

# Greater Bellingham Running Club



## Upcoming Events

More info at: [www.gbrc.net](http://www.gbrc.net)

### Run to End Hunger

**Date:** August 25, 2007, 9:00 am, **Location:** 1511 E Broadway , Mt Vernon, WA

**Contact:** Kristen Reid (Organizer), phone: 360 424-0208

### Lake Padden Relay

4 Person X 2.6 mile or, Individual 10.35 mile Run

**Date:** Saturday September 1, 10:00 am, East Lake Padden Park, Bellingham

### Fairhaven Runners Waterfront 15K

**Date:** Saturday September 15, 8:30 am, Bellingham

You must pre-register for this event, no day of race registration  
go to [www.fairhavenrunners.com](http://www.fairhavenrunners.com) for details

### Barkley Autumn Trail Run

**Date:** Saturday, October 13, 10 am at Barkley Village in Bellingham.

Free Kids Fun Run at 9:30 am. 8K Run and 3K Walk.

There is more info at the GBRC website on these and many other events

# Ragnar Relay Race Story

Ragnar Relay consists of 12 people and 189 miles. From Blaine to Langley, Wa.

July 27-28, Blaine, WA 11am and the team "All Around the Pace" is biting at the bit to start the first running of the Ragnar Relay in Washington State.

Lots of decorated mini-vans are loaded with coolers filled with electrolyte replacement drinks and snacks. The race is 187 miles/36 legs/3 per runner over 24 hours (for some less than 24 hours) finishing in Langley, Wa. on Whidbey Island. The event started in Utah 4 years ago.

Our team runs the event in just over 25 hours. Two vans on a warm, almost hot, sunny Friday afternoon. Challenging temperatures for our first 6 runners for sure. As the evening comes along the 7<sup>th</sup>- 12<sup>th</sup> runners start their first set. My leg is #12 along Padilla Bay. It is flat at first with some rolling hills for the second half of this leg. I finish the 5 mile leg to be greeted by my team and a shower! Wow, talk about detail. After a while we cruise to LaConner Middle School for a nap, well how about a flat lie down. There are far too many people milling about in the gym for any real rest. Around 11PM John Shick is off on leg 19. An 8,5 mile hilly run. As he finishes, he is just glowing; "best run I have had in years". As the evening turns to night my eyes start to hurt from being open for so long, we're getting groggy but as each leg comes up the runner suddenly feels a shot of adrenaline pumping and off he/she goes. I have the good fortune to run across Deception Pass at 3AM. I stop on each bridge, switch off my headlamp and bathe in the darkness. Not a car to be seen, not a breeze, not a sound, it's delicious.

Off to Coupeville grade school for a few hours pass-out. After we awake at 6:45 am, we look a little road worn. Our spirits are high but the bodies want more sleep. Each hand off point becomes a chance to doze off but we don't. The morning is cool, good to run in. My teammates all seem to do pretty well. My last leg, last one of the races has 3 hills. All are significant, the first is the worst. Sun pops out and I really warm up. As I head through cozy little Langley, a few people cheer but I am looking for an espresso stand for after the race! Get through the town, up two last hills about a mile out from the finish and I hear a rock band playing. My pace quickens (I really want that espresso). I thank the last two volunteers and sprint to the finish. The team is there, they run across the finish line right behind me and here come the cameras.

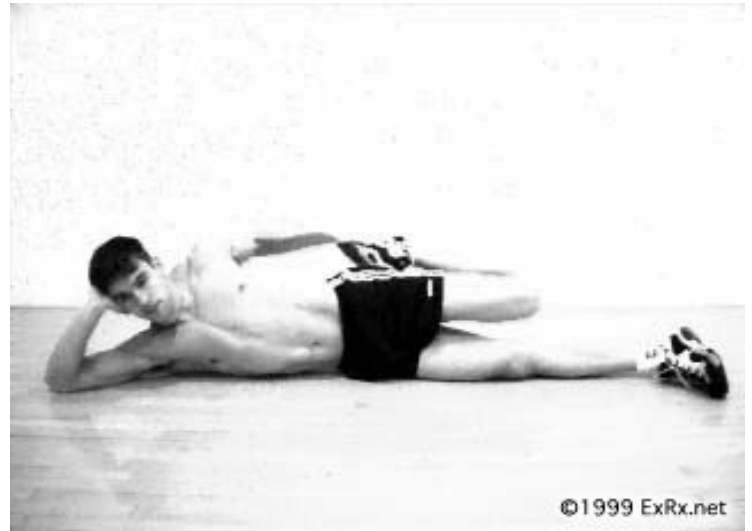
We are already planning for next years' race.

Paul Ricci

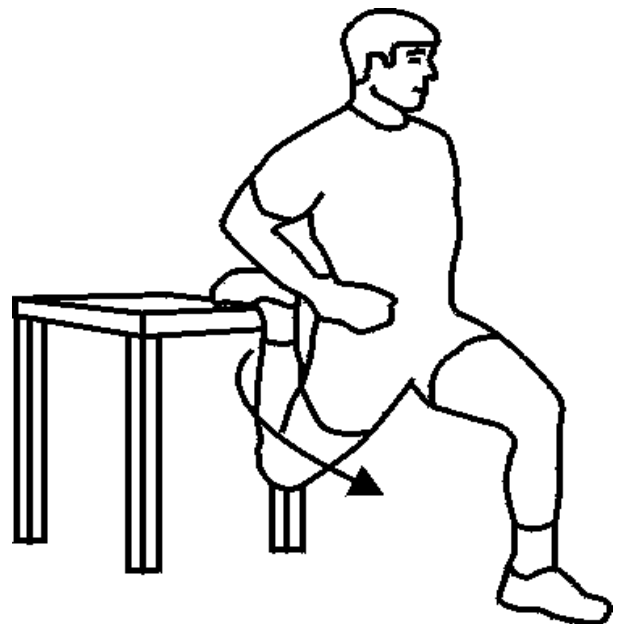
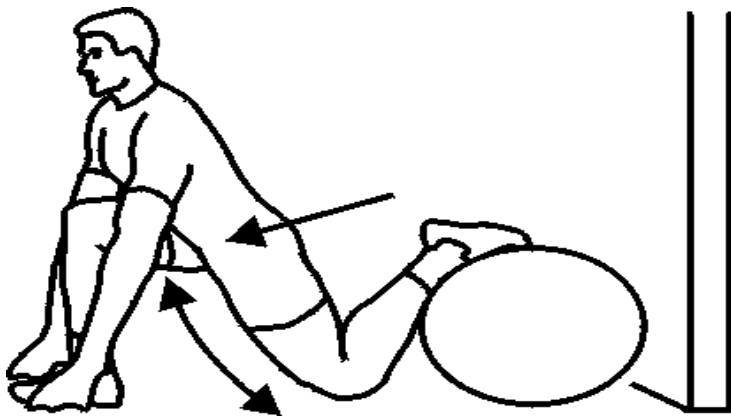
# Flexibility Corner

## Flexibility Can Make You Faster

**Quadriceps Stretch:** The quadriceps is the muscle in the front of the thigh, important for lifting your knees and increasing your speed. It is the "quads" that often go at the end of marathons, causing runners to come shuffling across the finish line because they have a hard time lifting their feet off the ground.



For a more advanced stretch that also includes the hip flexors try these stretches. You can put your foot up on a chair or table and do a partial squat or lunge to feel all the muscles on the front of the thigh stretch.



# Results

## Lake Whatcom Fun Run 10K - 8/4/07

It was a small but fun field this year. As always Genevie Roguski did a great job with prizes and after race yummys.

1	Jason Gulley	M	39:21	6	Alanna Steele	F	47:18
2	Steve Roguski	M	39:51	7	Scott Dorough	M	47:31
3	Pete Hansen	M	40:05	8	Donna Rode	F	47:40
4	Joel Pearson	M	40:07	9	Doran Smolkin	M	48:56

## Chuckanut Footrace 7 mile run/walk - 2007

What a great turnout! This year was fun in the sun with great food and festivities at Larabee State Park at the finish line.

1	Clay Hemlock	M	37:40	6	Ed Harri	M	39:54
2	Drew Wartenburg	M	37:54	7	Adam Airoidi	M	40:00
3	Emmet Hogan	M	38:12	8	Miguel Galeana	M	40:33
4	Bjorn Bostrom	M	38:56	9	Kevin Olson	M	41:10
5	Keefer Whan	M	39:45	10	Dusty Caseria	M	41:33

## OLD SETTLERS 5k RUN 7/28/07

1	Bryan Robertson	17.58.99	6	Kevin Stickle	21.24.35
2	Pete Hanson	18.37.09	7	Jim Pearson	22.00.74
3	Joseph Coder	20.18.04	8	Joel Pearson	22.03.03
4	Ryan Bauthues	20.28.64	9	Kevin Richins	22.34.63
5	Robert Schmid	20.39.83	10	Brian Helgeson	22.43.57



