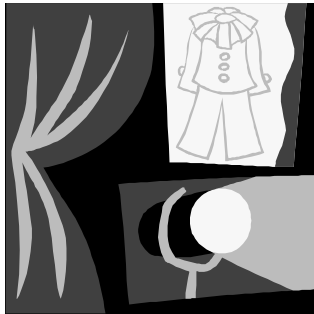




# Greater Bellingham Running Club



## Upcoming Events

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

### Run for the Honeywagon

**When:** Saturday March 1, 2008

**Where:** Nooksack Valley Middle School, Everson, Wa

**What:** 1/2 mile fun run, 4 mile run/walk, and half marathon run/walk

How much: GBRC members are free, 4 mile is \$8.00, half marathon is \$10.00

**Info:** race day only registration from 8:30-9:45 am, half marathon **walkers** start at 9:00, fun run starts 9:45, 4 mile and half marathon runs start at 10:00

For Info or to **volunteer** please call:

Vicki Griffiths (co-race director), phone: 360 671-6645

Kim Boon (co-race director) , phone: 360-738-9457

Also check the GBRC website

### Chuckanut 50K

**When:** Saturday March 15, 2008 - 8:00 AM

**Where:** Fairhaven Park

**Info:** This race is already full but **WE NEED VOLUNTEERS**

This race is your chance to meet your volunteer request as a member. Please email: [sailwoman62@yahoo.com](mailto:sailwoman62@yahoo.com) to volunteer and be part of the fun

### Haggen To Haggen 5K Race and Walk

**When:** Saturday May 10, 2008

**Where:** Sehome Village Haggen Store

**What:** Walk starts at 8:00, runners start at 8:30. Finish is at Meridian Haggen

**Info:** free with your Haggen card or GBRC membership, otherwise \$5.00

Contact Jean La Valley to **volunteer** or for info: [ajeanelavalley@yahoo.com](mailto:ajeanelavalley@yahoo.com)

# Race Report From Lake Samish Runs

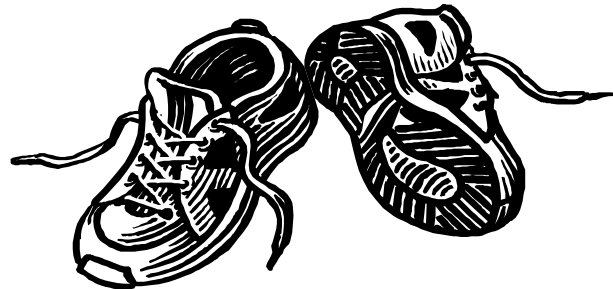
## And more

The 31<sup>st</sup> running of the Lake Samish Half Marathon and 6.5 mile Races saw about 150 participants and 35 volunteers who braved fierce wind and icy temperatures – though this year, there was no snow! In the 6.5 mile race, the overall male winner was Jacob Hartseen in a time of 38:15, with the woman's winner Naomi Sullivan completing the course in 44:28. Masters men's winner was Steve Roguski in a time of 38:40, with Kaye Lewis taking the master women's title in 50:47.

In the 1/2 marathon, the overall male winner was David Larpenteur who ran the course in 1:15:38, with Kelly VanKooten the overall female winner in a time of 1:39:14. Masters men's winner was Scott Young in 1:23:39, with Amy Meyers winning the women's masters title in a time of 1:42:35.

Special thanks go to all of our volunteers, without whom this race would simply not be possible. They were: Gale Pfueller, Rick Hill, Carin Carter, Casey Carter, Aaron Carter, Jennifer Brown, Stacey Twaddle, Mike, Sharon Ennslen, Georgeann, Carolyn Nordtvedt, Paul Ricci, Polly Favinger, Cheryl Batty, Alaine Borgias, Mike Fazio, Matt Fazio, Kyle Fazio, Danny Fazio, Cindy Louws, Ginnie Parine, Ed Sullivan, Amy Esary, Dale Evans, Donna Rode, Larry Louger, Mark Steinberg, Kevin Fazio, plus members of the WFC Ranger White Girls team who helped out at both of the water stops. THANK YOU SO VERY MUCH!!! (and hopefully I didn't forget anyone!)

Christy Fazio and Mary Steinberg



*Girls on the Run looking for Volunteers*

Girls on the Run is looking for adult female volunteers to facilitate and coach an all girls running program starting the week of March 24th until the week of June 9th. Program sites are located throughout Bellingham and greater Whatcom County and meet once or twice a week depending on program location.

We provide thorough training for our coaches before each session; covering logistics of the program, general tips about coaching and the program curriculum. As Girls on the Run is an international program, there is an easy-to-follow, well-developed and well-researched curriculum which we follow that is designed to teach valuable life lessons to girls in grads 3rd through 5th. Lessons include subjects such as emotional health, values, cooperation, and standing up for oneself. The program finishes with a celebration event that includes a fun 5k run/walk event.

If you would like a coach application call or email Amber at 733-8630 or [aswim@whatcomymca.org](mailto:aswim@whatcomymca.org).

# Strength Training

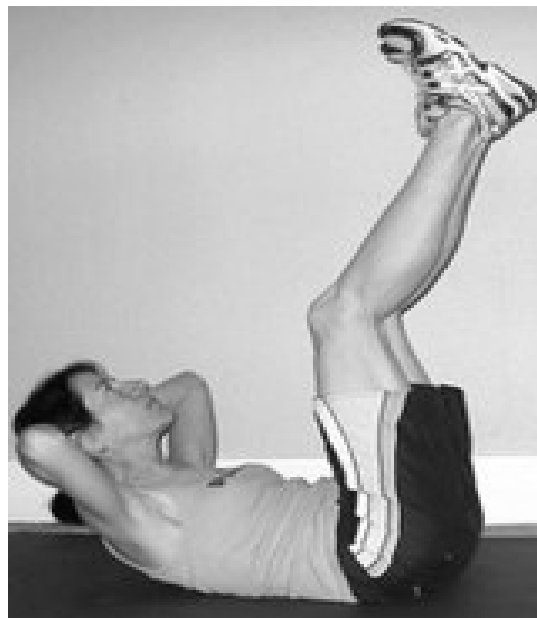
## for power, speed and endurance

This edition we continue with some ideas for core strengthening. The vertical leg crunch is great for strengthening your abs as well as your hip flexors (front of the thigh where the thigh joins the hip near the groin). If this is old hat to you be sure you are using correct form. If you are doing this correctly 20 of these will be killer.

### How to Do it

- Lie on your back and extend the legs straight up with or without knees crossed.
- Pull in your lower abdominals towards your spine but keep breathing normally.
- Raise up until your shoulder blades leave the floor. DO NOT fold at the tummy, keep your spine long.
- Keep your chin tucked in; careful you don't pull on your neck.
- Keep the legs in a fixed position
- Lower and repeat. Remember to check that your tummy stays pulled in and that you breath.

To challenge this: once you have your shoulders off the floor do a twist where you take an elbow to the opposite knee, then the other side and return to start position. This will work your side oblique muscles as well



# How Old Are Your Running Shoes?



Running in old or worn out shoes can lead to an increase in running injuries. Over time running shoes lose stability and shock absorption capacity. When this happens the stress to the feet and legs increases dramatically. Over time such added stress can lead to an overuse injury. A simple prevention strategy includes replacing running shoes when they wear out.

The midsole of the shoe is responsible for the cushion that keeps your body from getting beat up by the surfaces you run on. The midsole lasts only so long and degrades from use and the elements. The life of a good quality running shoe varies from 350-500 miles depending on your weight, the terrain you run on, the weather and how you treat the shoe. Sole (the bottom of the shoe) wear does not necessarily reflect the loss of shock absorption of the shoe. In other words; don't wait until the tread is worn off the bottom of the shoe before replacing it. That is usually long after the cushion value is gone.

Here are some tips for shoe wear, care and replacement:

- ◆ Wear running shoes only for running, use retired ones for yard work or other activities
- ◆ Don't kick them off without untying them. This breaks down the heel of the shoe and stretches out the top fabrics
- ◆ If the midsole is showing signs of wrinkles, compression marks or cracks it is time to replace the shoe
- ◆ Avoid running in wet shoes, give them 24 hours to dry. A wet midsole has 40-50 percent less shock absorption capacity
- ◆ Extreme temperatures also wear out the cushion of a shoe. Above 100 degrees and below 30 degrees will change the shock absorption ability of a shoe.
- ◆ EVA foams (midsole materials) compress and lose their elastic properties over time even if you are not wearing the shoe. Watch out when you buy "last seasons" shoe on sale.

Check out this website for checking the age of your shoes:  
<http://www.rungearrun.com/resources/wearcalc.php>

# Results



## Lake Samish 6.5 mile

Place Name	Age	Sex	Time	Place Name	Age	Sex	Time
1 Jacob Hartsoch	33	M	38:15	6 Jason Gulley	37	M	39:49
2 Steve Roguski	49	M	38:40	7 Daryl Smith	36	M	40:34
3 Collin Buckley	33	M	38:47	8 Chad Norman	32	M	42:56
4 Yuki Katsumata	19	M	38:52	9 Mark Hardin	18	M	43:28
5 Jay Sloane	45	M	38:54	10 Brandon Jenkins	17	M	43:59

## Half Marathon Results

Place Name	Age	Sex	Time	Place Name	Age	Sex	Time
1 David Larpenteur	23	M	1:15:38	6 Kevin Olson	45	M	1:25:32
2 Cory Jenkins	19	M	1:16:18	7 Bryan Robertson	32	M	1:27:41
3 Beau Whitehead	38	M	1:22:56	8 Bill Grether	57	M	1:28:50
4 Peter Oviatt	38	M	1:22:59	9 John Clark	47	M	1:29:45
5 Scott Young	41	M	1:23:39	10 Aaron Fleming	38	M	1:31:00

**Remember Track workouts started January 15th. They are held every Tuesday from now until July. Meet at Civic Field at 5:30pm. Start building up speed now. Don't wait until race season. For more info check the GBRC website**

Here are some great websites worth checking out:

Shoe info:

<http://www.rungearrun.com/resources/wearcalc.php>

<http://www.runtheplanet.com/shoes/selection/shoetips.asp>

<http://www.coolrunning.com/engine/2/running-shoe-guide-for-du.shtml>

<http://www.americanrunning.org/displayindustryarticle.cfm?articlenbr=2854>

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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