

# Skagit Runners Newsletter

## Fowl Run Run is Coming!

Fowl Fun Run is only a month away and we are in need of volunteers. The race is scheduled for Saturday, Nov 8<sup>th</sup>.

As part of the membership requirements the following people have signed up to volunteer for Fowl Fun Run. Please contact Heather at [heatherbazooki@aol.com](mailto:heatherbazooki@aol.com) for info.

Here are the people I have listed to help:

Bill Arnett	Brannon Mucke
Howard Shapiro	Pete Haase
Karen Pinnell & Family	
Roar Irgens	Kim Betz
Steve Duncan	Mike Lumpkin
Shawna Lumpkin	

## MEMBERSHIP REQUIREMENTS

Part of the membership requirement is that we ask each member to volunteer for at least one race **per year**. If you have not volunteered for a race this year please get in contact with Christine at [Christine@skagitrappers.org](mailto:Christine@skagitrappers.org) and we can get you setup with a volunteer position.



## Fall Run Series – Super Skagit Jingle Challenge.

Fowl Fun Run has teamed up with two other local races and we are in need of volunteers to help out at the Fowl Fun Run and Skagit Jingle Bell Run.

Everyday Superheroes 5K  
Saturday, Oct 11 2014  
Bellingham  
[www.behindthecross.org](http://www.behindthecross.org)

Fowl Fun Run 5K & 10K  
Saturday, Nov 8<sup>th</sup> 2014  
Mount Vernon, WA  
<http://fowlfunrun.skagitrappers.org>

Skagit Jingle Bell 5K  
Saturday, Dec 6<sup>th</sup> 2014  
Burlington, WA  
[www.skagitjinglebellrun.org](http://www.skagitjinglebellrun.org)

For those that finish all three races a special series finisher's mug will be awarded!

Help is also needed at the Mercy 5K, 10K and 2K on Oct 25<sup>th</sup> in Stanwood WA. For more information on helping at any of these events, please contact Heather at [heatherbazooki@aol.com](mailto:heatherbazooki@aol.com)

# Upcoming Events

- October 4 (Saturday), 9 am - [Run Like a Girl](#)**, Half Marathon, Fairhaven Park, Bellingham
- October 4 (Saturday), 9 am - [Race For Education](#)**, 5K, Civic Field, Bellingham
- **October 4 (Saturday), 9 am - [Friendly Footsteps Haiti Water Project](#)**, 5K, Bethel CRC, Lynden
- October 11 (Saturday), 10 am - [MVHS Band Aid Fun Run](#)**, 10K & 5K, Skagit Valley College, Mount Vernon
- October 11 (Saturday), 10 am - [Everyday Superheros](#)**, 5K, Zuanich Park, Bellingham
- October 11 (Saturday), 4 pm - [Scott Skiles Memorial All-Comers Race](#)**, 5K Cross Country, Lakewood High School, Lakewood
- October 18 (Saturday), 9 am - [Lake Padden Trail Half Marathon](#)**, Lake Padden Park, Bellingham
- October 18 (Saturday), 5K @ 9 am, 1 Mile @ 9:30 am - [Coupeville Boys & Girls Club Costume Run/Walk](#)**, 5K & 1 Mile, Coupeville Elementary Track, Coupeville
- October 18 (Saturday), 10 am - [Dallas Kloke Mt. Erie Road & Trail Run](#)**, 3.6 Mile Road & 2.5 Mile Trail, Mount Erie Elementary School, Anacortes
- October 18 (Saturday), 10 am - [Run for Hope](#)**, 10K & 5K, Stillquamish Athletic Club, Arlington
- October 19 (Sunday), 10:30 am - [Run, Walk & Roll](#)**, 5K, Squalicum Boathouse, Bellingham
- October 25 (Saturday), 9 am - [Scream & Scamper 5K](#)**, La Conner Skate Park, La Conner
- October 25 (Saturday), 10 am - [Streams of Mercy Fun Run](#)**, 10K, 5K & 2K, Cedarhome Elementary School, Stanwood
- October 25 (Saturday), 10 am - [Arlington Taking Steps to Beat Breast Cancer](#)**, 5K, Legion Park, Arlington
- **October 26 (Sunday), Kids @ 8 am, Main @ 9 am - [Run Wild Whatcom](#)**, Adventure Race, Whatcom Falls Park, Bellingham
- October 31 (Friday), 7 pm - [Night of the Running Dead](#)**, 5K Urban Adventure Run, Boundary Bay Brewery, Bellingham
- November 2 (Sunday), 8:30 am - [Boundary Bay Marathon](#)**, Half Marathon, 10K, 5K & Marathon Relay, Boundary Bay Park, Delta (British Columbia)
- November 8 (Saturday), 10 am - [Fowl Fun Run](#)**, 10K & 5K, Mount Vernon Christian School, Mount Vernon
- November 9 (Sunday), Marathon @ 9 am, Half Marathon @ 10:30 am - [Bellingham Trail Marathon](#)** & Half Marathon, Lake Padden Park, Bellingham
- November 22 (Saturday), 9 am - [GBRC Turkey Trot](#)**, 5K, Whatcom Falls Park, Bellingham
- December 6 (Saturday), 9 am [Birch Bay Ghost Marathon](#)** & Mega-Half Marathon (15.1 Mile), Birch Bay State Park, Birch Bay
- December 6 (Saturday), 1K @ 9 am, 5K @ 9:30 am - [Skagit Jingle Bell Run/Walk](#)**, 5K & 1K Kids Fun Run, Burlington Chamber of Commerce, Burlington
- December 6 (Saturday), Kids 1/4 Mile @ 9:45 am, 5K & 10K @ 10 am - [Fairhaven Frosty](#)**, 10K, 5K & 1/4 Mile Kids Race, Fairhaven Park, Bellingham
- December 6 (Saturday), 11 am - [Oso United Christmas Run](#)**, 10K & 5K, Arlington Airport Trail, Arlington
- December 13 (Saturday), 8 am - [Deception Pass 25K](#)**, Deception Pass State Park, Oak Harbor
- December 13 (Saturday), 1K @ 9 am, 5K @ 9:30 am - [Jingle Bell Run/Walk](#)**, 5K & 1K Kids Fun Run, Bellingham High School, Bellingham
- December 14 (Sunday), 8 am - [Deception Pass 50K](#)**, Deception Pass State Park, Oak Harbor
- December 31 (Wednesday), 9 am - [Last Chance Marathon](#)** & Half Marathon, Fairhaven Park, Bellingham