

Falls to Gasworks 1994

Snoqualmie to Seattle / April 24 / 75K

The Falls to Gasworks Run starts in Snoqualmie, of "Twin Peaks" fame, touching the northern tips of Lakes Sammamish and Washington before following the Burke-Gilman Trail (a cycle/pedestrian trail which follows the course of an old railway) to Gasworks Park.

Wanting to leave little to chance, I drove the course with Lisa and redrafted the drivers' directions to meet the course more often between relay exchange points. I then explored the route through Marymoor Park and onto the cycle trail with Brian, who had offered to follow me on a bicycle. Over the crew dinner of burgers and Pacific Maritime Red Ale, I worried. Would Lisa fill drink bottles only a quarter full, would Brian conform to race rules by not pacing me, and could someone warn the finish that I was coming if I was in the lead?

A gallon of energy surge was bottled and ready, Brian joined us earlier than the appointed 4:00 a.m., Lisa packed her course directions and cassette tapes, I breakfasted in the car on baked potato and funny tea, and we were at the start with time to spare--so far, a seamless operation. The field was an unexpected 68 runners, more than half the number of relay teams.

I tried to identify seven-minute pace in the gloom of dawn. After the steep downhill from Salish Lodge at the top of the falls, I fell into running with Nick from British Columbia. His first ultra had been our local White River 50 the previous year, but he hinted at a history of marathons. I wondered at his fanny pack with two water bottles as I threw my bottle to the ground for Brian to replenish with water or potion supplies from Lisa in the mother ship. We passed the 7.3 mile Fall City exchange point at 50 minutes, but somewhere we got faster. There was no evidence of subsequent exchange points, and Brian hadn't let on that his bicycle has a mileometer, so we had no way to gauge distance. I expected Marymoor Park to be halfway, yet we ran through in 2:20.

"Brian, how far have we come?" I asked.

"21.3 miles. You still have the Seattle Marathon course to run," he responded.

As the morning wore on, more cyclists and joggers appeared on the trail, looking at me increasingly askance. A few saw the race number and understood, some others saw the race number and understood even less.

"Brian, where's Nick?"

"It took me three minutes to cycle back to him, and ages to catch you again. Work it out if you can."

I started to do the sums as I laboriously caught up with a woman runner wearing a stereo. I shouted "Brian! Water!" She jumped.

The Burke-Gilman became quite crowded as I be-

came less able to avoid hazards. A walker on one side of the path with a dog on the other almost wrapped a leash around my ankles; fortunately they encircled a wooded barrier post instead. "No worries," said Brian.

A fire engine blocked the trail where Lisa waited with more supplies. "There's an injured cyclist who needs to go to hospital. Is it OK if I take her?" she asked.

Brian took on more water, and took to flagging down traffic for me at road crossings. I thanked him, he made peace with the motorists, Lisa reappeared with a mile and a half to go, and we started the race to the finish. Results--Brian first, 5:30 next, then me.

We came back for the awards four hours later, when the perfect overcast running weather had turned to warm sunshine. The women's race had had magnificent performances from Becky Wallick and Chris Ralph. As we left, Brian handed me a water bottle that he had given to Nick and then found left for us at the finish. I had had no worries, no need to think--all I had to do was put one foot in front of the other. This had been the perfect day, due above all to the perfect crew. **NWR**

--Stewart Dutfield

SOLO MALES			
Open			
Stewart Dutfield	5:30:24	Douglas Beyerlein	6:38:26
Jerry Grace	6:10:49	Ron Nichols	6:53:07
Nicholas McDonald	6:32:56	Ron Warner	7:07:29
Dave Dutton	6:46:10	Lary Webster	7:07:35
Mathew Toeple	7:00:57	Peter O'Brien	7:10:20
Ray Gruenewald	7:28:45	Dana Blankenship	7:24:45
Chris Nymann	9:22:32	Karl Jensen	7:26:56
Vince Thompson	9:31:48	Wayne Heigel	7:40:24
		Marc Greenberg	7:46:26
Masters			
Chuck Cammack	6:33:10	Robert Perman	7:54:13
Frank Fleetham	6:38:10	Greg Potegal	8:11:03
		Melvin Preedy	8:18:17
		John Miller	8:22:30
		Rick Riedel	8:28:40
		Carl Cook	8:29:50
		J.R. Phillips	8:33:37
Male Open			
Dave/Boston Marathoners	4:09:08	SOLO FEMALES	
Dado Heads	4:46:37	Open	
Aim for the Knees	5:00:30	Rebecca Wallick	6:42:19
		Beth Glander	7:44:02
Male Submaster		Masters	
Wayne's World	4:39:16	Chris Ralph	6:52:38
Olympians	4:58:09	Lynn O'Malley	7:02:14
Puget Sound Hash	5:04:02	Sally Marcellus	7:25:57
		Karen Hagenborg	9:11:48
Male Master		Female Submaster	
Running Wild	4:47:25	Five Girls	6:07:06
Hosers	5:02:18	The Caffeine Club	6:55:33
Randy Brown and Co.	5:07:36	The Mommies	6:57:21
Male Veteran		Female Master	
Snohomish Track Club	4:39:56	Hot Flashes	6:34:17
Mellow Fellows	4:40:31	Coed Open	
Fabulous Fifties	5:05:29	Allways Running	4:54:36
		Potholes	5:07:07
		An Excuse for Pizza	5:15:31
Female Open		Coed Submaster	
Emerald City Express	5:17:05	Queen Anne Flyers	4:30:28
Seattle Front Runner Flyers	5:47:23	Delta Ground Pounders	5:02:42
Return of Leopard Ladies	6:02:22	Stop the Insanity!	5:33:52
		Corporate Open	
		Fred Hutchinson Anti-Nel Plastics	4:43:42
		Immunex 1	4:46:40
		Occum	4:47:10