

Greater Bellingham Running Club Newsletter



March 2005

Newsletter Contact

If you have information for the newsletter, please contact Amy Esary. The newsletter deadline for the **May** edition is **April 15**.

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Get Rid of Paper!

For an electronic version of the GBRC Newsletter, please e-mail Amy at: aedrury@yahoo.com.

You will save GBRC **\$2.22** in annual postage!

Need some Speed?

Who: GBRC Runners of all abilities who want to improve

What: Track workouts

When: Wednesday nights, 5:30 pm— 7:00 pm

Where: Civic Field

Why: For fun, fitness, and speed

Information:

www.gbrc.net
or contact Craig Bartlett
at (360) 733-7159

Run for the Honeywagon

1/2 mile Fun Run &
4 mile walk/run and Half Marathon walk/run

Saturday, March 5, 2005

Nooksack Valley Middle School, Everson, WA

Race Information:

Registration: 8:30—9:45 am

Day of Race Registration **ONLY**

Half Marathon walk start: 9:00 am

1/2 mile fun run start: 9:45 am

4 mile and half marathon start: 10:00 am

Entry Fee:

FREE for GBRC members

\$5.00 non-members

For information or to volunteer:

E-mail or call [Vicki Griffiths](mailto:Vicki.Griffiths@gbrc.net) (phone: 360-671-6645) or
[Kim Boon](mailto:Kim.Boon@gbrc.net) (phone: 360-738-9457), co-race directors

www.gbrc.net

GBRC Presents NW Runner Nutritionist

Heather Nakamura

Sunday, April 3 at 4:00 pm

Fairhaven Park Pavilion

Eating for Endurance

Good nutrition should be an important part of any training program. Eating right helps you to train harder, recover faster, and optimize your performance. Come to this workshop and learn more about:

- The optimal diet for maximizing training and recovery
- The best foods to eat before an event or competition
- Tips for using sports drinks, gels and hydration to maximize performance
- The truth about sugar, caffeine, supplements and more!

Heather Nakamura is a registered dietitian with Master's degrees in both Nutrition and Exercise Physiology. Heather maintains a private practice in sports nutrition and preventive health, where she works with clients to develop lifestyle programs targeted to reach their nutrition, exercise and long-term health goals. She is a regular columnist for Northwest Runner magazine and frequent contributor to national health and fitness publications.

2005 GBRC Calendar

| | | | |
|------------|--|---|-------------------------|
| Mar 5 | Honeywagon Run—Nooksack Valley Middle School Kim Boon, 738-9457, kimk12@earthlink.net Vicki Griffiths, 671-6645, vickiandgary@juno.com | 4 M and 13.1 M | 10:00 AM |
| May 7 | Haggen to Haggen—Sehome Village Rick Hill & Jean LaValley, jeanlavalley@comcast.net | 5k | 8:00 AM |
| June 4 | Race Beneath the Sun—Fairhaven Park Alison Allen, 671-6724, alisonallen@comcast.net Carolyn Nordtvedt, 733-4386, carolynrdh@hotmail.com | 5 M | 10:00 AM |
| July 8 | Chuckanut Footrace—Marine Park Craig Bartlett, 733-7159, craigb@fairhavenrunners.com James Hayes, 647-3501 | 7 M | 9:00 AM |
| Aug. 6 | Lake Whatcom Run—Lake Whatcom Trail Head Genevie Roguski, 671-2798, steve@fairhavenrunners.com | 10k GBRC Mem- bers Only | 9:00 AM |
| Sept. 3 | Lake Padden Relay—Lake Padden Danny Anderson, 384-1639 Dick Ryan, 733—2647, dickjack@windermere.com | 4 x 2.6 or 10.4 | 10:00 AM |
| Nov. 6 | Padden Mudfest—Lake Padden Ed and Kathleen Harri, 647-6901, ek-harri@comcast.net | 12K | 10:00 AM |
| Nov. 19 | Turkey Trot—Barkley Village Kevin Ryan, 676-WORX | 5k and Kids Fun Run | 8:30 AM & 9:00 AM |
| Dec. 3 | Fairhaven Frosty—Fairhaven Park Gale Pfueller, 734-3953, grectchenpfueller@cs.com | 5k and 10k | 10:00 AM |

GBRC Board

| | |
|-----------------------|----------------------------------|
| 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 |
| Newsletter | Amy Esary |
| Website | Rick Hill, Bill Thibodeau |
| Race Director Liaison | Tjalling Ypma |
| At-Large | Polly Favinger, Paul Ricci |

Welcome New Members...

Lindsay Anderson, Boris Balic, Ann Barnes, Ross Bartlett, Betsy Bierer, Patricia Bilskis, Rod & Diane Bouwman, Chris Call, John Campbell, Frieda Collins, Chris Comeau, Carol Cuminale, Jayme De Boer, Linda Elliott, Darin Engels, Bruce & Martha Grant, Charlie Hagin, Levi Haines, Keven Hill, Lillian Jones, Susan Kagel, Brendan Kennelly, Kristi Lemm, Jason Scott Lewis, Jeff & Tammy Lindhout, Wesley McCain, Aaron Moldver, Emil Newhouse, Suzan Nissen, Chad Norman, Kari Olson, Tyler & Amber Olson, Michelle Ramlow, Patricia Rolstad, Jamie Shea, Taylor, Teri & Neil Shipman, Kris Skewis, Laura Steffens, Lori Stock, Minta Stover, Patricia Stowell, Melissa Talbot, Kim Thornadtsson, Ken Turner and R.B. Wick

GBRC Board Meeting Minutes of January 17, 2005

Location: Len Parine's home

Attending: Bill, Len, Mary, Christy, Tjalling, Alison, Rick, Gale, Paul, Leigh Foley, Carolyn and Kevin Ryan.

Secretary's Report- The minutes of Dec 7 and Nov 15 were approved.

Treasurer's Report- Gale reported money was coming in for registration to the Chuckanut 50K. Registration is full for the event. Race insurance has been purchased for races through June.

Membership: Numbers are down due to no Lake Samish run and no newsletter. We have 239 members as of January 17.

Website/Communication: Web stats—most visits to web site at the time of the 50K and end of the year. There was a discussion about when the newsletter should be put on the website and if the board meetings minutes should be made public.

Race Reports: The Turkey Trot had 160 runners and 25 kids. The course needs to be changed because there are too many streets to cross and police road control is not available. A site change is possible. \$600 was raised for the food bank. It was a successful first time event.

The Fairhaven Frosty: Rainy weather, well attended.

Lk Samish: cancelled due to snow. Christy requests no phone numbers of race directors—use email or website. GBRC paid \$150 for park building rent. It has not been refunded; maybe fee can be applied to next year's race.

Birch Bay Marathon: Leigh Foley and Tjalling are race co-directors. Pre-registration is available and 20 volunteers are needed. The road permit has not been received yet.

Chuckanut Footrace: Will need new race director(s) in 2006.

Equipment/Technical: Clock is working. Alzheimer's 5k has reserved the clock for Jan 29.

Events/Activities: Heather Nakamura, nutritionist featured in Northwest Runner, will come in the spring. Two physical therapists will talk in late spring. Dates to be confirmed.

Old Business: Chuckanut Footrace funding: Ways to reduce costs to sponsor include no membership applications to GBRC taken on race day in lieu of race fee, eliminate T-shirts (have less expensive item like handkerchief or water bottle), tone down the food (pursue other food vendors).

Track Workouts: Start 1st Wednesday in February at Civic Field. Locations will change due to other events at Civic. Check website or subscribe to email updates for information. Liability waivers are required for all participants.

Financial Audit: 2003 records have been audited by Ed Cruz. A restaurant gift certificate will be given to Ed for his assistance. 2004 audit is needed. A volunteer is needed to perform the task.

New board member: Kevin Ryan was voted in as an at-large board member.

Cross country: Coaches Craig and James will receive gift certificates for volunteering to lead last fall's 2 month cross country training. Their efforts are greatly appreciated.

Next Meeting is Monday, March 21, 6:45 pm

Moss Adams LLP

2200 Rimland Drive, Suite 300, 6:45 pm

All members are invited.

Recorded by Carolyn Nordtvedt, Secretary

WWU Alzheimer's 5k Run, Saturday, January 29, 2005

| Place | Name | Age | Time |
|-------|-------------------|-----|-------|
| 1 | RB Wick | 18 | 18:19 |
| 2 | Chuck Dooley | 48 | 19:14 |
| 3 | Steve Angell | 48 | 20:12 |
| 4 | Steve Duncan | 36 | 20:14 |
| 5 | Lance Solberg | 17 | 20:20 |
| 6 | Ken Klepsca | 45 | 20:29 |
| 7 | Brian Bressler | 28 | 20:40 |
| 8 | Jeffery Smith | 36 | 21:30 |
| 9 | Bob Stewart | 17 | 21:36 |
| 10 | Jason LeWis | 29 | 21:38 |
| 11 | J Dey | 16 | 21:38 |
| 12 | Nik Winjum | 44 | 21:50 |
| 13 | Matt Berger | 39 | 22:30 |
| 14 | Rob Woods | 48 | 22:38 |
| 15 | Terry Stock | 47 | 22:57 |
| 16 | Robert Dimock | 31 | 23:04 |
| 17 | Bill Giller | 58 | 23:12 |
| 18 | Don Ligoeki | 48 | 24:57 |
| 19 | Jason Bergman | 35 | 25:00 |
| 20 | Brent Carbajal | 42 | 25:19 |
| 21 | Cornelius Partsch | 37 | 25:20 |
| 22 | Hefter | 54 | 26:02 |
| 23 | M Rosseau | | 26:32 |
| 24 | Nick Bailey | 56 | 26:40 |
| 25 | Bill Martin | | 26:46 |
| 26 | Turkey | | 27:09 |
| 27 | B Hullett | | 27:19 |
| 28 | David Keifer | 17 | 27:20 |
| 29 | Reed | 27 | 28:43 |
| 30 | William Brotten | 70 | 28:46 |
| 31 | Glenn Johnson | 29 | 28:50 |
| 32 | Charles Salisbury | 37 | 28:52 |
| 33 | Jim Clay | 68 | 28:53 |

| Place | Name | Age | Time |
|------------------------|-------------------|-----|-------|
| 34 | Scott Henken | | 29:11 |
| 35 | Richard Snyder | 31 | 29:26 |
| 36 | Russell Woods | 47 | 29:34 |
| 37 | Sylvestor Moran | 56 | 30:02 |
| 38 | William Stamey | 53 | 30:14 |
| 39 | Dennis Larson | 37 | 30:16 |
| 40 | John Stockamp | 60 | 30:36 |
| 41 | Stephen Jones | 52 | 31:04 |
| 42 | Charlie Linneman | 10 | 31:25 |
| 43 | Scott Linneman | 44 | 31:26 |
| 44 | T Warner | | 32:11 |
| 45 | Robert Jacobsen | | 33:01 |
| 46 | David Wilken | 11 | 33:47 |
| 47 | Keven Hill | 34 | 33:48 |
| 48 | Henry Cruz | 72 | 37:59 |
| 49 | Leon Ironmoccasin | 44 | 39:06 |
| 50 | Anonymous | | 39:57 |
| 51 | Daniel Austin | 57 | 43:42 |
| Females Overall | | | |
| 1 | Alison Graham | 17 | 21:59 |
| 2 | Lisa Cushing | 15 | 23:33 |
| 3 | Arlane Olson | 46 | 24:58 |
| 4 | Christine Smith | 35 | 25:26 |
| 5 | Francie Gass | 53 | 25:54 |
| 6 | Harutun | 19 | 25:57 |
| 7 | Becky Bridges | 42 | 26:16 |
| 8 | Bouwman | 45 | 26:51 |
| 9 | Kourteni Nibler | 20 | 27:10 |
| 10 | Kim Caterina | 18 | 27:17 |
| 11 | Eliz. Corcoran | 44 | 27:21 |
| 12 | Horton | 19 | 27:23 |
| 13 | L Keltner | 47 | 28:00 |
| 14 | Sally VanCorbach | 55 | 28:11 |
| 15 | Libby | 22 | 28:48 |

| Place | Name | Age | Time |
|-------|------------------|-----|-------|
| 16 | Heather Rainey | 28 | 28:57 |
| 17 | F Barnett | 56 | 28:59 |
| 18 | Bethany Bierlink | 22 | 29:30 |
| 19 | Nissen | 37 | 30:10 |
| 20 | Barb Bode | 51 | 30:38 |
| 21 | Bisnett | 49 | 30:47 |
| 22 | Denise Irely | | 31:07 |
| 23 | Ellie McDermott | 21 | 31:23 |
| 24 | Jaclyn Twyman | 20 | 31:23 |
| 25 | Pat Rolstad | 51 | 31:26 |
| 26 | Kim Thornadtsson | | 31:27 |
| 27 | Sandra Austin | 54 | 31:29 |
| 28 | Alexis Austin | 23 | 31:30 |
| 29 | Lucia Muller | 40 | 32:02 |
| 30 | Caroline Johnson | 39 | 32:34 |
| 31 | Melissa Talbot | 35 | 32:35 |
| 32 | Brenda Iverson | 42 | 32:39 |
| 33 | Jennifer Ross | 39 | 32:57 |
| 34 | Sue Jacobsen | 48 | 32:59 |
| 35 | Jeri Bungard | 50 | 33:10 |
| 36 | T Bailey | 48 | 33:54 |
| 37 | Brenda Hill | 34 | 34:03 |
| 38 | Cathy Cushing | 56 | 34:37 |
| 39 | C Kantack | | 34:39 |
| 40 | Jamie Shea | 52 | 35:34 |
| 41 | Patricia Stowell | 46 | 35:42 |
| 42 | Lori McKnight | 35 | 35:50 |
| 43 | Meredith Mossman | 25 | 35:53 |
| 44 | P Dey | 55 | 35:55 |
| 45 | Leslie Ellis | 36 | 35:57 |
| 46 | Janis Mund | 45 | 39:05 |
| 47 | Fisher | 40 | 42:53 |
| 48 | J Hutchins | 42 | 42:54 |
| 49 | Cheri Bekoe | 49 | 48:05 |
| 50 | Jan Kincaid | 49 | 48:05 |

Two for the Road, Saturday, February 12, 2005

| Name | Time | Category | Place | Name | Time | Category | Place |
|--------------------------------------|-------|--------------|-------|-----------------------------------|-------|-----------------|-------|
| Jake Hartsoch | 17:17 | individual | 1 | Kathleen Roy/Susan Silva | 27:38 | 2 gals | 4 |
| RB Wick | 18:01 | individual | 2 | Jim Reichart and twins | 28:03 | parent/children | 6 |
| Bryan Robertson | 18:10 | individual | 3 | Jacob Faulkner | 28:14 | individual | 22 |
| Garrett Dorough | 19:08 | individual | 4 | Lindsay Anderson/Kyle Anderson | 28:27 | guy and gal | 14 |
| Scott Alderson | 19:37 | individual | 5 | Cassandra DeVries/Ryan DeVries | 28:35 | guy and gal | 15 |
| Ben Sowers/Margie Prentice | 20:26 | guy and gal | 1 | Ted Harris/Allison Harris | 28:39 | guy and gal | 16 |
| Sarrah Forrey/Amy Forrey | 20:28 | siblings | 1 | Sharon Evans/Dale Evans | 28:53 | guy and gal | 17 |
| Paul Ricci | 20:35 | individual | 6 | Don Glick/Art Lee | 29:29 | 2 guys | 1 |
| Bill Pech | 21:22 | individual | 7 | Liz Jeffery/Robby Wasserman | 29:36 | guy and gal | 18 |
| Jason Lewis | 21:26 | individual | 8 | Beth Hartsoch | 29:50 | individual | 23 |
| Liam Keane/Sean Keane | 21:26 | parent/child | 1 | Sarah Hartsoch | 29:51 | individual | 24 |
| John Schick/Emily Schick | 21:37 | guy and gal | 2 | Linda Mariz | 30:48 | individual | 25 |
| Nancy and Greg Abraham | 21:38 | parent/child | 2 | Levi/Hill | 30:53 | guy and gal | 19 |
| Matt Berger | 22:07 | individual | 9 | Alex Karpoff/Flash | 31:21 | 2 gals | 5 |
| Scott Piper | 22:20 | individual | 10 | Patricia Bilskis | 31:34 | individual | 26 |
| Stanislov Zinkov | 22:42 | individual | 11 | Amber Olson/Tyler Olson | 31:47 | guy and gal | 20 |
| Scott Dorough/Julie Steele | 23:09 | guy and gal | 3 | Michelle Ramlow/Brian Howe | 32:13 | guy and gal | 21 |
| John Campbell | 23:20 | individual | 12 | Alice Crowley/AnneMayorsky | 32:25 | 2 gals | 6 |
| John Kurtz | 23:24 | individual | 13 | Betsy Bierer/Frieda Collins | 32:43 | 2 gals | 7 |
| Bill Giller | 23:29 | individual | 14 | Joe Howell | 32:51 | individual | 27 |
| Liisa Cushing/Renee Redekop | 23:34 | 2 gals | 1 | Cathy Cushing | 34:04 | individual | 28 |
| Jayne DeBoer/Alisa Kayser | 23:51 | guy and gal | 4 | Hodges/Capetas | 34:10 | 2 gals | 8 |
| Doran Smolkin/Julie Smolkin | 24:02 | guy and gal | 5 | Lacy/Kari | 34:17 | 2 gals | 9 |
| Glenn Gervais | 24:16 | individual | 15 | Laura Steffans | 34:25 | individual | 29 |
| Hanuschka Santamaria/Armondo Brionez | 24:31 | guy and gal | 6 | Patricia Stowell/Jamie Shea | 34:40 | 2 gals | 10 |
| Mike Bartosch | 24:47 | individual | 16 | Geneva Faulkner | 34:43 | individual | 30 |
| Doug Nathe/Nichole Willis | 25:04 | guy and gal | 7 | Janet Russell/Emily Wagner | 35:39 | 2 gals | 11 |
| Paul Frazey/Lynn Frazey | 25:31 | parent/child | 3 | Carole Foldenauer | 35:41 | individual | 31 |
| Rita Filbeck/Don Larson | 25:40 | guy and gal | 8 | Bliss Goldstein | 35:42 | individual | 32 |
| Jenny Figgie | 25:54 | individual | 17 | Anne Covington/Andy Covington | 35:52 | guy and gal | 22 |
| Chelsea/Zack | 25:58 | guy and gal | 9 | Rayna Swope/Tony Swope | 36:15 | guy and gal | 23 |
| Emma Norman/Chad Norman | 26:00 | guy and gal | 10 | W.C. Sutton | 35:17 | individual | 33 |
| Darlene Ordello/Nocolle McColeman | 26:06 | 2 gals | 2 | Alana Faulkner | 36:32 | individual | 34 |
| Marcie Sowers/Coden | 26:08 | parent/child | 4 | Henry Cruz | 37:44 | individual | 35 |
| Ken Gass/Francie Gass | 26:09 | guy and gal | 11 | Sam DeMuth/Nick DeMuth | 40:12 | siblings | 2 |
| Alison/Shane | 26:18 | guy and gal | 12 | Zach Olsen | 40:34 | individual | 36 |
| Boris Balic | 26:24 | individual | 18 | Becky Bridges/KC Bridges | 42:59 | guy and gal | 24 |
| Andrew Lamont | 26:55 | individual | 19 | Alexa Strong/Katie Burke | 43:25 | 2 gals | 12 |
| Kelsey Thomas/Linden Figgie | 27:02 | 2 gals | 3 | Kate Hartsoch | 43:26 | individual | 37 |
| Minta Stover | 27:07 | individual | 20 | Mary Mele/Anne Schwandt | 45:10 | 2 gals | 13 |
| Benn Hagerty/Heath | 27:10 | parent/child | 5 | Mary Mills/Nancy Mills | 45:11 | 2 gals | 14 |
| Terry Stock/Lori Stock | 27:13 | guy and gal | 13 | Terri Green/Loren DeMuth | 50:28 | guy and gal | 25 |
| Brenda Phillips | 27:19 | individual | 21 | Shelly Boatwright/Taras Mironchuk | 51:17 | guy and gal | 26 |
| | | | | Nancy B./Barbara B. | 51:34 | 2 gals | 15 |
| | | | | Gene Kelly | 51:38 | individual | 38 |
| | | | | Roxanne/Liz | 51:51 | 2 gals | 16 |
| | | | | Lynn Billington | 52:04 | individual | 39 |
| | | | | Linda Elliot | 52:05 | individual | 40 |
| | | | | Kari Olsen/Hannah | 56:38 | parent/child | 7 |

News for the Membership...

Volunteers Needed for Chuckanut 50k

If you are interested in volunteering for the Chuckanut 50k, Sunday, March 19, please contact Brandon Sybrowsky at bsybrowsky@excite.com. Please note, registration is full for the 2005 race.

Chuckanut Foot Race Looking for Race Directors-in-Training

The Chuckanut Foot Race (July 2005) is looking for two or three people to be race directors-in-training for the 2005 race with the hopes these people will eventually take over as race directors in 2006 or 2007. If you are interested, please contact GBRC's Race Director Liaison, Tjalling Ypma at tjalling.ypma@wwu.edu or by phone at 734-2616 or Craig Bartlett, the current Co-Race Director at craigb@fairhavenrunnres.com.

Race Reports? Running Anecdotes? Story to Share? Submit it for the GBRC Newsletter!

To submit something for the newsletter, please send it to Amy Esary at aedrury@yahoo.com by the 15th of the month prior to the newsletter publication month. Newsletters are published in February, April, June, August, October, and December.

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The GBRC website is constantly updated and has all the latest race information and results. Click it out!

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.

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