

## 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 store and more information is online at [www.FairhavenRunners.com](http://www.FairhavenRunners.com). Happy trails!

### APRIL

1	Oak Harbor Volkswalk 10K	Oak Harbor	2 PM	nwtrekkers.org
7	Skagit Valley Tulip Run 5Mi, 2Mi	Burlington	9:30 AM	tuliprun.com
14	Miles for Memories 5K	Bellingham	9 AM	alzociety.org
14	Rattler Half Marathon	Winthrop	9 AM	mvsta.com
15	Whidbey Island Marathon, Half M	Oak Harbor	8 AM	whidbeyislandmarathon.com
15	Vancouver Sun Run 10K	Vancouver, BC	9 AM	sunrun.com
22	Wenatchee Marathon, Half M, 10K	Wenatchee	8 AM	wenatcheemarathon.com
22	Spokane River Runs Ultra, 10K, 5K	Spokane	7:30 AM	spokaneriverrun.com
28	Volkswalk	Bellingham	10 AM	nwtrekkers.org
28	Capitol Peak Ultra & Relay	Olympia	5 AM	capitolpeakultras.com
29	Eugene Marathon, Half M, 5K	Eugene	7 AM	eugenemarathon.com

### MAY

5	Holland Days 10K, 5K	Lynden	9 AM	lynden.org
6	Vancouver Int'l Marathon, Half M	Vancouver, BC	7:30 AM	bmovanmarathon.ca
6	Lilac Bloomsday 12K	Spokane	9 AM	bloomsday.org
6	Volkswalk	Mount Vernon	2 PM	nwtrekkers.org
12	Haggen to Haggen 5K	Bellingham	8:30 AM	gbr.net
13	Over the Dam Half M, 10K, 5K	Coulee Dam	8:30 AM	overthedamrun.com
13	Tacoma City Marathon, Half M	Tacoma	7 AM	tacomacitymarathon.com
19	Relay for Life WWU	Bellingham	12 NOON	cancer.org
19	Bay View Women's Walk/Run 10K, 2Mi	Mt. Vernon	10 AM	skagitdivas.org
19 & 20	Volkswalk Waterfront Festival	Anacortes	9 AM	nwtrekkers.org
20	Capital City Marathon, Half M	Olympia	7 AM	capitalcitymarathon.org
20	Rhody Run 12K	Port Townsend	11 AM	rhodyrun.com
26	Mazama 10K	Methow Valley, WA	9 AM	mvsta.com
27	Ski to Sea	Bellingham	8:30 AM	bellingham.com/skitosea
27	Coeur d'Alene Marathon, Half M	Coeur d'Alene	7 AM	cdamarathon.org
27	Ferndale Flat & Fast 10K	Ferndale	10 AM	360.223.0264
27	Iron Knee 25K Trail Race	Vancouver, BC	8 AM	runthenorthshore.com

### JUNE

2	Race Beneath the Sun 5Mi	Bellingham	10 AM	gbr.net
2	Dog Island 10K, 2 Mi	Guemes Island	10:45 AM	skagitrunners.org
3	San Juan Island Marathon, Half M	San Juan Island	8:30 AM	sanjuanislandmarathon.com
3	Sandcastle City Classic 10K	White Rock, BC	9 AM	bcathletics.org

### JUNE, cont'd

9	Run to the Border 5K, 1.5 Mi	Blaine	9 AM	runtotheborder.org
10	N. Olympic Discovery Marathon, Half M	Sequim to Port Angeles	9 AM	nodm.com
16	Run/Walk for Literacy 5K Fairhaven Runners & Walkers and Village Books	Bellingham	9 AM	FairhavenRunners.com
21	Volkswalk	Stanwood	6:30 PM	nwtrekkers.org
22	Relay for Life	Lynden	6 PM	cancer.org
23	Berry Dairy Days 10K, 2 Mi	Burlington	9 AM	ci.burlington.wa.us
23	Volkswalk	Blaine/Semiahmoo	10 AM	nwtrekkers.org
24	Scotiabank Vancouver Half-M, 5K	Vancouver, BC	7 AM	778.786.3116
30	Lake Padden Triathlons	Bellingham	see website	cob.org/races

### JULY

7	Fairhaven Runners Chuckanut Footrace 40th Anniversary	Bellingham	9 AM	FairhavenRunners.com
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# FAIRHAVEN RUNNERS & WALKERS

A resource and events guide for running and walking in our community Apr | May | Jun 2007  
1209 11th Street | Bellingham | 360.676.4955 | [www.FairhavenRunners.com](http://www.FairhavenRunners.com) | Store Hours: Mon - Sat: 10 - 7 | Sun: 11 - 5

### Steve's Scribbles

Is it just me or is weather the topic of the day? What with vainly looking for a sunny reprieve for a few hours, uncaking a pair of muddy shoes for the next run, dressing for 60° or 16°, or trying to stay upright on ice and snow, it has been a very interesting winter. Add the challenging issue of weather extremes and climate change on the global scale, and it's easy to see the magnitude of weather in our lives.

As runners and walkers, we are highly connected and attuned to our environment. We all know it's more fun and healthful to run or walk in places that are healthy, alive, dynamic, somewhat challenging, and natural. With good air to breathe, clean water to drink and a beckoning woodland trail, there is nothing more good or true or beautiful. We feel the wonder and beauty of our activity deep within ourselves. It's one of the most real things we can do each day and I know, for me at least, how important it is to connect to and embrace wildness (outside and within), nature, earth, and the elements. I never feel better and it could be because that is what we are and, in part, are meant to do.

Running in four inches of new snow up at Huckleberry Point in the Chuckanuts a few weeks ago was a peak experience. I came home wet, muddy and giddy with my romping up there — just like a little kid. Inspired running author, Dr. George Sheehan, reminded us to “go out and play.” It really is simple — I



brunkphoto.com

must remind myself that running is not about times and places and goals. Running is a path... to a more playful, free, and vigorous life.

As far as global warming, one of the easiest things we can do on a regular basis is to be a great example to our family and local community

as well as our community to the world. Running, walking, hiking and biking, means you are not driving; you are appreciating individual and environmental health; you're not over consuming; and you are likely setting a very good example of a healthy and non-polluting activity that friends, family, children and others may observe and replicate. We are all more powerful, in ways, than we think. Let's cool it and walk, run or bike today and every day!

Happy trails,

Owner Steve Roguski can be found on the trails, at the store, and at [runners@FairhavenRunners.com](mailto:runners@FairhavenRunners.com).



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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 EVERYONE PURSUING RUNNING AND WALKING LIFESTYLES.

## One Sweet Summer, Two Historic Hometown Races

### Fairhaven Runners Chuckanut Footrace Saturday, July 7, 9 AM

We'll celebrate the 40th year of the Chuckanut Footrace, Washington State's oldest running race, in a big way. The historic seven-mile course starts at Marine Park, winds through the wooded interurban trail, and finishes at Larrabee State Park, with a memorable finish-line party. Presented in partnership with the Greater Bellingham Running Club. Sign up today at [www.athleteslounge.com](http://www.athleteslounge.com) or at the store.

*Bookend your summer with these events! Info at [www.FairhavenRunners.com](http://www.FairhavenRunners.com).*

### Summer Training Series for Runners

For the first time, a summer-long training program will help you prepare for two races — the FR Chuckanut Footrace and the FR Waterfront 15K. Get ready for the summer of your running life! This 15-week program will include group workouts on Thursday evenings, May 31 – September 13. Cost: \$65.

*Info and registration: [FairhavenRunners.com](http://FairhavenRunners.com).*

### Fairhaven Runners Waterfront 15K Saturday, September 15, 8:30 AM

This 9.3-mile course features Bellingham Bay's waterfront trail, with views of the San Juan Islands, Olympic Mountains, and Mt. Baker. Finish the USATF-certified race at Fairhaven's Village Green. A great tune-up for the Bellingham Bay marathon in October! Presented in partnership with Bellingham Parks & Recreation. Look for registration at [www.cob.org/races](http://www.cob.org/races) or at the store.

### 15K Summer Training for Walkers

Eight-week program will get you ready for the FR Waterfront 15K race. Includes weekly group workout on Saturday mornings, July 28 – September 15. Perfect for walkers who want a summer-long step-by-step training plan and the opportunity to do a nine-mile/15K race. Cost: \$45.

### LIVESTRONG Day Saturday, May 19

The Lance Armstrong Foundation empowers people affected by cancer—help us mark this national day in our local community at the store.

### Ski to Sea Sunday, May 27

Kick off summer's spectacular start! Stop by our booth at Marine Park for giveaways and best wishes for a glorious season.

### Run/Walk for Literacy Saturday, June 16

This 5K event — with awards, food, prizes and free kids' half-mile run — benefits the Whatcom Literacy Council. Presented by Fairhaven Runners and neighbor Village Books.

## STAFF PICKS | Stuff that Puts Spring in Our Step!

Here's a fun springtime checklist: 1) consider replacing your running and walking shoes every 300-500 miles, 2) invest in one more good technical shirt that will help keep you comfortable and dry, and 3) have a sense of adventure for what's ahead!

### Craig – Unplugged and Unedited: Ride this Wave

When staff at the store tried on Mizuno's Wave Creation 8, we thought we had arrived in shoe heaven and slipped into secret soles of ecstasy. Mizuno's new "infinity" wave plate provides unsurpassed heel cushion and durability. The plush forefoot made me momentarily forget about muffins (note: Craig is a baked-good muffin hound). This is a great high-mileage training shoe for neutral to mildly overpronating runners and walkers. Let us lace up a Wave for you! \$130.



### Polly – Skorts and Capris for Adventure and Travel

Function meets fashion: skorts have arrived! Get ready to run, play, and skip around town. These pieces allow for freedom of movement and are great for running, walking, tennis, and travel. \$40-\$60. Another favorite is the capri! The pant cut just below the calf is perfect for spring. \$50 range.



### Peter – Brooks Puts Adrenaline in Your Shoe

For all you adrenaline junkies out there, Fairhaven Runners has the shoe for you! The Brooks Adrenaline 7 is the new, improved version of an already great shoe. Brooks has added their new mogo foam to sustain that longer "new shoe" feel and updated to a flashy look without compromising any of the stability or great cushion. A perfect shoe for getting dirty in the Chuckanuts or cruising the Boulevard trail! \$90.

### Al – Back in the Hood

The Fairhaven Runners hooded sweatshirt, with its street-smart look, reminds me of my early gang days, running with Amish toughs back in Chilliwack. We were called the Pass O' Fists. The long-sleeve sweatshirt has a pocket for keeping your hands warm and a hood in case you don't have time to deal with your hair. Comes in green and brown for the street toughs, pink and light blue for the peacemakers. \$30.

### Dylan – Flip Over This

The flip is the most minimal Chaco to date, perfect for after your run or walk. The footbed and comfortable arch make it so much better than a plain flip-flop. \$50.



### Erik – The Stick Gets You Out the Door



Too tight or sore to get out and run? The Stick, a simple rolling-pin-like device, is your own personal masseuse. This compact runner's aid helps loosen deep, throbbing muscles and gets your achy behind feeling great, out the door, and on the trails. \$29-\$33.

### Matt – Pound the Protein

Throw a scoop of the Hammer 100% Whey Protein in your post-workout smoothie. Staff swear by this elixir: whey protein rebuilds lean muscle tissue and supports the immune system. Hammer does not contain artificial flavors, colors, or sweeteners. 24 servings for \$23.

### Tara – Power of the Right Piece

One apparel vendor recently said, "Women replace their shoes at regular intervals. Yet they're wearing the wrong sports bra — or wearing one purchased years ago. Their workouts are uncomfortable, but they don't know it." If you're guilty of getting used to discomfort, come in and try Champion's friction-free sports bra, or the top-selling Enell, or the new adjustable Mizuno. \$34-\$60 range.

## FITNESS FORUMS | FUN RUNS & WALKS

Find guidance from adventurers and fitness professionals at these free forums.

### Susan Guttzeit – Stretching 101 Thursday, April 19, 7:15-8:15 PM

Learn how to stretch before and after a workout with active isolated stretching (AIS) exercises. AIS produces consistent results for improved flexibility yet doesn't injure muscle tissue. Susan is a licensed massage practitioner, Flexibility Technician™ (the AIS method), and an ACE-certified personal trainer.

### Jim Brewer – A Personal Running Coach Can Make You Stronger Thursday, May 17, 7:15-8:15 PM

We're partnering with Always on the Run Coaching to offer you a chance to work with a personal running coach! Coach Jim Brewer has over 15 years of experience with runners at all levels. Come hear more about individual or small-group training programs, which include workout schedule, drills, strength training, and more. Contact Jim directly at (360) 303.1939.

### Doug McKeever – King of the Trails: How Ultramarathoning Started in Your Own Backyard Thursday, June 7, 7:15-8:15 PM

"If a thing is worth doing, it's worth overdoing," reasoned Doug McKeever, as he embarked on his trail ultramarathoning career. Doug's energy fuels an impressive adventure resume: running thousands of miles on Pacific Northwest trails, completing 16 hundred-mile races, and lucky for us, launching the Chuckanut 50K race with Richard West. Come celebrate the spirit of trail-running and the folks who brought it to our neck of the woods.

### Dr. Cherrelyn Seegers – Your Nutrition Tune-Up Thursday, June 14, 7:15-8:15 PM

Here's your summertime nutrition tune-up. Learn about the best whole foods, what supplements work, and what you can consider eliminating from your plate. You'll come away with accessible ways to immediately awaken your body. Cherrelyn is a runner and a former competitive triathlete. Her chiropractic practice is called Back in Motion, and her post-race treatment tent is a welcome sight at local races.

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

### Practice Chuckanut Footrace Wednesday, June 6, 5:30 PM

One month out from the race, join us for a practice fun run/walk on the Chuckanut Footrace seven-mile course. We'll meet at the store, start at nearby Marine Park, and run/walk the course all the way out to Larrabee State Park. Important: we ask that you provide your own transportation back from Larrabee (organize friends and park a shuttle car at the park!).

### Solstice Run/Walk Thursday, June 21, 8:30 PM

Meet at Sehome High School's parking lot at 8:30 PM. We'll run or hike up to the Sehome Hill Arboretum Tower to catch the sunset at 9:17 PM. Led by Steve and Genevieve.

## DROP IN, TUNE UP!

### Weekly Drop-in Runs & Walks

Drop in for a free run or walk with us. Groups meet at the store unless noted.

### Tuesdays | Evening Run 6 PM

A friendly run at 8-11 minute-mile pace.

### 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

Led by national-class race walker Cindy Paffumi (360.319.3350 for questions). Meet at Fairhaven Village Green.

### Sundays | Morning Long Run 8 AM

Run this entire, out-and-back, two-hour trail, or turn around when you want.

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

Physical therapists help address pain or injury that's holding you back. Clinics open to everyone on the first three Tuesdays, every month, 6-8 PM. \$15 for a 30-minute one-on-one session. E-mail [runners@FairhavenRunners.com](mailto:runners@FairhavenRunners.com) or call (360) 676.4955.

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