



Summer 2007 Newsletter

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

CLARK COUNTY RUNNING CLUB



President's Message

By Russ Zornick

I apologize for the lateness of the summer newsletter. It is a time consuming process and I often wonder whether it is worth all the work. Before the age of internet, the newsletter was important for getting club information, race schedules & race results. Nowadays, it is not as important since all of this information is now available on the web. Most people, I'm sure, usually glance at the newsletter when they first get it and then hopefully recycle it. It's much easier going to the web to find out when the next race is versus trying to remember where you put your newsletter. I have asked for help with the newsletter on several occasions and received no response. So I wonder is it really worth it? It is by far our clubs biggest expense (outside of the scholarships). It takes a lot of time to write it, assemble it and mail it out. It takes a good 10-20 hours of my time and my family's time to do it if you count the time it takes to write it, proof read and edit it. Then corrections need to be made, it needs to be dropped off to be printed and then picked up, mailing labels need to be made and finally it needs to be assembled and mailed. Any volunteers?

On another note, we will be doing something a little bit different with the Summer Series. We have given pre-assigned bib numbers to everyone who has run at least 2 club runs in the past 2 years. This bib number will be your for always. The purpose of this pre-assigned number is to speed up processing the results. It is so much easier typing in a number than typing in a name. Plus numbers are a lot easier to read. So if you want to speed up registration, go to our website (www.ccrunning.org) and look up your number. Then when you register for the race, just write your number on the bottom portion of the tear tag. But make sure you write in your name on the raffle portion. And if you have any corrections to your name, age or city, write it in large letters and circle it on the tear-off tag. I will make the corrections while I am entering the results.

Additionally as I recently announced in the previous newsletter, John Martin will be retiring from Clark College and from being our Club Treasurer and Membership Director. He has held this position for almost 30 years. John will be sorely missed (especially by me). He has made my job (and every previous president's job) so much easier. It's amazing how much John has contributed to the club every year. Here are all the things that he has been doing on a regular basis (besides taking care of membership).

- 1) He has kept our membership current with the Roadrunners Clubs of America.
- 2) He has taken care of our club insurance
- 3) He is responsible for administering all the scholarships and sending the money to the appropriate schools.
- 4) He is responsible for setting-up and bring water to all the water stops for the Vancouver Lake Half
- 5) He brings all the pizza and pop to all our club picnics.
- 6) He brings the turkeys to our turkey trot.

I'm sure I missed a few of duties but you can see why he will be sorely missed. I just hope someone (it could be more than one) will take on some of his duties.

In honor of John's retirement, I have some CCRC trivia questions on the last page. Most of questions deal with the last 17 years (that is how long I have been a member). It would be interesting to see how many questions John can answer. How many can you answer? If you can answer ten, you have probably been a member for more than 10 years.

CLARK COUNTY RUNNING CLUB

CALENDAR OF EVENTS FOR June 2007 – September 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

Wednesday, June 13 & 20, 7PM

Frenchman's Bar 3 Mile Run

Run Directors: "The Ellis Family" 360-573-0734

Scenic out and back course on the very flat and fast paved trail from Frenchman's Bar County Park. Run alongside pastoral farm lands and the scenic Vancouver Lake flushing channel. Nice children's playground and Columbia River beach for before and after. 2 dollar parking charge at the county park, so car pooling is encouraged. Alternative free limited parking - 1 mile before the Frenchman's Bar Park entrance.

Restrooms available in park.

Directions: Go west from I-5 on Fourth Plain Blvd. Approximately 7 miles to Frenchman's Bar Park. Bear right just beyond the intersection with Fruit Valley Rd. as Fourth Plain Blvd. becomes Lower River Rd.. About 1 mile beyond the Clark PUD generation station bear left at the fork in the road (not the right fork that goes to Vancouver Lake).

Wednesday, June 26 & July 11 , 7PM

WSU Campus 3 Mile Run

Run Directors: Jill & Mike Gilbert - 573-2739 M-F 8-5

Run the beautiful WSU campus and enjoy a few hills.

Directions: From I-5 or I-205, take the 134th Street exit. Go east on 134th Street past 29th ave.. It turns into Salmon Creek ave.. Follow the WSU Vancouver signs to the entrance on your left. Wind up the hill to the top. There will be CCRC signs for parking. **No Restrooms available**

Wednesday MORNING July 4th , 9:30 AM

Lacamas Park 5 Mile Run

Run Directors: Jenny & Terry Knight - 254-5737

If you feel guilty about indulging in 4th of July barbeque, come run this challenging course. This is a time yourself event. The event director would like to run it herself. So bring your stopwatch and time yourself. There will be a clipboard to record your results. The results will be posted on our web. See Sept 29th run for directions and details

Wednesday, July 18 & 25 7PM

Leverich Park 3 Mile Run

Run Directors: Mike & Carolyn Viles - 883-9596

This hilly run will use the paved Discovery Trail and the unpaved Ellen Davis trail. Restrooms are available in the park.

Directions: From I-5 go east on 39th St. then north on Leverich Park Way to the north parking lot - which is just south of N.E. 45th St. If the north parking lot is full, there are 2 other parking lots for the park south of the north parking lot.

Mike needs 2 finish line helpers - so if you are not running please step forward and give Mike a hand.

Wednesday, August 1 & 8 7PM

Washougal Dike 3 Mile Run (new start this year)

Run Directors: Jisell & Tim Squires - 891-6753

Run on the dike trail in Washougal. A great run site for a hot summer night. Restrooms available.

Directions: Go east on Hwy. 14 to Washougal. Take the Port Industrial Area exit. Go right (you are on 32nd St). Stay on

32nd St. until it ends at Index St.. The parking lot is right in front of you. After the race take Index St. west & follow the signs for the Hwy 14 west bound ramp.

Wednesday, August 15 & 22 7PM

Heritage School 3 Mile Run

Run Director: Ryan Hovde - 737-8710

Join Ryan and the Heritage Cross Country team for a run on the flat paved trail around the Heritage High School and the multi-use trail along the Padden Expressway. Porta-potties available.

Directions: Go east on SR 500 then north on 117th Ave. (SR 503). Turn right on NE 76th St. then left on NE 130th Ave.. Drive to the 2nd driveway and park in the student parking lot.

Wednesday, August 29, 6:30 PM *Picnic*

Notice the earlier start time.

Marine Park 3 Mile Run

Run Director: Russ Zornick - 896-2120

This run will be an out and back in each direction on the water front trail. Restrooms available.

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 2 parking areas. One is on Columbia Way and the other is on Marine Park Way. Over flow parking at Water Resource Center.

Saturday, September 22, 9 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 Cr. Trail and the local neighborhood streets. The race will start near the softball fields and restrooms. Restrooms available.

Directions: From Hwy 99 go west on NE 117th St.. Drive past the Salmon Cr. Park entrance and turn right on the first paved road (approx. 1/3 mile past the park entrance) and park in the ball park parking lot.

Saturday, September 29, 9AM

Lacamas Park 5 Mile Run

Run Directors: Jenny & Terry Knight - 254-5737

The run follows the mostly unpaved trails around Round Lake. This is a beautiful & challenging trail run. Restrooms available.

Directions: From SE 164th Ave. go east on SE 1st St. (1st becomes Lake Rd. on the south side of Lacamas Lake) approx. 5 miles to Everett St. in Camas. Then go north on Everett St. for 100 yards to the main parking lot for Lacamas Lake Park on the east side of the road. There is an over-flow parking area on NE 35th Ave., just north of the park.

Other Non-CCRC Clark County Runs

- 6/17/07 Waterfront Run, Marine Park
- 7/4/07 Ridgefield 4th of July Run
- 7/15/07 Nautilus Runs (5k & Marathon Relay)
- 7/21/07 Camas Days 5K Run (Check Website)
- 7/22/07 Harvest Days Milk Run, Battle Ground HS
- 8/04/07 Run for the Homeless, Marine Park

CCRC Scholarship

We are now accepting applications for the CCRC scholarship. These scholarships are available to members only. The main criteria in awarding the scholarship are participation in the club by the individual and their parents if applicable, CCRC volunteer activities by parents or the individual, a minimum GPA and a commitment to promote running in their community. If you are interested in applying for scholarship, you can download a application on our website at www.ccrunning.org. They must be returned by July 1 and will announce our winners at the July 18th Leverich Park Run. Funds for this scholarship are generated by the Vancouver Lake Half Marathon.

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For more Club information go to www.ccrunning.org

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 Russ Zornick
1221 NE 166th Ave
Vancouver WA 98684

For more Information Call Russ Zornick at (360) 896-2120



CCRC Trivia Quiz

- 1) What race was run every Labor Day and where was it held?
 - 2) Name the last 4 presidents of the Club.
 - 3) What former east side summer series run was run on trails in the woods that are now a large shopping complex?
 - 4) Where was the turkey trot held before it was moved to Fort Vancouver? And why was it moved?
 - 5) What is the only present day race that is still run on its original course from the 70's?
 - 6) Name at least 5 members who can still be seen at club runs who were members back in the 70's
 - 7) What was the first year of the Vancouver Lake Marathon and who was the director?
 - 8) What race is held every December and what is given to every participant?
 - 9) Name as many runners as can who won CCRC scholarships before the year 2003 and still run an occasional race.
 - 10) What 2003 race was turned into an un-timed event because of 100 degree heat?
 - 11) What annual race used to be held on the waterfront every September? (PS this race could be revived this year with the new land bridge over SR 14.)
 - 12) What was unusual about the 2004 Hangover Run?
 - 13) Who developed the logo that is on the front page or our newsletter?
 - 14) What year did we get our Website?
 - 15) Which member served as Port of Vancouver Commissioner for 17 years?
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Clark County Running Club
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Vancouver WA 98686

Answers:

1) Downhill Mile on Fruit Valley road 2) Bob Moser, Phil Phimister, Bryan Chapman & Russ Zornick 3) Tektronics which was run in the woods behind the present day Nautilus. There is now a Best Buy, Kohls and several other stores on the site. 4) Vancouver Lake. It was moved because the runners got nervous from all the gun-fire from the pheasant hunters. 5) David Douglas 6) John Martin, Bob Moser, Phil Phimister, Lance Thiede & Del Scharfenberg 7) 1992 (I believe) and Bryan Chapman 8) Lincoln School Run and Candy Canes 9) Annie Christie, Eric Dolezal, Russ Zornick jr (and I am sure there are plenty more) 10) Round Lake Run 11) The Old Apple Tree Run 12) We had 6 inches of snow the morning of the race but we held the race anyways 13) Liz Pike Erickson 14) 1990 15) Bob Moser of course