

FOOTHILL Flyers



www.foothillflyers.org

March 2003

Message from the Grand Pooh-bah, Allen Franke

Be it known that this message is written while under deadline pressure while suffering from writers block. Normally, a couple of cold filtered liquid refreshments from my friends in Irwindale will furnish inspiration if not an outright vision, but such is not the case. I have found little or no interest from my readers (or sympathy) in my recent bout with "kneeritous", and other high tech ailments, which leaves me without "running subject matter".

I harken back to my "less pressured" running days following basketball season in the Black Hills Conference when we immediately started training for track season. Two weeks prior to the first meet in Deadwood seemed to be sufficient prep. There was more concern over giving up our "manly" cigars so as to prevent "snitching" than there was the proper intake of proteases, pantothenic acid, and biotin and whether or not these drugs should be capitalized. If I had been more cognizant of the need for the banana stuff for my knee muscles, the advance intake of glucosamine to prevent the "rub-a-dub" of the bones, and the need for Tums to help with the lactic acid build up caused by "track butterflies" (in addition to the above), I would have stuck to playing the guitar instead of trying to outrun

...continued

Foothill Flyers Meeting Minutes

February 12, 2003

By Brenda Thomason



It was a DARK & DREARY night... "it was the BEST of times and the WORST of times" ---- but NOTHING CAN STOP the Foothill Flyers from having their monthly meeting ... NOT RAIN, NOT SLEET, NOT SNOW.

As you may remember, February 12th was a cold and very wet day...only a few crazy Flyers ventured out into the rain for our regular Wed. night run. Those of us with a full set of marbles...stayed dry and out of the rain...but we did take pity on those few poor fools and patiently waited to start the meeting at our official start time, 8:00 PM.

Dominicos, Monrovia (our regular winter location) was very slow--rain kept most members at home and there were but a handful of us at the meeting. The good news is we had an opportunity to talk about all of you who were missing...and we took full advantage!!!!

The bad news is that even with only a few of us there the meeting ran on, and on, and on...

MEETING HIGHLIGHTS:

FINANCIAL REPORT: Approximate balance \$1,000. Official accounting deferred to March 2003 meeting.

...continued

President's Message continued...

those Sioux Braves from Pine Ridge. Should I have been concerned about 400 I.U. of natural E, 50 mcg of selenium, and 3 mg of manganese to fight off the second hand, carcinogenic cigar smoke in my buddy's Ford? (The windows had to remain up because of the minus 20 degrees). Coach Lilavijen (a non running Swede) never informed me of the necessity for levothyroxine sodium in order to save face and stay ahead of as many of the women as possible. (As a matter of fact, Coach Lilavijen didn't think they should be out there to begin with!)

Be as it may, today is today, and I am further pressured into increasing my molybdenum to 200 mcg daily in order to keep up with Kathryn at least to the top of the hill on the Wilderness run where the concrete rain things are.

I truly prefer to just go down to REI on Wednesday, run with my friends, have a beer afterwards, and not worry about all this.

PB



Minutes continued...

ANNOUNCEMENTS:

- * Website is up and running -- see www.foothillflyers.org for news, club calendar, contacts, run routes, etc. Send pictures and articles to Tom O'Hara for inclusion in the site.
- * Wednesday night runs continue -- come and join the fun.
- * Club Roster Update -- The March newsletter will include a copy of the club roster. Members are asked to review and confirm their info.

NEW BUSINESS:

MARCH MEMBERSHIP DRIVE: Discussed options for promoting member renewals and getting visitors to join the club. With March fast approaching we face our annual challenge to get renewals in and get our regular visitors to join. If this applies to you -- and we know it does ... we encourage you to **ACT QUICKLY** - before the rush. Look for your Renewal Application -- in this issue or on the website. **REMEMBER ALL** members must sign a new release each year --- that means you!!!

WEBSITE UPDATE - RACE REVIEWS: Kudos to our Great Webmaster -- Tom O'Hara. The website looks great and is expanding. Tom advised that the site will have a "Race Review Section" that will give historical info on race highlights and tips on terrain, support quality, gear needed, etc. Members are encouraged to go to the website and fill out the Race Review Template. Let us all benefit from your experiences!!!

ELECTIONS: Annual board elections are scheduled for the 2nd week in April. Here's your chance to **SERVE**. Come one come all -- we need your help to keep us the great club that we are.

OLD BUSINESS: None

COMING EVENTS:

- * International Marathons for 2003 - Great Wall, Bali & Thailand - See Tom O'Hara for details.
- * Costa Rica - (Inter-Hash Event) - May 2003 - See www.hash.org "InterHash".
- * Santa Anita Derby Days - 5K in April.
- * Wild Wild West - Club Trip - May 3rd & 4th.
- * LA Marathon
- * Catalina Marathon - March 15 & 16th.

Our Grand Poop-bah officially adjourned the meeting at 8:35 PM.

Bragging Rights



Nike Run Hit Wonder 5K

Debbie Latiolait 38:27

Nike Run Hit Wonder 10K

Bob Spears

Davis Stampede Half Marathon

Ruth Carter 3:04

Buffalo Run on Catalina Island Half Marathon

Brandon Linz 1:28

Sharon Caforio 1:43

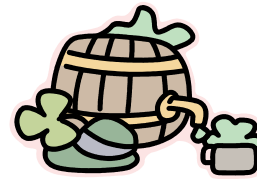
Bill Pevsner 1:45

Dana Linz 1:58

From Julie Miller

Reporting on the Las Vegas Marathon

I did the very windy Las Vegas half marathon on Sunday, 2/3/03. The 50 mph wind sandblasted the runners, and blew water and cups right out the hands of the volunteers. Although Las Vegas has a reputation of being fast, this year the wind blew up the sand making it hard to see, and many of the runners had to walk backwards to keep the grit out. Most of the comments made by the runners after the race are unprintable. I was glad the portal-potty didn't blow over while I was in it (several portal-potties and newspaper stands were seen blown over). My running buddy, Lori Altered said, "If I ever say I want to do Las Vegas again ... shoot me." Kudos to Bob Spears for doing the full marathon.



From Joanne Olson

While not formally a "race," I ran in the **Relay for Life** to raise money for the American Cancer Society on Feb. 23. The event was held at Iowa State University. (Yes, I live in Iowa, but am still a Foothill Flyer at heart.) Over 1000 people ran, and

I managed to get about 3 miles in during my piece of the relay. No time worth bragging about; this was on an indoor track. However, Lisa Amos' father was one of the organizers of the event, and I met several people who run with the Ames Hash House Harriers. The running community is alive and well here in the Midwest. If anyone is interested, this summer is the "Pump and Run 5K" held in Sioux City, IA. After the race, you have to bench press 100% of your body weight for males, 60% for females. They take one minute off your finish time for each rep. you can do. Another popular run is the Bix run in Iowa City. This event attracts the top Kenyan runners and other speed demons, and I think is an 8 mile race. It's tough, though. Hilly and usually high humidity. So if you want to run in Iowa, let me know!



It's membership renewal time!!

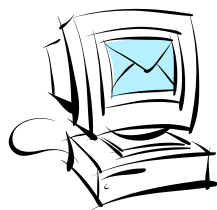


Please check your name and information off the roster elsewhere in this newsletter for changes or corrections and circle them on the renewal form in the back of this newsletter. All members must submit the renewal form with their \$15. If there are no changes in your address, phone or email, just print your name at the top line, then read sign and date the waiver at the bottom. Since membership is primarily by household, only one person per mailing address need join the club unless some one else at the same address wants their own newsletter. Those who joined the club after January 1, 2003 do not need to renew until next year. The membership form is also downloadable from the club web site (www.foothillflyers.org). Mail the filled out renewal form and \$15 to Tom or give them to Tom or Scott on Wednesday night.

=====

Mail or Email?

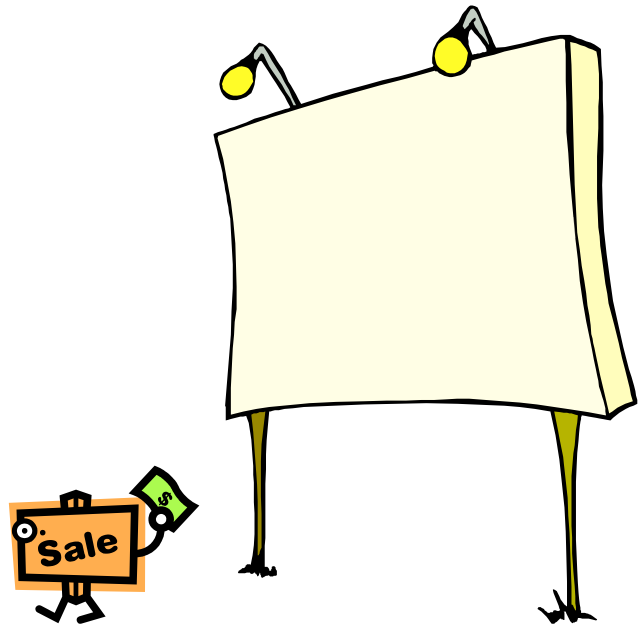
On the renewal see new boxes to how you want to monthly Foothill



form you will check as to receive your Flyers

Newsletter. You can get it by postal mail as always or get it emailed to you as a pdf file attachment. If you select email, it will help reduce the editors work load and membership postage cost, plus help pay for the club web site, pizza night, etc.

This space is available for your running related ads:



FOOTHILL FLYERS

NEW MEMBER AND RENEWAL FORM

www.foothillflyers.org

WELCOME TO THE FOOTHILL FLYERS! WE LOOK FORWARD TO RUNNING WITH YOU AND HOPE YOU JOIN US FOR SPECIAL EVENTS.

Membership Fee: \$15.00* (Present to March 31, 2004) individual or family.

***The \$15 membership fee entitles you to participate as a full voting member in all club activities, discounts at Run With Us in Pasadena and receive the monthly newsletter. Fun runs are every Wednesday evening at 6 PM. Runs start from the parking lot at REI, located on the corner of Santa Anita and Santa Clara avenues in Arcadia - you can use the changing room if you come directly from work.**

Please complete the form below and sign the waiver. Mail the form, along with your \$15 check made out to the *Foothill Flyers Running Club* to:

**Tom O'Hara
2522 Paxson Lane
Arcadia CA 91007-8537**

Please Print

New Member or Renewal? Receive Newsletter by Postal Mail or Email

Name: last _____ first _____

Address:
street _____

City: _____

Zip: _____ Email: _____

Phones: home (____) _____ work (____) _____

Membership (check one): family individual

Family runners names: _____

WAIVER: Having understood that any athletic endeavor might cause injuries, and knowing that I should have a physical examination by a physician to release me for extensive exercise, I join the Foothill Flyers Running Club and hereby waive and release any rights and claims or damages I may accrue against the city of Arcadia, REI, the Foothill Flyers Running Club; any and all persons helping to conduct this club of any and all injuries or damages that may be suffered by me at the Foothill Flyers Running club, during or en route to or from club running events or activities. If under 18 years of age, I realize my parent or legal guardian must also sign.

Signature _____ Date _____