

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!

JANUARY

15	Nookachamps 10K, 4M, 13.1M	10am	Mt. Vernon	360.752.2815
22	Capital Peak Mega Fatass 25K, 50K	8am	Olympia	360.455.1400
29	Resolution Run Series 10K, 10M	8am	Steilacoom	253.272.4727
29	Western Stampede 5K	9am	Bellingham	360.671.3316

FEBRUARY

12	GBRC Two for the Road 5K	10am	Bellingham	360.671.1670
13	'First Half' Half Marathon	8:30am	Vancouver, BC	604.515.2488
19	37th Birch Bay Int'l Marathon	7:30am	Birch Bay	360.647.7164
19	Resolution Run Series 15K, 15M	8am	Steilacoom	253.272.4727
26	Smelt Run 10K	10am	LaConner	360.848.9336

MARCH

5	GBRC Honeywagon 4M, 13.1M	10am	Everson	360.671.6645
6	Snake River Canyon 1/2 Marathon	10am	Wawawai Landing, ID	208.882.4202
6	Napa Valley Marathon	10am	Napa, CA	707.255.2609
12	Running 'O the Green 10K	10am	Bellingham	360.676.6985
14	St. Patrick's Day Dash 4M	9am	Seattle	206.522.7711
19	GBRC Chuckanut Mtn. 50K	8am	B'ham	kmoehl@montrail.com
20	18th Big Climb for Leukemia	8:30am	Seattle	206.628.0777
20	Mercer Island Half Marathon, 8K	9:30am	Seattle	206.236.5323

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

Get your doggies on over to the
Western Stampede!

Go the Extra Mile for Alzheimer's 5K Run & Walk

Saturday, January 29, 2005

360.733.4386

The Western Stampede race on WWU campus starts 9:00am at the Wade King Rec Center at WWU. Registration fee of \$25 includes a long sleeve t-shirt. Preregistration is at the Alzheimer's office at 1212 Indian St, or online at: www.alzsociety.org

The race benefits local Alzheimer's programs.



SHIFTING GEARS

'Running Start' or 'Running On' - train at the pace that is right for you!

The Fun, Informative and Sociable Training Program
(for walk-joggers, new/returning runners and experienced runners)

Start Running or Run Better!

10 week session (Jan 22 - Mar 26), just \$50
Saturdays: 8:30 - 10:00am
Meet at Fairhaven Runners

Coaching and Support: With Diane Palmason (multi-distance world age group champion, 18 years novice to elite coaching, director of women's running camps)

To Sign Up: Complete the registration form available at Fairhaven Runners or online at www.fairhavenrunners.com

Questions: Call 676-4955 or email: steve@fairhavenrunners.com, or try Coach Diane Palmason at: dpalmason@msn.com



FAIRHAVEN RUNNERS & WALKERS, TOO!

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



A resource and events guide for running and walking in our community Jan - Mar 2005

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

Steve's Scribbles -

This past fall I was able to start running again (with good physical therapy) after a long period of injury. I had to start again with run-walks, slow jogs, low frequency and short distance runs. This stage of a build-up can be discouraging, but I kept thinking, "hey, I'm out here and every step is a positive one, just keep it up". To avoid further injury, this slow buildup phase is crucial.

In addition, it seemed a good idea to follow advice I give to others but often don't follow myself. I kept my mileage lower and worked on consistency, got massage, strengthened critical muscle groups, worked on flexibility, ate and rested well. I made new goals and hooked up with folks that inspired me to keep at it. For the next year or so I will continue to focus on shorter race distances rather than long.

(Cont'd on page 2)

Mark your calendar for these local races

<input type="checkbox"/>	Jan. 15	Nookachamps 10K, 4M, 13.1M	10am	Mt. Vernon	752.2815
<input type="checkbox"/>	Jan. 29	Western Stampede 5K	9am	Bellingham	671.3316
<input type="checkbox"/>	Feb. 12	GBRC Two for the Road 5K	10am	Bellingham	671.1670
<input type="checkbox"/>	Mar. 5	GBRC Honeywagon 4M, 13.1M	10am	Everson	671.6645
<input type="checkbox"/>	Mar. 12	Running 'O the Green 10K	10am	Bellingham	676.6985
<input type="checkbox"/>	Mar. 19	GBRC Chuckanut Mtn. 50K	8am	B'ham	kmoehl@montrail.com
<input type="checkbox"/>	May 7	GBRC Haggan to Haggan 5K	8am	Bellingham	676.9971
<input type="checkbox"/>	June 4	GBRC Race Beneath the Sun 5M	10am	Bellingham	671.6724
<input type="checkbox"/>	June 25	Run for Literacy 5K	9am	Bellingham	676.4955
<input type="checkbox"/>	June 25	Lake Padden Triathlon	8:30am	Bellingham	676.6985
<input type="checkbox"/>	July 8	GBRC Chuckanut Foot Race 7M	9am	Bellingham	733.7159
<input type="checkbox"/>	July 23	Padden Duathlon	10am	Bellingham	647.7665
<input type="checkbox"/>	July 30	Old Settlers Run 5K	9am	Ferndale	714.0456
<input type="checkbox"/>	Aug. 13	Youth Triathlon	9am	Bellingham	647.7665
<input type="checkbox"/>	Sep. 3	Lake Padden Relays 10.4M	10am	Bellingham	384.1639
<input type="checkbox"/>	Sep. 4	Bellingham Traverse Multisport	10am	Bellingham	756.8883
<input type="checkbox"/>	Sep. (TBD)	Blue Skies for Children 5K	10am	Bellingham	756.6710
<input type="checkbox"/>	Sep. 17	FR's Bellingham Bay 15K	9am	Bellingham	676.4955
<input type="checkbox"/>	Oct. 15	Barkley Trail Run 8K	10am	Bellingham	671.6405
<input type="checkbox"/>	Oct. 30	Dracula Dash 1-2M	4:30pm	Bellingham	671.6985
<input type="checkbox"/>	Nov. 5	GBRC Padden Mudfest 12K	10am	Bellingham	671.6901
<input type="checkbox"/>	Nov. 19	GBRC Turkey Trot 5K	10am	Bellingham	676.9629
<input type="checkbox"/>	Dec. 3	GBRC Fairhaven Frosty 5 & 10K	10am	Bellingham	734.3953
<input type="checkbox"/>	Dec. 10	Jingle Bell Run for Arthritis 4M	8:30am	Bellingham	733.2866

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.

Steve's Scribbles—
(Cont'd from page 1)

It had become apparent: I needed to switch or shift how I have done things in the past in order to have a different outcome, i.e. fewer injuries and more running success. It has been working (knock on wood) and I was thrilled to be part of a group of 36 to run at the National Club Cross Country Championships in Portland in December. I may shift gears again and try track racing this year!

Many of us find the need to shift our thinking to change outcomes in life. The start of a new year is a great time to make a change and we have a running/walking program designed to help. Called **Shifting Gears**, this program provides the support, structure and encouragement you need to help you achieve your walking, running or even racing goals. See the back page for more details. See you out there!

Happy trails,

Achieve that running/walking resolution!
Try out some new gear at FR that can help!

Hind: the Spare-O-Vest and Spare-O-Jacket for men and women. The vest weighs under 3.5 ounces, the jacket under 5 ounces and packs into a tiny pouch! Great for long trail runs where the weather can quickly change. Excellent value - vest for \$40 and jacket for \$45. Perfect for Chuckanut 50K training!

CW-X: an anatomically-engineered tight that helps the muscles and ligaments band together to reduce joint pain and muscle fatigue. You've seen the ads! Come see what the fuss is about!



Brooks "Cascadia": Named for the Cascade mountains where this shoe was developed, the "Cascadia" is a true trail runner's dream. The fit, ride, and stability features of this shoe make it the best choice for an hour or even a day of running the trails.

Adidas "Adistar Cushion": We're excited about the debut of this superb new shoe from Adidas. A snug fit, and top-of-the-line cushioning promise to make this one a winner.

Are you keen to Keen yet? **Keen** sandal/shoes are on the way! After a good run, slip off your running shoes and cozy up to Keen and their fresh air comfort.



Stay injury free with the **Runner's FitKit!** The FitKit is a convenient way for runners to add strength and flexibility training to their running schedule.



Injinji socks: Keep blisters at bay with the Injinji five-toe tetra sock that fits like a glove and superbly wicks moisture away. Made with CoolMax performance fabric.

Running log: Experts agree! Keeping track of your training and progress by using a running log improves success rates. Start one today! Also includes tips on racing, stretching and injury prevention.

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FITNESS FORUMS and STORE RUNS/WALKS

Tess's Trail Run Training Series

Do your legs get cabin fever in the winter? When you can't get to the big mountains why not explore the vast trails on Chuckanut Mountain just right outside your door. This January and February, Tess will lead four long runs (not races) that will explore the beauty of the trails, calm those running anxieties and help build a foundation for the Chuckanut 50K. **Warning:** You might never run on the road again.

Lost Lake to Fragrance Trails January 9 7:30am

Meet at the North Chuckanut parking lot off of Chuckanut Drive just before California St. This is a great route if you love getting muddy. The hill up to Lost Lake is also an invigorating way to start the day. The route should take 2 to 3 hours to run.

Fragrance, Lost Lake, Ridge, and Cleator Trails January 23 7:30am

Meet at Clayton beach parking lot. Don't forget the \$5 parking fee. Always run the Chuckanuts in the same direction? Why not change it up and see the trails in a different light. Hint: there will be a small portion of running down Cleator Road (dirt/gravel). This run should take 2 to 3 hours to run.

The Ridge Trail with a Taste of Chin Scrapper February 6 7:30am

Meet at the North Chuckanut parking lot off of Chuckanut Drive just before California St. The Chuckanut Ridge is beautiful to run when it is a clear day but watch out when it is foggy, you don't want to fall off! Well, honestly it isn't that dangerous but the trail is a fun single track, which twists and turns up along the ridge. This run will take about 3 to 5 hours.

You are invited...

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. Bring a headlamp/flashlight.

One-on-One Injury Prevention Clinic

With Mike from St. Joe's and Heather from Bellingham Physical Therapy. Every other Tuesday, 30 minute sessions from 6-8pm; \$15; by appointment only. For screenings/appt: 676-4955 or steve@fairhavenrunners.com

Thursdays 6:00pm
Join Tess for a one-hour run on hilly trails at a medium pace. Have fun learning new trails with other men and women. All are welcome.

Looking to meet people for a walk?
We have compiled an extensive list of walk groups that meet throughout the county nearly every day! Stop by the store or give us a call.

Middle 18 February 20 7:30am

Meet at Clayton Beach parking lot. Don't forget about the \$5 parking fee. This is the meat and potatoes of the Chuckanut 50K course. If you want to learn where you have to go, don't miss this run. It will take a good 3 to 5 hours depending on your pace.

Pilates for Runners February 16 6:00pm

Cherrellyn Seegers, D.C., runner, and Pilates instructor will demonstrate and have you try a fairly simple routine that works for runners and fitness walkers.

Be a better, faster, stronger and more injury resistant runner/walker with this popular and very effective core strength exercise that you can do at home. Feel strong! Meet at the Bellingham Tennis Club in Fairhaven.

Achieve Your Running Goals March 3 7:00pm

Mike Obergottsberger is a certified athletic trainer. He has worked with athletes at all levels on injury evaluation and rehabilitation, injury prevention, and designing exercise programs to meet the goals you have set. Bring your problems, questions and goals—Mike will be here to consult with you. All are welcome!

Jen on SPEED March 21 7:00pm

You've laid down some good base mileage over the winter and now you want to be ready for some races. That means some SPEED is in order! Jen Leita is a FR staff member, track coach, sprinter and sports psychologist. She will lead a session at the store to share the secrets of speed. You will see and practice some great techniques, so come dressed to try them out!

American Volkswalk Events—

AVA, the American Volkspport Association, sponsors a local walk (Volksmarch) group called the Tulip Trekkers. They hold a number of organized fitness walk events every year and have also established several self-guided 10K walks in our region that are safe and enjoyable. Non-members always welcome. Visit the store for all the details and step out for the next group walk on:

January 24 - Bellingham
Meet at the Community Food Coop for lunch at 11:30; then walk starts at 1:00 from the YMCA to check out the view from the Alabama Bridge.

March 20 - Bellingham
Meet at 11:30 at Fairhaven Runners for lunch; then walk starts at 12:30 and goes around WWU and the waterfront.

Dear FR,
I made it! During the Seattle Marathon I felt so prepared thanks to you guys. Polly, I love the vest. You were right—it's the perfect running garment. Thanks for all the tips on how to wear a cap when you have big hair. I never thought you'd see a hat on this head, but on those rainy or cold days, I wouldn't run without my vest or cap. And Steve, thanks for all the great support you gave Bellingham FIT. You were our head cheerleader and I know that you weren't with us just to sell stuff. When I talk about service selling in my workshops, I mention you and the rest of your fine team. Now I'm one of your cheerleaders...go Fairhaven Runners!
Bliss G.