



The Interurban Runner Newsletter

September, 2008

www.interurbanrunners.net

President's Report

Fall is one of my favorite times of year as it signals the return of football, schools back in session, and runs in the crisp morning air. Autumn also signals the end of the year for the IRC's Board of Directors. Serving as your club's president for the past 12 months has been a very rewarding experience. As much fun as I've had on the IRC board, I've chosen to take time off and support the club in other areas. As this may be my last president's report, I'd like to reflect on just a few of the club's many accomplishments from the past year.

IRC's Generosity

This has been a year of giving for the IRC by helping those less fortunate as well as supporting the local running community. From the Christmas party food drive to donating shoes for the homeless, the IRC made a difference in the communities we live in! The level of giving and consideration I saw in club members reminded me time and again why I enjoy being a part of this running "family." I would like to see these opportunities for giving continue and will gladly help out in whatever way I can.

The IRC showed its generosity and creativity as the IRC's infamous Blues Brothers provided aid-station support for the local running community at two major races — the Tacoma City Marathon and Tacoma Half Marathon, both directed by IRC member Tony Phillippi. The energy generated at an IRC Blues Brothers aid-station is impressive! Knowing that you've helped a tired runner find that extra spark to finish the race and perhaps even break into laughter and dance is a reward you must experience at least once in your life. Next time the IRC Blues Brothers are needed, heed the calling. You'll be glad you did!

Increased Participation

Participation in runs, social activities, and volunteer activities is on the increase. Even more exciting is the number of new members participating, an indication the club will continue to prosper! Thanks for helping your club grow.

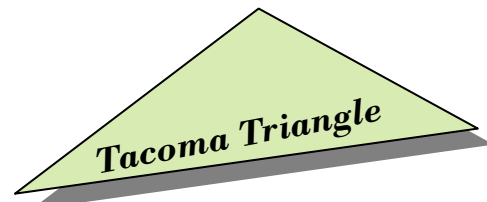
[President's Report, continued on page 7 ...]

My Favorite Run

October My Favorite Run

October 25th—9:00 a.m.

Hosted by Larry & Laura Coyne



The Interurban Runners Club annual Tacoma Triangle & Tunnel Dash is set for 9:00 a.m. on Saturday, October 25th. This is a half marathon course, but you may run shorter by stopping at one of the water stops along the course and getting a ride back to the start/finish line.

We will meet at the upper parking lot at Point Defiance Zoo in Tacoma. The run starts with a one mile run to the Ruston Tunnel along Ruston Way. All runners will then regroup for the world famous Tunnel Dash. After that, all runners will be on their own to run the rest of the course as they please.

This is always a big event for the IRC. Participation is by invitation only to IRC members; it is not open to the public.

After all runners have finished the run, we will go to a restaurant in Tacoma to refuel our bodies and brag about our accomplishments of the day.

Driving directions: from North or South I-5, in Tacoma take the Hwy 16 exit. Take the 6th Ave exit off of Hwy 16, turn left onto 6th Ave., turn right on Pearl and follow Pearl all the way to the end, which will take you into Point Defiance Park, where the zoo is located. Follow the signs to the zoo, and you should also look for IRC signs to guide you. We will meet in the upper parking lot at the zoo.

We need volunteers for the water stops, if any body would like to volunteer please let Larry know. For more info call Larry Coyne 253-653-4456. You can also use this number the morning of the run.



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 cooperjuchems@mac.com253-529-8996
Vice President	J. Ellis jellis6355@aol.com253-564-4340
Treasurer	Jeff Johnson jeffjo18@hotmail.com253-927-7235
Secretary	Rick Garrison windblown@netscape.com253-638-0476
Program Co-Manager	Merita Trohimovich mtrohimovich@harbornet.com253-853-3568
Member at Large	Larry Coyne coyneld@aol.com253-952-3949
Race Director	John Kokes john.t.kokes@boeing.com206-932-9355
Membership Coordinator..	Rob Willis rhrcwillis@comcast.net253-752-8386
Program Co-Manager & Newsletter Editor	Becky Jacobsen beckyj_2004@yahoo.com253-740-2880

Regularly Scheduled Runs



- Tue. 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
- Thu. Scoreboard Pub, Federal Way—6:30 pm**
Varied distances. Contact Larry Coyne 253-653-4456 or coyneld@aol.com
- Thu. Cushman Trail, Gig Harbor—6:00 pm**
Run 5 miles. Contact Merita 253-853-3568 or 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 or windblown@netscape.com

Skagit Flats Marathon September 8, 2008

By **Bob Dolphin**, Edited by **Lenore Dolphin**. The Skagit Flats Marathon is a favorite summer marathon of the Dolphin Marathon Team. I run/walk it, and Lenore, the finish line hugger, volunteers there.

I ran my first Skagit Flats Marathon on September 8, 1990, at the age of 60, and I've participated in most of them since then. Many times it was a struggle to make it through the heat of the day to the finish line. A big exception was my first one when it was a cool, rainy day and I ran a 3:05:16 to set the course record for 60+ runners.

As incomprehensible as it seemed in 1990, I knew then that if I didn't retire from marathoning I would move from the top 15% of the field to the last 15%....and finally be the last one to cross the finish line.

At the 31st anniversary of this out-and-back course on Sept. 7, 2008, at Burlington, WA, the first few miles were different this year. Due to road construction in front of Burlington-Edison High School where the race starts and finishes, the change eliminated the only hill on the historical course...an overpass on Interstate 5 in the first mile. Instead, we started the opposite direction near the school and ran through an underpass to bypass I-5. It was a treat to be on a familiar part of the course going in the opposite direction while we were still fresh. The weather was sunny with a 5-10 mph breeze and 65 degree temperature initially that rose to 75 degrees by the end of the race.

Because the marathoners and half marathoners started together, I could greet some of the half marathon runners after they made their turn-around. Keith Wood, 79, the fastest 75-79 male marathoner in the area, came by. He had chosen the half marathon and finished it in a time of 1:55:39.

Eventually, all but two runners had passed me as I reached the 13 mile turn-around and ran with the cooling wind. I enjoyed the views of Mt. Baker, the Cascade Mountains and the rural countryside. As a former U.S. Department of Agriculture employee, I enjoyed looking at the livestock in pastures and the fruit and vegetable fields along the course. A turkey vulture, a group of four killdeer shore birds and several ravens and crows flew overhead as I ran through the flatland.

Expecting to finish in over six hours, I raced the clock. When I reached the school campus and saw the track with the finish line only 100 yards away, I knew I was able to make my sub-six hour finish. I followed Yau-Ming Chien, 65, a friend of 20 years, through a "Marathon Maniac" arch of uplifted arms (a nice touch!) to the finish line.

[Skagit Flats Marathon, continued next column ...]

IRC 2008 Events & My Favorite Run Calendar

October 23rd Trick or Treat Run

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

November 8th Starbucks to Starbucks -
John Kokes

December 13 IRC Christmas Party

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 2009!

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 e-mail at jhaas44@q.com.

Welcome New Members!

Alex Juchems IRC president is happy to announce that we have a new member, Clayton Miller. Clayton is from Fort Lewis area and is interested in regular runs, marathons, 5 & 10k races, and relays. We look forward to Clayton joining the many IRC events whenever he can.

[Skagit Flats Marathon, continued from previous column.]

I finished with a 5:57:16 and placed 174th of 179 (coming in ahead of some early starters) and second 70+ male.

Lenore gave me a hug, and I thanked Race Director Terry Sentinella for putting on another great Skagit Flats Marathon. Thanks go to all of the friendly volunteers, including medical personnel and sheriff's deputies.

Congratulations to two first-time marathoners: Oliver Chapman, 50, finished in 4:40:13.....and Donna Johnson, 67, (and wearing bib #67) had a 4:57:04 race.

Eighteen years after running my first Skagit Flats Marathon, I enjoyed the latest one and look forward to returning in September of 2009.

Board Meeting

By Becky Jacobsen. This month's board meeting was held Tuesday evening, September 9, at the Time Out Bar & Grill. In attendance were Alex Juchems, J. Ellis, Larry Coyne, Jeff Johnson, John Kokes and Becky Jacobsen. Rick Garrison and Merita Trohimovich were absent.

Treasurer reports a continued comfortable level of funds in the IRC account.

The August My Favorite Run (MFR) was well attended by 11 runners, including 2 new members, and 1 dog. The September MFR hosted by Jim Sheppard is **Sept 27**. The October MFR hosted by Larry and Laura Coyne could use volunteers for water stops—contact Larry at 253-952-3949 or via e-mail coyneld@aol.com if you would like to help.

We will need at least three board members for 2009: President, treasurer and program manager. Contact any of the board members if you are interested.



Events Calendar

Saturday, October 4

Leavenworth Marathon and Half. Leavenworth. 9 a.m. Scenic, rolling course. Part of Oktoberfest festivities. www.leavenworthmarathon.com

Mud Mountain Dam 5K Fun Run. Enumclaw. 9:30 a.m. A combination of dirt trails and pavement. 360-802-0235, www.cityofenumclaw.net

Sunday, October 5

Rotary Run at Salmon Days 10K & 5K. Issaquah. 9 a.m. Kids' fun run too. 10K is PNWTF 10K Road Race Championship. www.salmondays.org

Portland Marathon. Portland, OR. 7 a.m. Walker and MP3-Player friendly. Also 5 mile run, 10K walk, and kids' run. (503) 226-1111, www.portlandmarathon.org.

Sunday, October 12

Royal Victoria Marathon*, Half Marathon* & 8K. Victoria, B.C. 8:30 a.m. Kids' races too. (250) 658-4520, www.royalvictoriamarathon.com

Spokane Marathon*, Half Marathon* & 5 Miler. Spokane. 8 a.m. www.spokanemarathon.us, (509) 624-4297.

Great Columbia Crossing 10K. Astoria, OR. 9 a.m. Cross the mighty Columbia on the 4.1-mile Astoria-Megler Bridge. (800) 875-6807, www.greatcolumbiacrossing.com.

Saturday, October 25

IRC Tacoma Triangle Half Marathon. Point Defiance Park . 9:00 AM start time. Shorter distances available. Call Larry for details 253-653-4456. Also see article in this newsletter.

Saturday, November 15

Eastside Runners Cross Country Invitational 5K. Lake Sammamish State Park, Issaquah. 9 a.m. women, 9:45 a.m. men. Open to everyone - <http://www.eastsiderunners.com/crosscountry.html>



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 IRC membership lapse!

Thanks for being a member of the IRC

Pictures Needed for the 2009 IRC Calendar

Have any pictures you'd like to share with the IRC? Then now's the time to make your dreams come true by sending those pictures to IRC's Calendar Creator, Steve Israel. Steve is once again compiling pictures, IRC event dates and race dates into one of the area's finest running club calendars. Simply email Steve your pictures at homecare-const@comcast.net. Calendars should be available for purchase at the IRC Christmas Party, December 13th.



Race Results

IRC Midsummer 5K & 8K Races, July 9, 2008,

3 Friends Fishing Hole Park, Kent, Washington

Congrats to all 31 5K Finishers and all 7 8K Finishers!

(Complete results available online.)

5K Overall Results

- 1) Lance Docken, 17:50
- 2) Danny Smith, 18:16
- 3) Mitch Parker, 18:18

8K Overall Results

- 1) Edwin Vega, 28:58
- 2) Dean Kayler, 32:09
- 3) Douglas MacLean, 32:47

IRC Summer Sizzler 5K & 8K Races, August 13, 2008,

3 Friends Fishing Hole Park, Kent, Washington

Congrats to all 29 5K Finishers and all 7 8K Finishers!

(Complete results available online.)

5K Overall Results

- 1) Ruben Riordan, 18:13
- 2) Mitch Parker, 18:36
- 3) Dean Kayler, 19:26

8K Overall Results

- 1) Jay Grub, 32:31
- 2) Matt Saunders, 40:30
- 3) John MacDonald, 41:30

Bank to Bay 10K, September 7, 2008

Laura Coyne, 52:53 (5 minutes faster than last year!!)

Larry Coyne, 59:22 (35 seconds faster than last year!!)

You guys rock!!

New Editor

By Becky Jacobsen. So, this is my first attempt at preparing the newsletter. For technical reasons, we've switched to Microsoft Publisher instead of Pagemaker so you'll notice more than a few changes in the format. I'd like your constructive comments on what works, what doesn't and what you'd like to see in the club's newsletter. Feel free to share your ideas with me, my contact info on page 2 of this newsletter.

Also, I'm relatively new to the club, having just joined in 2006, so I'm looking forward to the opportunity to meet more of you either live and in person or online. You'll find me at the Scoreboard on most Thursday nights, at the occasional "My Favorite Run" event, as well as at most other club events. Any excuse to eat, drink and laugh and I'm there!! Also, getting a good run in is always a plus.

Many thanks to Christel for her hard work, dedication and willingness to support me as we make this transition.

Larry at Large

It is quickly approaching the time of year that most runners and walkers seem to dread. That time of the year is the change of season to the wet season in the Puget Sound area. Before we realize what has happened it will be dark earlier and earlier and wet more and more.



On our Thursday night run at the Scoreboard Pub on each Thursday I have noticed that we finish with the shadows getting longer and longer recently and where we used to finish in bright sunshine we are now finishing in those long shadows.

But we will keep running every Thursday night even when it is dark and wet. The BPA trail we run on lights up pretty well from the reflection of the city lights off the clouds, and in this area in the winter it seems to be always cloudy. The trail is actually harder to run on when the sky is clear of clouds in the winter; trust me this does not happen very often.

I have met several runners recently outside the IRC and when I tell them about our club's Thursday night run they always ask, "You don't run in the winter time do you?" They are always surprised when I tell them we run no matter what time of the year it is and the only thing that keeps us home is the ice and snow. So if you are looking for somebody to run with during the coming winter, you don't have to be alone in the dark; feel free to join us on Thursday nights at the Scoreboard Pub in Federal Way. We will always be there, we start running exactly at 6:30 PM. You can go to the club website interurbanrunners.net click on "Regular Runs" then click on "IRC Weekly Running Routes" and there is a map that shows you exactly where the Scoreboard Pub is. There is also a link to me so you can inquire through email about the run.

In just a few months we have a major fund raiser coming up for the IRC and that is the club assisting the Seattle Marathon Association with the taking down of the finish line after the Seattle Marathon set for November 30th. The Seattle Marathon Association makes a large donation to the IRC every year for our involvement in this endeavor. So if you would like to give something back to the running community and help the IRC with a fund raiser please plan on being involved. More details will be coming out in future newsletters and in emails about how you can be involved. It's a great way to help out your club.

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

Larry

2008 IRC Chili Feed & Underwear Run



Outstanding Chili, rich desserts, and running in your underwear - what more could you ask from the IRC!?! Fourteen members attended the 2008 Fall Membership meeting, hosted by Pete Grove. The chili contest was won by Pete —who received a tasty garlic & olive oil for dipping bread or sautéing veggies.

Seven brave runners participated in the much heralded "underwear run." The participants ranged from silly to sexy and everyone had a great time. Best male went to Pete Grove in his "too cool for school" formal coat, tie, boxers and shades — though Bob ran a close second with his "European Vacation" look. Best female went to Caroline who was simply stunning in her Looney Toons boxers. The winners were rewarded with wine and chocolates.

[President's Report, continued from page 1.]

As your club's president, I've been fortunate to be in a position to meet and welcome many new members. I've also been motivated this past year to share the many benefits of the club with other's and encouraging them to join. I challenge members of the club to share with others the rewards of IRC club membership and recruit new members.

I'd like to extend my thanks to the other members of the IRC board and others who helped make my year as club president such a rewarding experience. My plans for the next year are to find ways to help the club in a more "behind-the-scenes" way. Of course, you can count on me to be at the club's Thursday night runs from the Scoreboard pub. I'm also planning to make many, if not all, future IRC events and am looking forward to seeing *you* there as well!

From the book, *The Quotable Runner*, "Have a dream, make a plan, go for it. You'll get there, I promise." The IRC is a great place to share your dreams and achieve your goals.

Train on!

Alex Juchems

Halloween Costume Run & Party

Join us at the 6th Annual Halloween Costume Run and Party—details on time and location will be forthcoming.

The run will be on Thursday, October 23, and the trick is that you have to **RUN IN COSTUME** before you get your treats. Prizes will be awarded for best costumes in various categories and the competition is tough, so get working on those costumes. This is a family event, so be sure to bring treats to hand out to the young IRC trick or treaters.





The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

September, 2008

The Interurban Runners Club Membership Application & Renewal Form

Name(s) _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Please add me to the e-mail list (Y or N)

Day Phone _____

Evening Phone _____

Please list my phone number in directory (Y or N)

Date of Birth (MM/DD/YYYY) ____-____-____

New Membership Renewal

Type of Membership:	Please Indicate Interests	
<input type="checkbox"/> Individual (\$15)	<input type="checkbox"/> Regular Workouts	<input type="checkbox"/> Relays
<input type="checkbox"/> Family (\$17)	<input type="checkbox"/> Marathons	<input type="checkbox"/> Ultras
<input type="checkbox"/> Student (\$5, must be in school/college)	<input type="checkbox"/> Half Marathons	<input type="checkbox"/> 5&10Ks
	<input type="checkbox"/> Multi-sport Events	

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 sufficient 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
PO Box 24882
Federal Way, WA 98093-1882

