

Fairhaven Runners & Walkers NEWS



Jul | Aug | Sep 2011

Happy Summer!

If you've been waiting for ideal running weather, there is no better time than now! We've put together a pretty cool lineup of summer running and walking activities for you! Keep or maintain your fitness and mojo by taking a moment to add these nifty events to your activity calendar: **1) The Waterfront 15K** - run or walk 9.3 miles around our gorgeous waterfront and finish at the Fairhaven Village Green for refreshments, entertainment and

even free massage! **2) Jump Start into Running**, a women's-only beginning running program. **3) Our ever-popular Trail Running Camp**, led by Steve and another friendly store staffer. **4) Coming up pronto... dundadadaa... the Brooks Cavalcade of Curiosities!** **5) The All Paces Run** every Tuesday, where we cajol you with entertaining camaraderie, periodic prizes from the store and friendly vendor representatives! And finally, **6) Two very cool Fitness Forums** with

help on running in barefoot-like shoes and another that teaches effective stretching for runners. See details below on all of these events and more. We look forward to seeing you there and, as always,
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

FAIRHAVEN RUNNERS & WALKERS

1209 11th Street | Bellingham, WA 98225
360.676.4955 | www.fairhavenrunners.com

Store Hours Mon - Sat: 10 - 7 | Sun: 11 - 5

THINK LOCAL
BE LOCAL

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	
27 Run-a-Muk 10 & 5K	Mukiteo tacamanarrowshalf.com
28 Dog Days of Summer 10K & 2.5 MI.	Bellingham arlingtonrunnersclub.org
3 Lake Padden Relay 4x2.6 MI., 10.4 MI. solo	Bellingham gbrc.net
3 Parkland Race or Pace 5K Tacoma aculp@fpschools.org	Bellingham gbrc.net
4 Eugene's Women's 1/2 Marathon	Eugene, OR eugenewomenshalf.com
4 Fight for Sight 5 & 10K	Everett iam751.org/funrun
9-10 Bellingham Walking Festival	Bellingham nwtrekks.org
10 Fairhaven Runners Waterfront 15K	Bellingham 8:30 AM
10 Run 542 8.5 MI.	FairhavenRunners.com
11 Skagit Flats Marathon & 1/2 Mar	Mt. Baker festival542.com
17 Bellingham Traverse	Burlington skagitrunners.org
17 Bellingham Traverse	Bellingham bellinghamtraverse.com
17 Airport Run for Hope 5 & 10K	Arlington arlingtonrunnersclub.org
25 Bellingham Bay Marathon, 1/2 Mar & 5K	Bellingham bellinghambaymarathon.org

6 Tacoma Narrows 1/2 Marathon	Tacoma tacamanarrowshalf.com
6 River & Rails Run 5 & 10K	Arlington arlingtonrunnersclub.org
6 Agepe 5K Run & Walk	Bellingham 10 AM
12 Spokane to Sandpoint Relay 185 MI.	Bellingham thelighthousemission.org
13 Major Megan McClung Memorial Run 5 & 10K	Spokane spokanetosandpoint.com
13 Stilly Fun Run 5K Foot Race	Oak Harbor meganmclungmemorialrun.com
14 Delta 1/2 Marathon & 5K	Arlington festivaloftheiver.com
14 Richmond Olympic Oval 10K Race	Delta, BC deltalhalfmarathon.com
20 Miles for Memories 5K	Richmond, BC kajaks.org
20 Friday Harbor 8.8K Loop Run	Bellingham alsociety.org
20 Breath of Life Walk/Run for Pulmonary Fibrosis 10 AM	San Juan Island islandrec.org
21 Seaplant Sprint Triathlon	Bellingham lyonscott31@gmail.com
27 Bellingham Youth Triathlon	Oak Harbor www.oakharborpool.com
27 Cutthroat Classic Mountain Run 11.1 MI.	Bellingham cob.org/races
27 Bellingham Bay Marathon, 1/2 Mar & 5K	Mazama mvsta.com

AUGUST	
6 River & Rails Run 5 & 10K	Bellingham cob.org/services/recreation
6 Riley Run 5 & 10K	Bellingham cob.org/services/recreation
6 Run to the Border 5K & 1 MI.	Mt. Vernon rileyrun.com
6 Anacortes Art Dash 1/2 Mar, 10 & 5K	Anacortes AnacortesArtsFestival.com
6 Seafair Torchlight Run 5 & 8K	Seattle Seafair.com
6 Old Settlers Run 5K & 2 MI.	Seattle summerun.org
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Featured Race

Fairhaven Runners Waterfront 15K Saturday, September 10, 8:30 AM

Whether running or walking along this 9.3 mile course, you get a great opportunity to traverse Bellingham Bay's beautiful waterfront. Tour the Taylor Street Dock, Boulevard Park, downtown and the marina. The race features chip timing and finishes with a post-race party including food, live music and complimentary massage and chiropractic care. Be sure to stay for 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. Info and registration at the store and www.FairhavenRunners.com.



Training Programs

Jump Start into Running

For women wishing to begin a consistent running program

Tuesdays & Thursdays, 5:30 - 6:30 PM
July 12 - Aug 18 (six weeks)

Fee: \$97

Coach Carol Frazey will lead this all-new training program for women.

- Two weekly group workouts in a fun, non-intimidating environment
- Interval training
- One on one attention
- Instruction on running technique, injury prevention, stretching and strength exercises

Register at the store or by downloading a form at www.FairhavenRunners.com.

Trail Running Camp

Thursdays, 5:30 - 6:30 PM

Sept 22 - Oct 27

Fee: \$40 (Fun giveaways 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

Register at the store or by downloading a form at www.FairhavenRunners.com.

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.



- SPECIAL EVENT - Brooks Run Happy Cavalcade of Curiosities

Right in Front of the Store!

Thursday, June 30, 3 - 7 PM

Runners of all ages, skill levels, shapes, and sizes will be entertained, educated and awed by the Run Happy® Cavalcade of Curiosities, which is highlighted by a custom double-decker British bus featuring running gait analyses and an Arcade of Oddities. The arcade "museum" displays running wonders such as the world's biggest shoe, the legendary "Bunion Boy's" malady preserved and pulsating in a jar, and other strange and memorable exhibits. **Prizes for everyone!**

Get Out & Explore With Us

Lummi Island Run & Walk

Saturday, July 23

9:10 AM Ferry / 9:20 AM Run & Walk

Let's head over to Lummi for a loop on one of our favorite San Juan islands. Take the 9:10 AM departing ferry from Gooseberry Point. We'll do the loop, and afterward, enjoy a no-host bite at the Beachside Café.

Tour the Waterfront 15K

Saturday, August 20, 8 AM

In preparation for the upcoming race, we invite you to meet at the store for an introduction and overview of the course. Receive a detailed map with turn-by-turn descriptions. Following the talk, preview the course by yourself, with friends or hook up with other attendees.



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.



Fitness Forums

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

Barefoot & Minimal Shoe Running Techniques

Carolyn Watson
Thursday, July 21, 7:15 - 8:15 PM

Intrigued by the flood of barely-there shoes and the tales of biomechanical wonder from the barefoot running camp? Running with a minimal shoe or even barefoot can potentially help strengthen the entire lower body and lead to possible increases in speed. Certain people may find decreases in injury IF usage is limited, careful and patient. Learn strengthening exercises, drills, and where and how to begin with Carolyn Watson, M.S., an expert in running stride mechanics and long-time Pilates and movement teacher.



Posture & Stretch Therapy

Maria & Geoffrey Knight
Thursday, August 11, 7:15 - 8:15 PM

Learn some great stretches to supplement and support your running and walking. PST is different from traditional stretches in that it utilizes the contract-release technique to re-pattern chronically tight or restricted muscles. Be sure to wear comfortable, loose clothing. Maria and Geoffrey Knight are co-owners of The Pilates Studio of Bellingham.

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: e-mail 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 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 | F'hvn 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.

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
Hours: Mon - Sat: 10 - 7 | Sun: 11 - 5

