

Greater Bellingham Running Club Newsletter



July 2005

GBRC Hooded Sweatshirts for Sale!

Warm up post-race with a GBRC high quality Russell, dark grey hooded sweatshirts. They are available for only **\$25.00!**

To purchase yours, contact **Mary Steinberg** at: maryjo55@comcast.net
Or...check one out at **FootWorx** at Barkley Village. To see an actual member wearing one, click to **www.gbrc.net**.



Welcome New Members...

North Bennett, Hunter Bennett, Brett Desper, Ken Eastham, Carl Ennen, Gretchen Ennen, Brian Goodremont, Amanda Markel, Mark Rathkamp, Deena Rathkamp, Marci Steelman, Danna Sullivan, Madison Sullivan, Edmund Sullivan, Theresa Westfall

GBRC Member's Only Lake Whatcom Trail Fun Run

10K Fun Run &
Fabulous Tailgate Breakfast

When: Saturday, August 6, 2005
9:00 AM Start Time

Registration: 8:00—8:45 am

Where: East Lake Whatcom Trail
Follow North Shore Drive to East end of Lake Whatcom
Signs will direct you to the East Lake Trail

Distance: Approximately 10K

Questions? Genevie 671-2798

Parking is limited, if possible please carpool
Lots of great, original prizes!!

GBRC Summer Social (Run—Eat—Meet)

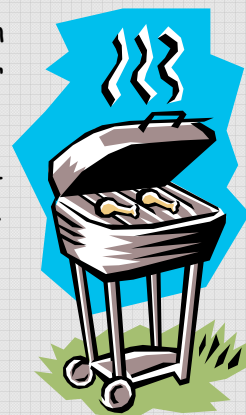
Wednesday, July 13, 5:30 pm
Lake Padden

Meet at 5:30 pm for a fun, social, and optional run around Lake Padden followed by the GBRC Summer BBQ and Meeting.

BBQ foods provided, including vegetarian options, beverages and utensils. **Please bring a side dish or dessert to share.**

Information or questions?

Mary 671-0385
Christy 647-7182



Get Rid of Paper and Save GBRC MONEY!

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!



Haggen to Haggen 5k, May 7, 2005

Place	Time	Name	Age	Gender	53	19:16	Kelly Molaski	47	F
1	14:49	Keefer Whan	40	M	54	19:20	Doran Smolkin	41	M
2	15:05	Clay Wing	30	M	55	19:27	Mike Reed	23	M
3	15:24	Sean Messiter	39	M	56	19:28	Mike Beal	51	M
4	15:26	John Collins	33	M	57	19:29	Paul Satushek	45	M
5	15:34	David Conen	36	M	58	19:32	Jeffrey Smith	37	M
6	15:51	Bob Prather	49	M	59	19:36	Andrew Lauridsen	17	M
7	15:57	Jake Hartsoch	30	M	60	19:37	Eric Schwulst	25	M
8	16:16	Steve Grichel	30	M	61	19:38	Brad Priuett	18	M
9	16:17	Steve Johnson	41	M	62	19:40	Scott Piper	60	M
10	16:28	Brad Adams	41	M	63	19:41	Lance Romo	35	M
11	16:31	Robin Beynon	35	M	64	19:44	Jordan Loober	38	M
12	16:34	Kendall Townsend	43	M	65	19:45	Shawn Van Tassel	23	M
13	16:37	Kevin Olson	43	M	66	19:46	Forrest Aretz	24	M
14	16:48	Bryan Robertson	29	M	67	19:49	Shane Carothers	24	M
15	17:00	Lawlor	27	M	68	19:54	Andy Ashbaugh	22	M
16	17:06	Scott Jamieson	41	M	69	19:55	Annie Smith	26	F
17	17:09	Stephen Roguski	46	M	70	19:57	Scott Corzine	45	M
18	17:10	Brian Bressler	29	M	71	20:00	Bill Iffrig	70	M
19	17:13	Jeff Dewitt	38	M	72	20:06	Carolyn Oviatt	32	F
20	17:14	Ron Linton	43	M	73	20:08	Gale Pfueller	62	M
21	17:25	Curtis Hardebeck	39	M	74	20:10	Eric Murphy	26	M
22	17:26	Bob Wade	45	M	75	20:14	Bill Peck	55	M
23	17:29	James M. Healey III	26	M	76	20:26	Paul Swanson	25	M
24	17:31	Allan Ortiz	25	M	77	20:29	Donna Rode	45	F
25	17:31	Kyle Breakey	19	M	78	20:31	Bob Sampson	43	M
26	17:34	Chuck Dooley	49	M	79	20:32	Michael Morris	23	M
27	17:37	Brad Templeton	39	M	80	20:33	Amanda Rodgers	22	F
28	17:41	Byron Dodge	26	M	81	20:38	Isaiah Wyckoff	22	M
29	17:45	Dan Dariae	22	M	82	20:43	Gylany Crossman	14	F
30	17:47	Noel Phillips	32	M	83	20:45	Terry Hileman	57	M
31	17:48	Albert Coyle	41	M	84	20:46	Robert Widman	45	M
32	17:51	Dean Taylor	50	M	85	20:48	David Riley	29	M
33	17:52	Garrett Dorough	13	M	86	20:48	Hanuschica Santamaria	42	F
34	17:53	Toby Dimock	31	M	87	20:48	Steve Francis	34	M
35	17:56	Joe Pankiewicz	24	M	88	20:48	Andrew Sheridan	30	M
36	17:57	Frank Sosa	15	M	89	20:50	Andrew Taylor	17	M
37	17:58	John Klein	18	M	90	20:55	Todd Sewell	43	M
38	18:07	Scott Alderson	39	M	91	20:57	Terry Stock	47	M
39	18:09	Steve Duncan	37	M	92	20:59	Kim Oesterling	39	F
40	18:17	John Rowley	44	M	93	21:01	Josh Perry	24	M
41	18:23	Jeff Stamen	22	M	94	21:02	Heather Larsen	22	F
42	18:32	Jeff Widman	19	M	95	21:03	Theresa Westfall	46	F
43	18:34	John Clark	44	M	96	21:04	Steve Lindsey	37	M
44	18:37	Jon Timmer	32	M	97	21:06	Roy Reichlina	39	M
45	18:38	Armando Briowez	54	M	98	21:08	Chris Meyer	18	M
46	18:40	James Carson	47	M	99	21:11	Sara VanTassel	23	F
47	18:42	Josh Pitts	31	M	100	21:12	Jason Gates	30	M
48	18:43	Chad Norman	30	M	101	21:13	Kim Boon	47	F
49	19:03	Becca Friday	14	F	102	21:15	David Barnhart	49	M
50	19:05	Unknown			103	21:16	Julie Steele	43	F
51	19:12	Monte Brooks	41	M	104	21:16	Nicholas Griffin	18	M
52	19:15	Nik Winjum	44	M	105	21:18	Stewart Bowmer	36	M

Haggen to Haggen Results Continued

Place	Time	Name	Age	Gender					
106	21:19	John Rohde	30	M	157	22:45	Susie Prussack	20	F
107	21:20	Ruth Harper	33	F	158	22:48	Lindsey Roberts	25	F
108	21:20	Spencer Kocan	20	M	159	22:50	Stephen Lundgren	48	M
109	21:21	Margie Prentice	35	F	160	22:53	Brian Hegelson	37	M
110	21:21	Mike Bechtol	36	M	161	22:55	Jeff Englehorn	37	M
111	21:21	Russ Sherif	45	M	162	22:59	Eric Shephard	14	M
112	21:22	Christian Sorensen	34	M	163	23:02	Christine Smith	35	F
113	21:23	Hunter Bennett	13	M	164	23:03	Marcus Young	11	M
114	21:23	Daniel Natoli	12	M	165	23:05	Michael Wallick	22	M
115	21:24	Josh Barrett	33	M	166	23:05	Chris McClanahan	37	M
116	21:28	Unknown			167	23:05	Kevin Mayock	53	M
117	21:30	Jeff Walker	22	M	168	23:07	Chris Spiiker	34	M
118	21:31	Michael Nicholson	18	M	169	23:08	Martin Brotwov	49	M
119	21:3	Dan Sherman	43	M	170	23:08	Darlene Ordello	28	F
120	21:35	Bev Iverson	35	F	171	23:09	Donald Bauthues	65	M
121	21:35	David Yousling	22	M	172	23:11	David Driskill	60	M
122	21:39	Jen Christer	24	F	173	23:13	Kimberly Matas	26	F
123	21:49	Mike Lynch	27	M	174	23:15	Doug Haley	49	M
124	21:50	Mike Riber	51	M	175	23:16	Rick Cluphf	37	M
125	21:51	Kristin Westman	23	F	176	23:20	Calvin Atkins	13	M
126	21:52	Scott Price	42	M	177	23:24	Dave Brog	45	M
127	21:56	Dave Pearce	49	M	178	23:25	Rita Filbeck	28	F
128	21:59	Tim Shea	51	M	179	23:30	Terri Lee	43	F
129	21:59	Laurie Rossman	42	F	180	23:34	Bob MacIlsac	41	M
130	22:00	Marvin Sargent	41	M	181	23:35	Karen Beebe	36	F
131	22:01	Roger Burns	43	M	182	23:37	Scott Hale	49	M
132	22:06	Michael Torpey	47	M	183	23:38	Josh Schacht	9	M
133	22:07	Sunday Card	38	F	184	23:40	Fred Schacht	42	M
134	22:07	Levi Haines	27	M	185	23:41	James Hill	43	M
135	22:08	Tommy Bailey	16	M	186	23:43	Minta Stover	28	F
136	22:09	Brandon Lee	15	M	187	24:01	Vicki Griffiths	61	F
137	22:10	Wendy Koslicki	14	F	188	24:02	Laura Steffens	18	F
138	22:11	Tim Mayock	18	M	189	24:03	Jennifer Snider	24	F
139	22:13	Mike M. Bartosch	51	M	190	24:04	Unknown		
140	22:15	Ann Hegelson	38	F	191	24:06	John White	12	M
141	22:17	Peter Haase	64	M	192	24:07	Pat Frambach	41	M
142	22:18	Lana Rigelman	22	F	193	24:10	Linda Bergeron	39	F
143	22:18	Tanner Weymouth	9	M	194	24:12	Spencer Albin	47	M
144	22:19	David Weymouth	41	M	195	24:13	Danny Bult	35	M
145	22:20	Melissa Bradley	16	F	196	24:15	Patrick Dougherty	37	M
146	22:21	Mike Rorvig	46	M	197	24:15	Tony Repanich	31	M
147	22:22	Brent Carbajal	42	M	198	24:18	Lorinda Gebhart	33	F
148	22:29	Cornelius Partsch	38	M	199	24:18	David O'Connor	23	M
149	22:30	Greg Jones	41	M	200	24:20	Jocelyn Parine	27	F
150	22:31	Kristin Lessley	28	F	201	24:20	Michael Sampson	27	M
151	22:32	Brian Gilmore	41	M	202	24:21	Jom Ostendorff	30	M
152	22:35	Gary Stoyka	38	M	203	24:21	Devon Sullivan	22	F
153	22:37	Jason Bergman	35	M	204	24:22	Eileen Russell	33	F
154	22:38	Scott Lommers	38	M	205	24:22	Aaron Mynatt	24	M
155	22:42	Steven Sterk	33	M	206	24:23	Liam Dewilde	12	M
156	22:43	Julie Smolkin	37	F	207	24:25	Michelle Ramlow	31	F
					208	24:26	Marcie Sowers	40	F
					209	24:26	Sunnie Slenets	34	F

Haggen to Haggen Results Continued

Place	Time	Name	Age	Gender	262	25:46	Michelle Lewis	31	F
210	24:27	Sara Swetish	33	F	263	25:47	Tyler Reese	15	M
211	24:27	Astrid Newell	40	F	264	25:52	Unknown		
212	24:28	David Westman	48	M	265	25:54	Annie Carlson	42	F
213	24:28	Ruth Taylor	50	F	266	25:56	Maureen Connelly	49	F
214	24:29	Aimee Nelson	33	F	267	25:57	Luka Mackay	14	F
215	24:29	Chris Comeau	40	M	268	26:04	Vicki Halverson	34	F
216	24:30	Sherri Prather	51	F	269	26:05	Kourtnei Nibler	20	F
217	24:31	Leslie Bartosch	46	F	270	26:11	Don Glick	73	M
218	24:32	Kelsey Thomas	12	F	271	26:13	Kamden Crass	2	F
219	24:33	Don Wilcox	68	M	272	26:14	Jeannette Crass	34	F
220	24:34	Pauline Renick	41	F	273	26:17	Megan Luckhurst	27	F
221	24:35	Lotte Freeman	39	F	274	26:19	Lynn Coakley	36	F
222	24:36	Eric Brown	52	M	275	26:22	Carolyn Swinburne	46	F
223	24:37	Janet Visbeek	47	F	276	26:22	Elizabeth Corcoran	44	F
224	24:40	Cassa Wing	23	F	277	26:24	James Christianson	35	M
225	24:42	Robert Brim	56	M	278	26:25	Shasonta Delmage	32	M
226	24:44	Crystalynn Harsh	11	F	279	26:26	Joel Pense	22	M
227	24:47	Paul Minckler	35	M	280	26:27	Emma Norman	32	F
228	24:50	Scott Harsh	38	M	281	26:28	Vicki Brighton	46	F
229	24:51	Cami Grichel	30	F	282	26:28	Maria Laureles	32	F
230	24:52	Turtle Van-Dalen	37	M	283	26:29	Jade Luckhurst	26	M
231	24:55	Erimy Saldivar	26	M	284	26:30	Sarah Saxvik	33	F
232	24:56	Randy Hanson	43	M	285	26:32	Katie Beaver	19	F
233	24:57	Ryan Hanson	6	M	286	26:33	Luke Brockman	19	M
234	25:00	Boris Balic	68	M	287	26:33	Lori Stock	45	F
235	25:02	Heidi Rose	43	F	288	26:34	Amy Seebeck	19	F
236	25:03	Sarah Schroeder	23	F	289	26:43	Melinda Paul	26	F
237	25:09	Chris Barnett	20	M	290	26:49	Rebecca Brown	20	F
238	25:10	Len Parine	57	M	291	26:50	Devin Schenk	16	M
239	25:12	Bobby Golden	20	M	292	26:51	Mary Mills	58	F
240	25:13	MaryMargaret Bowmer	39	F	293	26:52	Diane Schenk	27	F
241	25:13	Tyr Gavaldon	30	M	294	26:54	Wendy Sim	33	F
242	25:18	Karli Koning	25	F	295	26:56	Sarah DeBruler	22	F
243	25:19	Andrew Loder	42	M	296	26:58	Bill Marti	25	M
244	25:20	Amy Dooley	19	F	297	26:59	Tanya Rowe	31	F
245	25:21	Jeremy Reese	18	M	298	26:59	Roxanna Hayes	51	F
246	25:21	Josh Smith	29	M	299	27:00	Al Wood	53	M
247	25:22	Paula Stokes	35	F	300	27:00	Dick Ryan	70	M
248	25:23	John Mumma	47	M	301	27:02	Mary Ann Wood	51	F
249	25:24	Mara Shaw	31	F	302	27:02	Dylan Furst	13	M
250	25:28	Diane Bouwman	45	F	303	27:03	Ron Johnson	49	M
251	25:28	Wade Koning	25	M	304	27:03	Mollie Berres	14	F
252	25:29	Jill Ashbaugh	52	F	305	27:04	Sarah Buckenmeyer	16	F
253	25:31	Krista Williams	38	F	306	27:04	Michael Caswell	15	M
254	25:34	Mike Mackay	52	M	307		Emma Anderson	13	F
255	25:39	Jennifer Figgie	45	F	308		Malinda Gates	29	F
256	25:42	Bill Rode	52	M	309		Donna Brooks	61	F
257	25:43	Marcella Halverson	37	F	310		Autumn Boyle	13	F
258	25:44	Unknown			311		Alexandra Hull	14	F
259	25:45	Rachel Wyckoff	22	F	312		Howard Furst	52	M
260	25:45	Debra Schwulst	21	F	313		Mary Ann Boyle	14	F
261	25:46	Joey de Boer	43	M	314		Julie O'Neill	42	F

Race Beneath the Sun, June 4, 2005
5 miles

Place	Name	Time	Gender	Age
1	Allan Ortiz	30:11	M	25
2	Noel Phillips	31:32	M	32
3	Bob Wade	31:46	M	45
4	Darrell Smith	32:50	M	48
5	Kevin Stickle	34:31	M	30
6	Bob Bridges	35:02	M	17
7	Doran Smolkin	35:23	M	41
8	Craig Wemp	36:12	M	46
9	Paul Wood	36:28	M	56
10	Dan Philpott	36:28	M	46
11	Terry Hileman	37:09	M	57
12	Dan Pike	37:22	M	48
13	Joaquin Kirk	38:06	M	38
14	Margie Prentice	38:15	F	35
15	Bill Giller	38:51	M	58
16	Brian Gilmore	40:17	M	41
17	Scott Hale	40:40	M	49
18	Reed Miller	40:47	M	66
19	Joe Miller	41:01	M	38
20	Ron Sonntag	41:02	M	50
21	Darlene Ordello	41:07	F	28
22	Dustin Banks	41:44	M	30
23	Becky Bridges	42:10	F	42
24	Rita Filbeck	42:24	F	28
25	Don Wilcox	42:48	M	68
26	Marcus Young	42:58	M	12
27	Jeremy Wolf	42:59	M	36
28	Margaret Carter	43:09	F	48
29	Amy Dooley	44:23	F	19
30	Shelly Taylor	44:32	F	35
31	Marcie Sowers	44:39	F	40
32	Allegra Brown	45:25	F	29
33	Lindsay Anderson	46:00	F	25
34	Joey DeBoer	47:45	M	43
35	Kimiko Uemura	48:01	F	42
36	Anne Freeman	48:04	F	29
37	Mark Young	48:16	M	49
38	Meredith Jarvis	48:51	F	35
39	Brian Andersen	49:00	M	44
40	Don Glick	49:13	M	74
41	Linda Mariz	49:28	F	56
42	Sally Hileman	49:52	F	56
43	Tricia Davis	51:48	F	32
44	Wendee Dawson	51:48	F	35
45	Arthur Robertson	52:43	M	38
46	Dale Haeker	54:20	M	63
47	Joni Triplett	54:22	F	58
48	James Aiken	56:22	M	53

Race Report: RACE BENEATH THE SUN

The 5 mile race was held Saturday, June 4 under sunny skies at Fairhaven Park.

The overall winners were Allan Ortiz (30:11) and Margie Prentice (38:15). The kids ½ mile was won by Megan Young, age 9, (3:32) with Gabe Pike, age 6, Emma Gilmore, age 3, and Robyn Pike, age 3, finishing after her.

Our fantastic volunteers were Tjalling Ypma and his 3 sons, Stacey Nordtvedt, Susan Kagle, Chris Comeau, Christy Fazio, Kim Boon and her 2 daughters, Rene Wendt, Cheryl Batty, Alta Stauffer, Linda Mariz, George Mariz, Leigh Foley, Rick Hill, Jean LaValley, Scott Piper, Jack Laird, D'Linda Laird, Christopher Navarre, Sharon Evans.

The bread was donated by Great Harvest Bread and the 1st place gift certificates were donated by Fairhaven Runners. The race directors Alison Allen and Carolyn Nordtvedt thank all the volunteers and sponsors for their support and enthusiasm.

GBRC Calendar

7/8	Chuckanut Footrace—Marine Park Craig Bartlett, 733-7159, craigb@fairhavenrunners.com James Hayes, 647-3501	7 M	9:00 AM
7/13	GBRC Run-Eat-Meet—Lake Padden Mary Steinberg 671-0385 Christy Fazio 647-7182	2.6M	5:30 PM
8/6	Lake Whatcom Run—Lake Whatcom Trail Head GBRC Members ONLY! Genevie Roguski, 671-2798, steve@fairhavenrunners.com	10k	9:00 AM
9/3	Lake Padden Relay—East Lake Padden Dick Ryan 733-2647 Bill Rose 734-8892 Danny Anderson 360-384-1639	4 x 2.6M or 10.4 M solo	10:00 AM

GBRC Board Meeting Minutes May 16, 2005

Attending: Len, Gale, Tjalling, Leigh, Cheryl, Polly, Paul, Carolyn, Rick, Jean, Bill, Alison, Christy, and Boris. **Location:** St. Luke's Health Conference Center

Secretary's Report: Approved

Treasurer's Report: The financial statement through the 1st quarter of 2005 was approved.

Membership: Bill noted membership is down. As of April 2005, there are 472 members compared to 548 in April 2004. Bill will send a reminder email in June to non-renewing 2004 members. Polly suggested sending out a renewal postcard in December. The renewal notice could be included with the winter party invitation.

Website: There were 25% more hits than last year at this time (from 15,000 to 20,000) and more local races have results posted on our website. Rick introduced the discussion board feature of the site. The discussion board could be promoted by an announcement at the track workouts and through the newsletter.

Race Director Liaison: Haggen to Haggen race directors Jean and Rick reported there

were 575 runners and a record number of overall participants. Five policemen, paid certified flaggers, club members, and Sehome booster club members were on the course, at registration, and the finish line. Jean noted more orange vests were needed. Budget items included traffic cone rental, a new megaphone, and a donation to the booster club. Race Director Guidelines: Rick will assist Alison. Race Director Workshop: For race directors and interested volunteers to learn how to use the clock and timers will be scheduled in the future.

Equipment Manager/Tech Coordinator: Alison will buy 1 new Seiko timer and have the other 2 repaired. Timers have been damaged by rough usage and should be stored in separate boxes. Alison will buy 12 new orange vests.

Events/Activities: Christy reported that Heather Nakamura's nutrition presentation was very good but was not well attended. The physical therapy talk will probably be arranged for fall. The July barbeque will be at Lake Padden on Wednesday, July 20.

Old Business: Chuckanut Footrace funding alternatives: Len is communicating with Superfeet. Track Workouts: Members meet at Squalicum High School track at 5:30 through July 13.

The Lake Samish Run will not be rescheduled for a different month. The January date will remain the same. High School Scholarship update: Christy reported applications are due in by June 30th.

New Business: Race volunteer shortage. Jean suggested a policy that high school booster clubs be given a donation in exchange for volunteering at a race. A motion was passed: The GBRC will support high school track and cross-country by making a donation, at the discretion of the race director, to secure volunteers for GBRC races. Boris' comment: Boris wants the club to focus more on older runners.

Carry over items: 2004 financial records audit status and sale of club-related sweatshirts

Next Meeting: General membership run/meet/eat social potluck at Lake Padden, Wednesday, July 13, 5:30pm.

Next board meeting will be **Monday, September 19**, at the St. Luke's Conference Center at 6:30.

Submitted by Carolyn Nordtvedt, Secretary

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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Greater Bellingham Running Club
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