

*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](http://www.skagitrunters.org)



## **Tulip Run Update**

[www.tuliprun.com](http://www.tuliprun.com)

### Who's Who for Tulip Run 2005

Race Director and Course Set up: Dean  
Food Boss: Ruth  
Starbucks Coffee: Joe Lindquist  
2 Mile Honcho: Joe Lindquist  
2 Mile Helpers: SVCC X-C  
5 Mile Bosses: Tom Dorman/Shannon Singer  
with help from Dave Young, Jim Finch, and  
others  
Water stops: LaConner and MVC XC Teams  
First Aid: Skagit Search and Rescue  
Results: Keefer and Kevin Ryan?????  
Day of Race: anyone??? Bay View Women  
**Who am I forgetting?????**

Tulip Run is just around the corner and time to update everyone on what is happening with race preparations. 2<sup>nd</sup> time around is a little easier although race day is still race day and it will be hectic.

I have configured a new start for the two mile and it will start about 100 meters or so up from the 5 mile start. Runners will head up Higgins Airport Way and turn right onto Water Tank road where they will run down the road to the end where they will get onto the trail and then continue last year's course. This will allow us to keep the runners together at the start and also free up lots of parking along side Westar Road. Parking is an issue but I think if we get a good crew we can get cars to parking areas without the hassle of last year while keeping Higgins Airport Way clear. Come to next Tuesday's meeting and hear my parking plan!!! Maybe I will even discuss the idea of express registration!!!

Our other need is random drawing prizes to give away. We plan on having a board with names on them for runners to pick up their prizes instead of drawing at the end of the race. Unfortunately we don't have a lot to give away. Let me know if you can secure some drawing prizes otherwise we will just not have any or just give away the stuff that Steve has won!!!

**March Tulip Run Planning Meeting: Alfy's Pizza in Burlington**  
Tuesday, March 8<sup>th</sup> 6:00 (Tuesday night runners usually come later!)  
Food and Refreshments Provided

### **Skagit Flats Marathon and Half-Marathon**

**Update:** Race Director Terry Sentinella has been hard at work and I mean hard at work. He has worked on designing a special 9-11 medal for this year's race. He even is getting the race legit. We will actually have permission to cross over and under I-5 which I don't think we have gotten in a while, if ever. He is making me look like a slacker with the Tulip Run meaning that I have had to work harder lately. Anyway, he is doing a great job!!!

**Trail Mix:** The **Night Hawks** had one of our better night runs a couple weeks ago up at Baker Lake. It was a perfectly clear night and moonlit Mt Baker was **AWESOME!!** If you ever would like to experience night running, just email me and I will put you on the list for updates when we are a flyin'! Two new runners were introduced to headlamp running at Mt Baker and they loved every minute. Even the Skagit County deputy who questioned us while admiring Mt Baker thought it cool.....or did he use the term fool?

**Presidential Ramblings:** Newsletters are difficult these days now that our website is so informational. I am so proud of the job that our webmeister does. We could not adequately pay him for his outstanding work.. At least in a newsletter, I get to ramble on although I am sure he could make me a rambling page! One rambling I have concerns the Smelt Run that took place last Saturday. It only goes to show you that a race director is only as good as the volunteers that show up for race day. In the past they have relied way too much on Skagit Runners. During my watch, I have told many race directors that it is their race to put on, not ours. We can provide technical assistance but sometimes we **all** just want to **run** the race. So wouldn't you know one of the very few road races that I decide to run turns out to be about .2 mile too short. Oh well, if memory serves me correctly, 4 runners went the wrong way at Tulip last year!!! We can only hope we all learn from mistakes made at races and do our best to make sure we don't repeat them. I will say it again; a race is only as good as the volunteers that show up on race day. You can prepare until you are blue in the face but if you don't get people out there doing their jobs, it is gonna look ugly!! Thanks in advance to everyone who will once again make the 2005 version of Tulip look good!!! And you can be sure that I will make sure you get the credit you deserve!!!

**More Ramblings:** I have been helping Shellane Jensen with her Sedro-Woolley High School Senior Project. She is organizing a run but her version is different that what anyone has ever done around here. She wants to put on a **Wild and Woolley Ride and Tie**. Not the Down Under variety with horses but the Tom Dorman version with mountain bikes!!!! She wants to do it on the Cascade Trail so we are thinking two races. A short 5 miler from the start of the trail near Central Methodist Church and back and a longer version out to Hoehn Road and back 8 miles. We are still working out the details. Skagit Runners will be a partner in this race in that we will provide all the stuff and hopefully we will be instrumental in getting the word out.

**Here is how it will work.** Teams of two will start with one runner and one biker. They can switch from running to biking at any time. The biker usually rides ahead of the runner and then drops the bike, which the runner picks up and then passes the teammate to the next drop point. Usually they don't get too far ahead of each other and continue this the entire race with both coming across the finish line together. It is not just one run and one rides but instead of strategy of leap frogging with resting and running the entire distance. There will be a 3 mandatory exchange areas but a team can exchange as often as they wish. I know that Ruth and I are looking forward to competing together. So find a partner and get your bike tuned up!!!

## **Saturday, April 16<sup>th</sup>: The Wild and Woolley Ride n' Run Race**

Another race that you should put on your racing calendar is the **Dog Island 10K** over on Guemes Island! Last year was my first year to help with this run and this year I plan on running as well as helping out! Fellow Skagit Runner, Dr. Dog Islander himself, Tim Wittman, organizes this race. The run itself is a bit challenging but the awesome views as well as the friendly folk of the island make this a worthwhile trip. Your entry fee also gets you a ferry ride (foot passengers only) across the channel. So get out your calendars and pencil this event in on Saturday, June 4<sup>th</sup>. Actually, the more I think about it Ruth and I will try to organize a potluck for after the race. There is a county park at the finish line! website: [www.linetime.org/dir8.cfm](http://www.linetime.org/dir8.cfm)