

Fairhaven Runners & Walkers NEWS



Jan | Feb | Mar 2012

Rarin' to Go for 2012

We're excited and ready to get fired up again this year! We will be working on our website, updating the store, adding new events and products, coming up with new programs, running and walking to beat the band and kicking up a storm! Man, it's gonna be fun! How about you? What and where is the spark for your flame, your

fire? 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? Check this issue for ideas. 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.

Happy trails,
Steve, Genevieve & All the Staff

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



E-News & Facebook! 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. Also, check for cool, up to the minute happenings at [Facebook.com/FairhavenRunners](https://www.facebook.com/FairhavenRunners).

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Fairhaven Runners & Walkers
Store Hours Mon - Sat: 10 - 7 | Sun: 11 - 5
1209 11th Street | Bellingham, WA 98225
360.676.4955 | www.FairhavenRunners.com



10 am	25 Harry's Spring Run-Off 8K	Vancouver	canadarunningseries.com
9:30 am	25 Run Ladies Run 10k & 1/2 Marathon	Friday Harbor	runladiesrun.com
8:30 am	31 Birch Bay Road Race, 5, 15 & 30K	Birch Bay	birchbayroadrace.com
	31 Yakima River Canyon Marathon	Ellensburg	yakimariivercanyonmarathon.com

9am	3 Dave Reed 5K	Vancouver B.C.	vfac.ca/club
	3 Run for the Honeywagon, 4 mi. & 1/2 Marathon	Vancouver	gbr.c.net
10 am	10 Shamrock Shuffle 5k Fun Run/Walk	Friday Harbor	gbr.c.net
9:30am	10 Lake Sammamish Half Marathon	Lynnden	www.lyndengirlscouts.com/funrun/
9am	10 Lake Sammamish Half Marathon	Redmond	lakesammamishhalf.com
	11 Redmond Watershed Preserve Marathon, 5 & 10 mi.	Redmond	nwtrailruns.com
10 am	17 Runnin' O' the Green, 2 & 5 mi.	Redmond	nwtrailruns.com
10 am	17 St. Patrick's Day 5K	Bellingham	cob.org/races
10 am	17 St. Patrick's Day Dash	Vancouver, B.C.	lmrs.com/races
8:30 am	17 St. Patrick's Day Dash	Seattle	stpatdash.com
8 am	17 Chuckanut 50K	Bellingham	web.me.com/krisssymoehl
9am	17 St. Paddy's Day Run, 5K	Tacoma	stpaddyruntacoma.com
9am	25 Mercer Island 1/2 Marathon, 10 & 5K	Mercer Island	mercerislandhalf.com

You'll want to and locations using contact information below. Race files are at the store and more is online at www.FairhavenRunners.com.



11 am	1 Resolution Walk/Run & Padden Polar Dip 2.6 mi.	Bellingham	cob.org/races
10:30 am	1 Resolution Run 5K & Polar Bear Dive	Seattle	promotionevents.com
9 am	1 Brita Resolution Run 5K	Abbotsford, BC	events.runningroom.com
10 am	8 Lake Samish Runs 6.5 mi & 1/2 Marathon	Bellingham	gbr.c.net
10am	14 Nookachamps 1/2 Marathon, 10 & 5K	Mount Vernon	nookachamps.com
9am	15 Chilly Chase 15, 10 & 5K	Langley, B.C.	tryvents.ca
8 am	21 Capitol Peak Mega Fat Ass Trail Runs	Langley, B.C.	capitolpeakultras.com
9 am	22 North Sound River Run 2.3 mi.	Everett	(425) 397-7214
9 am	28 Birch Bay 25K	Birch Bay	birchbaymarathon.com
	28 Orcas Island 25K	Oiga	orcas25k.blogspot.com
	28 Bridle Trails Winter Trail Running Festival	Kirkland	nwtrailruns.com
8:30 am	29 Steveston Ice-Breaker 8K	Richmond, B.C.	lmrs.com/races
9 am	29 North Sound River Run 2.3 mi.	Everett	(425) 397-7214
	FEBRUARY		
	4 Orcas Island 50K	Oiga	orcas50k.blogspot.com
	5 Geoduck Gallop Half Marathon & 10K	Olympia	evergreen.edu/athletics
10 am	11 Two for the Road 5K	Bellingham	gbr.c.net
9:30 am	11 Love 'em or Leave 'em 5K	Seattle	promotionevents.com
8:30am	12 You Knock My Socks Off 4 Miller	Gig Harbor	route16runwalk.com
7am	18 Woolley Trail Runs 50K, Mar & 1/2 Mar	Sedro Woolley	nwultras.com
8 am	19 Birch Bay Marathon, 1/2 Mar & 10K	Birch Bay	birchbaymarathon.com
	19 Historic Half Marathon, 10 & 5K	Fort Langley, BC	tryvents.ca
10 am	25 Smelt Run, 10 & 5K	LaConner	skagittsymphony.com
	26 Lord Hill Trail Runs	Snohomish	evergreentrailruns.com
9 am	26 North Sound River Run 2.3 mi.	Everett	(425) 397-7214

LOCAL EVENTScalendar

MARCH



Fitness Forums

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

Your Nutrition Tune-Up

Carol Frazey

Thursday, January 19th

7:15 PM- 8:15 pm

Whether you are training for your first race, competing for a personal record time, or just walking for fun, take your physical training to a whole new level with good nutrition. Find out what nutrients are crucial for your active lifestyle, how to take off those last few extra pounds, and the truth about carbs. Join personal trainer, Carol Frazey, as she helps you design a nutrition plan to enhance your walking or running training plan for 2012.

Northwest on the Run

Craig Romano

Thursday, February 23rd

7:15 PM- 8:15 pm

Need some inspiration and ideas for some epic running road trips this year? Craig Romano will present a round up of great places and races from around the state. Craig is the author of eight hiking guidebooks, a columnist with *Northwest Runner* magazine for 12 years and is a frequent contributor to *Adventures NW* magazine.

Staying Injury Free

Daryl Smith

Thursday, March 15th

7:15 – 8:15 pm

Whenever possible, injury prevention is preferable to injury treatment. Daryl Smith, physical therapist and USA Triathlon Certified Coach will discuss key considerations to make you less vulnerable to typical running injuries. You'll leave with knowledge and ideas on how to optimize your strength, flexibility, range of motion and biomechanics.

Training Program

Jump Start into Running

For women wishing to begin a consistent running program.

Mon & Wed, 5:30-6:30 pm

Jan 4 - Feb 15 (no class Jan 16)

Fee: \$96

Coach Carol Frazey leads this supportive training program for women.

- Two weekly group workouts in a fun, non-intimidating environment.
- Interval Training
- Instruction on running technique, injury prevention, stretching and strength exercises.
- Learn tips for safe nighttime running.
- Participants to come with headlamp and reflective clothing or vest.

Register at the store or by downloading a form at 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*

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. A casual and friendly group run lead by staff. 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!

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. Also, check for cool, up to the minute happenings at [Facebook.com/FairhavenRunners](https://www.facebook.com/FairhavenRunners).



Get Out & Explore With Us

Just for fun, we plan a couple of friendly destination get-togethers.

Fragrance Lake/Two Dollar Trail Run Saturday, January 7, 9 am

Running the Chuckanut 50K this year or just want a good trail run? We'll go run a section of the 50K course and have a grand time doing it. Practice good trail running technique or gear, nutrition strategies. Enjoy a good variety of terrain over about 6 miles. Meet at the Cleator (Hiline) Road trail junction.

Bay to Baker Trail and Little Squalicum Park

Saturday, February 25, 9 am

Run or walk approx. 4 miles along newly established and renovated sections of the Bay to Baker Trail, Squalicum Creek Park and Little Squalicum Park. Meet at Birchwood Park on Cedarwood Ave.

Waterfall Run, Chuckanuts

Sunday, March 11, 9 am

Join us for a run to the waterfall off Hemlock trail in the Chuckanuts! This new addition to the trail system just may delight you as it adds some new loop options, twists and turns to our trail playground. Roughly 6 miles. Park near the vet clinic on Fairhaven Parkway.

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 appt. \$15 paid directly to the P.T.

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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