



Store Events Calendar

“Run in the Sun” Run

April 8 Tues. 6:00pm Come enjoy the daylight and celebrate the spring! We will run 4-5 miles at a social pace. Meet at the store and have fun with others who are ever so thankful for spring to finally be here!

Chuckanut 50K Celebration

March 31 Mon. 7pm Pictures, door prizes, stories and fun! Celebrate a successful race and learn more about trail running and the Chuckanut 50K race. If you participated in the race or know someone who did, come join the celebration. Heard about the race and want to know more? This is the perfect opportunity to learn and jump start your trail running!



Fitness Forum—learn from the experts

April 24 Thu. 7-8pm

TIM (Therapy In Motion) presented by **Mary Anne Boyle, Licensed Mental Health Counselor**

Mary Anne Boyle will address issues of motivation, setting goals, balance in your life, staving off depression and anxiety and honoring the commitments that you make to yourself. Mary Anne is an avid runner, mountain bike enthusiast and has developed Therapy in Motion, a walking and talking program.

Run on Thursday—professional coaching for all

New Session Starts March 6th!

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

The 2nd Tuesday of every month from 6-8pm, by appointment only

Cost: \$15 Contact for your appt.: 676-4955 or 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 (Mar./Apr. screenings)



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!

Getting You Started, Keeping You Going!

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



Regional Events Calendar

Mar. 1	GBRC Run for the Honeywagon 13.1 & 4M	Everson	10am	360.595.2403
Mar. 2	17th Annual Big Climb for Leukemia	Seattle	9am	206.628.0777
Mar. 2	Tri-County Sprint Duathlon	Olympia	2pm	360.273.9684
Mar. 9	Stride and Ride Duathlon	Olympia	1pm	360.273.9684
Mar. 15	Runnin' O' the Green 5 & 2M	Bellingham	10am	360.676.6985
Mar. 15	GBRC Chuckanut 50K	Bellingham	8am	kmoehl@montrail.com
Mar. 15	Are You Nuts? Trail Race Series 10K	Tacoma		info@are-you-nuts-trail-race.com
Mar. 15	FSRC Resolution Runs 20K & 20M	Steilacoom	9am	253.272.4727
Mar. 16	Henry's Ale St. Patrick's Day Dash 4M	Seattle	9am	206.522.7711
Mar. 23	River Run Series 2.3M	Everett	9am	425.397.7214
Mar. 30	Mercer Island Half Marathon & 8K	Mercer Island	9am	206.236.5323
Apr. 5	Yakima River Canyon Marathon	Yakima	8am	425.226.1518
Apr. 6	WSU 100K Relay & Solo Runs	Pullman	7:30am	509.335.3530
Apr. 6	L.G. & Robin's 3rd Annual 5K Run	Vancouver, B.C.	10am	604.685.0737
Apr. 12	Wings of Gold Marathon and Half Marathon	Whidbey Island	8am	206.729.9972
Apr. 12	Tulip Run 5 Mile and 2 Mile	Burlington	8am	360.757.2574
Apr. 13	Ridge to River Relay 20 or 35M	Wenatchee	7:30am	509.662.8799
Apr. 13	Vancouver Sun Run 10K	Vancouver, B.C.	9am	604.689.9441
Apr. 17	North Pole Half and Full Marathon	North Pole		800.770.5961
Apr. 19	Easter Marathon Full, Half, 5K & 1M	Olympia	10am	360.273.9684
Apr. 19	Rattler Half Marathon	Winthrop	9am	509.996.3287
Apr. 26	Run to the Border 1M & 5K	Blaine	9am	360.371.3882
Apr. 26	Toe Jam Hill Half Marathon & 10K	Bainbridge Island	9am	206.842.2306
Apr. 27	Mt. Si Relay and Ultra Runs 50M	Snoqualmie	6am	877.242.1634
Apr. 27	River Run Series 2.3M	Everett	9am	425.397.7214
May 3	Hood River Valley Relay 55.8M	Seattle	7:30am	206.782.6547
May 3	Sunflower Relay & Iron Event 21.5M	Mazama	9:30am	509.966.3287
May 3	Lynden Holland Days 5K or 10K	Lynden	9am	360.354.5995
May 4	Adidas Vancouver International Marathon	Vancouver, B.C.	7:15am	604.872.2928
May 4	Bloomsday 12K	Spokane	9am	bloomsdayrun.org
May 10	GBRC Haggen to Haggen 5K	Bellingham	8:30am	360.354.6809

Let's Pitch In—improve and maintain trails

April 26 Sat. 10-12am

Come and help out on the Interurban Trail between 14th and 16th Street! Help fill the area with native plants! Park in Fairhaven Park and follow the signs to the north edge of the park.

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!!

Your Community Running and Walking Store

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



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Across From The Herald • 1122 N. State St. • Bellingham

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



THE FAIRHAVEN RUNNERS EXPERIENCE

March and April 2003, v4 i2

Our New Website!

www.fairhavenrunners.com

Our website is chock full of store information, race events and results, product reviews, trail descriptions, running stories and community links. We've worked hard to give you access to great information, so knock yourself out!

Read our product reviews to learn more about the shoes that you already have and shoes you might like to try in the future. Do you want to explore trails but don't know where to start? We have descriptions of trails and how to get there. You can also share with the Bellingham running community by adding comments to a discussion board or read stories from other local runners. Use our website as a tool to plan months in advance for upcoming races and free store events. Don't forget to check out the photo gallery and see what fellow runners have been up to. Most importantly, sit back and enjoy! Check us out at:

www.fairhavenrunners.com

Fun Foot Facts:

- A pair of feet have 250,000 sweat glands and can produce as much as eight ounces of sweat in one day!

- Reduce friction, moisture and heat on your feet by using socks made out of synthetic materials and specifically designed for running. Ask us for more details next time you come in!

WHERE IN THE WORLD IS a Fairhaven Runners Shirt?

Yup, you guessed it - we want to know where you've been and what you've been up to in your Fairhaven Runners gear. From Paris, to Costa Rica, to Mt. St. Helens to China. We've heard about it, but haven't always seen proof! No matter where your journeys take you, there is always an adventure. So, bring us pictures of you in your Fairhaven Runners shirt and help us add some more photos to the website and store walls!

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