thebeach.org.

Woodinville Country Slough Run 10K & 5K. De Young Park, Woodinville. 9 a.m. (425) 398-5814. www.woodinvillerrun.org.

Race Judicata 5K: UW Law School. Magnuson Park, Seattle. 9 a.m. (360) 420-3194.

Spokane Marathon, Mararthon Relay, Half Marathon & 5 Mile Run. Spokane. 8:45 a.m. Scenic and hilly. (509) 624-4297, j.pribnow@att.net, www.spokanemarathon.us.

Humboldt Redwoods Marathon, Half Marathon & 5K. Ave. of the Giants, CA. 9 a.m. 1/2 \$45 by 9/30, \$55 after. 5K \$20/\$25. Run beneath a canopy of some of the world's most beautiful trees. USATF Pacific Assn. 1/2 marathon championship. (707) 443-1220. www.redwoodsmarathon.org.

Sunday, October 22

21st UW Dawg Dash 10K & 5K. Husky Stadium, UW campus, Seattle. 9:30 a.m. Through-campus course. \$25/\$30 DOR. UW students \$15/\$20. Alumni Assn. members \$20/\$25. (206) 729-9972, www.dawgdash.com.

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

Saturday, October 28

25th Annual Halloween Run 5K & 1 Mile. Bremerton. 9 a.m. Kids dashes too. Kitsap Track Club Event. (360) 692-8994.

(President's Report continued from page 1)

If you know runners or walkers that are not already members of the IRC, please do them a favor and inform them about the most active running club in the Puget Sound area. They can go to the IRC website, interurbanrunners.net, print a membership form, and send it in to become members, just like that.

I hope to see you at the remaining IRC functions in 2006.

To get more out of life, give more of yourself.

Be Safe Out There,
Larry Coyne



Race Results

compiled by Christel Elliott

Steve Barrick

Grey Rock 50K Trail Run (Tampico, WA) 8/19/06, 6:50:34. "Dusty, rocky, and over 6000 feet elevation change. I fell twice. I was constantly stubbing my toe or having my ankles hit with something it seemed like. 5th overall out of 11. Miles 5 - 8 were really fast downhill. Since it was an out and back, miles 23 - 27 were really slow up hill. I am sending a picture. Look close - NO blood and I am wearing race bib # 1."



Hood To Coast Relay (Mt. Hood to Seaside, OR) 8/25-26/06. "Leg 2, 4:40 p.m., 5.6 miles, 36:27, 6:31 Pace. Leg 14, 2:40 a.m., 6.05 miles, 46:07, 7:37 pace. Leg 26, 11:30 a.m., 5.75 miles, 43:42, 7:36 pace. Leg 27, 12:47 p.m., Last 2 miles (injury replacement), 15:14, 7:37 Pace. I knew two people on my team before the relay - the most of everyone in our group. Strong bonds are formed on this relay. I would recommend everyone joining the relay next year - DO NOT let not knowing others stop you from doing it!"

Bob & Sally Brennand

Hood to Coast 2006, Bob Brennand with Santini Extra Virgins 9th overall, 1st Mens Submasters, 19:23.

Sally Brennand with Fluffy Bunny Track Team 18th overall, 1st Mixed Masters, 21:01

Alpine Days 10K, August, 2006, Bob Brennand 35:27, Sally Brennand 40:36

Capital High School Cross Country Invitational 2.33 miles, September 9, 2006, Bob Brennand 13:05, 4th; Sally Brennand 13:50, 2nd

Judy Fisher

IRC Summer Sizzler 5K (Kent) 8/16/06, 24:11(?), 1stF(60+)

Beaver Lake Sprint Tri (Sammamish) 8/19/06, 1:34:00, 1stF(60+)/3, 47thF/186, 225th/490 OA

Danskin Sprint Tri, Seattle, 8/20/06, 1:29:11, 1st(60-64)/62, 296th/3965 Overall (huge tri!)

Lake Sammamish Sprint Tri (Issaquah) 8/26/06, 1:25:52, 1stF(60+), 152/402 OA

Heart Of The Sound Sprint Tri (Vashon) 8/27/06, 1:48:36, 1stF(60+), 15thF/42F (in salt water - BRRR)

Berry Fun Run, Bremerton, 9/2/06, 1 Mile = 7:02, 5K = 23:36, 1stF(60+) in both

Super Jock n' Jill Half Marathon, (Woodinville) 9/4/06, 1:48:11 (gun), 1stF(60+)

Kenmore Good Ol' Days 5K, 9/9/06, 3.3 Miles, 24:38, 1stFMasters (46+), 2ndF OA

Subaru Women's Sprint Tri, Federal Way, 9/10/06, 1:38:29, 1st(60+), 40th OA/400 (or so)

Overall Results for the 2006 IRC Summer Sizzler's 5K/8K August 16th, Briscoe Park, Kent

Absolutely perfect running conditions found Lance Docken and Edwin Vega leading the way for the 5K and 8K races. Sarah Lorch and Yanghae Shaffer took top honors for the women's events. Root beer floats were enjoyed by all participants at the finish.

Director's Note: The time for the 8K winner is somewhat abbreviated due to the fact that the lead runner was turned somewhat early. This unfortunate circumstance made no difference in the

final results and was the sole responsibility of the Race Director, who has made an Executive Decision to let the finish results stand as posted.

Special thanks go to all of the volunteers who made this year's IRC race series possible.

5K Results

OA/Age	Name	Time	Grp
1/1	Lance Docken	17:23	M30-39
2/1	Mitch Parker	18:05	M40-49
3/2	Brian Sepal	18:25	M40-49
4/1	Ruben Riordan	19:56	M11-19
5/1	Sarah Lorch	20:02	F11-19
6/1	Karen Leahy	20:52	F30-39
7/1	Molly Kline	21:15	F20-29
8/2	Tanner Pettie	22:36	M11-19
9/2	Kurt Shfrdckr	22:40	M30-39
10/2	Patty Bredice	23:16	F30-39
11/1	Lee Parker	23:26	M60+
12/1	Gary Wright	23:29	M50-59
13/1	Judy Fisher	23:55	F60+
14/1	Alex Juchem	25:19	M40-49
15/3	Eric Kormondy	25:46	M40-49
16/4	Robert Atkins	26:37	M60+
17/2	Bob Wilkinson	26:55	M60+
18/3	L. Bruce Katter	27:22	M60+
19/4	Bill Bredice	27:41	M40-49
20/5	Kathy Hougardy	28:28	F50-59
21/1	Carson Pettie	28:41	M10-
22/1	Louise Strander	29:31	F40-49
23/1	Janet Krmndya	29:55	F40-49
24/1	Nancy Hautala	30:16	F40-49
25/2	Andy Larpenteur	31:21	M50-59
26/3	Clara Fredricksn	35:41	F50-59

Males Under 10 and under

1 Carson Pettie 28:41 10

Males 10-19

1 Ruben Riordan 19:56 11
2 Tanner Pettie 22:36 14

Males 30-39

1 Lance Docken 17:23 39
2 Kurt Shieferdecker 22:40 39

Males 40-49

1 Mitch Parker 18:05 46
2 Brian Sepal 18:25 46

(Race Results continued on page 6)

Member at Large

Bill Barmore

I carpooled to Bend, Oregon with some friends to run Haulin' Aspen, where we planned to camp at a state park Saturday night. In-between the pasta dinner and returning to the park, we made a wrong turn and were the first car to stop at an accident. A young man had gone off the road at a high rate of speed, hit a steel post, and was upside-down about 40 feet from the post. I dialed 911 and handed the phone to someone else so that I could get to the car quickly. I grabbed his hand and called out to him but could get no pulse or response from him. The next person on the scene was a critical care nurse and she tried to help him also. I went to the passenger side to see if there was anyone else inside, and fortunately he was alone. There were beer bottles lying around so I moved them and climbed partly in to see if there was anything I could do, but there wasn't anything we could do to help him. When the sheriff and fire department arrived we left to set up the tents. Early the next week, a newspaper article confirmed that a 23 year-old man, Christopher Anderson, had died in that accident. My son will be 23 on his next birthday.

The IRC Hood to Coast team made a good showing this year. One month before the race, we were down to seven runners so I asked for some help from Mary Hanna and she was the best. She sent two people our way so we had nine. Next, one of our Tuesday night runners had his arm twisted real hard and he said that he would go. Up to ten runners. At the IRC Summer Sizzler, I talked to two young women about joining our team and the first one emailed me to say she and her husband would complete the team. I was all smiles. On Saturday, Terri Stewart called to let me know that she was dropping to spend time with her family and I wished her well and got depressed. But then on Sunday, Jeanine Stewart called to take her mother's spot. I was feeling good again. As all this was happening, I was preparing my neighbor Ian to be an emergency last minute replacement. Thursday at 6:30 our lead-off runner Christel called to say she was sick, and that I needed to replace her. Ian became the team hero; at least until the middle of his third leg when he handed the baton to me to finish his leg.

From start to finish, we were chasing last year's time and were within minutes at each exchange, which made estimating the arrival of each runner a snap. We were as much as 12 minutes ahead of last year's time until the heat took it's toll and we settled for 24:18:09, 100 out of 1034 teams, and 18/303 in our division in a 7:24 team pace. The team bonded very fast and in no time we were 12 friends on an adventure, the 25th annual Hood to Coast Relay.

I have participated in three 25th anniversary running events in the last year, Tri-Cities Marathon, Capital City Marathon, and HTC, and they have all been great, including the two Boston Qualifying times and dancing on the beach. I have run them all with friends and look forward to next year.

(Race Results continued from page 5)

3	Alex Juchem	25:19	46
4	Eric Kormondy	25:46	47
5	Bill Bredice	27:41	43

Males 50-59

1	Gary Wright	23:29	55
2	Andy Larpenteur	31:21	54

Males 60 and over

1	Lee Parker	23:26	70
2	Robert Atkins	26:37	61
3	Bob Wilkinson	26:55	61
4	L. Bruce Katter	27:22	71

Females 10-19

1	Sarah Lorch	20:02	17
---	-------------	-------	----

Females 20-29

1	Molly Kline	21:15	25
---	-------------	-------	----

Females 30-39

1	Karen Leahy	20:52	37
2	Patty Bredice	23:16	36

Females 40-49

1	Louise Strander	29:31	43
2	Janet Kormondya	29:55	41
3	Nancy Hautala	30:16	49

Females 50-59

1	Kathy Hougardy	28:28	50
2	Clara Fredrickson	35:41	59

Females 60 and over

1	Judy Fisher	23:55	62
---	-------------	-------	----

8K Overall Results

1	Edwin Vega	24:19	M 30-39
2	Tony Phillippi	29:53	M 40-49
3	Gregory Bullard	35:33	M 30-39
4	Ray Williams	35:35	M 20-29
5	Yanghae Shaffer	36:53	F 40-49
6	Matt McDaniel	38:24	M 40-49
7	Steve Fredrickson	38:52	M 50-59
8	Ceicia McDaniel	39:43	F 40-49
9	Dallas Weis	39:52	M 50-59

(Race Results continued on page 7)

IRC Chili Feed, Underwear Run, and Membership Meeting Saturday, September 23, 2006

Hey to all! The IRC Fall Membership meeting and Chili Feed is coming up on September 23rd. Come at 5:00 p.m. if you want to run with a group before the party starts, and the chili feed will start at 6:00 p.m. And don't forget the infamous underwear run, which will start around 9:00 p.m. The Chili Feed is also a bit of a contest with prizes for the best chili. This is a potluck and BYOB event. Bring a chili and/or a side dish or dessert. The club will provide soft drinks but if you would like something with more of an edge, BYOB. The party will start around 6:00 at Merita and Tom's house in Gig Harbor. The underwear run will take place when it gets darker and we all get a bit blurry. There will be prizes for several categories of underwear so let your imagination go wild.

It's a bit of a drive for some of you but we are hoping to have a great turnout. There is limited space available if you want to spend the night and/or you can pitch a tent in the yard. For anyone who wants to spend the night, I will cook a great breakfast in the morning. There are also several motels within about five miles (Westwynd 253-857-4047 / Best Western Wesley Inn 253-858-9690 / Inn at Gig Harbor 253-858-1111 / The Maritime Inn 253-858-1818) I'm not sure what any of the motels are like since I live here I don't generally need a place to stay close by.

Directions: We will mark our driveway with something noticeable, balloons, some kids, something. Our address 8718 – 86th Ave NW. (253) 853-3568

From Tacoma/Seattle: Take I-5 to Highway 16 (just south of the Tacoma Dome) Follow Hwy 16 across the Tacoma Narrows Bridge to the City Center/Wollochet Exit. Go straight off the off ramp and you will be on Stinson. Stinson will curve around and go down a hill. About 2/3 of the way down the hill, you will come to Rosedale Ave. (Four way stop, brick crosswalks) At Rosedale, take a left. Rosedale will go up a hill, past a grade school and Gig Harbor High, curve around, go down a hill, then you will see some water. Very soon after you see the water, the main road will curve sharply to the right. Go on this curve to the right. You will pass a small gas station/store called Templeton's then the road forms a Y. Stay to the left of the Y (this is 86th Ave NW) and my house is approximately 0.3 miles from Templeton's (just renamed Rosedale Market) on the left side of the road. Right before my house is a road to the right, 87th Ave Ct NW. My house is the next driveway to the left. We have a green and brick house, a log cabin in the yard and a large yellow garage. We have a fence and lots of big trees. Our house is about 4.5 miles from the freeway. If you go across a little bridge and see water on 86th, you have gone too far.

From Purdy/Bremerton: From Hwy 16 westbound take the Burnham exit, go right off the exit onto the circle, take the

right off the circle towards the Women's Correctional Facility (south on Burnham). At the tee in the road, go right (onto Sehmel DR NW again towards the correctional facility). The road goes up a hill, curves around, (there is another sign here for the correctional facility but don't follow it – go straight), goes down a big hill, goes up a big hill, then follow the arterial marking and turn right at the top of the big hill (78th Ave NW), go down hill, curve around, as this road turns it will turn into Chapman then into 96th. At the four way stop (intersection of 86th and 96th) take a left onto 86th Ave NW. You will then be on 86th, you'll go down a small hill, see the water, then our house is about 0.25 miles further on the right side. After you see the water, pass one little street on the left then we are about the fourth/fifth driveway on the right. Our driveway is just before and across the street from 87th Ave CT NW. We have a fence and lots of big trees. We have a green and brick house, a log cabin in the yard and a large yellow garage. If you get to Templeton's (just renamed Rosedale Market) gas/market you have gone too far. Our house is about 3 miles from the freeway.

If you get lost, most people within the area can get you to Templeton's gas/store (just renamed Rosedale Market), then we are just down the block. Mapquest may tell you an incorrect exit name, but besides that it is pretty good.

For more info or if you're lost, etc., call or email Tom and Merita (Rita) Pollard @ (253) 853-3568, cell (253) 857-5621, email mtrhovich@harbornet.com

(Race Results continued from page 6)

Males 20-29

1	Ray Williams	35:35	25
---	--------------	-------	----

Males 30-39

1	Edwin Vega	24:19	36
2	Gregory Bullard	35:33	34

Males 40-49

1	Tony Phillippi	29:53	44
2	Matt McDaniel	38:24	46

Males 50-59

1	Steve Fredrickson	38:52	59
2	Dallas Weis	39:52	54

Females 40-49

1	Yanghae Shaffer	36:53	43
2	Ceiclia McDaniel	39:43	43

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

September, 2006

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
- Marathons
- 5 & 10 k Races
- Relays
- Ultra Runs

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

