

Skagit Runners Newsletter

Run For Boston – Fundraiser

Skagit Runners will be hosting a Run For Boston fundraising event at 6pm on May 13th at Skagit Running Company to benefit the victims of the Boston Marathon attacks. All proceeds from the event will go to The One Fund Boston. Multiple paces and distances to choose from (3-6 miles) along with a 2 mile walk. Stay after the run for refreshments and snacks. \$10 suggested donation per person. For more information, please contact Heather Romano at heatherbazooki@aol.com



New Officers Elected

Skagit Runners recently held a meeting to elect new officers for 2013-2014. They are:

Delores Sentinella - President

Heather Romano - Vice President

Cynthia Buttrey - Secretary

Melanie Lewis - Treasurer

Christine Buchanan -
Membership/Newsletter/Events Coordinator

Shawna Thompkins - Board Member

Dave Buttrey - Board Member

Joe Thompkins - Board Member

Race directors will stay as they have in the past.

Joe Thompkins – Tulip Run

Terry Sentinella – Skagit Flats Marathon

Heather Romano – Fowl Fun Run

Kevin Douglas – Lost Lake 50K

Scholarship Committee

Skagit Runners received several applications for the 2013 scholarship awards. The scholarship committee held a meeting this week to determine the recipients. They are as follows:

\$2500	Natalie Pollet	MVHS
\$2500	Kylie Terwilliger	MVHS
\$500	Kyle Oliver	MVC
\$500	Grace Lemly	MVHS
\$500	Michaela Kahns	BEHS
\$500	Westin McKenzie	AHS

Skagit Runners would like give a special thanks to Kim for her hard work in organizing the scholarship committee. Thank you!

Couch 2 5k program starting soon!

Skagit Running Company will be starting another Couch 2 5K program later this summer. Please stay tuned for more details. To register, please contact Lana at Skagit Running Company 360-982-2934

Upcoming Events



Lost Lake
Bellingham, WA

Lost Lake 50K – 2013

The Fifth annual, Lost Lake 50K will be held at the base of Chuckanut Mountain at Larabee State Park in Bellingham, WA at 8am Saturday May 11th 2013. This course is not only scenic, but will be quite challenging as well. The 8,000 feet of elevation gain will melt away when you see the San Juan Islands to the west, the Skagit farmlands to the south, the town of Bellingham and Canadian mountains to the north, and amazing views of Mt. Baker and North Cascades to the East.

<http://ultrasignup.com/register.aspx?did=18606>

Summer Races

May

11	Lost Lake 50K	Bellingham, WA
11	Run for your mum 5K	Burlington, WA
18	Bayview Womens Run	Burlington, WA
18	Watershed Preserve 12 hour trail Race	Redmond, WA
19	Haulin' Axe 5K	Bellingham, WA
19	Beat the Bridge	Seattle, WA
26	Ski to Sea Race	Bellingham, WA

June

1	The Human Race 5k & 10k	Bellingham, WA
1	Rainier to Ruston Rail Trail Relay & Ultra	Rainier to Tacoma, WA
1	Dog Island 10k & 2 mile	Guemes Island, WA
2	Raptor Ridge Challenge 10mi	Bellingham, WA
8	Girls On The Run 5k	Bellingham, WA
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

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

To unsubscribe, please email Christine@skagitrunners.org

RUN HAPPY
RUN GRUMPY
RUN SPEEDY
RUN SLOW
RUN A LITTLE
RUN A LOT

JUST RUN