

Presidents Report:

Skagit Runners is in full swing. Our member's goals are vast! Most of us run to improve our health, maintain our weight, for competitive or non-competitive reasons. For the young, middle-aged, and older runners, maintaining fitness increases our ability to stave off illness's and allows us to live active and full lives. Best of all it allows us to keep up with our kids and grandkids.

The Tulip Run was a success again this year thanks to the hard work by our Race Director (RD) Dean Taylor and CO-RD Jim Kopkowski. I would like to personally thank Dean for his dedication over the years to make the Tulip Run and every other run we are involved with in the valley "Work".

Of course the runs would not be successful without the many of volunteers that seem to come out of the woodwork. They work tirelessly all day to make sure we pull off the runs without any major problems. Thanks to all!

Jim and Pam Kopkowski did something for the club that we haven't had much success with in years past; they went out and contacted local businesses asking for donations to give away at the Tulip Run. They ended up getting hundreds of dollars worth of certificates and items for a raffle. It was a booming success! Thanks Jim and Pam Kopkowski you're hired for the Marathon!

(cont'd Page 2, Col left)

Scholarships Awarded

Skagit Runners Committee is pleased to announce our scholarship program recipients for 2006:

Scott Cary	Mount Vernon
Ellie Reff	Burlington
Jackie Rolfson	MountVernon
Jonathon Ruckdashel	Anacortes
Augie Stevens	Mount Vernon
Andrew Taylor	Sedro-Woolley
Jordan Welling	Burlington

Congratulations to all. And the Club wishes you success in your academic pursuits and wishes you well in your running, forever. See related article page 2.

Miscellaney

A belated Happy Mother's Day to our running mothers.

We hope you all have a pretty darn good Memorial Day Weekend with the family and friends. Remember to use sunscreen 37 and pace yourselves in the heat.

Officers for 2005-06

President	Terry Sentinella
Vice President	Bill Arnett
Treasurer	Jim Kopkowski
Secretary	Kim Betz
Webmaster	Steve Duncan
Social Director	Bill Arnett
Trustees	Dean Taylor
	Keffer Whan
	Rob Jacobsen
Newsletter: K. Betz, T. Sentinella, Bill Arnett	

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Runners love to get free stuff and the community is more than willing to support our races as long as the race participants support them.

In December of 2005 the club set rules for clubs that we help out. We have three classifications, "Owned Runs", "Managed Runs", and "Aided Runs". Skagit Runners has two "Owned Runs", the Tulip Run and Skagit Flats Marathon & 1/2 Marathon. We have two "Managed Runs"; Bay View Women's Run and the Dog Island Run. The Bay View Women's run is set to run on 5/20/06. Karen Andrews is the RD and will be emailing Club members for help with finish line duties and course help. (Ed's Note: See related article page 3.) The Dog Island Run is set for 6/3/06. Tim Wittman is the RD of this run and will appreciate any help we can provide.

In conclusion, I would like to personally thank all of you for your continued support to make the Skagit Runners what it is today. Our goals are to improve health and fitness within our community. We feel the best way is to start with our youth. Therefore we donated thousands of dollars last year to accomplish that goal. Without you that would not have been possible.

Terry Sentinella, President
tedes12@comcast.net.

Scholarship Committee 'Rules'

The Clubs scholarship committee accomplished a profoundly enormous, brilliant, and hugely successful project over the months since the programs seminal moment during a meeting last year. Under the astute governance of its' chairman and the untiring effort from all committee members an exceptional outcome was assured and of course the results were worth all the hours of trial and tribulation.

Those were the times that tried men's (and women's) souls. Those were the times which could have rent all efforts asunder; recalcitrant rebels who wildly sought to have only their own way; meetings were rife with uncouth raucous behavior, AK style, i.e., throwing pizza, and salad bits, salmon waving, etc. But in the end thoughtful deliberation, moderation, and wisdom carried the day.

The Committee is to be applauded for setting aside personal differences, rancor & hostility, and melding into a coherent and agreeable purposeful group. However, final decisions had to be made via the Internet to avoid the possibility of 'face to face' renewed hostilities. See page one for results.

(Ed. Note: The above article is reprinted from the April 1, Edition of the newsletter.)

Treasurers Report

At the last board meeting 2005 expenses and income were reviewed; Club made \$662. A preliminary Tulip Run summary was distributed: After \$500 donation to Search and Rescue and \$400 donation to Mount Christian Cross Country team, the club made \$2,700.

The Club approved (and later purchased) a race clock for \$837. Additional expenses voted on and approved by the board via electronic voting after last meeting:

One additional scholarship for total of 7 to be given out at cost of \$350 each (total budgeted \$2,450). And \$150 for coach and volunteer refreshments at County track meet.

2005 Ending Checking Balance \$10,063
Current checking account balance 5/12/06 \$11,728.00

Filed Form 990EZ with IRS

Jim kopkowski
Treasurer

Calendar of events

Bayview Womens Run	5/20/06
Dog Island Run	6/3/06
Blanchard Mountain Ultra	6/3/06
All Comer's Track Meets at Burlington HS (Summer time, 6 of them last year)	
Berry Berry Days	6/24/06
Sedro Woolley Foot Race	7/4/06
Clear Lake Triathlon	7/8/06
March Point Run	7/15/06
Art Dash	7/29/06
(New 1/2 Marathon and 10k in Anacortes)	
Riley Run	8/14/06
Concrete Cascade Days	8/21/06?
100 Years of Running	8/28/06?
Skagit Flats Marathon	9/10/06
Dog Day Dash	9/30/06?
Baker Lake 50K	10/7/06?
Mount Erie Road Run and Trail Run	10/21/06
Fowl Run	11/11/06
Pink Cheeks	12/18/06
Muckfest	12/19/06

Maniacs Journey

As many of you know I set a goal to run a marathon in all 50 states about one year ago, when I finished my 10th state, the Las Vegas Marathon. By the time this newsletter is released I will have finished at least one marathon in 28 states. My first marathon was on Fathers Day 2003. I have run about 45 marathons since that day. Some might say that is a little overboard, I tend to agree, but I really don't think it will stop me or even slow me down. I am hoping to finish this quest in the next 24 months so I can start running races closer to home, run fewer marathons, and bring my times down. I guess I have found the distance I love.

My father and I would start running every spring, after the snow melted, in preparation for the New York Marathon. We lived in Valdez, Alaska. Most of the winter the roads were covered with 12" to 24" of fresh snow, slushy snow, or water pockets in the ice large enough to swallow a VW Bug. It was nearly impossible to train in the winter. His goal was to run the New York Marathon; unfortunately he never had the opportunity to do so. My father died of Cancer when he was 50. About 8 years after his death I started to run again with the goal of someday running the New York Marathon for him. I have run it twice now, the first time for him, and the second time for me. What a great experience!

Right now I am headed for French Lick Indiana, home of Larry Bird, of the Boston Celtics. The marathon starts @ 7:00am, that's 4:00am our time. The weather is predicted to be in the mid 70's. Hmmm, maybe the sun will burn some of this moss off of my back. Wouldn't it be nice to live in a climate where it's in the 70's year around! But we have got it made here, aside from all the wind this last winter, it sure is nice to run in a temperate climate. The trails in Anacortes are probably the best in the world! The roads are very easy to run on. There are so many bike paths in Skagit and Whatcom Counties, we can run on for diversity, how can we complain. It retrospect this is runners heaven, indeed.

Recently I went for an 11 mile trail run with my dog Molly. The scenery just amazed me again! The bluffs overlooking the islands, views of the Olympic Mountains, views of the Cascades both here in Washington and Canada are just spectacular. Running the massive hills on the Cranberry Lake Trail, circling the ponds and lakes, running under trees draped with moss, just takes my breathe away every time. I don't think I will ever get tired of the same old trails. The beauty and the solitude help me to relax, unwind, and

revitalizes me over and over again. While I am out running these trails I remember why I run, because "it just doesn't get any better than this!"

Terry Sentinella, President

Bay View Women's Run

The 24th Annual Bay View Women's Run will be held on Saturday, May 20th, at Bay View State Park. This is a beautiful spot for a run; both the 10K and 2 mile fun run/walk loop out onto the Padilla Bay Shore Trail where you can see Great Blue Herons and other water fowl, as well as smell the salt water and feel the sun on your face – hopefully! There is almost always a breeze – at times a gale force wind – at Bay View, so it is rarely too hot for runners. For serious runners there is great competition and the joy of running with other women. And that is not to say men can't run – we welcome partners and family and friends who want to support women and run alongside them, but only women runners will be timed.

The race starts on the road above the beach at Bay View State Park, follows the road through the town of Bay View, and then turns onto the Padilla Bay Shore Trail. The two mile walkers and runners go a short way on the trail and then turn around and return to the state park, finishing down on the beach. The 10K runners continue along the shore trail and out onto the highway (with traffic control!) for a short distance and then return along the same route, again finishing down on the beach at the state park.

The Bay View Run is coordinated by Soroptimist International of Burlington and managed by Skagit Runners. This year Burlington Soroptimist Race Director joined Skagit Runners in order to fulfill the requirements for a managed race. It has been another example of wonderful community collaboration, where people who care about health and safety can work together to promote both.

All the proceeds from the run go to support services for victims of domestic violence and sexual assault provided by Skagit Domestic Violence & Sexual Assault Services. This vital community services agency has been providing crisis intervention and support services for victims of violence in Skagit County since 1979. Come and be a part of this wonderful event and know that you are providing support to the countless women, children and men whose lives have been

(Cont'd on page 4, Col 1)

touched by violence. It is only through the efforts of our entire community that we will be able to ultimately put an end to the suffering.

What Fuels The 'Fireball'

My first exposure to running began in the 1970's when President Jimmy Carter proposed to American youth to get on board with the Presidential Fitness Awards Program. I enlisted myself into a grade school running program. Back then I regularly trained by running around the school's campus during lunch and after school. This took place in a little town of Goodland, Kansas.

Later that year I ran my first road race of 10 miles, which was a lot for a 10 year old boy with breathing problems from a father who smoked around him for his entire life. I received awards from President Carter for my running that year.

In 1980 I moved to Washington State and started running track and field for Evergreen Middle School. Then I got involved with the wrong crowd of kids. My running took a break until high school. I didn't start running until my sophomore year in track and field events. My junior and senior years I ran both on the track and X-country teams. I trained during the off seasons too.

After high school I got into drugs and alcohol which I used until 1998. I made a vow to change my life around and never looked back. I stopped using drugs, alcohol, and smoking on Feb 7th 1998. On Feb 8th I started an exercise program by swimming and hiking. I did a bit of running for cross training and pursued open water swimming and marathon swimming.

In 1998 I flew down to San Francisco to swim Alcatraz unfortunately the water was too choppy for us to swim from Alcatraz, so instead we swam a modified course which took place mostly inside the breakwater. I later went on to swim Lake Washington in August of 1999. It took me 9 and 1/2 hours of sheer agony to complete the ordeal.

I soon set my sights on swimming the English Channel. I was swimming anywhere from 20,000 to 50,000 meters per week. My shoulders took on an injury (to this day they are not the same); I was washed up. It took a few years to find myself again with fitness.

In 2002 I got back into fitness by lacing up the old running shoes. I had gained a bunch of weight (I weighed in at 252 lbs) during my time off from swimming and was looking forward to being in shape again. At first it was just for pure fitness. But then my challenging nature began to take hold of me again and wanted more than just simple running. So I tried trail running and was hooked. It offered allot more scenery than open water swimming did, where most of the time you just had a view of the waterline, "Boring".

My first trail race, if you can even call it that, was the Chuckanut Footrace. It was over before I knew it. I felt little satisfaction of it challenging my endurance abilities. So I signed up for my first Ultra-marathon within a few days. What a mistake that was; I had little training, and little idea what I was getting into. Not having ran even a marathon yet I was already jumping headlong into the Ultra-marathon scene by running in one of the toughest races out there, the Cle Elum Ridge Run.

Fortunately 2 weeks before race day I went out and ran three 9 mile loops of the Chain Lakes Trail, on the North side of Mt. Baker. It was a real eye-opener for me. I went ahead with my plans for the Cle Elum Ridge run to still run in it. Which to this day I'm glad I did. Now 4 years later I'm planning on going back for my 5 year belt buckle. That's if you finish it. Only finisher's get to receive such grand awards which are so often given in Ultra-marathons such as the 100 mile races. They range from belt buckles, gym bags, to custom made prizes. Don't get me wrong, this is not why I run these things, but for the challenges they offer, and the friendships made.

To date I have run in 4 marathons, and 28 Ultra-marathons on up to 100 mile distance races. As of right now I'm on the slow road of recovery and only running about 10-20 miles per week. My goals are set to run in several multiday races and also to challenge myself to run across the State of Washington in one shot via a baby buggy filled to the rim with water, energy bars, a tent, and a sleeping bag. This most recent goal I had to nix this pass fall due to constant injuries I kept on having. Now I'm stronger and feeling up to the task at hand.

My favorite Ultra quote is "If you're going to run Cross Country, pick a small country to begin with."

Bill 'Fireball' Ball
Member

Skagit Runners Minutes – April 2006

Members Present: Terry Sentinella, Bill Arnett, Ron Betz, Kim Betz, Jim Kopkowski, Dean Taylor, Rob Jacobsen, Bill Ball, Cathy Cushing, Steve Duncan, Karen Andrews

1. Review Minutes from December meeting

2. Tulip Run Recap

- a. Assign coverage of warehouse during race
- b. Radios for communication for 2 main people (race director and assistant)
- c. Clipboard position at end of 5 mile – determined it is necessary for backup

3. Fowl Fun Run: Skagit Runners possibly will take it over? – Prez tabled the discussion for later, need more information from Cindy Lindquist (current race coordinator), Footworx sponsorship

4. New Race Clock: Jim K. motion to put aside \$900 for purchase of a new race clock – Bill A. seconds- Discussion – 6 yes, 0 no

5. Vacancy on Executive Board

- a. Vice President position vacated in January
- b. Terry S. nominated Bill A. for position as replacement until next election
- c. Executive Board voted – 5 yes, 0 no

6. Bayview Womens Run (See article page 3)

- a. Bayview State Park - May 20th @ 10am
- b. Helpers needed, contact Karen Andrews (karena@skagitdvsas.org)

7. Dog Island Run

- a. Guemes Island – 6/3/06
- b. Helpers needed, contact Tim Wittman (DogIslander@cablerocket.com)

8. Fireballs Ultra

- a. Blanchard Mountain – June 3rd
- b. Helpers needed to man aid/food station, contact Bill Ball (billfireball@yahoo.com)

9. Financial Report

- a. Skagit Runners netted 2005 - \$1,074.41
- b. Skagit Runners assets 2005 - \$10,820.74
- c. State Application for Nonprofit Corporation

Annual Report needs change of address for new treasurer – Rob J. motion to accept change of address – Terry S. seconds – no discussion – 6 yes, 0 no

10. Newsletter Deadline:

- a. Articles sent to Bill A. by May 1
- b. Newsletter sent out May 15

11. Review 2006 Skagit Flats Marathon Budget

Meeting Adjourned at 8pm.

K. Betz
Secretary

These Painful Times

(Note: Questions and answers are generic in nature and should be taken only as suggestions toward promoting healthy running for adults; as always, seek the advice of your personal physician for specific health related issues.)

Question: As a training marathoner I've increased my long distances and I'm having a dull knee pain which starts during the run and just gets worse. The pain is on the outside of the thigh and knee. It becomes worse on hills, and tends to go away with several days rest. Do you know what could be causing this pain? And how to avoid this problem?

Answer: From your description you may have iliotibial band syndrome (ITBS). ITBS refers to inflammation of a thick band of fibrous tissue that runs down the outside of the leg. The band begins at the hip (ileum) and extends to the outer side of the shin bone (tibia) just below the knee joint. The bands function is to provide stability to the outside of the knee joint.

Runners who increase their mileage often develop ITBS. It may occur in one leg or both and may even cause hip pain. As with many injuries it is important to 'RICE' (Rest, Ice, Compress and Elevate) your injury as soon as you notice the pain. Decreasing your mileage and finding softer running surfaces may help. If the pain continues or worsens, consult a physician that is familiar with this syndrome.

Thanks and apologies to L.S. Krivickas and to Club member & runner B. Hayes, DVM

(Eds Note: Many long distance runners known to us 'run hurt' frequently and are appear to be phobic about consulting a physician. Why is this? What better way to invest your hard earned dollars than to take care of your hard working 'vessel'? Next newsletter should have an explanation from one such runner, anonymously maybe?)

• MEMBERSHIP APPLICATION / RENEWAL •

Please complete form and mail with check in the amount of \$15.00 to:

ATTN: Treasurer, Skagit Runners, PO Box 120, Burlington, WA 98233

Or bring to next meeting.

Name (Please print) Renewal <input type="checkbox"/> New member <input type="checkbox"/>	Home Phone: () Work Phone (if OK to use): ()
Street address (If different from mailing label, check here <input type="checkbox"/>)	City, State, Zip
E-mail address	What type of runner are you? Marathoner, (other distance?) Recreational, competitive, trail, 'Fun Run' runner? Wannabe? Walker? Or other? (Please circle all that apply.)
Will you be able to participate in Club meetings, Club training runs, and other activities? If no, how could the Club attract your involvement?	If you are familiar with the Club, could the Club improve to increase your participation? If so, how?
VOLUNTEER AREAS (circle those you have an interest in): Club governance • Race administration • Other activity Administration • Newsletter • Publicity • Phone Tree • Programs	Additional comments:

Skagit Runner's Club

**PO Box 120
Burlington, WA 98233**



To:

98274+7601 R016

