



Spring/Summer 2022

Hello fellow runners,

My term as an ESR officer is ending. I'm still volunteering (as the next Apparel Coordinator), but this is my last message as president. I want to use it to talk about my time in ESR and what the club means to me.

This is a club that welcomes everyone, so when I joined I found people like me and people unlike me. I found fellow runners not only at my pace but faster and slower. I found runners who focus on long races, runner who only do short races, runners who never race at all. Mostly, I found people.

I found people to pass the training miles with, make the distance go by without notice. I found people that motivate me to get out of bed on a rainy Saturday morning, motivate me to train for a marathon. People to go to events with, people to enjoy traveling with, to races as close as a half hour's drive and as far away as Berlin.

I met very good friends in this club and made lifelong friends. I met my wife here. I know of at least five other couples that met in ESR and wound up married (not that we are a matchmaking organization!)

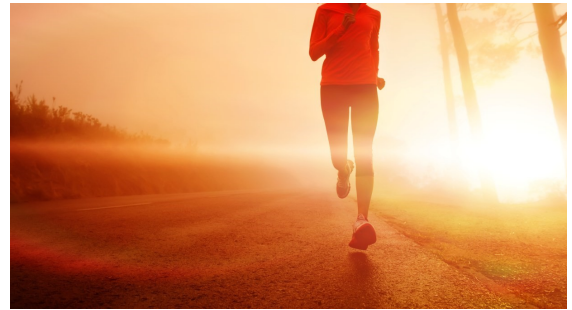
I see others who have joined our club who have also found kindred souls. That's what the club is for. I'm proud to be part of something where everyone is welcome, where membership isn't based on elitism. That's not true about every sport and not even true about every running club, but it is true about ESR.

I'm grateful that I discovered ESR and for the experiences and friends that my involvement has brought me. I'm glad that I was able to give back, in a small way, by serving on the board.

Ken O'Neill

ESR President

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ESR's Signature Annual Race

April 24, 2022

After a year off and a year of doing the race virtually, we were able to be back to an in-person race this year on April 24th! The weather was nice and mild with no rain, which is a plus for both the runners and the volunteers. Between the relay, half marathon, marathon, 50K and 50-Miler, we had over 227 participants registered to run.

A big shout out goes to our Mt. Si committee who work tirelessly to make this race happen year after year as well as all our day of race volunteers (over 100!). Most of the feedback we received after the race from the participants is how well run the race is and how friendly the volunteers are!

Mt. Si Relay & Trail Runs is the main fundraiser for the club and this year we brought in just under \$4,000 in profit with a portion of that donated to Girls on the Run and Mountain to Sound Greenway.

Save the date for next year's race, which is set for **April 23, 2023**. We always need people to work on the committee as well as our day-of-race volunteering. We need someone to take on the marketing for Mt. Si as well as someone to work with me this year on registration as I will be stepping down from this job after this next year. If you are interested in getting on the committee, you can email mtsi@eastsiderunners.com and we can get you involved!

After being the Mt. Si race director since 2015, I have decided it is time to step down and hand the reigns fully to Erica McElrea, who has been co-race director with me for the last couple of years. It was hard to make the decision to step down, but I know the race will be in good hands with Erica in charge!

Karen Zehm

Mt. Si Co-Race Director



Mt. Si Co-Race Directors Karen Zehm and Erica McElrea



ABOVE: Race volunteers, Lynn and Randy Erber,
BELOW: Chris McElrea hands out a medal
at the finish line



Finish line food co-coordinator, Kirk Sall,
serving up yummy treats to hungry run-
ners.



EASTSIDE RUNNERS MOURN THE LOSS OF SHINING STAR, JOYCE CALE BROWN

By Janet Rumer

The Eastside Running Club lost one of its kindest and dearest members on April 11, 2022 when Joyce Cale Brown passed away peacefully at her home in Woodinville. Her husband, Rod Brown, was by her side, along with Joyce's son, Rick Grass, Joyce's sister, her two granddaughters, and beloved pet "Bear-Bear" Brown. Joyce had been a member of ESR since 2005 when she moved to Woodinville to live with husband Rod, who had joined ESR in 2002.

Joyce made her home in the running community and ESR. She accompanied us all with her heart and spirit, volunteering, cheering, and supporting us mile-by-mile even though she herself did not run. As ESR member Tony Tang put it, "Joyce was always there mingling with the ESR folks in many of our social gatherings. And it didn't matter whether you were a fast or slow runner, she just made you feel unique by listening attentively to our running stories. Joyce was a caring person, I'm sure we all miss her in more ways than one."

Joyce served on the Board of Directors for ESR for several years, holding positions including the important role of Vice President of Membership. Joyce knew all of the members by face and name, sending out the welcome packets, hard copy newsletter, and membership cards. She served the club faithfully as VP Membership, even with the extremely clunky and cumbersome membership data base (and was instrumental in the decision to switch to the updated system that ESR enjoys now!) In addition to serving on the Board, Joyce wrote numerous articles for the ESR Newsletter. She had a rare gift composing personal articles about ESR members' families, races, travels, and marriages. I treasure the beautiful article that Joyce wrote about my husband Mike's and my wedding and each of our family members back in 2015.



Left: Joyce & Rod with Sue Maybee and Kirk Sall in South Dakota for the Crazy Horse Marathon in 2017.

Right: In the Czech Republic for the Prague Marathon in 2014. Photo by Carol Ladd.





July 4th, 2009 BBQ at the Browns. ESR and former ESR members from left: May O'Neill, Joelle Riley, Heather Yancey, Hazel Chase, Moin L., Larissa Uchiyama, Sue Maybee

Joyce and her husband Rod could always be counted on to host a well-attended and festive Fourth of July party on their beautiful back deck in Woodinville. ESR members would come, proudly bearing their fresh fruit pies, won the morning of the 4th at the Carnation Run for the Pies 5k. In addition to opening her beautiful home and garden to freshly showered runners on the 4th, Joyce would cook and serve delicious foods and treats. My personal favorite were her AMAZING grits.



Joyce and Rod also for many years regularly chaired the post race food and refreshment committee at the Club's Mt. Si Ultra and Relay. They ensured that an amazing spread of post-ultra nutrition, warm and cold drinks, and warm congratulations were served to each and every runner competing in the big event.

But most important to Joyce was the volunteer service she excelled in outside of ESR. Her passion was her volunteer work as a "Hospital Auntie" at Seattle Children's Hospital. She was one of the few volunteers to earn a rare 2,000 Hour Certificate from Seattle Children's Hospital. Each of those 2,000 hours were spent ensuring that the hospital's youngest and most fragile patients were held, loved, and treasured. Joyce's job was to hold babies and toddlers dearly during their lengthy stays at the hospital when their families were unable to be with them due to distance from the hospital, work, and family obligations. Joyce brought peace of mind to moms and dads, knowing that their children were in loving arms

and were never alone, which is especially a blessing to parents when they don't know how many minutes their seriously ill child might have in this world. This service was Joyce's passion in life. Prior to volunteering at Seattle Children's Hospital, Joyce had for many years volunteered doing the same service at Dornbecker Medical Center in Oregon.



Joyce also enjoyed beauty and the simple pleasures in life. She loved her flowers, her garden, hiking on Mt. Rainier, and spending time with friends. ESR member Barb Sobey recalls, "Joyce loved flowers! If you were ever at her home in the summer, it was evident. You were surrounded by colorful baskets and pots of flowers. During fall 2014, our husbands, Ed and Rod, planned some extreme hike in the Olympics. Joyce and I were certain we didn't want to go along, so when they left Port Angeles for their hike, we boarded the ferry and headed to Victoria for the day. We caught a bus to Butchart Gardens and spent the day wandering amongst the flowers. We had tea on the porch of the Empress Hotel before catching the ferry back to Port Angeles. It was a lovely day and a memory I treasure."



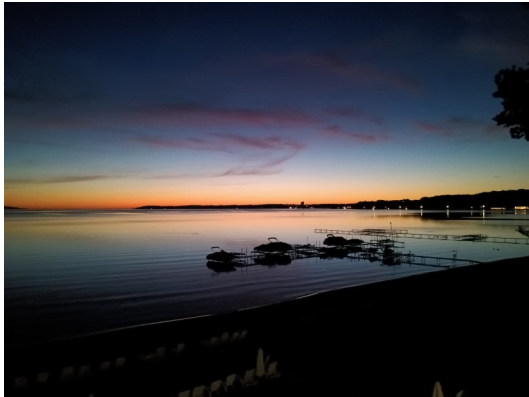
Barbara Sobey and Joyce

On a personal level, Joyce always had a kind word of encouragement and took personal interest in the well being of each and every ESR member she came to know. She remembered everyone's kids' names, what their interests or challenges were, and never hesitated to support ESR members as they dealt with family issues or concerns. She always asked me how Kevin was doing (my son with autism) and took the time to encourage me as I faced challenges or questions supporting Kevin as he grew into adulthood. Joyce offered sincere wisdom, faith, and encouragement to us all throughout the years. She will always serve as a role model for me because of her kindness, strength, sense of humor, and class. We love you, Dear Joyce.





Joyce and Rod Brown with Bear



Long Road Back to Running My Marathon #80 at Bayshore by May O'Neill

Having done 79 marathons in 12 years with many Boston qualifying times and only minor injuries, I naively started to think perhaps I was invincible. I was proved wrong when one day in 2016, without any warning, I simply could not run at all. My gait was so awkward and jerky, running was more like fast limping.

I would struggle with this mysterious disorder for the next 4 years. The first three years were consumed with physical therapy, doctor visits and tests. PTs were not helping and doctors had no ideas. It was finally physical therapist #5 who told me that I might have “runner’s dystonia” and referred me to see a specialist (doctor #4). After performing electromyography and watching me running on the treadmill, he concluded that I “most likely” had runner's dystonia. The diagnosis was mainly done by exclusion since all my tests were normal and I experienced no pain except the “funky gait”.



Runner's dystonia is a rare movement disorder. It gained some publicity after elite long-distance runner and two-time Olympian Kara Goucher was diagnosed with it in 2021. I came across a Facebook support group on runner's dystonia, I learned a lot from reading many of their posts. Sadly, runner's dystonia does not have a cure and prognosis tends to vary widely based on the individual. In some cases it can progress to impact one’s walking. Realizing I could live without running, but I didn’t want to lose the ability to walk, I decided to make peace with this condition and quit trying to run all together. To stay active, my old workout routine of going out to run was completely replaced with my daily visit to the gym.

After Covid-19 hit the US hard, gyms were shut down in March 2020. With no more daily visit to the gym and no exercise equipment at home, I had just one option left. The great outdoors is always available and free. So, I ventured out to the neighborhood streets trying to run after a 4-year break. As expected, running felt really hard and alien. To ease into it, I began by mostly walking with short intervals of running. Also, by trying different terrains (hills and trails), as suggested to lessen dystonia symptoms, I was able to slowly increase running time in my walk/run routine. Perhaps the persistence paid off. Over the course of a year, I could run almost non-stop and improved my pace by five minutes per mile. Even though my running was not as smooth or as fast as before, the simple joy of being able to run again was exhilarating.

Covid-19 is the most horrible thing happened in recent history. But ironically it was the reason that I was back to running. I cannot help but wonder if I had forced myself to run earlier, would I have been able to resume running sooner? And it also begs the question, did I really have runner’s dystonia or perhaps some other unknown issue?

As Covid-19 restrictions relaxed, many road races were back as in-person events. That's when Sue Maybee (this very newsletter's editor) started planning her state marathons again. Both she and my husband, Ken O'Neill, are in a quest to complete 50 state marathons. They both have done over 30 states, but not yet Michigan. Around mid-February, Sue decided to run the Bayshore Marathon in Traverse City, MI on May 28th. She invited several ESR friends to join her, but only Ken was both available and interested in the race.

We knew little about the city or the race. Upon researching online, Traverse City looked nice, it is a small town on the base of the two Grand Traverse Bays. The race seemed well organized and had very good reviews. It is hosted by a local track club with its 40th anniversary in 2022 (just a bit younger than ESR itself!). The out-and-back course is very scenic and flat, along the east bay on the peninsula. Everything checked out, except one thing. There is no direct flight to Traverse City and it would be pricey to get a connecting flight to the nearby airport. The alternative is to fly to Detroit and then drive 4 hours. Upon looking up the map, turned out it is a 5-hour drive from my mother-in-law's home in a Chicago suburb. The extra hour of driving, compared to Detroit, was insignificant. I really wanted to visit my MIL. It was over two years since my last visit for her 90th birthday. Ken and I have made several marathon trips with reasonable driving distance from my MIL. Michigan is likely the last state that will work for that. Having gathered all the information needed, we were very excited to go ahead with the trip.

I feel very fortunate to have found ESR after I moved here in 2000. The group support helped me train for and finish my first marathon. Over the years, a group of us became close friends and often plan destination marathons together. We have done many marathons in the US and even two in Europe (Prague 2014 and Berlin 2019). I was very excited to have this destination marathon again, even though there were only four of us attending (Ken, Sue and her husband Kirk Sall).

After some consideration, I also committed to run the marathon. Despite the 4-year break from running and 7-year break from marathoning, I had done two half marathons in 2021 and felt confident enough to try the full marathon. With the commitment made, it was time to start the marathon training. I never follow any specific marathon training schedule, just basic guidelines of peaking and tapering. At this point, I had been running regularly so I just needed to add the weekly long run. Lucky for me, being retired allows me to plan my runs around our rainy season. By choosing the best day in each week I was able to do five 20-

20-milers without getting rained on at all!



After spending two days with my MIL, we arrived at our hotel on Wednesday (5/25) afternoon. Our room had a nice view of the beach and Lake Michigan. Our only sightseeing on this trip was to visit Sleeping Bear Dunes National Lakeshore on Thursday. Most likely due to the lake effect, we arrived at the park and found it much colder and rainier than the nearby Traverse City just 30 miles east. After a short hike, fog rolled in that forced us to bail on a 7-mile scenic drive. We did get to climb the biggest sand dune we have ever seen before and Ken finally bought his America the Beautiful senior lifetime park pass. So, the trip was worth it.

Left: Sleeping Bear Dunes National Lakeshore

We met up with Sue and Kirk at the hotel after they flew the red-eye and then drove 4 hours from Detroit. After a pizza dinner, we car-pooled to a local winery for the “Ali-on-the-Run” podcast recording with Des Linden (2018 Boston Marathon winner). We were four of the 80 people (out of 8,000) who were quick enough with our fingers on the keyboard to get the free tickets.

Friday was an easy relaxing day. We scoped out race parking, enjoyed our carb-loading dinner on the hotel beach, picked up race packets and then hit the bed early. We made plans to leave the hotel at 6am for the full marathon at 7:15am. Kirk was our driver since he was running the 10K. The traffic was more congested than we anticipated. It took us 30 minutes to drive 3 miles to the start. Luckily it was fairly easy to find parking. After wishing everyone good luck, I made my way to line up near the 4:30 pacer.



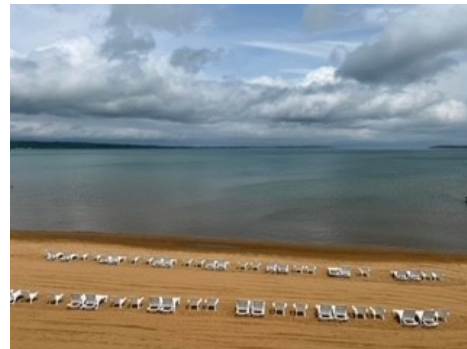
Desi Linden

The course was as advertised, flat and scenic. There were plenty of aid stations and volunteers. Many residents were out to cheer for the runners, some even set up their own mini aid stations. I was on pace the first 10K, but started to feel the heavy legs and sloppy gait. I knew then that it was going to be a tough race. After passing the half-way turnaround at 2:16, I started to look for Sue (assuming she was behind me). But Sue saw me first and was calling my name. I made a mental note that she was only half mile behind me and hoped to maintain this small lead. Pushing on, I spotted Ken in his ESR red with a smile on his face. I guessed he was having a better day than I was.

My splits were getting worse as my Garmin beeped every mile. Probably around mile 15, I started having toe cramps and calf cramps. I had never experienced this before and had to walk it off before trying to run again. This pretty much continued on and off until with 5 miles to go, I simply gave up trying to run and walked the rest of the way. The speed walk turned out better than I thought, I was able to maintain 13 minutes pace. People around me who were still running were not much faster than me. Interestingly after I stopped struggling to run, I was finally able to enjoy the scenery while still maintaining a good clip on my power walk. After passing the last mile marker and not wanting to look bad in the finishing photos, I broke into a painful slow jog to finish at 4:55 (my 4th-worst marathon time). I missed my “A” goal (4:30) but did make the sub-5 goal. In retrospect, pushing too hard on my training might have triggered my leg dystonia and cause the poor performance (much worse than my training runs).



LEFT: Local attraction in Traverse City



ABOVE: View from our hotel room. Nobody on the beach....



Post-race wine tasting

It was a nice day to sit and relax on the lawn after the marathon. I learned that Sue came in just three minutes after I did, she also had to walk the last two miles. Ken was doing well with his walk/run and finished 22 minutes faster than his goal (5:30). About two weeks after we registered for the race, Ken developed some unknown hip/knee injury. With three months to train, he decided to implement the same walk/run plan that he did at Kenosha Marathon in 2018 (recovering from a broken toe). Looks like it worked again!

Despite the disappointing finish, I was glad to have my marathon #80 in the book. My long journey back to running has taught me several things, most of all I will never take things for granted (including running). Be grateful for what you have and what you can do. Be humble, no one is invincible. Life has many obstacles, but there is always hope to overcome them if you don't give up trying.

Happy running, my friends!



Ken O'Neill finishes the Bayshore Marathon

Showing off our medals—Kirk Sall, Sue Maybee, May and Ken O'Neill



What I've learned from 55 years of running

By Dr. Ed Sobey

The all-conference center for our university football team hit me with a buttered dinner roll and I gave chase. It wasn't sensible for me to chase him as he outweighed me by 100 pounds and was strong as a football lineman should be. Equally unsensible is that he ran away, but the chase was on.

Dashing across the cafeteria he pulled away. I couldn't catch him. That was my wake-up call.



So, in February 1967, I started running. Back then if you ran, it was around the track. Runners were on the university track team. I wasn't. I ran for fitness and to get outdoors.

There were no running stores so I bought a pair of basketball sneakers and ran around campus. I got up to two miles and thought I was doing great. There were no other runners on the streets of Richmond, Virginia then. Gradually I saw guys running and later still women running.

I kept running. In graduate school and the navy my distances increased. At the age of 50 I ran my first marathon. Barbara, my wife, had run one the previous year and she wanted to run more marathons. It became a social thing. Our group of ESR friends would travel to distant marathons: Marine Corps, Big Sur, Vancouver and lots more.

By now I've run 17 marathons and a bunch of half-marathons and triathlons. From all that effort you'd think that I might have learned something. I did.

Anatomy, physiology, and physical therapy. I've learned more about the human body, or at least about mine, than I did in school. My injuries have revealed muscles, ligaments, and tendons I didn't know existed. Being a runner, I've had most of the common running injuries and I've learned...

We each have a preferred approach to injuries. I've learned that doctors with knives want to cut. Podiatrists want to put you in orthotics. GPs want to give you drugs and send you away. Physical therapists want to see you twice a week for as long as the insurance will pay. I don't like any of those options.

I like having exercises prescribed to address my injuries by therapists. Physical therapy on my own time is my preferred type of treatment. In most cases, once I find out what is wrong, I can find exercises on line to fix it. Consulting with a PT often points me in the direction of recovery, but I can continue the therapy on my own.

After all these years of running and injuries, my morning routine now includes 40 – 60 minutes of stretching, core, and PT before breakfast. Each new injury adds an exercise and a few minutes to my morning program.

Full disclosure: I've also had injuries that PT won't solve. Now I run with an artificial hip and a pace-maker. I'm slow, but I'm running. Learning when to accept more invasive treatments is a necessary part of being a runner.

Endurance. Running long distances gives you mental as well as physical endurance. One foot in front of the other. Don't try to tackle 26 miles, just run the next mile, then repeat.

I've learned that endurance, having energy throughout the day, is one of the most important life benefits of running. While my age peers are watching "I Love Lucy" re-runs, I'm able to run, hike, bike, swim, and SCUBA dive. The more I do, the more mitochondria reside in my muscles. Having those healthy 100,000 trillion healthy mitochondria providing power gives me the energy to live.

Friendship. We run three times a week with a group of aging ESR runners. Geezers. There is no common bond between us except running. One guy is a retired plumber. Another is a retired engineer. Others include a labor relations negotiator, a telephone installer, a lawyer, an accountant, a computer technician, a museum director, and a stock broker. Some lean left in politics and some lean right. The glue of the group is running and that glue holds us together through running and cups of coffee after running. And, because they are all energetic people, they do other cool things and invite us to join them. *Bike ride next weekend? Let's go.*

Shoes. I've learned not to skim on shoes. I've found a model that works for me and keep buying them. I pay way too much money for shoes, but they work and I don't want to experiment with something that might not. My son, Woody, a much better runner than me, would run in anything. Duct tape a banana peel to the soles of his feet and he'd go for a run. But I find comfort knowing that the shoes I buy will work. My feet smile when I open a new box with a pair of shoes identical to the ones I ran in last time. Opening the box is meeting a new, old friend.

There's a world out there to see and hear. We discover the minute sights and sounds of nature on each run. I take out the ear buds and try to keep my eyes searching. It's amazing what we've found running. Deer, bears, coyote, and more wildlife. Mushrooms and colorful lichens worthy of a photo. Hair ice and hoar frost in winter. The sounds of bald eagles, the surf crashing, and the guy on a bike coming up behind me. Once on a run we discovered a commercial safe that had

that had been stolen only hours before and we guided the police to it. We run through a strange and wonderful world that begs us to snap a photo or at least enjoy a few seconds of nature.

The first mile is hardest. When it's wet and cold it can be hard to move out the door. I (try to) allow myself the option of quitting any run after the first mile. It's doing the first mile that's the challenge. It's all downhill after that.

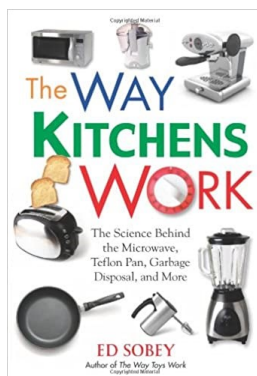
After some 40,000 – 50,000 miles of running you'd think that I might have learned more. And, there is one more thing I've learned. Next week I know I'll go for a run or more likely three. The silly habit of running is a big part of my life. Knowing that I will run next week taught me a lot about myself. And, that's worth knowing.

Early in his running career Ed Sobey wrote Runner's World Strength Training Book. His most recently published book is Shipwreck Treasures, Incan Gold, and Living on Ice -Celebrating 50 Years of Adventure.

View a YouTube video about Ed. <https://www.youtube.com/watch?v=SeOeIg2KQ>



Ed, posing with an electric knife he borrowed from Sue Maybee for his book, *The Way Kitchens Work*.



ESR ANNUAL PICNIC

AUGUST 28, 2022

By Larissa Uchiyama

On August 28, about 60 ESR members, young and old, new and long-time descended upon Perrigo Park for the annual ESR Summer picnic. The weather was perfect, and the venue was lovely. ESR members enjoyed new amenities like electrical outlets, volleyball courts, pickle ball, basketball and tennis courts. Hamburgers, hot dogs, veggie burgers, and chicken burgers were provided by ESR and all cooked by Ken O'Neil and Don Uchiyama. The ESR raffle for Mt Si Relay and Ultra Races was held. Lively, laughter filled games of volleyball were played (where it was continuously noted that we are indeed runners, not volleyball players). A great time was had by all.





Above: Grillmaster, Don Uchiyama.



Above: Social Chairperson, Larissa Uchiyama conducting the raffle.

VOLUNTEER



Eastside Runners is operated solely by volunteers. Everything the club does, from apparel sales to Zoom yoga, from the website to the weekly runs, is planned and carried out by members who choose to donate their skills. New volunteers are always needed. Any member is welcome to help out. That means you can make a difference, you can help make your club work the way you would like it to, if you are willing and able to dedicate the time to doing so. Won't you consider pitching in?

Here is a list of opportunities to help. Some take more time than others but none are a full-time job; we respect any level of effort you are able to provide. Please take a look to see whether you might have an interest.

- Saturday run leader
- Monday or Thursday run leader
- New run leader (propose one!)
- Weekly run coordinator
- Standing committee member: Apparel, Track, Social Activities
- Newsletter contributor
- Website programmer
- *Website interface designer* (we really need one...)
- Annually: Mt Si Relay and Trail Runs
- Any other special talent or skill that might be applied to ESR

If you are interested in any of these opportunities or want more detail, talk to any board member (find us at a run), or send an email to; president@eastsiderunners.com.



ESR RACE RESULTS

As submitted by members at: <https://www.eastsiderunners.com/RaceResults> and compiled by Luke Bordonaro and Sue Maybee. April 2022 - August 2022.

Napa Valley Half Marathon, March 6, 2022

Samantha Tal, 2:31:19

Boston Marathon, April 18, 2022

Shawn Aebi, 4:17:35

Bellevue All In For Autism 10K, April 24, 2022

Peter Averill, 46:23

Kentucky Derby Marathon, Louisville, KY, April 30, 2022

Sue Maybee, 4:50:50

Kentucky Derby Half Marathon, Louisville, KY, April 30, 2022

Kirk Sall, 2:10:55

Trish Ostertag, 2:48:09

Wilca Gallagher, 2:55:48

Bayshore Marathon, Traverse City, MI, May 28, 2022

May O'Neill, 4:55:01

Sue Maybee, 4:57:42

Ken O'Neill, 5:08:14

Bayshore 10K, Traverse City, MI, May 28, 2022

Kirk Sall, 58:49

Lake Wilderness Half Marathon, June 4, 2022

Luke Bordonaro, 1:40:07, 3rd overall

Lake Wilderness 10K, June 4, 2022

Sarah Vu, 1:11:47

Bellevue Big Backyard 5K, June 5, 2022

Peter Averill, 20:57

Camano Crab Dash 5K, June 25, 2022

Terry Ostendorf, 25:47

Don Uchiyama, 26:55

Ken O'Neill, 27:31

Larissa Uchiyama, 30:54

Kevin Ostendorf, 39:14

May O'Neill, 1:01:55

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Perrigo Park 5K, August 13, 2022

Carson Miller, 17:35, 1st overall

Jason Hect, 17:54, 2nd overall

Erica McElrea, 20:06, first woman

Russ Otani, 21:24

Peter Averill, 23:40

Nina Tang, 26:14

Perry Rodgers, 31:40



MESSAGE FROM THE EDITOR



Thank you to our newsletter contributors, Luke Bordonaro, Ken O'Neill, May O'Neill, Janet Rumer, Ed Sobey, Larissa Uchiyama and Karen Zehm.

If you would like to contribute an article or photos to the next newsletter, please email me, Sue Maybee, at smaybee222@gmail.com.