

Skagit Runners Newsletter

A message from the president

Hello,

Greetings Club Members my name is Delores Sentinella and I am the new president of the club. I started running 4 years ago and have done over 20-1/2 marathons and 2-25k's. I am excited to be the president. My goals for this club are to entice new running in the community into our wonderful sport, to continue and improve upon the great programs this club has, and continue following our club bylaws and goals. I am not a speedy runner but love to run and love the comradery that goes along with running.

We've had a great year so far, Lana (Skagit Running Company owner) started a couch to 5k program in January this program has brought new people to our club and shown them what running is all about, good exercise, great friendships, and best of all a positive sense of well being. Lana is with her 3rd group of couch to 5k runners the next will start in August so if you know of anyone who would like to start running let them know. We would love to have them join us...

I truly appreciate all of our members and thank you for giving your time, talent and energy to volunteer for our events, club runs, club activities, and our local races.

See you at the races!
Delores Sentinella

Club Meetings

We will be having our next club meeting at 6:30 July 2nd at Round Table Pizza in Mount Vernon. This is open to all members and we highly encourage everyone to attend. If you plan on attending, please email Christine@skagitrunters.org so we can plan accordingly.



New Membership Guidelines

There will be new membership guidelines taking affect July 1st 2013. Every member will be asked to update their membership yearly. There will be no charge for updating, but we will be asking everyone to commit to volunteering at one Skagit Runners sponsored event. Sponsored events include Skagit Flats Marathon, Fowl Fun Run, Tulip Run and Lost Lake.

To keep your membership current, you will need to email Christine with your name, address, phone number and what race you would like to volunteer at. Those that do not renew their membership by 7/31/13 will be removed from the mailing list and will need to rejoin and pay the initial fee again.

If you are updating your membership and would like a new singlet, we have them for sale for \$15.

Women's Self Defense Class

In August we will be having a womens self-defense class taught by Cara from Kalahi Martial Arts. It will be by donation and is 2 hours. I have done the class twice and found it very beneficial for runner safety. If you are interested in attending, please email Christine@skagitrunters.org

Upcoming Events

Couch to 5k program starting soon!

Skagit Running Company will be starting another Couch to 5K program running from 8/5 to 11/8 with a goal of finishing the Fowl Fun Run. Cost is \$70 which includes a tech shirt upon completion. To register, please contact Lana at Skagit Running Company 360-982-2934

RUNNING,
cheaper
than
THERAPY

June

- 15 Berry Dairy Days ½ marathon, 10k and 2 mile
Burlington, WA
- 15 Jog for a Jug 11.2k Point Roberts, WA
- 16 San Juan Marathon, ½ Marathon & 10k San Juan Island,
WA
- 21 Tesoro March Point 5k & 10k Anacortes, WA
- 22 Lake Padden Triathlon Bellingham, WA
- 22 Seattle Rock N' Roll Marathon and ½ Marathon Seattle, WA
- 29 Bellingham Kids Traverse Bellingham, WA

July

- 4 Great Sedro-Woolley Foot Race 5.17mile & 2mile
Sedro-Woolley, WA
- 12 Run Like A Girl 5K Mount Vernon, WA
- 13 Chuckanut Foot Race 7miles Bellingham, WA
- 13 Clear Lake Triathlon Clear Lake, WA
- 19-20 Ragnar Relay 200 Mile Relay Blaine to Langely, WA
- 20 Wind Horse Half Marathon Bellingham, WA
- 27 Art Dash Half marathon, 10k & 5k Anacortes, WA
- 28 Chuckanut Mountain 12/30k Bellingham, WA

If you have a race you would like added to the calendar, please email Christine@skagitrunners.org

To unsubscribe, please email Christine@skagitrunners.org