



The Interurban Runner Newsletter

July, 2008

www.interurbanrunners.net

President's Report

What a wonderful time of year to be out running or walking. While at times the temperature this time of year is warmer than we'd like for running, it's just right for picnics and other summertime activities, like the IRC Spring Social. A big thank you to **Becky, Jake, Jacob, and Sarah Jacobsen** for hosting the Social. The event was well-attended, with 27 club members gathered at Becky and Jake's home to enjoy an afternoon of games, food, drinks, and socializing.

Used Running Shoe Drive a Success!

The IRC sponsored a used shoe drive as part of the Spring Social. Over 20 pairs of used running shoes were collected and donated to Operation Nightwatch, a homeless shelter in Seattle. My wife Sue delivered the shoes, as she volunteers at the shelter once a month to serve dinner to the homeless. Sue reported that the shoes went very fast and folks were very happy to receive them. Thank you to those who donated! For those who were not able to donate at the Spring Social, bring your used running shoes to any IRC event.

IRC's Summer Race Series

The IRC's Mid-Summer 5K and 8K races, held on July 9th, were a success. Although temperatures were warmer than folks would have liked, 30 runners participated. Thank you to the following volunteers for making the Mid-Summer races a success: John Kokes – Race Director, J. Ellis - Assistant Race Director, Meredith Johnson – finish line support and assistant to the Assistant Race Director, Kathy West and Laura Coyne – registration. The following volunteers kept runners safe and on course: Rob Willis, Rick Garrison, Jeff Johnson, Larry Coyne, Alex and Sara Juchems, and Debbie and Alan Sofinowski. And thank you to the barbeque team of Merita Trohimovich and Jeff Haas.

The Summer Sizzler 5K and 8K is the last race of the series and is scheduled for Wednesday, August 13th. Join the fun and run a fast, flat course! If you're interested in volunteering, contact **John Kokes** (206-932-9355, john.t.kokes@boeing.com). Plan on attending and bring a friend and/or family member along to enjoy a great race and free root beer floats! The race will again start and finish at Three Friends Fishing Hole park in Kent.

Mid-year Report

At the start of the year I listed a few key indicators the IRC can use to gauge how the club is doing in the areas of participation and long-term club growth. As we pass the halfway point of 2008, I wanted to share with you how the IRC is doing around these key indicators.

(President's Report, continued on page 6)

My Favorite Run

August My Favorite Run

Larry & Laura's Trail Run

Saturday, August 23rd, 9:00 a.m.

Hosted by Larry & Laura Coyne



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!

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

Saturday, August 9

Vasque Cougar Mtn. Trail Run #4, 13 Miles. Sky Country Trailhead, Bellevue. 8:30 a.m. (206) 325-4800, www.seattlerunningcompany.com

10th Annual Riley Run 5K & 1 Mile Walk. Bakerview Park, Mt. Vernon. First event 10 a.m. www.4riley.freesevers.com (360) 424-4881.

Festival at Mt. Si 10K & 5K. North Bend. 8:30 a.m. Paved course, incredible view of Mt. Si. www.festivalatmtsi.org (425) 888-4305, garneyg@juno.com

Waterland 5K. Des Moines Marina. 9 a.m. Very varied course, hill-loving runners especially welcomed! (206) 870-6587, www.desmoineswa.gov/waterland5K

31st Annual Loggers Jubilee 10K & 2 Mile Fun Run. Morton H.S. 8 a.m. DOR only. www.loggersjubilee.com Steve (360) 496-5357.

Sunday, August 10

Port Gamble Half Marathon. Port Gamble. 8:30 a.m. Trail run, limited entries. Series awards. www.rootsrockrun.com, Chris Hammett (360) 779-8757.

(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

July 26th Teddy's Dog Days of Summer Trail Run, Clark's Creek Trail in Puyallup - Becky Jacobsen

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

IRC Blues Brothers Meridith Ellis and John Kokes rock out at the Tacoma City Marathon in May



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 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 on Tuesday evening, July 1st, at Alex Juchem's home in Auburn. In attendance were Alex Juchems, Larry Coyne, John Kokes, Merita Trohimovich, Rick Garrison, Becky Jacobsen, and Jeff Johnson. J. Ellis was not able to attend.

IRC Business

No new members to report.

IRC will operate a water station at the Tacoma Half Marathon on August 2nd. About 13 volunteers have pledged to participate.

Social and Running Events

IRC Race Series. The Fathers Day 5K had 42 runners and just enough volunteers. The Mid Summer Races in July will likely need 10 volunteers. Decisions were made for food purchase and prep as part of the July race. John will coordinate with Fleet Feet regarding use of their timing devices for the coming races. John says that for next year, the start and finish line will be shifted to a more convenient location and re-certified.

Liar's Mile and BBQ (August 6th) Arrangements for the food and games are complete. It's set to go. Because the board meeting would normally meet on the 5th, there's an agreement to hold the meeting at the BBQ, following the festivities.

My Favorite Runs Becky is ready for her event for July. Larry will host a run on the Weyerhaeuser property in August and will get Alex's help for permission from the company.

(Events calendar continued from page 2)

Wednesday, August 13

IRC Summer Sizzler 5K & 8K. 3 Friends Fishing Hole Park, Kent. 6:30 p.m. \$10 entry DOR only. Rootbeer floats to follow. John Kokes (206) 619-4231, www.interurbanrunners.net

Saturday, August 16

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

Covey Run 10K Race and Talking Rain 5K Run/Walk. Redhook Brewery, Woodinville. 8 a.m., kids dash 9:20 a.m. Fundraiser for Children's; 10K 21+. www.runforchildrens.org

Saturday, August 23

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

The Hunger Run 10K & 5K Run/Walk. Mt Vernon. 9 a.m. Proceeds benefit food banks. Stay for the blueberry pancakes! www.mvpres.com

Sunday, August 24

Redmond Watershed Preserve 5 & 10 Miles. Redmond. 9:30 a.m. Trail run with looping course format. www.nwtrailruns.com, Eric (206) 291-8250.

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.

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.

IRC Vice President J Ellis smiling for the camera



Race Results

compiled by Christel Elliott

Judy Fisher

Sound To Narrows, Tacoma, 12K, 6/14/08, 59:55 (chip), 1stF60-64/18

Evergreen 5K, Olympia, 6/15/08, 23:01, 1st F Supermaster (50+) 53/ 176 overall

White River 5K, Buckley, 6/21/08, 22:23, 1stF60-64, 52/192 overall

Seafair Half Marathon, Husky Stadium to Bellevue, 6/29/08, 1:56:00, 1stF60-64 (2463 finishers)

Firecracker 5000, Seattle, 5K, 7/3/08, 23:31, 1stF60-69/9, 189/899 overall

Four On The Fourth, Steilacoom, 7/4/08, 4 Miles, 29:00, 1stF60+

The Runner Stumbles, Cle Elum, 10K, 7/6/08, 48:09, 1stF60-69

IRC Mid-Summer 5K, Renton, 7/9/08, 23:24, 1stF Overall

Bob Dolphin

Easter Marathon, 3/22/08, 6:22:17, 1st 75-79M

Yakima River Canyon Marathon, 4/5/08, 6:05:28, 2nd 75-79M

Tacoma City Marathon, 5/10/08, 5:38:37, 1st 75-79M

Capital City Marathon, 5/18/08, 5:37:15, 2nd 70+M

Coeur d' Alene Marathon, 5/25/08, 5:28:25, 1st 75-79M

Newport Marathon, 5/31/08, 5:18:51, 1st 70+M

North Olympic Discovery Marathon, 6:8:08, 5:35:17, 1st 75+M

Seafair Marathon, 6:29/08, 6:17:42, 2nd 75-79M

Christel Elliott

Lake Youngs Ultra (about 29 miles) 6/14/08, 4:30:00, 5thF, 33 OA. "This course has been my nemesis in the past--I've always found it difficult to complete the third and final loop. But this time I ran the third loop backwards and tricked myself into thinking it was different, so I felt good! Excellent race, really good food afterward, great friends, and great times!"



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

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!



Big Brothers Big Sisters
of Puget Sound

Larry at Large by Larry Coyne

Oh what to do, what to do? Many of us ask this question after a hard workout or race. Do we take in a lot of carbs to restore energy? Do we take in a lot of protein to rebuild muscles? Some say we should take in protein and carbs at a ratio of four parts of carbs to one part of protein. Who comes up with all this stuff anyway? The last couple of years, experts have said chocolate milk is an excellent way to refuel the body after a hard workout. Even the University of Washington football team started drinking chocolate milk last year—we will see if it will help the team improve their record this coming football season.

Now there is a new idea out there to help us refuel our bodies after an extreme workout. Notice how I took you all from a hard work out to an extreme workout—what the heck? Every workout seems extreme. Coffee is the new thing to help us refuel after our workouts—that's right, it is coffee. Here's the "Eureka" news: Caffeine stimulates glycogen resynthesis. Caffeine is supposed to speed up the glycogen re-synthesis process faster than carbs or protein.

I know most of us have some kind of coffee drink before a race or long run to get an extra kick of stimuli, but now it is also good for us afterwards. The research was done by a team of researchers in Australia and here are their results they reported. The Australian team described how they tested seven trained subjects in a randomized, double-blind, crossover study—whatever that means? First the subjects were depleted by a laboratory bike ride to exhaustion. Then they were fed identical, high-carbohydrate meals, except that one of the meals included caffeine. After taking caffeine, the subjects produced 66 percent more glycogen in four hours than when given only carbs without caffeine. That's an impressive difference. A report at the American College of Sports Medicine meeting stated this has turned up a wrinkle that hasn't been explored previously. The research paper has been accepted by a leading sports science journal, and could be published soon.

Heat and hydration expert Larry Armstrong several years ago disproved the old notion that coffee/caffeine is a diuretic. Meanwhile, caffeine is undeniably a stimulant of both mental and apparently physical performance. Many caffeine-performance studies have yielded positive results.

So here we are in the land of coffee, where you can find a coffee stand on almost any corner. At some intersections, you can find a Starbucks on every corner and an independent coffee drive-thru down the street. So enjoy your extreme workouts and then get that coffee milk drink and you will be doing good things for you body and some say your mental outlook on life.

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

Larry

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

I'm happy to report we are on track to exceed 2007 numbers. While we may have lost a couple of members due to relocation or other commitments, we continue to see positive growth in club memberships. Year to date—9 new members and their families have joined the IRC! The following numbers show how we're doing through July 2008 as compared to 2007:

Number of IRC members: 123 (July-2008) 122 (December-2007)
(thank you Rob Willis for keeping track!)

Total number of IRC members participating in the "My Favorite Run" series. 89 (July – 2008) 119 (2007)

Average number of runners/walkers participating in a "My Favorite Run" event 12.7 (July-2008) 11 (2007)

Runner/walkers participating in the IRC's summer race series 105 (July-2008) 120 (2007) *(one race left to go)*

18 – years the IRC has been around *(thank you Mike Salazar for the great article on the club's start in the May newsletter!)*

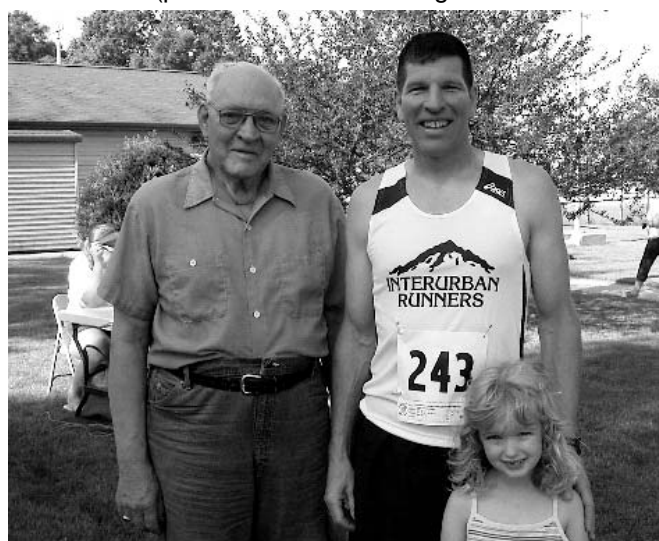
I challenge all club members to attend IRC events and races and continue this positive trend through the remainder of 2008 and years to come. Bring a friend, family member, or co-worker along – they'll thank you for introducing them to how much fun running and walking can be with the IRC!

Liars Mile – Where Speed Doesn't Always Win the Race!

Coming August 6th is the IRC Liars Mile. The concept is simple – guess the time required for you to cover one mile. The challenge is that you have no way to track your progress. Before heading to the starting line, all participants turn in their watches, cell phones, sundials, and any other time-keeping devices. Over the past couple of years, walkers have "walked" away with top honors. The club grills burgers, brats, and veggie burgers with all of the fixings. Participants are encouraged to bring a potluck dish to share. There are always lots of give-aways and plenty of games for the kids, including a piñata. Plan to attend and enjoy a fun filled evening with the IRC!

Train wisely and drive carefully, your family and IRC friends need you!

Alex Juchems (pictured below with daughter Sara & dad Ben)



SEAFAIR MARATHON June 29, 2008

Although the Seafair Marathon moved its date from July 8th in 2007 to June 29th in 2008, many of us who would run this marathon and concurrent half marathon had qualms about the weather. The prediction was for clear and sunny skies with temperatures in the 90's, atypical for late June.

The weatherman was right on, and race temperatures were between 65 degrees at the 7:15 a.m. start and 92 degrees at the afternoon max. This was only one degree shy of the Seattle record for the date that was set in 1987. The skies were calm most of the race with a light breeze off of Lake Washington as we ran near it for a few miles. Most relief on the course came from water at the aid stations, the shade of trees and the hoses and sprinklers of friendly homeowners in Kirkland and Bellevue. Thankfully, the relative humidity was low.

Lenore and I went to the Bellevue Hilton Hotel for Packet Pickup and to check out the Expo booths on Saturday. We had an appointment with Linda Belton, 53, a runner from the Sacramento, California, area. We became acquainted with her at the Walk with Me Marathon in Eugene, Oregon, three years ago. She's working on a scrapbook about the Yakima River Canyon Marathon (YRCM) and wanted to show us her progress.

We met at Les Wright's booth which promoted his Lake Tahoe and Maui Marathons. We appreciated his hospitality at our get-together. Marty Wanless, sportsmarketer and sponsor of the YRCM, was at the Expo distributing advertising and entry forms for many marathons and Northwest Runner magazines. It was good to see him again.

On race morning, I arose early, said goodbye to Lenore who stayed home to avoid the heat, and drove about eight miles to Bellevue's Downtown Park, the finish area and bus boarding place. This year, for the first time, the loop course had been reconfigured to become a point-to-point course that required busing from Bellevue across Lake Washington to Seattle to the starting area by the Husky Stadium of the University of Washington.

I met Jim Boyd in a parking garage, and we boarded the first bus at 5:00 a.m. By 5:15 a.m., the bus was almost full and we on our way to the scheduled 7:00 a.m. start. We crossed Lake Washington on the floating bridge (State Highway 520). The fifteen minute ride went by quickly, and we reached our destination by 5:30 a.m. with a 90 minute waiting period. This was a good time to socialize with other runners, mostly Marathon Maniacs.

By 7:15 a.m. when the race started there were more than 4,000 runners and walkers, with the majority of 2,500 in the half marathon. The fields of both races were comingled for the first 10 miles. After the gun sounded, we ran across Montlake Drawbridge and then down an on-ramp to Highway 520 onto

the two right lanes of the Evergreen Point Floating Bridge.

Because this bridge has no pedestrian or bicycle lane, this was a momentous occasion. The last time a race had been held on the bridge was in 1984. There was a lot to see during the two mile crossing.....Bill Gates' estate, boats, white water lilies near the shore and runners to greet as they passed.

Meanwhile, the regular starters were running through Bellevue's Beaux Arts Village, a suburban area which had steep hills, but a lot of shade and downhills. Eventually, we ran on flatter Bellevue Way to the city downtown where the fields divided at Mile 10. When the runners near me took the turn to the half marathon course, it became evident that I was bringing up the rear in the marathon, a familiar role!

The road to Kirkland passed by Bridle Trails State Park and nearby horse farms. For the second half of the marathon I walked most of the time and passed a few walkers, who would re-pass me later on. We went along Lake Washington in Kirkland by a long, narrow beach park. The lake scenery was pleasant, but there wasn't much breeze or any shade.

As we re-entered Bellevue, there were a few steep hills in the last four miles which weren't welcome. In the final 5K Mark Moody, a course medic, walked with me, and I appreciated his company. Mark has run all 8 YRCM's and is an Ironman Triathlete.

A morale boost occurred when a group of Marathon Maniacs cheered me as I passed in the last quarter mile. Then I reached a lane and ran to the finish line. My official chip time was 6:17:36, 560th of 565 finishers and second of two in the 75-59M Division. Mel Preedy, 75, of Ravensdale was first in this division with a chip time of 5:43:09, a good time for a hot day on a hilly course.

Bernadette Langdon, 54, of Portland, Oregon, was a volunteer at Packet Pickup. On race day she power walked to a 5:30:16 and finished before 60 runners/walkers. Her time was two minutes faster than her Newport Marathon time of 5:32:46 in temperatures that didn't exceed 58 degrees. A remarkable performance!

During the race only three participants were reported to have medical problems with dehydration. There were 15 aid stations, and all had water when I passed them. Some had run out of cups, but I had a water bottle and could get refills.

It had been a challenging day. I'm glad that I didn't have any problems along the way. Dehydration, leg cramps and heat exhaustion held off!! Thanks go to race director Jared Loranger, his staff and the many friendly volunteers and policemen on the course for their support and assistance during an unusually hot marathon.

Written by Bob Dolphin

Edited, Typed and Distributed by Lenore Dolphin

The Interurban Runner Newsletter

PO Box 24882
Federal Way, WA 98093-1882

July, 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

