

Greater Bellingham Running Club Newsletter



June 2004

GBRC Scholarship

GBRC is offering **two \$500** scholarships, one each to a male and female runner at a Whatcom County high school. Scholarships are merit based. Applications are available on the website at www.gbrc.net and must be received by **May 31, 2004**.

Newsletter Contact

If you have information for the newsletter, please contact Amy Esary.

Day: 676.1920

Evening: 527.8430

Fax: 671.5411

E-mail:

aedrury@yahoo.com

E-Mail Version?

If you would prefer the GBRC Newsletter sent to you electronically, please e-mail Amy at: aedrury@yahoo.com.

Your next newsletter will arrive via e-mail!

Membership Info?

To change your address or for membership questions, please contact membership coordinator Alta Stauffer at: altastauffer@comcast.net

Middle-Aged Man Meets the Mile

By Tjalling Ypma

The 50th anniversary of the first four-minute-mile drew worldwide attention and Bellingham was no exception. Diane Palmeson, local coach-extraordinaire, organized invitational and open mile events at Civic Stadium on Thursday, May 6.

There was some confusion at the start when Diane told us to line up. It was not clear who was to run the invitational verses the open event. Diane announced that anyone who could run a six-minute-mile was welcome in the invitational race, so on the basis that I had probably run at least one six-minute-mile some time in the last 50 years, I decided to go with the elite. Obviously, I wasn't thinking clearly.

I recognized some of the usual suspects, such as Ed Harri and Craig Bartlett and was later informed that Scott Jurek, multiple winner of the Western States 100, was also in the field. I was relieved to see James Holgate, my weekly 10km pace man, there too, unlike the others, he is not too far outside my pathetically slow class, and somewhere within a decade of me when it comes to age.

Diane rang the starting bell and the madness commenced. It took all of about 5 seconds for me to drop off the back, while watching James streak to the front like a greyhound. I hung on grimly through the first 200m of near-sprint, but my fate as tail-end Tjalling was immediately clear. By the end of lap one, with 1:22 gone, I was already a good 20m back and beginning to hurt.

I knew there was no way I could sustain that speed, but I had to try. On trail runs nobody sees your pathetic shuffle when you run out of gas, but on the track there is no place to hide, so honor demanded that I give it my all. I just kept cranking, having

decided to push it as hard as I could and see whether the Wall or the Finish arrived first. I did appreciate the vocal support of the spectators, Armando loud amongst them, urging me to hang in there, though I began to feel lonely with the gap ahead steadily widening. Lap two at 2:48 came and went. I was already having to dig deep but I was halfway through, and there seemed to be a reasonable chance that I could make it without totally disgracing myself.

I rounded the far end of the track and beheld a miracle, James was drifting back to me. The crowd roared as I pulled up on his shoulder, most probably because the leaders had just embarked on the bell lap a good 200m ahead of us, but I preferred to interpret it as excitement as this tail-ender redeemed himself with a dramatic pass of the erstwhile frontrunner. What actually happened was that I hung out by his side and we matched each other stride-for-stride in what for us was a murderous, barely sustainable pace. We hit the last lap with 4:24 gone. "One more?" enquired James, in pained tones. "Yes, we can break six" I gasped back. Indeed, the six-minute barrier remained attainable if we were prepared to suffer enough. At least I had achieved one of my modest goal, getting round three times without being lapped, though the winners were already pounding down the finish straight as we rounded the first turn yet again.

That last lap was a painful blur. All I saw in my tunnel vision was the bright red track, the gleaming chrome side-rail, and James's knees as they came in and out of my peripheral sight. We were both going hard and breathing hard, pushing each other to hold the pace in a bond of shared pain and focus. We swept round the last

(Continued on page 2)



Join GBRC For Summer Fun!

Wednesday, July 21

Run/Eat/Meet

Lake Padden Playground Shelter, 5:30 pm

Join other club members at Lake Padden for a "run your own pace" evening fun run followed by a delicious BBQ prepared by the Activities Committee and a summer club meeting. GBRC will provide the main dish (BBQ and vegetarian alternative), utensils, and beverages. Please bring a side dish to share. Meet at the shelter by the playground starting at 5:30, BBQ at 6:30.

Thursday, August 19

Adventure Run and Potluck

Lake Padden Playground Shelter, 5:30 pm

Join GBRC for a fun adventure course set up for solo or group teams followed by a potluck. The club will provide drinks, utensils, and **DESSERT**. Potluck main dishes and side dishes.

Questions? Call the social committee members: Mary 671-0385, Christy 647-7182, or Rene 715-3016

Race Beneath the Sun

5 Mile & 1/2 mile Fun Run

Saturday June 5, 2004

Fairhaven Park

9:00—9:45 am	Registration
9:45 am	1/2 Mile Start
10:00 am	5 mile Start

GBRC Members & 1/2 Mile Race FREE!

5 Mile: \$5.00 for adults (\$2.00 for 18 and under)

Age Group Awards

The course is mostly trail

Great refreshments, random drawings, lots of fun and Sun!

For questions or to volunteer, please call Alison Allen at 671-6724 or Carolyn Nordtvedt at 733-4386.

(Continued from page 1)

turn to see the finish straight ahead, with nothing to distract the crowd but the fight between James and I for last place. I was at my absolute limits, far into the red zone with the warning light on every body system flashing bright and the buzzers going crazy. Fifty meters out James found a final kick from somewhere, and I could only watch him slowly inch ahead with long swift strides as I desperately pushed to the line where Mary Steinberg was calling off the seconds, "5:58", she called for James, and then "Six!" as I lunged past the marker. Yes, I had done it!

My heart, throat, lungs, and guts burnt for hours after the race. This short fast stuff is a world away from the long slow endurance events I usually do, and it calls on entirely different energy and muscular systems. I felt bad, but pleased at the same time. In my own way I had acknowledged the grand achievement of that first four-minute-mile, and done honor to those who broke the physical and mental barriers associated with it.

The Mile Remembered

By Diane Palmason

May 1954, I was a senior in high school, my last chance to compete in Montreal's interscholastic track and field championships. Because I had just turned 16, the only events I could run were the 60 and 100 yard dashes.

Then we heard the news that someone in England had run a mile in 3:59.4. Little did I know that three months later I would be watching that same man, Roger Bannister, compete against John Landy in the Mile of the Century.

Those events motivated me to coordinate an anniversary event for the local running community May 6, 2004. Thanks to coordination with the Bellingham Parks and Recreation and Sehome high school, Civic Field was available for the event.

I spread the word to the local running community and was delighted to hold three events over the official mile distance (1609 meters). The first was for competitive men, the second for competitive women, and the third for all comers. The outcome was a wonderful celebration of running history. I haven't listed any results, lists of winners, or times. Those who were there know how well they ran.

Thanks to Ernie Black, Mary Steinberg, and Mike Fazio for their help.

Haggen to Haggen Results (May 8, 2004)



Place	Time	Name	Gender	Place	Time	Name	Gender	Place	Time	Name	Gender
1	14'47	Sam Alexander	M	65	19'08	Jordan Loober	M	130	21'45	Gwyn Fix	F
2	14'58	Clay Wing	M	66	19'09	Ian Fraser	M	131	21'46	Diane Gibb	F
3	15'21	Ed Harri	M	67	19'10	Sean Miller	M	132	21'46	Wendy Scott	F
4	15'33	David Conen	M	68	19'16	Brannon Mucke	M	133	21'50	Roy Reichlin	M
5	15'41	Keefe Whan	M	69	19'17	Andy Goebel	M	134	21'51	David Brog	M
6	15'48	Al Reimer	M	70	19'21	Jon Timmer	M	135	21'52	Joshua Butela	M
7	15'55	Jacob Hartsoch	M	71	19'22	Thomas O'Moore	M	136	21'52	Tony Mocerri	M
8	16'03	Curtis Hardebeck	M	72	19'23	Tim Mayock	M	137	21'59	Stacey Nordtvedt	F
9	16'08	Jim Brewer	M	73	19'25	Gary Thomas	M	138	22'03	Mary Ann Boyle	F
10	16'17	Mike Morse	M	74	19'38	Collin Buckley	M	139	22'04	Kristine Williams	F
11	16'19	Yoshinobu Sawada	M	75	19'45	Shane Hause	M	140	22'05	Paul Swanson	M
12	16'25	Kendall Townsend	M	76	19'46	Jon Hansen	M	141	22'07	Andrea Wimer	F
13	16'32	Bob Prather	M	77	19'48	Scott Piper	M	142	22'08	Cassa Wing	F
14	16'35	Matt Crabtree	M	78	19'50	Andrew Taylor	M	143	22'12	Connor Whan	M
15	16'56	David Peterson	M	79	19'55	Paul Frazey	M	144	22'17	Mike Torpey	M
16	16'57	Brad Adams	M	80	19'57	Mike Rorvig	M	145	22'19	Taylor Switman	F
17	16'58	Dirk Vander Hulst	M	81	19'59	Tom Guillaume	M	146	22'19	Emily Schick	F
18	17'02	Mike Karl	M	82	20'02	David Coyne	M	147	22'20	Philip Englert	M
19	17'08	Pat McBride	M	83	20'07	Eric Leone	M	148	22'20	Kerrie Bauer	F
20	17'16	Noel Phillips	M	84	20'09	Christy Fazio	F	149	22'21	Alisa Kayser	F
21	17'22	Mark Kerr	M	85	20'10	John Kurtz	M	150	22'21	Anna Montgomery	F
22	17'23	Chuck Dooley	M	86	20'14	Terry Stock	M	151	22'22	Brian Helgeson	M
23	17'25	Jeff DeWitt	M	87	20'00	Scott Corzine	M	152	22'22	Ann Welgeson	F
24	17'28	Robin Beynon	M	88	20'17	Alanna Steele	F	153	22'22	Heather Gale	F
25	17'31	Kathleen Harri	F	89	20'19	Terry Hileman	M	154	22'25	Lindsey Robertson	F
26	17'36	Elizabeth Hartsoch	F	90	20'21	Mark Cockrell	M	155	22'25	Tanis Otter	F
27	17'46	Allan Ortiz	M	91	20'24	Steve Lindsey	M	156	22'26	Kirstine Todd	F
28	17'48	Rusty Dodge	M	92	20'25	Brian Parine	M	157	22'28	Ali Bartosch	F
29	17'50	Peter Steiler	M	93	20'27	Jon DeWitt	M	158	22'29	Josh Gates	M
30	17'55	Dan Parine	M	94	20'28	Scott North	M	159	22'29	Dean Taylor	M
31	18'05	James Healey	M	95	20'31	Tonian Gray	F	160	22'31	Nick Hayes	M
32	18'06	Jeff Stamey	M	96	20'32	David Grant	M	161	22'31	Marvin Sargent	M
33	18'07	John Rowley	M	97	20'35	NathanBurrous	M	162	22'32	Carrie Schroeder	F
34	18'08	John Collins	M	98	20'36	HanuschkaSantamaria	F	163	22'36	Mike Schacht	M
35	18'11	Ryan Bauthues	M	99	20'37	Steve Neyens	M	164	22'44	Brian Jones	M
36	18'12	Ray Leone	M	100	20'42	David Weaver	M	165	22'45	Joseph Aguilar	M
37	18'15	Christina Ashby	F	101	20'43	Edmund Sullivan	M	166	22'46	Max Baker	M
38	18'17	Jim Clevenger	M	102	20'44	Chuck Cooper	M	167	22'52	Cori Stevens	F
39	18'19	Chris Richards	M	103	20'46	Chad Scriven	M	168	22'53	Jack Laird	M
40	18'20	Jason Polverari	M	104	20'53	Matthew Miller	M	169	22'54	Cathy Belben	F
41	18'24	Nels Postma	M	105	20'54	John Doesburg	M	170	22'55	Kevin Mayock	M
42	18'26	John Clark	M	106	20'55	James Hill	M	171	22'57	Sunday Card	F
43	18'27	Robert Schmid	M	107	20'58	Julie Steele	F	172	22'57	Hunter MacLean	M
44	18'29	Erica Gorton	F	108	20'59	Joel Todd	M	173	22'59	Lisa Cushing	F
45	18'30	Magnus Collander	M	109	21'00	Dan Froula	M	174	23'00	Erica Grice	F
46	18'31	Kristin Moore	F	110	21'04	Brian Herring	M	175	23'02	Irene Scott	F
47	18'38	Paul Ricci	M	111	21'07	Shane Carothers	M	176	23'03	Lisa Kristin	F
48	18'40	Gale Pfueller	M	112	21'15	Donna LeBlonde	F	177	23'04	Hilary Baumstarch	M
49	18'44	Carol Frazey	F	113	21'16	Vincent Janigo	M	178	23'05	Thomas Spencer	M
50	18'50	Mike Beal	M	114	21'19	Scott Leslie	M	179	23'07	Marci Alvord	F
51	18'52	Jay Gainer	M	115	21'20	Theresa Westfall	F	180	23'07	Randy Hanson	M
52	18'53	Garrett Dorough	M	116	21'27	Allison Porter	F	181	23'09	Julie Smolkin	F
53	18'55	Chip Kiel	M	117	21'28	Gary Honcoop	M	182		Lorinda Gebhart	F
54	18'56	Scott Gilmore	M	118	21'32	Kimberly Maths	F	183	23'11	Paul Cooper	M
55	18'57	Lyle Haugsvan	M	119	21'33	Susan Beller	F	184	23'11	Dale Haeker	M
56	18'57	Armando Brionez	M	120	21'34	Gordon Van Corbach	M	185	23'12	Robert Brim	M
57	18'58	Steve Duncan	M	121	21'35	Karen Miller	F	186	23'13	Tiffany Morton	F
58	18'59	Bryan Robertson	M	122	21:00	Michael Dirland	M	187	23'14	Josh Steinbach	M
59	19'00	Patrick Murphy	M	123	21'39	Todd Fisher	M	188	23'15	Carin Carter	F
60	18'00	Monte Brooks	M	124	21'39	Scott Lommers	M	189	23'17	Penny Bates	F
61	19'01	Jeffrey Smith	M	125	21'40	Mike Bartosch	M	190	23'18	Katie Jewett	F
62	19'03	Mark Cook	M	126	21'41	Kim Boon	F	191	23'19	Don Bauthues	M
63	19'04	Doran Smolkin	M	127	21'42	Britt Custer	M	192	23'19	Kyle Nelson	M
64	19'07	Alice Fraser	F	128	21'43	Bill Giller	M				
				129	21'44	Will Whiton	M				

(Continued on page 4)

(Haggen to Haggen Continued from page 3)

Place	Time	Name	Gender	Place	Time	Name	Gender	Place	Time	Name	Gender
193	23'20	Henry Hefter	M	257	24'55	Shannon Cowan	F	324	26'15	Stephen Ho	M
194	23'22	Michelle Stieger	F	258	24'58	Sarah Thomas-Vega	F	325	26'18	Michelle Ramlow	F
195	23'22	Jennifer Gallant	F	259	25'03	William Simpkins	M	326	26'18	Richard Driskill	M
196	23'23	Don Wilcox	M	260	25'04	Tom Sloane	M	327	26'19	Michael Dempster	M
197	23'29	Christine Smith	F	261	25'06	Wiliam Martin	M	328	26'38	Ron Johnson	M
198	23'31	Michael Riber	M	262	25'07	Chris Comeau	M	329	26'40	Donna Brooks	F
199	23'33	Heather Larsen	F	263	25'08	Kate Reynolds	F	330	26'40	Dick Ryan	M
200		Michael Vejar	M	264	25'08	Amanda Reynolds	F	331	26'42	Kelli Sayler	F
201	23'34	Tony Repanich	M	265	25'09	Georganne Keenan	F	332	26'44	Turtle VanDalen	M
202	23'34	Angela Borden	F	266	25'09	Jason Callahan	M	333	26'45	Brenda Philip	F
203	23'35	John Strode	M	267	25'10	Kaytlin Carlson	F	334	26'46	Teresa Loop	F
204	23'37	Hannah Bauthues	F	268	25'10	Greg Smith	M	335	26'48	Emily Prendergast	F
205	23'38	Kim Yuska	F	269	25'11	Dave Webb	M	336	26'52	Charles Nelson	M
206	23'38	Laura Trueman	F	270	25'16	Samuel Doesburg	M	337	26'53	Sarah Baughn	F
207	23'39	John Kirker	M	271	25'17	Marcie Sowers	F	338	26'54	Howard Furst	M
208	23'39	Nicole Cooper	F	272	25'20	Sally Van Corbach	F	339	26'55	Caleb Atkins	M
209	23'40	Jamie Laird	F	273	25'31	Natasha McGaughy	F	340	26'57	Jackie Reed	F
210	23'41	Maddie Ottley	F	274	25'28	Terri Tigert	F	341	26'57	Candys Plagerman	F
211	23'45	Lana Rigelman	F	275	25'31	Greg Herman	M	342	26'58	Tyler Byrnes	M
212	23'47	Tim Reinholtz	M	276	25'32	Erin Dommes	F	343	26'59	Dale Montgomery	M
213	23'48	Adam Resnick	M	277	25'34	Gregory Jensen	M	344	26'59	Kim Betz	F
214	23'48	Tavne Deboer	M	278	25'34	Dwayne Flagerman	M	345	26'59	Scarlett Ballard	F
215	23'49	Sophie Curl	F	279	25'35	Dale Pollard	M	346	27'00	Janie Lemley	F
216	23'54	D Dalmarie	M	280	25'36	Gabe Wilson	F	347	27'00	Bob Heide	M
217	23'55	Josh Elston	M	281	25'36	Linda Colbert	F	348	27'01	Brandon Keyes	M
218	23'56	Lisa Meucci	F	282	25'37	Ruth Taylor	F	349	27'04	Randy Holladay	M
219	23'58	Martin Brotnov	M	283	25'39	Sirena Baer	F	350	27'05	Wilma Reeves	F
220	23'59	Robert Domengine	M	284	25'39	Kelly Nolan	F	351	27'06	Peter Marcus	M
221	24'00	Hilary Clark	F	285	25'40	Ken Bakken	M	352	27'06	Nate Baker	M
222	24'01	Dave Pearle	M	286	25'40	Julie Mauermann	F	353	27'07	Diane Bouwman	F
223	24'02	Andrew Sheridan	M	287	25'41	Mike Murphy	M	354	27'07	Joe Scherting	M
224	24'03	Erica Shephard	F	288	25'41	Jason Lemley	M	355	27'07	Sarah Saxvik	F
225	24'04	David Driskill	M	289	25'44	Sherry Gallant	F	356	27'08	Jessica Daniel	F
226	27'04	Bill Iffrig	M	290	25'45	William Neal	M	357	27'09	Tanya Rowe	F
227	24'11	Jessica Stevens	F	291	25'46	Sharon Evans	F	358	27'09	Danielle Telford	F
228	24'14	Trista Frenske	F	292	25'49	Sam Sperry	M	359	27'10	Kelsey Kruger	F
229	24'15	Jacob Hilleary	M	293	25'50	Todd Wong	M	360	27'11	Lianna Brown	F
230	24'15	Josh Erholm	M	294	25'50	Dale Evans	M	361	27'12	Jenny Mitchell	F
231	24'16	CarissaBertschinger	F	295	25'51	Loren Miller	M	362	27'12	Barbara Todd	F
232	24'17	Cornelius Partsch	M	296	25'51	Brad Kerstiens	M	363	27'13	Mark Costelo	M
233	24'18	Nick Snider	M	297	25'52	Tim Grigsby	M	364	27'13	Andrew Craig	M
234	24'19	Jennifer Snider	F	298	25'52	Paul Minckler	M	365	27'13	Roxanne Mouw	F
235	24'19	Robert Reed	M	299	25'53	Martin Atkins	M	366	27'14	Mark Henderson	M
236	24'19	Victor Miller	M	300	25'53	Sherri Prather	F	367	27'15	Lael Atkins	F
237	24'20	Alison Upsahl	F	301	25'53	Jack Small	M	368	27'15	Autumn Boyle	F
238	24'22	Michale Hoagland	M	302	25'54	Joel Pense	M	369	27'16	Linden Figgie	F
239	24'22	Sarah Schroeder	F	303	25'54	David Carlson	M	370	27'18	Jennifer Figgie	F
240	24'22	Lyndsay Sucl	F	304	25'56	Bruce Lierman	M	371	27'18	Jaime Miller	F
241	24'23	Katie Spencer	F	305	25'57	Rick Atkins	M	372	27'19	Jessica Hinsch	F
242	24'25	Marcus Young	M	306	25'58	Jeshua Morgan	M	373	27'20	Brad Plum	M
243	24'27	Finnian Haskins	M	307	25'59	Betty Curl	F	374	27'21	Vicki Brighton	F
244	24'27	Michael White	M	308	25'59	Catherine Herring	F	375	27'21	Kim Sutherland	F
245	24'28	Paul Haskins	M	309	26'00	Kristen Ingman	F	376	27'21	Coriann McDonald	F
246	24'36	Douglas Makus	M	310	26'01	Don Glick	M	377	27'22	Carmen Gilmore	F
247	24'37	Katie Erickson	F	311	26'01	Mollie Berres	F	378	27'23	Kelsey Thomas	F
248	24'38	Julie Eilert	F	312	26'02	Jeremy Tunnell	M	379	27'24	Kenneth McMillan	M
249	24'39	Rita Filbeck	F	313	26'02	Harvey Gunderson	M	380	28'25	Rebecca Gheen	F
250	24'39	Leah Steele	F	314	26'03	Alan Donnelly	M	381	27'27	Gregory Ritchey	M
251	24'40	Vicki Griffiths	F	315	26'03	Meg Ausland	F	382	27'27	Cindy Corzine	F
252	24'42	Anne Flinn	F	316	26'04	Susan Leone	F	383	27'28	Jean Webster	F
253	24'46	Scott Hume	M	317	26'05	Jordan Worley	M	384	27'30	Kim Davey	F
254	24'50	Steven Miller	M	318	26'06	Whitney Johnson	F	385	27'30	Peter Browne	M
255	24'51	Christopher Runyon	M	319	26'12	Christian Sorensen	M	386	27'31	Nancy Heyer	F
256	24'53	Bob Cofer	M	320	26'12	Diane Cooper-Schick	F	387	27'32	Meredith Jarvis	F
				321	26'13	Delayne Brink	M	388	17'34	Amy Bishop	F
				322	26'13	Linda Morley	F				
				323	26'14	John Moore	M				

(Continued on page 5)

(Haggen to Haggen Continued from page 4)

Place	Time	Name	Gender
389	27'35	Shawn Hendrickson	M
390	27'36	Luke Nyswonger	M
391	27'36	Eleanore Laureles	F
392	27'37	Barbara Macklow	F
393	27'37	Kevin Johnson	M
394	27'28	Bill Stamey	M
395	27'39	Leann MoaTelford	F
396	27'41	Alex Marcus	F
397	27'42	Robert Westman	M
398	27'42	Roxanna Hayes	F
399	27'44	Tobey Gelder	M
400	27'46	Mary Ann Wood	F
401	27'48	Kaiya Boland	F
402	27'54	Brittany Osborn	F
403	27'59	Janelle Macri	F
404	28'22	Sarah Browne	F
405	28'01	Alexandra Hull	F
406	28'02	Julia Scherting	F
407	28'03	Sam Nakamura	M
408	28'03	Gracelin Moore	F
409	28'04	eid Boland	F
410	28'04	Ray Townsend	M
411	28'04	David Neuman	M
412	28'05	Carlye Gillespie	F
413	28'05	Tamara Costello	F
414	28'05	Scott Ritchey	M
415	28'06	Keenan North	M
416	28'06	Joan Reynolds	F
417	28'06	Sally Hileman	F
418	28'07	Connie Clement	F
419	28'07	Deborah Sands	F
420	28'08	Richard Johannesen	M
421	28'08	Matt Koenig	M
422	28'09	Callie Houk	F
423	28'09	Steven Smith	M
424	28'10	Kendra Sparks	F
425	28'11	Erika Stroebel	F
426	28'28	Katharine Nelson	F
427	28'20	Jane Major	F
428	28'23	Steven Sterk	M
429	28'23	Paula French	F
430	28'24	Alex Larosa	F
431	28'28	Jeri Bungard	F
432	28'30	Helen Birchall	F
433	28'31	Rachel Drafs	F
434	28'31	Michaela Rollins	F
435	28'32	Mark Rothenbuhler	M
436	28'33	Annie Racicot	F
437	28'36	Jane Van Voorst	F
438	28'37	Jeff Van Voorst	M
439	28'38	Darrell Snyder	M
440	28'38	Joseph Bielas	M
441	28'39	Malinda Gates	F
442	28'41	Sarah Chaplin	F
443	28'42	Emily Sytsma	F
444	28'42	Molly Mendelson	F
445	28'42	Danielle Grant	F
446	28'43	Susan Seipel	F
447	28'43	Karen Larson	F
448	28'44	Lorinda Kelly	F
449	28'45	David Cushing	M
450	28'45	MargueriteRukashaza	F
451	28'45	Andy Lovington	M
452	28'46	David Earley	M

453	28'46	Mathew List	M
454	28'47	Jean Keidser	F
455	28'47	Becky Skaggs	F
456	28'47	Patrick Skaggs	M
457	28'48	Karen Cooper	F
458	28'49	Doub Davidson	M
459	28'49	Flora Young	F
460	28'50	Logan Franey	M
461	28'51	Rick Franey	M
462	28'52	Susan Silva	F
463	28'52	Cheryl Warren	F
464	28'53	Stacy Otter	F
465	28'53	Slug Robinson	F
466	28'53	Cole Crass	M
467	28'54	David Crass	M
468	28'55	Kim Kalbrener	F
469	28'57	Jennier Fischer	F
470	28'58	Becky Masters	F
471	28'58	Chanelle Mazzacano	F
472	29'01	Yvette Daniel	F
473	29'02	Katie Lloyd	F
474	29'08	Emma Anderson	F
475	29'09	Evan Schwitter	M
476	29'10	Andrea Carlson	F
477	29'11	Liam DeWilde	M
478	29'11	Terry Melcoe	M
479	29'12	Audrey Thomas	F
480	29'14	Brooklyn Alke	F
481	29'20	Doug Tomaso	M
482	29'21	Donna Mueller	F
483	29'21	Deanna Milczewski	F
484	29'27	Harvey Gunderson	M
485	29'32	Joey Deboer	M
486	29'33	Sarah Cyr	F
487	29'34	Gerrit Van Voorst	M
488	29'39	Kamden Crass	F
489	29'46	Lydia Zajackowski	F
490	29'47	Jerome Zajackowski	M
491	29'48	Dan Dahlgrew	M
492	29'49	Bob Sytsma	M
493	29'50	Deborah Wiegand	F
494	29'53	Jodi Tjoelker	F
495	29'53	Shelli Sharp	F
496	29'56	Melissa McCormick	F
497	29'57	Suzan Nissen	F
498	29'58	Mercedes Henley	F
499	29'58	Alyssa Roland	F
500	29'59	Pauline Renick	F
501	30'01	Kathleen Roy	F
502	30'03	Hannah Roy	F
503	30'04	Hannah Clark	F
504	30'04	Staci May	F
505	30'06	Kyla Rothenbuhler	F
506	30'06	Kaley Porter	F
507	30'07	Amelia Strohmeier	F
508	30'07	Wendy Porter	F
509	30'08	Cathy Rothenbuhler	F
510	30'08	Amber Olson	F
511	30'14	Tyler Olson	M
512	30'16	Rosalie Carlson	F
513	30'18	Heather Tjoelker	F
514	30'20	Alex Vittes	F
515	30'21	Mary Harding	F
516	30'24	Brenda Hill	F
517	30'24	Anne Bradley	F
518	30'25	Andrea Doll	F
519	30'27	Cindy McCrory	F

520	30'27	Keven Hill	M
521	30'28	Patrick McDermott	M
522	30'29	Ellie McDermott	F
523	30'30	Gary Gutschmidt	M
524	30'30	Gayle Lenaburg	F
525	30'32	Angie Ballard	F
526	30'39	Rhonda Tichman	F
527	30'39	Henry Cross	M
528	30'40	Alan Bender	M
529	30'40	Michelle Lewis	F
530	30'40	Leslie Vanderveen	F
531	30'41	Shawn Easley	M
532	30'41	Kathy Mayock	F
533	30'42	David Thornton	M
534	30'42	D'Linda Laird	F
535	30'43	Jason Bergman	M
536	30'45	Shu Pong	M
537	30'45	Jennifer Bergman	F
538	30'48	Clara Wolfe	F
539	30'48	Michael Wolfe	M
540	30'49	Beth Sperry	F
541	30'50	Kelly Frere	F
542	30'50	Rachel Thomas	F
543	30'51	Caroline Martin	F
544	30'51	Mickey Middendorf	F
545	30'52	Nancy Masley	F
546	30'52	Carlye Spencer	F
547	30'52	Lindsay Spencer	F
548	30'53	Alfred Willard	M
549	30'57	Gale Jefferson	M
550	30'58	Keri Snodgrass	F
551	30'59	Cathy Cushing	F
552	31'00	Katie Danilson	F
553	31'02	Penny Jewett	F
554	31'03	Debbie Dykas	F
555	31'05	Tanya Robinson	F
556	31'14	Martha Liljegren	F
557	31'14	Keith Phelps	M
558	31'14	Emily Cyr	F
559	31'15	Emily Edwards	F
560	31'15	Katie Mihalovich	F
561	31'15	ChristopherFredlund	M
562	31'16	Lisa Beck	F
563	31'19	Sharon Ensslen	F
564	31'30	James Gunter	M
565	31'31	Kamryn Masters	F
566	31'38	Sarah Doesburg	F
567	31'42	Elsbeth Doesburg	F
568	31'44	Steve Rothenberg	M
569	31'47	Melanie Ottley	F
570	31'48	Tana Tjoelker	F
571	32'15	Jessica King	F
572	32'16	Jenni Bazris	F
573	32'17	Jeannie Driskill	F
574	32'17	Maren Day	F
575	32'22	Brad Day	M
576	32'26	Natalie Day	F
577	32'31	Martha Chahary	F
578	32'36	Heather Wagner	F
579	32'37	Susan Adams	F
580	32'38	Sally Hersman	F
581	32'40	Geoffrey Morgan	M
582	32'40	Jan Tominaga	F
583	32'40	Jeannie Wagner	F
584	32'48	Payten Driskill	M
585	32'53	Jamilam Williams	F

(Continued on page 6)

(Haggen to Haggen Continued from page 5)

Place	Time	Name	Gender
586	32'54	Krista Williams	F
587	32'54	Tom Ho	M
588	33'06	Bill Sodt	M
589	33'07	Heather Steele	F
590	33'10	Carter Power Beggs	M
591	33'15	Breean Beggs	M
592	33'16	Sarah Twiford	F
593	33'17	Stephanie Shockey	F
594	33'18	Nancy Slentz	F
595	33'18	Teresa Vaughn	F
596	33'18	Delinda Baughn	F
597	33'19	Marianne Phelps	F
598	33'29	Mary Gibb	F
599	34'01	Shannon Buckham	F
600	34'02	Grace Roubidoux	F
601	34'11	Colby Costello	F
602	34'13	Kathie Tupper	F
603	34'24	Alice Arneson	F
604	34'26	Shannon Neufeld	F
605	34'30	Jennifer Dyrland	F
606	34'32	Debbie Gervais	F
607	34'48	Carrie Glover	F
608	34'49	Nancy Wasley	F
609	34'50	Lotte Freeman	F
610	34'53	Leslie Fredlund	F
611	34'54	Sally Pratt	F
612	35'11	Jorge Vega	M
613	35'18	Peg Drauglis	F
614	35'20	Caleb Frambach	M
615	35'21	Pat Frambach	M
616	35'21	Megan Young	F
617	35'27	Mark Young	M
618	35'31	Carole Young	F
619	35'38	Hannah Donnelly	F
620	35'39	Genevieve Roguski	F
621	36'02	Brielle Kinesborough	F
622	36'05	Dave Black	M
623	36'20	Erin Schick	F
624	36'21	John Schick	M



Race Report: Run for the Honeywagon

April 3, 2004

By Kerry and Terry Thalhofer, Race Directors

Results: Page 7

Race morning dawned clear and cool. An eager group of half marathon race walkers started at 9 am. Following the kid's fun run, the four mile and half marathon events started at 10 am. Jim Clevenger won the four mile race with a time of 25:12. Christy Fazio was the first woman to finish in 27:10, fifth place overall. The half marathon was won by Jay Sloane in 1:20:14. The first woman to finish was Amy Esary in 1:29:55, ninth place overall. All are GBRC members.

Our thanks to all who helped with this year's event: Alison Allen, Alta Stauffer, Rick Hill, Jean La Valley, Tom Jones, Graham Youtsey, Phillip and Judy Shantz, Carolyn Nordtvedt, Mary Steinberg, Linda Beckman, Cathy Cushing, Christy Fazio, Gay Nelson, Carin Carter, Melissa Pattison, Patrick Moons, Jeffrey and Christine Smith, Phil and Pearl Englert, Francie Gass, Paul and Cody Ricci, Linda Laird, Peggy Raterman, Pam Kane, Pam Pottle, Joakim Nilsson, Brenda Philip, Kaley Porter, Art Lee, and Don Glick.

We appreciate the use of the Nooksack Valley School District's facilities and the staff support. The able help of custodian, Bob Engelhart was invaluable! We thank the following businesses for their generous donations: Great Harvest Bread Company, Bellingham Grocery Outlet, Running Shoes.com, FootworX, and Fairhaven Runners.

After directing the Honeywagon for 13 years, we have decided to retire from this race and pass the baton on. It's been great, thank you!

The Human Race 5k and 10k

Raise Donations for the Not-For-Profit of your Choice!

Saturday, June 12, 2004, 10:00 am, Maritime Heritage Park

The Human Race is a fun 5k/10k walk or run sponsored by the Whatcom Volunteer Center and local businesses to raise funds for Whatcom County non-profit agencies. Individuals collect donations for the non-profit of their choice.

Check-in is at **9:00 am** and the Race starts at **10:00 am**. This year we are happy to announce our partnership with the Coast Millennium Trail Project's bike ride. They will have rides starting from Blaine and Larrabee State Park and ending in time to join the festivities at Maritime Heritage Park. The celebration culminates with a picnic lunch, music, incentive prizes, drawings, and awards for the top runners.

Registration/donation packets are available at the Whatcom Volunteer Center, REI, and Fairhaven Runners. Pre-registration is \$10, day of race, \$15.

For more information, contact the Whatcom Volunteer Center at 734-3055 or on-line at <http://www.whatcomvolunteer.org/>.

GBRC Track Workouts

The GBRC track workouts go through **July 28**. All GBRC members are welcome.

Wednesday nights

5:30—6:30 pm

WWU Track (by new rec. center)

For questions, contact Co-leaders, Craig Bartlett or Erin Delude, at 733-7159.

Each weeks workout is posted on the GBRC website at www.gbrc.net.



Honeywagon Results (April 3, 2004)

Kids Fun Run

Num	Name	Age	Sex	Time
1	Kevin Steiger	9	M	2:13
2	Mark Steiger	11	M	2:24
3	Austin Clevenger	9	M	2:27
4	Kaysha Steiger	4	F	3:29
5	Jacob Gervais	4	M	5:22
6	Maria Frazey	3	F	5:43

4 Mile Race

Num	Name	Age	Sex	Time
1	Jim Clevenger	41	M	25:12
2	Paul Clement	39	M	25:29
3	Gale Pfueller	61	M	25:45
4	Matt Herboth	26	M	27:04
5	Christy Fazio	41	F	27:10
6	Mark Cockrell	47	M	27:35
7	Terry Stock	46	M	27:50
8	Dave Grant	50	M	28:03
9	Vincent Janigo	43	M	28:12
10	Becca Kennedy	10	F	28:22
11	Tom Jones	58	M	28:25
12	Kim Boon	46	F	28:31
13	Bart Kale	47	M	28:33
14	Alanna Steele	13	F	28:48
15	Al Kennedy	41	M	28:52
16	Madison De Bruin	14	F	28:59
17	Julie Steele	42	F	29:14
18	Bailey De Bruin	12	F	29:33
19	Jon DeWatt	40	M	29:42
20	Bill Giller	57	M	29:47
21	Donna LeBlonde	40	F	30:04
22	Tjalling Ypma	50	M	30:32
23	John Kirker	34	M	30:40
24	Sheri Englert	17	F	30:54
25	Alisa Kayser	42	F	30:55
26	Bernie Mulder	44	M	31:12
27	Paul Frazey	33	M	32:01
28	Mark Harrison	46	M	32:03
29	Leslie Bartosch	45	F	32:05
30	Liisa Cushing	14	F	32:25
31	Kirstine Todd	29	F	32:38
32	Susan Foster	57	F	32:50
33	Glen Gervais	33	M	33:05
34	Jack Laird	54	M	33:17
35	Terryl Cooper	52	F	33:20
36	Vicki Griffiths	60	F	33:34
37	Jamie Laird	27	F	33:42
38	Don Bauthues	64	M	33:47
39	Pamela Kane	55	F	33:51
40	Gerald Moore	41	M	34:08
41	Anna Malpica	30	F	34:44
42	Jim Clay	67	M	34:56
43	Robby Wasserman	20	M	35:24
44	Judy Shantz	60	F	35:39
45	Philip Shantz	56	M	35:39
46	Anne Schreivogl	33	F	36:13
47	Jonathan Wheeler	30	M	36:21
48	Hunter MacLean	21	M	36:33
49	Meredith Jarvis	33	F	36:38
50	Barb Macklow	69	F	36:55
51	Emily Edwards	11	F	37:00
52	Dale Evans	51	M	37:03
53	Michelle Steiger	13	F	37:21
54	Sharon Evans	53	F	37:23

55	Tobey Gelder	59	M	37:29
56	Connie Clement	38	F	37:42
57	Becky Masters	32	F	38:24
58	Lyle Haugsven	33	M	38:25
59	Bill Foster	77	M	38:46
60	Anton Ypma	14	M	38:58
61	Jody Finnegan	34	F	39:05
62	Beth Chisholm	33	F	39:08
63	Tom Chisholm	42	M	39:08
64	Roxanne Mouw	13	F	39:27
65	Erynn Sparks	11	F	40:26
66	Joey de Boer	42	M	40:48
67	Heidi Kott	12	F	41:17
68	Debbie Gervais	31	F	42:05
69	David Cushing	17	M	44:18
70	Cathy Cushing	55	F	45:29
71	Abbey Chapman	12	F	46:15
72	Peg Dranglis	67	F	47:58
73	Tracy Bell	32	F	49:08
74	Jean Keidser	51	F	49:10
75	Meridith Mossman	25	F	50:01
76	Kara Hamilton	26	F	50:01
77	Callie Houk	25	F	50:01
78	Katie Mihalovich	12	F	53:00
79	Brandon Borden	8	M	58:37
80	Mike Melvin	35	M	58:37
81	Terri Ulm	47	F	1:00:07
82	Diane De Blum	41	F	1:00:08
83	Bill De Bruin	47	M	1:00:12
84	Sarah Chirica	13	F	1:00:15
85	Fiona Chapman	8	F	1:05:00
86	Sarah Chapman	43	F	1:05:00
87	Michelle McKay-Podik	35	F	1:07:00
88	Eva Crosswell	38	F	1:28:11

Half Marathon

Num	Name	Age	Sex	Time
1	Jay Sloane	41	M	1:20:14
2	Jacob Hartsoch	29	M	1:21:04
3	Ron Crosswell	41	M	1:21:48
4	Mike Karl	27	M	1:22:37
5	Brandon Culley	27	M	1:23:46
6	Herb Phillips	63	M	1:25:54
7	David Thomson	21	M	1:27:33
8	Brian Ecker	32	M	1:28:48
9	Amy Esary	31	F	1:29:55
10	Doug MacLean	51	M	1:30:30
11	Henry James	46	M	1:31:08
12	Mark Visser	39	M	1:32:44
13	John Clark	43	M	1:33:23
14	Tim Gram	36	M	1:34:08
15	Doran Smolkin	40	M	1:34:14
16	Carol Frazey	34	F	1:35:28
17	Omar Shokeir	34	M	1:36:37
18	Steve Cooper	47	M	1:37:28
19	Ben Stevens	46	M	1:37:42
20	Ryan Bauthues	25	M	1:37:43
21	Scott Piper	58	M	1:37:46
22	Mary Steinberg	48	F	1:38:01
23	Dennis Reilly	45	M	1:38:50
24	Anthony Vergillo	35	M	1:38:56
25	Jeff Camp	34	M	1:39:53
26	Warren Feerer	53	M	1:40:32

(Continued on page 8)

(Continued from page 7)

27	Ron Herm	49	M	1:43:21
28	Del Noble	45	M	1:44:42
29	Bryan Robertson	28	M	1:46:42
30	Mark Lane	45	M	1:47:03
31	Amy Myers	37	F	1:49:22
32	Phil Damon	66	M	1:49:36
33	Julie Smolkin	36	F	1:50:11
34	Marisa Honig	40	F	1:51:33
35	Brent Chamber	30	M	1:52:55
36	Linda Beckman	43	F	1:52:55
37	Laurie Rossman	41	F	1:53:08
38	Alison Allen	43	F	1:54:30
39	Zach Kimble	41	M	1:55:21
40	Mike Thimgan	28	M	1:55:31
41	Gary Danilson	53	M	1:56:16
42	Kim Osterlins	38	F	1:57:33
43	Lyann Rust	47	F	1:58:10
44	Saar Swanson	2	M	1:58:22
45	Brad Swanson	31	M	1:58:22
46	Dale Haeker	62	M	2:01:01
47	Claire Wheeler	29	F	2:02:42
48	Shirley Ebinger	48	F	2:02:49
49	Marvin Sargent	40	M	2:03:17
50	James Bergman	32	M	2:04:08
51	Henry Hefter	53	M	2:04:09
52	Bob Brim	55	M	2:04:25
53	Alta Stauffer	55	F	2:06:53
54	Lois Millick	33	F	2:07:55
55	Stephanie Plenlovich	27	F	2:09:11
56	Katie Doellefeld	25	F	2:09:11
57	David Driskill	59	M	2:09:50
58	Hollie Brown	24	F	2:09:53
59	Lisa Newton	37	F	2:09:56
60	Bill Thibodeau	61	M	2:11:58
61	Don Glick	72	M	2:12:15
62	Terry Bunford	52	M	2:12:39

63	Gay Nelson	63	F	2:14:39
64	Brennan Johnson	23	M	2:15:38
65	Andrew Loder	41	M	2:15:44
66	Michelle Losie	39	F	2:15:47
67	Brenda Goebel	43	F	2:15:50
68	Neva Coats	35	F	2:16:44
69	Becky Galvin	52	F	2:17:27
70	Renny Richards	53	F	2:17:33
71	Margo Hammond	41	F	2:18:49
72	Paul Church	51	M	2:19:52
73	Wendy Friedenstab	39	F	2:19:52
74	Darrell Thomson	46	M	2:20:13
75	Arthur Edward Lee	72	M	2:20:27
76	Wendy Porter	45	F	2:22:23
77	Carin Carter	33	F	2:23:11
78	Terri Lee	42	F	2:24:13
79	Judy Pratt	49	F	2:24:14
80	Bryon Scott	40	M	2:25:31
81	Shelly Chambers	29	F	2:27:36
82	Krissa Johnson	27	F	2:31:38
83	Lee Melvin	32	F	2:39:36
84	Sue Hodges	56	F	2:55:24

Half Marathon Walkers

1	Susanne Weiss	51	F	2:46:00
2	Pam Pottle	43	F	2:56:00
3	Miranda Ebinger	54	F	2:56:00
4	Beth Bevins	51	F	2:58:00
5	John Ebinger	57	M	2:58:00
6	Paul Ebinger	48	M	2:58:00
7	Shauna Johnson	50	F	3:00:00
8	Rosemary Meyer	52	F	3:00:00
9	Roger Quiggle	59	M	3:08:00
10	Ann Quiggle	58	F	3:08:00
11	Tina Sealund	24	F	3:16:00
12	Diane Fekkes	45	F	3:23:00
13	Barbara Bartee	47	F	3:23:00

Bakers Breakfast Cookie Healthy Start International Triathlon

Sunday, June 13, 2004

On Sunday June 13th :2004, over 125 of the world's best triathletes will be in Bellingham WA for one of the premier US sports events in 2004 – the US Olympic Team Trials - Triathlon. The athletes will put Olympic hopes on the line and compete for \$35,000 pro purse in the Baker's Breakfast Cookie Healthy Start International Triathlon. This will be the final race (of 3) that will determine the three men and three women that will represent the USA at the 2004 Olympics in Athens Greece. Racers such as Barb Lindquist and Sheila Taormina (World #1 and #4 ranked women) have already committed to be at this event. Also likely are male elites such as Hunter Kemper (#1 US and #11 world) and Simon Lessing (many times world champion and 2003 Baker's winner). Many of Canada's best have stated an intention to compete including Simon Whitfield (2000 Olympic gold Medalist), Jill Savege (#5 world) and Carol Montgomery (#6 world)

Spectators for this free event will have an exceptional day long show on the course which left all in awe in 2003. The 1500 meter swim around Blodel-Donovan point offers 100% viewing from the shore. The 40 kilometer six lap bike course is one of the most challenging on the ITU circuit facing the notorious Alabama Hill. When asked about riding up an 18% grade six times in an ITU race, Simon Lessing simply responded "That was a great bike course." As in 2003, spectators will line the hill climb and see these elite pros tackle the amazing hill. The flat three lap run will then crown the US Olympic team and give the international field a chance to size up their competition before Athens.

Just as important, the Olympic Trials will be preceded by a premier Olympic Distance amateur race – The Baker's Breakfast Cookie Healthy Start Foundation Triathlon. This race will serve as the USAT Pacific Northwest Regional

GBRC Board Meeting Minutes March 22, 2004

Attending: Len, Gale, Christy, Carolyn, Alta, Alison, Mary, Rene, Amy, Rick, Bill, Tjalling, Paul, Kristin, and Polly.

Secretary's Report: Approved.

Treasurer's Report: Gale reported renewals and new members dues were being received. The only expenses have been for race supplies. Len will ask Ed Cruz to do our annual financial audit.

Membership: Alta noted memberships almost equaled April '03. The board voted a gratis lifetime membership for 11-year newsletter editor Vicki Griffiths. Vicki will keep the old scanner/fax since it will not be needed now. A 2004 board member roster was distributed.

Website: Rick reported web stats. There is increased activity related to accessing race results. Bill sent out e-mail reminders to members to rejoin, and the website use survey will be carried over to next meeting.

Race Director Liaison: Tjalling reported the 2 for the Road Valentine Run was well attended. Due to the nature of the event (running in pairs), individual times are not available and only results for pairs are reported. The Chuckanut 50K had 203 starters this year with registration limited to 250 with no waiting list. Registration opens in November for the March 19, 2005 race. The Honeywagon Runs will be on April 3 this year. In '05 the race will go back to March 5. Terry and Kerry are retiring from directing the Honeywagon and new directors are needed for next year. The Haggen to Haggen 5K will be directed by 1st time race directors Rick Hill and Jean La Valley. They need a volunteer coordinator and 60 volunteers from GBRC.

Equipment Manager: Alison reviewed the checkout procedure and waiver. She will have a final draft of the waiver at the next meeting. She reported the club's small cones were not returned after the X-country meet and the Lake Padden Relay. Polly will check with the school district to see if they have the cones. We will need to buy new ones if we cannot

recover them. Another item needing attention is the Chronimix race clock. The battery in the clock will not fully charge. Alison will order a new battery or whatever is necessary for the clock to function.

Events/Activities: The committee has planned several events to attend. On Sunday, May 16, 4PM, Bloedel Donovan (small building), there will be an adventure run from 4 to 5 and a potluck from 5:15 to 6. July 21, Wednesday evening at Lake Padden there will be a general meeting after a run and potluck desserts and salads. Aug 18, Wednesday evening at Lake Padden, will have an adventure run and a potluck. Watching Olympic Track and Field events at the end of August was an idea to discuss later. A reminder postcard will be sent to inform members of events.

Old Business: Race Certification: Paul would like to have certification capability or he will ask Ken Gass or have Tom Cotner do certifying. Races needing certification would be the Haggen to Haggen 5K, a half-marathon and maybe a marathon. He will find out what the costs are and report at the next meeting. **Fire Proof Safe:** Christy looked at safes at Costco. She will check on a safe-deposit box.

Birch Bay Marathon: Tjalling set the date of February 19, 2005 as the date of the first GBRC-sponsored Marathon. The BBM is usually in early December. The event will be put on the 2005 race schedule. We will need approval for the roads and Birch Bay State Park.

High School Scholarships: Christy sent multiple copies of applications to Whatcom County high school track and cross-country coaches and an announcement was placed in the Bellingham Herald. The board will discuss this at the next meeting.

Store discounts: The board gave approval to Rick to put on the website which stores offer discounts to GBRC members.

New Business: The board accepted the resignation of Vicky Griffiths, newsletter editor, and approved Amy Esary to the board as newsletter editor.

GBRC application: Len will distribute the GBRC brochure at the Lake Padden Triathlon.

The board approved a \$100 donation to Terry Thalhofer for the Leukemia Society marathon.

Next Meeting: May 24, 6:45 pm at Moss Adams LLP, 2000 Rimland Drive, Suite 300. All Members welcome!

GBRC Board Members

President	Len Parine
Vice President	Christy Fazio
Secretary	Carolyn Nordtvedt
Treasurer	Gale Pfueller
Membership	Alta Stauffer
Technical Coordinator	Alison Allen
Events & Activities	Christy Fazio, Mary Steinberg, Rene Wendt
Newsletter	Amy Esary
Website	Rick Hill, Bill Thibodeau
Race Director Liaison	Tjalling Ypma
At-Large	Chuck Dooley, Kristin Moore, Polly Favinger, Paul Ricci

W e l c o m e New Members...

Shelly Chambers, Terryl Cooper, Jody Finnegan, Leigh Foley, Maria Hernandez, Jeanne King, Jessica King, Valerie Konnerup, Cheri McFall, Kevin Ochsner, Mike Thimgan, and Anthony Vergillo

Upcoming Race Calendar

Date	Race, Location, and Race Directors	Distance	Start Time
June 5	Race Beneath the Sun —Fairhaven Park Alison Allen, 671-6724, alisonallen@comcast.net Carolyn Nordtvedt, 733-4386, carolynrdh@hotmail.com	1/2M, 5M	10:00 AM
July 10	Chuckanut Foot Race —Marine Park Craig Bartlett, 733-7159, craig@fairhavenrunners.com James Hayes, 647-3501	7M	9:00 AM
July 21	Run/Eat/Meet —Lake Padden Playground Shelter Mary Steinberg 671-0385, Christy Fazio 647-7182, Rene Wendt 715-3016	2.6M or More	5:00 PM (evening run)
August 7	Lake Whatcom Run —Lake Whatcom Trailhead (<i>members only</i>) Genevie Roguski, 671-2798, steve@fairhavenrunners.com	10K	9:00 AM
August 18	Adventure Run and Potluck —Lake Padden Playground Shelter Mary Steinberg 671-0385, Christy Fazio 647-7182, Rene Wendt 715-3016	Mystery	5:00 PM (evening run)
Sept. 4 NEW DATE!	Padden Relay —Lake Padden Danny Anderson, 384-1639 Dick Ryan, 733-2647, dickjack@windermere.com	4 x 2.6M relay 10.4M solo	10:00 AM

This newsletter is published six times per year as a service to Greater Bellingham Running Club members. Information published is of a general nature and while considered to be accurate, should not be relied upon in lieu of a professional opinion.

Copyright © 2004 Greater Bellingham Running Club. All rights reserved.

Greater Bellingham Running Club
P.O. Box 683
Bellingham, WA 98227

