



The Interurban Runner Newsletter

January, 2007

www.interurbanrunners.net

President's Report

Here we are, off on another new year. For many of us, 2006 was a great year for running, and for others, there were injuries to deal with. That always put a hitch in the get-along when it comes to our running and/or walking. I hope everybody has a great year of training in 2007, and I hope you will be smart and stay injury free.

The IRC has many great events for all members to take advantage of in 2007. See the IRC calendar of events for a complete list.

The IRC put together a monthly event series several years back called "My Favorite Run" and I, for one, have really enjoyed taking part in these events. I have been able to meet members I may never have met otherwise. I must admit, 2006 attendance for the "My Favorite Run" series was anything but stellar. The members who sponsor their favorite runs work very hard at putting them together, and it would be wonderful if we could get more of us out there to support them. It is a great way to meet other members and also make new friends, and a person can never have too many friends.

While participating in the "My Favorite Run" series, I have run on routes I had no idea existed before. Some routes have scenery and seclusion that made me forget about the run and I was able to run faster than I normally do on my usual routes around the house. Also, to those of you who sponsor a favorite run, please come out and support other hosts when it's their turn. We have some new favorite runs scheduled for 2007 that should be very interesting, and if you would like to sponsor a run on your favorite route, please contact Robin Fox at RunningDgs@aol.com.

I want to remind everybody that as members of the IRC, we get a 10% discount at the Seattle Running Company in Seattle and The Balanced Athlete in Kent. If you need new running gear, those are the places to go. Just mention that you are a member of the IRC. You may visit the IRC website interurbanrunners.net for links to the store websites to find out more about them.

Look people in the eye, and always be the first to say hello even to somebody you don't know walking down the street.

And always be the first to extend your hand for a handshake.

Be Safe Out There,
Larry Coyne



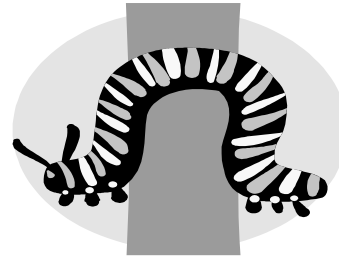
My Favorite Run

February My Favorite Run

Inchworm Run (one million inches)

Saturday, February 10th, 9:00 a.m.

Hosted by Andy Larpenteur



An old favorite, The Inchworm Run, on a new Green River Course, is set for Saturday, February 10th at 9am. This fun run is one million inches in length, a true distance of 15.78 miles.

The course starts at the Green River trail parking lot off the Willis Street exit in Kent. The Inchworm Run has mile markers, and will be supported with 3 water/Gatorade stops. The turnaround is at Briscoe Park, so you can choose to do the whole course, or run a shorter distance. See you there.

For more info, call Andy at 253.670.8760 (cell). You can call this number on the morning of the run if you need directions.

Driving directions: From Highway 167, take the Willis Street exit in Kent. This is the exit North of 277th and South of 84th Street. Turn right at the Shell gas station. Go south for about 1/2 mile. Road will curve east and come to a gravel parking lot next to railroad tracks. Park!

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.

The Interurban Running Club

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

IRC Officers & Board Members

- President Larry Coyne 253-952-3949
coyneld@aol.com
- Vice President Alex Juchems 253-529-8996
ajuchems@mindspring.com
- Treasurer J. Ellis 253-564-4340
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- Membership Rob Willis 253-752-8386
Coordinator rhrwillis@comcast.net
- Newsletter Editor ... Christel Elliott 253-226-9473
performanceresources@hotmail.com



We thank



For their support.

Regularly Scheduled Runs

- Tues. Kentwood High School** - 5:30 pm
Track workout.
Contact Steve Israel 253-797-0041
- Wed. Tacoma Waterfront, Katie Downs** - 6:30 pm
Run 4 to 8 miles.
HOST NEEDED!
- Thurs. 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@harbournet.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



February 3

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

Super Bowl Dash Half Marathon, 10 Mile, 10K, 5K & 1 Miler. Millersylvania State Park, Olympia. 11 a.m. (360) 273-9684, www.ontherunevents.com.

February 4

Geoduck Gallop Half Marathon & 10K. Evergreen State College, Olympia. 8:30 a.m. Rural roads, rolling course, mostly flat. (360) 867-6741, www.evergreen.edu/athletics/crosscountry/geoduckgallop, dicksonc@evergreen.edu.

February 10

St. Martin's Homecoming 5K. Lacey. 9 a.m. \$15 pre-reg., \$20 DOR. Funds to St. Martin's University XC and track. Julie Sullivan (360) 438-4523.

GBRC Two for the Road 5K. Whatcom Falls Park, Bellingham. 10 a.m. DOR only. \$5, 18 and under \$3. www.gbrc.net, sensslen@yahoo.com, or (360) 527-1747.

Run/Walk for the Heart Youth Against Crime Benefit Challenge 10K, 5K, & 1 Mile. Ft. Steilacoom Park, Lakewood. 9 a.m. (253) 983-0100.

(Events calendar continued on page 4)

Board Meeting

by Larry Coyne



The board meeting for January was held at Larry Coyne's office. In attendance were Larry Coyne, J. Ellis, Bill Barmore, Robin Fox, and J. Ellis.

Further conversation was held on the possibility of a shopping night for IRC members at the Balanced Athlete running store, located in Kent. Robin Fox is going to follow up on the possibility of when this might take place and what type of discount we might be able to get in addition to our standard 10%.

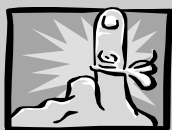
Larry asked the other board members to come back next month with ideas on how we can get more members to participate in our regular weekly runs and the My Favorite Run series.

Robin will contact Lance Docken about his annual favorite run, which he has held for a number of years, to see if we are on schedule for that in April. Robin will also contact Jeff Haas about a run Jeff wants to put on in either April or May.

Larry will contact Rick Garrison to see if he would be willing to help IRC members form teams for the Mt. Si Relay coming up in April.

The board discussed the potential location of the spring membership meeting, coming up in April, and agreed that the Round Table Pizza in Federal way is nice and a good place to start a run before the meeting. J. Ellis stated the Godfathers Pizza location in Federal Way has a meeting room and that it would be a good starting place for a run as well, in case the Round Table Pizza is not available. Larry will contact Round Table Pizza to see about availability.

Larry asked board members to come to the next meeting with ideas on how we may be able to attract younger runners so we can increase our student membership category.



Most IRC Membership Renewal Fees Are Due

For most IRC members their membership dues are payable at the end of December. 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.

Your membership is important to the IRC and it keeps you in touch with other runners and what better way to improve your running and to make new friends than to be a member of the most active running club in the Puget Sound area.

IRC 2007 Calendar of Events

January

Polar Dip Sat. January 20th

March

Tenacious Turtle Trail Trot Sat. March 17th

April

Spring Membership Meeting Wed. April 11th

May

Mother's Day 5k Race Wed. May 9th

June

Green River Marathon Sat. June 2nd

IRC Spring Social Sat. June 9th

Father's Day 5 Race Wed. June 13th

July

Mid-Summer 5 & 8k Races Wed. July 11th

August

Wed. August 1st Liar's Mile

Summer Sizzler 5 & 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 27th

November

Starbucks to Starbucks Run Sat. November 10th

December

IRC Christmas Party Sat. December 8th

Black Diamond Bakery Run Sat. December 15th

IRC Jingle Bell Run Thur. December 20th

IRC CALENDARS ARE NOW AVAILABLE FOR PURCHASE!!!

Get your 2006 IRC calendar today!

Support your club and remember 2006 with the IRC, for the low price of only \$15! Did you see that shot of you-know-who in November? Or how about that It's something to see--if you don't have one yet, you're missing out!

But besides hot photos of the IRC's most eligible bachelors and bachelorettes, the calendar contains a lot of local events and all the important IRC dates for the year--it's great to have on hand. Contact a board member to get yours today!

(Events calendar continued from page 2)

February 11

Road Runner Sports Love 'em or Leave 'em 5K. Greenlake, Seattle. 9 a.m. A Valentine's Day run and walk. \$25, \$30 DOR includes long-sl. T. 2-person team categories. (206) 729-9972, www.promotionevents.com.

21st Partners in Pain 5K. Spokane. 10:30 a.m. No DOR for teams. \$15 individual, \$30 team w/T by 1/31. \$6, \$12 w/out. www.brrc.net.

Valentine Half Marathon, 10 Mile, 10K, 5K & 1 Miler. Millersylvania State Park, Olympia. 10:30 a.m. (360) 273-9684, www.ontherunevents.com.

February 18

Birch Bay Marathon. Birch Bay State Park, Birch Bay. 7:30 a.m. \$15 by 2/9, \$20 thru 2/14, \$25 DOR. www.gbrc.net.

February 24

Skagit Symphony's 9th Annual Smelt Run 5K & 10K. LaConner. Registration 8:30 a.m. (360) 848-9336, www.skagitsymphony.com.

Fort Steilacoom Running Club Resolution Run Series #3 - 15K & 15 Miles. Steilacoom H.S., Tacoma. 9 a.m. Third of annual four race series. Series \$32 for FSRC members, \$40 non-members. Race \$8 members, \$10 non (253) 537-8712.

March 3

Snake River Canyon Half Marathon. Wawawai, ID. 10 a.m. Scenic flat out-and-back course. Cody Pews (208) 301-2065, www.palouseroadrunners.org.

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

Run 4 Luck 10K, 5K, 1 Mile. Chehalis. 9 a.m. \$20 by 2/23, DOR \$25. Margaret (360) 786-5595.

March 11

Henry Weinhard's St. Patrick's Day Dash 3.5 Miles (approx.). Seattle. 9 a.m. 1-800-343-4411. www.stpatsdash.com.

March 3

Honeywagon Runs 13.1 and 4 Mile Runs. Everson. 10 a.m. 4-Miles \$8, half - \$10. Flat roads through farm lands. Vicki Griffiths (360) 671-6645, vickyandgary@juno.com, www.gbrc.net.

Snake River Canyon Half Marathon. Wawawai, ID. 10 a.m. Scenic flat out-and-back course. Cody Pews (208) 301-2065, www.palouseroadrunners.org.

Nature's Path Whidbey Island Marathon & Half Marathon. Deception Pass to Coupeville. (206) 729-9972, www.whidbeyislandmarathon.com.

April 22

Wenatchee Marathon. Wenatchee. Third running of this new event. Also offers half marathon, 10K, 5K and 2K (for kids). Traffic-free course. www.wenatcheemarathon.com.

April 22

Mt Si Relay & Ultra. Snoqualmie Elementary School, Snoqualmie. 57 mile Team Relay, consisting of ten legs, five person teams. Plus two ultra runs of 50 Miles and 50K. www.eastsiderunners.com, mtsirelay@verizon.net.

IRC Snowday 2007 Saturday, January 27, 2007, 9:00 a.m.



Here is an update on the IRC Snowday, set for January 27. The official meeting place and time are in North Bend, at the Los Cabos restaurant parking lot at 9:00 a.m. The parking lot is located right off of I-90, exit 31. The Los Cabos sign can be seen from the highway.

From eastbound I-90 exit, turn left at the stop sign, go under I-90, then turn right at the first traffic light (Mt. Si Blvd.). Then turn left into a driveway, just after the Mt. Si. Shell station on the corner, then left into the parking lot behind the Shell building.

I have a van that holds 7, and since Sno-Park permits are required, it is best to carpool, so let me know if someone wants a ride up. There are semi-heated bathrooms on the way up, but just port-o-potties at the parking area.

The groomed area will have flat tracks for those that are balance-challenged, and a loop for the thrill seekers. Remember, snowshoers and skiers are welcome, any age, and the snow is plentiful this year.

Anyone can decide to go at the last minute, but a prior headcount is appreciated. Make sure you have equipment before meeting. We'll likely stop for pizza and beer afterwards. Snow more to say, for now.

Alan Sofinowski, phone 425-255-4570, sofinowski_a_dm@hotmail.com.

Race Results

compiled by Christel Elliott

Judy Fisher

Resolution Run Club NW 5K (Seattle), (NO DIP!), 1/1/07, 23:37, 1stF(60-69)/10, 114th/524 OA

"I ran a total of 71 races in 2006, which included 16 triathlons, five marathons, and one 50K Ultra - it was a good running year!"

Merita Trohimovich

Pigtails Ultra 50K, 12/23/06, 4:40 2ndF

Tiger Mtn 50K, 1/6/07, 7:08:00

Bob Dolphin

"During December, I ran two marathons to bring my 2006 total to 24."

Birch Bay Marathon, 12/9/06, 6:16:15.

Christmas Marathon, 12/23/06, 6:11:16, 1stM(70+)

Gary Wright

Manhattan Beach Yuletide 5K Moonlight Run, (Manhattan Beach, CA) 12/23/06, 5:30 p.m., 23:42, 4thM(55-59) Course: Out and back on beach on the ebb tide. Weather: Mild, still, half moon overhead. Notes: "Dozens of lumieres marked the course, firm sand made an ideal running surface, many Christmas outfits!"

Christel Elliott

Tiger Mountain 25K, 1/7/07. "Not sure of my time. I hadn't done anything for 3 months, so this was kind of a wake-up call for my body."

Bridle Trails 50K, 1/13/07, 5:11:50. "First run ever in the dark (besides road relays). 6-loop course, last 4 in the dark with a headlamp. Frozen ground & icy, but I really liked it. I can still go the distance! Finishing was a confidence booster. And I thought it was really fun running in the dark. It made it very easy to zone out and the time passed by very quickly for me!"

New Thursday night run in Gig Harbor!

A small and hopefully growing group will be running in Gig Harbor on Thursday nights at 6:00 pm.

We'll meet at the park-and-ride off of Kimball Ave (take the City Center Wollochet exit - I think the third one after the bridge, head right at the exit and then your first right after that onto Kimball. The park and ride is about two blocks down on the right). We meet at the far end at the beginning of the Cushman Trail. (Next to Stroh's Nursery and Tack). We will run the Cushman trail (5 miles, paved and wide, no lights).

For info call Merita (253) 853-3568.



Tony Phillippi, IRC member and website specialist, is co-directing the first ever Tacoma City Marathon on May 13th this year. They would like to have an IRC water stop, as well as volunteers for designated spots along the course. Please help support this new event and our fellow IRC member and web guy! :)

If you would like to volunteer, please let Tony know, or contact a board member for more information. More details to come in the future. See article on the right for more information on this wonderful new event in Tacoma!

TACOMA TO HOST FIRST ANNUAL CITY MARATHON

Sunday, May 13, 2007, 7 a.m.

With its breath taking views of Mount Rainier, Commencement Bay, Point Defiance Park, and the Tacoma Narrows Bridge, it is a surprise to many runners that Tacoma does not host a marathon. While Olympia has its Capital City and Seattle hosts the Seattle Marathon, Tacoma has been without a marathon for many years. However, as of May 13, 2007, Tacoma's non-marathon status will change.

Co-Directed by Fleet Feet Sports of Bonney Lake and Marathon Maniacs, the first annual Tacoma City Marathon will debut on Sunday, May 13, 2007. Festivities begin on Friday, May 11, with the kick off of a two-day running and marathon expo. The expo, held at the new, world-class Greater Tacoma Convention and Trade Center in downtown Tacoma, will feature numerous sports vendors and organizations as well as guest speakers and running-related clinics.

The marathon course itself will highlight much of Tacoma's natural beauty. Beginning in historic downtown Tacoma, the scenic and rolling course will take marathoners along the shores of Commencement Bay via Ruston Way and throughout the beautiful Tacoma area. With views of the Tacoma Narrows' Bridge as well as scenic Point Defiance, the Tacoma City Marathon route certainly will provide its participants a glimpse of Tacoma's loveliest sights.

Along with the full marathon, both a half marathon run and 10k run/walk will also be offered for athletes who prefer a shorter race distance.

For course maps and more information, visit www.tacomacitymarathon.com or contact Fleet Feet Sports at 253-862-8890.

(article above from the TCM website: http://tacomacitymarathon.com/doc/TCMPressRelease11_13_2006.htm)

Member at Large Bill Barmore

December, two things: run a marathon, go on vacation. Then the windstorm hit, we had no power for 4 days, and I patched my mother-in-law's roof. I haven't got time to run and the trails are covered with trees anyway. A friend of mine, Van Phan, hosted a 50K ultra marathon on the 23rd in Renton, and I had planned to volunteer at an aid station but decided to run instead. Several IRC members were there: Steve Barrick, Steve Israel, Merita, and myself. I've never run a long race in the rain, but had resigned to the fact that I was going to get drenched and a day later fly to Florida for a 17-person family reunion at Disney World. I ran the first half with a couple of friends and then stepped it up a little and picked off people the rest of the way. It never rained one drop!

About 24 hours later Cathy, Bronco, and I were on our way to Orlando. I just love it when a plane accelerates down the runway to take off. I'm the son of a fighter pilot. Taxi drivers, I'm not so fond of.

If anyone is going to speed, tailgate, and get paid for it, It should be me. Once we were at the hotel, we planned our assault on Disney, Go early, get fast-passes, and jump in line to get spun, dropped, thrown,



splashed, and launched. Just like running, I recommend small fast groups and if you can't keep up, too bad. We hit Animal Kingdom, Magic Kingdom, Epcot, and MGM in four days. The last day, I went back to Epcot at opening to ride Mission Space and Soaring a couple more times. We wound things up with a trip to Downtown Disney and had lunch at Planet Hollywood on Pleasure Island, judged by all as the best meal the whole trip. By chance, we met a couple of real princesses at the bus stop. They were very nice and let Cathy take their picture.

We took a shuttle to the airport and I noticed that it was missing 2 lugnuts on one of the rear wheels. Couple that with the fact that most of the seatbelts were not working, and we were on our way to the airport. Our flight back took us through Las Vegas. I gave our son \$5 and told him to go win his rent money. Within 10 minutes, he was homeless. Arriving at Seatac at 2:33 a.m. has it's advantages, as there was very little traffic on I-5. I'm now fat, slow, and glad to be home. Maybe a 50K run mostly at night would be just the ticket.

See you next month,
Bill



2007 Tiger Mountain Ultra

by Merita Trohimovich

I had plenty of optimism at the start of the day. I had just run an ultra two weeks prior and felt that would give me the endurance I would need. The weather was fine (no rain), I had good rest, and breakfast went down pretty well. I saw some friendly faces at the start and soon the runners were off.

It was a tricky route with some turns, boardwalks, and plenty of vertical. I started easy with the goal of a negative split on the second loop. Then the vertical began – lots of it and it was steep. There was a line of runners (or plodders) up the trail, and after a bit the trail was covered in crunchy new snow. It was fun, and the trail a bit treacherous but interesting. A runner behind me gave me a tip for running along narrow trails, which helped some.

While working my way up the snowy trail, I thought I would not attempt a second loop unless I had someone to run with. I came upon Steve Barrick and we chatted for a time. I told him that if I finished, I would qualify for the Marathon Maniacs. He said that I had to do two loops in that case. It seemed that we were trekking up for hours and I wondered if we would ever reach the top. One thought went through my mind—"I've been on ski trips with less snow!!!" The trail got suddenly skinnier and darker and then we were on top, where it was foggy, windy, and cool. Then it was downhill (maybe for a half mile) then another steep and snowy road up. The we were finally at the top, and the trail headed down.

Being a typical engineer, I figured the top would be the middle of the race and so I figured that the first loop might take me until 1:00. At that pace, I would not finish two loops until after dark, which was not a comforting thought, considering I didn't know the trail well and there was lots of snow. But the end was closer than I thought, and I finished the first loop at 11:13. I decided that a goal was in sight and I better try again. As I started up the trail, I asked people I knew if they were doing a second loop but no one was. I was a bit concerned about getting lost but decided to try and turn back if I lost the trail.

With no support provided, I was monitoring the level in my camelback more closely than usual. As I downed my Gu bottles, I started to get concerned. All that time alone with no one to talk to – I started to get concerned that I would run out of water and dehydrate and just wander off. I realized that no one would probably come looking for me. That, coupled with the challenge of the second loop uphill, made me really think that maybe this was more adventure than I wanted. Then I calmed down some and started setting some goals: by 1:00 get back into the snow, have more Gu at 12:30 and 2:00, by 2:30 make it to the first "top". That helped. I also came upon some other 2nd loopers - going the other way. No one told this rookie that they go the other way the second loop to get the big hills done earlier. I probably would have gotten lost if I attempted that anyway.

(Article continued on page 7)

2006 Honolulu Marathon

by George Murray



I did my annual Seattle to Honolulu trip and ran the Honolulu Marathon on Sunday, December 10th. But this time, it was a little different, and harder because I sprained my ankle at just past the 6 mile mark in Kapiolani Park. I tripped off an unseen curb at a pit stop crowded with runners, twisted my left ankle and picked up road rash on my hands and right knee. I decided to press on until pain stopped me or I finished. It turned out that my right foot hurt more than the ankle because I had to favor the ankle. I estimate it cost me 45-60 minutes in time. I finished 5th which is not much of a feat in my age group of 80-84. I didn't seek any medical aid because I've sprained ankles before and I know the drill "RICE" (rest, ice, compression, elevation), and you can add Aspirin or Aleve. Also, I was late and I had to hustle back to the nearby hotel to shower and finish packing before checkout at noon.

My wife and I then cabbed down to Aloha Tower to embark on a 7-day Hawaiian Island Cruise that departed that night on the "Spirit of Aloha". First stop was Nanawale, Kauai, overnight, then direct Hilo, Hawaii (the "Big Island") for a day. Next was around the island to Kailua-Kona Bay, where the Ironman swim takes place, then Kahului, Maui, where I was able to pick up an ankle brace, for two nights before leaving for Honolulu. The cruise was the best part of the whole trip and we enjoyed the relaxation, dining, and entertainment on the ship, and it also spared us from a big Northwest Storm.

Next year, I think we'll take the ship first, then taper for the Marathon on it because there's a great, practically unused fitness center with first class equipment, a padded running deck, and 9 deck stairways to run up and down, from the 3rd to the 12th. There were also several Jacuzzis and a pool for easing sore muscles. One Jacuzzi was forward on the 12th deck, and I saw only a few people use it, probably because it is by itself away from the pool crowds. Of course, you can eat as much and as often as you like, at about any hour of the day or night for carbo-loading before the run. My favorite memory was doing a workout in an empty fitness center on the 11th deck then sitting in the empty, hot Jacuzzi on the 12th deck as the ship steamed ahead at 25 knots with a strong breeze whipping up the water while I enjoyed the scenery of the tropical islands we were cruising through.

The day we returned to Honolulu, I read of a female marathon runner who broke her femur (thighbone) at 16 miles and didn't know it, so kept on trucking and wondered why it was taking so long to get there. She figured the pain was normal for such an event. Her injury wasn't diagnosed until 8 hours after she finished and then she went right into surgery to have a steel plate mend the break. She said, "I'm not stupid, I know not to run on a broken leg, I just didn't know it was broken". So much for the "weaker sex"! She has a Masters in molecular genetics.

I got to see a couple of friends from my former Honolulu running club, The MidPacific RR, and they introduced me to Patty

Dillon, a 4-time Honolulu winner and Cosmas Ndeti, a 3-time Boston winner and took pictures of us. Cosmas looked like a teenager to me, hard to believe he was 39. They are both friendly and unassuming people. The Africans, such as 5-time Honolulu winner Kenyan Jimmy Muindi, are amazingly humble and friendly unlike some of the elitist club runners I have known. He ran a 2:07:51 and placed third in Chicago. At 6 feet and 118lbs he is the perfect picture of an endurance Athlete.

This time I became acutely aware of the effects of "jet lag" on my body. I wanted to run Tuesday, the day I arrived, but after checking in at the hotel found that I could barely move and just wanted to sleep. The next day (Wednesday), I just managed a run around nearby Kapiolani Park (1.8 mi.) before stopping to walk. On Thursday I was able to do twice around the park, but it wasn't pretty. So now I know why I feel sluggish on Sunday, the morning (Sam) of the race.

There were 24, 573 finishers this year and yet it didn't seem that crowded. Certainly not like Boston. The race was won by an Ethiopian Abesse Tolossa with Jimmy Muindi second. The race brought in 100 million to the city/state and is the third largest in the country. Elise Allen, author of Fodor's guide "The Traveling Marathoner" says race organizers bring the "Spirit of Aloha" to the event, catering to their runners with an expo that attracts running luminaries (Frank Shorter, Kip Keino etc.) and entertainment celebrities, and an enormous pre-race luau and concert and a course that stays open until the last runner finishes, no matter how long that takes. After the race, runners and their families, friends, significant others etc. can get together on the grass to rest, eat, drink and talk stories. That's one of reasons its called "The Friendly Marathon".

(Article continued from page 6)

I decided to risk the consequences and take water from streams to refill and mix my Gu packets. The water was clear and tasted great and I was thirsty by then. I reached the snowy part of the trail ahead of schedule (12:30) then after the long trudge in the now-packed, starting to freeze and slippery snow, I finally reached the "top" before 2:00. I even reached the second top before 2:30. I was very encouraged. Then the down – again slippery packed snow, a few falls and slides. When I finally made it to the dirt and mud part of the trail I knew my quads would be screaming from all the downhill, but I felt strong and continued. I finished strong – no negative split but I made it, I ended up with about a half cup of water in my camelback. I wrote my time (7 hours 8 minutes) in the book and felt glad to be done.

A few other runners that I knew finished soon after me and I enjoyed a nice visit. So far no ill effects from drinking the water, my quads are more sore than they have ever been, and I'm not sure if I'll do that particular race again, but who knows. I plan to get in six marathons in six months counting the two I've already done. I never thought I'd be this type of runner, but things don't always go as planned. Rita

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

January, 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

