



FOR IMMEDIATE RELEASE

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**REGISTRATION OPEN FOR CHUCKANUT FOOTRACE,
WASHINGTON STATE'S OLDEST RUNNING RACE!**

RACE EVENT: 41st Chuckanut Footrace, presented by Fairhaven Runners and the Greater Bellingham Running Club

EVENT DATE & TIME: Saturday, July 12, 2008, 9 AM

LOCATION: Bellingham, WA (Point-to-point race starts in Fairhaven's Marine Park and finishes at Larrabee State Park.)

COST: \$15 U.S.

REGISTRATION DEADLINE: Thursday, July 10, 2008, 7 PM

Registration is open for the 41st Chuckanut Footrace, the oldest running race in Washington State. Race day is Saturday, July 12, 2008 at 9 AM, in the historic Fairhaven district in Bellingham, Washington. Entry fee is \$15.

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No Day-of-Race Registration, Race Capped at 1,000

Because the course is single-track trail, at certain points, the race is capped at 1,000 athletes, who register on first-come, first-serve basis. In the last two years, attendance reached maximum. Early registration is encouraged. Participants must be among first 1,000 and can register through Thursday, July 10, 2008, 7 PM (no day-of-race registration). Race registrations and information are at Fairhaven Runners & Walkers or online at www.FairhavenRunners.com.

Commemorative New Balance Race Shirts

Technical, short-sleeve, New Balance shirts will be available for purchase for \$12. Shirts must be purchased, with registration, by Monday, June 16, 2008, 7 PM (online registration, at Fairhaven Runners & Walkers, or postmarked). Shirt purchase is separate from race fee.

Legendary Seven-Mile Trail Course

The flat, point-to-point, seven-mile trail race, featuring chip timing for the third year, starts at Marine Park in south Bellingham and finishes at Larrabee State Park, the oldest state park in Washington. The course follows the legendary Interurban Trail, which threads through the Chuckanut Mountains and features gorgeous views of Chuckanut Bay and the San Juan Islands.

Organizers' Goal: Fun Race, Towards Zero Waste

Steve Roguski, owner of Fairhaven Runners & Walkers, is excited to partner with the Greater Bellingham Running Club to present this legendary race. Roguski, Race Co-Director and a board member of Bellingham's Sustainable Connections business network, described new efforts for the 2008 race. "Along with many other race directors, we want to help lead the way toward 'environmentally greener' events, where we reduce waste, reuse, and recycle."

Roguski ticked off strategies for this year's event:

- ✓ No individual water bottles: athletes will be asked to bring their own bottles to tuck into drop bags at the start. Drop bags will be shuttled for pick-up at race finish.
- ✓ Water at finish: water will be available from coolers for those with own water bottles. For participants without bottles, water will be prepared in paper cups, to be composted through Sanitary Service Company (SSC).
- ✓ Recycling and compost receptacles: provided by SSC at race finish.
- ✓ Reduced food packaging: efforts will be made to reduce packaging, with food provided by generous local sponsors, Fairhaven's Food Pavilion, Great Harvest Bread Co., and Erin Baker's Wholesome Baked Goods.
- ✓ Printing: race brochures and posters will be printed on partially post-consumer recycled paper by Copy Source.
- ✓ Carpooling: athletes will be asked to carpool to race start.

Commenting about these environment-sustaining efforts, Roguski said, "Of course, the best part is that there will be 1,000 of us on foot, for seven miles, on stunning trail." He explained, "At these big community events, we can make positive changes, in a fun way. So that eventually—reducing, reusing and recycling—become the norms at races and elsewhere."

Speaking for the Greater Bellingham Running Club, Race Co-Director Terri Lee, commented about another aspect of sustainability. "The Chuckanut Footrace is Washington's oldest running race. Dr. John Arnold and Frank Schultz founded this race in 1967, and since then, hundreds of people—race directors and volunteers—have sustained this event for 41 years. One of our on-course water stations is completely staffed by a neighborhood crew. You work this race, and you feel that positive, sustaining energy."

Linda Beckman, also representing the Greater Bellingham Running Club as Race Co-Director, explained, "This race is here, 41 years, because it's so much fun. You get to run or walk on seven miles of some of the most beautiful trail in the state. During the last mile, you hear the band playing at Larrabee. We throw a party for athletes, with food and awards. It's no wonder the event is one of the top-attended races in the region, attracting people from British Columbia, Seattle, and Tacoma areas."

Finish-line Party

The finish-line party at Larrabee State Park will include live music by Maggie's Fury, food provided by Food Pavilion and other generous sponsors, and drink. Age-group awards will be given, three deep in each five-year category. Draw prizes from Whatcom County businesses will also be distributed. Complimentary massage and chiropractic care will be provided by Dr. Cherrelyn Seegers and her Back in Motion team. Participants will also be able to appreciate the history of Washington State's oldest race at the special "41 Years of Chuckanut" exhibit, a retrospective that includes photos, race results, and memorabilia.

Run & Rest Packages at Local Inns

For out-of-town racers, local inns — the Fairhaven Village Inn and the Chrysalis Inn & Spa, both within easy walking distances of the start line — are offering Run & Rest packages. Information at www.FairhavenRunners.com.

Race Presenters

As the region's premier technical running and walking store, Fairhaven Runners & Walkers informs and inspires people pursuing running and walking lifestyles.

By providing races, track workouts, and trail runs, the Greater Bellingham Running Club (GBRC) motivates its members and community. The Fairhaven Runners Chuckanut Footrace is one of thirteen annual races presented by GBRC.

All race fees go directly toward race-related expenses, including a donation to GBRC.

Race Sponsors

The 41st Chuckanut Footrace is possible because of the generous support from these major sponsors: New Balance, Food Pavilion, 790 KGMI News Talk Radio, Adventures NW magazine, Back in Motion Chiropractic and Wellness Center, Copy Source, Erin Baker's Wholesome Baked Goods, and Village Books. Details about their talented staffs and local support can be found on the race pages at www.FairhavenRunners.com.

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