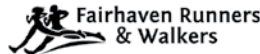


# Fairhaven Runners & Walkers NEWS



Apr | May | Jun 2011

## Walk The Talk

Well, is it sunny yet? Just checking in from the recent past of mid-March and I'm praying that your answer is "Yes!" If not, we still have a sunny array of heart throbbing walking and running events for you this quarter. Notice I said, "walking." Yes, we are a walking store too. And we are just as enthused helping our walking friends, as we are any fast twitch types out there. Check out our website where you'll find an updated community walking and hiking groups list.

It's a known fact we go to great lengths

(and widths!) to fit our customers in the best possible shoe for their "feets" and needs. Whether that is for a mosey around the block or a dash up Chuckanut, we have the gear, the know how and the love for great service to make sure you are happy as a mussel (aren't they happy as clams too?) when cavorting around our sweet region of the earth.

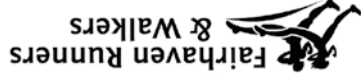
In this edition, you'll find a load of walk friendly events including a Pick Up The Pace Clinic for Walkers led by Cindy Paffumi, our long time walk coach who also leads up the weekly Fairhaven Walking Club outings. Our race calendar includes

many events for runners and walkers such as The Walk/Run for Literacy 5K that we co-sponsor. Come join us — it's fun, friendly and supports a super good cause! The calendar also includes some walker exclusive events like NW Tulip Trekker Volkswalks (one of their walk "start-boxes" is located in our store).

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](mailto:runners@FairhavenRunners.com).

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Store Hours Mon - Sat: 10 - 7 | Sun: 11 - 5  
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360.676.4955 | [www.fairhavenrunners.com](http://www.fairhavenrunners.com)



You'll want to confirm times and locations using contact information below. Race fliers are at the store and more is online at [www.fairhavenrunners.com](http://www.fairhavenrunners.com).



MAY	
1 Vancouver Marathon, 1/2 Mar, 8K	Vancouver, B.C.   <a href="http://bmovanamarathon.ca">bmovanamarathon.ca</a>
1 Lilac Bloomsday 12K	Spokane   <a href="http://bloomsdayrun.org">bloomsdayrun.org</a>
1 Tacoma City Marathon, 1/2 Mar, 5K	Tacoma   <a href="http://tacomacitymarathon.com">tacomacitymarathon.com</a>
7 Haggan to Haggan 5K	Bellingham   <a href="http://gbrc.net">gbrc.net</a>
7 Lost Lake 50K	Bellingham   <a href="http://skagitrunners.org">skagitrunners.org</a>
7 Sunflower Relay & Marathon	Mazama   <a href="http://mस्ता.com">mस्ता.com</a>
8 NW Tulip Trekkers Walk, 5 & 10K	Deception Pass   <a href="http://nwtrekkers.org">nwtrekkers.org</a>
8 Heroes Half & 10K	Everett   <a href="http://heroeshalf.com">heroeshalf.com</a>
14 Human Race, 5 & 10K	Bellingham   <a href="http://whatcomvolunteer.org">whatcomvolunteer.org</a>
14 Bay View Women's Walk/Run 10K, 2MI	Bay View   <a href="http://active.com">active.com</a>
14 Have a Heart Runs, 10K & 2 mi	Mt. Vernon   <a href="http://haveheartrun.org">haveheartrun.org</a>
15 Haulin' Axe 5K	Bellingham   <a href="http://wctd4.org">wctd4.org</a>
15 Beat the Bridge 8K	Seattle   <a href="http://beatthebridge.org">beatthebridge.org</a>
15 Capital City Marathon, Half M, 5 mi	Olympia   <a href="http://capitalcitymarathon.org">capitalcitymarathon.org</a>

5 NW Tulip Trekkers Walk, 10K	Bellingham   <a href="http://nwtrekkers.org">nwtrekkers.org</a>
10 Fremont 5K & Briefcase Relay	Seattle   <a href="http://promotionevents.com">promotionevents.com</a>
11 Sound to Narrows, 12K	Tacoma   <a href="http://soundtonarrows.org">soundtonarrows.org</a>
12 Sandcastle City Classic 10K	White Rock, BC   <a href="http://sunrunners.ca">sunrunners.ca</a>
12 Shore Run, 10 & 5K	Seattle   <a href="http://shoreun.com">shoreun.com</a>
13 All Comer's Track Meets Begin	Bellingham   <a href="http://cob.org/races">cob.org/races</a>
17 Longest Day 5 & 10K	Vancouver, B.C.   <a href="http://thunderbirdstrack.org">thunderbirdstrack.org</a>
17-18 Relay for Life Lynden	Lynden   <a href="http://relayforlifelynden.org">relayforlifelynden.org</a>
18 Walk/Run for Literacy 5K	Bellingham   <a href="http://fairhavenrunners.com">fairhavenrunners.com</a>
18 Berry Dairy Days Half, 10K, 2 MI	Burlington   <a href="http://active.com">active.com</a>
18 Survivor Mud Run, 3.3 mi.	Carnation   <a href="http://survivormudrun.com">survivormudrun.com</a>
25 Dog Island Run 10K, 2MI	Guemes Island   <a href="http://dogislandrun.org">dogislandrun.org</a>
25 Padden Triathlon	Bellingham   <a href="http://cob.org/races">cob.org/races</a>
25 Rock n' Roll Seattle Marathon, Half M	Tukwila   <a href="http://rnsaate.com">rnsaate.com</a>
26 Vancouver 1/2 Mar, 5K	Vancouver, BC   <a href="http://canadarunningseries.com">canadarunningseries.com</a>

JUNE	
21 Tri-Berry Triathlon	Lynden   <a href="http://tri-berry-triathlon.com">tri-berry-triathlon.com</a>
21 Fly Day 5K	Everett   <a href="http://paineifield.com">paineifield.com</a>
22 Rhody Run 12K	Port Townsend   <a href="http://rhodyrun.com">rhodyrun.com</a>
26 - 28 Washington State HS Track Champs	Thomas H.S. & Cheney   <a href="http://athletic.net">athletic.net</a>
28 Mazama 5 & 10K	Mazama   <a href="http://mस्ता.com">mस्ता.com</a>
29 Run for Water Marathon, 1/2 and 10K	Abbotsford, B.C.   <a href="http://runforwater.ca">runforwater.ca</a>
29 Ski to Sea Race, multi sport	Bellingham   <a href="http://skitosea.com">skitosea.com</a>
30 NW Tulip Trekkers Walk, 10K	Vernon   <a href="http://nwtrekkers.org">nwtrekkers.org</a>
4 Race Beneath the Sun 5MI, Half-Mile for Kids	Bellingham 10 AM   <a href="http://gbrc.net">gbrc.net</a>
4 Middle School Challenge Event 2.3 mi.	Bellingham   <a href="http://bobkaren@q.com">bobkaren@q.com</a>
4 Girls on the Run Spring 5K	Bellingham   <a href="http://gallant@whatcomymca.org">gallant@whatcomymca.org</a>
5 San Juan Island Marathon, Half M	San Juan Island   <a href="http://sjmarathon.org">sjmarathon.org</a>
5 Race for the Cure 5K	Seattle   <a href="http://komenpugetsound.org">komenpugetsound.org</a>

APRIL	
2 Walk MS, 3 mi.	Bellingham   <a href="http://nationalmsociety.org">nationalmsociety.org</a>
2 NW Tulip Trekkers' Walk, 11K	Guemes Island   <a href="http://nwtrekkers.org">nwtrekkers.org</a>
9 Skagit Valley Tulip Run 5MI, 2MI	Burlington   <a href="http://tuliprun.com">tuliprun.com</a>
9-10 Whidbey Island Marathon & 1/2 Mar	Oak Harbor   <a href="http://whidbeyislandmarathon.com">whidbeyislandmarathon.com</a>
10 Seahawks 12K Run	Renton   <a href="http://seahawks12krun.com">seahawks12krun.com</a>
16 The Bunny Hop 5K	Lynden   <a href="http://lyndengirlscouts.org/funrun">lyndengirlscouts.org/funrun</a>
17 Earth Day 5K & Alumni Run	Bellingham   <a href="http://wwearthday5k.org">wwearthday5k.org</a>
17 Vancouver Sun Run 10K	Vancouver, B.C.   <a href="http://vancouver.sunrun.com/2011sunrun">vancouver.sunrun.com/2011sunrun</a>
23 Fun with the Fuzz 5K	Bellingham   <a href="http://funwiththefuzz5k.com">funwiththefuzz5k.com</a>
23 Love-able 5K	Maple Valley   <a href="http://signmeup.com/75013">signmeup.com/75013</a>
30 Run Big 5K	Bellingham   <a href="mailto:runbig2011@gmail.com">runbig2011@gmail.com</a>
30 Eagle Run 5K, 1MI	Oak Harbor   <a href="http://eaglerun.org">eaglerun.org</a>

## LOCAL EVENTS calendar



Apr | May | Jun 2011

## Fitness Forums

Get stronger and smarter at our free fitness forums at the store. More info for each forum is at [www.FairhavenRunners.com](http://www.FairhavenRunners.com).

### Eat & Exercise Your Way to Healthy Bones

**Kim Sandstrom, ND, LMP**  
**Thursday, April 14**  
**7:15 - 8:15 PM**

Learn about good dietary choices and physical exercise modalities for optimum bone health. Special considerations for different age groups will be explored including young athletes, peri-menopausal women and older adults. Kim is a naturopathic physician at Bellingham Natural Family Medicine. She is also a massage therapist and yoga teacher.

### Age-defying Athletes

**Nicola Mann & Derek Shiers**

**Thursday, May 5**  
**7:15 - 8:15 PM**

Plenty of veteran athletes continue to stay involved in their sport and many compete well into their sixties, seventies, and beyond. While there are physiological reasons why we slow with age, specific training techniques can be incorporated to address these effects. Come away with tips you can put into action now and down the road. Nicola & Derek are personal trainers and cross training specialists who co-own Trailhead Athletics.

### Tour of Giants, Redefining the Word Epic

**Dan Probst**  
**Thursday, June 23**  
**7:15 - 8:15 PM**

Join local ultra runner Daniel Probst as he shares his story of running the first edition of the Tor des Geants. This 200 mile, single stage, 6 day ultra trail race travels through the Italian Alps and reaches heights of over 10,000 ft. with a total elevation gain of 80,000 ft.

### 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 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](mailto:runners@FairhavenRunners.com).



## Fun Runs & Walks

Just for fun each month, we plan some friendly get-togethers for runners & walkers.

### Burnout Trail Run

**Thursday, April 21, 6 PM**

Get a spectacular view and a great workout all within a relatively short distance. Leaving from the Clayton Beach parking lot, we will puff up the hill 1 1/2- 2 miles, take in an incredible panorama on Earth Day's eve, then make the quick and easy descent back down.

### Run for the Teddy Bear (Cove that is)

**Thursday, May 19, 6 PM**

Meet at the Interurban Trail Rotary Trailhead parking lot off Old Fairhaven Parkway. We'll make our way to and from Teddy Bear Cove via the Interurban Trail, Arroyo Park and Teddy Bear Cove trail. Run will be approx. 5-6 miles.

### Featured Race

**5K Walk/Run for Literacy**  
**Saturday, June 18 - 9 AM**

Join us for the 12th Anniversary of the Literacy Run benefitting the Whatcom Literacy Council and cosponsored by Fairhaven Runners & Walkers and Village Books. Visit the store to register or print a form online. Day of race registration works well also.



### Mini Training Clinic for Walkers: Pick up Your Pace

**Mon, May 2, 6:00 - 7:30 PM; \$10**

Learn how to tune up your walking workout during this session packed with techniques, individual coaching, and tips to rev up your workouts. Coach Cindy Paffumi will show you how to increase your walking speed and make your walking aerobic.

**This clinic will fill quickly** – info and registration at the store and [www.FairhavenRunners.com](http://www.FairhavenRunners.com).

## Weekly Drop-ins & Walks

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

### Tuesdays | All Paces Run 6 PM

Spring into action 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: e-mail [runners@FairhavenRunners.com](mailto:runners@FairhavenRunners.com) for info.

### Wednesdays | Evening Epic Run 6 PM

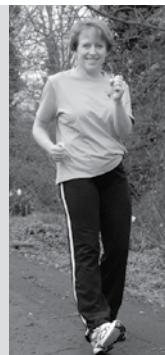
Strenuous runs of 1.5-2 hours on hilly terrain with experienced trail runners. Often epic.

### Thursdays | Hit the Trail Run 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. Organized by store walking coach Cindy Paffumi. For start locations and questions, call 360.319.3350 or the store.



## Who We Are

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.*

1209 11th Street  
 Bellingham, WA 98225  
 360.676.4955  
[www.fairhavenrunners.com](http://www.fairhavenrunners.com)  
 Hours: Mon - Sat: 10 - 7 | Sun: 11 - 5

