

Skagit Runners Newsletter

New Membership Guidelines

There will be new membership guidelines taking affect July 1st 2013. Every member will be asked to update their membership yearly. There will be no charge for updating, but we will be asking everyone to commit to volunteering at one Skagit Runners sponsored event. Sponsored events include Skagit Flats Marathon, Fowl Fun Run, Tulip Run and Lost Lake.

To keep your membership current, you will need to email Christine with your name, address, phone number and what race you would like to volunteer at. Those that do not renew their membership by 8/15/13 will be removed from the mailing list and will need to rejoin and pay the initial fee again. If you are updating your membership and would like a new singlet, we have them for sale for \$15.

**We have extended the renewal date to 8/15/13 as there was no newsletter sent in July.

Skagit Flats Marathon

The race is just over a month away and we are in full swing getting things planned. For those that have signed up to volunteer, Delores Sentinella will be in contact regarding when and where you will need to report morning of the race. We are always in need of volunteers so if you know anyone else that would be interested, please contact Delores@skagitrunters.org for information.

We are also collecting prizes for our random prize drawing. If you would like to donate, please contact Christine@skagitrunters.org



July's missing newsletter

My apologies for not having a newsletter put together for July. Hopefully everyone is having a good summer and attending some of the great local races.

Skagit Runners Fall Party!

Fall party is tentatively scheduled for Saturday, Sept 21. More details to follow, hope everyone can join in!

Skagit Runners Singlets

There is a new order of singlets coming in the next couple weeks. If you need a replacement or additional colors please let me know. Only \$15 and we will have Women's small-large and Mens small – xlarge.

Upcoming Events

Couch to 5k program has started!

Skagit Running Company has started another Couch to 5K program running from 8/5 to 11/8 with a goal of finishing the Fowl Fun Run. Cost is \$70 which includes a tech shirt upon completion. To register, please contact Lana at Skagit Running Company 360-982-2934

Its not too late to register if you are interested!

Aug

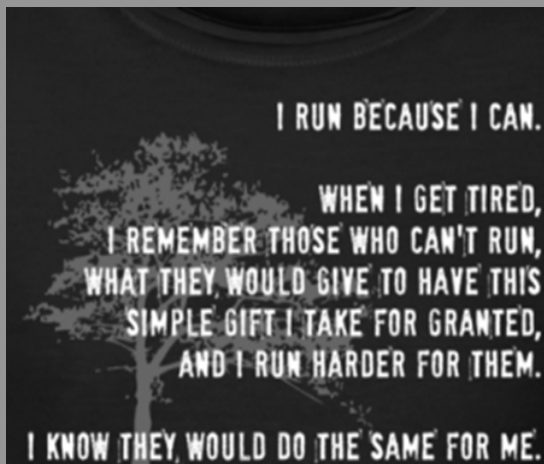
- August 10 (Saturday), Half Marathon @ 8:30 am, 10K & 5K @ 9 am - Race the Reserve**, Half Marathon, 10K & 5K, Coupeville Elementary School, Coupeville
- August 10 (Saturday), 9 am - Stilly Fun Run**, 5K, River Meadows Park, Arlington
- August 17-18 (Saturday - Sunday), 8 am - Hamster Endurance Runs**, 24 Hour & 12 Hour, Lake Padden Park, Bellingham
- August 17 (Saturday), 9 am - Miles for Memories**, 5K, Fairhaven Village Green, Bellingham
- August 17 (Saturday), 5K @ 9 am, Kids Dash @ 10 am - Run IN Color**, 5K & Kids 1/4 Mile Dash, Windjammer Park, Oak Harbor
- August 17 (Saturday), 9:30 am - Catapult Fest Rock n' Run**, 15K, 7K & 2 Mile, Seafarer's Memorial Park, Anacortes
- August 24 (Saturday), tba - Camano View Dash**, 10K & 5K, Utsalady Elementary School, Camano Island
- August 24 & 25 (Saturday & Sunday) - Muds to Suds Mud Race**, Hovander Park, Ferndale
- August 25 (Sunday), 10K @ 9 am, 2.6 Mile @ 10 am - Dog Days of Summer**, 10K & 2.6 Mile, Lake Padden Park, Bellingham
- August 31 (Saturday), 10 am - Lake Padden Relay**, 4 x 2.6 Mile Relay or 10.35 Mile Solo, Lake Padden Park, Bellingham

Sept

- September 7 (Saturday), 9 am - Running Trails with the M.I.G.**, 5K, Whatcom Falls Park, Bellingham
- September 8 (Sunday), 8:30 am - Lummi Island Run for Beach School**, 14 Miles, 7 Miles, 3.5 Miles & 100 Yard Dash for Kids, 2106 S Nugent, Lummi Island
- September 14 (Saturday), 8:30 am - Fairhaven Runners Waterfront 15K**, Fairhaven Village Green, Bellingham
- September 14 (Saturday), 10K @ 9 am, 5K @ 9:10 am - Shoebox Run**, 10K & 5K, Haller Park, Arlington
- September 14 (Saturday), 2 Mile Walk @ 9:15 am, 5K & 10K @ 9:30 am - Anne Jackson Memorial Run**, 10K, 5K & 2 Mile Walk, Humane Society of Skagit Valley, Burlington
- September 28 (Saturday), 9 am - Harvest 5K Run/Walk**, 5K - Klesick Family Farm, Stanwood
- September 29 (Sunday), Marathon & 5K @ 7:30 am, Half Marathon @ 9:30 am - Bellingham Bay Marathon**, Half Marathon & 5K, Depot Market Square, Bellingham

Oct

- October 5 (Saturday), 100K @ 6 am, 50K @ 8 am - Baker Lake Ultra Trail Runs**, 100K & 50K, Kulshan Campground, Baker Lake
- October 12 (Saturday), 10 am - MVHS Band Aid Fun Run**, 10K & 5K, Skagit Valley Community College, Mount Vernon
- October 19 (Saturday), 9 am - Lake Padden Trail Half Marathon**, Lake Padden Park, Bellingham
- October 19 (Saturday), 10K @ 10 am, 5K @ 10:10 am - Airport Run for HOPE!**, 10K & 5K, Stillaguamish Athletic Club, Arlington
- October 19 (Saturday), tba - Mount Erie Road & Trail Runs**, 3.6 Mile Road & 2.5 Mile Trail, Mount Erie Elementary School, Anacortes
- October 26 (Saturday), 9 am - Skagit Valley Zombie 5K**, La Conner Boys & Girls Club, La Conner



Feedback

I have received some feedback regarding the first two newsletters that were sent and everyone seems to really enjoy them. Aside from the race calendar and misc notes, what would everyone like to see in the newsletter? Pictures? More race info? Articles on running/fitness?

I want to make it as informative and enjoyable as possible so I welcome suggestions and feedback.

Skagit Runners currently just has member singlets. Would anyone be interested in sweatshirts or other items? If so, what price point would you purchase them at?

I hope to hear from everyone soon, thanks!
Christine Buchanan
Events Coordinator/Membership
Skagit Runners

**If you would like to be removed from this newsletter, please email Christine@skagitrunners.org

