

March 2006 Newsletter

Greater Bellingham Running Club



GBRC Race Director and Volunteer Workshop

Date: Sunday- March 12, 2006
Time: 2 PM- 4PM
Location: Discovery Park mini storage
1440 King St., Bellingham
Cost: FREE! Pre-registration is required. Deadline is March 8.

GBRC members are invited to attend an informal and informational workshop on race planning, equipment available through GBRC, equipment operation, course setting and marking, timing, finish line set-up and procedures, and results tabulation.

This is a great opportunity for all race directors, anyone interested in being a race director, or volunteers to learn more about how to conduct a successful event.

For more information or to register: Alison Allen at 671-6724

Girls on the Run:

To prepare girls for a lifetime of self-respect and healthy living...

Girls on the Run (GOTR) is an experiential learning program for 3rd to 5th grade girls. The spring session begins March 20 and runs through May 31. Financial assistance is available, and space is limited.

For more information please contact Brie Hyslop at the Whatcom Family YMCA. (360) 733-8630
www.whatcomymca.org.

Support GOTR by participating in a Benefit Race

Date: June 3rd

Distance: 1.5M Kids Fun Run and Certified 5K race.

For more information on the race, contact Dan Persse at 360.371.3882. Check GBRC.net or the YMCA for registration information.

Join GBRC for Weekly Track Workouts

GBRC Track workouts have started under new coach, Mike Karl. The workouts are Wednesday nights at Bellingham High School (due to construction at Civic Field) at 5:30 pm. Check the GBRC website for each week's workouts.

For more information or to join the email distribution list, contact Coach Karl at: mikekpt@gmail.com



GBRC Board Meeting Minutes

January 9, 2006,

St. Luke's Health Ed. Center

Attending: Len, Christy, Gale, Carolyn, Alison, Tjalling, Leigh, Scott, Bill, Rick, Polly, Kevin, Cheryl, Linda Beckman and Erin Dommies (directors of Chuckanut Footrace), Debbie Wiebe (co-director of 2 for the Road), and Theresa Park (co-director of Turkey Trot).

Secretary's Report from 11/21/05 (submitted by Alison Allen) was approved.

Treasurer's Report was approved. Gale presented financials for 2005. The 2004 audit is still in progress.

Membership: Bill reported 274 members as of January 9. 81 members (38 households) are gratis for being board members, race directors, and special lifetime members. An inquiry was made by a member for a senior membership at a reduced rate. Bill will inform the member that membership is \$20 for those over 18. The membership is very low priced for all the races in which one can participate.

Bill processed many applications at the Lake Samish Runs.

Website/ Communications: The member discussion group has been getting unwanted spam, porn, etc. A change to a Yahoo group is being considered, but Rick is not ready to do that yet.

Race Director Liaison Report: The Fairhaven Frosty had 150 runners, and the Lake Samish Runs had 200. The Squalicum girls helped at the Lake Samish Runs. Despite rules of the road being posted at the Samish Runs, many runners ran 3 and 4 abreast instead of single file. Debbie Wiebe talked about preparations for the upcoming 2 for the Road. Leigh and Tjalling will have the Birch Bay Marathon course certified in time for the February 19th Marathon and 25K event.

Chuckanut Footrace Sponsorship--- Budgets, expenses, and possible sponsors were discussed. The race co-directors will talk with Steve Roguski, owner of Fairhaven Runners, about sponsorship of the Footrace for 2006.

Race Guidelines Update: Rick, Polly and Tjalling reviewed Alison's guidelines and will post it on the website. Alison will check with the storage facility about having a race director workshop on their premises.

Equipment manager/Tech coordinator: Alison was told more ice packs were needed in the first aid kit. Space blankets will be needed for the marathon.

Alison noted that race permit issuers are asking for certified flaggers at any place traffic needs to be stopped. Flaggers cost \$80 for 4 hours and can be hired at Northwest Safety Signs. The GBRC hopes a few members will want to become certified flaggers.

Events/Activities: Christy reported 2 summer barbecues (one with an adventure run) and a holiday party in December are planned for 2006. The 2005 holiday meeting and party had about 80 members attending.

High School Volunteers: Polly reported that High School volunteers are being used with a donation of \$100 for 10 student volunteers. An adult or 2 are being asked to supervise the students.

A replacement track coach for spring workouts has not been found yet.

Len presented a draft budget for 2006 but there was not enough time to discuss it. We will look at it at the next meeting.

Race entry fee structure update (Bill, Kevin, Christy, Polly and Rick) has not met yet.

Cheryl reported runners' cars had been broken into at Barkley Village early in the morning. This is also a problem at trail heads and Lake Padden. Runners are advised not to leave purses, ID, or cell phones in their vehicles.

Newsletter deadline is February 15. The next meeting is March 20th, 6:30 pm at the Health Ed. Center. Adjournment: 8:35pm

Submitted by,
Carolyn Nordtvedt, Secretary

Runners Beware — Car Break-Ins

There have been a number of vehicles break-ins and prowling reported at popular running spots. Protect yourself by not leaving valuables in your car. If you have valuables in your car, secure them in your truck or out of site.

Areas to be aware of according to the Bellingham Police are:

- Lake Padden
- Fairhaven Park
- Rotary Trailhead
- Arroyo Park Trail Head
- Fairhaven Veterinary area
- Haggan Barkley Village

Lake Samish Runs Results, January 7, 2006

6.5 mile Results

| Name | TIME | Name | TIME | Name | TIME |
|----------------------|---------|----------------------|---------|----------------------|---------|
| Ed Harri | 0:36:20 | Bob Carson | 0:57:26 | Katie Jewett | 1:05:12 |
| Garret VanSwearingen | 0:37:20 | Sherry Vandebos | 0:57:41 | Tiffany Morton | 1:05:13 |
| Jimmy Healey | 0:41:01 | Debbie Hewlet | 0:58:08 | Lezlie Fox | 1:05:16 |
| Mike Karl | 0:41:05 | Jack Louws | 0:58:20 | Jackie Reed | 1:05:16 |
| Stohn Nishino | 0:42:02 | Hanuschka Santamaria | 0:58:24 | Doug Ermini | 1:05:18 |
| Chuck Dooley | 0:42:18 | Wanda Rich | 0:58:27 | Jim Schmotrer | 1:05:21 |
| Damian Hill | 0:42:27 | Jerry Kilgore | 0:58:38 | Bill Rode | 1:05:24 |
| Andrew Cline | 0:43:15 | Boris Balic | 0:58:44 | Amelia Cook | 1:05:29 |
| Joakim Nilsson | 0:44:33 | Grace Wang | 0:58:47 | Lisa Swanson | 1:05:48 |
| Nico Lanimga | 0:44:37 | Laurie Gulley | 0:58:51 | Carla Antonson | 1:05:55 |
| Kate Southcote Want | 0:44:38 | Mary Decker | 0:59:09 | Brad Swanson | 1:06:28 |
| Peter Kolby | 0:45:01 | Mark Mullins | 0:59:10 | Theresa Oien | 1:06:32 |
| Paul Ricci | 0:45:12 | Tom Campbell | 0:59:33 | Wendy Porter | 1:07:39 |
| Madison Wrest | 0:45:26 | Chris Spilker | 1:00:12 | Lynnette Ondeck | 1:07:53 |
| Kichiro Shiozaki | 0:45:32 | Julie Everson | 1:00:20 | Angela Elliott | 1:08:39 |
| Dennis Reilly | 0:46:06 | Yvonne Desaulniers | 1:00:21 | Tony Cook | 1:08:49 |
| Rick Hill | 0:46:41 | Dawne DeJong | 1:00:30 | Mary Kay Becker | 1:10:36 |
| Amanda Markell | 0:47:41 | Ben Muller | 1:00:40 | Flora Young | 1:11:03 |
| Alanna Steele | 0:48:41 | Tom Beckley | 1:00:52 | Linda Mariz | 1:12:02 |
| Bill Pech | 0:46:48 | Chuck Cooper | 1:01:02 | Mimi Meggyesy | 1:12:27 |
| Scott Piper | 0:46:52 | Terry Bumford | 1:01:09 | Chi-Na Stoane | 1:12:27 |
| Theresa Westfall | 0:46:54 | Joey deBoer | 1:01:13 | Melissa Patterson | 1:18:52 |
| John Shick | 0:47:24 | Wayne Vogel | 1:01:22 | Brielle Kingsborough | 1:18:52 |
| Alina Brown | 0:47:27 | Mary MacDonald | 1:01:31 | | |
| Terry Stock | 0:47:39 | Diane Cooper-Schick | 1:01:56 | | |
| Edmund Sullivan | 0:48:39 | Tovah Bayer | 1:02:13 | | |
| Doug Bruland | 0:48:45 | Cindy Louws | 1:02:23 | | |
| Donna Rode | 0:48:50 | Doniel Chauvin | 1:02:23 | | |
| Lora Olinger | 0:49:02 | Luanne VanWerven | 1:02:26 | | |
| Julie Steele | 0:49:07 | William Scott | 1:02:30 | | |
| Kevin Decker | 0:50:14 | Scott Mullins | 1:03:04 | | |
| Steve Vandebos | 0:50:21 | Elaine Ekman | 1:03:06 | | |
| Marvin Sargent | 0:50:46 | Dale Evans | 1:03:10 | | |
| Phil Damon | 0:50:46 | Kristina Bowman | 1:03:18 | | |
| Bill Giller | 0:51:09 | Barb Macklow | 1:03:19 | | |
| Kelly Jewett | 0:52:19 | Don Glick | 1:03:29 | | |
| Ryan Gaffney | 0:52:36 | Judy Sande | 1:03:37 | | |
| Chad Egger | 0:53:45 | Tanis Otter | 1:03:38 | | |
| April Dierdorff | 0:53:54 | Trina Hall | 1:03:39 | | |
| Mike Shaw | 0:54:21 | Teresa Parke | 1:03:41 | | |
| Brenda Philip | 0:55:04 | Renny Richards | 1:03:43 | | |
| Dennis Wischmeier | 0:55:09 | Mary Mills | 1:04:06 | | |
| Bill Decker | 0:55:40 | Joann Johnson | 1:04:08 | | |
| Jim DeGolier | 0:55:41 | Ward Pletcher | 1:04:12 | | |
| Debra D'Antonio | 0:56:52 | Michelle Neff | 1:04:12 | | |
| Megan Johnson | 0:57:06 | Ann Helgeson | 1:04:14 | | |
| Vicki Griffiths | 0:57:21 | Ryan Neff | 1:04:41 | | |
| Dave Pearce | 0:57:22 | Rob Meredith | 1:04:51 | | |
| Wayne Crenshaw | 0:57:23 | Paul Church | 1:04:55 | | |
| Kris Carlson | 0:57:25 | Wendy Chin | 1:04:56 | | |
| | | Brian Porter | 1:05:09 | | |

13.1 Mile Results

| Name | TIME |
|------------------|---------|
| Kiefer Whan | 1:18:37 |
| Jay Sloan | 1:19:34 |
| Robert Durrant | 1:20:16 |
| Pete Hansen | 1:22:07 |
| Bryan Robertson | 1:23:40 |
| Beau Whitehead | 1:23:48 |
| Kento Tuguchi | 1:24:02 |
| Al Coyle | 1:26:34 |
| Bryce Fegley | 1:27:50 |
| Scott Young | 1:28:01 |
| Doug Maclean | 1:29:54 |
| Lance Romo | 1:30:00 |
| Jerry Crofont | 1:31:14 |
| Noel Phillips | 1:32:19 |
| Jason Gulley | 1:33:07 |
| Marcus Warolin | 1:35:19 |
| Charles Crompton | 1:35:32 |
| Doron Smolek | 1:35:36 |
| Lori Whitehead | 1:36:54 |
| Mark Bussell | 1:37:13 |
| Bill Effric | 1:38:11 |
| Kyle Haugsvan | 1:42:05 |
| Chad Norman | 1:42:35 |

Continued on Page 4

Lake Samish 13.1 results**Western Stampede 5k, January 28, 2006**

| Name | Time | Name | Time | Name | Time |
|-------------------|-------------|-----------------------|-------------|--------------------|-------------|
| Scott Raittan | 1:43:10 | Kento Taguchi | 17:59 | Jamie Penrod | 27:38 |
| Del Noble | 1:44:24 | Stacy Moon | 18:41 | William Martin | 27:58 |
| Bruce Moore | 1:44:43 | Meghan Lyle | 19:00 | Melissa Bilderback | 28:03 |
| Enzo Federico | 1:45:15 | Jimmy Healey | 19:16 | Julie Emerson | 28:03 |
| Warren Feerer | 1:45:38 | Chuck Dooley | 19:20 | Barry Hullett | 28:19 |
| Ben Stevens | 1:45:48 | Jeff Stamey | 20:00 | Glen Harris | 28:27 |
| Vernon Brown | 1:46:23 | Kota Matsubara | 20:04 | Susan Silva | 28:28 |
| Jeannie DeBarr | 1:46:23 | Magnus Collander | 20:11 | Rick Franey | 28:29 |
| Patrick Curry | 1:46:38 | Marti Riemer | 20:13 | Dick McClenahan | 28:40 |
| Scott Dorough | 1:47:58 | Keiichiro Shiozaki | 20:30 | Sue Jacobsen | 28:42 |
| Ken Greenaway | 1:48:15 | Nik Winjum | 20:43 | Robert Jacobsen | 28:43 |
| Jamie McKenzie | 1:48:59 | Leslie Sharp | 20:44 | Calvin Bratt | 28:53 |
| Tom Caldwell | 1:49:31 | Josh Howard | 21:29 | Maria Healey | 28:57 |
| Jennifer Brown | 1:50:25 | Peter Kolby | 21:32 | William Brotten | 29:25 |
| Barbara Rappaport | 1:52:14 | Bob Stewart | 22:03 | Georgeanne Keenan | 29:53 |
| Alan Fox | 1:52:49 | Jeremy Vanderpool | 22:22 | Linda Morley | 29:55 |
| Tjalling Ypma | 1:53:54 | Wendy Koslicki | 22:32 | Bill Stamey | 30:10 |
| Mel Preedy | 1:54:14 | Matt Berger | 22:46 | Temulen Sankey | 30:34 |
| Diana Robinson | 1:54:15 | Terry Stock | 23:02 | Shannon Weatherby | 30:51 |
| Heather Gale | 1:54:22 | Alanna Steele | 23:15 | David Kiefer | 30:52 |
| Anne Marie Zemrow | 1:54:56 | Joel Sankey | 23:17 | Jennifer Ross | 31:02 |
| Keith Adkin | 1:55:11 | Arlane Olson | 23:38 | Lucia Muller | 31:03 |
| Adam Snyder | 1:56:02 | Julie Steele | 23:54 | Ikue Kinoshita | 31:42 |
| Peter Sparling | 1:56:51 | Rob Woods | 24:05 | Eri Hosaka | 31:42 |
| Glen Hendry | 1:57:16 | Kevin Richens | 24:14 | Unknown | 31:44 |
| Julie Smolek | 1:57:55 | Matt Jellett | 24:21 | Colleen Stremmer | 31:48 |
| Laurie Olafsen | 1:59:36 | Diana "Slug" Robinson | 24:24 | Gay Nelson | 31:53 |
| Francine Hong | 1:59:51 | Chuck Cooper | 24:27 | Katie Loeffler | 32:17 |
| Brian Helgeson | 2:00:15 | David Jessup | 24:35 | Jessica Allen | 32:25 |
| Brian Gilmore | 2:00:51 | Rod Phillips | 24:36 | Aimee Asgarian | 32:25 |
| Janet Rosenfeld | 2:01:12 | Julia Munger | 25:04 | Ed Dolan | 32:30 |
| Kim Halkett | 2:02:18 | Tori Harris | 25:11 | Mare Bailey | 33:32 |
| Tracy Zomar | 2:02:45 | Unknown | 25:12 | Cindy Thomas | 34:16 |
| Carmen Funk | 2:04:53 | Unknown | 25:14 | Kim Thornadtsson | 34:17 |
| Christina Wiggins | 2:05:01 | Don Ligocki | 25:22 | Mary Kay Becker | 34:29 |
| Daryl Hill | 2:05:41 | Unknown | 25:32 | Tessa Baker | 34:33 |
| Stacy Otter | 2:05:41 | Julie Smolkin | 25:32 | Patti Madison | 34:58 |
| Kathy Crompton | 2:06:06 | Hilary Koslicki | 25:36 | Teresa Flinn | 34:59 |
| Kathy Crompton | 2:06:41 | Andy McClenahan | 25:40 | Chris Kantack | 35:28 |
| Armando Brionez | 2:07:24 | Nick Bailey | 25:41 | Janice Marlego | 35:55 |
| Danielle Kramer | 2:08:42 | Katy Philpott | 25:45 | Dianna Beck | 35:58 |
| Kaali Sill | 2:08:48 | Glenn Ishihara | 25:50 | Leslie Miszczar | 36:19 |
| Suzanne Tiger | 2:10:02 | Stacy Otter | 26:00 | William Sutton | 36:28 |
| Lori Stock | 2:10:34 | Jason Bergman | 26:18 | Henry Cruz | 38:11 |
| Sandi Essley | 2:12:43 | Steve Duncan | 26:30 | Jan Rystrom | 39:00 |
| Aeron Horath | 2:12:43 | Jennifer Giller | 26:43 | Susan Joyner | 39:05 |
| Sharon Evans | 2:13:05 | Bill Giller | 26:43 | Leann Avery | 39:27 |
| Jessie DiPardo | 2:13:05 | Mike Rousseau | 27:00 | Randee Hahn | 39:28 |
| Dale Haeker | 2:14:08 | Scott Caldwell | 27:01 | Hannah Nilsen | 39:28 |
| Ian Montgomery | 2:15:39 | Brian Hefter | 27:16 | Monika Mahal | 39:35 |
| Betty Curl | 2:16:03 | Hank Hefter | 27:19 | Pam Jessup | 39:36 |
| C. WanWingerden | 2:25:16 | Elizabeth Bitting | 27:26 | Dorothy Schwind | 44:45 |
| | | Barbara Schickler | 27:28 | Darryl Pope | 44:46 |

Two for the Road, February 11, 2006

| Name (s) | Time | Name (s) | Time |
|--------------------------------------|-------|---------------------------------------|-------|
| Bryan Robertson | 18:02 | Linda Mariz | 29:42 |
| Jimmy Healey | 18:26 | Jan Wolfsberg/Per Wolfsberg | 30:28 |
| So Hidachi | 18:30 | Debbie Wolff | 30:40 |
| Keichiro Shiozaki/Kota Matsubara | 19:46 | Team Swanson | 30:44 |
| Carol Frazey/Paul Frazey | 20:55 | Elody Samuelson | 30:50 |
| Alanna Steele/Garrett Dorough | 21:26 | Alaine Borgias/Paul Haskins | 31:00 |
| Matt Berger | 21:37 | Joel Sankey/Teki Sankey | 31:05 |
| Scott Larsen | 21:43 | Christy Alexander/Chris Douglass | 31:06 |
| Marcus Warolin/Jen Warolin | 21:49 | Don Glick | 31:14 |
| Zoe LeFrancois | 22:04 | Mary Mills | 31:15 |
| Donna Rode | 22:26 | Charity McCarthy/William Scott | 32:20 |
| Julie Steele/Scott Dorough | 22:39 | Flora Young | 32:45 |
| Adam Anderson/Eric Smith | 22:42 | Tessa and Cheryl | 33:07 |
| Arlane Olson/Mary Ann Boyle | 22:57 | Muriel/Maria/Amber | 35:37 |
| Ken Klepson/Sean Bowman | 23:26 | Ermini and Gray | 36:23 |
| Eri Taguchi/Kento Taguchi | 23:36 | Kelly Mielke/Shea Mielke | 36:25 |
| Bill Giller | 23:38 | Maheen Memon/Bruno Atristain | 37:06 |
| Noel Phillips/Stacey Nordtvedt | 23:45 | Debbie Wiegand | 37:26 |
| Chuck Cooper | 23:45 | William Sutton | 37:26 |
| Tanis Otter/Diana Robinson | 24:01 | Becky Bridges/KC Bridges | 38:52 |
| Doran Smolkin/Julie Smolkin | 24:06 | Melissa Koger/Jeff Koger | 40:08 |
| Mike Riber | 24:08 | Nancy and Barbara | 41:23 |
| Steve VandenBos/Sherry VandenBos | 24:12 | Katrina LeFrancois-Hanson/Tom Hammond | 43:02 |
| Armondo Briones/Hanuschka Santamaria | 24:32 | Judy McKernan/Todd McKernan | 44:06 |
| Brian Gilmore | 24:54 | Brenda and Donna | 45:30 |
| Donna LeBlonde/Vincent Janigo | 25:12 | Terri McKee/Rob Graham | 49:33 |
| Jason Gulley/Laura Gulley | 25:14 | Sandy Olsenand Josie Estrada | 49:38 |
| Mike Bartosch/Leslie Bartosch | 25:22 | Payton DeWitt/Jeff DeWitt | 52:05 |
| Rachel and Jaclyn | 25:28 | Paul Clement/Mary Clement | 55:23 |
| Susan Leone/Doug Righter | 25:30 | | |
| Joe Connors/Terry Connors | 25:37 | | |
| Devon Sullivan/Shawn Sullivan | 25:56 | | |
| Darlene Ordello/Rita Ordello | 25:59 | | |
| Teresa Parke/Lora Olinger | 26:00 | | |
| Terry Stock/Lori Stock | 26:06 | | |
| Anna Malpica/Beth Chrisholm | 26:28 | | |
| Alta Stauffer/William Stauffer | 26:38 | | |
| Sandi Essley | 27:05 | | |
| Ted Rosen | 27:08 | | |
| Tovah Bayer/Mike Karl | 27:12 | | |
| Jessica Sankey/Chris Spilker | 27:17 | | |
| Boris Balic | 27:22 | | |
| Jennifer Collins | 28:19 | | |
| TheresaOien | 28:27 | | |
| Dale Haeker | 28:30 | | |
| Stacy and Judy | 28:45 | | |
| Gretchen Oien | 28:49 | | |
| Colleen Wolfsberg | 28:53 | | |
| Stacy Moon/Megan Bent | 29:08 | | |
| Heather Rainey | 29:28 | | |
| Joanna Tones/Wayne Vogel | 29:39 | | |

Lake Samish Runs report:

NO SNOW!!!! We had great running weather and other than a few of our mile markers being washed away by heavy rains Friday evening all went well.

We had record numbers with 128 participants in the 6.5 mile race and 75 participants in the half marathon.

Thanks to all the great volunteers, we couldn't put on races without you! I misplaced the volunteer list – so to the best of my recollection a great big thanks to: Linda & George Mariz, Gale Pfueller, Paul, Cathy Cushing, Sharon Ensslen, Kevin & Mike Fazio, Carolyn Nordtvedt, Alison Allen, Rene Wendt, Al Reimer, Kim Boon, Mark Steinberg, Great Harvest Bread for the donation of delicious and healthy bread. A big thanks to Kelli Jackson, coach of the Squalicum Cross Country team who brought a delightfully helpful group of girls to help: Ali Bartosch, Kelsey Butenschoen, Cori Stevens, Taylor Shipman, Emily Schick, Bronwyn Crossman, Sophia Curl, Tia Herdman, Allison Leake and student teacher Julie Hathaway.

GBRC Race Calendar

| | | | |
|-------------------|------------------------------------|--------------------|----------|
| March 4, 2006 | Honeywagon Runs | .5M, 4M, 13.1M | 10:00 am |
| March 18, 2006 | Chuckanut Mountain 50k | 50k | 8:00 am |
| May 13, 2005 | Haggen to Haggen | 5k | 8:00 am |
| June 3, 2006 | Race Beneath the Sun | .5M, 5M | 10:00 am |
| July 8, 2006 | Chuckanut Foot Race | 7M | 9:00 am |
| August 5, 2006 | Lake Whatcom Run (Members Only) | 10k | 9:00 am |
| September 2, 2006 | Lake Padden Relay | 4x2.6M, 10.4M Solo | 10:00 am |

Complete race calendar and details available at www.GBRC.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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