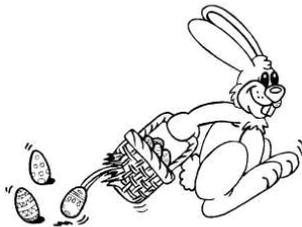




Skagit Runners Newsletter



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Club Goals

- ◇ To promote and encourage health and fitness through running activities as a means of healthful exercise.
- ◇ To provide quality road runs and related running activities.
- ◇ To provide running opportunities to all levels of competition and ability.
- ◇ To provide concise and updated information on area running activities.
- ◇ To provide social and fitness opportunities for club members and others from the community to further promote running activities.
- ◇ To involve all club members in the total activities of the club.
- ◇ To encourage and mentor the youth in our community by actively sponsoring programs that encourage running and fitness.

Current Events

Skagit Runners next scheduled event is by far our largest annual event.

The Tulip Run;

Joseph Tompkins our new Race Director and your Vice President is hot and heavy on preparing for this years event. This is Joe's first time as Race Director. It will not show come race day he is doing a spectacular job. Joe brings many years of running in road races as experience. The best Race Directors are always seasoned runners. They know what they like to see in an event. Thanks Joe for your never ending hard work to help make this club and our runs successful, fun, and most of all your friendship. We would love to have you come out run and/or volunteer to help.

We can NEVER have too many volunteers!

Bay View Women's Walk/Run;

This years event will be held on 5/17/08 .This is a one of a kind great event for women of all ages. Money raised helps "Skagit Domestic Violence and Sexual Assault Services" Thank you member **Karen Andrews** for putting on such a spectacular event.

Dog Island Run;

On Beautiful Guemes Island. The course has been forced to change because of road construction. Don't think this is a bad thing. The new course will head out towards the east end of the island, and follows the south shore back to the library. I think this might be a blessing in

disguise. Having spend many days and nights on Guemes, my wife grew up on there, I can tell you this is the coolest part of the Island. I am sure Race Director and member **Tim Wittman** will make this years event an "as usual" great event.

For more information on these events please check out the brief ad in this newsletter!

Many of you join in on our weekly runs. We hold many runs and walks from FootwoRx in Mount Vernon, a Thursday night trail run at Heart Lake in Anacortes, and usually a weekend trail run somewhere in Skagit or Whatcom County. Please come join us for a grand old time.

Injury Time Out: Heel Pain

One of the questions we've received this year concerns heel pain, which may begin during a long run and persist after the run. Some people even experience pain when putting weight on the heel the first thing in the morning.

In our practice, we've found that this heel pain is one of the most common complaints from runners and walkers, particularly those who suddenly increase their weekly mileage. Many factors may be involved and before deciding that long distance running is not for you because of heel pain, seek assis-

tance from a medical professional to determine what the problem may be. Corrective action may eliminate the pain and return you to your running program rather quickly. There are several things that may be causing pain. Some of them are:

1. Shoe wear
2. Tightened calf muscles
3. Gait, including cadence, technique/error or velocity
4. Biomechanical posture and function of your foot
5. LE flexibility and strength
6. Balance and overall posture

Whether heel pain occurs just once or is chronic, it should be evaluated as early as possible. Treatment usually can resolve the problem, allowing you to return to the Leggers training program. Treatment may consist of taping and/or shoe orthotics (inserts), gait training, replacing foot-wear, icing, NSAIDS or manual physical therapy. Early evaluation and treatment will help you make a rapid return to running.

Stephen Paulseth, MS PT SCS
<http://paulsethpt.com>

Our Treasurer Perspective

Passion is defined in many ways depending on the context of the sentence it is used in. The definition I like the most is: *a strong liking or enthusiasm for a subject or activity*. Therefore a passionate person is one who: *tends to have strong feeling, especially of love, desire or enthusiasm*. Have you ever noticed that at the start of a marathon or a race (what seems to be an insane task to many non-athletic people), all you hear are the whoops and hollers of the runners about to embark in an event that will certainly tax their bodies beyond what is considered "normal". That is what I

"It came like Electricity, it came from every fibre, from his fingertips to his toes. It came as broad waters come through a gorge. He called on it all."
Norman Harris

call passion: the true enjoyment of life, success, achievement, health, camaraderie, community, and friendship. In simple terms: a genuine enjoyment of the world around you.

During the course of our lives, we are surrounded by "negative vibes". It is easy to get sucked into the world of fixing problems, seeing the world as a challenging place to live in, and missing the true beauty of the planet we live on. We have created a culture that is time sensitive, and fewer and fewer people are taking the time for themselves to decompress from the constant load brought on by daily life in these "right now" times. Over the last year, I have had the pleasure of meeting some fantastic people through running, people who have taught me the importance of that time to oneself or with friends, truly passionate people. It is through these wonderful people that I have been able to create a balance between these demands and the person I want to be.

Nothing worth having, that lasts, comes easy. There are times when running is hard. There are times when it is "just not your day", and there are times when you just don't really want to get out of the car. But can you remember a time when you finish your run and you say, "gosh I wish I would've never done that", or "I should've stayed in bed"? I doubt it very much. It is through those tougher days, we become a stronger person, mentally and physically. With that comes the ability to simplify even the toughest tasks in everyday life, and the ability to look at life through different eyes, eyes that see the beauty around us.

I am very grateful for the opportunity to be a runner, as it has forever changed my life. I encourage you to let the magic take you over as it has for me. My relationships, attitude, energy, and passion have grown to heights I could only imagine 1 year ago. I wish that for everyone who reads this....

Shawna Wilskey

The Bow Runner

Funny Running Story

We were living in Sedona, Arizona for a year of checking out the Southwest. It's a gorgeous place with tall red rock cliffs and fabulous running trails. I was running 3 mornings a week with some locals; the City Manager, the Chief of Police, and a Solid Citizen. Very good company, all younger than I. Two of them had run Pikes Peak a few times and often wore the commemorative shirt with the elevation chart on the back. I got so damn tired watching those shirts, I simply could not outrun them, even though I was getting in pretty good shape, running at 3500 feet like that. Tough buggers, they were.

There was a big race set up for April 2001 in Sedona; an 8 miler called Eye Run the Rocks. It was going to be an annual event and draw huge crowds. We all signed up and went, but it was sort of a flop. It was cold, wet, and windy .. not tourist weather at all. About 50 guys showed in all.

The start was all down hill and then veered off into the hills and back up to the start, a rough course. Lots of cactus. My plan was to cruise

down the hill pretty good and try to get ahead of much of the pack. The hill part was up into Soldier's Pass, and I could get lost in there pretty easy, the trails were not well marked. If I was up near the front at first, I could then slow down and follow guys as they passed.

One of the first guys to pass me was the City Manager. I was happily surprised that I had been ahead of him, he was fast. I followed as best I could, but he soon lost me. After about two more turns I caught him ... off in the brush with his pants down! Now I had a chance to finally beat that guy. Nope ... He did pass me again and I could not stay with him. He had "lightened the load!"

I did win my age group, and since that was the only running of that race, I still hold the course record for that age group, and probably always will! Hoo Hah ...

At the award ceremony, which was about 10 of us victors shivering in the drizzle and wind outside waiting to be called up, I saw a dude wearing a nice jacket from the Royal Victoria Marathon. He was not a local, but lots of people came down from Flagstaff to run, and I figured he was one of them, and had gotten up our way once and run the Vic. I edged up to him and mentioned the jacket and told him I had some friends that ran that race and asked how did he do in his running of it. In a real Kiwi drawl he said he had won it the past three times! Whoa

Turns out he's a guy name of Kelvin Broad, and he was quite a runner ... you can look him up. He was then living in Flag, working at the University there, it being a mile high and a hot spot for runners to work.

Now he lives in Scotland and raises and trains sheep dogs! Funny how things happen.

**The Once Famous Bow Runner
Skagit Runner Peter Haase**

Presidents Report

Greetings Fellow Skagit Runners;

Our club is ever growing and expanding. Including family members we have well over 100 members. Our newest members, Ian Marshall, Chris Hanson, Rob Bechtloff, and Kevin & Dana Rindal welcome to Skagit Runners.

Spring is just around the corner. You know what that means! It's race season, the days are getting longer, the trails are MUDDY (Oh Yea), Summer is at our heels (Whoo Hooo). Trail Runs, Road Runs, and Triathlons of all distances and sizes are available for the novice to elite runner almost every weekend. So you really don't have an excuse to ignore those New Years Resolutions.

To find a local or regional race all you have to do is check out any of the regional magazines like my favorite Northwest Runner. Don't limit yourself to just one get-em all, City Sports, Running Times, Outdoors NW their everywhere. To make it convenient these magazines also have online calendars. Better yet for a local race check out our

website www.skagitrunners.org, or the GBRC website www.gbrc.net.

The best thing about this area is the outdoor life and the temperate weather. We can drive a short distance to snow board, ski, canoe, kayak, run on technical trails, mountain bike, road bike, and of course long runs on seldom driven farm roads.

I moved here from Valdez Alaska in May of 1981. This area reminds me of Alaska, with the majestic mountains, salt water, never ending lakes, forests with abundant underbrush, etc. The best parts of Alaska. No sub-freezing weather, 10' high snow drifts, days with 2 hours of sunlight, winters that rain or snow EVERYDAY for 6 months. People complain about rain here, this is nothing compared to Valdez. I guarantee if you spent one winter in Valdez you would really appreciate the amount of rain we get here.

Your club is in the process of receiving scholarship applications from Skagit County Graduating

Seniors that have been involved in Track or Cross Country. If you know of a deserving student that meets the criteria tell them to get their application in soon!

Skagit Runners is a 501(c)4 non-profit corporation. We are in the process of trying to change our tax status to a 501(c)3 non-profit corporation. You ask why this matters? Any organization that donates money and/or goods to a 501(c)3 club can write off the gift as a charitable contribution. Being a 501(c)4 club the organization has to write the donation off as a business expense. So the organization gets a better tax write off. It makes it easier for us to ask for donations for our runs. We can also get special deals from the Post Office on bulk mailings, inexpensive software for 501(c)3 clubs, etc. If you are familiar with this process please let me know. Any help will be appreciated.

Keep on Runnin!
Terry Sentinella
Skagit Runners President

"A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding."

Steve Prefontaine

Skagit Valley Tulip Run

Saturday, April 5, 2008
2 Mile Walk/Run, 5 Mile Run
Skagit Regional Airport; Burlington WA

Race Director **Joseph Tompkins**
runtheextrami@yahoo.com

For more information visit
<http://www.tuliprun.com/>

11th Annual Dog Island Run

Saturday 6/7/2008
10K Run, and 2 Mile Walk
Guemes Island Washington

Race Director **Tim Wittman**
TimWittman@DogIslandRun.com

For more information visit
<http://www.linetime.org/dogislandrun.cfm>

"Kerry, it's BEAUTIFUL outside (ice storm blowing sideways) lets do it!"

Kerry Jones

2008 Running Calendar

4/5 Tulip Run, Burlington
 4/13 Whidbey Island Marathon & 1/2
 5/10 Haggen to Haggen, Sehome
 5/3 Holland Days, Lynden
 5/17 Bayview Womens Run
 5/31 Hershey Track & Field District Meet
 6/1 San Juan Marathon
 6/7 Dog Island Run
 6/7 Race Beneath the Sun, Fairhaven Park
 6/7 Blanchard Mountain Ultra
 6/8 North Olympic Discovery Marathon & 1/2
 6/21 Berry Dairy Days
 6/28 Lake Padden Triathlon
 6/28 March Point Run
 6/29 Seafair Marathon & 1/2
 June- All Comer's Track Meets at Burl' HS
 7/4 Sedro Woolley Foot Race
 7/12 Chuckanut Foot Race, Marine Park
 7/12 Clear Lake Triathlon
 7/19 Samish Bay Low Tide Mud Run
 7/19 Run for the Raspberries, Lynden
 7/26 Art Dash 1/2 Marathon & 10k, Anacortes
 7/26 Padden Duathlon
 Aug (Summer time 'Kids' meet, 6 last year)
 8/2 Lake Whatcom Run

8/9 Riley Run
 8/16 Concrete Cascade Days
 8/? 100 Years of Running
 8/23 Major McClung Memorial Run
 8/30 Lake Padden Relay, Lake Padden
 9/7 Skagit Flats Marathon
 9/13 Fairhaven 15K
 9/20 Baker Lake 50K
 9/27 Bellingham Traverse
 9/28 Bellingham Bay Marathon
 10/18? Mount Erie Road Run and Trail Run
 10/12 Running Shoes.com Mt Bike Duathlon
 11/8 FootwoRx Fowl Fun Run, Mount Vernon
 11/9 Padden Mudfest
 11/22 GBRC Turkey Trot, Barkley Village
 12/6 Fairhaven Frosty
 12/? Pink Cheeks, Allen Elementary
 12/? Muckfest

What Running Means To Me

In the year 2000;

My oldest son was training for the Los Angeles Marathon and asked me to join him on a long run. I am a fitness instructor so was physically able to go along on what would be the beginning of a fantastic journey. The skies were blue, the frost was sparkling on cobwebs, crocus, and lawns as we ran side by side talking and laughing with no interruptions. As a stay at home mom of 4 busy children that sort of connection was a rare treat. I felt as if I never wanted it to end. We ran 6 miles, which included some hills, the feeling of euphoria lasted for a couple of hours. I came home and ended up in a fetal position for the remainder of the afternoon. The very next day I called my friend who had been talking about running the Portland Marathon and told her I was going to join her. We got together and ran 8 miles the very next day.

Since then I have run Seattle, (most miserable), Victoria 2 times (my fastest), Boston 2 times (exciting), New York (my favorite), Marine Corps (an honor to be surrounded by all those Marines) and a few others. I am first and foremost a wife and mother, but the people I've met through running have become family to me, we share things that are very personal and unique. I don't need to go into the details but let's just say "we are crazy for our sport and for each other". I feel so grateful for the encouragement and inspiration along the way!

Thank you to all who have been part of it all! Jose Huerta gets a special thanks for being my motivator on stormy days "Kerry, it's BEAUTIFUL outside (ice storm blowing sideways) lets do it!" And of course, we do!

Keep it up!
 Happy Running! **Kerry Jones**

"Passion is"
 "In simple terms:
 a genuine
 enjoyment of the
 world around you"
Shawna Wilskey

"Mental will is
 a muscle that
 needs exercise,
 just like the
 muscles of the
 body."

Lynn Jennings

Membership Application

Skagit Runners

Why Run

- * For your health?
- * For personal satisfaction
- * To keep the weight off
- * For competition

Skagit Runners is a group of runners just like you. We are composed of runners of all ages from youth students to retired adults.

You don't need to live in Skagit County to be a member. Our principles are based on health and fitness rather than speed. We are here to hearten, complement, support, and have fun with all levels of running.

Whatever your pace is we encourage and welcome you to join.

Skagit Runners is a running club based in the Skagit Valley area of Northwest Washington State.

The club sponsors three major races each year.

The Tulip Run in April, the Skagit Flats Marathon & 1/2 Marathon in September, and the Fowl Fun Run in November.

Skagit Runners receive a 10% discount at FootwoRx & Fairhaven Runners

Club Board Meetings are quarterly. In addition to assisting at many of the local races, club members meet for group runs (which are open to the public) beginning at FootwoRx in Downtown Mount Vernon

Scheduled Runs/Walks

Mondays @ 6:00 pm, up to 3-5 miles, 9-11 minute pace, beginners group.

Mondays @ 6:00 pm "Fitness Walk".

Tuesday @ 5:30 pm, up to 6 miles, 7:30-8:30 minute pace, beginner to moderate group.

Wednesday @ 6:00pm, up to 8 miles, 7-8 minute pace, considered advanced group.

Thursdays @ 6:00pm "Fitness Walk".

Thursdays @ 6:00pm, Night Trail Run, check website for trail location.

Weekend Trail Run, "No one get's left behind" check out website for day, time and location.

www.skagitrunters.org

Skagit Runners Membership

<input type="checkbox"/> Individual Membership	Price	\$15.00
<input type="checkbox"/> Family Membership		\$20.00
<input type="checkbox"/> Extra T-Shirt		\$10.00
	Subtotal	_____
	Total:	_____

Method of Payment

Check

Cash

Name

Address

City, State, Zip Code

Phone

E-Mail Address

Signature and Date

Additional Family Members

Name

Name

Name

Name

Name

Please Print Legibly

Mail to :
Skagit Runners
P.O. Box 120
Burlington, WA 98233



P.O. Box 120
Burlington WA 98233



www.skagitrunners.org

2008 Skagit Runners Club Officers

Board Members

President	Terry Sentinella
Vice President	Joe Tompkins
Secretary	Cynthia Buttrey
Treasurer	Shawna Wilskey
Membership Director	Heather Romano
Webmaster	Steve Duncan
Social Director	Bill Arnett
Trustees	Rob Jacobsen
	Roar Irgens
	Bill Beard

"Try it, You'll
Like it! "
Mikey



Bay View Women's Walk and Run

Saturday, May 17, 2008
Bay View Women's Walk and Run
10k & 2 mile

Bay View State Park
Beautiful course that follows the Padilla Bay Shore Trail
along the water where you can see migratory shore birds
and scenic vistas

Call Christie at 757-4815 to register
Karen at 336-9591 or
Andi at 707-2087

<http://www.skagitdvsas.org/2007BayViewWomensRun.asp>