

President's Report

What a busy summer it's been for the IRC! Over the past few weeks alone, there've been plenty of opportunities for racing and group runs. Many club members even found a new trail system in Puyallup thanks to Becky and Jake Jacobsen. Volunteer opportunities were just as plentiful this past month, when people could either help out with the IRC race series or don black suits and sunglasses with the IRC Blues Brothers, who provided water/aid station support at the Tacoma Half Marathon. Here are some of the highlights from the previous month as well as future events you won't want to miss..

IRC's Summer Race Series

The IRC's summer race series drew to a close Wednesday August 13th with the Summer Sizzler 5K and 8K races. 37 runners took part in the last race of the series, another great turnout. Special thanks to Eric Sach, the owner of the Balanced Athlete store in Kent, for recruiting so many new runners to the IRC race series. In fact, 13-year-old Rubin Riordan, who won the 5K race, is a regular member of the Balanced Athlete's running group.

Thank you to the following volunteers for making the Summer Sizzler a success: John Kokes – Race Director, J. Ellis - Assistant Race Director, Bill Barmore - finish line support, Kathy West and Laura Coyne – registration. The following volunteers kept runners on course and hydrated – Larry Coyne, Jim Brewer, Rick Garrison, Alan Sofinowski, and Merita Trohimovich. A big thank you to Meredith Johnson, Laura Coyne, and Rayn Salazar for serving up refreshing root beer floats! And a special recognition goes to Emily Barrick for volunteering to provide impromptu childcare during the race!

Liars Mile – The Hare and the Turtle come out on top!

Runners and walkers of all ages did their best to complete a mile in their predicted times during the always well-attended IRC Liars Mile held on August 6th. First and second places went to Lance Doken and J. "King Turtle" Ellis. Both completed the mile within just a few seconds of their predicted times.

Following the run, folks enjoyed good food, drink, and a raffle for items donated by Western Peterbilt, Databar, and the Balanced Athlete. My 2-year-old son Matthew especially liked the Peterbilt hat he won in the raffle. Merita Trohimovich, with the help of her assistant John Kokes, coordinated games for children of all ages, including a sack race, three-legged race,

(President's Report, continued on page 7)

My Favorite Run

September My Favorite Run

Rooters Run and BBQ

Saturday, September 23rd, 10:30 a.m.

Hosted by Jim Shepard



September's run will be in East Kent (Black Diamond). We will meet at 10:30 in the Rooters BBQ parking lot and follow a six mile out and back course. Rooters then opens at 11:00 and the word is they have some of the best BBQ around.

Rooters BBQ
29030 216th Ave Se
Kent, WA 98042
Phone: (360) 886-1763

Mapquest directions from Highway 18, heading east: Take the SE 272ND ST/WA-516 exit toward COVINGTON. Turn RIGHT onto SE 272ND ST/WA-516. Turn RIGHT onto 216TH AVE SE.

Mapquest directions from Highway 405, heading north: Take the WA-169 S exit, EXIT 4, toward MAPLE VALLEY/ENUMCLAW. Turn RIGHT onto SE MAPLE VALLEY HWY/WA-169. Continue to follow WA-169. Turn RIGHT onto WITTE RD SE. Turn RIGHT onto SE 272ND ST/WA-516. Turn LEFT onto 216TH AVE SE.

Welcome to our new newsletter editor! Becky Jacobsen will officially be taking over the job of newsletter editor next month, so this is my final issue! It's been a pleasure working with all of you and reading about your great running adventures and your lives! I hope to see you at IRC events in the near future. And WELCOME BECKY! ~Christel

The Interurban Running Club

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

IRC Officers & Board Members

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

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

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

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

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

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

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

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

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

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



Regularly Scheduled Runs

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

Events Calendar

Monday, September 1

Super Jock 'n Jill Half Marathon & 4.25 Mile. Red Hook Brewery, Woodinville. 8 a.m. www.superjocknjill.com, (206) 522-7711.

Sunday, September 7

Aflac Iron Girl 10K Run & 5K Run/Walk. Green Lake Park, Seattle. 8 a.m. Women only race, includes mother/daughter teams. www.IronGirl.com (206) 729-9972.

Skagit Flats Marathon & Half Marathon. Burlington H.S. 8 a.m. Flat and rural course through Skagit valley. www.skagitflatsmarathon.com Terry (360) 293-6244.

9th Annual Bank to Bay 10K & 5K. Tacoma. 9 a.m. Fast course through city. Kids' 1K run too. www.banktobay.com (253) 305-7396.

Saturday, September 13

Army Half Marathon. Fort Lewis. 8 a.m. Commemorates the sacrifice made by our soldiers. No DOR, civilians need base access. www.fortlewismwr.com, (253) 967-2604.

(Events calendar continued on page 4)

Grab Your Running Shoes & Join Us!

All ages. All fun. All for our community!

You can bank on fun for the entire family at the 9th annual Bank to Bay run in downtown Tacoma on Sunday, September 7, 2008.

Last year, nearly 2000 runners and walkers tied up their laces for the 10K, 5K run/walk and 1K kids' run while enjoying the scenic course and live bands along the way.

The out-and-back scenic course which begins in the Museum District between 15th & 17th Streets in downtown Tacoma runs along Schuster Parkway to Ruston Way. The race will be timed by Perfect Time Events using winning Time Chip technology and awards will be given to the top three men and women and the wheelchair winner in each run.

For registration information, visit banktobay.com. Once registered, you will receive a bib number, timing chip and New Balance technical running shirt. This year, get a free pair of New Balance shoes (valued up to \$100) when you open a deposit account at participating KeyCenters in Western Washington. Offer expires September 6.

Race Details:

- Entry fees: \$25/person before close of day on Sept., 9 and \$30/person on the day of registration
- Group rate discount: \$20/person available to groups of four or more persons who pay and register together (rate not available online or the day of the event)
- Registration opens at 8 a.m.
- Kids' 1K Run starts at 9 a.m.
- 10K Run starts at 9:20 a.m.
- 5K Run/Walk starts at 9:35 a.m.
- Award ceremony and random prize drawing starts at 10:30 a.m.
- Post-event party at Varsity Grill 11 a.m.
- Street and lot parking is available throughout the area.

Once again, the Tacoma Public School's Help-a-Student Fund will be the charity who will receive funds to provide necessities to needy students – clothing, shoes, and school supplies.

Whether you are participant or spectator you can enjoy food and beverages, live music, wellness activities, and more...



IRC 2007-2008 Events & My Favorite Run Calendar

August 6th Liar's Mile

August 13th Summer Sizzler Race

August 23rd Larry & Laura Coyne's Trail Run

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



Welcome New Members!

Alex Juchems IRC president is happy to announce that we have two new members, Steve Storms and Wayne Cofer. Steve is from the Tacoma area has run in over 20 Hood to Coast Relays. He is a regular at the club's Scoreboard runs and is interested in 5K and 10K races and marathons.

Wayne is from Kent and has been running in the IRC's summer race series as he prepares for the Portland Marathon. Wayne is interested in regular workouts and 5K and 10K races. We look forward to Steve and Wayne joining the many IRC events whenever they can.

My Favorite Run Calendar 2008

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 2008!

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

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

Board Meeting

by Rick Garrison



This month's board meeting was held Wednesday evening, August 6th, at Van Duzen Park in Kent, following the Liar's Mile and BBQ event. In attendance were J. Ellis, Larry Coyne, John Kokes, Merita Trohimovich, Rick Garrison, and Jeff Johnson. Alex Juchems and Becky Jacobsen were not able to attend.

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

Discussions were had of who will stay on the board next year, who will retire, and that we'll need to recruit for a president and treasurer.

Becky Jacobsen will assume duties as newsletter editor, beginning with the September issue.

Pete Grove has consented to host the Chili Feed, Membership Meeting and Underwear Run.

Final IRC Wednesday evening races discussed, including items to purchase for the root beer floats, and need for volunteers.

(Events calendar continued from page 2)

Ridge Run Half Marathon Run & Tater 5K Run/Walk. Ridgefield. 8 a.m. Half marathon loops through scenic, rolling country roads. ptmayhew@comcast.net, (360) 608-2772.

ERHS Jaguar 5K Run. Emerald Ridge H.S., Puyallup. 10 a.m. Fun run benefiting school's booster club and XC teams. (253) 848-2759, ckdoran@comcast.net.

Sunday, September 14

Black Diamond Half Marathon. Black Diamond. 9:05 a.m. Part of multi-sport weekend activities. www.racecenter.com/blackdiamond.

Sunday, September 21

Fremont Oktoberfest Brew Ha-Ha 5K. Fremont. 9:30 a.m. Special beer belly division. www.fremontoktoberfest.com, (206) 633-0422.

Saturday, September 27

Arlington Airport Run for Hope 5K & 10K. Arlington. 9 a.m. Course follows wooded and picturesque trails around airport. www.arlingtonrunnersclub.org.

One Race One Village 5K. Magnuson Park, Seattle. 9 a.m. Benefits orphans and widows in Africa through Agathos Foundation. www.oneraceonevillage.com, (866) 324-2846.

Sunday, September 28

Bellingham Bay Half Marathon & 5K. Bellingham. Half marathon is moderately hilly and runs along the coast. 5K is flat and fast. www.bellinghambaymarathon.org.

EdgeRace 5K Run/Walk. Edgemont Park, Edgewood. 1 p.m. Benefits schools, students and PTSA programs. (253) 862-8890, www.fleetfeetbonneylake.com.

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.



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.

Race Results

compiled by Christel Elliott

Judy Fisher

Vashon Bill Burby Inspirational Runs, 10K, 7/12/08, 49:01, 1stF60+

Capital Lakefair Runs, Olympia, 8K, 7/19/08, 35:11, 1stF60-64

Federal Escape Sprint Triathlon, Federal Way; 1/4 Mi. Swim, 12 Mi. Bike, 5K Run; 7/26/08, 1:19:08, 1stF65-69

Seafair Torchlight 8K, Seattle, 7/26/08, 38:11, 1stF60-64

Swedish SummeRun, Seattle, 10K, 7/27/08, 50:37, 1stF60-69

Tacoma Narrows Half Marathon, 8/02/08, 1:46:06, 2ndF60-64

Footzone 5K, Redmond, 8/03/08, 22:59, 1stF60-69

Auburn Friday Night Stampede, 5K, 8/08/08, 22:51, 1stF60-69

Waterland 5K, Des Moines, 8/09/08, 23:51, 1stF60+

Gary Wright

Bare Buns Fun Run (Kaniksu Ranch, WA) 7/27/08, 9:30 a.m. start, 24:57:07, 39/317 OA, 31M/202, 5thM(55-59)/28. "Out and back on dirt & gravel road, descending outbound. Sunny and warm. The oldest certified clothing-optional 5K in the US, outstanding facilities for a weekend visit."



Laura Coyne (below) and Larry's son Mark (lower left) at the STP bike ride in July



I recently received information from a woman named Jacqui about a cool new program through Big Brothers Big Sisters. It is called MoveBig! and is designed to provide a unique mentoring experience for volunteers and children in South King by participating in outdoors activities together and also occasionally attending spectator sports events.

We ask that volunteers in the program agree to attend two events a month with the child they are paired up with, normally on Saturdays, which could be a Ultimate Frisbee game in Kent, a hike in the Cascade foothills or a Tacoma Rainiers game. All events are organized and staffed by Big Brothers Big Sisters staff and are free to the volunteers and children

We know that children not only lack positive adult mentors, but also opportunities to get outside, try new sports and experience the natural beauty of our region. We have a lot of children waiting to be paired with their MoveBig! partner, now all we need are the volunteers!

For more information, please contact Jacqui Deelestra at 206.763.9060 x241 or Jacqui.Deelestra@bbbs.org. Please also visit the Big Brothers Big Sisters website at www.bbbs.org. Thanks for your consideration.

Christel Elliott, Editor



Big Brothers Big Sisters
of Puget Sound

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.



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

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

*** Note: only approved members can view our page, so your privacy is protected!

Larry at Large by Larry Coyne

It all started one day last fall when my son Mark came over and asked if he could use one of the bikes to do the July, 2008 Seattle to Portland bike ride. His goal was to do it in one day. I told him of course and that it would have to be my newer bike, as the bike shop converted the other one to fit Laura. This got Laura to thinking that she would like to do the STP also. Laura contacted a friend she knew had a bike, her former coworker Konni, and talked her into doing the STP with her.

Laura and Konni trained throughout the winter, no matter what the weather—rain, a little snow—nothing stopped them. Laura also said that a big part of her conditioning and success was due to riding with fellow IRC member Becky Jacobsen. Laura and Becky both work in downtown Seattle and took their bikes in on Wednesdays, Laura on the bus and Becky on the train. After work they would meet up and ride to the Super Mall in Auburn.

My son Mark, on the other hand, decided to wait until April to start his training. He said he didn't want to deal with too much nasty weather. Mark had his friend who is a personal trainer establish a weight lifting program for him that was designed to help him with bike riding, and he worked on it all winter. He said it was a tremendous help.

Laura and Konni really worked out a plan of attack for the ride, figuring out how many miles they would do the first day and which rest stops they would stop at. They even went down to Centralia to find a campground where we would stay overnight on Saturday after the first day of the ride. This is where I really fit into this, as it was my job to take our travel trailer down to Centralia and set up camp for the night.

Finally the big day arrived, Saturday, July 12th. Konni came and spent the night at our house on Friday so she would already be there. We rose and shone at 1:45 a.m. on Saturday morning, loaded the bikes, and headed off to pick up Mark. We arrived at the University of Washington at the starting line at 4:00. Laura, Mark and Konni got their last minute preparations completed. At 4:45 Mark was off with the first set of riders, and at 5:00 Laura and Konni took off.

I headed to Auburn where I knew I would be able to see all three of them coming south on West Valley Highway. Alex Juchems joined me and brought coffee, and when we had our fill of coffee, he brought out the Bloody Marys—now that's what I call support. After Mark, Laura, and Konni passed through Auburn, I headed home to get the trailer.

At 1:30, after setting up camp in Centralia and deciding it was time to sit down and have an ice cold Rainier beer, along came Laura and Konni. Laura said, "Don't even think of drinking that beer, as it is mine." They were 1.5 hours ahead of schedule. There went my nice relaxing afternoon drinking cold Rainier beer.

Later on Saturday afternoon, I called my other son Kevin who was supporting Mark, along with Mark's girlfriend. They had a schedule set up where they would meet Mark every 50 miles to replace his water bottles and give him food. Kevin said Mark was doing fine, but he could tell the heat was starting to wear on him as he crossed the bridge from Longview into Oregon. The temperature was 93 degrees with about 50 miles still to go. At 5:30, Kevin called me back and said Mark finished at 5:10, so his ride was just under 12.5 hours. Mark finished in the top 150 of the 2500 riders he started with who were doing the one-day ride. Kevin said Mark was a bit disoriented for about half an hour after he finished. He couldn't even get his own shoes off—Kevin had to do it for him. They made sure he drank lots of fluids and kept him in the shade until he was able to get around okay. Several of the one-day riders needed some medical help at the finish, as the heat was too much for them. According to reports, some riders abandoned the ride and were unable to finish. The last one-day rider finished some time after 11:00 p.m. on Saturday night. That's a long time to be on a bike.

Later that afternoon, I got back into support mode and cooked spaghetti, and we were all in bed by 6:30. At 5:45 on Sunday morning, Laura and Konni were back on the road to Portland. The second half of the route is not as easy as the first, and there are a lot more hills to deal with, as well as a long climb over the bridge from Longview to Oregon. During the last 50 miles, there is very little shade along the route except at the rest stops. When the bikers are on the road, they have the sun beating down on them and the heat radiating off the black pavement.

As Laura and Konni crossed into Oregon, the temperature was just about 90 degrees. Konni started struggling with the heat and could not keep up with Laura, so Laura would stop and wait for her, sometimes for a half an hour. This was starting to take its toll on Laura, as even standing around in the heat was getting to her. I told her several times she had to move on and keep riding which she finally did. It was not as though Konni was being abandoned. She could call me anytime she needed help and there were motorcycles and support vehicles driving the route looking for people who looked like they needed help.

It was quite an emotional finish for Laura. I ran up to her as she got off her bike and tears from joy and from knowing she was finished ran down her cheeks. We kept tabs on Konni via the cell phone and she was still struggling with the heat, but insisted she was going to be fine and would see us at the finish line. When she did finish, there was quite another emotional moment between Laura and Konni as they embraced each other and more tears appeared from each of them.

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

See pictures of Laura and Mark doing the STP on page 5.

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

and wheelbarrow race. Merita also provided a piñata to close out the evening's activities. All had a great time!

Gourmet Cooking Refuels Runners at July's "My favorite Run"

Becky and Jake Jacobsen, hosts of July's "My favorite Run", rewarded runners and walkers with delicious crepes following a run on a beautiful and challenging trail. Although a few of the 13 runners and walkers veered off course, the trail was very well marked, complete with turtle image signs! This is a trail I know I'll be back to run more than once.

Upcoming Fall Membership Meeting and Chili Cook-off

The IRC's fall membership meeting, chili cook-off, and underwear run are set for September 21st. Pete Grove will again host this unique IRC event. Bring your favorite chili to enter the chili cook-off. In addition to plenty of great chili, the evening includes one of the IRC's most unique traditions, the underwear run. There are always lots of prizes to be awarded, from best chili to the funniest underwear. This is an event you won't want to miss!



IRC Needs YOU!

In addition to plenty of good food and unique running attire, the fall membership meeting is also the time for nominating next year's IRC Board of Directors. Contact any member of the board if you're interested in volunteering for one of the open positions or to learn more about the roles of IRC Board members.

Welcome Becky Jacobsen as Newsletter Editor

I'm excited to announce that Becky Jacobsen has volunteered to take on the role of IRC Newsletter Editor. Becky is working with Christel Elliott to learn her new role and expects to be "on-the-job" in September-October. Please send your IRC newsletter contributions and race results to Becky at beckyj_2004@yahoo.com. Thank you to Christel for all the energy, expertise, and enthusiasm she's shared with the club over the past four years!

Live well and train smart!

Alex Juchems

Capital Cross Country Run & Kids Half-mile Run Saturday, September 13, 2008

Location:

Capital Lake at Heritage Park
330 5th Avenue SW
Olympia, WA 98501
Capital Cross Country Run

- Distance: 2.0 mi
- Race start: 9:45 a.m.
- Entry fee: \$5.00 DOR or online at www.ontherunevents.com/capinvite/

Kids Half-mile Run

- Race Start: 1:30 p.m.
- Entry fee: FREE! All participants will receive a ribbon.

Runners of all ages are welcome to participate in the Capital Cross Country Run on the trails around beautiful Capital Lake in Olympia. A half-mile race for children will begin at 1:30 p.m. There is no fee for the children's race.

Cross Country Run Awards:

Each class and gender winners as well as the overall fastest men's and women's runner will receive a plaque. Second place and third place in each division will receive a medal. Fourth through 20th places will receive a ribbon. There will be watermelon and cold water for all runners. Music will be by Drizzle.

The race will be followed at 10:30 a.m. by the Capital Invitational, a cross country meet that draws more than 1,000 high school runners from all over the Pacific Northwest.

For more information please see www.ontherunevents.com/capinvite/.

Hope to see you there!
Linda Schactler
360-866-9014



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

August, 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

