

# Skagit Runners Newsletter

## Year In Review

This year proved to be one of the best for Skagit Runners. We added several new faces to the group, enjoyed good times and had multiple successful races.

A special thanks goes out to those that volunteered their time to help and organized races. Without this great group of volunteers we wouldn't be able to put on the best races in Skagit County.

## Skagit Runners Winter Party!

Holiday party is planned for 6pm this Saturday at Kerry & Winston's home. A separate email was sent with specific information. Hope everyone can make it!

## Tulip Run is coming!

Tulip run planning has begun and we will be in need of volunteers to help at the race. If you are interested in helping please get in touch with Christine at [Christine@skagitrunters.org](mailto:Christine@skagitrunters.org).

## Skagit Running Company has moved

If you haven't already, please take some time to check out Skagit Running Company in its new location just a couple doors down from the old store. They are located on the corner of W. Kincaid and S. 1<sup>st</sup> Street.



## Member Speaking Events!

Two of our members will be hosting talks in the next couple months. If you haven't had the chance to speak with them here are some of the dates

### Craig Romano

January 18<sup>th</sup> - Concrete WA,  
Skagit River Bald Eagle Interpretive Center  
Hiking Skagit Valley and Guided Hike of the  
Sauk Reach Trail

January 25<sup>th</sup> - Bellevue, WA  
VOW Annual Banquet  
Day Hiking Eastern Washington

March 24<sup>th</sup> - Woodinville, WA  
King County Library  
Backpacking Washington

### Heather "Anish" Anderson

January 24<sup>th</sup> - Deming, WA  
Deming Library  
PCT Recap of record breaking hike in  
summer of 2013.

February 6<sup>th</sup> - Bellingham, WA  
Bellingham Public Library - Central Library  
PCT Recap of record breaking hike in  
summer of 2013

# Upcoming Events

## Couch to 5 Mile has started!

Skagit Running Company will be starting another Couch to 5 Mile program beginning 1/6/2014. The program cost is \$100 which includes a tech shirt upon completion. To register, please contact Lana at Skagit Running Company 360-982-2934. It's not too late to register if you are interested!

**January 11 (Saturday), 10 am - [Nookachamps Winter Runs](#)**, Half Marathon, 10K & 5K, Skagit Valley College, Mount Vernon

**January 25 (Saturday), 9 am - [Orcas Island 25K](#)**, Camp Moran, Olga

**February 1 (Saturday), 8:30 am - [Orcas Island 50K](#)**, Camp Moran, Olga

**February 8 (Saturday), Walk @ 9:30 am, Run @ 10 am - [Zombies Have Hearts, Too!](#)**, 5K, Bloedel Donovan Park, Bellingham

**February 15 (Saturday), 9 am - [Woolley Runs](#)**, 50K, Marathon & Half Marathon, Polte Road Trailhead, Sedro-Woolley

**February 15 (Saturday), 10 am - [Two for the Road](#)**, 5K, Whatcom Falls Park, Bellingham

**February 16 (Sunday), 9 am - [Birch Bay Marathon](#)** & Half Marathon, Birch Bay State Park, Birch Bay

**February 16 (Sunday), 10 am - [Fort Ebey Kettle Run](#)**, Marathon, 20 Mile, Half Marathon & 10K, Fort Ebey State Park, Oak Harbor

**February 22 (Saturday), 10 am - [Skagit Symphony Smelt Run](#)**, 10K & 5K, La Conner Middle School, La Conner

**March 8 (Saturday), 10 am - [Stewart Mountain Half Marathon](#)** & 5K, North Lake Whatcom Park, Bellingham

**March 15 (Saturday), 8 am - [Chuckanut 50K](#)**, Fairhaven Park, Bellingham

**March 15 (Saturday), 10 am - [Dallas Kloke Sunset Loop Relay](#)**, 10 Mile Relay or Solo, Washington Park, Anacortes

**March 15 (Saturday), 10 am - [Runnin' O' the Green](#)**, 8 Klick & 5 Klick, Depot Market Square, Bellingham

**March 22 (Saturday), 10 am - [River & Rails Run](#)**, 10K & 5K, Haller Park, Arlington

**March 29 (Saturday), 8:30 am - [Birch Bay Road Race](#)**, 30K, 15K & 5K, Birch Bay Water Slides, Birch Bay

If you have a race you would like added to the calendar, please email [Christine@skagitrunners.org](mailto:Christine@skagitrunners.org)

To unsubscribe, please email [Christine@skagitrunners.org](mailto:Christine@skagitrunners.org)



## DETERMINATION

"Determination is the wake-up call to the human will."

- Anthony Robbins