

# Greater Bellingham Running Club Newsletter



**May 2005**

## GBRC Board

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

## Get Rid of Paper!

For an electronic version of the GBRC Newsletter, please e-mail Amy at:



aedrury@yahoo.com.

You will save GBRC almost **\$10.00** per year in postage and printing postage!



## Race Beneath the Sun

**5 Mile & 1/2 Mile Fun Run**

**Saturday, June 4, 2005**

**Fairhaven Park**

**Registration: 9:00 am**

**Fun Run Start: 9:45 am**

**5 Mile Start: 10:00 am**

**Free for GBRC Members**

**5 Mile: \$5 for adults, \$2 18 year-old or under**

**Fun Run: FREE**

Course is mostly trail and moderately challenging. Age group awards for 5 mile Great refreshments...random drawings...fun...and **Sun!!!**

**Questions or to volunteer:**

**Alison Allen 671-6724 or Carolyn Nordtvedt 733-4386**

## All Comers Cross Country Meet for Bellingham Middle Schoolers

**Who:** Middle School Students from Shuksan, Kulshan, Fairhaven, and Whatcom

**What:** Greater Bellingham Middle School Challenge Run

**When:** Saturday, June 4, 2005, 10:00 am

Registration begins at 8:30 am

**Where:** Whatcom Falls Park

**Distance:** 2.3 miles (through Whatcom Falls Park)

**Entry:** \$10 pre-registration, \$15 day-of-race (includes t-shirt)

**Questions:** Bob Lazaar-Atwood, 676-7144 or bobkaren@az.com

Come defend your middle school pride, the school with the most student participants will be the Winner!

## GBRC Hooded Sweatshirts for Sale!

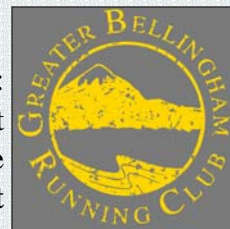
GBRC is selling high quality Russell, dark grey hooded sweatshirts with the GBRC logo on the front for only **\$25.00!**

For more information:

Contact **Mary Steinberg** at maryjo55@comcast.net

Check one out at **FootWorx** at Barkley Village

View it on-line at [www.gbrc.net](http://www.gbrc.net)



## 2005 GBRC Calendar

May 7	<b>Haggen to Haggen—Sehome Village</b> Rick Hill & Jean LaValley jeanlavalley@comcast.net	5k	8:00 AM
June 4	<b>Race Beneath the Sun—Fairhaven Park</b> Alison Allen, 671-6724, alisonallen@comcast.net Carolyn Nordtvedt, 733-4386, carolynrdh@hotmail.com	5 M	10:00 AM
July 8	<b>Chuckanut Footrace—Marine Park</b> Craig Bartlett, 733-7159, craigb@fairhavenrunners.com James Hayes, 647-3501	7 M	9:00 AM
Aug. 6	<b>Lake Whatcom Run—Lake Whatcom Trail Head</b> <b>GBRC Members ONLY!</b> Genevie Roguski, 671-2798, steve@fairhavenrunners.com	10k	9:00 AM

### Welcome New Members...

Tovah Bayer, Jacqueline Cartier, Robert Clementz, Bev Cobbaert, Robyn Davidson, Robert Dimock, Becky Donnino, Leslie Ellis, Jack Faulkner, Elaine Faulkner, Geneva Faulkner, Jacob Faulkner, Alana Faulkner, Aaron Fleming, Lauren Fuller, Eric Gerstl, Bliss Goldstein, Ruth Harper, Catherine Harris, Stephen Harris, Allison Harris, Kevin Holland, Sandi Laninga, Nico Laninga, Gary Lee, Brad McCracken, Lori McKnight, Kristin McLeod, Kelly Messiter, Corrie Mitchell, Laurie Mooney, Frances O'Brady, Stacy Otter, Cindy Petersen, Joshua Pitts, Peggy Ratermann, Jennifer Seltz, Marcie Sowers, Chris Spilker, Kristen Stouder, Cindy Thomas

#### GBRC Board Meeting Minutes March 21, 2005

**Attending:** Rick, Mary, Amy, Len, Kevin, Polly, Tjalling, Carolyn, Alison, Alta, Bill, Cheryl Batty, Christy, Jonathan Hoskins

**Location:** Moss Adams

**Secretary's Report:** Approved as read.

**Treasurer's Report:** The financial report for 2004 was approved. Amy will find an accountant to do the '04 audit. Our 501-c3 (federal) status is not yet approved. The club had the tax-exempt status as part of our RRCA membership, to which we no longer belong.

**Membership:** The number of members has decreased from last year at this time. There are 425 members compared to 503 last year. Alta is resigning as membership director effective tonight and Bill will assume the membership responsibilities as well as continue as part of the website/communication committee with Rick. Cheryl Batty was also interested in the membership opening, but will serve instead in the at-large position.

**Website/Communication:** The web stats graph shows daily web visits and page hits for March were highest for the Chuckanut 50K. Bill is emailing updates for the GBRC track workouts to 100 club members.

**Newsletter:** Amy would like the track workout email list to ask if these members would like to receive their newsletter electronically. To speed up the meetings Amy suggested not reading the minutes and having no committee reports if there are no changes.

**Race Director/Liaison:** Tjalling reported that the 2 for the Road had more participants this year.

Birch Bay Marathon: Leigh Foley and Tjalling will direct again next year. There were 37 starters and 32 finishers.

Chip timing was supplied by Jonathan Hoskins.

Honeywagon: Participants numbered about the same as last year, approx. 160.

50K: Uli Steidel set a new course record of 3:42:59. There were 210 finishers.

Haggen to Haggen: Rick and Jean are getting volunteers and flaggers.

Chuckanut Footrace: Needs new race directors for 2006. Craig, James, Noel and a Superfeet representative will direct again this year.

Lake Padden Relay: Dick and Danny will direct again. The Bellingham Traverse will be the same day and will also use Lake Padden. This may present parking and crowd problems.

**Equipment/Tech Coordinator:** Alison reported that mile marker 9 went missing after the Honeywagon. She wants race directors to look in the locker to see what is already available such as cups and other disposables, to not return perishable food, and to put items away in an organized fashion. A Race Director's workshop held at the storage locker is also needed to acquaint directors with items for use. Alison will try to give away the old picnic shelter.

**Events/Activities:** Heather Nakamura will speak at Fairhaven Park on April 3. Heather will receive \$250 for speaking and travel expenses. The physical therapist presentation will be in May or June. July and August will have run/eat/meet events at Lake Padden.

#### Old Business:

1) Birch Bay Marathon course certification will cost \$300. The board approved doing the certification.

2) Chuckanut Footrace funding alternatives: Len is in the process.

3) Course certification poll in newsletter: Less than 10% of members responded. The 10K was wanted by most.

4) Track workouts: Len passed out the workout waiver form. One half of a sentence was deleted that referred to granting permission for event treatment for those under 18. Everyone attending workouts must sign the waiver.

5) Lake Samish Run reschedule-The club is out \$150 for the facility rental. Mary and Christy are thinking of changing it to October.

6) Traffic flagger training: The flagger course at the BTC is \$69. Flaggers are paid \$20/hr with a 4 hour minimum. Rick will need 10-15 flaggers for the Haggen to Haggen. There was discussion of not having enough volunteers. Options include donating money to school booster clubs in return for volunteers. An article about volunteering should appear in the newsletter.

#### New Business:

1) Sale of club-related clothing: Mary proposed a charcoal hooded sweatshirt with a large logo on the front. We authorized an initial run of 100 to be sold to GBRC members for \$25 (including tax).

2) The club approved a donation to the Leukemia Society for Terry Thalhofer.

3) Scholarship applications are out. A committee will meet to select the recipients.

4) Jonathan Hoskins was introduced. He and his wife have an event management business (Total Health Events) and do chip timing. He gave out brochures for the "Over the Dam" run at Grand Coulee on May 8.

**Newsletter Deadline:** April 15.

**Next Meeting:** Monday, May 16, 6:30pm at St. Lukes Health Education Center, at the east end of Squilicum Parkway (old Eagles Hall).

**Submitted by:** Carolyn Nordtvedt, Secretary

### Chuckanut 50K, Saturday, March 19, 2005

Place overall	Finish time	Last	First	Age	Gender	Place overall	Finish time	Last	First	Age	Gender
1	3:42:59	Steidl	Uli	32	M	51	5:17:41	Adams	Mike	36	M
2	3:53:49	Kochik	Phil	26	M	52	5:17:54	Palomino	Johnny	45	M
3	3:58:16	Miller	Shawn	25	M	53	5:18:27	Fontaine	Denis	36	M
4	4:06:15	Morrison	Brian	26	M	54	5:18:34	Nelson	Heather	33	F
5	4:06:58	Koerner	Hal	29	M	55	5:19:30	Morrison	Paul	40	M
6	4:09:18	Simms	Matt	36	M	56	5:19:41	Young	Scott	38	M
7	4:09:50	Hartsoch	Jacob	30	M	57	5:20:42	Pellow	Lindsay	30	F
8	4:13:26	Dayton	Bryan	31	M	58	5:20:42	Storm	Alfonsina	36	F
9	4:14:08	Torrence	Ian	32	M	59	5:21:57	Barnett	Mark	39	M
10	4:15:15	Pehowski	Todd	37	M	60	5:22:33	Hester	Robert	31	M
11	4:24:05	Jurek	Scott	31	M	61	5:22:33	Varlamova	Olga	35	F
12	4:28:09	Nelson	Sander	38	M	62	5:27:47	Gilley	Stephano	32	M
13	4:30:10	Palmquist	Robert	21	M	63	5:28:12	Probst	Daniel	26	M
14	4:31:20	Tucker	Scott	42	M	64	5:28:16	Lauer	Kurt	43	M
15	4:31:21	Halder	Timothy	31	M	65	5:29:33	Jensen	Darrell	37	M
16	4:34:05	Angle	Justin	30	M	66	5:29:34	Delahunt	Charles	40	M
17	4:38:54	Abraham	Larry	55	M	67	5:29:48	Reite	Beth	28	F
18	4:44:27	Linton	Ron	43	M	68	5:30:20	Bahr	Tracy	33	F
19	4:44:32	Sach	Eric	36	M	69	5:30:37	Hyslop	Brie	25	F
20	4:44:44	Clark	Sean	36	M	70	5:31:08	Grant	Bruce	39	M
21	4:45:45	Ralstin	Craig	45	M	71	5:31:29	Edwards	Walter	29	M
22	4:46:26	Holland	Kevin	39	M	72	5:31:29	Michel	Roger	32	M
23	4:49:50	Varner	James	27	M	73	5:31:38	Carlsten	Chris	34	M
24	4:49:51	Covarrubias	Tony	44	M	74	5:32:49	Adams	Ron	56	M
25	4:49:52	Myers	Kevin	46	M	75	5:34:37	Buetow	Peter	44	M
26	4:50:31	Rosenberg	Trish		F	76	5:37:26	Phan	Van	34	F
27	4:51:33	Kreft	Kendall	45	M	77	5:37:54	Turner	Kendall	32	M
28	4:54:46	Borgmann	Kendra	36	F	78	5:38:42	Mingione	Carla	22	F
29	4:55:21	Crompton	Charles	57	M	79	5:39:09	Dworkin	Ted	36	M
30	4:56:14	Dooley	Chuck	49	M	80	5:39:09	Senzel	Keith	33	M
31	4:56:58	Coyle	Al	41	M	81	5:42:05	Fagan	Marty	42	M
32	4:57:34	Gavey	Brock	27	M	82	5:44:32	Bowerman	Niki	24	F
33	4:58:40	Clark	John	44	M	83	5:49:54	Hill	Rick	52	M
34	4:59:29	Cusworth	Bill	37	M	84	5:50:41	LaCava	Clem	56	M
35	5:01:51	Vanpelt	Win	47	M	85	5:51:34	Arter	Julie	44	F
36	5:02:38	Craib	Mitch	43	M	86	5:51:55	Ochs	Monica	35	F
37	5:03:08	Thomas	Bill	47	M	87	5:54:05	de la Viesca	Pedro	31	M
38	5:03:26	King	Emil	36	M	88	5:54:12	Kopkowski	Jim	46	M
39	5:07:12	Avila-Campillo	Iliana	27	F	89	5:54:33	Dutton	Dave	48	M
40	5:08:26	Phillippi	Tony	43	M	90	5:55:00	Addicott	Chris	36	M
41	5:08:26	Thiessen	Ann Marie	34	F	91	5:55:11	Scott	Wendy	32	F
42	5:08:34	Nowakowski	Stan	49	M	92	5:55:18	Marshall	Trent	36	M
43	5:08:53	O'Hear	Carol	30	F	93	5:55:29	Brown	Krista	25	F
44	5:09:23	Aurthur	Morris	40	M	94	5:56:32	Railton	Scott	38	M
45	5:09:30	Rogers	Katherine	37	F	95	5:56:57	Beebe	Carol	45	F
46	5:10:53	Fazio	Christy	42	F	96	5:57:48	Forshaw	Gail	55	F
47	5:14:04	Marlatt	Nick	22	M	97	5:57:48	Marcellus	Sally		F
48	5:14:10	Schut	Theresa	31	F	98	5:59:05	Sullivan	Joe	23	M
49	5:16:05	Seliber	Roy	45	M	99	5:59:07	Fraser	Dan	55	M
50	5:16:22	Duncan	Steve	37	M	100	5:59:49	Tueme	Luis	40	M

**Chuckanut 50k Results—Continued from Page 3**

Place overall	Finish time	Last	First	Age	Gender	Place overall	Finish time	Last	First	Age	Gender
101	5:59:50	Hecox	Mike	31	M	151	6:39:48	Thomas	Steven	59	M
102	6:02:25	Ringstad	Curtis	53	M	152	6:40:13	Ferguson	Shannon	36	F
103	6:03:09	Ames	Bill	49	M	153	6:40:13	Willoth	Kelly	39	F
104	6:03:09	Freeman	Fawn	44	F	154	6:40:49	Sonntag	Ron	50	M
105	6:03:29	Noble	Del	46	M	155	6:41:03	Hogan	Chris	35	M
106	6:04:06	Barnabee	Debra	48	F	156	6:41:46	King	Karen	48	F
107	6:04:18	Lewarne	Charles	39	M	157	6:41:53	Dym	Andy		M
108	6:07:04	Dalas	Carrie	30	F	158	6:42:46	Ross	Sherlee	36	F
109	6:07:09	Ridenour	Connie	46	F	159	6:45:30	Smith	Daniel	36	M
110	6:07:17	Voiland	William F.	57	M	160	6:45:50	Schick	John	49	M
111	6:07:34	Loen	Jeff	48	M	161	6:46:47	Deubner	Heike	45	F
112	6:08:30	Lofton	Tim	38	M	162	6:46:49	Deubner	Alan	55	M
113	6:08:30	Maxwell	Bob	55	M	163	6:46:58	Cannon	Tori	28	F
114	6:08:49	Yogi	Jennifer	29	F	164	6:47:08	Brenner	Mary Sue	43	F
115	6:11:51	Fagan	Chris	40	F	165	6:47:21	Grothe	Nathan	35	M
116	6:12:08	Bensel	Steve	55	M	166	6:49:59	Nast	Douglas	51	M
117	6:14:08	Gaylord	Randy	47	M	167	6:50:18	Whitmire	Eden	26	F
118	6:15:19	Ernst	Chris	42	M	168	6:50:20	Stritzel	Adam	26	M
119	6:16:02	Johnson	Kaitlyn	24	F	169	6:50:21	Robinson	Diana	38	F
120	6:16:02	Warren	Sam	34	M	170	6:50:31	Filbeck	Jarita	28	F
121	6:16:40	Leischner	Mona	43	F	171	6:50:54	Haase	Rick	59	M
122	6:16:47	McKeever	Doug	57	M	172	6:51:51	Fox	Alan	46	M
123	6:18:31	Warwick	Jennifer	25	F	173	6:52:19	Smith	Jeffery	36	M
124	6:19:23	Gnidec	Adrienne	50	F	174	6:52:20	Engels	Darin	39	M
125	6:19:53	Scott	Gwen	38	F	175	6:52:20	Smith	Christine	35	F
126	6:19:55	Kerr	Corinne	43	F	176	6:53:01	Whitworth	Dave	56	M
127	6:19:55	Wallace	Jen	38	F	177	6:53:01	Wong	Lori	52	F
128	6:19:56	McColeman	Nicolle	25	F	178	6:53:20	Pehowski	Erin	29	F
129	6:19:57	Prentice	Margie	35	F	179	6:53:28	Edwards	Brynne	27	F
130	6:20:46	Greenaway	Ken		M	180	6:53:44	Forshaw	George	55	M
131	6:20:57	Camp	Jeff	35	M	181	6:54:12	Hinnendael	Anne	50	F
132	6:23:50	Mukai	Donald	56	M	182	6:55:35	Obrien	Kevin	38	M
133	6:24:04	Privett	Brad	18	M	183	6:55:58	Yarnall	Lynn	54	F
134	6:24:20	Hudson	Ben	38	M	184	7:04:06	Kaiyala	Karl	53	M
135	6:24:59	Page	Janice	48	F	185	7:04:08	Klepsch	Ken	45	M
136	6:26:05	Callaway	Keith	36	M	186	7:04:28	Crompton	Kathy	48	F
137	6:26:05	Grant	Martha	35	F	187	7:04:28	Cuminale	Carol	52	F
138	6:26:44	Velikanov	Gleb	24	M	188	7:04:40	Gillis	Cheri	52	F
139	6:26:58	Venable	Tom	36	M	189	7:04:41	Bahramian	Katayoun	31	F
140	6:28:41	Stringer	Challis	30	F	190	7:04:41	Konodi	Mark	48	M
141	6:30:42	Schwartz	Maura	45	F	191	7:05:12	O'Hare	Tracy	31	F
142	6:31:41	Sayyari	Terry	54	M	192	7:05:48	Steffen	Joshua	29	M
143	6:31:56	Marshall	Tara-Lee	35	F	193	7:05:49	Preston	Lisa	40	F
144	6:32:25	Bliss	Lisa	36	F	194	7:17:36	Carter	Carin	34	F
145	6:33:03	Bandur	John	67	M	195	7:23:29	Balf	Ruth	53	F
146	6:34:35	Maure	Melanie	34	F	196	7:23:29	Haeker	Dale	63	M
147	6:35:39	Yogi	Guy	51	M	197	7:24:52	Bliss	David	42	M
148	6:36:31	Ringstad	Barbara	49	F	198	7:28:16	Duffy	Robert	27	M
149	6:36:32	Goodremont	Brian	28	M	199	7:33:36	Ball	Bill	37	M
150	6:37:15	Ypma	Tjalling	51	M	200	7:37:29	Voiland	James E.	56	M

## Honeywagon Runs, Saturday, March 5, 2005

4 Mile Results					Half Marathon Results									
	Name	Time		Name	Time		Name	Time		Name	Time			
1	Jordan Welling	21:28	49	Heather Cullen	33:12	6	Robert Clementz	1:22:49	55	Saar Swanson	2:02:19			
2	Eric McCormick	21:47	50	Stephanie Kid	33:21	7	Tim Hyde	1:23:59	56	Frances O'Grady	2:03:33			
3	John Collins	22:17	51	Susan Foster	33:24	8	Sven VandeWeter-	1:25:52	57	Boris Balic	2:04:08			
4	Bryen Robertson	22:38	52	Paul Kohrs	33:38	9	Doug McLean	1:26:56	58	Tiffany Morton	2:08:12			
5	Steve Roguski	22:37	53	Julie Bedlent	33:39	10	Charles Crompton	1:28:13	59	Ann Helgeson	2:08:13			
6	Scott Young	23:23	54	Darlene Ordello	33:59	11	Stuart Maxwell	1:29:03	60	John Balloch	2:09:26			
7	Garret Dorough	23:37	55	Minta Stover	34:21	12	Jerry Crofoot	1:29:32	61	Liz Simpson	2:13:28			
8	Albert Coyle	23:50	56	Tovah Bayer	34:47	13	Markel Chernen Koff	1:29:48	62	David Driskill	2:13:51			
9	Chuck Dooley	24:06	57	Wayne Gardner	34:50	14	Bob Hearn	1:30:06	63	Don Glick	2:14:28			
10	Steve Duncan	24:13	58	Jim Clay	35:10	15	Paul Ricci	1:31:34	64	Judy Sande	2:15:23			
11	Scott Alderson	24:30	59	Georganne Keenan	35:17	16	Jim Kopkowski	1:32:11	65	Diana Robinson	2:15:24			
12	Ray Leone	24:58	60	Joey deBoer	36:04	17	Pavel Sorokin	1:34:43	66	Linda Morley	2:15:43			
13	Steve Robinson	25:27	61	Fred Hodge	36:32	18	Chris Race	1:35:36	67	Melissa Talbot	2:17:02			
14	Joakim Nilsson	25:31	62	Barbara Macklow	36:35	19	Doran Smolkin	1:35:41	68	Jan Wisner	2:18:06			
15	Chip Kiel	25:39	63	John Miranda	37:11	20	Ben Stevens	1:35:42	69	Kristen Stouder	2:19:58			
16	Chad Norman	26:03	64	Marianne Walters	37:27	21	Mark Irvine	1:37:51	70	Stacy Otter	2:22:00			
17	Del Noble	26:23	65	Linc Nesheim	37:34	22	Ryan Bauthues	1:37:55	71	Terry Thalhofer	2:22:04			
18	Jim Freeman	26:25	66	Barb Bode	37:38	23	Brad Stevenson	1:38:10	72	MK Becker	2:23:59			
19	Michael Beal	26:30	67	Betsy Bierer	37:50	24	Zach Kimble	1:38:31	<b>H o n e y w a g o n Race Report:</b>  Many thanks go to those involved in the successful preparation and completion of the races.  We appreciate the donations from Great Harvest Bread Company, Fairhaven Runners, Runningshoes.com, and Footworx.					
20	Rick Hill	26:42	68	Frieda Collins	37:52	25	Brendan Kennelly	1:38:35						
21	Burt Rutgers	26:49	69	Tobey Gelder	38:17	26	Dan Philpott	1:39:19						
22	Monte Brooks	26:53	70	Judy Shantz	38:30	27	Emily Schick	1:39:44						
23	Craig Wemp	26:56	71	Cameron Southon	39:30	27	Terry Stock	1:39:52						
24	Scott Dorough	27:04	72	Suzan Nissen	39:42	28	Tjalling Ypma	1:40:39						
25	John Schick	27:23	73	Kristin McLeod	40:21	30	Ted Harris	1:40:47						
26	John Kirker	27:27	74	Kevin Hill	40:39	31	Ken Hewitt	1:41:53						
27	Renee Redekop	27:29	75	Brenda Hill	40:40	32	Rosalina Cordeiro	1:45:20						
28	Dale Walters	27:42	76	Bill Foster	40:42	33	Laurie Mooney	1:47:02						
29	Todd Sewell	27:46	77	Meg Ausland	41:19	34	Julie Smolkin	1:47:30						
30	Gary Horcoop	27:49	78	John Krieg	41:19	35	Scott Adams	1:50:13						
31	Caden Sowers	27:58	79	Wendy Porter	41:23	36	Sue Wallace	1:50:29						
32	Gordon Fredrick	28:20	80	Sarah Chapman	41:38	37	Barb Rappaport	1:51:22						
33	Tom Jones	28:30	81	Lore McKnight	43:24	38	Dimitri Duchmarou	1:52:02						
34	Leigh Robinette	28:36	82	Leslie Ellis	43:24	39	Keith Adkin	1:52:06						
35	Bill Giller	28:49	83	Meredith Mossman	43:27	40	April Dierdorff	1:52:22						
36	Kenneth Robinette	29:27	84	Henry Cruz	43:30	41	Laura Query	1:53:19						
37	Glenn Gervais	29:46	85	Sharon Ensslen	43:51	42	Laurie Olafson	1:53:24						
38	Jim Reichart	30:04	86	Sam Young	45:51	43	Dick Todd	1:54:28	201	Keith Hill	7:51:44			
39	John Campbell	30:16	87	Stacy Milewski	51:22	44	Pat Pranzl	1:54:41	202	Sabina Havkins	7:53:11			
40	Jim Zurcher	30:20	88	Megan Jenson	51:22	45	Paul Carter	1:56:10	203	Mike Riber	8:11:00			
41	Don Bauthues	31:24	89	Linda Elliot	53:50	46	Suzanne Harris	1:57:07	204	Chris Runyan	8:50:42			
42	Rita Filbeck	31:28	<b>Half Marathon Results</b>			47	David Dear	1:57:37	205	Yumay Chang	8:51:13			
43	Lisa Cushing	31:40				48	Dale Haeker	1:58:07	206	Michele Sammeth	9:09:42			
44	Laura Steffens	32:33				1	Brandon Culley	1:18:44	49	Brad Cracken	1:58:29	207	Steve Loitz	9:09:43
45	Dave Pearce	32:38				2	Mike Karl	1:20:42	50	Bev Cobbaert	1:58:57	208	Ted Mueser	9:09:43
46	Wayne Crenshaw	32:38				3	Jay Sloane	1:24:13	51	Robyn Davidson	1:59:32	208	Ted Mueser	9:09:43
47	Brenda Philips	32:45	4	Mark Loreen	1:21:54	52	William Martin	1:59:32	209	Stan Nakashima	9:09:43			
48	Marcie Sowers	32:48	5	Ron Crosswell	1:22:27	53	Scott Railton	2:00:05	210	Jon Nevitt	9:09:43			

## News for the Membership...

### 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](mailto:tjalling.ypma@wwu.edu) or by phone at 734-2616 or Craig Bartlett, the current Co-Race Director at [craigb@fairhavenrunnres.com](mailto:craigb@fairhavenrunnres.com).

### Newsletter Contact

If you have information for the newsletter, please contact Amy Esary at 360.527.8430 or by e-mail at [aedrury@yahoo.com](mailto:aedrury@yahoo.com). The newsletter deadline for the **July** edition is **June 15**.

### Calling all GBRC members to Volunteer for Races

How many of you haven't volunteered for a GBRC race or other event in a while? It's fun and easy to do.

Did you know that one of the reasons our membership fees are so low is because we rely on all of you to help put on the monthly races and special events we host every year? Volunteer needs range from a handful of folks for a potluck and social run to 50-60 people or more for a large race like the Haggan to Haggan or Chuckanut Foot Race. You can help with registration, course support, the finish line, and results. For more information contact Rick Hill at [jeanlavalley@comcast.net](mailto:jeanlavalley@comcast.net).

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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