

# 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!

## JULY

3	Firecracker 5000 5K	Seattle	12 midnight	promotionevents.com
4	Great Sedro-Woolley Footrace 5.17Mi	Sedro-Woolley	9:30 AM	loggerodeo.com
7	<b>40<sup>th</sup> Chuckanut Footrace</b>	<b>Bellingham</b>	<b>9 AM</b>	<b>FairhavenRunners.com</b>
7	Volkswalk 10K	Stillaguamish	10 AM	nwtrekkers.org
8	Run for the Bun 10K, 5K	Langley, BC	11:30 AM	events.runningroom.com
8	Virginia Mason Marathon, Half-M, 5K	Bellevue	7 AM	seafairmarathon.com
14	Raspberry Run/Walk for Cancer 5K	Lynden	10 AM	lynden.org
14	Cougar Mtn Trail Run Series 10 Mi	Bellevue	9 AM	seattlerunningcompany.com
14	March Point 10K, 5K	Anacortes	10 AM	360.293.9132
14	Run the Sun 10Mi & 5Mi	Winthrop	9 AM	mvsta.com
14	Samish Bay Bivalve Low Tide Mud Run	Bellingham	11:30 AM	bivalvebash.com
21	Capital Lakefair 8K, 3K	Olympia	8 AM	ontherunevents.com/lakefair
22	Swedish SummeRun 10K & 5K	Seattle	8 AM	Swedish.org/summerun
27	Ragnar Relay NW Passage 185 Mi	Blaine	staggered start	ragnarrelay.com
28	Old Settlers Run 5K & 2 Mi	Ferndale	10 AM	whatcomoldsettlers.com
28	Arts Dash Half-M & 5K	Anacortes	9 AM	cityofanacortes.org
28	Seafair Torchlight Run 8K & 5K	Seattle	6:30 PM	seafair.com
28	White River 50 Mile Trail Run	Crystal Mtn	6:30 AM	seattlerunningcompany.com

## AUGUST

5	Squamish Days 10K, 1 Mi	Squamish, BC	8:30 AM	events.runningroom.com
11	Bellingham Youth Triathlon	Bellingham	9 AM	cob.org/races
11	Cougar Mtn Trail Run Series 13 Mi	Bellevue	9 AM	seattlerunningcompany.com
11	Riley Run 5K, 1 Mi	Mt. Vernon	10 AM	4riley.freeservers.com
11	Emperors Challenge Mtn Run 20K	Tumblers Ridge, BC	9 AM	events.runningroom.com
18	Ferndale Flat & Fast 10K	Ferndale	10 AM	360.223.0264
18	Friday Harbor 8.8K	Friday Harbor	9:15 AM	islandrec.org
18	Hope River Classic 8K, 5K	Chilliwack, BC	see site	events.runningroom.com
25	Run to End Hunger 10K, 5K	Mt. Vernon	9 AM	mvpres.com
25	Cutthroat Classic Trail Run 11Mi	Rainy Pass Trlhd	8 AM	mvsta.com

## SEPTEMBER

1	Lake Padden Relay 4x2.6Mi or 10Mi	Bellingham	10 AM	gbrc.net
2	Bellingham Traverse	Bellingham	12:30 PM	bellinghamtraverse.com

## SEPTEMBER, cont'd

2	Dog Days of Summer Run/Walk	Bellingham	see info	whatcomhumane.org
3	Super Jock 'n Jill Half-Marathon, Walk	Seattle	9 AM	superjocknjill.com
9	Skagit Flats Marathon, Half-M	Burlington	8 AM	skagitflatsmarathon.com
9	Ryka Iron Girl 10K, 5K	Seattle	8 AM	irongirl.com
15	<b>Fairhaven Runners Waterfront 15K Bellingham</b>	<b>8:30 AM</b>	<b>FairhavenRunners.com</b>	
22	Run Wild 8K, 5K	Eatonville	8:30 AM	nwtrek.org
23	Trail River Run Marathon, 10K	Port Coquitlam, BC	see site	events.runningroom.com

## OCTOBER

6	Baker Lake 50K	Concrete	8 AM	bakerlake50K.com
7	<b>Bellingham Bay Marathon, Half-M, 10K Bellingham</b>	<b>8 AM</b>	<b>bellinghambaymarathon.org</b>	
7-9	Discover Bellingham VolksFest	Bellingham	see site	nwtrekkers.org
7	Portland Marathon, 10K, 5 Mi	Portland	7 AM	portlandmarathon.org
7	Royal Victoria Marathon, Half M, 8K	Victoria	see site	royalvictoriamarathon.com



A resource and events guide for running and walking in our community Jul | Aug | Sept 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

Readers here may have noticed my "happy trails" salutation with every Scribble. I like using it for several reasons. I hope that we, like Hansel-and-Gretel lore, leave a trail of good feelings as we head down the pathway of life. It's so much fun to run and walk the trails when others smile back, wave, or have a nice word. And gosh darn it, isn't that just how it should be?

Along those lines, I'm glad to share the just-released "Trail Etiquette Guide" published by Bellingham Parks and Recreation's Advisory Board. They worked with local trail user groups to make sure peace and harmony reign on the trails. With considerable community input, here's their super-duper report!

### All Trail Users

- Be aware and respectful of other trail users.
- Represent your sport/activity well to the community.
- Keep trails clean.
- Stay on trails.
- Use crosswalks with caution.

### Yield

- Bicyclists yield to pedestrians and horses.
- Pedestrians yield to horses (clearly alert horseback riders when approaching from behind).

### Walkers

- Stay to the right of an imaginary line down the center of a trail.
- Allow room for other trail users passing. Do not go three or more abreast on trail.
- Move to the right when a passing trail user shouts, "Passing on your left." If walking your pet, pull pet close to allow safe passing.

### Runners

- Alert trail users when passing from behind.

### Bikers

- Alert trail users by voice ("passing on the left") and/or bell when passing from behind.
- Travel at a speed that respects the safety of others.

### Headphone/Cell Phone Users

- Adjust volume to hear alerts from passing trail users.

### Dog Owners

- Dogs should be under control in off-leash areas.
- Dogs should be on-leash and under control in on-leash areas.

Keep the good vibes going as you groove on down the trail of life...  
Happy Trails!

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



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.



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## One Groovy Summer, Two Hometown Races

### 40th Chuckanut Footrace Saturday, July 7, 2007, 9 AM

Sign up through July 5 at [www.FairhavenRunners.com](http://www.FairhavenRunners.com) or at the store. In 1967, while the Summer of Love unfolded in San Francisco, the Chuckanut Footrace started in Bellingham, helping to make running groovy (translation: marvelous, wonderful, excellent). Forty years later, we're still running this historic trail, and we now host Washington's oldest footrace! The flat and fast seven-mile course starts at Marine Park, winds through the wooded interurban trail, and ends at Larrabee State Park, with a finish-line party. Proudly presented with the Greater Bellingham Running Club.

### Fairhaven Runners Waterfront 15K Saturday, Sept 15, 2007, 8:30 AM

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

### Thank You, Race Sponsors!

You know the saying: it takes a community to put on a race. Here's a snapshot of the major sponsors who put their incredible energies into so many community events. Go to [www.FairhavenRunners.com](http://www.FairhavenRunners.com) to read about all of the folks who make these races AMAZING.

+ **New Balance** provides you with a beautiful, commemorative technical shirt. + **Greater Bellingham Running Club** hosts dozens of races every year! + **Adventures NW** magazine tells the story about our athletic, nature-loving souls. + Dr. Cherrelyn Seegers and her team are ready for you at the post-race massage tent and year-round for chiropractic care at **Back in Motion**. + The independent newspaper, **Cascadia Weekly**, is perfectly pitched to our Bellinghamster-Whatcom spirits. + **Copy Source** prints our race posters, brochures, and newsletters, with speed and polish. + Our favorite sprint is straight across the street, from Fairhaven Runners to independently owned **Village Books**. + **790 KGMI News/Talk** radio keeps us informed and inspired. + **Bellingham Athletic Club** offers energy, stamina, and community at their beautiful health and fitness facilities. + **Marvin Sargent at Coldwell Banker** knows running and real estate. + **Fairhaven Pizza Co:** hey, look in your race bag 'cause you got a free pizza from Tom, Nomi and the folks at FP! + **Great Harvest Bread Co:** the bread! Every single race — who else but Hans and Renee and the awesome staff. + **Robeks:** fresh-squeezed orange juice for everyone — thank you Abbe and team for being at the race.



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**FAIRHAVEN  
RUNNERS  
& WALKERS**

Run, walk, and think local! This newsletter is designed by Three Sixty Productions, produced at Copy Source, and printed on paper made from 30% post-consumer waste.

## CUSTOMER PICKS | Get in Summer's Groove!

For a change of pace, we replaced staff picks with your picks. We hope you enjoy reading about what makes our customers and friends groove on down the trails.



### Chelle Davidson – Achieve New Balance

I first noticed New Balance because they're one of the shoe companies that has manufacturing in the US. At Fairhaven Runners, Craig analyzed my gait [gait analysis happens with every shoe fitting], and he suggested the New Balance 767. Nice stability, good cushioning, perfect fit! I'm on my third pair and about to run in my fourth. I've run in other shoes, but New Balance keeps me — and my joints — happiest.

### Tony Cava – Relax and Run with Your Heart... Rate Monitor

If you're like me, folks can hardly tell when you're working... working OUT, that is! That's why I've come to rely on my Polar RS100 Heart Rate Monitor. With heart-rate readouts, target heart-rate zones, and exercise file info pages, the monitor tracks your workout so you don't have to. And the visual and audible alarms are like having your very own Coach Al Reimer saying "RELAX!" to keep you on task during your runs. Finally, with alternating and repeating countdown timers and up to 99 lap/split times, you'll stay on pace for your spirit-crushing final kick at mile 26 at the Bellingham Bay Marathon. Try the Polar RS100 Heart Rate Monitor: "Because your mother's not working out with you!"



### Sally Lewis – Cool Shorts and Tees for Summer

I have to say that I love shopping at Fairhaven Runners! Everyone is so helpful. I feel like I have my own personal shopper, especially Polly! She's always excited when something new comes in and is sure to point it out to me, like the sleeveless Nike club tee. This tee comes in a stretchy jersey fabric that doesn't bind or restrict movement. I like the way it wicks away moisture from my body and dries fast. The Nike tempo running shorts come in fun colors that match the sleeveless tee. The shorts also feature the Dri-Fit fabric that wicks away the moisture. I have three pairs!

### Patricia Hopkins – Gotta have LOVE!

Ever had that urge for a latte during a long run? Gu's Espresso Love might be for you. It's like a compact cup of coffee that packs twice the caffeine of any other Gu flavor! Love has been there for me, keeping me sane until after the run, when I can get a real cup of coffee. If Love's not your thing, Lemon might be. Gu's Lemon-Lime delivers a sweet citrus boost. Check out the nice variety of energy gels and drinks at Fairhaven Runners. I'm sure you'll find something to give you that extra kick to hit your PR!



## TRAINING SERIES | Ready, Set Go...Sign Up Now!

### 15K Summer Training for Walkers Starts July 28

Eight-week program will get you ready for the FR Waterfront 15K race (9.3 miles). Includes weekly group workout on Saturday mornings, Saturday, 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. Info and registration: [FairhavenRunners.com](http://FairhavenRunners.com).

### Fall Trail-Running Camp Starts September 22

We piloted our trail-running camp last year and we'll do it again this fall, this time preparing for the November 4 Padden Mudfest. Six-week program includes Saturday morning run, starting September 22. Tailored for runners who want to learn our area's amazing trail system and train for a goal race. See web site and store for registration form.

## FITNESS FORUMS & FUN RUNS/WALKS

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

### Cheryl Batty – Stay Strong When You're Running Long

Thursday, July 19, 7:15-8:15 PM

Are you training or racing distances over 10 miles, and finding your recovery times are long or that you have aches and pains that stay with you? You may need to work on your running form and balancing out other muscle groups to help with overall form and strength. Find out how to recognize the signs of breakdown before, during, and after workouts with physical therapist Cheryl Batty. Cheryl is a runner, and she works at Bellingham Physical Therapy. Come to this forum for tips on how to stay strong to go long.

### Bellingham Triathlon Club – Tri for Every Generation

Thursday, August 9, 7:15-8:15 PM

If you're a runner or walker interested in attempting a triathlon, come to this talk. Hear from a 20-something competitive triathlete and student, a 30-something triathlon coach, and a 50-something working mom. We'll talk about the basics of triathlon sport and the opportunities for all ages.

### Carolyn Watson - Your Foot Bone is Connected to Your Leg Bone

Thursday, August 23, 7:15-8:15 PM

In talking about the mechanics of running and walking, we sometimes overlook the importance of foot and ankle strength. Learn how improved strength can boost your enjoyment and performance. Topics will include how to avoid injuries, the best strengthening exercises, and why orthotics can sometimes be considered band-aids. Carolyn Watson, M.S., has been a competitive distance runner for over 20 years and is owner of Core Kinetics Movement & Pilates.

### Elizabeth Hampton - Hip Strength Gives You Power and Flexibility

Thursday, Sept 20, 7:15 - 8:15 PM

Strong hip flexors make strong runners and walkers. Learn how to improve hip strength, avoid injury, and rotate through specific exercises for power and flexibility at the hip! Physical therapist Elizabeth Hampton, owner of Core Therapeutics & Pilates Studio, will lead this forum.

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

### Lummi Island Fun Run & Walk Saturday, July 21

**9:10 AM Ferry/9:30ish Run & Walk**  
Let's head over to Lummi for a loop on one of our favorite San Juan islands. Carpool from FR&VW at 8:20 AM or take the 9:10 AM departing ferry from Gooseberry Point. We'll do the loop, and afterward, enjoy a no-host bite at the Beachside Café. Led by Steve and Genevie.

### Practice 15K Run & Walk Saturday, August 25

**Walkers 7:30 AM Start**

**Runners 8:30 AM Start**

Three weeks prior to race day, join us for a practice Fairhaven Runners Waterfront 15K course. We'll do the entire course, preview mile markers and aid stations, and offer strategy. Free, open to all paces, and all folks (not just 15K training participants and racers). We'll meet at the store and walk to start line. Led by Steve, Tara, and Cindy.

## DROP IN, TUNE UP!

### Weekly Drop-in Runs & Walks

As you tune up your workout schedule, drop in for a free run or walk with us. You'll find camaraderie and support for all ability levels. 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

Drop-in group led by national-class race walker Cindy Paffumi. Call 360.319.3350 for start locations.

### Sundays | Morning Long Run 8 AM

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

