

# Fairhaven Runners & Walkers NEWS



Jan | Feb | Mar 2011

## Hunka Burnin' Love

So, what is it going to take? You know, to get fired up this year! What and where is the spark for your flame, your fire? Bill and Cami got cooking when they thought of running a marathon on each of the seven continents. Alan, hiked the 2,200 mile Appalachian trail with a lifelong fire in his belly. And Dan was burning to do and then nearly burned out ascending 80,000 feet, over 122 hours, while coursing the Tor des Geants in Italy. Barb and Vicki run hundred mile trail races at ages 65 plus. These folks are just like us and live in our

midst. They have or will soon share their experiences at the store or through our newsletters.

It's hard to stop someone when they are burning with desire to do something, especially something epic or life changing or just dang cool. It could be a destination race or run, a time goal, a first race or even inspiring/coaching a friend or loved one to run. What is it for you? Get sparked, decide absolutely and do it!

Visit the store for talks, inspiration and, of course, the right gear. We love to help stoke that fire and make your dreams a reality.

It helps to share your dreams and plans— email runners@fairhavenrunners.com about your goal and we will share it with others on Facebook. With your submission you'll receive a valuable store coupon and gain entry into a drawing for a free pair of shoes.

Get fired up and be a spark for someone else!

Happy trails,

Steve and Genevieve Roguski own Fairhaven Runners & Walkers and can be found at the store, on the trails, and at runners@FairhavenRunners.com.

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**FAIRHAVEN RUNNERS & WALKERS**  
1209 11th Street | Bellingham, WA 98225  
360.676.4955 | www.fairhavenrunners.com

Store Hours Mon - Sat: 10 - 7 | Sun: 11 - 5  
Race fliers are at the store and more information below.  
You'll want to confirm times and locations using contact info.



26 Dave Reed 5K	9 am	Vancouver, B.C.	lmrns.com/races
27 Redmond Watershed Preserve Mar. 5 & 10 mi.	10 am	Redmond	nwtrailruns.com
<b>SEPTEMBER</b>			
10 Fairhaven Runners Watertown 15K		Bellingham	trithecookie.com

20 Mercer Island Rotary Half Marathon	7:30 am	Mercer Island	mercerislandhalf.org
20 Harry's Spring Run-Off 8K	10 am	Vancouver, B.C.	canadarnningseries.com
26 Birch Bay Road Race, 15 & 30K	8:30 am	Birch Bay	birchbayroadrace.com

### MARCH (cont'd)

26 Dave Reed 5K	9 am	Vancouver, B.C.	lmrns.com/races
27 Redmond Watershed Preserve Mar. 5 & 10 mi.	10 am	Redmond	nwtrailruns.com
<b>SEPTEMBER</b>			
10 Fairhaven Runners Watertown 15K		Bellingham	trithecookie.com
<b>MARCH</b>			
5 Run for the Honeywagon, 4 mi. & 1/2 Mar.	10 am	Everson	gbrc.net
12 Runnin' O' the Green, 2 & 5 mi.	10 am	Bellingham	trithecookie.com
12 Sunset Loop Relay	10 am	Anacortes	cityofanacortes.org
12 St. Patrick's Day 5K	10 am	Vancouver, B.C.	lmrns.com/races
13 St. Patrick's Day Dash	8:30 am	Seattle	spatsdash.com
19 Chuckanut Ridge 50K	8 am	Bellingham	chuckanut50k.com
<b>MARCH</b>			
5 Orcas Island Fat Ass 50 & 25K	8:30 am	Eastsound	orcasisland50k.blogspot.com
12 Two for the Road 5K	10 am	Bellingham	gbrc.net
12 Love 'em or Leave 'em 5K	9:30 am	Seattle	valentinesdaydash.com
13 First Half 1/2 Marathon		Vancouver, B.C.	pacfictrroadrunners.ca
20 Birch Bay Marathon & 1/2 Mar.	8 am	Birch Bay	birchbaymarathon.com
20 Historic Half Marathon, 10 & 5K	8 am	Fort Langley, BC	historichalf.ca
26 Smeit Run, 10 & 5K	10 am	LaConner	skagitsymphony.com
<b>FEBRUARY</b>			
8 Lake Samish Runs 6.5 mi & 1/2 Mar.	10 am	Bellingham	gbrc.net
8 Bridal Trails Winter Trail Running Festival		Kirkland	nwtrailruns.com
15 Nookachamps 1/2 Marathon, 10 & 5K	10 am	Mount Vernon	nookachamps.com
15 Capitol Peak Mega Fat Ass Trail Runs	8 am	Olympia	capitolpeakultras.com
23 North Sound River Run 2.3 mi.	9 am	Everett	(425) 397-7214
29 Birch Bay 25K	9 am	Birch Bay	birchbaymarathon.com
30 North Sound River Run 2.3 mi.	9 am	Everett	(425) 397-7214
30 Steveston Ice-Breaker 8K	8:30 am	Richmond, B.C.	lmrns.com/races
<b>JANUARY</b>			
1 Resolution Walk/Run & Padden Polar Dip	11 am	2.6 mi.	cob.org/races
1 Resolution Run 5K	10:30 am	Seattle	promotionevents.com
1 Brita Resolution Run 5K	9 am	Abbotsford, BC	events.runningroom.com
8 Lake Samish Runs 6.5 mi & 1/2 Mar.	10 am	Bellingham	gbrc.net

### LOCAL EVENTS calendar

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RUNNERS  
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## Fitness Forums

Get stronger and smarter at our free fitness forums at the store.

### Your Nutrition Tune-Up Cherrelyn Seegers Thursday, January 20th 7:15 pm - 8:15 pm

Start the year with a nutrition tune-up. Learn some simple ways to clean up your diet. What foods have important medicinal value? What supplements should you be taking? Why might you still be struggling with weight even though you train for marathons? Cherrelyn is a runner and former competitive triathlete. Her chiropractic practice is Back in Motion and her post-race treatment tent is a welcome sight at local races.

### This Year...Be Stronger Than Ever Nicola Mann & Derek Shiers Thursday, February 10 7:15 pm - 8:15 pm

Don't let the weather get you down! Take your workouts indoors and build the kind of strength you want for faster running times and more overall vigor. Spice up your workouts with a challenging, full body, strength-training program that you can do at home. With demonstrations and a take home reference sheet you'll be motivated and confident to start strength training your way to better performance. Nicola & Derek are personal trainers and cross training specialists who co-own Trailhead Athletics.

### An Appalachian Trail Thru-Hiker's Tale Alan Fox Thursday, March 24 7:15 - 8:15 pm

Alan Fox will share how he made his boyhood dream of hiking the entire 2,179 mile Appalachian Trail a reality. He will discuss his preparation and training for his northbound journey from Springer Mountain in Georgia to Mount Katahdin in Maine. Hear inspiring stories of his experiences and challenges along the way.



### Get the Latest Online!

Readers who enjoy our Goldsheet will also like our monthly e-newsletter.



Regular features include the latest upcoming store events & promotions, product reviews, and inspiring and fun stories. Get the next issue by e-mailing runners@FairhavenRunners.com.



## Weekly Drop-ins

Drop in for a free run or walk with us. Unless noted, these groups meet at the store.

### Tuesdays | All Paces Run 6 pm\*

Join the party each week with this popular group run. Led by store staff and volunteers, runs are 20 minutes out and 20 minutes back on two key routes, by the water or through the woods. Participants are divided into groups by pace.

### Tuesdays | Track Workout 5:30 pm

Join the fun for a planned workout (or one of your own) on the track. Meet at Sehome HS parking lot. Led by Steve Grichel.

### Wednesdays | Evening Epic Run 6 pm\*

Strenuous runs of 1.5-2 hours on hilly terrain with experienced trail runners. Often epic.

### Thursdays | Hit the Trail 6 pm\*

A 45-50 minute run on a variety of local trails led by store staff member Jeva. A casual and friendly group run with pace ranging from 8-10 minute miles. Expect to drive from the store now and then to local trailheads.

### Saturdays | Fairhaven Walking Club 8 am

Friendly drop-in walking group for all levels. 10-15 walkers typically attend weekly. Organized by store walking coach Cindy Paffumi. For start locations and questions, call 360.319.3350 or the store.

\*Be sure to bring a headlamp or flashlight to the evening runs and wear some reflective gear!



### Injury Prevention Screenings Tuesdays, 6 - 8pm

Learn what physical limitations you might have toward achieving your goals. Get an assessment of strength, flexibility, range of motion and biomechanics. Sign up for a 30 minute one-on-one screening with a friendly and knowledgeable physical therapist. Call FR&W for an appointment. \$15 paid directly to the P.T.

## Get Out & Explore With Us

Just for fun, we plan a few friendly destination get-togethers for all runners.

### Marina & Waterfront Run Saturday, January 22, 9 am

Take a running tour of Bellingham's "old town" waterfront and the marina. Meet in front of Maritime Heritage Park's fountain (on Holly St.). Stick around afterward for a "no host" visit to nearby Rocket Doughnuts. 30-40 minutes.

### The "Secret" Trails of Lake Padden

Run about 5 miles at a social pace up and down the...okay "back" or "horse" trails of Lake Padden. Meet at the south end of the lake where the softball field and dog park are located. It will be a muddy, giddy scene to be sure!

### Berthusen Park Trail Run, Lynden Saturday, March 26, 10 am

Come explore this forested haven in the middle of farm country. We'll meander throughout the park on spongy woodland trails. Meet by the playground. 30-40 minutes.

**Walkers:** Be sure to check out the Fairhaven Walking Club every Saturday morning for a variety of enjoyable routes.

## Who We Are

FAIRHAVEN  
RUNNERS  
& WALKERS

We are a store that will knock your socks off with our personable customer service!

- ✓ **Personal gait analysis:** We watch you walk and look at your feet, in order to find the right shoes from hundreds in stock.
- ✓ **Custom fitting:** One-on-one attention and custom fitting — for shoes and apparel — ensure success.
- ✓ **100% satisfaction:** We're passionate about getting you the right shoe with the right fit so that you can feel like you can go for miles of fun!
- ✓ **Best of Bellingham Running & Walking Stores:** Voted the best for many years running, and we work hard to earn that honor every day!

More about the store at  
[www.FairhavenRunners.com](http://www.FairhavenRunners.com).

Our mission is to be your premier technical store and a fun, inspiring place for runners and walkers.

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