

LOCAL EVENTS CALENDAR

Please note: Race flyers for any of the events listed are available at Fairhaven Runners or on our website. Use contact numbers or web address provided with each listing before heading off to an event. Happy trails!

APRIL

| | | | | |
|----|--|---------|--------------------------|----------------|
| 3 | Yakima River Canyon Marathon | 8:00am | Ellensburg to Yakima | (425) 226-1518 |
| 3 | Run for the Honeywagon 13.1 mi, 4 mi, & Kids Run | 10:00am | Everson | (360) 595-2403 |
| 4 | Whidbey Island Marathon & Half Marathon | 8:00am | Oak Harbor to Coupeville | (206) 729-9972 |
| 4 | Mt. Si Relay and Ultra Run 50M, 50K | 6:30am | Snoqualmie | (206) 300-4585 |
| 10 | Easter Marathon & Half Marathon 10K, 5K, 1M | 10:00am | Olympia | (360) 273-9684 |
| 10 | Skagit Valley Tulip Run 5M, 2M | 9:30am | Burlington | (360) 856-6990 |
| 13 | Vancouver Sun Run 10K | 9:00am | Vancouver, B.C | (604) 689-9441 |
| 17 | Run to the Border (G.O.T.R.) 1.5M, 5K | 10:30am | Blaine | (360) 371-3882 |
| 17 | Rattler Half Marathon Winthrop, trail | 9:00am | Winthrop | (509) 996-3287 |

MAY

| | | | | |
|----|--|---------|-----------------|--------------------|
| 1 | Sunflower Relay and Iron Event 21.5M | 9:30am | Mazama to Twisp | (509) 996-3287 |
| 1 | Holland Days 5K & 10K | 9:00am | Lynden | (360) 354-5995 |
| 2 | Bloomsday 12K | 9:00am | Spokane | bloomsdayrun.org |
| 2 | Adidas Vancouver International Marathon & Half | 7:00am | Vancouver, BC | (604) 872-2928 |
| 8 | Haggen to Haggen 5K | 8:00am | Bellingham | (360) 650-8258 |
| 15 | B'ham Herald Family Fitness Day 5K run/walk/roll | 9:15am | Bellingham | (360) 303-1717 |
| 15 | Bayview Women's Walk/Run 10K, 2 M | 10:00am | Burlington | (360) 757-0835 |
| 15 | AVA Run/Walk for Arthritis | 10:00am | Maple Falls | (360) 599-2912 |
| 16 | Capital City Marathon, Half, 5M | 7:30am | Olympia | (360) 786-1786 |
| 16 | Nordstroms Beat the Bridge Run 8K, 4M walk, 1M | 8:00am | Seattle | (206) 628-1000 |
| 16 | Rhody Run 12K | 11:00am | Pt. Townsend | (877) 493-9786 |
| 29 | Mazama 10K | 9:00am | Mazama | (509) 996-3287 |
| 30 | Ski to Sea | 8:30am | Bellingham | www.bellingham.com |
| 30 | North Sound Runners River Run Series 2.3 miles | 9:00am | Everett | (425) 397-7214 |

JUNE

| | | | | |
|----|--|---------|----------------|--------------------|
| 5 | NW Tulip Trekkers "Walk the Parks" 10K | 8:00am | Bellingham | www.nwtrekkers.org |
| 5 | Race Beneath The Sun 0.5M, 5M | 10:00am | Bellingham | (360) 671-6724 |
| 5 | Dog Island Run 10K run, 2M walk | 10:45am | Guemes Island | (360)293-5757 |
| 6 | San Juan Island Marathon & Half | 7:00am | Friday Harbour | (360) 472-0614 |
| 7 | All-Comers Meets begin at Civic Field | 6:00pm | Bellingham | (360) 676-6985 |
| 12 | The Human Race 5K, 10K run/walk | 10:00am | Bellingham | (360) 734-3055 |
| 13 | Everett Rotary Run to Athens 5K, 10K | 9:30am | Everett | (425) 258-0461 |

(continued on next page)

LOCAL EVENTS CALENDAR (cont'd)

JUNE (cont'd)

| | | | | |
|----|--|--------|------------------------|--------------------|
| 13 | North Olympic Discovery Marathon & Half | 9:00am | Sequim to Port Angeles | (360) 417-1301 |
| 13 | Baker's Breakfast Cookie Triathlon | 6:30am | Bellingham | (504) 454-6561 |
| 19 | Run for Literacy 5K | 9:00am | Bellingham | (360) 676-4955 |
| 19 | Bellingham Centennial Monuments Walk 10K | 7:30am | Bellingham | www.nwtrekkers.org |
| 19 | Run the Sun Mt. Trails 5M, 10M | 9:00am | Winthrop | (509) 996-3287 |
| 26 | Lake Padden Triathlons | 8:30am | Bellingham | (360) 647-7665 |

JULY

| | | | | |
|----|-----------------------------|---------|------------|----------------|
| 10 | Chuckanut Foot Race 7M | 9:00am | Bellingham | (360) 676-4955 |
| 17 | Raspberry Run for Cancer 5K | 10:00am | Lynden | (360) 354-5995 |
| 17 | Fairhaven Frolic Footraces | 9:00am | Bellingham | (360) 756-6710 |
| 31 | Old Settlers Run 2M, 5K | 10:00am | Ferndale | (360) 714-0456 |

For complete listing of regional events go to: www.fairhavenrunners.com

Bellingham Bike & Walk to School/Work Day — May 21

Look for info around town. Lots of activities, celebration stations, and prizes. Business challenges and other promotions in the works.



1209 Eleventh Street | Fairhaven Historic District
360.676.4955 | www.fairhavenrunners.com

Store Hours: Mon - Sat: 10 - 7 / Sun: 11 - 5
FAIRHAVEN RUNNERS & WALKERS, TOO!



A resource and events guide for running and walking in our community April - June 2004

1209 Eleventh Street | Fairhaven Historic District | 360.676.4955 | Store Hours Mon - Sat: 10 - 7 / Sun: 11 - 5



...and they're off! The Chuckanut 50K had its largest field ever—over 200 on a beautiful day. The same day saw 450 at Running o' the Green and 500 at Carl Cozier. Wow!

Steve's Scribbles—

We are celebrating 5 years in business this July 1st. It's been 5 awesome years. As a staff we always talk about how much fun we have helping each of our customers and how we must have the best customers in the world. Runners and walkers are just so cool—you are generally happy, optimistic, enthusiastic and healthy. We feel so fortunate to get to know

you. The store and this community have been a dream come true. I still can't think of a better business for me or a better place to have this business. Thanks for "thinking local first" and caring about our store and...thanks for the fun!

Hope to see you at our anniversary race that we share with Village Books, the Run for Literacy 5K, on June 19.

Happy trails,

Try to Catch Scott Jurek, 2003 Ultra Runner of the Year! May 6

Join him for an inspiring slide show presentation on his approach to training and racing the Western States 100 Mile Endurance Run. Scott is the five-time defending champion of the Western States 100 Mile Endurance Run and has been featured in *Runner's World*, *Running Times*, and more! See inside for more info.

OUR MISSION IS TO BE THE PREMIER TECHNICAL RUNNING AND WALKING STORE IN THE REGION AND A FUN, INFORMATIVE, AND INSPIRING NEXUS FOR PEOPLE PURSUING A RUNNING AND WALKING LIFESTYLE.

TECH TALK

How Shoes Fit

The elements of fit are many. Most times we think about the fit of a shoe being "the size", like a 9.5. Other folks think of width, like D or B widths. Be aware that length and width labels on shoes are not universal standards. There are plenty of size 10's that fit more like a 9.5 or a 10.5 from another company or even just another model from the same company. There are D widths, for example, that are functionally as narrow as a B width or visa versa. Where is the width in the shoe? How about shoe depth and arch height and heel cup size? Did you consider toe box dimensions and lacing patterns and compatible sock types? Then there is the range of footbeds and orthotics



to accommodate and plan for. Where is the flex point in the shoe and what is your arch length?

These are just some of the questions considered when striving for a good fit. And fit is just one of many aspects to consider in a shoe purchase. For these reasons, it pays to get your shoes from folks like us who know about fit and care enough to get it right for you.

We carry women's sizes down to 5.5 and men's sizes up to 14 or even 15, in widths from 2A to 4E or even 6E. **We can fit you.** There is more to it than what meets the eye on the label of a shoebox or a catalog page. The work we do in helping you to be properly fitted is guaranteed. If we miss the mark in a shoe you have purchased from us, bring them back and we will make it right with a smile. We want you out there enjoying your new shoes as much as you want to!

Dear Fairhaven Runners,

I wanted to write to you and thank you for the wonderful products and service that you have at your store. I have been to your store a couple of times now in the past year, and every time, I become more and more impressed with all the selection that you have.

When I came to your store, I was quickly greeted by an employee. She was kind and asked if I needed any help. I told her what I was looking for and she sat me down to discuss all the options that you had. I tried on several styles and decided on one. After choosing my shoe, I looked around and found many great running clothes. I wasn't bothered at all with an employee trying to sell me stuff, but had the freedom to look around and explore what you had. When I went to pay, I was again greeted with kindness and completed my purchase. I was able to get a school discount on the shoes, which really helped me. She also threw in some socks that she herself used for racing, for free.

The utmost generosity was given to me when I came into your store and I will make sure that I come back again to give you my business. Thank you for the wonderful service that you showed, the wonderful product and the great selection and prices.

You are truly a store that supports the local runners in our community and I hope that you will stay for a very long time.

Sincerely,
Sarah, Lynden

Runs, Walks, Events, Clinics

Drop-In Runs/Walks

(all events meet at the store year-round—even in the dark!)

Sundays 7:30am

A run of 8-16 miles at a talking pace. All are welcome!

Tuesdays 6:00pm

A friendly run of 8-11 minutes per mile pace. Groups use south side paths and trails for 3-5 mile jogs.

Tuesdays 6:00pm

Race walking with Janelle Kaufman at WWU. This walk will meet at the track. Call Janelle at 671-6866 for details.

Wednesdays 6:00pm

Explore a great variety of nearby trails with other experienced runners. These are strenuous runs of 1.5 to 2 hours on hilly terrain. Often epic.

Thursdays 5:30pm

A fun fitness walk around Fairhaven.

Thursdays 6:00pm

This is a one-hour run on hilly trails at a medium pace. Have fun learning new trails with other men and women. All are welcome.

One-on-One Injury Prevention Clinic

With Local Physical Therapists

Every other Tuesday, 30 minute sessions from 6-8pm; \$15; by appointment only. For screenings/appt: 676-4955 or steve@fairhavenrunners.com



After 31 miles we need to sprint?



Smile...only 40K to go!

Run on Thursday

Current session runs Mar 4 through Apr 22. Next session begins April 29. Professional coaching from Diane Palmason at various paces to help you achieve your running goals. \$50 registration for 8 wks.

Galbraith Trail Run

Saturday, April 17 9:00am

Join us as we run a few hills and beautiful winding trails on Galbraith Mountain. On a clear day there are some great views. We will meet at Whatcom Falls parking lot (off Electric, by the tennis courts) at 9:00am and run from there. The run will be about 75-90 minutes. We will run an easy pace and have some fun. Hope for sunshine! Call Polly 676-4955 with questions.

Stewart Mountain Trail Run

Sunday, May 23 8:00am

Join us for a fun and challenging trail run up Stewart Mtn., on the north shore of Lake Whatcom. The trail can be very muddy and rocky in places, and may include a short creek crossing, so trail shoes and a sense of humor are advised. Round trip distance to panoramic views on the summit is approx. eleven miles, up to two hours.

We'll meet at the parking lot at Bloedel Donovan Park at 8:00am, then carpool to the trail-head on Y road. Call Craig with questions 676-4955.

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Fitness Forums (held at the store unless otherwise noted)

Active Isolated Stretching: A Unique Approach to Overall Fitness & Improved Athletic Performance Thursday, April 29 7:00pm

With Susan Guttzeit

Active Isolated Stretching (AIS) uses defined movements to isolate and relax muscles so they can stretch. AIS promotes circulation, loosens tight muscles, and increases range of motion. A flexible body functions more efficiently, is less prone to injury, and recovers from workouts faster. Learn how AIS works and what makes it unique and effective. Principles of AIS will be introduced and demonstrated using a short stretching routine.

Susan Guttzeit is a licensed massage practitioner in Fairhaven, and is certified by Wharton's Performance of New York as a Flexibility Technician.

Scott Jurek, 2003 Ultra Runner of the Year Thursday, May 6 7:00pm

Come join us for an evening with Scott Jurek as he presents an inspiring slide show presentation on his approach to training and racing the Western States 100 Mile Endurance Run. Scott is the five-time defending champion of the Western States 100 Mile Endurance Run and has been featured in *Runner's World*, *Running Times*, *Trail Runner Magazine*, and *Outside*. In addition to his training and racing, Scott is a practicing physical therapist, coaches aspiring runners, and conducts trail running camps. His next camp, The Western States Trail Camp will be May 25-28. All levels are encouraged. For more information visit his website: www.scottjurek.com.

Tales & Travails from the Trails Thursday, June 17 7:00pm

The Cascade Mountain trails are beginning to open up for hiking and running adventures. Who better to hear from than Mike McQuaide about where to go, how to get there and what to expect. Local hiking and running author will regale us with humorous tales, give us the inside scoop on where to go and share his favorite trail photos. Be the first to hear details of his latest book and be primed for an awesome summer of footin' it in the mountains.

TIPS & TOPICS

• *Chafing an issue now that shorts weather is here? Stop in and check out BodyGlide and BlisterShield. Both are great products that will eliminate chafing and blisters.*

• *Shimmels – a long sports bra that is comfortable and supportive and provides full coverage of the tummy! We have some new styles by Pearl Izumi, Nike, Adidas. They also work great for triathlons. No need to change tops!*

• *Join the Greater Bellingham Running Club and get a 10% discount at FR and free races all year.*

• *Walk with the NW Tulip Trekkers of the American Volkswalk Assoc (AVA).*

Spring is here and Summer is fast upon us!

Time to put on those shorts! We have a great selection of shorts in various lengths and fabrics. Some of the shorts have pockets for storing energy gels or other goodies. We have styles with no liner, split shorts for race day, compression shorts to eliminate chafing and some fun colors for the spring and summer from Nike, Brooks, Adidas, Pearl Izumi, Sport Hill, Sugoi and Hind.

There are also great new colors in the Champion Friction Free Sports Bra. We have new warm weather gear coming in every month. Check it out!

Train for the
Seattle Marathon
with Bellingham FIT.

Register in person on May 29 at
8:00am, Lake Padden East Entrance
or online at www.bellinghamfit.com