

Fairhaven Runners & Walkers NEWS



Oct | Nov | Dec 2010

Get Muddy - Stay Fit!

Well, it's that time again. How do we keep running through the fall and winter? Good lights, good friends, goals, good gear, great trails and especially a great attitude! "G" whiz, you knew all that, but I want you to know that we can help!

We do our best at the store to support you with not just the best-selected gear for our environment, like water resistant/proof shoes and clothes, but so much more!



Look for our fitness forums to keep you inspired, trail run clinics to hook you up with people and places, gear to light up the night, drop in runs and walks and a staff

that works to solve problems and make things fun!

Personally, races like the Chuckanut 50K

and the Orcas Island 25K motivate me to charge through the forest all through the winter in preparation. What's your goal? We can't wait to hit the trail with you, listen to your success stories, and cheer you on. This fall, we want you to join us at the starting line, the finish chute, and especially on the journey in between.

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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BELLINGHAM, WA
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1 Resolution Walk/Run & Padden Polar Dip, 2.6 mi. 11 am
cob.org/races

JANUARY

11 Jingle Bell Run/Walk 8:30 am Bellingham
11 Candy Cane Dash 5K 10:30 am Bellingham
11 Jingle Bell Run/Walk 9 am Shoreline
12 Jingle Bell Run/Walk 9 am Seattle
12 Honolulu Marathon 5 am Honolulu
18 Santa Runs, 5K, 10K Relay 9 am Tacoma
19 12K's of Christmas Holiday Run 9:30 am Kirkland
31 Run the Last Mile at the First Night, 1 mi. 6 pm Tacoma

FAIRHAVEN RUNNERS & WALKERS

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.



OCTOBER	
20 Turkey Trot 5K	9 am Bellingham
20 XC NCAA Division II West Regional	10:30 am Bellingham
21 Fall Classic 1/2 Mar, 10 & 5K	9 am Vancouver, B.C.
21 Green Lake Gobble 5K	9:30 am Seattle
21 Jingle Bell Run/Walk	9 am Shoreline
11 Candy Cane Dash 5K	10:30 am Bellingham
11 Jingle Bell Run/Walk	8:30 am Bellingham
NOVEMBER	
6 Washington State H.S. X-Country Championships	9 am Pasco
6 Haney to Harrison Relay & Ultra	10 am Haney, B.C.
7 Padden Mudfest 7 mi.	10 am Bellingham
13 Fowl Fun Run 10K & 2mi.	10 am Mount Vernon
DECEMBER	
21 Fall Classic 1/2 Mar, 10 & 5K	9 am Bellingham
21 Green Lake Gobble 5K	9:30 am Seattle
28 Santa Marathon & 1/2 Mar.	9 am Seattle
28 North Sound River Run 2.3 mi.	9 am Everett
31 Run the Last Mile at the First Night, 1 mi.	6 pm Tacoma
31 Family Boo Walk	4 pm Vancouver, B.C.
31 James Cunningham Seawall Race 5.9 mi!	10 am Monroe
30 YMCA Fall Classic 5K	9 am Seattle
30 Pumpkin Push 5K	10 am Hood River
24 Columbia Gorge Marathon	8 am Seattle
24 Dawg Dash 10 & 5K	9:30 am Bellevue
17 Great Northwest 50K	8:30 am Humboldt
17 Humboldt Redwoods Marathon 1/2 & 5K	9 am Burnaby, B.C.
17 Rubber Duckey Half Marathon	10 am Anacortes
16 Mt. Erie 3.6 & 2.5 Miles	10 am Bellingham
16 Race for Education 5K	9 am Vancouver, B.C.
11 Granville Island Turkey Trot 10K	8:30 am Victoria, B.C.
10 Royal Victoria Marathon & 1/2	11 am Lake Padden
10 RunningShoes.com Mtn Bike Duathlon	11 am Issaquah
3 Issaquah Run at Salmon Days 10 & 5K	9 am Astoria
3 Great Columbia Crossing 10K	9 am Bellingham
3 Race for the End of Domestic Violence 5 & 10K	9:30 am Orcas Island
2-3 Orcas Isl. Triple Ripple Trail Festival 4 mi., 10 & 30K	4 pm Vancouver, B.C.
2 Oktoberfest Brewski Duddle	4 pm Leavenworth
2 Leavenworth Marathon and 1/2	9 am Maple Falls
2 Silver Lake Citizens' X-Country Run 3.1 mi.	8 am Concrete
2 Baker Lake 50K Trail Run	8 am BakerLake50K.com

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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

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.

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 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.

Fitness Forums

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

First Aid 101 for Runners & Walkers Ned Hartley, P.T.

Thursday, October 21
7:15 PM-8:15 PM

Learn first aid basics for musculoskeletal injuries sustained from running or other sports, both overuse or traumatic. Ned will discuss how to self treat appropriately for muscle, joint or soft tissue injuries with ice, heat, massage, taping, bracing and activity modification and when to seek medical care. Ned is a physical therapist at Peacehealth St. Joseph Medical Center.

Running Shoes: Anatomy and Current Trends

Steve Roguski and Craig Bartlett
Thursday, November 11

7:15 PM-8:15 PM

From green technology to minimalism and everything in between, running shoe or "shoe-less" technology has been prominent in the news of late. Store shoe guys Craig and Steve will help to inform about shoe anatomy and the latest developments, while inciting relevant discussion among the group attending. For shoe geeks and running tech passionistas, to simply those runners with an inquiring mind, this is a forum for you.

Seven Marathons-Seven Continents Cami Ostman and Bill Pech

Thursday, December 9

7:15 - 8:15 pm

Come join Cami and Bill as they discuss the trials and triumphs of running seven marathons on seven continents. They will share their stories, training and travel tips, and pictures from some of the most amazing places and races on earth.

Get Out & Explore With Us

Just for fun, we plan a couple of friendly destination get-togethers for all runners and walkers.

Stimpson Trail Run/Walk Saturday, November 13, 9 am

This gently rolling trail winds through cedar, hemlock, and fir trees. Meet at the Stimpson Family Nature Reserve parking area on Lake Louise Road. Distance: 4 miles.

Holiday Cheer in Fairhaven Run/Walk

Sunday, December 19, 1 pm

Meet at the store for a fun run or walk around Fairhaven and the south side. Special prize for most festive holiday attire. Afterward, warm up with complimentary cocoa, cider, and cookies at the store.

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.



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.

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