

Fairhaven Runners & Walkers NEWS



Jul | Aug | Sep 2010

Must. Train. 15K!

In the spirit of magazine editors everywhere, but especially Runner's World and Cosmo, here are the **top 3 running things to do this summer**: 1) Try our **Waterfront 15K training program**. 2) Enter the **15K** soon and then run it on Saturday, September 11. 3) Add to your calendar the **All Paces Run** every Tuesday. We cajol you with entertaining camaraderie and periodic food and prizes!

We have the details inside for each of my suggestions, but if you are still wavering or only read bold numerically enhanced headlines, hold onto your sweatband! Here

are the **top 6 reasons to run/walk the FR Waterfront 15K**: 1) Get some pretty awesome running weather. 2) It's the cheapest, "all the bells and whistles" race you will find most anywhere. 3) You could win something! 4) Food and music to feed the soul. 5) The healthful example you set for your family. 6) It may be the first time you hear your name announced outside a waiting room and okay, maybe **4 more things** — free massage, hoopla, trophies, and not least, an individual time assigned just to you, based on how fast you get to the finish line!! It just doesn't get any better! And did I say cheap yet? All that and

wait, get this—you are helping to support the programming of our hard working and understaffed Parks and Recreation department. Sincere thanks to them and the volunteers who help make these wonderful local events possible!

Celebrate your summer fitness at the Fairhaven Runners Waterfront 15K!
Happy Trails,

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

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BELLINGHAM, WA
PERMIT NO. 161



Store Hours Mon - Sat: 10 - 7 | Sun: 11 - 5
1209 11th Street | Bellingham, WA 98225
360.676.4955 | www.fairhavenrunners.com



You'll want to confirm times and locations by using contact information provided below. Race fliers are at the Fairhaven Runners & Walkers store and more is online at www.fairhavenrunners.com.



SEPTEMBER	
7 Lake Samish Triathlon	Bellingham 8:30 AM
7 Tacoma Narrows 1/2 Marathon	Bellingham 7:30 AM
7 River & Rails Run 5 & 10K	Arlington 9 AM
7 Coeur d'Alene Triathlon & Duathlon	Eugene, OR 7 AM
10-12 Whidbey Island Walking Festival	Coupeville nwtrekkers.org
11 Fairhaven Runners Waterfront 15K	Bellingham 8:30 AM
11 Run 542 8.5 MI.	Mt. Baker festival542.com
12 Skagit Flats Marathon	Burlington 8 AM
18 Bellingham Traverse	Bellingham
18 FPD&L Book 'Em Fun Run 5K	Ferndale 9 AM
18 Cle Elum 50 & 25K	Cle Elum 8 AM
19 Crush The Lyme Family Fun Run 5K	Bellingham 11:30 AM
25 Run for Hope 5 & 10K	Arlington 9 AM
26 Bellingham Bay Marathon, 1/2 Mar & 5K	Bellingham
28 Run-a-Muk 10 & 5K	Lynden 8 A
28 Redmond Watershed Preserve 5 & 10 MI. & Marathon	Redmond 9:30 AM
28 Cutthroat Classic Mountain Run 11.1 MI.	Mazama 8 AM
22 Lake Union 10K	Seattle 7:30 AM
21 Friday Harbor 8.8K Loop Run	San Juan Island 9:15 AM
14 Bellingham Youth Triathlon	Bellingham
14 Cougar Mt Trail Run 13 MI.	Belleve 8:30 AM
13 Spokane to Sandpoint Relay 185 MI.	Spokane spokanetosandpoint.com
8 Delta 1/2 Marathon & 5K	Delta, BC 7:30/8:30 AM
4 Lopez Island 4th of July 5 & 10K	Lopez Island 8:30 AM
4 Great Sedro-Woolley Footrace 5.17 & 2 MI	Sedro-Woolley loggedoced.com
4 Yankee Doodle Dash 10 & 5K	Everett ymca-snocco.org
5-9 Girls On The Run Camps, 3-8th Grade	Bellingham whatcomymca.org
6-9 Red Raider Cross Country Camp, 6-12th Grade	Bellingham cob.org/services/recreation
10 Chuckanut Footrace 7 MI.	Bellingham 9 AM
10 Cougar Mt. Trail Run 10 MI.	Newcastle seatterunningclub.org
11 Langley 1/2 Marathon	Whidbey Island 8:30 AM
11 Bare Buns 5K Fun Run	Whidbey Island 11 AM
17 Raspberry 5K Run/Walk	Issaquah fraternitysnoqualmie.com
18 Fort Langley 1/2 Marathon & 5K	Lynden 7 AM
19-23 Mariner Cross Country Camp, 5-12th Grade	Bellingham cob.org/services/recreation
23 Ragnar Relay 189 MI.	Blaine to Whidbey Island ragnarrelay.com
24 Padden Duathlon	Bellingham 9 AM cob.org/services/recreation
24 Samish Bay Low Tide Mud Run 250 yds.	Bow 10:49 AM
25 Vashon Island 50K & 10 MI. Trail Run	Bivalvebash.com 8 AM
25 Swedish SummerRun 10 & 5K	Vashon Island vashonultra.com
28 NW Tulip Trekkers Walk 10K	Seattle summerun.org
31 Anacortes Art Dash 1/2 Mar, 10 & 5K	Mount Vernon nwtrekkers.org
31 Seafair Torchlight Run 5 & 8K	Anacortes AnacortesArtsFestival.com
7 Run to the Border 5K	Seattle Seafair.com
7 Agape Walk 1 MI.	Bellingham whatcomymca.org
2-6 Girls On The Run Camps, 3-8th Grade	Bellingham cob.org/services/recreation
Monday's All Comer's Track Meets	Bellingham 6 PM

AUGUST	
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7 Run to the Border 5K	Blaine tclark@whatcomclubs.org
7 Agape Walk 1 MI.	Bellingham newagapehome.com
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LOCAL EVENTS calendar	
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Featured Race

Fairhaven Runners & Walkers Waterfront 15K

Saturday, September 11, 8:30 AM

Whether running or walking, this 15K (9.3 miles) will be one to remember. Tour along Bellingham's beautiful bay and through parks, downtown and the marina. Enjoy views of the San Juan Islands, the Olympic range and Mt. Baker. Get chip timing. The post-race celebration includes great refreshments, a live band and complimentary massage and chiropractic care. Awards (5 year age groups to 80+), random prizes and prompt race results! Prizes include shoes, hotel stays and more. All participants will receive a Mizuno tech shirt. Pre-registration only, so register now! Info and registration at the store and www.FairhavenRunners.com.



Fitness Forums

Get stronger and smarter at our free fitness forums at the store. More info for each forum is at www.FairhavenRunners.com.

Core Training for Power & Balance Nicola Mann and Derek Shiers Thursday, July 8, 7:15 - 8:15 PM

Your Core, Is It Holding You Up or Holding You Back?

Nothing is more fundamental to improving your running or walking experience than a strong core. Learn which muscles constitute your "core" and how they are fundamental to so many movements. Take home some simple core exercises to incorporate into your fitness regime, which will improve your balance, stride, strength and speed. Nicola & Derek are personal trainers and cross training specialists who co-own Trailhead Athletics.

Dynamic Strengthening to Improve Lower Extremity Control Jane Richardson

Thursday, Sept 16, 7:15 - 8:15 PM
Runners--your hip, knee, or foot strength may be slowing you down! Physical therapist Jane Richardson will help us identify and target the lower extremity weaknesses we may have. Learn what you can do during and after your run to be dynamically stronger, in control and

Training Programs

10 Weeks to 15K Training Program for Runners Thursdays, July 8 - September 9

5:30 - 6:45 PM | Fee: \$60 (Shirt included!)
A summer-long training program will help you prepare for the Fairhaven Runners Waterfront 15K (and other fall races). Open to all paces. We ask that participants be able to initially run continuously for at least 30 minutes.

- Workouts to make you stronger and faster.
- Perfect for beginning runners who want a non-intimidating learning environment and experienced runners who want to improve fitness and speed.



Trail Running Camp Thursdays, Sept 23-Oct 28

5:30 - 6:30 PM | Fee: \$40 (Shirt included!)
Ready for exhilarating fall fun? Tromp over trails, kick up mud, splash through streams, and tear through trees. Trail runners Steve (store owner) and staffers will show you how!

- Explore six different trails whether you are a beginner or veteran.
- Get trail-and hill-running technique and instruction.
- Increase your fitness, in the most fun way, by running hills and undulating trails.

For more info e-mail us at runners@FairhavenRunners.com or call us at the store: (360) 676-4955. Register at the store or by downloading form at www.FairhavenRunners.com.



ultimately faster! Physical therapist, Jane Richardson owns Skyline Physical Therapy.

Injury Prevention Screenings Tuesdays, 6-8 PM

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.



Weekly Drop-ins

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

Tuesdays and Thursdays Rise 'n Shine Runs 6 AM - NEW TIME!

Scheduled extra early for summer. The goal is to stay together and have fun on these casual runs. Starting from the store, the route is 15 minutes out and 15 minutes back along waterfront trails and paths. Led by Rikki Dunn.

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: e-mail runners@FairhavenRunners.com for info.

Wednesdays | 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 PM

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.

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.

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

1209 11th Street
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