

From the President:

Merry Christmas to all and to all a fast 5k. May you dream of running all the night long!

What is 2006 going to bring? What goals are you going to set for 2006? Mine should be to not run so many marathons, some people think 22 in one year is a little obsessive (I think it is just about right).

2005 has been a busy year for all of us. Our two runs (Tulip Run & Skagit Flats Marathon) were a booming success because of the group as a whole. We lent a hand to many local runs to help make them a success as well. Without our members, volunteers, and participants our runs would not be.

We donated over \$4500 to local high schools, and \$1000 to Skagit Search & Rescue. We have allotted \$400 to FootwoRx & Skagit Runners "Free Shoes Program". FootwoRx has generously given us this opportunity to allow students in local high school running programs, that are in financial need, the ability to receive quality running shoes free of charge. Skagit Runners has set aside more than \$2000 in scholarship money for graduating seniors in 2006.

Now that 2005 is almost over we need to start thinking about 2006. What does the club want as a whole? Should

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Membership Drive

As your newly elected V.P. of Skagit Runners, I will be Terry's trusty assistant in all of our upcoming activities. He moves fast and efficiently, so I hope I can keep up with him! I have a lot to learn from him since I'm also a new member. As the Membership Director, I'm looking forward to meeting our current members and also greeting new members to our club. We would like to recruit at least fifty new members, because everything is more fun with more people.

We hope that each of our members will re-join us for the year 2006, and that you will spread the word about Skagit Runners to your friends who run, jog or walk. Lots of new ideas and great plans are in the works for activities, races, runs, walks, volunteers and member perks. We would like to hear from you about things you would like to do and what you expect to gain from Skagit Runners. Our goal is to enhance your running pleasure!

So we can better serve you please take a minute to respond to the questions on the application form on page 6. Happy running.

Catherine Davis
Vice President

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Officers for 2005-06

<i>President</i>	<i>Terry Sentinella</i>
<i>Vice President</i>	<i>Catherine Davis</i>
<i>Treasurer</i>	<i>Jim Kopkowski</i>
<i>Secretary</i>	<i>Kim Betz</i>
<i>Webmaster</i>	<i>Steve Duncan</i>
<i>Social Director</i>	<i>Bill Arnett</i>
<i>Trustees</i>	<i>Dean Taylor</i>
	<i>Keffer Whan</i>
	<i>Rob Jacobsen</i>
<i>Newsletter: K. Betz, T. Sentinella, W. Arnett</i>	

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we think about putting on a third run? Should we start having seminars on running activities, clock timing, race finish line procedures, race management? I would like to have a sports doctor talk to the group about how to prevent common running injuries, how to self evaluate problems, and treatment of such problems. Please let me know your ideas, tedes12@comcast.net.

We hope to see all of you at our last run of the season on the **Tommy Thompson Trail in Anacortes, 12/31/05. We will all meet at the parking lot on the corner of 21st & "R" Avenue at 11:30 pm (that's midnight minus 30 minutes.)**

Merry Christmas and Happy New Year!

Terry Sentinella

New Feature to Start with Next Edition The Un-Healthy Runner Asks?:

(Submit your health questions to newsletter staff and a real health professional will address your problem ... really.)

Q: My girl friend has plantar fasciitis, should I be concerned?

A: The common remedies are to: 'Work through it', apply ice packs or massage the affected area(s) or contrarily, don't insult the injury. Relief, anecdotally, has been near immediate with firm insoles used in running shoes.

Members Benefits for 2006

Toward the end of attracting more members and better membership participation in the new year the Club is considering ideas for rewards, so far we have come up with:

Discount entry fees for Club races & Club assisted races.

Programs by local sport medicine professionals or health care providers on curative and preventative measures to combat running injuries

Race director's workshops; finish line classes, timing classes, etc. If you have an interest in attending one of these classes or think of another topic please let your president know.

Skagit Runner's Club Gear

All members receive a 10% discount at FootwoRx, Mt. Vernon, 1st Avenue, and Fairhaven Runners Store, Bellingham.

Also a free shirt (while they last) is offered (ever hear of a runner to turn down a 'free' anything?) to any members that renew their membership prior to January 15, 2006.

Only large 'technical' shirts left. An assortment of other shirts, colors and sizes limited, are available. Distribution of shirts will occur at January meeting. Contact Vice-president.

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(I love to say that!)***

Want to see this space filled next edition? Submit you article to newsletter staff or e-mail Prez by mid January '06.

Possible Programs for 2006

January: Recap of Washington & NY Marathons by local 'Maniacs' yet to be confirmed (ytbc.)

February: Taking Care of 'Body 'n Soul' by Rob Jacobsen, MD, (ytbc.)

March: How Best to Run Hurt, Hurt, Hurt, by Steve Duncan (ytbc.)

April: How to Run a Race w/Your Head or Director's Seminar (ytbc.)

***If you got this far
You deserve to have a***

***Happy and Prosperous
New Year!***

Skagit Runners Minutes - November 17, 2005

Members Present: Terry Sentinella, Bill Arnett, Jim Kopkowski, Ron Betz, Kim Betz, Steve Duncan, Catherine Davis, Karen Andrews (co-race director for Bayview Women's Run)

Annual Membership Meeting:

1. Constitution and Bylaws -

- a. Motion to amend constitution and bylaws (4 - yes/0- no)
- b. Motion to instate amended constitution and bylaws immediately (4 - yes/0 - no)

2. Elect Executive Board -

a. Proposed slate of candidates:

President - Terry Sentinella
Vice President - Catherine Davis
Secretary - Kim Betz
Treasurer - Jim Kopkowski
Newsletter Editor - Bill Arnett
Membership Director - Catherine Davis
Social Director - Bill Arnett
3 Trustees - Dean Taylor, Rob Jacobsen, Keefer Whan

- b. Motion to vote on slate - Bill Arnett, seconded by Ron Betz, 5 - yes/1 - no

Board Meeting:

1. Scholarship Program -

- a. 10 minute discussion on program - Skagit Runners will give 6 - \$350 scholarships to graduating high school seniors - all Skagit Valley High Schools will be offered applications; Bill Arnett - chair of the scholarship committee
- b. Motion to approve scholarship program - Catherine Davis, seconded by Jim Kopkowski, 7 - yes/0 - no

2. Free Shoe Program -

- a. Proposal from Michael Parke of Footwork shared - Footworx will sell the shoes at cost to the student - Michael will match half of the cost and Skagit Runners will match the other half of the cost - form will be filled out by the coaches to recommend one male and one female student
- b. Skagit Runners will budget \$400 toward the program; Steve Duncan - chair of free shoe program committee
- c. Motion to approve Free Shoe Program - Catherine Davis, seconded by Kim Betz, 6 - yes/1 - no

3. Races -

- a. RRCA guidelines dictate that we need to define the races that we aid, manage/sponsor, and own

i. Races we own:

- Skagit Flats Marathon (September)
- Tulip Run (April)

ii. Races we manage:

- Dog Island (June)
- Bayview Women's Run (May)

iii. Races we aid:

- Fowl Fun Run (November)
- Berry Dairy Days (June)
- Sedro Woolley Foot Race (July)
- Riley Run (August)
- 100 + Years of Running (August)
- Tesoro

b. We determined that we need to come up with guidelines for all three categories so that we are not held liable for injuries in races that we are aiding.

4. Race Calendar 2006 -

a. Tulip Run - April ???, Bayview Women's Run - May 20, Dog Island - June 1, Skagit Flats Marathon - September 10

5. Discuss Membership Drive -

a. No membership drive to bring in new members right now. Focus on membership renewals for January 1st. Send out newsletter with survey and membership form. Catherine and Bill will come up with pamphlet by Thursday, December 15th; board will approve at Thursday, December 15th meeting

6. Discuss Year End Party -

- a. No year end party
- b. 2006 Kick-off Party after Nookachamps - January 14th @ 1:00pm @ Bob's Burgers and Brew (Cook Road)

7. Current Membership List handed out to attending members

8. Race Directors:

- a. Tulip Run - Dean Taylor and Jim Kopkowski
- b. Bayview Women's Run - Andi Martin and Karen Andrews
- c. Dog Island - Tim Whitman
- d. Skagit Flats Marathon - Terry Sentinella

9. Socials Coming Up:

- a. Thanksgiving morning run @ Footwork in Mount Vernon @ 8 am
- b. New Year's Eve run @ Tommy Thompson Trail @ 11:30 pm (meet at skatepark off of R Avenue and 21st)

10. Agenda items for next meeting:

- a. What constitutes the club being involved in the race planning process? b.

Guidelines for 3 categories of races

Meeting Adjourned at 9pm

A Maniac's Beginning

"Are you crazy? Why would you want to run so many marathons in one year?" I was asked by the musician sitting next to me on my way home from Memphis (he had a mohawk and leather spiked dog bracelets.)

"I really don't know!" I replied.

I can't explain the fascination of running multiple marathons in a year. It just seems to get easier and easier every time. I meet so many interesting people along the way and just have a great time. The adrenalin rush isn't too bad either!

I started running when I was 35. My doctor informed me my cholesterol was almost 400, I was over 200 pounds, and the 1-1/2 packs of cigarettes I was smoking a day wasn't doing me any good either. I was having a hard time bending over to tie my shoes and climbing stairs at work; I was out of shape.

So I really started running to help quit smoking, drop my cholesterol, and lose weight. I had no intention of running marathons, that just seemed like an impossible goal for someone like me. But within 3 months I was able to run 2 miles without stopping. It was amazing how I felt when I finally met that goal. The rest is history.

Within 1 month of starting a new job at Tesoro Refinery in 2001 I was approached by my boss. He had noticed me running on a regular basis after work. He asked me if I would be interested in running the Tesoro 10K.

It had never crossed my mind to run in a race. I had no idea of even what kind of shoes to wear. Do I need to have special clothing, special shoes? How do I hydrate for the event? How fast should I run? Am I fast enough to compete? ***Could I finish?*** I told my boss. "No thanks. I wasn't ready to compete."

Later I talked to Wendy Scott, owner of Skagit Running Company, the former running shoe store in Mt. Vernon. I found out what I needed and didn't need to run in a race. I decided to try it out for fun.

Race day, 6/29/01 came. I was so nervous (talk about butterflies.) I had decided to take it easy but that didn't happen. The race started and I went out in an all out sprint. After all I couldn't let those old guys beat me. Testosterone has that affect on men. I didn't realize how competitive I was until that day. When I finally finished the hardest thing I had ever done in my life and I could breathe again, like a true adrenalin junkie I was thinking about the next race.

My first 10K I finished with a time of 40:05. I was the 9th person to cross, the 3rd in my age group (37 to 39 years of age), and the first Tesoro employee to do the run. It was exhilarating.

Throughout the next two years I started competing in larger and larger races. 6/16/03 I ran my first Marathon on the Olympic Peninsula. I realized after running the marathon that this was the distance for me. It is long enough that it takes all my energy to finish. Now my goal is to finish one marathon in all 50 states. I have done 19 states so far, and finished 29 marathons (20 this year).

Who knows what's next, a 50 miler, a 100 miler, an Ironman. Anything is possible if you put your mind to it. Hey, if I can do it, anyone can. The hardest part of starting to run is starting and continuing through all the pain that accompanies new runners. I remember very well the side stitches, knee pains, leg pains, and minor injuries that went along with figuring out how to run. Anyone without a major disability can start from zero fitness and acquire marathon shape in just a few years. All it takes is dedication and goals.

Terry Sentinella, Marathon Maniac
President

2006 Calendar of Events

Nookachamps Winter Runs 1/14/06
Wild n' Woolley Ride and Run 2/11/06
Smelt Run 2/25/06

Skagit Runner's Club Event Tulip Run 4/8/06

Bayview Womens Run 5/20/06
Dog Island Run 6/3/06
Berry Berry Days 6/24/06
Sedro Woolley Foot Race 7/4/06
Tesoro Fun Run 7/06
Art Dash(New 1/2 Marathon and 10k in Anacortes)
7/29/06
Riley Run 8/06
100 Years of Running 8/06

Skagit Runner's Club Event Skagit Flats Marathon 9/10/06

Dog Day Dash 9/30/06?
Fowl Run 11/06

• MEMBERSHIP APPLICATION / RENEWAL •

Please complete form and mail with check in the amount of \$15.00 to:

ATTN: Treasurer, Skagit Runners, PO Box 120, Burlington, WA 98233

Or bring to next meeting. See page two for incentives.

Name (Please print) Renewal <input type="checkbox"/> New member <input type="checkbox"/>	Home Phone: () Work Phone (if OK to use): ()
Street address (If different from mailing label, check here <input type="checkbox"/>)	City, State, Zip
E-mail address	What type of runner are you? Marathoner, (other distance?) Recreational, competitive, trail, 'Fun Run' runner? Wannabe? Walker? Or other? (Please circle all that apply.)
Will you be able to participate in Club meetings, Club training runs, and other activities? If no, how could the Club attract your involvement?	If you are familiar with the Club, could the Club improve to increase your participation? If so, how?
VOLUNTEER AREAS (circle those you have an interest in): Club governance • Race administration • Other activity Administration • Newsletter • Publicity • Phone Tree • Programs	Additional comments:

Skagit Runner's Club

**PO Box 120
Burlington, WA 98233**

PLACE
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