

President: Dean Taylor
VP: Terry Sentinella
Treasurer: Ruth Taylor
Secretary: Kim Betz
Social Director: Bill Arnett
Information: Steve Duncan
Trustees: Dr. Rob Jacobsen,
Jim Kopkowski, Curtis
Hardebeck, and Keefer Whan



Check out all the information at: www.skagitrunters.org

As I wind up my first full *calendar* year as President of Skagit Runners, I would like to reflect upon a very busy year. Beside the usual help with our two runs: Tulip and Skagit Flats, many members volunteered their time and energy into making other runs successful. Members have gotten quite active in helping out by learning the stopwatches and tabulating results. When I first agreed become president, my number one goal was to establish a vibrant **and active membership**. We are well on the way. Last Tuesday the new board members had our first meeting at Alf's, and it was exciting to hear a variety of ideas concerning how to make our club better! Hopefully in 2005, even more members will become involved whether to help pull tags or email a suggestion!

Another thing that we accomplished in 2004 was being **more visible**. Our membership drive this year included **t-shirts** with our logo. I saw our multi-colored shirts at the Fowl Run, which got me on my latest kick: **Skagit Runner Hoodies**. It will be exciting to see the rainbow colors of Skagit Runners at the Pink Cheeks run on the 18th. Next up: More **singlets!!!**

Tulip Run back to 1000. This year's version of Tulip Run brought over 1000 runners to the Port of Skagit County in Burlington. This year's event featured two loop courses that catered to the runners. The two milers and walkers now had their own wooded trail to run and separate finish line so that they could enjoy their day without worrying about blocking the trail for the 5 milers. Parking continues to be an issue and hopefully we will come up with some solutions. (**any suggestions?**) Moving away from VanZ's warehouse was probably not the best of ideas, and we plan on returning this year. **Planning meetings start next month!!!**

Skagit Runners partnerships up with Skagit Search and Rescue. This year I decided to enlist the help of Joel Pratt and his search and rescue crew to help out with medical/aide for the Tulip Run. As it turned out, we needed them since they had a 911 response for a rapid heart beat case. They fit in so well that I brought them on board for Skagit Flats Marathon where we needed all the visibility that we could muster, and they more than did that with their trucks and bicycle riders. We plan on continuing this partnership into 2005!

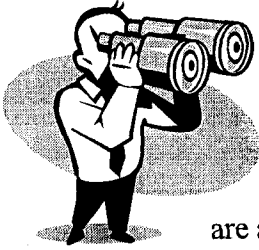
One of our niftier ideas was to enlist the help of the **county high school county cross country teams** to do the waterstops on the Skagit Flats course. It was a hit! Not only did we introduce young runners to marathon running, we were able to fund some of their projects by paying them for their services. Mt Vernon XC has a **new tent canopy**. B-E has a new **banner** and team **t-shirts**. Anacortes is getting new **uniforms**, as did Sedro-Woolley. I am proud of our commitment to the local high school running teams. There was even enough money left over to fund the middle school programs so that they could provide treats for their runners. Conway got **water bottles**. Mt Baker had a **pizza feed**. B-E ate lots of **ice cream**, as did Sedro-Woolley's Cascade XC. We spent **over \$3,000** on school cross country this fall: **\$2600** directly from Skagit Flats with an additional **\$500** in expenditures for the middle school **North Cascades Invitational** and the high school's **Skagit County Cross Country Championships**. It sure makes it easier to work that 12 hour day at the Skagit Flats Marathon knowing that the proceeds are helping all these kids!!!!

I am looking forward to 2005 and what we can do above and beyond what we did in 2004.

Happy Holidays!!!

A handwritten signature in black ink, appearing to read "Dean", written in a cursive style.

LOOKING AHEAD



Next Saturday the 18th at 11AM will be the Pink Cheeks Run in Burlington. Start/finish is at the newly remodeled Allen School off Cook Road. Skagit Runners will have a hospitality tent set up with hot cider and cocoa along with the black cool tex long sleeved t-shirts (\$10 for members), t-shirts (\$5 for members), and what hoodies I have left (\$20 for members). Hopefully we will have enuf people to get a rainbow picture for the web page! The different colors are awesome. **Hope to see you there.**

On Tuesday the 21st the *Skagit Night Hawks* will be having a headlamp run on the logging roads on Cultus Mountain. We will be meeting at the Taylor house in Clear Lake at 5:30. After the run we will return to chili and homemade bread. (BYOB) Call 856-6990 for directions or email me. The Night Hawks is the name given to various crazies that think that strapping a headlamp on one's noggin and braving the darkness is fun. This run will have a hill or two but the views will be outstanding!

Wednesday the 22nd: FootwoRx is having their first ever **Skagit Runners 20% off Christmas shopping Day**. Members can enjoy 20% off all running gear that day while non-running stuff will be the usual 10% off. Remember to thank Kevin and Michael and gang for such a generous offer. That evening at 6:00 is the world famous **FootwoRx** tempo run. Don't be intimidated by the title; set your own tempo!

On Saturday the 25th, there will be a **Christmas Day Run** at Skagit FootwoRx at **8 am**. It will be the same course as the Thanksgiving Day Run (a nearly 6 mile loop on Cleveland, Dike Road, and Britt Road). Scones and hot apple cider will be available for after the run. Bring a can or box of food for the Friendship House.

Finally on January 1st, once again many county crazies will line up for the opportunity to run into Clear Lake for the annual **Penguin Dip**. Maybe we can do a little trail run up to the top of Clear Lake hill before the dip??? Any takers????????????? Jump in lake at 11 am!

You can always go to the Skagit Runner website: www.skagitrunters.org for up-to-date news and information on what is happening. The site is awesome and we are so lucky to have someone that manages the site so well!

Other News: **Dean** will once again be the race director for the **Tulip Run** which will be held this year on Saturday, April 9th at the Port. **Terry Sentinella** will head up the **Skagit Flats Marathon** team that is looking into a new course and new digs at **Edison** for the **Sunday, September 11th** version of the marathon and half marathon.

January: First Tulip meeting will be held on Tuesday, January 11th at Alf's in Burlington at **6:00**. Pizza, salad bar, and pop provided. The board will discuss some other items such as covering entry fees for Skagit Runner team relays and some Skagit Flats Marathon stuff.

Also, **Nookachamps** is **January 15th** and they are always looking for volunteers although so am I since I now run a water stop in Clear Lake!!! Want to come out and have some fun?? We'll treat you to coffee and treats!!!