

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

Tulip Run Recap

Another Tulip Run came and went and all seemed to have run well. This year many members helped organize, set up, and execute the race. Hopefully everyone who helped out was acknowledged and thanked wholeheartedly!

This year's race was down in numbers but to be quite honest, I can't figure out where we put the other 350 last year? Our free entries were down...due to my goof and we were up against the Tulip Pedal. Also Whidbey Island was very aggressive in their advertising and they drew well. All in all though, we were made enough money to fund the things we want to fund and a good time was had by all. Parking was less a hassle but handing out a million awards continues to be a pain.....not sure how to remedy that! It was nice to be back in VanZ's warehouse and once again the two finish lines worked smoothly!

Any one want to be race director next year??? **Yeah right!**

The Wild n' Woolley Rundown

On one of the rainiest Saturdays in April, 36 wild and crazy runners braved the elements to help Shellane with her Senior Project. For a better story, go to the website and click on articles and read "Wild n' Wet in Woolley". Our own wordsmith, Tom Dorman recaps the day's event.

A member of the 2nd place team, Karvin Kramer, has committed to keep this thing going and it will be his Senior Project. These kids want to make sure this race becomes part of Woolley lore and I hope to assist them in their dreams!

Summer Barbeque/ Picnic/Fun Run Potluck

Once again I bring up this subject. Are we going to be more than just a race planning club? There is more to life than the Tulip Run and Skagit Flats. This year we budgeted some money for a summer club social.

I would like to discuss this at our next meeting. We did have a run on the Tommy Thompson in Anacortes and a baked potato feed at my house. I think it is time for a Beer and Brats Run or something.....

Skagit Flats Marathon and Half Marathon: Just when you think it is time to sit back and relax until the next Tulip Run, the reality sets in that we also have another major race taking place in September, and it is just around the corner. This year we have Terry Sentinella running the show and he is doing an outstanding job. He held a planning meeting last month and continues to make additions to the race....like an expo! One thing he did was shift some expenditures around and used that money to produce one mighty fine finishing medal. I am actually thinking about running the half myself just to get one! Matter of fact, maybe I will!

Terry is looking for your input concerning prizes and awards. Of course, he will be needing volunteers to work various positions and we will be posting a special page on the Skagit Flats page that will discuss these needs.....Can we do that Steve??? People always have opinions after the races are over. It would be nice to hear the suggestions before the race so we can put them in action!

More to come.....

Next Meeting: Alfy's Pizza in Burlington
Tuesday, June 14th 6:00 (Tuesday night runners usually come later!)
Food and Refreshments Provided

Schedule of Events

June 11th at 10

Whatcom Volunteer Center Human Race 5k/10K

June 25th at 9

Berry Dairy Days 10K/2Mile
Burlington

Volunteers needed to help me with the finish line.

This will be our last freebee!

June 26th at 9

Run for Literacy 5K
Bellingham

July 4th at 9:30

The Great Sedro-Woolley Footrace 5.17 Miles

Volunteers needed to help me with the finish line

\$\$\$ for services donated to 100th County Track Meet

July 9th at 9

Chuckanut Footrace 7 Miles
Bellingham

July 23rd at 12:30

Samish Bay Low Tide Mud Run

August 6th at 10

March Point Run 10K/5K
Anacortes

August 13th at ??

8th Annual Riley Run 5K
Mt. Vernon

Volunteers Needed for Finish Line

Proceeds to benefit Scholarship

August 27th at 9

100+ Years and Running 10K/5K
Mt Vernon

Cindy could use volunteers for finish line

For more a more complete and updated
running schedule go to our website at

www.skagitrunters.org.

Voted best running club website in Skagit County!

Presidential Ramblings: Well it has been quite a while since I hammered out some tidbits for all to chew. I have decided it takes about 2 months after the Tulip Run to recover and get the juices flowing again. So my 2 months are up and it is time to start acting like the head of a running club.

Last night was exciting in that I took the first step in convincing race directors that we are going to expect something in return for providing finishing services for their races. The folks with the Great Sedro-Woolley Footrace will be donating \$\$\$ funds to S-W High School to help defray the costs of hosting next year's 100th Annual Skagit County Track Meet. In return we will once again do finish line set up, time the event, collect and post the tags, and tabulate the results. Now this doesn't seem like much but for races such as this one, Berry Dairy Days, and in the past Smelt Run, a lot of our time goes into "their" event and I have convinced at least one race that it makes it a heck of a lot easier for me to donate my time when I know some group in the running community is going to benefit. For instance I love helping out the Riley Run.....she gives out scholarships and usually to a runner.

Now runs that our members put on such as Dog Island 10K and 100+ Years of Running basically do their own finish line and just use the club's equipment. Tim Wittman had to do the finish on his own this year since I was in Pasco and actually was pretty excited about becoming a self-sufficient race.

Now speaking of Pasco, Ruth, Nik, and I attended the State Track Meet this year to watch our son, Andrew, participate in the triple jump. Now I have been to a few State track meets but this was the first time I attended from just about Start to Finish and it was a blast. Plus it was the first time I wore shorts and not a raincoat! Anyway, the whole atmosphere was incredible, and I enjoyed watching the athletes especially the Skagit County athletes compete. I left with the thought that it will be cool if Skagit Runners can get involved with next year's 100th County Track meet, and sure enough it took me 4 days to get us involved.....hope you all don't mind!

“Pain is temporary. Giving up is permanent!” - Lance Armstrong