



The Interurban Runner Newsletter

August, 2010

www.interurbanrunners.net

President's Report

Larry, Laura, and I usually meet up to do a long run on Saturday mornings. In July Laura asked if I wanted to join them on a long trail run on the Pacific Crest Trail. Larry and Laura wanted to get some altitude and uphill training. I wanted to get a 12 mile run in. Even though I'm not a huge fan of trail running (yet), and I knew nothing about the trail, I decided it might be fun to do the run with them. It would be a little different and I would get to see someplace new. We got up early and started the long drive to the Snoqualmie area, picking Becky up along the way to join us for this particular run.

We parked at the trailhead, applied bug spray, adjusted our hydration systems, and started running up the trail. Within the first mile I started to regret agreeing to this madness. I don't know what I expected of this trail, but I just imagined an easy meandering trail with birds chirping, lovely forest shade, and maybe an occasional waterfall crossing. After we got back from the run I looked up the statistics and found out that this trail had a 2700 foot elevation gain in only 5 miles. And let me tell you, as if the elevation gain wasn't hard enough to overcome, the terrain didn't do us any favors either. Much of the trail was narrow and rocky. And as we got to the higher elevations, snow patches covered the trail at places and we had to carefully climb over the packed snow. I'd say I did much more hiking than running so that I wouldn't trip over my feet and I could catch my breath from running uphill. But when we got to the top we were rewarded with incredible views; it was one of the prettiest trails I'd been on in a long time.

If only that was the end of my story. But the day ended up being much more interesting than just a super-hard trail run. Shortly after we had turned around at the top of the trail to make our way back down, we

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My Favorite Run—September



Weyerhaeuser Trail Run

Saturday, Sep 11

9:00 a.m.

By John Pontarolo. Come and run or walk the trail system at the Weyerhaeuser office building in Federal Way. The trails are a combination of dirt and gravel and you can run the trail system as many times as you would like, depending on the miles you desire. The trails take you through wooded areas, open spaces and around the lake at the Weyerhaeuser office building. The trails are very well-groomed and are generally dry. The trails will be marked, but there are no guarantees that you won't get lost. If you do, just keep running and eventually you will come out to a main road that loops around the office building. It will take you back to where you started.

We will meet at the flagpole in the Weyerhaeuser parking lot. It's very hard to miss, as it is probably the largest U.S flag in the state of Washington. After the run, we will go the Timeout Ale House located at 34525 16th Ave S, Federal Way for lunch and some liquid refreshments of your choice.

Driving Directions: **From I-5** take the Hwy 18 East exit, then immediately look for and take the Weyerhaeuser Way exit to your right. Turn left at the end of the exit onto Weyerhaeuser Way, go through one round-about, and take the first left. Then, take an immediate right, follow this down to the flagpole. **From Hwy 167** take the Hwy 18 West exit, then at the top of the hill, take the Weyerhaeuser Way exit and turn right onto Weyerhaeuser Way. Go through one round-about and take the first left, then take an immediate right. Follow this down to the flagpole.

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!

Welcome New Member

Katherine McKinney, IRC President, is happy to announce that we have a new member, Amy Roetto. Amy is from the Federal Way area and is interested in regular workouts, 5K and 10K races. I look forward to meeting Amy at one of our events.

IRC Officers & Board Members



President	Katherine McKinney krosetoes328@yahoo.com253-720-3224
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August Board Meeting

By Caroline Carlson. The IRC Board Meeting was held on August 3rd at 6:30 pm at Applebee's and was attended by Kat, John Kokes, J. Ellis, Rick Garrison, Jake Jacobsen, and Caroline Carlson.

~September's MFR is on the Weyerhaeuser Trails. See newsletter for details.

~The IRC needs you..... to consider volunteering your home or a known venue for the world famous Christmas Party in December. This will help to keep costs down and the celebration to keep on rolling. Emails with more details will be coming to a computer screen near you!

~The Board is looking at how membership fees/newsletters are processed. Efforts are also underway to streamline and consolidate membership data.

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

came across one of the snow patches. The snow covered the trail, but the snow had started melting to make an extremely narrow muddy path right next to it. I carefully placed my foot in the mud, so as to not fall and also minimize getting my clean running shoes muddy, but the mud gave away and I started to slip. I lost control and started sliding off the trail and down the hill (some might say cliff). Larry tried to grab me and save me, but the momentum and gravity were too great to be conquered; Larry started sliding down the hill too. I was sliding on my right side and looking at Larry, who still had a hold of me. I couldn't see much else, but I felt that we weren't stopping; the hill/cliff was too steep. I was blindly grabbing the earth, hoping that I could grab a tree root or rock, but my hands only found more mud. Somehow Larry was able to turn himself around and could see down the hill. He spotted a rock and aimed for it. He hit the rock and the rock started sliding with us. But after a few seconds the rock lodged itself into the mud and we were able to stop with it. We sat there for a minute silently, processing what had just happened – we had slid off the trail and down a cliff for 20-30 feet. We decided that neither of us had serious injuries and we started the process of scrambling up the hill, with Laura and Becky guiding us and yelling out directions. We got to the trail again, covered in mud (so much for keeping my shoes clean), and assessed our injuries – just some bruising and scraped up arms and legs. We were incredibly lucky that we didn't sprain or break anything and, come to think of it, we didn't die either. I feel absolutely awful that I was the cause of Larry sliding down the mountain with me, but at the same time, I'm very glad he was there to help save me!

When it's all said and done, I actually don't regret the trail running that day. Sure it was tough, sure the fall was scary, and sure I was nursing my injuries for the next week. But you know what? The accomplishment of that day felt incredible. We ascended 2700 feet, made it above the tree line, survived a fall down a mountain, and ended up with a great story to tell about the 12 mile run that day. (I'm not ashamed to say though that the next weekend I ran a great 12 mile route in the suburban jungle that is Federal Way – paved trails and roads, no mountain cliffs!)

Keep on Truckin'!
Katherine "Kat" McKinney

IRC 2010 Events & My Favorite Run Calendar

Sep 11 Weyerhaeuser Trail Run

John Pontarolo

Sep 25 IRC Chili Feed & Membership Meeting

TBD

Oct 23 IRC Tacoma Triangle

Larry & Laura Coyne

Nov 6 Starbucks to Starbucks run

John Kokes

Nov 28 Seattle Marathon Cleanup Crew

J. Ellis

Dec 11 IRC Christmas Party

TBD

Dec 18 Black Diamond Bakery Run

Steve & Dee Israel

Dec 23 IRC Jingle Bell Run & Caroling

Steve Israel

If you have a favorite run that you would like to share with fellow IRC members, you can do so by hosting a "My Favorite Run." There are open months, or we could have more than one "My Favorite Run" in a month. If you'd like more information about organizing an event, contact John Pontarolo or any board member (contact info on p. 2) and they will assist you.

Don't worry about the details —
you will have a lot of support!

Remember to Renew

For most IRC members, but not all, membership dues are payable at the end of each year. Check the mailing label on this newsletter for your membership expiration date. You can mail your dues with the form on the newsletter or renew electronically via a link on the IRC website or by going directly to the following site: <http://www.databarevents.com/irc.asp>. Don't miss out on any club news or activities by letting your IRC membership lapse.

Thanks for being a member!

Seattle to Portland Bike Ride ~ 204 Miles in One Day

By Larry Coyne. The morning of Saturday, July 17th, started with an early rise of 2:00 AM to prepare to head to the University of Washington for the 4:45 AM start of the 2010 STP. Laura and I picked up my son Mark and his girl friend Molly then headed over to Alex Juchem's to pick him up.

Alex, Mark and I left the University exactly at 4:45 AM, the time reserved for riders doing the one day ride to Portland. I did not realize how many riders would leave at this time, there were well over a thousand. We were within inches of other riders and that was nerve racking for me. Several riders crashed within the first half mile. Finally after we arrived on the west side of Lake Washington the riders started to spread out but we had to be careful when making any turns until we got into Renton where things really thinned out.

Alex, who is an excellent rider, left Mark and me in the dust and was gone at the very start. Mark and I had a game plan where we would take turns drafting off each other and stay away from any big pace lines. We did get involved in a short pace line with five other riders from Kent to Puyallup which was nice and helped us rest a little. We lost the pace line as they stopped in Puyallup and we kept going. While going through Puyallup, Laura's parents met us and cheered us on; then fellow IRC members Jake and Becky Jacobsen met us.

Laura and Molly met us a number of times along the route ringing a cow bell and urging us on. It turned out they were ringing the cow bell all along the route as they were driving to our next meeting point. They became quite well known and riders who had seen them more than once thanked them for their support and wanted to know if they were going to be at the end.

Our first stop was in Spanaway the 50 mile mark. Laura and Molly met us there with our food ready. We planned to be there only 10 minutes but it drug out to half an hour. I didn't know it at the time but Mark was not feeling good and he was a little slow to get going again. We finally got back on the bikes and headed to Yelm. At mile 85 Mark fell in behind me to draft and for the next 15 miles he stayed there until we got to Centralia, the 100 mile mark, where we met Laura and Molly for our second stop. That is when we discovered Mark was not feeling well. Now I knew why he was not in a hurry to take the lead back between the 85 mile and 100 mile marks. Pepto Bismal was his first request. We

ended up staying at Centralia for 45 minutes while he attempted to recover.

Then off we headed to the Lewis and Clark Bridge that takes you from Longview into Oregon. Along the way, the hills lay in wait for the riders to challenge them to get to the top; once there you find out you have to get ready for another hill. This is the most scenic part of the ride and was worth the climbing. I told Mark, who is a very strong rider and 27 years younger than me, not to wait for me on the hills. Even not feeling well, he would get to the top of each one long before I could. When we arrived at the Lewis and Clark Bridge it was another big hill climb to get over the bridge. The bridge is the 150 mile point and I was still feeling pretty good.

After crossing into Oregon we rode on Highway 30 headed south to Portland. Highway 30 is a major four lane road with lots of traffic and the road noise is abundant. Along Hwy 30 there are more hills to climb with very few down hills to take some bit of the burden away. By this time I could no longer keep up with Mark's pace. He would slow to let me catch up, we would do well for a few miles but then I would start falling behind and he would slow to wait for me. With my tiring it was almost impossible for us to keep our two man pace line going. At the 170 mile point is where I really started to feel the affects of the ride. It simply became a mind over matter mental thing to get it done.

We stopped at the 175 mile point in Saint Helens for our last rest stop before continuing on to Portland. Once again Laura took very good care of me getting whatever food I needed, refilling the water bottles; then kisses and hugs were in store to get us on the way one last time.

Of course more hills awaited us outside of Saint Helens as we kept riding south to Portland. With nine miles to go, I was waiting for a stop light to turn green when something in me told me to check my tires. The front was fine but the rear tire was soft; no telling how long it had been that way. It really wasn't flat so I gave it a shot of air from a CO2 cartridge and away we headed again toward the finish line. Approaching the finish line got a little scary; we were on the streets of downtown Portland and a lot more riders were bunched up as they attempted to deal with cars and pedestrians because this year's route took us through the busier sections of the downtown area.

[Continued on next page ...]



Upcoming Fall Membership Meeting and Chili Cook-off

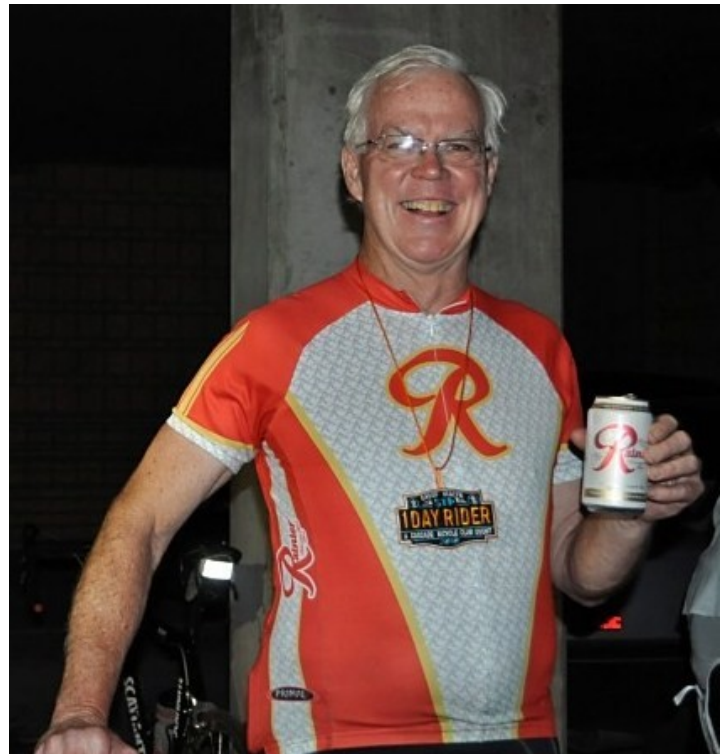
By Katherine McKinney. The IRC's fall membership meeting and chili cook-off are set for **Saturday, September 25th, at 6:30 p.m.** This year Kat and Robb McKinney will host the event at their home in Federal Way. Bring your favorite chili to enter the cook-off or bring a side dish/desert to share. In addition to plenty of great chili, the evening may include one of the IRC's most unique traditions, the underwear run. Directions will be provided with the e-mail reminders. In addition to plenty of good food the fall membership meeting is also a time for the board to share with members what is happening in the club and provide an open forum for members to share ideas and feedback. The fall membership meeting is also when nominations are received for next year's board of directors.

[... Seattle to Portland, continued from page 4.]

The closer we got to the finish line the more riders we also had to deal with and, being exhausted, it was not what I would call a lot of fun to get to the finish. We just wanted to avoid getting mixed up with another rider and going down so close to the end of the ride.

Mark and I made it into the finish chute riding side by side and when we got off the bikes fell into each others arms for a long well deserved hug of congratulations. It was quite an emotional moment for us and it brought a few tears to my eyes as Mark had helped me accomplish one of my three goals in my year of turning 60. Looking around at the finish line it was quite an emotional accomplishment for many of the riders as many of the other riders also broke into tears after finishing.

I would have to say this was one of the most exhaustive things I have ever done, the only thing that could compare to it was when I was in the Marines and went days without sleep in the jungles of Viet Nam. Mark made the ride much more enjoyable than if I had done it by myself and I am sure I finished sooner than I would have if he hadn't been there. He made me ride faster just knowing he was there. Our actual riding time was 13 hours and 26 minutes for the 204 miles. Also knowing Laura would be waiting for me every 50 miles gave me something to look forward to. I got a kiss and hug at the arrival and departure of each stop. That alone was worth the ride.



Larry Coyne at the STP Finish.
Way to go, Larry! One major event down, two to go ...

Totem to Totem Half Marathon

By Leslie Levenson. On July 17th, 2010, I participated in the Totem to Totem half-marathon and Richard participated in the 10K. The annual race is held on Graham Island in Haida Gwaii (formerly Queen Charlotte Islands), which is off the west coast of British Columbia. The race offers three running events (marathon, half and 10K) in addition to a “marafun” one mile walk to breakfast.

There are many qualities that recommend this race. The setting is stunning with ocean views throughout most of the race. It is a flat course that has a few slight rollers to add interest. The race is quite small (there were a total of 29 runners in all three events combined) so if you like to compete in a smaller field this would give you a good chance at placing. Plus, the race volunteers, the runners and the majority of island residents are extremely welcoming. The volunteers at the water stops were encouraging and just plain nice people.

Before the race began, the race director asked and was granted permission to start the race by a representative of the Haida Nation (the original residents of the islands who still constitute a large political and social presence in Haida Gwaii). As we began to run north from the Haida Cultural Center, we were escorted and cheered on by bald eagles and ravens.

This was the fourth annual Totem to Totem (named for the totem poles that you see at the start and finish of the race). The race website states, “...The marathon was conceived as a way to attract tourism to the island, to promote healthy lifestyles and to raise money for children’s sports programs.” Every year, the race seems to grow a



bit, with many of the participants coming from the local villages.

As far as results go, Leslie placed 6th out of 12 in the half-marathon with a time of 2:02:00. Richard placed 2nd in the 10K with a time of 56:15. If you’re interested in participating in the race next year, the website is at www.totemtototem.com. After you run the race, plan on staying on for a while in the islands to kayak, fish, whale watch, bike, hike, tour Haida village sites, or any other outdoor activity you can imagine. Getting there is a short flight from Vancouver or a 2-3 day ferry ride if you’ve got the time to spare. Any way you get there, Totem to Totem is a highly recommended race.



Leslie in front of an historical picture of a Haida village



Race Results

Sharon Hendricks—*Very Good!*

Jul 11 Missoula Marathon, 4:29

Judy Fisher—*Magnificent!*

Jul 11 US Women's Triathlon Series, Sprint Distance,
Federal Way, 1:48:38, 1st Female 65-69

Jul 14 IRC Midsummer 5K, Kent
24:55, 1st Female Overall (small race!)

Jul 24 Enumclaw Street Fair 5K Run
24:28, 1st Female 60+

Jul 25 Swedish SummeRun, 10K, Seattle
53:16, 1st Female 60-69

Jul 31 Federal Escape Triathlon, Sprint Distance,
Federal Way, 1:18:37, 1st Female 65-69

Jul 31 Seafair Torchlight Run, 8K, Seattle
39:06, 1st Female 65-69

Aug 7 Tacoma Narrows Half Marathon
1:50:52, 1st Female 65-69

Gary Wright—*Impressive!*

Jul 31 White River 50 Mile Trail Run, WA
13:59:11, overall: 189/194 (226 starters)
~Gary reports that the course was 43 miles trail, 7 miles dirt road, in a rough figure eight with 8700 feet of climb; the weather was mostly sunny and mild temps; and the scenery was stunning! This was the ninth consecutive year the race has been sanctioned by USATF as the U.S. National 50 Mile Trail Championship. Defending champion Anton Krupicka broke his own course record from last year (6:32:07) with a blazing 6:25:29

**Congrats to IRC member
Ryan Baerenwald for his summit
of Mt Rainier on July 26, 2010!**



Regularly Scheduled Runs

MONDAY

~Chambers Bay Golf Course, 6:30 pm. Meet by the clubhouse. Steve Scoles, steven.scoles@comcast.net or 253-460-6342

TUESDAY

~Kentwood High School, 5:30 pm. Track workout. Rick Garrison 253-638-0476 windburn@clear.net

THURSDAY

~Scoreboard Pub, Federal Way, 6:30 pm. Varied dist. Larry Coyne 253-653-4456 or coyneld@aol.com

SATURDAY

~Cedar River Trail, Maple Valley, 7:25 am. Varied dist. Lake Wilderness Park. Rick Garrison 253-638-0476 or windburn@clear.net



The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

August, 2010

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

___ Individual (\$15) ___ Regular Workouts ___ Relays

___ Family (\$17) ___ Marathons ___ Ultras

___ Student (\$5, must ___ Half Marathons ___ 5&10Ks

be in school/college) ___ 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 to Interurban Runners Club

Mail to Interurban Runners Club Membership Coordinator PO Box 24882 Federal Way, WA 98093-1882

