

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!

NOV

2	Padden Mudfest 12K	10:00am	Bellingham	360.647.6901
8	Ron Herzog Memorial 50K	7:30am	Granite Falls	206.628.6354
8	HS Cross Country State Meet	10:00am	Pasco	www.wiaa.com
15	Fowl Fun Run 2M, 5M	10:00am	Mt. Vernon	360.336.9622
16	Surrey Classic 10K, 5K	9:00am	Surrey, B.C.	604.684.9771
16	Khahtsahlano 15K	7:30am	West Vancouver, B.C.	604.921.8120
23	20th Annual Fall Classic Half Marathon, 10K	8:00am	UBC/Vancouver, B.C.	604.738.5019
30	Seattle Marathon and Half	8:15am	Seattle	www.seattlemarathon.org

DEC

4	Diez Vista Trail 50K	7:30am	Port Moody, B.C.	roblang00@hotmail.com
6	Fairhaven Frosty 5K, 10K and 1/2 mile	10:00am	Fairhaven Park	360.734.3953
13	Jingle Bell 4M-Run, 2M-Walk	8:30am	Bellingham	800.542.0295
13	35th Annual Birch Bay International Marathon	8:00am	Birch Bay	360.848.1146
14	Honolulu Marathon	5:00am	Honolulu, HI	www.honolulumarathon.org
20	Pink Cheeks Run 5.4 or 2.8M	11:00am	Bellingham	360.336.9414
27	Last Run/Walk of 2003	11:00am	Bellingham	360.676.6985
Jan 1	Resolution Run & Polar Bear Dip	11:00am	Lake Padden Park	360.647.7665

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



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 **Nov/Dec 2003**

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A nighttime freeway traffic jam? No, just runners with headlamps as they make their way down a local hillside trail.

Steve's Scribbles—

I want to extend hearty congratulations to our local cross country teams for their training, resolve and teamwork this year. Our city and county boys and girls teams are now a regular presence among the best teams in the state. Congratulations to the schools, their coaches and athletes for their accomplishments.

We are still trying to connect good, unwanted shoes with feet that can use them. No better time of year than now to take another look through the closet. Thanks to those who have already warmed many feet with their donations.

Getting out to run or walk in the weather is the best way I know of to combat the winter blues/grays. A hot cup of tea never tastes as good as after a vigorous dance with the elements...you survived and know you're alive! Find a way to smile in the rain and every day seems brighter. Sounds goofy, I know, but it seems to work. Ask the Seattle Marathon folks how they do it! Be the friend that inspires another.

Finally, I encourage you to preserve our diversity, strengthen our community and build our local economy by choosing locally owned businesses for your purchases. Thanks always for your support.

Happy Holidays!

What's Inside

- Exciting new products for winter
- Stocking stuffers under \$12!
- Info on upcoming fitness events
- Listing of local events

Plus, be prepared for the dark months ahead:
*Be Visible • Pick Safe Places • Go with Others
Take Identification • Be Alert*

Come in to the store and let us help you plan your winter runs and walks!

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.

Winter Running Shoes

Winter is a good time to consider running shoes that can handle a bit more mud and rain than the common road shoe. Trail shoes typically fit the bill for our winter weather in addition to the assumed trail application. A common question concerns the different attributes of road versus trail shoes. There is some overlap between the two, but trail specific characteristics include:

1. Dark colors—match the dirt better
2. Water resistance—drier feet
3. Abrasion resistance—environmental durability
4. Lower midsole—lower center of gravity for stability
5. Wider base—traction and lateral stability
6. Toe bumper—fewer rock/root bruised toes
7. Firm or protected forefoot midsole—stone bruise protection
8. Aggressive tread pattern rearfoot and forefoot—maintain control on unstable surfaces

Trail shoes don't necessarily have all of these characteristics, some have very few, and certain road shoes may be better than some "trail" shoes. Fit and stability remain a priority in all running shoes. We have trail shoes that will knock your socks off—come visit us for selection, expertise and a test drive any time.

"I can't tell you how much your store and running groups have meant to me, particularly (for me) the Tuesday group. I wouldn't have met such great people and my new fellow first time marathon friend. We both wouldn't have accomplished our long-dreamed-of goals (like running a marathon). Thank you for your continued smiles and support, advice on products and shoes. You are bringing people together and truly making a difference in people's lives and in what they can accomplish."

*Thank you so much,
Ann Lackland*

Join The Fun ~ Runs, Walks, Events, Clinics

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.

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. Strong headlamps required.

Thursdays 5:30pm
A fitness walk on well-lit routes around Fairhaven.

Thursdays 6:00pm
This is a one-hour run on hilly trails at a medium pace. Have fun learning new trails with other men and women. All are welcome. Bring a headlamp or flashlight.

When to Go to the Doctor Don't Let A Pain Become A Strain

Dr. Craig Moore, Sports Physician
Wednesday, November 12 7:00 pm
How do you know when it is time to see a doctor? Legendary runner and sports medicine physician, Craig Moore, will discuss typical running pain and how to identify causes and symptoms of overuse injury. Bring your questions—Dr. Moore's personal and professional experience is invaluable.

Fowl Fun Run Adventure
Saturday, November 15 8:25 am
Carpool with other feathered friends down to Mt Vernon for the 25th running of this fall classic that includes 2 mile and 5 mile runs/walks. Twenty turkeys are given away by random drawing and especially fun is the post race pumpkin pie!

Holiday Cheer Fun Run
Saturday, December 20 9:00 am
We are celebrating the holiday season and want to have a little fun as we run from Fairhaven to town and back, via the South Bay Trail (approx. 5 miles). Hot drinks at the store will follow. Prizes for fun hats or festive wear!

Brighten Up The Night With These Great Products!

Light up the night with four LEDs that provide over 70 hours of burn time. A computer chip regulates the intensity of the LEDs. Weighing just 3.2 ounces, you'll never leave it behind. The Moonlight provides 15 meters of usable light, which is enough to light your way on the Interurban. A tilt housing allows you to direct your light source where needed, while the adjustable headband fits over helmets or beanie hats. Don't let the darkness slow you down!



Black Diamond
Moonlight LED Headlamp



Amphipod
Xinglet Reflective Vest

This is one very cool reflective vest for walkers and runners out in conditions where visibility is a smart move. There are two versions from Amphipod and one of them has a neat storage solution the likes of which Amphipod is becoming known for. The version pictured here is minimalist, effective, comfortable and you can forget you are wearing it—something runners find helpful. Most don't care to drag a bunch of stuff around for what should be a simple and beautiful activity. This Xinglet fits the bill—come check it out!

One-on-One Injury Prevention Clinic

With Physical Therapists Mike Karl and Bellingham Physical Therapy.

Every other Tuesday, 30 minute sessions from 6-8pm; \$15; by appointment only.
Includes: Individual screening of training, flexibility, strength and injury history. Receive gait analysis, training recommendations, footwear suggestions and informative handouts. For screenings/appt: 676-4955 or steve@fairhavenrunners.com

Run on Thursday

Mark your calendars for your New Year's Resolution...our next running session begins January 8th! We offer supportive and experienced coaching from Diane Palmason at various paces to help you achieve your running goals. \$50 registration for 8 wks. Our programs are geared to your pace, from walk to race—join the fun!

**Gifts under \$12.00 —
These make great gifts and
stocking stuffers for
your favorite runner or walker!!!**



- Socks
- Gloves
- Shoe laces
- Self defense spray
- Christmas ornaments
- New Feet – foot cream
- Nike "Carry Gear" bag
- GU, Carb Boom – energy gels
- Ice cups – great for icing injuries
- Superbites – carbo energy tablets
- Sharkies – organic energy fruit chews
- Body Glide – prevents chafing & blisters
- Blister Shield – prevents chafing & blisters
- Nike Running Safety Light – straps around arm

**RUN RUN RUN
WALK WALK
RUN RUN RUN**