



# The Interurban Runner Newsletter

August, 2007

[www.interurbanrunners.net](http://www.interurbanrunners.net)

## President's Report

It is wonderful to see that we have had numerous volunteers step forward and want to lighten the load for Christel, our newsletter editor. Rick Garrison, Kurt Schieferdecker, and Dawn Techlenberg all said they would help prepare the newsletter for mailing after it has been printed.

The newsletter is a very important part of our club's communication system so the membership can find out what is going on and what other ventures club members are undertaking.

The newsletter is open to all members to provide articles for. So I encourage everybody if you have an adventure, it could be about a race, a biking trip, a hiking trip or something that has happened to you while out for a training run you would like to share with other members please feel free to send your articles to Christel at [performanceresources@hotmail.com](mailto:performanceresources@hotmail.com). Pictures are wonderful tools to send along with your articles.

Of course everybody is welcome to send in their race results to Christel for publication. It is always nice to see what other members are accomplishing as we all train for that special race.

I would like to thank John Kokes, the IRC race director, for all his efforts this summer in heading up the IRC summer race series. John not only is there for the races but he spends countless hours getting everything ready for the races. Getting city permits, acquiring insurance, collecting prizes and ribbons and other things behind the scenes that I know he does that are invisible to the rest of us. Of course to all the volunteers from the club that show up as course marshals, registering the racers, cooking and serving food, putting out cones and signs, giving times at the mile markers, manning the turn around, picking up all those signs and cones. It truly is a team effort and no one individual can do it all. All you volunteers are wonderful and appreciated.

Also thanks to Fleet Feet Running out of Bonney Lake who provided a time clock for all the races, and of course for Tony Phillippi who certified the course. These two enhancements to our races really made a difference in the credibility of our races.

*Never laugh at anyone's dream. People who don't have dreams don't have much.*

Be Safe Out There,  
Larry Coyne



## My Favorite Run

### September My Favorite Run

#### Tiger Mountain Run

Saturday, September 8th, 10:00 a.m.  
hosted by Rick Garrison



On September 8th, My Favorite Run gets us back to Tiger Mountain, though along a different loop than what Tim Cowden used for his Favorite Run. I'll take you through an eight mile loop beginning at the Highway 18 trailhead, up to Middle Tiger Mountain summit, and then back, for a 1300 foot climb. For those who want a sane, reasonable experience, I'll show you a four mile loop that has only some gentle climbs. I'll have maps of the trails for you to carry along.

Afterwards, we'll head back to Maple Valley for lunch at Gloria's Restaurant, located on Hwy 169, near Wax Rd.

We'll meet at 10 a.m. at the trailhead, located on Hwy 18 about 7 miles northeast of Maple Valley.

Contact me with your questions and comments: Rick Garrison (253) 638-0476 [windblown@netscape.com](mailto:windblown@netscape.com).

#### Directions to Tiger Mountain:

Eastbound on I-90, go 8 miles past Issaquah to SR-18 (exit 25). (SR-18 / Hwy 18 runs south-southwest to Auburn from I-90.)

Southbound on SR-18 to the summit of the Hwy 18 pass over Tiger Mountain. (Summit is approximately 4 miles from the I-90 / Hwy 18 interchange.) Road widens to parking area on West (right hand) side of the highway.

**Note:** Exits along I-90 are numbered in miles from downtown Seattle (where I-90 begins next to Safeco Field). Issaquah is exit 17 (so 17 miles / 20 minutes from Seattle). Hwy 18 is exit 25 (so 25 miles / 30 minutes from Seattle).

## 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
	cooperjuchems@mac.com	
Treasurer .....	J. Ellis .....	253-564-4340
	jellis6355@aol.com	
Secretary .....	Rick Garrison .....	253-638-0476
	windblown@netscape.com	
Program Manager .....	Robin Fox .....	253-906-3766
	RunningDgs@aol.com	
Member at Large .....	Bill Barmore .....	253-858-8407
	billchiro1952@yahoo.com	
Race Director .....	John Kokes .....	206-932-9355
	john.t.kokes@boeing.com	
Membership .....	Rob Willis .....	253-752-8386
Coordinator	rhrcwillis@comcast.net	
Newsletter Editor ...	Christel Elliott .....	253-226-9473
	performanceresources@hotmail.com	



We thank



For their  
support.

## Regularly Scheduled Runs

- Tues. Kentwood High School - 5:30 pm**  
Track workout.  
Contact Steve Israel 253-797-0041
- Wed. Tacoma Waterfront, Katie Downs - 6:30 pm**  
Run 4 to 8 miles.  
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, August 25

**Kitsap County Fair Stampede 5K & 1 Mile.** Bremerton. 9 a.m. Fee includes T and entrance into county fair. Greg (360) 692-9414.

**Run-a-Muk 10K & 5K.** Rosehill Community Center, Mukilteo. 8 a.m (425) 353-5516.

**Circle the Hill 4 Miler.** Clyde Hill, Medina. (425) 453-7803, www.clydehill.org.

**Bobcat Fun Run 5K & 1 Mile Run/Walk.** Cosmopolis, WA. 10 a.m. Beautiful setting with trails at Makarenko Park. Fundraiser for Aberdeen H.S. XC. (360) 533-5070.

**The Hunger Run 10K & 5K Run/Walk.** Mt Vernon. Proceeds benefit food banks. Stay for the blueberry pancakes! www.mvpres.com, (360) 424-0208.

**St. Francis Hospital Federal Way Festival Days 5K.** Weyerhaeuser King County Aquatic Center. 9 a.m. Spectacular views of Mt. Rainier. Benefits Federal Way Boys & Girls Club. www.festivaldays.org, (253) 520-2522.

**Waterland 5000 5K.** Des Moines Marina. 9 a.m. Very varied course, hill-loving runners are especially welcomed! (206) 870-6587, www.desmoineswa.govwaterland5K.

(Events calendar continued on page 4)

# Board Meeting

by Alex Juchems

The following IRC Board members were present for the August 8th meeting: Larry Coyne, J. Ellis, Robin Fox, Alex Juchems, and Race Director John Kokes. Bill Barmore was unable to attend. Treasurer J. Ellis provided an update on the club's finances.

## IRC Race Series

The Summer Sizzler, scheduled for August 15th is the last race of the 2007 series. Root-beer floats and ice cream to be served. Due to construction on the course, the board agreed with John Kokes' recommendation to cancel the 8K and alter the course for the 5K.

## Follow-up Reports

### Liar's Mile and Barbeque:

Attendance was good for the Liar's Mile and Barbeque, with 28 persons attending the run at Van Doren's Landing Park in Kent. Several of the 24 runners (who turned over watches and cell phones) estimated their time to within 30 seconds to 1 minute. Jeff Haas and Digger Carlson worked the grills, serving up burgers, brats, and veggie burgers. Door prizes and a piñata were parts of the evening's entertainment. Several families attend this event and the board discussed adding additional children activities.

### July's "My Favorite Run":

July's run was hosted by Becky Jacobson and took place in Puyallup, following the bike trail along the river. Four runners covered the 6-8 mile course, then enjoyed lunch and beverages at the Powerhouse Brewery and Pub.

## Upcoming Events:

### Chili Feed and Membership Meeting:

Merita Trohimovich Pollard and family will again open their home in Gig Harbor to host the Chili Feed and Fall Membership meeting. The date was changed to September 29th. The run will also include the IRC signature race, the "Underwear Run".

### Tacoma Triangle:

Larry and Laura Coyne will again host the Tacoma Triangle "Half Marathon" to be held on October 27th.

## Other Business

### Newsletter Support:

Three IRC members have volunteered to help newsletter editor Christel Elliott with the tasks associated with mailing the newsletter.

## October 2007- September 2008 IRC Board

Volunteers are still need to serve on next year's IRC board. For October, 2007 to September, 2008, the board positions to be voted on at the Chili Feed are: President Alex Juchems, Vice President J. Ellis, Secretary Rick Garrison, and Member-at-Large Larry Coyne. John Kokes has agreed to continue on as Race Director. Volunteers are still needed to serve as Program Manger and Treasurer. Persons interested in these positions should contact Alex Juchems (253) 529-8996 cooperjuchems@mac.com.

## IRC 2007 Calendar of Events

### August

Wed. August 1st Liar's Mile  
Summer Sizzler 5K & 8K Races Wed. August 15th

### September

IRC Chili Feed & Board Membership Meeting Sat.  
September 22nd

### October

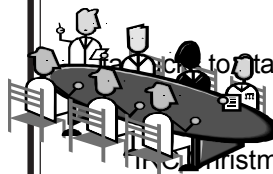
Halloween Trick or Treat Run, Thursday October 25th  
Tacoma Triangle Half Marathon & Tunnel Dash Sat.  
October 20th

### November

Starbucks Run Sat. November 10th

### December

Christmas Party Sat. December 8th  
Black Diamond Bakery Run Sat. December 15th  
IRC Jingle Bell Run Thur. December 20th



## My Favorite Run Calendar 2007

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

There are open months, or we could have more than one "My Favorite Run" in any given month.

If you would like to host a My Favorite Run, just let Robin Fox or any member of the board know and they will be willing to help you plan it. Don't worry about the details--you will have a lot of support in doing it.

Robin's phone number is 253-906-3766, email is RunningDgs@aol.com.

(Events calendar continued from page 2)

**Spartan 5K.** Challenger Elementary, Sammamish. 9 a.m. Entry by donation, \$20 receives T. Supports Skyline XC. (425) 837-7895, [hylandb@issaquah.wednet.edu](mailto:hylandb@issaquah.wednet.edu).

### Saturday, September 1

**Blackberry Festival 5K, 1 mile, & Kids Dash.** Bremerton. 9:30 a.m. (360) 473-5305.

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

**Lake Padden Relay.** Bellingham. 10 a.m. Four 2.6 mile laps on trail around lake. Solo or 4-person teams. [www.bgrc.net](http://www.bgrc.net), (360) 384-1639

**Titanium Man Triathlon.** Richland. 9 a.m. 1.5K s, 40K b, 10K r. Reg. ends 8/31. [www.3rrr.org](http://www.3rrr.org).

### Monday, September 3

**Super Jock 'n Jill Half Marathon & 4.25 Mile.** Red Hook Brewery, Woodinville. 8 a.m. Benefits Puget Sound Blood Center. (206) 522-7711, [www.superjocknjill.com](http://www.superjocknjill.com).

**Covey Run 10K Smartwater 5K.** Redhook Brewery, Woodinville. 8 a.m. Fundraiser for Children's Hospital; 10K is open to those 21 years and older. [www.10krun5kfun.com](http://www.10krun5kfun.com), Jessica (360) 863-2358, [jessica.goebel@cwine.com](mailto:jessica.goebel@cwine.com).

**30th Annual Friday Harbor 8.8K Loop.** Friday Harbor. Reg. 7:30 a.m., run 9:15 a.m. Fee includes entrance to county fair. Proceeds benefit children's scholarship funds. [www.islandrec.org](http://www.islandrec.org), (360) 378-4953.

**Bonney Lake Days 5 Mile Fun Run.** Allan Yorke Park, Bonney Lake. 8 a.m. Fleet Feet (253) 862-8890, [www.fleetfeetbonneylake.com](http://www.fleetfeetbonneylake.com).

**Ferndale Flat & Fast 10K Series - Summer.** Ferndale. 10 a.m. Compare your times with this flat, fast course. Joel Pearson (360) 223-0264, [www.gbrc.net](http://www.gbrc.net).

**Labor Day Triathlon & Duathlon.** Elma. 10 a.m. (360) 273-9684.

### Saturday, September 8

**MIA/POW Remembrance 5K.** Jackson Park Fort Lewis. 11:30 a.m. Must obtain base access. Steve Wateland. (360) 476-7026.

**Army Half Marathon.** Fort Lewis. 8 a.m. New race to commemorate the sacrifice made by our soldiers. No DOR, civilians need base access. [www.fortlewismwr.com](http://www.fortlewismwr.com), (253) 967-5975.

**Black Hills Triathlon.** Millersylvania Park, Olympia. 9:30 a.m. 0.75 miles, 30 mile b, 5 mile r. [blackhillstri@yahoo.com](mailto:blackhillstri@yahoo.com),

### Sunday, September 9

**Bank to Bay 10K & 5K.** Tacoma. 9 a.m. Fast course through city, lots of on-street excitement. Rapidly growing event; kids' run too. [www.banktobay.com](http://www.banktobay.com), (253) 305-7396.

**RYKA Iron Girl 10K & 5K Run/Walk.** Green Lake Park, Seattle. 8 a.m. Women only race, includes mother/daughter teams. Fees vary, see website for details. [www.IronGirl.com](http://www.IronGirl.com), (206) 729-9972.

**Skagit Flats Marathon & Half Marathon.** Burlington H.S. 8 a.m. Proceeds benefit local XC programs. [www.skagitflatsmarathon.com](http://www.skagitflatsmarathon.com), Terry (360) 293-6244.

**Seattle Escape from the Rock Triathlon.** Mercer Island. 8 a.m. 0.5 mile s, 12 mile b, 2.5 mile r. [www.envirosports.com](http://www.envirosports.com).

**Subaru Women's Triathlon Series.** Steel Lake Park, Federal Way. 7 a.m. Benefits the Ovarian Cancer Research Fund. Sprint distances vary, see website. [www.uswts.com](http://www.uswts.com).

### Saturday, September 15

**The Grand Columbian Triathlon.** Coulee Dam. 7 a.m. Iron and half iron distance. High desert race includes ride over Coulee Dam and run along Columbia River. (360) 325-0715, [www.thegrandcolumbian.com](http://www.thegrandcolumbian.com).

**Pasta Dash 5K & 10K.** Olympia, Farmer's Market. 6 p.m. Kids' mile too. (360) 705-2580,

**Shore-To-Shore Marathon, Half Marathon & 10K.** Chelan. 8 a.m. Scenic course along Lake Chelan. [www.runlakechelan.com](http://www.runlakechelan.com), (509) 682-8023.

**Fairhaven Runners Waterfront 15K.** Bellingham. 8:30 a.m. \$20 by 9/5, \$25 till 9/11, no DOR. First 400 entrants receive technical T. Flat, scenic course winds along Bellingham Bay. USATF certified course. [www.trithecookie.com](http://www.trithecookie.com), (360) 647-7665.



## IRC Board Members Wanted!



The current IRC year is quickly coming to a close and there will be two positions available beginning in October. The board is a very important part of the club and we can use new faces and fresh new ideas to improve the club and benefit the overall membership as the IRC moves into the future.

The board meets on the first Tuesday of each month, and the meetings generally last one to one and half hours. If you would like to become a board member and make a difference in your running club, please contact Alex Juchems at 253-529-8996 or [cooperjuchems@mac.com](mailto:cooperjuchems@mac.com).

# Race Results

compiled by Christel Elliott

## Judy Fisher

IRC Midsummer 5K (Kent), 7/11/07, 25:30? (97 degrees!), 1stF60+

Kent Cornucopia Days 5K, 7/14/07, 23:47, 1stF60+

Seafair Sprint Triathlon (Seattle), 7/15/07, 1:32:24, 1stF60-64

Lakefair Run (Olympia), 8K, 7/21/07, 37:41, 1stF60-64

Swedish SummeRun (Seattle), 10K, 7/22/07, 50:24, 1stF60-69

Federal Escape Sprint Triathlon (Federal Way), 7/28/07, 1:16:21, 1stF60-64

Seafair Torchlight 8K (Seattle), 7/28/07, 40:12, 1stF60-64

Whidbey Island Sprint Triathlon (Langley), 8/4/07, 2:08:16, 1stF60-64

Footzone 5K (Redmond), 8/5/07, 23:02, 1stF60-69

Auburn Good Ol' Days 5K, 8/10/07, 24:27, 1stF60-69

## Rick Garrison

Pacific Northwest Regional Masters Track Meet (West Seattle Stadium) 1500m 5:08 July 21st

Self-Transcendence 2-miler (Magnuson Park, Seattle) 12:10 August 4th

Auburn Old-Timers 5k 19:35 August 10th

## Bob Dolphin

Virginia Mason Team Marathon, 7/8/07, 5:50:45, 1stM(75+)

"On 7/10/07, Lenore had a triple by-pass open heart operation at Regional Hospital in Yakima. She has been recuperating in good condition at our home in Yakima since 7/24."

## Gary Wright

Bare Buns Fun Run 5K (Kaniksu Ranch, WA) 7/29/07, 24:28:31, 37/286 OA, 3rdM(55-59)/34. "Out and back on dirt & gravel road, descending outbound. Sunny and warm. The oldest certified clothing-optional 5K in the U.S. Outstanding facilities for a weekend visit."

## Jim Hodgson

40th Chuckanut Footrace Fairhaven (Bellingham) 7/07/07. "Nice cool overcast at the start. I walked the two short steep sections to save leg strength, found a pace partner to keep up with through the tough middle miles. Easy down slope most of mile seven to the end at Larrabee State Park in the sun. I PR'd at 1:01:26 in my sixth time running this event."



Bivalve Bash Low Tide Mud Run (Bow, WA) 7/14/07 "This preposterous event takes place upon the smelly tide flats of the Taylor Shellfish Farm, who hosts a community appreciation party that also raises funds for The Puget Sound Clean Water Alliance. The (Race?) lived up to all the promise of misery in finishing the 250 yard course of knee deep mud. I

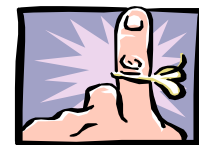
stopped running after 50 yards and finished in 2:37, right in the middle of the pack of 106. Most people took advantage of the free duct tape to keep from stepping out of your shoes. Local paramedics manned hoses that spewed water that smelled almost as bad as the mud that refused to wash off. I threw away my shoes and socks, and went to the awesome food stands for Curried Mussels, fresh oysters, and steamed clams. Apparently 80% of participants are first timers like me, and runners if they return probably watch the mayhem from the beer garden (like me next year)."

**NEW!** **Welcome New IRC Members!**

Larry Coyne, IRC president is happy to announce that we have a new member to the IRC this month, Joe Fry. Joe lives in the Federal Way area, and he is interested in regular workouts and 5K and 10K races.

We look forward to Joe joining us at some of our IRC events whenever he can.

## 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.

## Member at Large Bill Barmore

I am keeping my streak going with a marathon or longer each month. For my July marathon, I hosted a trail ultra in the woods by my house. The IRC was represented by Merita, the prince of free marathons, Steve Barrick, and me. All told, about 19 people ran all or part of the 31 miles.

Because of a loop-hole in the rules on sending in articles to the newsletter, I'm sharing my Haulin' Aspen experience with everyone. You may want to cover your children's eyes.

Many of you remember my experience from last year when we were the first on the scene of a fatal car accident. One year later I drove by myself to Bend Oregon with the only goal of bettering my time from last year. I walked the dogs and loaded my truck with everything I would need: cot, inflatable pad, and my sleeping bag (yes, I was planning to sleep in the back of my truck again). I made good time to Bend and saw many familiar faces at the packet pick-up. A hitchhiker from the '05 Hood to Coast, Andy Lyle, and his wife and friends were there, so we made plans to eat dinner together later.

After dinner, I prepared my Ranger for the night by blacking out the windows and making my bed. I drove to Shevlin Park, backed into a parking spot, set my alarm, and settled in for a good night's sleep. At some point, I could hear the shuttle buses arrive, people parking, and voices talking about running. I looked at the clock and had over an hour before the start. I got dressed, put on my shoes and laid back, so relaxed. It was just 6:00 and I still had an hour. I took my Timex out and put it on my wrist. That's strange, it said 6:55—the race was due to start in five minutes. This was not good!

I pinned on my bib, filled two bottles with Gatorade, grabbed a bagel, and ran to the start line. Everyone was ready for the gun and the starter said, "We will start in two minutes!" I finished half my bagel and drank way too little Gatorade and the race started. I ran with the curly haired blond girl for only about 4-5 minutes and it was over (apparently we only run together when we are in Washington and there are lots of port-a-potties).

I tried to keep up with some fast runners for as long as I could, but once we started climbing, I was toast. The deal with Haulin' is that it is uphill for 14 miles, with the steepest part close to the halfway point. My goal was in serious doubt and really so was finishing. Friends and strangers were passing me like I was walking. I struggled to mile 14 in 2:23 and then it was downhill. The entire time people were shooting by, I was thinking that Christel would catch me any minute and that would be good for about two minutes before her downhill speed put her out of sight like everyone else. That never happened.

In fact, I felt pretty good and was coming down the hill with legs that weren't too beat up and making decent time. I was reeling in people, one after another. The trails were tighter than the uphill and I had to watch my foot placement instead of looking for my next victim.

I hit a few aid stations and started believing that just maybe I could come close to my goal, but no way could I reach it. At the last aid station, with 1.7 miles to go, I did the math and felt good about my chances. If I run hard and gut it out I can do it. My calf cramped with less than a mile to go, so I stopped and stretched it and ran some more. Last year the finishers' medals were cowbells and the finish could be heard from quite a distance. I wasn't hearing the bells and thought I was still far from the finish but this year, no cow bells—I could see the line. I got my body across and my time was 15 seconds slower than my goal. I'm coming up just short of my goals recently and I don't like it one bit. If I'm going to feel this bad, there needs to be some good!

I went to my truck and laid down and missed seeing Christel finish. Once I was feeling better, I rejoined the party and had some food, but no finishers' beer. Even with my slow time, I was third in my age group again and will probably return next year to seek vengeance on the course.

I just had one more thing to do before I headed home. I drove to OB Riley road to the crash site. I drove past one way and then turned around and drove the same way Chris was going when he lost control and hit the steel post. In the light of day and one year later there was less pain and I'm glad for that but I could still see that night like it was last night.

My drive home took me past Mt. Hood and started me thinking about next weekend when I'll run my third HTC. I'm sure everything will go right but if it doesn't, you'll read about it next month.

Bill



*Bivalve Bash Low Tide Mud Run 7/14/07 in Bow, WA,  
photo courtesy of IRC member Jim Hodgson*

## IRC Chili Feed, Underwear Run, & Membership Meeting

Hey to all! The IRC Fall Membership meeting and Chili Feed is coming up on September 29th. 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.

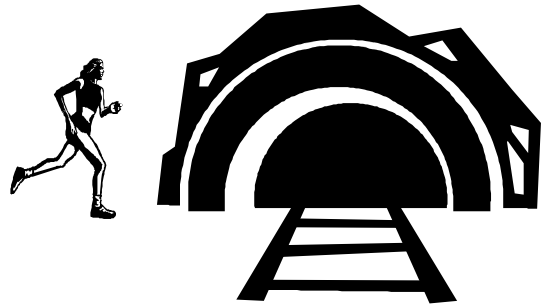
It's a bit of a drive for some of you but we are hoping to have a great turnout. There is limited space available if you want to spend the night and/or you can pitch a tent in the yard. For anyone who wants to spend the night, I will cook a great breakfast in the morning. There are also several motels 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. **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.



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. **Need more info/lost etc. Call Tom and Merita @ (253) 853-3568, cell (253) 857-5621 email [mtrohimovich@harbournet.com](mailto:mtrohimovich@harbournet.com)**

## The IRC Tacoma Triangle Saturday, October 27th, 9:00 a.m.



The Interurban Runners Club annual Tacoma Triangle & Tunnel Dash is set for Saturday, October 27th, and will start at 9:00 a.m. This is a change in what the IRC calendar has said when the run is. This is a half marathon course, but you may run shorter if you would like by stopping at one of the 3 water stops along the course and getting 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. All runners will then regroup there 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, and participation is by invitation only to IRC members. This event 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. The run starts at 9:00 am.

We need volunteers for the water stops, if anybody would like to volunteer please let me know. For more info call Larry Coyne 253-653-4456. Use this number the morning of the run.

# The Interurban Runner Newsletter

PO Box 24882  
Federal Way, WA 98093-1882

August, 2007

## The Interurban Runners Club Membership Application and Renewal Form

Name(s) \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail: \_\_\_\_\_

Please add me to the email list.

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Please do not list my phone number in directory.

Date of Birth (M-D-Y) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

New Membership     Renewal

**Type of Membership:**

Individual (\$15)

Family (\$17)

Student (\$5, must

be in school/college)

**Please Indicate Interests:**

Regular Workouts     Relays

Marathons             Ultra Runs

5 & 10 k Races

**Waiver:** I, my heirs, executors, administrators, and assigns waive, release and discharge any and all rights or damages against the Interurban Runners Club (IRC) and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in IRC events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate.

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date

*Please make checks payable to:*  
Interurban Runners Club

**Mail to:**

Interurban Runners Club  
Membership Coordinator

P.O. Box 24882

Federal Way, WA 98093 - 1882

