

8 AM	4 Yakima River Canyon Marathon	www.yakimarrivercanyonmarathon.com
Ellensburg		
8:30 AM	4 Birch Bay Road Race, 5K, 15K, 30K	www.birchbayroadrace.com
Birch Bay		
9:30 AM	11 Skagit Valley Tulip Run 5MI, 2MI	www.tuliprun.com
Burlington		
10 AM	11 Sun Mountain Ultras, 10K	www.rainshadow-running.blogspot.com
Winthrop		
8:15 AM	18 Wenatchee Marathon, Half M, 10K	www.wenatcheemarathon.com
Wenatchee		
9 AM	19 Vancouver Sun Run 10K	www.vancouver.sunrun.com
Vancouver, B.C.		
6 AM	19 Mt. St Ultra & Relay 50MI, 50K	www.eastsiderunners.com
Snoqualmie		
8:15 AM	19 Spokane River Runs Ultra, 10K, 5K	www.spokaneriverrun.com
Spokane		
9 AM	19 Komen Spokane Race for the Cure 5K	www.komenspokane.org
Spokane		
9:30 AM	20 13th Boston Marathon	www.bostonmarathon.org
Boston, MA		
10 AM	25 Volkswalk 6.2MI	www.nwtrekkers.org
Bellingham (starts at FR&W)		
8:30 AM	25 Eagle Run 10K, 5K, 1MI	www.eaglerun.org
Oak Harbor		
5 AM	25 Capitol Peaks Ultra & Relay 50 MI, 55K	www.capitolpeakultras.com
Olympia		
9 AM	25 Miles for Memories 5K	www.alsociety.org
Bellingham		

MAY

8 AM	4 Yakima River Canyon Marathon	www.yakimarrivercanyonmarathon.com
Ellensburg		
8:30 AM	4 Birch Bay Road Race, 5K, 15K, 30K	www.birchbayroadrace.com
Birch Bay		
9:30 AM	11 Skagit Valley Tulip Run 5MI, 2MI	www.tuliprun.com
Burlington		
10 AM	11 Sun Mountain Ultras, 10K	www.rainshadow-running.blogspot.com
Winthrop		
8:15 AM	18 Wenatchee Marathon, Half M, 10K	www.wenatcheemarathon.com
Wenatchee		
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Oak Harbor		
5 AM	25 Capitol Peaks Ultra & Relay 50 MI, 55K	www.capitolpeakultras.com
Olympia		
9 AM	25 Miles for Memories 5K	www.alsociety.org
Bellingham		

APRIL

8 AM	4 Yakima River Canyon Marathon	www.yakimarrivercanyonmarathon.com
Ellensburg		
8:30 AM	4 Birch Bay Road Race, 5K, 15K, 30K	www.birchbayroadrace.com
Birch Bay		
9:30 AM	11 Skagit Valley Tulip Run 5MI, 2MI	www.tuliprun.com
Burlington		
10 AM	11 Sun Mountain Ultras, 10K	www.rainshadow-running.blogspot.com
Winthrop		
8:15 AM	18 Wenatchee Marathon, Half M, 10K	www.wenatcheemarathon.com
Wenatchee		
9 AM	19 Vancouver Sun Run 10K	www.vancouver.sunrun.com
Vancouver, B.C.		
6 AM	19 Mt. St Ultra & Relay 50MI, 50K	www.eastsiderunners.com
Snoqualmie		
8:15 AM	19 Spokane River Runs Ultra, 10K, 5K	www.spokaneriverrun.com
Spokane		
9 AM	19 Komen Spokane Race for the Cure 5K	www.komenspokane.org
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10 AM	25 Volkswalk 6.2MI	www.nwtrekkers.org
Bellingham (starts at FR&W)		
8:30 AM	25 Eagle Run 10K, 5K, 1MI	www.eaglerun.org
Oak Harbor		
5 AM	25 Capitol Peaks Ultra & Relay 50 MI, 55K	www.capitolpeakultras.com
Olympia		
9 AM	25 Miles for Memories 5K	www.alsociety.org
Bellingham		

LOCAL EVENTS calendar

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.



10 AM	13 WVC Human Race 10K, 5K	www.whatcomvolutenteer.org
Bellingham		
9 AM-1 PM	13 Volkswalk, Anacortes	www.nwtrekkers.org
Anacortes		
5 PM	20 Volkswalk, Blaine	www.nwtrekkers.org
Blaine		
9 AM	20 Walk/Run for Literacy 5K	www.fairhavenrunners.com
Bellingham		
10:45 AM	6 Dog Island 10K, 2MI	http://gill.octopia.com/pages/1868
Blaine		
9 AM	6 Run to the Border 5K	www.gbrc.net
Bellingham		
10 AM	6 Race Beneath the Sun 5MI, Half-Mile for Kids	www.gbrc.net
Bellingham		
10 AM	6 Rainier to Ruston Rail-Trail Relay and Ultras, Mt. Rainier to Puget Sound	www.rainiertoruston.com
Bellingham		
8:30 AM	7 San Juan Island Marathon, Half M	www.sjmarathon.org
San Juan Island		
9 AM	7 Sandcastle City Classic 10K	www.bcatheletics.org
White Rock, BC		
9 AM	7 North Olympic Discovery Marathon, Half M, HS Relay, 5 & 10K, Sequim	www.nodm.com
Sequim		
7 PM	12 Longest Day 10K, 5K	www.thunderbirdstrack.org/events
Vancouver, BC		
9 AM	11 Fairhaven Runners Chuckanut Footrace	www.fairhavenrunners.com
Bellingham		

JULY

10 AM	13 WVC Human Race 10K, 5K	www.whatcomvolutenteer.org
Bellingham		
9 AM-1 PM	13 Volkswalk, Anacortes	www.nwtrekkers.org
Anacortes		
5 PM	20 Volkswalk, Blaine	www.nwtrekkers.org
Blaine		
9 AM	20 Walk/Run for Literacy 5K	www.fairhavenrunners.com
Bellingham		
10:45 AM	6 Dog Island 10K, 2MI	http://gill.octopia.com/pages/1868
Blaine		
9 AM	6 Run to the Border 5K	www.gbrc.net
Bellingham		
10 AM	6 Race Beneath the Sun 5MI, Half-Mile for Kids	www.gbrc.net
Bellingham		
10 AM	6 Rainier to Ruston Rail-Trail Relay and Ultras, Mt. Rainier to Puget Sound	www.rainiertoruston.com
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Vancouver, BC		
9 AM	11 Fairhaven Runners Chuckanut Footrace	www.fairhavenrunners.com
Bellingham		

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

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

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Metaphoric Meandering

Well, it's been a year or so since I reported on my running, so here is an update. It's going well! I'm feeling good, racing well and enjoying the fitness of a life well "run". Some folks have asked me of late, "What is the difference from those years of many injuries and little good running?" You know, I'm not real certain.

I'm doing my best to eat well and rest, get some massage now and then, take time off when I notice a pain, stretch regularly, dabble in core strength exercises, not being

as stupid, stuff like that. All good things, but I think it, simply, comes down to trying not to do it all today. Not trying too hard or wanting too much. Running within myself and in the moment as well as I can.

Maybe a little more maturity has slowly dawned on this old guy, maybe not. I feel a little more accepting of what comes, day by day. Some days I feel sluggish, or there is soreness. I'm then more inclined to slow down, take it easy and appreciate where I'm at, without as much regard to where I

want or expected to be. The result is I've been able to keep going, enjoying the path as it comes and finding some racing success along the way. So, fewer missteps come with better attention to the path and less focus on the big race or the better stopwatch time. Or maybe it's just good ol' luck of the Polish! Wishing you well on your path!

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.



Looking Forward to Summer 2009!

Kick it off with the...

and wrap it up with the...



Fairhaven Runners
Chuckanut Foot Race
 Saturday, July 11th
 Registration open soon for Washington's
 oldest running race...7 miles.



Fairhaven Runners Waterfront 15K
 Saturday, September 12th
 A flat and fast 9.3 mile course along
 Bellingham Bay's waterfront trails.

Fun Runs & Walks

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

Earth Day + 1 Fun Run & Walk Thursday, April 23rd, 6PM

Explore the centrally located, but sparsely used trails of the Civic Field Park and adjacent Whatcom Creek Trail. See how this devastated area has sprung back to life. Meet in the lower ball field parking lot on the corner of Fraser and Puget Streets. We'll leave promptly at 6:05 PM. Approx. 30-40 minutes.

Run for the Teddy Bear (Cove that is) Thursday, May 14, 6 PM

Meet at the Interurban Trail Rotary Trailhead parking lot off Old Fairhaven Parkway. We'll make our way to and from Teddy Bear Cove via the Interurban Trail, Arroyo Park and Teddy Bear Cove trail. Run will be approx. 5-6 miles.

Fitness Forums

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

Your Daily Plate: Food for Enjoyment, Fuel and Performance Hans Wendt

Thursday, April 30, 7:15 - 8:15 PM
 Back by popular demand, Hans Wendt, owner of Bellingham's beloved Great Harvest Bread Co., asks, "Since our entire bodies are made up of what we eat, shouldn't we study nutrition at least as much as we do our DVD player instruction manual?" If you're a runner, walker, fitness or competitive athlete, you know the foods you enjoy can fuel your performance—or undermine it. Hans will talk about eating a variety of foods that are simple, nutrient-dense, and provide steady fueling for the day.

The Wow and How of Running Watches Chad Mulavey & company reps from Garmin and Polar

Thursday, May 21, 7:15 - 8:30 PM
 Take your running to another level with the help of speed/distance and heart rate monitors. Chad, our store tech whiz along with industry reps. will shock you with how accurate, useful, fun and easy they are to use. Get a 15% discount on these devices for attending this forum.

Walking Athletically Cindy Paffumi

Thursday, June 4, 7:15 - 8:15 PM
 Do you know the difference between casual walking and aerobic walking? Cindy Paffumi will talk about the incredible benefits of aerobic walking so that you get the most out of your workout! Learn efficient stride techniques, how to pick up your pace, benefits of aerobic walking, and ways to punch up your workouts. Cindy is a former national class race walker and is the store's walking coach, appreciated for her expert guidance and positive spirit.

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

"The All-Paces Run warms my heart. Thanks!" - Ria

"Just wanted to thank you for putting on these runs. They are a blast!" - Kym

We kicked this off and it's been met with a lot of enthusiasm (30-40 people coming out each week). Led by store staff and volunteers, runs are 20 minutes out and back on two key routes, by the water or through the woods. Participants are divided into groups ranging from run/walk to seven minute 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.

Thurs | Show Up And Meet Run 6 PM

Plan to get together with your regular running buddies or meet some new friends. On this run you'll get the opportunity to take the lead in deciding where and how far you want to go.

Saturdays | F'haven Walking Club 8 AM

Friendly drop-in walking group for all levels. Organized by store walking coach Cindy Paffumi. For start locations and questions, call 360.319.3350 or go to www.FairhavenRunners.com.

Injury Prevention Clinics

Sign up for a private check-up with a physical therapist. Get 30 minutes of one-on-one attention from friendly experts. Call FR&W for an appointment. Slots available 6-8 PM, on Tuesday evenings.

Featured Race:

5K Walk/Run for Literacy

Join us for the 10th Anniversary of the Literacy Run benefiting the Whatcom Literacy Council cosponsored by Fairhaven Runners & Walkers and Village Books. Saturday, June 20 - 9 am. Come on into the store to register.

Pick Up Your Pace! Mini-Clinic for Walkers

Mondays, April 20 & 27, 6:30 - 7:30 PM

Get Fast and Fit (in just two sessions!) Tune up your walking workout, in just two mini-clinics—packed with techniques, individual coaching, and tips that will help you feel fit for spring! Coach Cindy Paffumi will show you how to increase your walking speed, make your walking aerobic, and rev up your workouts. Walking clinics fill quickly — sign up today at www.FairhavenRunners.com or come to 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.

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

