



# Store Events Calendar

## New Years Day Run

**January 1 Wed. 10:00am** Start the New Year off right with fellow runners and friends. We will meet at Fairhaven Runners and will run 4 to 5 miles at a social pace. We'll weave around the waterfront park areas of Fairhaven and enjoy the birth of a New Year!

## Fitness Forum—learn from the experts

**January 30 Thu. 7:30-8:30pm**  
**Pilates: Core Strengthening for the Walker and Runner**  
**AT GOLDS GYM (1504 Iowa St.)**

Have you wondered about the benefits of Pilates? Come try this popular exercise that prevents injuries and strengthens muscles. Great for runners and walkers! Now is the time to learn the basics. Dr. Cherrelyn Seegers will instruct us through an active participation session (bring workout clothes).

## Run on Thursday—professional coaching for all

### **New Session Starts January 9th**

Fun, social and informative. Sign up for the upcoming Run on Thursday Program. We offer supportive and experienced coaching from Diane Palmason at various paces to help you achieve your running goals. \$50 registration/8 wks.

**Two sub-programs!!** 1) Running Start or 2) Running On. **Running Start** focuses on training principles, stretching, strengthening and easing into a healthy running program. **Running On** is for more experienced runners or those moving on from the Running Start program and features different types of running such as hills, tempo, fartlek, intervals, etc. Both programs are geared to your pace, from walk to race, promise. Join the fun!

## One on One Injury Prevention Clinic—Walk or Run Faster, Longer, Safer

### **Every 2nd Tuesday of the month from 6-8pm, by appt. only**

Cost: \$15 Contact for your appt.: 676-4955 or [steve@fairhavenrunners.com](mailto:steve@fairhavenrunners.com)  
 Includes: 30 minute individual screening of training, flexibility, strength and injury history. Receive gait analysis, training recommendations, footwear suggestions and info handouts.

By: Physical Therapist, Mike Karl (Jan./Feb. screenings)

Bring: Shorts, current running or walking shoes, socks and orthotic/inserts



## **Runs/Walks Every Week**—just drop in!

**Sundays 7:30am Sunday Morning Run.**

All paces, all distances. Just show up, pair up, group up, laugh, talk, run and the miles zip by. Try it!

**Tuesdays 6pm Beginners Run Night.**

For walk-jog to moderate pace beginning runners. Groups use south side paths and trails for 3-5 mile jogs. This is a very supportive and motivating bunch of folks. Bring a flashlight!

**NEW! Tuesdays 6pm Women's Intermediate Trail Run**

Run wild on lesser known trails! Encouraging, motivating - have a blast! The run lasts about an hour and a half. Don't forget your headlamp!

**Wednesdays 6pm Trail Run Night. (bring a headlamp!)**

Explore a great variety of local trails with other intermediate and advanced runners. About 2 hours on hilly trails. Supportive, friendly, challenging and huge fun!



# Regional Events Calendar



Jan. 1	Resolution Walk/Run & Padden Polar Dip	Bellingham	11am	360.647.7665
Jan. 1	FSRC Resolution Run Series 5K & 5M	Steilacoom	9am	253.272.4727
Jan. 4	GBRC Lake Samish 6.5M and Half Mar.	Bellingham	10am	360.647.7182
Jan. 5	Hard Core Runners Winter Race Series	TBA	1pm	509.697.3806
Jan. 11	Winter Grand Prix XC (3K)	Woodland Park	9am	206.522.7711
Jan. 11	Frenchman's Bar 5K, 10K, 15K	Vancouver, WA	10am	360.883.9596
Jan. 11	Bridle Trails Twilight 50K	Kirkland	4pm	425.828.0250
Jan. 11	Are You Nuts? 8K Snowshoe Race	Snoqualmie Pass	8:20am	www.active.com
Jan. 12	Afternoon Delight 13.1M, 7M, and 2M	Olympia	12pm	360.273.9684
Jan. 18	Nookachamps Runs 13.1M., 10K, 4M	Mt. Vernon	10am	360.416.7765
Jan. 19	Vancouver Lake Half Marathon and 5K	Vancouver, WA	9am	360.263.4156
Jan. 25	Western Stampede 5K	Bellingham	9am	360.671.3316
Jan. 25	Capital Peak Mega Fatass 50K and 25K	Olympia	8am	360.455.1400
Jan. 25	Resolution Run Series 10M or 10K	Steilacoom	9am	253.272.4727
Jan. 25	Super Bowl Dash 10K, 5K, 1M	Olympia	1pm	360.273.9684
Jan. 26	Seattle Open XC 10K, 6K, 4K	Seattle	11am	206.499.4329
Feb. 1	Lord Hill 50K Trail Run 25K and 50K	Snohomish	8am	360.659.8289
Feb. 1	Winter Wuhoo! Adventure Race	Snoqualmie		cp1@wuhooadventure.com
Feb. 2	Las Vegas 26.2M, 13.1M, or 15K	Las Vegas	5am	702.876.3870
Feb. 8	GBRC Two for the Road 5K	Bellingham	10am	360.671.1670
Feb. 8	Winter Grand Prix Track (2M)	Seattle	9am	206.522.7711
Feb. 9	'First Half' Half Marathon	Vancouver, B.C.	8:30am	604.515.2488
Feb. 9	Partners in Pain 5K	Spokane	9am	509.238.9591
Feb. 9	Valentine Marathon, 13.1M, 5K	Olympia	10am	360.273.9684
Feb. 10	Yukon Arctic Ultra 100M or 300M	Whitehorse, CAN	3pm	173.613.4864
Feb. 15	Resolution Run Series 15M or 15K	Steilacoom	9am	253.272.4727
Feb. 22	Smelt Run 10K	LaConner	10am	360.848.9336
Feb. 22	Hagg Lake 25K and 50K	Forest Grove, OR	8am	503.643.6779
Mar. 1	GBRC Run for the Honeywagon 13.1 & 4M	Everson	10am	360.595.2403
Mar. 15	Running 'O the Green 10K	Bellingham	10am	360.676.6985
Mar. 15	GBRC Chuckanut Mtn. 50K	Bellingham	8am	kmoeh1@montrail.com

## Let's Pitch In—improve and maintain trails

**Jan. 12 Sun. 1-3pm**

Interurban Trail/Clarita Moore Loop Planting Party. Help fill the area with native plants! Park along 24th St. south of Old Fairhaven Parkway, access the Interurban at Lindsay Ave. and walk south to the tool truck.

**Please Note:** Race flyers for many of the events listed above are available at Fairhaven Runners. Use contact numbers or web addresses provided with each listing before heading off to an event. Happy trails!!

Getting You Started, Keeping You Going!

Store Hours: Mon-Sat 10-7 and Sun 11-5 676-4955



Your Community Running and Walking Store

1209 Eleventh Street, Fairhaven Historic District, Bellingham 676-4955

- a resource and events guide for  
running and walking in our community



## THE FAIRHAVEN RUNNERS EXPERIENCE

January and February 2003, v4 i1

# 2003 "To Do" List

Okay all you doers, shakers, racers and pacers: here is the annual Fairhaven Runners "To Do" list. Challenge yourself this year - run, walk or volunteer! Get out there, have some fun, we hope to see you there.

<input checked="" type="checkbox"/>	Jan. 1	Fairhaven Runners New Years Run	Bellingham	10am	(360) 676-4955
<input type="checkbox"/>	Jan. 1	Resolution Walk/Run & Polar Dip	Bellingham	11am	(360) 715-9191
<input type="checkbox"/>	Jan. 4	GBRC Lk. Samish Runs 6.5 & 13.1M	Bellingham	10am	(360) 647-7182
<input type="checkbox"/>	Feb. 8	GBRC Two for the Road 5K	Bellingham	10am	(360) 671-1670
<input type="checkbox"/>	Mar. 1	GBRC Honeywagon 13.1 & 4M	Everson	10am	(360) 595-2403
<input type="checkbox"/>	Mar. 15	Running 'O the Green 10K	Bellingham	10am	(360) 676-6985
<input type="checkbox"/>	Mar. 15	GBRC Chuckanut Mtn. 50K	Bellingham	8am	kmoehl@montrail.com
<input type="checkbox"/>	May 10	GBRC Haggen to Haggen 5K	Bellingham	8:30am	(360) 715-9705
<input type="checkbox"/>	June 9	GBRC Race Beneath the Sun 5M	Bellingham	10am	(360) 671-6724
<input type="checkbox"/>	June 21	Run for Literacy 5K	Bellingham	9am	(360) 676-4955
<input type="checkbox"/>	June 28	Lake Padden Triathlon	Bellingham	8:30am	(360) 676-6985
<input type="checkbox"/>	July 12	GBRC Chuckanut Foot Race 7M	Bellingham	9am	(360) 647-3501
<input type="checkbox"/>	Aug. 9	Youth Triathlon	Bellingham	9am	(360) 647-7665
<input type="checkbox"/>	Aug. 25	Hospice-Maritime Heritage 10K	Bellingham	9:30am	(360) 733-1231
<input type="checkbox"/>	Aug. 30	Lake Padden Relays 10.4M	Bellingham	10am	(360) 384-1639
<input type="checkbox"/>	Sep. 21	Bellingham Traverse	Bellingham	10am	(360) 756-8883
<input type="checkbox"/>	Sep. 27	GBRC Silver Lake XC 3M	Maple Falls	1pm	(360) 595-2403
<input type="checkbox"/>	Oct. 7	WWU Homecoming Fun Run 5K	Bellingham	10am	(360) 650-3069
<input type="checkbox"/>	Oct. 18	GBRC Barkley Trail Run 8K	Bellingham	10am	(360) 671-6450
<input type="checkbox"/>	Oct. 26	Dracula Dash 1-2M	Bellingham	4:30pm	(360) 676-6985
<input type="checkbox"/>	Dec. 6	GBRC Fairhaven Frosty 10 & 5K	Bellingham	10am	(360) 734-3953
<input type="checkbox"/>	Dec. 13	Jingle Bell Run for Arthritis 4M	Bellingham	8:30am	(360) 733-2866
<input type="checkbox"/>	Dec. 27	Last Run of the Year Fun Run	Bellingham	11am	(360) 676-4955

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