

# Skagit Runners Newsletter

## Newsletter Changes

In an effort to make things easier and make less email for people the newsletter will be switching to quarterly. Hopefully this will allow for more advanced notice of upcoming events and runs.



## Skagit Flats is coming!

Skagit Flats is only a couple months away and we are in need of volunteers to help at the race. If you are interested in helping please get in touch with Cynthia at [justadirl@hotmail.com](mailto:justadirl@hotmail.com) or reply to this email.

As part of the membership requirements the following people have signed up to volunteer for Skagit Flats. Please contact Cynthia at [justadirl@hotmail.com](mailto:justadirl@hotmail.com) for info.

Alvin Crane	Lindsay Dutoit
Bobbi Metrokin	Melanie Griffith
Chris Wright	Michelle Fekete
Toi Wright	Pete Haase
Dave Buttrey	Ron Betz
The Hendricksons	Kim Betz
Kevin Douglas	Shawna Thompkins
Kimberly Fuller	Joe Thompkins
Kristin Maricich	Steve Duncan
Lana Bargabos	Terry Nelson
Laurie Jarolimek	Tiffany Pulley
John Jarolimek	Shawn Tyree
David Chase	Christine Buchanan

## Skagit Runners Meeting

There will be two upcoming meetings for the Skagit Flats Marathon.

Aug 12 and Aug 26<sup>th</sup>. Both will be held at 6pm at Coconut Kenny's in Burlington.

Please RSVP if you can attend.

## Skagit Runners Summer Party

Rob and Daryls will be hosting a summer party at their home on Aug 16<sup>th</sup>. Theme is a Luau!

More details to come in a separate email.

## Skagit Flats donations

I am in the middle of preparing the random raffle prizes for the Skagit Flats Marathon. If you have any prizes or know of a business that would be interested, please send me an email

[Christine@skagitrunners.org](mailto:Christine@skagitrunners.org)

THANKS!!!

# Upcoming Events

- July 26 (Saturday), 8 am** - [Anacortes Art Dash](#), Half Marathon, 10K & 5K, City Hall, Anacortes
- July 26 (Saturday), 10 am** - [Family Fun Run](#), 10K, 5K & 1 Mile Kid's Dash, Birch Bay Activity Center, Birch Bay
- July 27 (Sunday), Marathon @ 8 am, Half Marathon @ 10 am** - [Chuckanut Mountain Marathon](#) and Half Marathon, Larrabee State Park, Bellingham
- July 27 (Sunday), 9 am** - [OSO Strong 5K](#), Arlington Airport Trail, Arlington
- August 2 (Saturday), 5K @ 9 am, Kids Dash @ 10 am** - [Run IN Color](#), 5K & 1/4 Mile Kids Dash, Windjammer Park, Oak Harbor
- August 2 (Saturday), Kids's Run @ 9 am, 7.5 Mile & 4.5 Mile @ 10 am** - [Bandit Run](#), 7.5 Mile, 4.5 Mile & 1/2 Mile Kids Run, Larrabee State Park, Bellingham
- August 2 (Saturday), 9:15 am** - [Susan Sutton Agape 5K](#), Lake Padden Park, Bellingham
- August 2 (Saturday), 10 am** - [Once Around Lake Cavanaugh](#), 7.8 Mile, Lake Cavanaugh Fire Department, Lake Cavanaugh
- August 9 (Saturday), Half Marathon @ 8:30 am, 10K & 5K @ 9 am** - [Race the Reserve Whidbey Island](#), Half Marathon, 10K & 5K, Coupeville Elementary School, Coupeville
- August 9 (Saturday), 9 am** - [Stilly Fun Run](#), 5K, River Meadows Park, Arlington
- August 9 (Saturday), 9 am** - [Miles for Memories](#), 5K, Fairhaven Green, Bellingham
- August 16 (Saturday), 10 am** - [Whidbey Island Triathlon](#), Community Park, Langley
- August 16 - 17 (Saturday - Sunday), 8 am** - [Hamster Endurance Runs](#), 24 Hour, 12 Hour & 6 Hour, Lake Padden Park, Bellingham
- August 16 & 17 (Saturday & Sunday), 9:30 am** - [Muds to Suds](#), 2.5 Mile Obstacle Course, Hovander Park, Ferndale
- August 24 (Sunday), 10K @ 9 am, 2.6 Mile @ 10 am** - [Whatcom Humane Society's Dog Days of Summer](#), 10K & 2.6 Mile, Lake Padden Park, Bellingham
- August 30 (Saturday), 25K @ 7:30 am, 10K @ 8:30 am, 5K @ 9 am** - [North County Road Run](#), 25K, 10K & 5K, 3rd St & Grover St Intersection, Lynden
- August 30 (Saturday), 9 am** - [Camano View Dash](#), 10K & 5K, Utsalady Elementary School, Camano Island
- August 30 (Saturday), 10 am** - [Lake Padden Relay](#), 10.35 Mile Relay or Solo, Lake Padden Park, Bellingham
- September 7 (Sunday), 8 am** - [Skagit Flats Marathon & Half Marathon](#), **Burlington-Edison High School, Burlington**
- September 13 (Saturday), 8:30 am** - [Fairhaven Runners Waterfront 15K](#), Fairhaven Village Green, Bellingham
- September 13 (Saturday), 9 am** - [Hope Unlimited 5K](#), Arlington Centennial Trail North, Arlington
- September 13 (Saturday), 2 Mile @ 9:15 am, 10K & 5K @ 9:30 am** - [Anne Jackson Memorial Walk/Run](#), 10K, 5K & 2 Mile Walk, Humane Society of Skagit Valley, Burlington
- September 20 (Saturday), 10K @ 9 am, 5K @ 9:10 am** - [Rescue Run](#), 10K & 5K, Arlington Airport, Arlington
- September 20 (Saturday), noon** - [Bellingham Traverse](#), Railroad Avenue, Bellingham

Please visit [www.skagitrunners.org](http://www.skagitrunners.org) for a full list of upcoming races

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