

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!

SEPT

6	Fairhaven Frolic 4-Mile Footraces	Fairhaven	10 am	(360) 676-4955
13	Skagit Flats Half Marathon & Half Shore to Shore Marathon & Half, 10K	Burlington Lake Chelan	8 am	(360) 336-2475 (509) 682- 8023
20	101 Years and Running 5K	Mt Vernon	10 am	(360) 424-7675
21	The Big Hurt Adventure Race	Port Angeles	8 am	www.bighurt.org.
27	YMCA Family 5K	Bellingham	9 am	(360) 733-8730
28	Peace Arch 5K & 1/2 Marathon	S. Surrey, BC	9 am	(604) 531-7879
30	Lake Padden Relay and Ultra	Bellingham	10 am	(360) 384-1639

OCT

4	Silver Lake Cross Country, 3M	Maple Falls	1 pm	(360) 595-2403
5	Portland Marathon	Portland	7 am	www.portlandmarathon.org
11	"Hole-in-the-Wall" 5K X-Country Run	Lakewood	1:30 pm	(360) 652-4505 x:2050
	Girls on the Run 5K	Bellingham	10 am	(360) 671-6689
12	Royal Victoria Marathon	Victoria	8 am	www.royalvictoriamarathon.com
18	Barkley Village 5M	Bellingham	10 am	(360) 671-6450
24	League Cross Country Meets (A, 2A, 3A)	Skagit Community College		(360) 676-4955
25	Baker Lake 50K	Concrete	8 am	(360) 848-1146
26	Western Washington Alumni 5K	WWU	10 am	(360) 650- 3069
	Cunningham Seawall 5.9 Mile	Vancouver, BC	9:30 am	www.seawall.sierrasystems.com
31	Dracula Dash	Bellingham	4:30 pm	(360) 676-6985

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 **Sept/Oct 2003**

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



The Copper Ridge and Hannegan Peak Adventure Run — great weather and stunning views!



Bellingham Traverse
September 13

register @ bellinghamtraverse.com

run • mtn bike • road bike • trail run • sea kayak • trek

AMERICAN VOLKSWALK EVENTS

- Sept. 13 Lynden (Cost Cutter) Club Walk Saturday, 1:00 pm
- Oct. 4-5 Fort Casey Traditional Walk in conjunction with OPE Port Townsend Kinetic Sculpture Race/Traditional Walk. Start at Ferry Terminal, 8:00 am
- Oct. 26 Bellingham Autumn Woods (Connelly Ck., etc) Club Walk. Sunday, 2:00 pm, start at Fairhaven Runners

Steve's Scribbles—

We lost character, interest, heart and soul from our town recently with the closing of Base Camp. Every time we lose a local business like this to the web or chain stores, we lose a bit of our individuality as a community. We start to look more like any other town along a major highway somewhere.

My staff and I operate Fairhaven Runners to be unique, responsive, supportive, involved and sustainable. I hope we mean something special to our community, so that we can stay and share our passion with you for many years to come.

On the morning of Base Camp's notice of closure, I was sparked in my resolve to join Sustainable Connections. This is a group of local, independently owned businesses and organizations that work to sustain long-term economic viability, vibrant community life and a healthy environment. I see our community redefining and modeling for the country a business ethic that seeks to preserve and enhance the beauty and character of our place. Thank you Base Camp for your 34 years of being a special and unique component of our place.

Happy Trails,

What's Inside

- Staff Picks
- Info on upcoming fitness events
- Fall weather running tips
- 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.

STAFF PICKS



Awaken your muscles safely before hitting the road

Stretching before a run can cause injury, self-massage with *The Stick* can prevent injury.

The Stick will help make your muscles feel better, work harder, last longer and recover faster. By gently rolling the stick (which is made up of smooth, center-balanced segments) back and forth over the entire length of your muscles you will be giving your muscles the massage they need to stay loose and prevent injuries. It's easy to use and packs easily in a gym bag for pre- and post-workout massages while you are away.



Check them out at the store. Polly, Steve and Craig use *The Stick* regularly.

Drop by to try one out!

Fall Weather Running Tips

- Self-massage (try *The Stick*) on cold muscles before heading out
- Range of motion exercises (leg swinging, arm swinging, etc.)
- Longer warmup run or walk than usual
- Dress knowing you will be cold for a bit (plan for a 20 degree increase in warmth perception)
- Wear a hat, lightweight gloves, lightweight long-sleeved shirt, and if necessary, a vest (layering again!)
- Intensity and effort influence whether you may/may not need a jacket or heavier layers
- Tights work better than pants when it's windy and rainy, and when going longer distances (less muscle fatigue)
- Keep moving
- Run with the wind (at your back) going out and into it coming back
- Stretch
- Hot shower
- Ice sore muscles
- Rehydrate
- Read and doze off with your legs draped on the back of the couch... Ahhh!

Getting You Started... Keeping You Going!

Drop-In Runs/Walks

(all events meet at the store unless otherwise noted)

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 in winter.

Thursdays 5:30pm

A fitness walk on the roads and trails 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 headlamps or flashlights by October.

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 Sept/Oct screenings/appt: 676-4955 or steve@fairhavenrunners.com

Run on Thursday

Current session runs 9/11 - 10/30. Next session begins Nov. 6th! 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!



Personal, friendly service at Fairhaven Runners!

Nordic Walking Class

September 15, 17, 20

Free class at the Bellingham Tennis Club. Instructor Kacy Sigl; call 733-5050 to register.

Jim Freeman on Running

Saturday, September 20

7:00 pm

Jim coached Mt Baker HS cross country and track to 5 state titles over the course of 28 years and is a member of the Washington State Track and Field Coaches Hall of Fame. He ran competitively at a national level, including a 2:21 marathon. With his wealth of running wisdom and experience he will share stories from his decades inspiring others as a runner, coach and teacher. An accomplished singer/songwriter he continues to inspire others, even building a family cross country course in his own backyard!



Come visit with one of the legends of our community.

Door prizes! (Nike shoes, XC hats, posters, awesome shirts, etc.)

Heart Rate Monitors—Demystified!

Thursday, October 2

7:00 pm

You bought (or hope to buy) the cool new toy, but never quite learned how to use it, what to do with it or how it could help improve your running. You are not alone. Like our brains, most folks use only a fraction of their HRM's capacity. There is so much more. Sandi Halgren, a personal trainer at the Bellingham Athletic Club will teach us how these powerful devices can improve our fitness.

The OmegaWave system (courtesy of B.A.C.) will be available at the clinic. Get a detailed physiological assessment of your fitness in 15 minutes with no sweat! Arrive early and sign-up to be tested. Bring your monitor, borrow or buy one (15% discount!), and be prepared to use it.

Chuckanut Traverse

Sunday, October 5

7:30 am

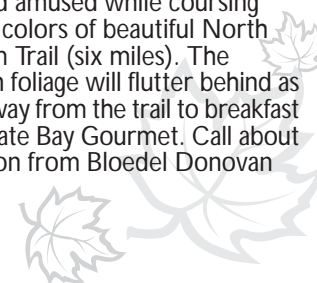
Run, walk or skip with us as we traverse on trails from Fairhaven Runners to Samish Bay. This is our 3rd annual informal 22-26 mile jaunt in the hills connecting up the Chuckanut and Blanchard Mountain trails. We will rendezvous at Chuckanut Manor for brunch or maybe lunch!

North Lake Whatcom Trail—Fall Leaves Run & Eat

Saturday, October 25

8:30 am

Be amazed and amused while coursing among the fall colors of beautiful North Lake Whatcom Trail (six miles). The profusely fallen foliage will flutter behind as we make our way from the trail to breakfast together at Agate Bay Gourmet. Call about a carpool option from Bloedel Donovan park.



PRODUCT HIGHLIGHT



The Polar A1 Heart Rate Monitor

Polar is the "go to" brand for heart rate monitors. They have been around, they are solid, well made, reliable and

handsome. The A1 is the most economical choice at \$60 and even includes large digits, total exercise time, average heart rate, user adjustable target heart rate limits and it is water resistant for swimming use. We carry other models and brands, but a new addition we are excited about is the Polar M32. The chest transmitter is made from a soft, fabric material — finally! The electrodes, which pick up the heart signals, are integrated right into the strap for added flexibility and comfort. The M32 is the ideal unit for the serious exerciser looking to lose weight or reach the next level of fitness. Cost for the M32 is \$149, but mention this story and **receive a 15% discount** on any of our heart rate monitors in stock.

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

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

