



Spring 2007 Newsletter

Promoting Health, Fitness & Fun For Runners of All Ages and Abilities

CLARK COUNTY RUNNING CLUB

President's Message

More Satisfaction comes from finishing a race —Not running a fast time.

By Russ Zornick



On February 3rd, I completed the Death Valley Marathon which should be an accomplishment in itself considering what I have been through in the last year (bicycle accident & surgery). But it was even more of an accomplishment because of other factors. My training was going great for this marathon. Every weekend from the beginning of November thru mid-December, I was able to get a 10+ mile run. I had plans to do some really long runs over the holidays during my time off from work. Everything was go-

ing great until I had a setback. I sprained my ankle on the Wildwood Trail just seven weeks before my race. I rested for a couple weeks and planned a 16 mile run on Dec 30. My ankle felt fine but I injured my calf muscle on that run. I have a long history of calf muscle pulls and I knew it would take a couple weeks to heal. Every time I felt like my calf had healed, I would reinjure it. I pulled my calf four times in the four weeks up to the marathon. The last time I injured it was just nine days before the marathon. I was really concerned. Not only did I have non-refundable airline tickets, I also had pre-paid for my hotel stay and paid the \$97 entry fee to the marathon. I just couldn't back out now. I was committed. I thought about switching to the 30K, but doing a 30K in Death Valley just doesn't sound as glamorous as doing a marathon. I made up my mind to do the marathon despite my injury.

When I arrived at Death Valley, I did some short jogs around the hotel parking lot and serious doubts that I could do it. My calf was still tender and the thought of running a marathon that included running over two mountain passes was pretty scary. I seriously thought about backing out and just lounging around the hotel pool. The weather forecast was sunny (of course) with temperatures in the 70's & 80's. I gave some serious consideration to not running, but I knew I could never forgive myself if I backed out. My biggest concern was that I didn't want to be picked up by the sweep vehicle. The Death Valley Marathon does not allow walkers. You must finish under 6 hours. A six hour marathon would be equivalent to running 13 minute miles. I estimated that I could run half the marathon at 9 minute mile pace and walk the rest doing 16 minute miles. I had run the Vancouver Lake Half at under 8 minute pace while recovering from a calf-pull and figured I had a shot if I could make it to the half-way point. Then I could walk the rest.

I was right on pace after 5 miles. I hit five miles at 46 minutes (9 minute miles). It felt comfortable, but the first 5 were the flattest of the entire race. The next 5 got tougher. We

started climbing White Pass. It wasn't too bad but on the steep parts I walked (along with most of the field). The top of White Pass was exactly at 10 miles. I ended up doing this 5 in around 51 minutes or 10 minutes miles. So far so good. Then we hit a descent for about a mile followed by climbing up Red Pass. This was incredibly steep. I ended up walking the entire last mile. It was really helpful when I started walking with another runner. She caught me from behind and was doing a very fast walk. She actually asked me if she could join me when I knew she was the stronger one. We continued this brisk walk to the top and passed several runners. We stopped several times to admire the view and to take pictures. She had a camera and I took some pictures for her. I also took several pictures for other runners. I wish someone would have told me to bring a camera. I eventually made it to the top. I was so relieved. I now had the confidence that I could finish.

The next 12 miles were great. A drop of over 5000 vertical feet. Some of the drop was very steep but for the most part, it was gentle downhill. I felt great at this point. I knew I could take some chances so I really picked up the pace. It was so much fun. I was passing runners like crazy. It seemed so easy. When I got to the 20 mile mark, I could not believe that I only had a meager 10k to go. I actually had thoughts that I could possibly go even farther than a marathon like maybe a 50K. So I tried to hold my pace. The scenery through this part of the marathon was remarkable. It was hard not to slow down and admire the scenery. We were passing through Titus Canyon. There were steep walls on both sides and the colors of the rocks were out of this world. I was really enjoying this. And I even stopped again to take pictures for other runners. But soon my luck would run out. At around 23 miles, my calf muscle quickly went out. I went from going 7 minute miles to a painful 15 minute hobble. But I didn't care at that point. I knew I could make it. I had a huge rush when I crossed the finish line. It was my slowest marathon ever (4:25) but it was by far my most enjoyable.

Jeff Galloway once said that most running satisfaction comes from completing the distance and enjoying the fellowship of other runners —not from faster times. I now know what he means. I would not trade my 3:18 time at Portland a year ago with my 4:25 at Death Valley. I'm sure everyone who has ever completed Death Valley felt the exact same way.



The Accidental Marathon Tourist

By Kathy Zornick

Recently, (as I'm sure many of you are aware) my husband Russ hit some serious setbacks while preparing to run the Buffalo Marathon this past spring. Needless to say one accident, one cancer diagnosis and one major surgery to remove 1/3 of a very vital organ later, this fierce competitor was looking for a challenge to prove to himself that cancer and adversity couldn't beat him. He wouldn't settle for running the Buffalo Marathon this May but insisted on running one of the most grueling marathons in the United States in one of the most unforgiving places in this country – Death Valley. So I reluctantly agreed with the stipulation that his doctor approved this audacious feat less than nine months post surgery. He did and we were off to the races.

I call myself an accidental marathon tourist not only because I've gone to quite a few places that I never expected to go nor would have chosen to go to on my own but also having only walked one marathon (have no desire to do another), I find myself in exotic marathon locale only by accident and definitely as a tourist. For this, I am very grateful to have married someone so different from myself. Not that I'm not still hoping that I might one day use my minor in French to haggle with a shopkeeper in Paris or explore old ruins in Greece or Italy- I just know that at the rate I'm going these dreams have kind of become the dreams that will only come true if our mortgage miraculously is paid off, all the kids received full scholarships to the school of their choice, and it returned to the olden days when the one advantage of having boys was you didn't have to help pay for the wedding. In addition, my dream is further sunk still by the fact that there are really no races that my husband has any desire to run in any of the places I would like to go. Still, I wouldn't trade my husband of twenty three years, our four wonderful boys or the experiences and places I've seen because they have all been unique and wonderful in their own way.

Death Valley is really a breathtaking and surprising place for us accidental "marathon" tourists. It is conducive to a fun family vacation, a golfer's vacation, a romantic getaway or a training vacation depending on what your circumstances or interests are. The weather is perfect in February. The highs are in the eighties during the day and the cool desert evenings are beautiful especially for stargazers. I will warn you- It gets awfully cool at night so definitely bring a warm jacket.

We started our trip in Las Vegas. We arrived and drove through the beautiful Red Valley on our way to Death Valley. It was a leisurely and enjoyable ride with very little traffic. As we arrived in Death Valley, we were definitely amazed by its beauty.

If you are looking for a fun family vacation, a golfer's vacation or a training vacation, I would definitely stay at the Furnace Creek Ranch. All the rooms have two queen beds and while they are nothing fancy, they are adequate and clean. The ranch itself has many fun activities and fabulous food. There is plenty of food on the menu capable of clogging many an artery but there are also a variety of vegetarian dishes, fresh salads and choices made with organic products and everything we ate was delicious. In addition, the Furnace Creek Ranger Station is about a ¼ of a mile down the road and offers some wonderful guided walks and programs for adults and kids too.

In addition, there are plenty of activities to keep oneself occupied while your better half is running. The ranch offers horseback riding, tennis courts, swimming, biking trails and the lowest golf course in the world (it is 192 feet below sea level.)

Since the runners are bussed to the start, we accidental marathon tourists must find a way to occupy ourselves. I chose to rise early (shortly after my husband left.), have a quick breakfast and head out on the bike path for a long walk. I walked in delightful solitude for the first hour. I said a few prayers for my husband and enjoyed the sublime quiet. As I turned around to return to the ranch, I ran into a fellow accidental marathon tourist who had come to cheer on his girlfriend who was also running. We enjoyed many common interests and shared the camaraderie of being support and cheerleader for our runners. After a leisurely shower, I left a note for my husband and went to the pool to sit in the sun to do some pleasure reading.

My only regret was not being at the finish. Had we known more about the race, I probably would have altered my plans. There is an interesting landmark called "Scotty's Castle" about 42 miles from Furnace Creek Ranch. It was built in the twenties by a wealthy industrialist and is really an amazing place. I probably would have gone there in the morning, taken the tour, and arrived at the finish line which is halfway between Scotty's Castle and Furnace Creek. In addition, my husband had no interest in going there so I could have enjoyed it and also been able to cheer him on at the finish line.

If you are looking for a romantic getaway, I would definitely stay at the Furnace Creek Inn. It overlooks the valley so you can enjoy the romantic sunsets and sunrises. In addition, it has massages, spa treatments and beautiful accommodations and fine dining. If your wife or girlfriend is into Jane Austen novels (like I am) take her to tea at the inn. It is served everyday from 3:30pm-5:00pm. If you'd really like to put the spark back into your relationship take her on an evening carriage ride at the ranch (they serve champagne during the ride) or take her to a romantic dinner at the Inn.

Aside from the marathon, if you crave activity, there is plenty to do. Aside from tennis and golf, I saw many bikers along the bike path training and the roads are fairly safe and pothole free for bikers. In addition, my husband and I enjoyed the day after the marathon hiking all around Death Valley. We did a little hiking around Dante's Peak (breathtaking views of the valley below). We went to Badwater and went on a guided walk (very interesting for those interested in geology...yawn). We hiked through Gold Canyon and to the Red Rock Cathedral (very pretty). We hiked around Zabriskie Point (more beautiful and amazing views). We took a car tour around Artist's Palette. We went to lunch at Stovepipe Wells (another ranch about 28 miles away). Once again, the food was yummy. We finished up the day by doing a little hiking by the Sand Dunes and Devils Cornfield.

It was a surprising and wonderful trip. I was amazed at the beauty and solitude of this amazing place. While my husband struggled with a calf injury that hampered his ability to run a fast time, he never enjoyed a marathon more. The beauty of the surroundings and the gentle camaraderie of the more mellow back of the packers made it so enjoyable in the end. So to accidental marathon tourists everywhere, the Death Valley Marathon is definitely one you want to go to!!!!

Vancouver Lake Another Success

It was another successful Vancouver Lake Half Marathon. The success was due to our volunteers and our participants. We had more than enough help. I heard a lot of compliments about the homemade cookies. Our race is developing a reputation for great homebaked cookies. A big Thanks to Jenny Teppo who provided 40 dozen and to Pam Cabanatuan who provided 20 dozen. Also a lot of credits go our participants. Most every participants was car-pooling. So we were able to raise our limit by 50 runners from last year. Which means more money for our scholarship fund. A big thanks to all.

A big thanks to all the volunteers. We had 73 known volunteers. Here is the list of volunteers. See how many club members you recognize. If you see them, please give them a thanks. The success of the marathon could not have been possible without them.

2007 Vancouver Lake Half Marathon Volunteers Sunday January 21, 2007

Bill Fallon – before run parking and registration pack up
Ron Limpf – before run parking, 3 mile water station, and finish line
John Limpf – before run parking, 3 mile water station and finish line
Kyle Limpf – before run parking, 3 mile water station and finish line
John Cordell – before run parking and north overflow parking monitor
Amy Teuscher - before run parking, 3 mile water station and finish line
Kathy Zornick – Food preparation, registration and finish line timing
Janet Fallon – Registration and registration pack up
Carolyn Viles – Registration
Lorinda Limpf – Registration , 3 mile water station, and finish line
Lisa Wourms – Registration and unclaimed t-shirt sales at finish area
Jenny Knight – Registration
Ron Hughes – Finish area lead, setup, finish line medals, on the fly assignments, clean up.
Wendy Beck – Clothes collection at start and return at finish
Eileen Durspek – Clothes collection at start and return at finish
Scott Firth – Clothes collection at start and return at finish
Marie Wodaeye – Clothes collection at start and return at finish
Mary Shen – Finish area food table and homemade cookies
Jenny Teppo – Homemade cookies for finish line, water station at volunteers run
Pam Cabanatuan – Homemade Cookies
Anika Teppo – Homemade cookies
Kelly Kruell – Homemade cookies
Alex Zornick – Finish line timing and food preparation
Talaina King – food preparation
John Martin – Water station coordinator and water station fill in, order porti-potties.
Chet Gardner – Flagger signs and cones pick-up and placement on course.
Peter Bennink – 1.5 mile and 8.3 mile turn around monitor, bring back turn around cones and signs to 7/9 mile water station.
James Hash – 3 mile water station and help move to finish area
Arnie Teppo – 3 mile water station and help move to finish area
Roy Ellis – Course marking, pre-race start warnings and route description, run Starter, 7/9 mile water station, course signs and mile marker pick-up
Peg Ellis – 7/9 mile water station for the volunteer and 1/21 runs, course signs and miler marker pick-up
Columbia River X-country team –7/9 mile water station
Sarah Bobbe
Allison Clark
Zea Collentine
Danyelle Douglas
Marcus Du Pont
Anne Ellis
Chelsea Hostetter
Glen Hostetter
Andrew Lee
Zara Lukens
Holly Meler
Kale Park

Susie Parr
Dana Pyatt
(Dana's Mom)
Coach Jaysun Pyatt
Anne Rodewald
Donna Rodewald
Kayla Rodgers
Pat Tate
Kale Park
Caitlyn Boyd



Joe Rowley – 5/11 mile water station
Juan Picho – 5/11 mile water station
Heidi Fitzgerald – 5/11 mile water station
Bridget Pisan – 5/11 mile water station
Leanne Langer – 5/11 mile water station
Heritage X-country team – 5/11 mile water station
Josh Burrus
Trevor, Burrus
Sarah Alvick
Alisha Gipe
Coach Ryan Hovde

Scott Fakler – Sheriff traffic control
Travis Ridgway – Sheriff traffic control
Theresa Mowers Phipps – Certified flagger at trail crossing of Lower River Road
LindyKrossman –Certified flagger at trail crossing of Lower River Road
Don Forman – Uniformed Policeman at trail crossing of Reiger

Mike Viles – Volunteer coordinator, permits
Bob Croucher – Buy t-shirts and coordinate screening
Stacy Lizzo – T-shirt design
Russ Zornick – Run director, finish line announcer, awards distribution at finish line, clean up, awards, bib numbers, pre-registration, food preparation.,
Phil Phimister – Start/Finish set-up and take down. Finish line bandit control.



CLARK COUNTY RUNNING CLUB
CALENDAR OF EVENTS FOR February – June 2007

All CCRC runs are free to members unless noted. There is a \$2 fee for non-members
Please no baby joggers, dogs, or headphones on CCRC runs.

Check for updates and changes to the Calendar of Events on the CCRC website: www.ccrunning.org

Saturday, February 10 , 10 AM

Heritage Trail 3 & 7 Mile Run

Run Director: Russ Zornick 896-2120

This run will be an out and back on the unpaved and flat trail starting from the boat ramp parking area just west of the Moose Lodge at the southeast end of Lacamas Lake. Directions: From S.E. 164th ave..go east on 1st St. (1st becomes Lake Road on the south side of Lacamas Lake) approximately 4.8 miles to the paved parking area on the north side of the road. If you come to Everett St., you have gone too far east. Rest rooms are available.

Saturday, February 24th, 10 AM

Salmon Creek Park 3 & 6 Mile Runs

Run Director: Bryan Chapman 225-9980

Both runs are an out & back on the paved Salmon Creek trail. The 3 miler is flat and the 6 miler includes several small rolling hills.

Directions: From Hwy 99 go west on N.E. 117th St. to Salmon Creek Park. Parking is free & Rest rooms are available.

Saturday, March 3rd, 10 AM

Lacamas Park Run, 5 Mile

Run Directors: Jenny & Terry Knight 254-5737

The run follows the mostly unpaved trails around Round Lake. This is a beautiful and challenging trail run. Rest rooms are available in the park.

Directions: From S.E. 164th ave. go east on S.E. 1st St. (1st becomes Lake Road on the south side of Lacamas Lake) approximately 5 miles to Everett St. in Camas. Then go north on Everett for 100 yards to the main parking lot for Lacamas Lake Park on the east side of the road. There is an overflow parking area on N.E. 35th ave., just north of the park.

Saturday , March 10, 9:00 AM

Salmon Creek Run, 7.6 Miles

Run Director: Doug Settlemier 573-7332

This run will be a counter-clockwise loop that uses the Salmon Creek trail and the local neighborhood streets.

The run will start from the west end of Salmon Creek Park, near the rest rooms. Rest rooms are available in the park.

Directions: From Hwy 99 go west on N.E. 117th St. to Salmon Creek Park. The park is located on the north side of 117th St., west of 1-5.

Saturday March 24, 2007

Franklin Fun Run (Non-CCRC event)

Ben Franklin Elementary School will be having their annual 5K fun run on March 24th. Proceeds benefit the arts & students at Ben Franklin. Cost is \$20.

Sunday, March 25, 4:00 PM

Lincoln School Run 4.3 Mile

Run Directors: Wendy Beck & Eileen Durspek 513-5022

Run thru the Lincoln neighborhood to the Discovery Trail, then climb thru the Ben Franklin neighborhood back to Lincoln School.

Directions: Go west from 1-5 on 39th St., then north on Columbia St.. Then go west on 44th St. one block to Lincoln School. No rest rooms available.

Saturday, April 14, 10 AM

Washougal Dike 6 Mile Run

Distance to be determined

Run Director: Fred Robbins 253-9729

Run on the Dike Trail in Washougal. A great out & back on a flat course. Porta-potties available.

Directions: Go east on Hwy 14 to Washougal. Turn right at 15th St. (steamboat landing). Additional parking at Pendleton Mills across the street.

Saturday, April 28, 9 AM

Lewisville Park 5k Run

Run Director : John Dunkle 263-6873

Run the unpaved trails & roads in beautiful Lewisville Park.

Directions: Go north on SR503 approximately 2 miles past the intersection with N.E. 219th St. in Battle Ground. The entrance to the park is on your right, just after crossing over the East Fork of the Lewis River. Rest rooms are available at the park.

Saturday, May 12, 9 AM

Troutdale 2 Rivers 10k Trail Run

Run Director: Joe Rowley (360) 903-3388

This is a challenging trail run winding thru the forests and fields of the delta, where the Columbia & Sandy Rivers meet. The trail can be muddy if wet!

Directions: Go south on 1-205 into Oregon. Then take 1-84 east to exit 18 (Lewis & Clark Park exit). When you reach the end of the exit road, turn right and go back under 1-84 and take the on ramp to 1-84 west bound. Park in the gravel parking lot at the top of the ramp BEFORE you get back on 1-84. This course is approximately 20-25 minutes from Vancouver. Rest rooms are available at Lewis & Clark Park on the south side of 1-84.

Sunday, May 20th, 8:30

4th Annual Lacamas Lake Race. (Non CCRC Event)

A scenic 10-mile & 5k run & walk around beautiful Lacamas Lake. Partial paved and wood-trip surface. Includes a FREE dinner to the Old Spaghetti Factory. Check website for more info.

Wednesday, May 30, 7 PM (start of the summer series)

David Douglas 5k Run

Run Directors: Ron Hughes & Marie Wodaege 260-8722

Run the paved & dirt trails of David Douglas Park and the surrounding neighborhood streets. Rest rooms are available in the park.

Directions: Go west from 1-205 on Mill Plain Blvd., then north on Garrison Road (the light next to Garrison Square). Go left at the entrance north of the ball field and proceed to the furthest west parking lot.

John Martin is Retiring

For those of you who do not know John Martin, he has been an instrumental part of this club for over 30 years. He was one of the original members back in the '70s when the club was formed. He also has been the club treasurer for most of the club's existence. John does not run as much as he use to, but he has done an outstanding as our Club Treasurer and Membership Director over the years. If you see him, please give him a big thanks for all his years of service. He surely will be missed.



Official Membership Form

Last Name: _____ First Name _____ Age: _____ D.O.B. _____

Address: _____ City: _____ State _____ Zip: _____

Home Phone: _____ Cell Phone: _____ E-Mail _____
(Optional) (Optional) (Optional)

Membership Type:

- Family - \$20 Annual
- Single - \$10 Annual
- New Member
- Renewal

Membership goes from Jan 1 to
December 31

If you selected Family Membership, please list other family members below who attend CCRC events as participants or as helpers. If more than five members of your family are to be included, please attach their name, age and date of birth on an attached sheet

Amount Enclosed \$ _____

Other Family Members to be Included in your Membership:

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Last Name: _____ First Name: _____ Age: _____ D.O.B. _____

Please return this completed membership form with check or
Money order payable to Clark County Running Club and send to:

Clark County Running Club
c/o John Martin
4502 NE 142nd St
Vancouver WA 98686

For more Information Call John Martin at (360) 574-8087



CCRC Scholarship

The Vancouver Lake Half Marathon was very successful this year. So hopefully we will be able to match last year's contribution of \$5500. Last year, we have had some carry-over money from previous years which is why it was so much. In years past, we used to only donate \$2000/ year for the scholarship and you had to attend Clark College. We have opened it up to any college. And this scholarship is Not an Athletic scholarship so you are not required to run track or cross country at your school.

Last year, we had 9 applicants and we gave out 9 scholarships. We got a feeling that we are going to get even more applicants this year. So in order to determine who gets a scholarship and how much each person gets, we have some criteria for making these decisions. The criteria is

- 1) applicants participation in club events and for how long.
- 2) Parents participation in club events and for how long.

- 3) Parent helping out with club events (Directing races, volunteering at the Half Marathon, etc..)
- 4) Applicant promoting running in the community such as volunteering at Club events or other events such as Portland Marathon, Shamrock or other running events
- 5) Applicants GPA. We want to make sure that the applicant will succeed in college.

Applications for the scholarship will be available on our Website by June 1st. The Deadline for accepting applications will be July 1st. By mid July, we will decide who gets scholarships. Good Luck.

Clark County Running Club
4502 NE 142nd St,
Vancouver WA 98686

Get Involved with CCRC

We are always looking for members to step up and get involved with CCRC. If you have some ideas for the club and would like to help out with the club, we would love to hear from you. We are always looking for new Race Directors. It seems the same people put on the same races year after year. We could always use some new help. Or right now, we have a special need for a new club treasure & membership director. No experience is necessary. Just step up and volunteer. We will help you out. And we could always use your help with the web site and newsletter. Do you have any interesting running stories? We would love to post them or include them in our newsletter. The more the members are involved, the better off the club will be.