

Store Events Calendar



Mother's Day & Father's Day Walk • Jog • Push

Mother's Day May 11 Sunday Noon
Father's Day June 15 Sunday Noon
 Walk, skip, push a baby jogger, or run. Enjoy your day with the whole family! All age parent /child combinations welcome!

Runners Safety Forum—how to avoid dangerous situations on local trails & roads

May 15 Thur. 7-9pm Local runners **Chris and Mike Ashby** will share their wisdom and experience. Chris will discuss situational awareness and how to avoid confrontational circumstances while running local roads and trails, while Mike, a Master Level Defensive Tactics Instructor, will demonstrate how to best handle and diffuse situations if you find yourself confronted by such an event. Topics will be applicable to both men and women.

Fitness Walking—Techniques & Secrets—a fitness forum from the experts

June 5 Thur. 7-9pm Join famed Walking Coach **Martin Rudow** for an evening learning and practicing the best ways to walk for fitness. Learn numerous techniques about posture, correct leg/arm action, and workout secrets, that benefit both the professional and casual walker alike. Everyone welcome.

Run on Thursday—professional coaching for all

New Session Starts May 1st!

We offer supportive and experienced coaching from Diane Palmason at various paces to help you achieve your running goals. \$50 registration/8 wks. Our Programs are geared to your pace, from walk to race, promise. Join the fun!
More information and registration form can be found at the store or on our website at www.fairhavenrunners.com/news/events.htm

One on One Injury Prevention Clinic—walk & run faster, longer, safer

The 2nd Tuesday of every month from 6-8pm — 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. *Contact for your appt.: 676-4955 or steve@fairhavenrunners.com*
Cost: \$15 By: Physical Therapist, Mike Karl (May/June screenings)

Runs/Walks Every Week—just drop in!

Sundays 7:30am Sunday Morning Run.

All paces, all distances. Just show up, pair up, group up, laugh, talk, run and the miles zip by. Try it!

Tuesdays 6pm Beginners Run Night.

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 6pm Wild Women's Trail Run

Run wild on lesser known trails! Encouraging, motivating - have a blast! The run lasts about an hour and a half. Watch out for the Mud!

Wednesdays 6pm Wild & Woolly Trail Run

Groups of intermediate and advanced runners will explore a great variety of local trails. About 2 hours on hilly terrain. Supportive, friendly, challenging and huge fun!

☀ **Fairhaven Runners presents "Walk with Ease"**—a fitness walking program developed by The Arthritis Foundation. Two days per week, all paces, beginner to experienced are welcome. Call Genevieve for program details at 671-2798.

Events Calendar

Local

| | | | | |
|---------|---|----------------|---------|--------------|
| May 3 | Lynden Holland Days 5K or 10K | Lynden | 9am | 360.354.5995 |
| May 10 | GBRC Haggen to Haggen 5K | Bellingham | 8:30am | 360.354.6809 |
| May 16 | Bike to Work and School Day | Bellingham | All Day | 360.650.0515 |
| May 17 | Bayview Women's 2M & 10K | Burlington | 10am | 360.766.6385 |
| May 25 | Ski to Sea | Bellingham | 8:30am | 360.734.1330 |
| June 2 | All Comers Meets, Mondays through 8/25 | Civic Field | 5:30pm | 360.676.6985 |
| June 7 | Race Beneath the Sun 5M | Fairhaven Park | 10am | 360.671.6724 |
| June 8 | Walk for Wildlife 1M & 2M (bring costume) | Bellingham | 11am | 360.733.8769 |
| June 14 | The Human Race | Bellingham | 9am | 360.734.3055 |
| June 21 | Run/Walk for Literacy 5K | Fairhaven | 9am | 360.676.4955 |
| July 12 | Chuckanut Footrace 7M | Fairhaven | 9am | 360.676.4955 |

Regional

| | | | | |
|---------|---|-----------------|---------|---------------------------|
| May 3 | Sunflower Relay & Iron Event 21.5M | Mazama | 9:30am | mvsta.com |
| May 4 | Vancouver International Marathon/Half M | Vancouver, B.C. | 7:30am | 604.872.2928 |
| May 4 | Bloomsday 12K | Spokane | 9am | bloomsdayrun.org |
| May 4 | Bay Run 5K | White Rock | 9am | 604.531.7879 |
| May 18 | Rhody Run XXV 12K | Port Townsend | 11am | rhodyrun.com |
| May 18 | Capital City Marathon, Half, & 5M | Olympia | 8am | 360.786.1786 |
| May 18 | Beat the Bridge 8K | Husky Stadium | 8am | 206.628.1000 |
| May 24 | Mazama 10K Trail Run | Mazama | 9am | mvsta.com |
| May 31 | Dog Island 10K Run & 2M Walk | Guemes Island | 10:30am | 360.293.5757 |
| June 1 | Race for the Cure 5K | Safeco Field | 7:30am | 206.667.6700 |
| June 8 | Furry 5K Fun Run | Seward Park | 10am | furry5k.com |
| June 8 | Run the World: Everett to Rome 5K & 10K | Everett | 9:30am | runtheworld.info |
| June 8 | San Juan Island Marathon | Friday Harbor | 7am | sanjuanislandmarathon.com |
| June 8 | Sandcastle City Classic 10K | White Rock | 9am | 604.531.7879 |
| June 14 | Run the Sun 5M & 10M | Winthrop | 9am | 509.966.3287 |
| June 14 | Sound to Narrows 12K & 5K | Tacoma | 7am | 253.403.1525 |
| June 15 | Mount Si Trail Race 6.4K | North Bend | 9am | 206.985.0126 |
| June 20 | Fremont 5K | Fremont | 7pm | 206.729.9972 |
| June 21 | March Point 5K & 10K | Anacortes | 10am | 360.293.9132 |
| June 22 | Vancouver Half Marathon & 5K | Vancouver B.C. | 7:30am | 604.732.4535 |
| June 22 | Strawberry Festival Berry Run 4M & 1M | Marysville | 9am | maryfest.com/berryrun.htm |
| June 22 | Terry Fox Shore Run | Seattle | 8:30am | 206.667.6559 |
| July 3 | Firecracker 5K | Seattle | 11:55pm | 206.729.9972 |

Check fairhavenrunners.com for league, district and state HS track meets

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

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

676-4955



Your Community Running and Walking Store www.fairhavenrunners.com
 1209 Eleventh Street, Fairhaven Historic District, Bellingham 676-4955



PRSRT STD
U.S.
POSTAGE
PAID
A.M.S.
98230

FAIRHAVEN RUNNERS
1209 ELEVENTH STREET
HISTORIC FAIRHAVEN
BELLINGHAM, WA 98225

Run Your Copies & Digital Prints @
Copy Source
Imagination • Creation • Print Solutions

| | |
|-----------|------------------|
| Monday | 99¢ Lamination |
| Tuesday | 99¢ Binding |
| Wednesday | 45¢ Color Copies |
| Thursday | 50% Off Posters |
| Friday | \$9.99 T-Shirts |

Call For Details
360.738.1280
Across From The Herald • 1122 N. State St. • Bellingham

- a resource and events guide for
running and walking in our community



THE FAIRHAVEN RUNNERS EXPERIENCE

May and June 2003, v4 i3

2003 SKI TO SEA MAY 25TH

OUR TOP 10 SKI TO SEA RUN RECOVERY TIPS!

10. Keep moving after finish
9. Ice legs in nearby stream
8. Elevate legs and use a compression wrap on knees.
7. Take an Epsom salt bath.
6. Drink lots of water and take vitamin C before and after the race.
5. Wear well-fitting CoolMax socks.
4. Take anti-inflammatories with doctor approval
3. Rest
2. Schedule a massage soon after race.
1. Train well and get fit at Fairhaven Runners

CONGRATS RACERS!

Bring your race number in by May 31 for 15% off one non-sale item of your choice. Yahoo!

Use our Ski to Sea Finders Book to fill a specific leg for a team. Call or come in to take a look!



Are you prepared for 6 million pounds of crashing footsteps over the course of the Ski to Sea run? Let us help with your footwear needs!

VISIT "NEWS" AT
FAIRHAVENRUNNERS.COM

- Updated Race Calendar with links
- Download Local Race Entry Forms
- Listing of Local Events
- Information about Forums & Clinics
- Race Results
- Feature Stories (submit your own!)
- Have you noticed your picture yet?

News Flash!

New Free Walk Program
"Walk with Ease"
2 Days a Week

Call Genevie @ 671-2798
For program details.



Your Community Running and Walking Store
www.fairhavenrunners.com
676-4955

