



# Fall 2006 Newsletter

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

## CLARK COUNTY RUNNING CLUB



### President's Message

By Russ Zornick

It was another great summer of running. We had over 1700 runners participate in our fourteen summer events and twelve of them had a hundred or more finishers. In addition, with 3 months to go in 2006, we have already hit a record number of finishers for the year. Way to go!! Why are numbers growing? I don't know but I have a few guesses. I don't believe we are experiencing another running boom because I don't see it at other non-CCRC races. One big reason is that our membership is a bargain. For a \$10 membership, you can run over 30 races a year for free. That comes to 30 cents a race. Compare that to the average Portland race which cost \$20 to \$30. Sure we do not give out awards or T-shirts but who cares. Most runners don't win them anyway. And who needs more T-shirts. I believe we have found our little niche. We offer a place where runners can get together and socialize. Competition is secondary. If you want to run hard, you can. But if you want to do a tempo or even an easy run, you can. You definitely did not waste any money doing it. But most importantly, you get the chance to socialize with other people with similar interests, Running!!

### Peter Bennick Does 100th Marathon

By Jenny Teppo

If you had asked Peter Bennick twenty years ago what he'd be doing today, you would certainly have gotten a different answer than "I'm approaching my 100th marathon". In fact, Peter smoked and hardly ran at all. But at age 30 he became hooked on running while living in Boston, Massachusetts and he will tell you it is one of the best things that has happened to him.

Peter is a Dutch citizen, born in The Hague, and moved to Boston in 1984. There he began running with the Boston Barley Hoppers, a group who began their run from the Bull and Finch Pub (from the Cheers set) and ran the 1.5 miles to another pub for a few beers and back. A former soccer player, Peter was hooked by the social aspect of running with the group.

In 1987, he entered his first marathon "The Boston Peace Marathon" on November 30. For anyone who has been to Boston in winter, they would realize how cold it might have been that day. But he finished and began entering more marathons. In 1987 Peter moved to Portland and then Vancouver and began using marathons as a means of seeing the United States one city at a time. He has run all the major marathons, Boston, New York, Los Angeles, Marine Corps, and others. He has run four marathons in Europe, including Rotterdam and Amsterdam as well as the World Championship 100k (62 miles) in Holland.

He has run the Portland Marathon 15 times, with his personal best 3:19 at Portland in 1996, qualifying him to run Boston that same year. He attributes this PR in part to quitting smoking in 1990. His favorite marathons hands down, was the Antarctica marathon, which he completed in 2003.

You might see Peter running on McIlvray near his home in

Cascade Park, and on the Lief Erikson trail in Portland on weekends. In Holland, while visiting his family, he likes to run on the coast of Haarlem the best. Though no one in his family runs, they are very supportive of his efforts.

At a count of 98 marathons thus far, Peter will run the Pocatello marathon, and make this year's Portland marathon number 100. Peter will spend the day before as in many years, volunteering at registration and eating a prerace meal of pasta with pesto. If you are participating in this year's marathon events watch for Peter or ask him about his experiences when you see him at the next CCRC run. You'll be rewarded with some great stories.



*Editor's Note. This article was written before the Portland Marathon. Peter had no problem finishing his 100th marathon in 4:14:02. Nice Job*

## CLARK COUNTY RUNNING CLUB

### CALENDAR OF EVENTS FOR October 2006 – January 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](http://www.ccrunning.org)

**Saturday, October 7, 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 and Sandy rivers meet. The trail can be muddy if wet.

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

**Saturday, October 14, 9 AM**

#### **Lacamas Park Run, 5 Miles**

**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. The starting line is a 1/4 mile from the sign up area, so please be signed up by 8:55. Rest rooms are available in the park.

Directions: From S.E. 164th ave. go east on SE 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 NE 35th ave. just north of the park.

**Sunday, October 22, 9 AM**

#### **Burnt Bridge Creek 3.5 Mile Run**

**Run Director: Lance Thiede 910- 6803**

This run is on the Burnt Bridge Creek trail west of Andresen Road and includes the new section between Devine Road and Andresen Road.

Directions: Go south from SR500 on Andresen Road then west on 18th St.. Go left at the stop light at Devine Road (Vancouver Tennis Center is on the north side of this intersection). Parking for the trailhead is on the east side of Devine Road. More parking is available on 18th St. if needed. Rest rooms may not be open.

**Saturday, October 28, 10 AM**

#### **Marine Park Halloween Costume Run, 1/4 Mile**

#### **Kids Run at 10AM & 4 Mile Run at 10:15 AM**

**Run Directors: Chet & Erin Gardner 883-0317**

Costumes are suggested but not required. There will be treats for all. The 4 mile run will start after the completion of the kids run. The run is on the Renaissance Trail with some beautiful views of the Columbia River.

Directions: From Hwy 14 take the Columbia House exit to Columbia Shores Blvd. south- then east on Columbia Way to the park area just west of Marine Park Way. There are two parking areas. One is on Columbia Way and the other is on Marine Park Way. Rest rooms are available.

**Saturday, November 4th, 9 AM**

#### **Lewis River 5 Mile Trail Run**

**Run Director: Jamie Skinner - 263-7505**

Run on the trail above the East Fork of the Lewis River to Moulton Falls and back. It is very scenic and tree shaded. Directions: Take Hwy 503 north of Battle Ground. Turn right on Rock Creek Road. This road becomes Lucia Falls Road after a few miles. Continue east on Lucia Falls Road about 1/4 mile beyond Lucia Falls Park. Turn right on Hantwick Road. Cross the East Fork of the Lewis River. Continue uphill, cross the railroad tracks, look left to find the trailhead parking area. Rest rooms are available.

**Saturday, November 18, 9:30 AM**

#### **Annual Turkey Trot 5K Run**

**Run Directors: Ron & Lorinda Limpf - 260-2421**

The annual 5k run at the Fort Vancouver Barracks. There will be a drawing for lots of turkeys. If you have never won anything in your life, this is your chance to change that. Directions: Go east from I-5 on Mill Plain Blvd. then south on Fort Vancouver Way to 5th St.. The run starts on 5th St.. Rest rooms are available.

**Saturday, December 9, 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. Trail can be muddy. Do not wear your good running shoes. Directions: From SE 164th ave., go east on SE 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, December 16, 10 AM**

#### **Annual Lincoln School Holiday 4.3 Mile Run**

**Run Directors: Phil & Terri Phimister - 694-8936**

The annual Holiday Run goes thru the Lincoln neighborhood to the Discovery Trail, then climbs thru the Ben Franklin neighborhood, back to Lincoln School Where Jolly Saint Phil will reward runners with candy canes. Directions: Go west from I-5 on 39th St., then north on Columbia St.. Then go west on 44th St. one block to Lincoln School. No rest rooms available.

**Monday, January 1, 10 AM**

#### **Annual Hangover 5K Run**

**Run Director: Ron Hughes - 260-8722**

Start the new year off with a brisk 5k run around the Fort Vancouver Barracks. This is also a good time to renew your CCRC membership.

Directions: Go east from I-5 on Mill Plain Blvd., then south on Fort Vancouver Way to 5th St., the run starts on 5th St.. Rest rooms are closed.

**Saturday , January 6 , 10AM**

**Frenchman's Bar 3/6/9 Mile Run**

**Run Director: Mike Viles - 883-9596**

Here's a chance to get a longer run in before the Vancouver Lake Half Marathon. Run on the flat scenic trail that goes from Frenchman's Bar Park and goes along the Vancouver Lake flushing channel. The 6 & 9 mile options will continue on to Old Lower River Road , before turning back. The 3 & 6 mile runs will go out 1.5 miles and 3 miles respectively and turn around. The 9 mile route will repeat the outer 3 mile section. There will be water at the 1.5 , 4.5, & 7.5 mile marks.

**Directions:** Go west from 1-5 on Fourth Plain Blvd. approximately 7 miles to Frenchman's Bar Park. Fourth Plain becomes Lower River Road at the intersection with Fruit Valley Road.

**.Sunday, January 21**

**Vancouver Lake Half Marathon 13.1 Mile Run / Walk**

9 AM Walk Start

10 AM Run Start

Registration opens Nov 1st on Active.com

Run Director: Russ Zornick - 896-2120

Both routes start and finish at Vancouver Lake Park. Look for more information on the CCRC website.

Mike Viles needs at least 3 volunteers for the Frenchman's Bar run.

# 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

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 \$ \_\_\_\_\_

**Membership goes from Jan 1 to December 31**

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 142<sup>nd</sup> St**  
**Vancouver WA 98686**

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



## Running Shorts

- **Laurie Porter** was the second overall female finisher in the Portland Marathon. Way to go.
- **Lou Diaz** completed his first Marthon at Portland and **Peter Bennink** completed his 100th. Only 99 more to go Lou!
- **Jenny Knight** was the first female finisher at the Timberline Trail Marathon. She had a little luck on here side. She was in second place but the first place female made a wrong turn at 23 miles. It pays to know where you are going.
- **Juan Picho** was the overall winner of the first Ridge Half Marathon run. He lead from start to finish
- **Mike Gilbert & Bob Croucher** finished one-two in the Battle Ground Triathlon



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## Nine Scholarship Winners

This year we awarded 9 scholarships worth \$5500. That is the most we have ever awarded. We were able award that much because we had extra money carried over from previous years. Our scholarship are funded by the proceeds from the Vancouver Lake Half Marathon. Our nine winners were Kevin Krohn(UP), Paul Limpf (Eastern Washington), Riley Eoff (Clark), Katherine Ellis (USC), Lindsey Diaz (Eastern Washington), Lindsey Kemp (Clark), Greg Jones (Franklin), Jesse McChesney (Clark) and Shirlon Moncrief (Western Oregon)

## Summer Series Winners

Kris Krohn (pictured on the left in the white shirt) & Eric Dolezal were summer series points winner. Each won a \$50 gift certificate to FitRight Northwest. Twenty other winners won socks, Tshirts & misc. prizes at the last summer run. We had 3 runners who ran all 14 races. They were Kris Krohn, Ross Nudd, & Ron Limpf. We had 42 runners who ran at least 10 races. Congratulations to all and thanks for making the summer series a smashing success. I want to thank everyone who brought all the great food for the picnic following the run. Lastly, thanks to FitRight Northwest and Portland Fit for donating items and gift certificates. Please patronize these businesses that support the running community.