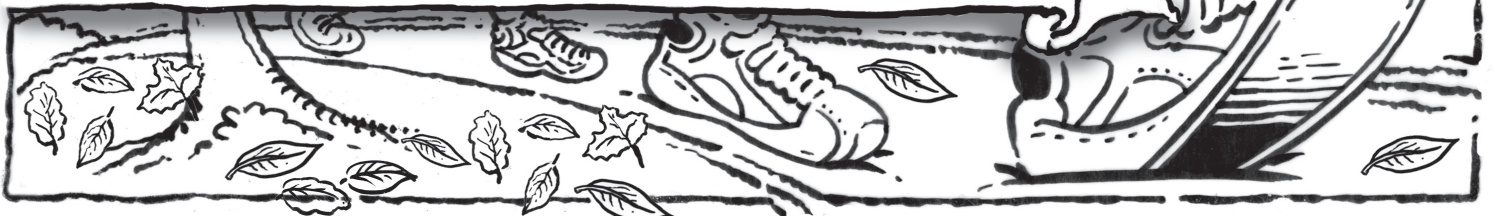


# Fairhaven Runners & Walkers NEWS



Oct | Nov | Dec 2011

## Keep on Keepin' On During the Fall

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. 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.

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).



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

PRRST STD  
U.S. POSTAGE PAID  
BELLINGHAM, WA  
PERMIT NO. 161

**Fairhaven Runners & Walkers**

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



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



DECEMBER	DATE	TIME	LOCATION	CONTACT
3 Fairhaven Frosty, 5K & 10K	10 am		Bellingham	gbr.c.net
3 Jingle Bell Run/Walk	8:30 am		Bellingham	skagitbrw.kintera.org
3 Toys for Tots 5 & 10K	11 am		Arlington	arlingtonrunnersclub.com
3 Candy Cane Dash 5K	9 am		Shoreline	(206) 367-5074
3 Girls on the Run 5K	10:00 am		Bellingham	gallant@whatcomymca.org
3 Jingle Trail Run & Walk 5K	8:30 am		Coupeville	centralwhidbeychamber.com
10 Jingle Bell Run/Walk	8:30 am		Bellingham	bellinghamjbrw.kintera.org
11 Jingle Bell Run/Walk	8 am		Seattle	seattlejinglebellrun.org
18 Santa Runs, 5K, 10K Relay	9 am		Tacoma	santarunstacoma.com
18 12K's of Christmas Holiday Run	9:30 am		Kirkland	promotionevents.com
24 Jingle Bell Run 5K	1:30 pm		Tacoma	metroparkstacoma.org
JANUARY	DATE	TIME	LOCATION	CONTACT
1 Resolution Walk/Run & Padden Polar Dip, 2.6 mi.	11 am		cob.org/races	

NOVEMBER	DATE	TIME	LOCATION	CONTACT
30 Scott Cougar Mountain 50K			Belleve	nwtrailruns.com
5 Washington State H.S. X-Country Championships, Pasco			wiaa.com	
5 Whistler Relay & Ultra			Whistler, B.C.	bcathletics.org
6 Padden Mudfest, 6 mi.	10 am		Bellingham	gbr.c.net
6 Boundary Bay Moustache Marathon, Half, 5 & 10K			Delta, B.C.	tryvents.ca
12 Fowl Fun Run 10K & 2mi.	10 am		Mount Vernon	skagitrunners.org
19 Turkey Trot 5K	9 am		Bellingham	gbr.c.net
20 Fall Classic 1/2 Mar, 10 & 5K			Vancouver, B.C.	fallclassicsrun.com
20 Green Lake Gobble 5K	9:30 am		Seattle	promotionevents.com
26 Seattle Marathon 5K	8:30 am		Seattle	seattlemarathon.org
27 Seattle Marathon & 1/2	7:15 am		Seattle	seattlemarathon.org
27 North Sound River Run 2.3 mi.	9 am		Everett	(425) 397-7214
27 Vancouver Historic Half, 10 & 5K			Vancouver, B.C.	tryvents.ca

OCTOBER	DATE	TIME	LOCATION	CONTACT
1 Baker Lake 50K Trail Run,	8 am		Concrete	bakerlake50k.com
1 Silver Lake Citizens' XC Run 3.1 mi.	9 am		Maple Falls	gbr.c.net
1 Run Like a Girl 1/2 Mar	9 am		Bellingham	runlikeagirlbellingham.com
1 Band Aid Run & Walk 5 & 10K			Mount Vernon	mybands.org
1 XC 5K Tune-Up Meet	9 am		Mount Vernon	Kevin.douglas@umt.maine.edu
1 Oktoberfest Brewski Duddle	4 pm		Vancouver, B.C.	brewskiduddle.com
1 Five K-9 Fun Run 5K	10 am		Everett	everettwa.org/parks
1 Dirty Farm Trek Obstacle Course	2 pm		Deming	vzfoundation.org
2 Race for the End 5 & 10K	9:30 am		Bellingham	dvasas.org
2 Run at Salmon Days 5 & 10K	8:30 am		Issaquah	issaquahrun.com
2 Walk, Run, Wag 5K			Friday Harbor	noonislandrec.org
8 Race for Education 5K	9 am		Bellingham	whatcomraceforeducation.org
8 Western Classic XC Invitational	10:30 am		Bellingham	www.wvikings.cstv.com
9 Kicks Mtn Bike Duathlon	11 am		Bellingham	cob.org/races
9 YMAA Youth Duathlon	1 pm		Bellingham	cob.org/races
9 Victoria Marathon & 1/2			Victoria, B.C.	runvictoriamarathon.com
9 Portland Marathon & 1/2			Portland	portlandmarathon.org
10 Granville Island Turkey Trot 10K	8:30 am		Vancouver, B.C.	turkeytrot.ca
15 Leavenworth Marathon, 1/2 & Relay	9 am		Leavenworth	leavenworthmarathon.com
16 Walk to Prevent Suicide	10 am		Bellingham	outtothedarkness.org
22 Lake Padden Trail Classic 1/2 & 2.6 walk 9am/1pm			Bellingham	lakepaddentrailclassic.wordpress.com
23 Dawg Dash 10 & 5K	9:30 am		Seattle	dawgdash.com
23 Columbia Gorge Marathon	9 am		Hood River	columbiagorgegatemarathon.com
29 Pumpkin Push 5K	10 am		Seattle	pumpkinpush.com
29 Fall Classic Run for the Cause 5K	8:30 am		Monroe	ymca-snoco.org
29 Trek 4 Treats 5K	10 am		Bellingham	afterschooladventure.org
30 James Cunningham Seawall Race 5.9 mi	10 am		Vancouver, B.C.	seawalljgrr.com



## Fitness Forums

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

**After the Run/Walk:  
Self-Massage & Stretching  
Cherrelyn Seegers  
Thursday, October 13  
7:15-8:15 pm**

Learn self massage techniques and stretches to help keep you supple and injury-free. Dr. Cherrelyn Seegers is a favorite forum speaker who owns Back in Motion, a chiropractic and wellness practice. If possible, bring two tennis balls with an old sock, and a towel or yoga mat. Wear comfortable, loose clothing.

**Staying Fit In and Outdoors  
during Winter  
Steve Grichel & Genissa Sygitowicz  
Thursday, November 10  
7:15-8:15 pm**

Don't hibernate this winter! Store staffer Genissa also works as certified personal trainer. She'll do a little show and tell, outlining different supplemental exercises for you to implement in the comfort of your own home. You'll learn to stay strong and supple even if you don't actually get outside everyday. Our Accessories Manager, Steve, has been leading the Tuesday evening track workout, as well as coaching the Greater Bellingham Running Club summer track workouts. He will offer suggestions, safety tips and workout ideas to keep you running and walking all winter long — and enjoying it.

## Training Programs

**Trail Running Camp**  
*(in progress – small fee)*  
**Thursdays through October 27th**  
Email runners@FairhavenRunners.com

**Jump Start into Running**  
*For women wishing to begin a consistent running program.*  
**Mon & Wed, 5:30 - 6:30 pm**  
**Wed, Nov 2 - Dec 14 (no class Nov 23)**  
**Fee: \$96**

Coach Carol Frazey will lead 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](http://www.FairhavenRunners.com)



**Map-makers Secrets  
Darrell Sofield  
Thursday, December 15  
7:15 – 8:15 pm**

Darrell, a Bellingham-native and trail enthusiast, will present a slide show on the Whatcom County trails from a map-maker's perspective. Four years ago, Darrell began making maps and guides for runners, bikers, and skiers that could be folded to fit in a pocket. He will share stories of his favorite spots, best seasons, and what it takes to create his recreation trail maps (RightMAPS).

## Get Out & Explore With Us

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

**Stimpson Trail Run/Walk  
Saturday, November 12, 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.

**Give and Glow Fairhaven Social Run  
Tuesday, December 20, 6 pm**  
Try to bring food or a check for the Food Bank. We will put donations under a big tree and then, with glow sticks for everyone, head out for a glowing 4 mile trail-run ablaze with glowing runners in the evening ink. On our return, we'll adorn a rapidly glowing tree and share some fine celebratory beverages — for yet another good glow! Be sure to bring a headlamp or flashlight. Should be a memorable evening and we hope to have you be a part of it!

**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.

## 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 member Jeva. Casual and friendly with pace ranging from 8-10 minute miles. Expect to drive from the store now and then to local trailheads. (This group will be participant led in October as Jeva will be leading Trail Running Camp.)

**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.

## 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

