

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!

JULY	4	LoggeRodeo Footrace 5.17M & 2M	Sedro-Woolley	9:30am	logerodeo.org
	5	Chum Run 10K & 5K	S. Whidbey Isl.	9:00am	salmonadventure.org
	12	GBRC Chuckanut Foot Race 7M	Bellingham	9:00am	360.647.3501
	19	Berry Dairy Days 10K & 2M	Burlington	9:00am	360.755.9649
	26	Old Settlers 5K Run & 2M Walk	Ferndale	10:00am	360.383.2011
	26	Patsy Reinard Life Celebration Volkswalk	Burlington	8:00am	nwtrekkers.org
AUG	9	Youth Triathlon	Bellingham	9:00am	360.647.7665
	16	Bellingham Farmers Market Volkswalk	Bellingham	8:00am	nwtrekkers.org
	16	Friday Harbor Loop Run 8.8K	Friday Harbor	9:00am	360.378.4953
	26	All-Comers T&F Meet (last day)*	Civic Field	6:00pm	360.676.6985
	30	Lake Padden Relays 10.4M	Bellingham	10:00am	360.384.1639
SEPT	6	Fairhaven Frolic Footraces 4M	Fairhaven	10:00am	360-676-4955
	13	Bellingham Traverse	Bellingham	10:00am	bellinghamtraverse.com

*T&F Meets are every Monday evening through August 26

For complete listing of regional events go to:
www.fairhavenrunners.com/news/calendar.htm

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



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



A resource and events guide for running and walking in our community July/August 2003

John "The Penguin" Bingham waddles into Fairhaven



He's been called the Pied Piper of the second running boom—and for good reason. Since his column, "The Chronicles," started in Runner's World magazine in May of 1996, John "The Penguin" Bingham has become one of the running community's most popular and recognized personalities.



His books, *The Penguin Brigade Training Log*, *The Courage to Start: A Guide to Running for Your Life*, *No Need for Speed: A Beginner's Guide to the Joy of Running and Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Full or Half Marathon* have inspired a generation of new runners to find joy in walking, running, and racing.

Join us for a special evening with John on Friday, July 11. See listing under "Getting You Started..." for more info.

What's Inside

- Staff Picks
- Info on upcoming fitness events
- What to do with your old shoes!
- Listing of local events



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—

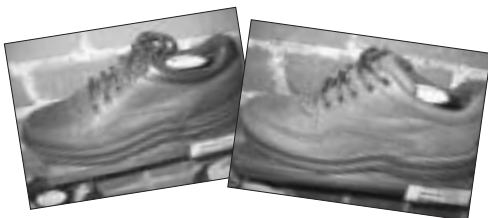
Howdy fellow runners and walkers! Notice the new logo addition? It's time our name more accurately reflects our mission statement. Walkers should know and expect by now that we have shoes for walking, apparel, accessories, clinics, forums, and many other resources. We are here for walkers as we are for runners and it is time to be clear about it!

We've been polling walkers on another walk group and will start with Thursdays at 5:30pm. This will be a fitness walk on the roads and trails around Fairhaven. Enough folks will be showing up that finding others at your pace should be easy. Connecting with others is a proven path to succeeding with your fitness plan. We will add other times as the need develops.

Finally, we are celebrating our store's 4th anniversary and I am so grateful to my friends, family, staff and our community for how it has all developed and what it has become. It is a marvelous privilege to own a store like this in such a vibrant and healthy community as ours. Thank you for being our customers and friends—**you are appreciated!**

Summertime Running Fun

- Run the forest trails
- Invest in a hat from Fairhaven Runners
- Jump in a lake
- Invest in CoolMax-type socks, shirts, shorts from Fairhaven Runners
- Try sunrise/sunset runs along Lake Padden
- Run through sprinklers
- Get a bottle or hydration pack
- Use sunscreen
- Invest in cool sun shades from Fairhaven Runners
- Splash through streams
- Run in the Cascades
- Try sport drinks (like GU2O) to replace electrolytes
- Don't forget the post-run popsicle!



Just so you know... we have recently added the Rockport World Tour in widths, lengths and leather types. This is a terrific and classic walking/casual shoe with a huge following. Features include suitability for orthotics, long-lasting EVA cushioning, nice forefoot flexibility, padded ankle collar and tongue, and a steel shank for stability. Let us know any of your other Rockport favorites and we will get them for you, many of which come in widths.

Getting You Started... Keeping You Going!

Drop-In Runs/Walks

(all events meet at the store unless otherwise noted)

Sundays 7:30am

Typically a run of 10-16 miles at a talking pace. Get a great run in, then rest on your laurels. All are welcome!

Tuesdays 6:00pm

For walk-jog to moderate pace beginning runners. Groups use south side paths and trails for 3-5 mile jogs. This is a very supportive and motivating bunch of folks.

Wednesdays 6:00pm

Learn new trails and be safe by running with nice folks. Groups for men and women, slower and faster. Generally over 1 hour in the hills.

Thursdays 5:30pm

A fitness walk on the roads and trails around Fairhaven. Connect with others to help you succeed with your fitness plan!

One-on-One Injury Prevention Clinic

With Physical Therapists Mike Karl and Bellingham Physical Therapy. Every other Tuesday from 6-8pm; \$15; by appointment only. **Includes:** 30 minute individual screening of training, flexibility, strength and injury history. Receive gait analysis, training recommendations, footwear suggestions and informative handouts. For Aug/Sept screenings/appt: 676-4955 or steve@fairhavenrunners.com

Run on Thursday

Next session begins Sept 11
We offer supportive and experienced coaching from Diane Palmason at various

Oldies but Goodies...



Wondering what to do with your "oldie but goodie" shoes? Fairhaven Runners will be donating the "hand me downs" of runners and walkers to people in need, through our local charities. Just bring your shoes to the store and we will find a happy new pair of feet for them!



paces to help you achieve your running goals. \$50 registration/8 wks. Our programs are geared to your pace, from walk to race—join the fun!

John "The Penguin" Bingham

July 11 "The Penguin" talks 7:00pm

Run with "The Penguin" 5:30pm

Book signing 6:30pm

An evening running, chatting with and listening to John Bingham "the Penguin" of Runner's World fame. He is an inspirational speaker on the joy of running/jogging far from the front pack. Join us for a "Penguin's View of Running" with John on the Village Green starting at **7:00pm**. Preceding his entertaining talk you may also "run with the Penguin" at **5:30pm** and have his latest book, *Marathoning for Mortals* signed from **6:30 to 7pm**.

American Volkssport Association Intro and 10K (6M) Walk

July 19, Saturday 9:30am

A volksmarch or walk is a non-competitive 6 mile (10 kilometer) walk. It's not a pledge walk, it's not a race, it is a fun activity you do with a club, with your family, with your pet, or all by yourself. Volksmarching got its name from its origins in Europe. Today there are thousands of volkssport clubs around the world that you can plan travel

around. Enjoy a 15 minute introduction before embarking on a 10K volkswalk from the store. All ages and speeds.

Outdoor Strength Training

with Cherrelyn Seegers, DC, Pilates Instructor, Athlete

July 31, Thursday 7:00pm

Learn stretching and core-strengthening techniques that you can do "on the run" i.e. at the park, by the pool or soccer field, after a run, during theatre intermissions and coffee breaks, or as a morning wakeup on the front lawn. No gym or equipment necessary. No excuses, this is convenient!

Copper Ridge Epic Trek

Aug 24, Saturday 8:45am

It's that special time again! It's time to explore stunning summer running-only trails in North Cascades National Park. You are welcome to run, jog or walk any part or all of the 20 miler to Copper Ridge Lookout and back to the start. Just make sure to time your finish for the 3pm tailgate potluck at Hannegan Pass Trailhead, where we will start and finish this epic trek. Meet at the trailhead or carpool from the Starbucks/Sunset Square at 7:30am. Be a good scout and be prepared. Good training for the Bellingham Traverse.



STAFF PICKS

Bothered by chafing or hot spots from your sports bra?

Well, come try out the NEW Champion "Friction Free" sports bra! Low-abrasion fibers and fabrics are used in key areas to help reduce friction, irritation and chafing at the neck, armholes, straps and throughout the chest area. We have them in blue, yellow and black. They are the most comfortable sports bra I have ever worn and Ashlee says it is her "favorite" right now! -Polly

