

# LOCAL EVENTS CALENDAR

For all events, you'll want to confirm start times and locations by using contact information provided. Race fliers are at the Fairhaven Runners & Walkers store and more information is online at [www.FairhavenRunners.com](http://www.FairhavenRunners.com). Happy trails!

## JANUARY

1 Resolution Run & Polar Bear Dip	Bellingham	11 AM	<a href="http://cob.org/races">cob.org/races</a>
1 Ft Steilacoom Res. Series 5Mi, 5K	Tacoma	9 AM	<a href="http://runsfr.com">runsfr.com</a>
1 Resolution Run & Walk	Abbotsford, BC	9 AM	<a href="http://events.runningroom.com">events.runningroom.com</a>
1 Resolution Run & Walk	Langley, BC	11 AM	<a href="http://events.runningroom.com">events.runningroom.com</a>
5 Lake Samish Half Marathon & 6.5 Mi	Bellingham	10 AM	<a href="http://gbrc.net">gbrc.net</a>
12 Nookachamps Half Marathon, 10K, 5K Mount Vernon	10 AM	<a href="http://nookachamps.com">nookachamps.com</a>	
12 Winter Grand Prix 3K	Seattle	9 AM	<a href="http://clubnorthwest.org">clubnorthwest.org</a>
12 Bridle Trails 50K, 10Mi, 5Mi	Kirkland	see site	<a href="http://seattlerunningcompany.com">seattlerunningcompany.com</a>
19 Capitol Peak Trail Run, 34Mi, 17 Mi	Olympia	8 AM	<a href="http://capitolpeakultras.com">capitolpeakultras.com</a>
20 Chilly Chase 15K, 10K, 5K	Langley, BC	see site	<a href="http://events.runningroom.com">events.runningroom.com</a>
26-27 Volkswalks Eagle Festival Wkend.	Concrete	9 AM	<a href="http://nwtrekkers.org">nwtrekkers.org</a>
26 Ft Steilacoom Res. Series 10Mi, 10K	Tacoma	9 AM	<a href="http://runsfr.com">runsfr.com</a>
27 Winter Grand Prix 2 Mi	Seattle	9 AM	<a href="http://clubnorthwest.org">clubnorthwest.org</a>

## FEBRUARY

9 Two for the Road	Bellingham	10 AM	<a href="http://gbrc.net">gbrc.net</a>
9 Winter Grand Prix 2 Mi	Seattle	9 AM	<a href="http://clubnorthwest.org">clubnorthwest.org</a>
10 Love 'em or Leave 'em 5K	Seattle	9 AM	<a href="http://promotionevents.com">promotionevents.com</a>
10 "First Half" Half Marathon	Vancouver, BC	8:30 AM	<a href="http://pacificroadrunners.ca">pacificroadrunners.ca</a>
17 Birch Bay Marathon, 25K	Birch Bay	7:30 AM	<a href="http://gbrc.net">gbrc.net</a>
17 Orcas Island 50K, 25K	Orcas Island	8:30 AM	<a href="http://capitolpeakultra.com">capitolpeakultra.com</a>
17 Historic Half Marathon	Fort Langley, BC	9 AM	<a href="http://historichalf.ca">historichalf.ca</a>
23 Winter Grand Prix 2 Mi	Seattle	9 AM	<a href="http://clubnorthwest.org">clubnorthwest.org</a>
23 Ft Steilacoom Res. Series 15Mi, 15K	Tacoma	9 AM	<a href="http://runsfr.com">runsfr.com</a>
23 Smelt Run 10K, 5K	La Conner	8:30 AM	<a href="http://skagitsymphony.com">skagitsymphony.com</a>

## MARCH

1 Honeywagon Runs Half M, 4Mi, .5Mi	Bellingham	9/10 AM	<a href="http://gbrc.net">gbrc.net</a>
9 Mercer Island Half Marathon, 10K, 5K	Mercer Island	9 AM	<a href="http://mercerislandhalf.com">mercerislandhalf.com</a>
9 Vancouver Harry's Spring Run Off 8K	Vancouver, BC	10 AM	<a href="http://events.runningroom.com">events.runningroom.com</a>
15 Running O' the Green 5Mi, 2Mi	Bellingham	10 AM	<a href="http://gbrc.net">gbrc.net</a>
15 Chuckanut Mountain 50K	Bellingham	8 AM	<a href="http://gbrc.net">gbrc.net</a>
16 St. Patrick's Day Dash 3.5Mi	Seattle	9 AM	<a href="http://stpatsdash.com">stpatsdash.com</a>
22 Ft Steilacoom Res. Series 20Mi, 20K	Tacoma	9 AM	<a href="http://runsfr.com">runsfr.com</a>
29 Birch Bay Road Race 30K, 15K, 5K	Birch Bay	see site	<a href="http://birchbayroadrace.com">birchbayroadrace.com</a>

(continued on back page)

# LOCAL EVENTS CALENDAR, cont'd.

## APRIL

5 Skagit Valley Tulip Run 5Mi, 2Mi	Burlington	9:30 AM	<a href="http://tuliprun.com">tuliprun.com</a>
5 Yakima River Canyon Marathon	Ellensburg	8 AM	<a href="http://ontherunevents.com">ontherunevents.com</a>
13 Whidbey Island Marathon, Half M	Oak Harbor	8 AM	<a href="http://whidbeyislandmarathon.com">whidbeyislandmarathon.com</a>

### Why we are your environmentally green running & walking store!

- We buy 100% green power from Puget Sound Energy.
- Whatcom Watersheds pledge member.
- Board member of Sustainable Connections (SC) since 2003.
- "Think Local First" sponsor and sustaining member of SC.
- We offer alternative transportation incentives for staff and customers (Smart Trips card, etc.).
- We donate good used shoes to shelters.
- New — shoe recycling plan for all of Bellingham's old shoes!
- We are community focused and we rely on the mutual health and benefits that come from that focus.
- We donate thousands each year to local non-profits.
- Our small environmental footprint = good-planet health. Many footprints = good-people health.



A resource and events guide for running and walking in our community Jan | Feb | Mar 2008  
1209 11th Street | Bellingham | 360.676.4955 | [www.FairhavenRunners.com](http://www.FairhavenRunners.com) | Store Hours: Mon - Sat: 10 - 7 | Sun: 11 - 5

## Be Great in 2008! Top 10 Get-Up-and-Go Tips

Happy New Year, runners, joggers, and walkers! We have a new twist for the new year. Genevie, my wife and favorite running partner, is this issue's guest Scribbler. A recreational therapist, she describes common fitness hurdles and suggests specific, creative responses. I think you'll find a connection with her thoughts, and a smile, too!



### Genevie's Scribbles

At this time of year, I think about New Year resolutions and question whether I'll have the resolve to see them through. Sometimes I need to pull out all the stops to get myself out the door and moving down the road, even as I remind myself that I've never regretted any of my outdoor adventures.

Here are my top ten excuses for sitting on the couch and my corresponding tricks to overcome innate inertia. Any of these sound familiar to you?

**1 - "I'm too hungry..." or "I'm too full to run."** I always have a GU packet on hand: 100 calories of instant energy without the side ache.

**2 - "It's too cold, rainy, or windy..."** I layer up with my favorite apparel pieces and tell myself "I AM GOING OUTSIDE NOW, BUT I ONLY NEED TO STAY OUT THERE FOR 10 MINUTES." By the time the 10 minutes are up, I'm warmer and in the groove and WANT to stay out longer.

**3 - "But it's raining outside for the tenth day in a row."** I've started my run inside on a treadmill, and midway through — feeling warm and in need of some varied scenery — I'll head outside to finish up the run.

**4 - "I'm tired of the same old running route."** I sometimes enjoy running a one-way course — either getting dropped off a few miles from home and making my way back, or running from home and getting picked up a few miles away (a downhill run is fun for this).

**5 - "I'm too achy" or "I think I'm coming down with a cold."** I go for a walk instead of a run. I'm still outside, and I'm still moving.\*

\*See inside for more get-up-and-go tips!

Happy trails,  
Steve & Genevie

Owners Steve & Genevie Roguski are on the trails, at the store, and at [runners@FairhavenRunners.com](mailto:runners@FairhavenRunners.com)



1209 11th Street | Bellingham, WA 98225  
360.676.4955 | [www.FairhavenRunners.com](http://www.FairhavenRunners.com)

Store Hours: Mon - Sat: 10 - 7 | Sun: 11 - 5  
**FAIRHAVEN RUNNERS & WALKERS**

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OUR MISSION IS TO BE YOUR PREMIER TECHNICAL RUNNING AND WALKING STORE AS WELL AS A FUN, INFORMATIVE, AND INSPIRING PLACE FOR PURSUING RUNNING AND WALKING LIFESTYLES.

## BE GREAT IN 2008! | Top 10 Tips (continued)

**6 - "I don't like to run in the morning."** I'll bring my running clothes along with me to work or on errands, and I won't let myself go home until I've gotten a run in along the way.

**7 - "I'm not a morning person, but this is the only time I have to run."** I lay out my running clothes the night before and place my shoes at the door. When I wake up, I immediately put on my clothes and shoes. I have nowhere else to go but out the door and to keep moving.

**8 - "I'm too busy."** I'll combine errands with my run by delivering a letter to the post office or returning a DVD on foot. Or, I'll shorten the length of my run and make a "mad dash" of it. Or, I go on errands in my running clothes and make the run one of my stops along the way.

Instead of going for coffee with a friend, we'll go for a walk.

**9 - "I'll just skip today."** I try to keep myself honest by having a plan and then sticking with it. For instance, I alternate between run and walk days and I give myself one rest day each week. Try tracking your daily miles by taking a virtual running/walking trip across the country at <http://exercise.lbl.gov>. Or keep a log at an internet site such as <http://www.runningahead.com>, or check out our logbook at the store.

**10 - "I don't want to go by myself."** Two evenings a week I have standing walking dates with friends. No matter how rainy, cold or dark, we show up for the walk because it's important that we show up for each other.

## Training Program for Runners Coming Soon

- **Program:** eight weeks of supportive coaching, weekly workout, and daily schedule.
- **Dates:** 5:30 PM, Thursday evenings, March 20 – May 8, 2008.
- **Perfect for:** beginning runners who want a non-intimidating learning environment and experienced runners who want to improve speed.
- **Registration:** coming soon to the store and [FairhavenRunners.com](http://FairhavenRunners.com).

### One-on-One Injury Prevention Clinic Tuesdays, 6-8 PM

This clinic has helped hundreds of runners and walkers get stronger, avoid injury, and improve performance!

For just \$15, you get 30 minutes of one-on-one attention from some great local physical therapists. They can assess your range of motion and strength, do a gait analysis to examine your running or walking biomechanics, evaluate pain or injury, and give you tips for improvement.

Clinics are open the second, third, and fourth Tuesdays every month, 30-minute sessions between 6-8 PM. Call the store at (360) 676.4955 to make your appointment.

### Weekly Drop-in Runs & Walks

Tune up your workout, and drop in for a free run or walk. Groups meet at store unless noted.

#### Tuesdays | Evening Run 6 PM

A friendly run at 8-11 minute-mile pace. Groups run according to pace on relatively flat south-side trails for 3-5 miles.

#### Wednesdays | Evening Epic Run 6 PM

Strenuous runs of 1.5-2 hours on hilly terrain. Often epic.

#### Thursdays | Evening Hill Run 6 PM

A friendly run on some hills and trails at an 8-11 minute-mile pace.

#### Saturdays | Walking Club 8 AM

For all levels, from those who want to improve to those who want to compete. Led by national-class race walker Cindy Paffumi (call 360.319.3350 for start locations).

## FR&W FITNESS FORUMS | Your New Year Series!

To help you get stronger and smarter, we offer the FR&W Fitness Forum, free, at the store. Get expert guidance from fitness professionals and adventurers who know what works.

### JANUARY

#### A Coach's Guide: Your New Year of Walking Cindy Paffumi

**Thursday, Jan. 10, 7:15 - 8:15 PM**

Hear from a nationally classed former race walker about how to make fitness walking a part of your life. Cindy Paffumi will talk about the benefits of walking and provide tips on how to make this exercise a part of your day. She has been the store's walking coach for the past two years, and participants in her programs — many new to fitness walking — enjoy her positive spirit and expert guidance.

### FEBRUARY

#### Yoga for Runners and Walkers Rhys Webb

**Thursday, Feb. 21, 7:15 - 8:15 PM**

Why not stretch those tight muscles, before heading to the trails? Yoga helps identify specific body areas that need stretching and strengthening. Learn postures and breathing techniques that activate the body and mind, and make your run or walk a physical meditation. Rhys Webb is a massage therapist at Therapeutic Massage Center, Inc. and has been teaching yoga for ten years. (Bring a yoga mat or exercise pad, if you have one.)

### MARCH

#### Improve Your Running Technique Erik DeRoche, MS, DC, CSCS

**Thursday, Mar. 13, 7:15 - 8:15 PM**

Learn how to improve your running technique and mechanics. Sound mechanics can help you 1) improve your speed and endurance with less effort, 2) decrease injury, and 3) enhance your overall enjoyment of running. Erik DeRoche is a former professional triathlete. He has a Master's degree in exercise science and a Doctorate in chiropractic medicine.

#### Get Inspired to TRI Maureen Trainor

**Thursday, Jan. 17, 7:15 - 8:15 PM**

She's the owner of Bellingham's Train-or-Tri shop, head coach for local Team in Training triathletes, seven-time Ironman finisher, and three-time Clydesdale world champ triathlete (in Olympic distance racing in her weight class and age division). Maureen Trainor will talk about the benefits of tri training, her coaching approach, and why you should consider trying your first — or tenth — triathlon.

#### Tips for Improving Your Posture & Form Cealleigh Bucklin & Erika Olson

**Thursday, Feb. 28, 7:15 - 8:15 PM**

How do you organize your body, during your run or walk? Pilates instructors Cealleigh and Erika will address posture for optimal breath, lengthening the spine for lung capacity, and the importance of the torso in running and walking tall. Through a series of exercises, learn how Pilates can help condition your body.

#### For Runners: Building Strength, Preventing Injury Cheryl Batty

**Thursday, Mar. 20, 7:15 - 8:15 PM**

This forum is especially for runners who want to learn the best ways to prevent injuries. Are you new to running, training for your longest race ever, or interested in improving your time? This is a prime time to talk about keeping yourself strong! Learn how to prevent common running injuries from runner and physical therapist Cheryl Batty.

## STAFF PICKS | We Walk in Your Shoes

What makes Fairhaven Runners & Walkers different is that we literally walk in your shoes. Each staff person wears every model of shoe in the store and does a write-up. We know how your shoe is constructed, wraps around the foot, and rides. We also test our performance wear and accessories, from heart-rate monitors to socks. Our service begins with knowing the product and ends with you getting the perfect fit.

#### Craig – 35 New Shoes for 2008!

Looking ahead to 2008, we're seeing a huge array of shoes coming in: 18 new styles for women by mid-February, and 17 new styles for men.

☼ *Debuting* – We're excited to introduce to you the Adidas Tempo/Tempaya, Asics 3000, Brooks Infiniti, and New Balance 1011 MC.

☼ *Updated Styles* – Come in to see new versions of the Asics Landreth, Asics Kayano, Asics DS Trainer, Brooks Adrenaline, Brooks 768, Brooks Glycerin, Brooks Cascadia trail shoe, Mizuno Wave Inspire, Mizuno Wave Rider, Mizuno Wave Ascend trail shoe, New Balance 1062, Nike Structure Triax, and Nike Zoom Elite. We also have a new Asics aerobics shoe.

Whether you're replacing trusted favorites or wanting to test something new, come see us for the best and brightest in 2008!

#### Polly – Cozy Layers

☼ *Helium Jacket from Sugoi* – Weighing only three ounces, this ultralightweight poly shell features water- and wind-repellency without the bulk. You hardly know it's



on! But it delivers outstanding weather protection — along with Sugoi's fitted style — for your long-distance training. \$85

☼ *Spothill Pant* – We have two great pant styles from Spothill, the Nomad (\$72) and Voyage (\$68). These warm-ups feature relaxed fit for comfort and mobility.

Available in regular, short and long lengths. Each pant features side pockets, perfect for carrying a few bucks for the coffee shop, after your workout!

☼ *Equilibrium Long-Sleeve* – The Brooks Equilibrium long-sleeve shirt has a close-to-body fit in a lightweight fabric that moves with you and wicks away moisture, keeping you warm and comfortable. \$40

#### Matt – Socks that Enhance Circulation!

Wigwam Medical Socks combine natural and synthetic fibers to keep feet dry, cool and comfortable. Dry feet mean fewer blisters and ulcers. The Wigwam Diabetic Walker sock (\$9.50) can enhance circulation and is recommended for people who have diabetes, arthritis, and sensitive feet.



## FUN RUNS & WALKS

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

#### Whatcom Falls Park (runners & walkers)

**Saturday, January 26, 8 AM**

Start your weekend with a run or walk, and experience the beauty of Whatcom Falls Park, a jewel of greenery in the city center. Guided one-hour jaunt includes gravel paths, gentle inclines, and waterfalls. Walking coach Cindy will lead walkers and FR staffer Tara will lead runners. Meet at the tennis courts, at the park entrance (across from LaFean's Donut Shop). Free parking and restrooms.

#### Fragrance Lake (runners)

**Saturday, February 23, 8 AM**

Runners, here's a great opportunity for a guided run up to Fragrance, an Alpine-like lake here in our own backyard of mountains. We'll take the trail up to Fragrance, circle the lake, and run back down the logging road. Meet at the Clayton Beach parking lot, off Chuckanut Drive. Free parking and restrooms. Guided run, with leader and caboose.

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

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