

Falls to Gasworks Relay

Snoqualmie-Seattle / April 21 / 51 miles

Relays bring people together and whether you ran it as a team or as an ultra, this year's Eastside Runners Falls to Gasworks Relay/Ultra Run was no exception. It began at Mt. Si High School in Snoqualmie, and just walking into the gym it was good to see old friends and to start to meet new ones.

Our team, The Queen Anne Flyers, consisted of **Deb Quatier**, **Claudia Shannon**, **Laurel Boyd**, **Donna Jornlin** and me. As a women's sub-masters team with some of us combating injuries, one post-pregnancy and Claudia having run two races in Portland the day before for Seattle Pacific University, our theme was to "just have fun." And we surely did.

Our van, the old Team Hoofin' It van borrowed from **Herm Atkins**, gave us the first bit of humor. We decided to have tie-dye uniforms to go along with the '75 Volkswagan, and just driving it was an adventure. Slipping it into reverse was not quite the easiest, and when I was driving my knees would hit some of the levers, so at any random moment the window wipers or turn signal might come on.

A fallen tail pipe became a joke instead of a problem; we were dragging even before we started. But with a borrowed bungy cord from **Dorie Quam** (Why Not?), Marianne's Mudhoppers (Bainbridge Island) gave us a helping hand.

The beginning of the course was slightly different this year, but the route was better with less traffic. I ran the first leg; it was a pleasant one--some uphill and some nice downhill.

Being the first runner was kind of fun, too. Because it was near the start there were lots of friends cheering along the way besides my teammates, and the cheering from Marianne's Mudhoppers (**Bill Murphy**, **Greg Poels**, **Gaston Peter-Contosse**, **John Kydd** and **Scott Eidsvoog**) had me laughing so much I could hardly run up the hill near Snoqualmie Falls.

At further points Eastside Runners **John Blystone** and **Steve Roach** were the best volunteers and cheerers. Finishing my first leg was a good feeling, and I was surprised to come across the exchange and be presented a bouquet of flowers for our team from the Mudhoppers. I have no idea where they found those on the way!

Leg two was also part of the new route, and this is where the first place team, Always Running Jokers, took a wrong turn and slipped into second place for a while. **Dave Steffens** went a little off course, and he lost about 10 minutes and ran about two extra miles. Maybe it was jet lag from Boston. Or maybe it comes from their name--Always Running Jokers--just joking. Or maybe it was because cones set out for The Herb

Farm looked like markers for the relay.

"It made the race very interesting," said Steffens. "And I came in and my teammates said 'good job, Dave!' It was total encouragement. I felt so bad, but they weren't worried about it. That is what a race is about." Other Always Running Jokers members included **Tony Williams**, **Dan Hippe**, **Bryan Postma** and **Kevin Guiberson**.

Of leg two and hearing about the runners going the wrong way **Deb Quatier** laughed. "I always get lost, and I didn't. How did they get lost?" Her words came back to get her. **Deb** took a wrong turn on leg seven.

"I asked a lady in a garden if she'd seen other runners. She said 'no.' So then I ended up passing people I had already passed. They'd say, 'Hey, you already passed me!'"

The real credit has to go to the ultra runners, especially to **Val Landicho** and **Glenn Tachiyama** who ran Boston six days earlier.

Mostly Masters did a great job, too. Registered as a mixed-submasters team, with **Nancy Sheehan** being the only one under 40, with three women and two men and with an average age of 47, they snagged first place for their category. **Larry Abraham**, **Mary Rogers**, **Pat Warner** and **Keith Forman** were also on the team.

The surprise to us was even with as much fun as we were having, we placed first for women's sub-masters. **Donna's** daughter took her mom's trophy to "show and tell" next day.

All in all Eastside Runners did a great job in organizing this year's Falls to Gasworks Relay and Ultra Run, and Eastside Runner **Willie Sato** was quick to find out what went wrong with the turns and how to rectify them for next year.

--Linda Ellingsen

SOLO MALES

Open	
James Kerby	6:48:25
Eugene Trahern	6:55:11
Mathew Toepek	6:58:41
Scott Serpa	7:13:30
Mike Schreck	7:25:57
Dave Dutton	7:31:22
Mark Fluegel	7:53:11
Glenn Tachiyama	8:05:41
Val Landicho	8:05:42
Steven Pierce	8:15:19
Ray Gruenwald	9:26:06
Mathew Reilly	11:20:00

Masters

Del Scharffenberg	8:09:35
Ron Warner	8:15:51
John Miller	8:37:25
Mel Preedy	8:37:59
Bill Torsen	8:40:10
Max Welker	8:41:27
Ron Nicholl	8:42:09
Tony Simone	8:51:16
Kenneth Koerke	9:13:14
Robert Dolphin	9:24:58
Miller Myers	9:53:54
Ted Clelland	10:00:29
Greg Potegal	10:29:30

SOLO FEMALES

Open	
Katrine Sundling-Hunt	7:59:57
Phyllis Sund	9:16:09

Masters

Melinda Larson	8:54:33
Catherine Grunefelder	9:22:52

TEAMS

Overall	
Always Running Jokers	4:41:15
Refuse to Age	4:41:57
Always Running Jokers B	4:54:37
Goin' Mobile	5:10:40
Snohomish TC	5:11:18
P.I.H. Mellow Fellows	5:13:45
The Olympians	5:15:05
Occum	5:31:00
Why Not?	5:31:04
Mostly Masters	5:34:45
BRATS #1	5:38:40
Always Running the Trails	5:40:53

COED TEAMS

Open	
Always Running the Trails	5:40:53
Milstein and Friends	5:53:41
West Seattle RC #1	5:58:25
Potamus	6:04:50
Four Cheeseheads and an	6:06:47
Epidemiologist	6:11:46
Tenacious Turtles	6:21:53
Jogbras + Jockstraps	6:21:53
Fleet Foot Mac	6:26:15
Cardiac Arrest	6:35:38
Team B.B.	6:49:32
Always Running the Roads	6:54:50
West Seattle RC #3	7:00:16
Running @ Top Speed	7:04:34
15th place	7:06:31
Team Talbot	7:13:57
Slo Mo Express	8:10:19

Sub-master (30-over)

Mostly Masters	5:34:45
BRATS #1	5:38:40
What What??	6:21:32
The City Club Runners	6:30:13
East Bay Front Runners	6:42:59
Runnin' Fools	6:51:54
Team Cascade	6:52:54
Pass It On	6:54:45
Brothers and Sisters	6:59:12
Yak-Attack	7:09:52
Bomel	7:11:46
Second Wind	7:13:37
Physician Assistants	7:20:52
Doug's Slugs	7:23:25

Masters (40-over)

Why Not?	5:31:04
The Speedbumps	6:04:59
Slug Club Two	6:42:29
FAA Flyers	6:44:29
Mosey n Masters	7:20:30

MALE TEAMS

Open	
Always Running Jokers	4:41:15
Goin' Mobile	5:10:40
Bufo Light	5:46:06
Marcia Marcia Marcia	5:46:49
Runnin' Docs	5:53:47
West Seattle RC #2	5:57:33
UW Marines	6:08:05
Liberty Bay Meter Eaters	6:13:47
The Right to Bare Legs	6:14:18
Electric Juju Bees	6:20:27
Juneman and Friends	6:23:22
Team Haggert	7:45:47

Sub-masters (30-over)

Refuse to Age	4:41:57
Always Running Jokers B	4:54:37
The Olympians	5:15:05
OCCUM	5:31:00
Puget Sound H3	5:49:37

Marianne's Mudhoppers

Strolling Bones	6:01:16
IRC'S	6:02:33
The Larch	6:45:55
	7:02:52

Masters (40-over)

Leopard Lady Chasers	5:49:28
Junk Males	6:04:08
Miami Beach Running Club	6:25:57
Run Hard/Put Away Wet	6:48:59
Veteran (50-over)	
Snohomish TC	5:11:18
P.I.H. Mellow Fellows	5:13:45
Fabulous Fifties	5:57:28

FEMALE TEAMS

Open	
Emerald City Express	5:47:18
Blazing Buns	6:26:14
Team Bosco	6:26:50
B.S.K.K.H.	6:36:40
Go Team Go!	7:10:06
The Hot Tamales	7:10:53
P.I.T.S.	7:13:41
Strawberries	7:57:48
Sub-masters (30-over)	
Queen Anne Flyers	6:13:27
Tuesday Night Runners	6:38:02

Masters (40-over)

Leapin' Lizards It's the Leopard Ladies	7:11:06
The Boston Wannabees	7:52:54
Final Five	8:00:58
Eat & Run	8:07:34

CORPORATE TEAMS

Pacific Botanicals	5:57:25
USCGC Active	6:11:25
The Zymo Express	6:12:28
The Diamond People	6:16:09

Coast Guard Team Thirteen

Packard's Pooped Out	6:29:21
Puffers	6:29:57
Downhill Only	6:31:20
Hosers	6:32:39
Port Angeles Fuddle Pirates	6:32:54
Triad Trotters	6:37:51
US Coast Guard	6:40:51
USS Michigan Really Slow Guys	6:43:35
Seattle-Northwest Securities	6:52:08
The Dilberts	6:52:21
Team Goldsmith	6:53:27
Procyte Trotters	6:54:04
Five That Strive	6:56:16
International Bioproducts Inc.	7:02:19
We Who Run	7:02:33
Query Software	7:05:03
Overlake Operating Room	7:13:15
Zee Gee Gonzales	7:16:48
OUM & Associates	7:39:49
Technical Support	7:47:46