

### President's Message

Ken O'Neill

I'm Ken O'Neill and I'm about halfway through a term as ESR president. I want to talk about the club's past couple of years, where we are now and where we're going, and especially how you (you!) fit in.

It was just about two years ago that everything shut down, including gyms, tracks, running trails, and much of our ESR group activities. It's been a long and difficult way back---in fact our activities are not fully up to our per-shutdown levels, but we're getting there, and in many ways, we've gone beyond where we were. This is all due to the efforts of club member volunteers. I'd like to tell a bit about what they did and provide at least a little of the recognition they deserve.

When pandemic restrictions began, some of the things ESR had to do to comply were to shut down group runs, cancel our summer picnic, our winter party, our spring and fall general meetings, even our signature Mt Si races.

But the club itself did not shut down. We held some virtual events. Meetings were shifted to Zoom. Our primary communication channels became all things online and our web administrator, Dan Friesen, completely overhauled our web site and moved everything over to a single platform. In 2021 the Mt Si committee volunteers gave us virtual Mt Si races, affording ESR members the unusual chance to run in our own event.

As restrictions began to relax in small steps, ESR was able to resume group runs. With a maze of complicated, ever-changing rules to navigate, board members Erica McElrea and Karen Zehm personally took responsibility to lead the first few runs and somehow made it all work. To ensure we stayed in compliance, the rest of the officers' board stepped up and took on the task of serving as the club's only run leaders for almost a year.

Later more and more restrictions fell and other activities became possible. Carol Ladd organized a brand new run which quickly grew in popularity, our roving Tuesday Trail Runs.

Erica started up our track workouts again,



which now have a higher member attendance than we ever had before the shutdown. The Saturday runs, organized by Russ Otani, went back to the many routes that had been closed off to us. We were able to open up the run leader slots to all members, to name (20+) serving as Saturday or Tuesday run leaders as we ramped up. Trish Ostertag invented and organized the Striders, a popular new group unique to ESR. The Striders are at least partly responsible for the fact that our Saturday group runs' turnout on an average day is now higher than it had been on a busy day pre-shutdown.

We revived ESR's traditional Holiday Lights Run on a colorful course with a 150,000-light finale. We held a couple of ESR "spirit runs" where our apparel chairperson, Terry Ostendorf, slaked the thirst for ESR gear. One spirit run last fall saw the most ever ESR gear sold in one day.

We had to miss a winter party and a summer picnic, but our activities director, Larissa Uchiyama, was able to arrange a summer picnic even under

restrictions in 2021, and to put together a winter party this year even after we were forced to postpone from the original date.

Looking forward, the long run early starter group (organizer, Sue Maybee) is now back on track. Featured races, an ESR tradition, are now back. The newsletter you're reading right now (editor Sue Maybee) is another ESR tradition that has come back. ESR race results are back---recreated in a web version by the volunteer team of Luke Bordanaro, Luis Torres, and Sarah Vu. And ESR's signature race, the Mt Si Relay and Trail Runs, is back in person this year thanks to the 15-volunteer race committee.

Total membership is at a historical high and credit must go to our membership director Dan Herron. Dan will be familiar to newer members because he spends the time to engage with every potential new member individually via email and then to welcome them in person at their first runs.

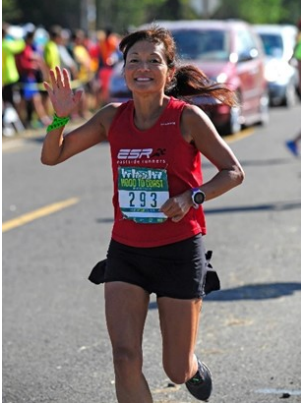
ESR made it through the past two years and has come out better than before thanks to all the efforts I've talked about and more. It takes a lot to keep the club going; the tasks listed above are only part of it. We are operated solely by volunteers. New volunteers and new ideas are always needed and always welcome. I'd like to ask everyone reading this to consider stepping up to help out: join a committee, volunteer for Mt Si, lead a run, invent a new run or activity. Is there a talent or skill you have that might be applied to ESR? Please give some thought to helping to operate and lead your club.

The Eastside Runners just passed 40 years as a running club. Thanks to people who generously gave their time and expertise we are positioned to look forward to the next 40.

\*P.S. You can find information on every activity I discussed out on our web site. Browse around a bit, see what you can find.

**Editor’s Note**

**Sue Maybee**



After a several-year hiatus, the ESR Newsletter is back! Formally called “The Runner Mumbles”, our re-vamped newsletter currently has no name. This is where you come in. A poll will be sent out to choose a new name. The ESR board will narrow it down to 5 choices and everyone will have a chance to vote.

The newsletter will be published on the ESR website quarterly. Regular articles will included, the President’s Message, info about the latest ESR events, a race report and race results. Future editions will include articles written by YOU, such as a Member Profile, spotlighting one or two of our ESR members.

If you would like to submit an article or have an idea for a feature, please email me at: [smaybee222@gmail.com](mailto:smaybee222@gmail.com).

Enjoy!

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## Eastside Runners Club Takes Top Total Miles in New Year's Challenge!

Karen Zehm

The Eastside Runners club members, family and friends came together this year to form the largest New Year's Challenge team in all the years the Challenge has been going on! The team had 62 walkers and runners and walked/ran a total of 8,704.79 miles giving us first place for top total miles. A big shout out to May O'Neill who placed 6<sup>th</sup> at a total of 363.13 miles! Congratulations to all the Winter Warriors, Gold, Silver and Bronze medalists and did -what-you-could milers who all contributed towards our total miles and raising money for Eastside Baby Corner. Looking forward to next year!



Winter Challenge medal

# ESR WINTER PARTY

Larissa Uchiyama



On March twelfth, at the North Kirkland Community Center, 70 ESR members (resplendent in real clothes) and family members attended the ESR Winter Party/Prom. We were treated to yummy meals from Café Veloce, a variety of desserts, free Mt. Si 2020 beer glasses, and succulent plants for ten lucky people. After dinner and some socializing, the almost famous ESR trivia game took place, and prizes were awarded to the top two teams.

ESR President, Ken O'Neill gave a heartfelt speech detailing the many challenges our club faced the past two plus years with Covid (including the Omicron induced party postponement) and highlighted the fact that the Eastside Runners Club is going into its 41<sup>st</sup> year. He emphasized that the strength and longevity of ESR is based on its volunteers and members, as well as our mission statement that we truly are a running club for every runner. He also pointed out we are at a club high for membership. A quick perusal of the room revealed a wide range of ages and paces, long time members and new. Next year's party will see the return of the Mt. Si Relay and Trail Runs volunteer raffle. As always, we welcome any feedback or suggestions you may have to make next year's party even better!





# MT. SI RELAY & TRAIL RUNS-APRIL 24, 2022

Erica McElrea

After a two year pandemic hiatus, our club is organizing and directing the 38th running of the Mt Si Relay and Trail Runs. The race will take place on Sunday April 24th. The half marathon, marathon, 50K, 50M and relay are run on the scenic Snoqualmie Valley Trail with the marathon, 50K and 50M continuing to run east on the Palouse to Cascade Trail. All distances start and finish at Snoqualmie Elementary School.

This race is ESR’s biggest fundraiser of the year. This event helps pay for track rentals and club social events. The club also contributes proceeds to charities such as Girls on the Run and Mountains to Sound Greenway.

**Volunteers Needed!** The race is just a week away and there are still many positions to fill in order to put on the Mt Si Relay and Trail Run successfully. If you already volunteering, thank you! Please consider asking a friend or loved one to join you. You don’t have to be an ESR club member to volunteer. If you are participating in the race and will have a friend or family member watching you, there are some great volunteer positions to see you up close and personal.

All volunteers will get an exclusive pair of Mt Si Relay and Trail Run socks. There will also be pizza and snacks at the race headquarters. If you want to run the half marathon and still volunteer, there are opportunities to do that. There is a discount code for 20% off the entry fee if you do both. If you have any questions about volunteering, please reach out to Russ Otani at [mtsivolunteers@eastsiderunners.com](mailto:mtsivolunteers@eastsiderunners.com)



Volunteer website link



Volunteer Swag



ESR volunteers at the 2019 race  
Mark Smith and Tony Tang

# RACE REPORT – HTC SEABROOK

Kirk Sall

Do you like running single-day relay events with 6 team members and only one van?

Do you like being near the ocean and enjoy quiet laid-back scenery?

Do you like a race that's within a few hours' drive from Seattle?

Then you'll flip over the HTC (Hood to Coast) Seabrook relay race! This is a ONE-day event, consisting of only 12 legs that create a large 75-mile loop back to the start. In other words, you won't need to sleep overnight in the van or gymnasium, and won't need to pack all the sleeping gear you normally would on a RAGNAR style relay. Each runner only has 2 legs (no pun intended), making the whole experience a bit easier.

## The lodging

Starting and ending on the Washington coast HWY 109, the little town of Seabrook is a small but lively bedroom community with lots of family activities and of course, beach access. Lodging is primarily single-family Cape Cod style homes with plenty of room for 6 runners. Rentals can be discounted using a special access code from HTC, but since the race fills up quickly, you'll need to plan lodging several months in advance. Plan on staying 2-3 night to take in all the area has to offer before and after the race. A handful of small-town restaurants are also available.

## The race

As a typical relay event goes, so does HTC and your team will follow the lazy back country roads in the Seabrook area in and out of several small towns. Yes, there are a few hills on most legs, but mainly a flat fast course. Most legs average 6 -7 miles, giving the van plenty of time to get to the next exchange. Most shoulders are plenty wide and traffic fairly light, so I never felt nervous on any portion of the course. This is a medium sized race with only 150-180 teams, so it never feels overcrowded like a RAGNAR event. And with 13 different divisions, it seems like everyone gets an award!

After crossing the finish line, you'll be happily greeted with a wide variety of food offerings and music; the standard beer garden hosts many tasty local versions. And since you are staying in Seabrook, you'll be happy to get right back to your rental for a hot shower. Plus, you'll be smiling on how short a drive it is to get back to Seattle. I put this out as a "highly recommended" race that you will crave to do every year. This year's race is on June 4<sup>th</sup> and registration is still open. Now go create a team and have some fun!

<https://hoodtocoast.com/one-day-relays/seabrook/>



The Eastside Runners team



# SPRING MEETING



Have you ever wondered how you can incorporate cross-training into your routine to improve your running performance and decrease the risk of injury? Join ACE Certified Personal Trainer/Fitness Instructor, avid runner and triathlete, Heather Yancey, to learn about strength training and HIIT (High Intensity Interval Training) at the ESR Spring Meeting.

The meeting will be held via Zoom. A link will be provided to all registered participants.

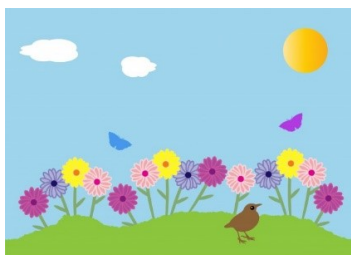
**Thursday, April 28<sup>th</sup>**  
**7:00pm-8:00pm**

Information and registration:

<https://www.eastsiderunners.com/event-4759007>

Have a suggestion for a subject at a future meeting?

Contact Activity Director, Larissa Uchiyama at: [l\\_uchiy@hotmail.com](mailto:l_uchiy@hotmail.com)



**MONDAY NIGHT BOTHELL RUN, 6:00pm**

Various distances on the Sammamish River trail and surrounding neighborhoods.

Bothell Landing  
9919 NE 180th St, Bothell

<https://www.eastsiderunners.com/Monday-Night-Bothell>

Photo: Carl Kadie

**\*TUESDAY (OR WEDNESDAY) TRACK WORKOUT,  
6:00pm**

Workouts change weekly and involve intervals of various distances. A pace chart is provided so that everyone is doing the same workout, but at their own pace.

\*Day of week and location depends on track availability

Lake Washington High School  
12033 NE 80th St, Kirkland

or

Kirkland Middle School  
430 18th Ave, Kirkland

<https://www.eastsiderunners.com/page-18354>



**SATURDAY MORNINGS 8:30am**

Locations change weekly. The group usually meets for breakfast after the run.

<https://www.eastsiderunners.com/page-18339>

**Additional Options at the Saturday runs**

*Striders Group, 7:30am –*

The Striders are a group of joggers/brisk walkers who stop and smell the roses along the way.

<https://www.eastsiderunners.com/ESR-Striders>

*Early Start Group, 7:00am or 7:30am -*

For runners who want additional mileage and/or prefer to start their run earlier.

<https://www.eastsiderunners.com/page-18337>

**TRAIL RUNS, 6:00pm**

A run on various local trails which take place from late spring through early fall.

Information TBA.



## ADDITIONAL GROUP RUNS

Do you wish there was group run closer to your house or office? Perhaps in Renton, Issaquah, Woodinville or Bellevue? Are you someone who runs in the morning before work and would love a weekday morning run? Volunteer to become a run leader and start a new run. A run leader's responsibilities are:

- Either be present at all of the runs, or find a substitute to take your place if you can't be there
- Gather runners at the start of the run, introduce yourself and explain the route
- Go around the circle and have everyone introduce themselves and state their approximate mileage and pace
- Welcome new participants
- Either run with the slowest runner and sweep the course, or appoint someone else to be the sweeper

## POTENTIAL RUNS

Previously ESR had three other runs. If you're interested in starting these runs up again as the run leader, or even starting a brand new run, please contact a member of the ESR Board of Directors.

Contacts: <https://www.eastsiderunners.com/Contact>

## Previous Group Runs

- ◇ Monday night (6:00pm) Super Jock and Jill, Redmond
- ◇ Thursday night (6:00pm) Kirkland Cross Corridor Trail or Bridle Trails shopping center
- ◇ Friday morning (7:00am) Top Pot Donuts, Redmond

# FEATURED RACES

<https://www.eastsiderunners.com/Featured-Races>

**February 12<sup>th</sup> - Perrigo Park 5k**



Photo: Carl Kadie

**March 27<sup>th</sup> - Cherry Blossom 5K**



Photo: Ken O'Neill

**April 24<sup>th</sup> - Mt Si Relay & Trail Runs**

<https://www.mtsirelay.com/>



Photo: John Dickson—ESR Team at the finish line

**May 22<sup>nd</sup> - Girls on the Run 5K**

<https://gotrpugetsound.org/Spring-5K>

**June 5<sup>th</sup> - Big Backyard 5K**

<https://www.bby5k.com/>

**July 4<sup>th</sup> - Carnation Run for the Pies 5K**

<https://runsignup.com/Race/WA/Carnation/CarnationRunforthePies5k?remMeAttempt>

# RACE RESULTS

## FEATURED RACES 2022

### Cherry Blossom Half Marathon and 5K

#### 5K – March 27, 2022

Luke Bordonaro – 21:17, 1<sup>st</sup> division  
 Peter Averill – 22:19, 1<sup>st</sup> division  
 Becky Backstrom – 23:48, 1<sup>st</sup> division  
 Michael Perez – 24:25  
 Shivam Malpani – 26:45  
 Dave Anderson – 26:48, 1<sup>st</sup> division  
 Kevin Howe – 28:47  
 Mike Rumer – 28:45  
 Janet Milam (Rumer) – 29:34  
 May O'Neill – 29:52, 3<sup>rd</sup> division  
 Maria Kruller – 31:12  
 Sarah Vu – 31:49  
 Ken O'Neill – 35:17, 1<sup>st</sup> division  
 Gina Carson – 36:37  
 John McGrew – 38:40  
 Beth Wengrow – 38:41

#### Half Marathon – March 26, 2022

Sue Maybee – 2:13:02, 2<sup>nd</sup> division  
 Cathy Olive – 2:13:03  
 Kirk Sall – 2:14:01  
 Carol Ladd – 2:27:16

### Perrigo Parkrun 5K – February 12, 2022

Jason Hect – 16:58, 1<sup>st</sup> overall  
 Dan Friesen – 19:11  
 Russ Otani – 20:21  
 Erica McElrea – 21:50  
 Carl Kadie – 23:04  
 Dean Faber – 24:15  
 Yuval Ben-Horin – 24:41  
 Jim Stevens – 24:44  
 Ken O'Neill – 24:57  
 Valeria Naldi – 25:29  
 Michelle Parson – 26:09  
 Kimberly Barnes – 26:51  
 May O'Neill – 27:02  
 Wilca Gallagher – 31:16  
 Samantha Tal – 31:58  
 Tevy Lor – 32:12



## RACE RESULTS—OTHER RACES

As submitted by members at: <https://www.eastsiderunners.com/RaceResults> and compiled by Luke Bordonaro.

### 2022

#### Tobacco Road Half Marathon - Mar 20, 2022

Michelle Parson - 1:58:55

#### Leprechaun Leap 10K - Mar 12, 2022.

Mike Stewart - 42:15.

Michelle Parson - 55:33

#### Hot Chocolate Seattle 5K - Mar 6, 2022

Michael Perez - 24:46

#### Miami Marathon - Feb 6, 2022

Jakob Nielsen - 3:59:27

#### San Diego 50 Miler - Jan 15, 2022

Shawn Aebi - 12:27:00

"Love this course but ALWAYS cramp up on it. No different this year. Wasn't too hot and I drank tons of Tailwinds, took electrolytes. Still, enjoyed the views of million-dollar houses overlooking the trail. Coyote sighting later in the afternoon."

#### Houston Marathon - Jan 15, 2022

Luke Bordonaro - 3:43:14 "New PB!"

### 2021

#### Seattle Half Marathon - Nov 28, 2021

Samantha Tal - 2:30:39 "PR and race #1 of state #1 in 50 halves in 50 states by 50. "

#### Perrigo Parkrun 5K - Nov 20, 2021

May O'Neill - 28:15

#### Captain Jack's Treasure Run 5k - Oct 31, 2021

Frank Pape - 19:25

#### Cougar Mountain 7.6M - Oct 31, 2021

Gabrielle Orsi -1:13:47 "4th female overall "

#### Anacortes Half Marathon - Sep 25, 2021

Ken O'Neill - 1:53:07 "Beautiful race along the water on paved trail and road. Had spectator seals when I ran over the Fidalgo Bay causeway!".

May O'Neill - 2:05:57

#### Mt Si Virtual Trail Runs - May 1, 2021

##### **Half Marathon**

Ken O'Neill - 1:58:43

May O'Neill - 2:10:08

##### **5M**

Carl Kadie - 38:40. "3rd Place, Male Masters".

### 2019

#### Berlin Marathon - Sep 29, 2019

Chad Balen - 3:31:03

#### Beat the Blerch Half Marathon - Aug 3, 2019

Chad Balen - 1:39:50