



# Skagit Runners Newsletter

## Club Goals

- ◇ To promote and encourage health and fitness through running activities as a means of healthful exercise.
- ◇ To provide quality road runs and related running activities.
- ◇ To provide running opportunities to all levels of competition and ability.
- ◇ To provide concise and updated information on area running activities.
- ◇ To provide social and fitness opportunities for club members and others from the community to further promote running activities.
- ◇ To involve all club members in the total activities of the club.
- ◇ To encourage and mentor the youth in our community by actively sponsoring programs that encourage running and fitness.

## Current Events

With Christmas at your heels, and the New Year just around the corner what goals do you have for 2008. Maybe you want to run your first 5K, maybe your first 100 mile ultra. Some of the club members are still in the walking phase. Whatever your goals are they are worth fulfilling.

Lana at FootwoRx, in Mount Vernon. is starting group walks on January 7th, 6:00pm. The walks will be every Monday & Thursday night, starting at FootwoRx.

Joe Tompkins our Vice President is hosting a weekly Thursday night trail run, bring your headlamp and winter running coat!

The clubs weekend trail runs, that started this last summer, are a huge hit. Our participation is growing and growing mainly because of Joe's Motto "No one gets left behind" These are considered fun runs and we want everyone to have fun! We run on a different trail every weekend in Skagit or Whatcom county. This is a great way to enjoy nature, mud, friendship, and of course

RUNNING. You'll have the experience of your life.

We also have runs from FootwoRx in Mount Vernon Monday, Tuesday & Wednesday nights. For a complete list of runs please check out our website at;

**[www.skagitrunners.org](http://www.skagitrunners.org)**

Remember the goals of our club listed above. It doesn't matter if you run like a slug or an Olympic Athlete, you are a Skagit Runner. It's all about exercise, fitness, friendships, and FUN.

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## Vice Presidents Report

Since inception, I believe most of us aim to find that niche or place that feels just right deep within us; the sense of belonging that only true fellowship, camaraderie & fun can provide.

Two years ago I joined a running club and it has only enhanced my well being in more ways than one. Along the way, I have

met some great people and have secured some great friends.

The assurance that I am in the right place comes from all of you that have crossed my path. This year I've witnessed positive change & growth through the run. Perseverance, gusto, passion, dedication & enthusiasm I have had the privilege of experiencing with

many of you. Several have demonstrated qualities that I can only strive to achieve.

In order for me to fortify the person I am and hope to be, I need to bind a group that fits the same niche. My thanks to you who provide belonging? Best Wishes & Cheers!

**Joe Tompkins**

## A Walkers Perspective of Skagit Flats Marathon

9-11-07

Dear Skagit Runners,  
I can't thank you enough for what you've done for me. I am sending in my first-time membership dues today. I am a 225-pound 51-year-old woman who picked up a Skagit Flats Marathon flyer at Big-5 Sporting Goods about a month ago, and during a complete lack of sanity, entered the half-marathon event. I have never done anything like this before. I have hiked a bit this summer, and I take occasional walks up Burlington Hill.

"Believe in yourself,  
know yourself,  
deny yourself,  
and be humble"  
John Treacy's  
4 principles of  
training, prior to  
Los Angeles 84'

To my utter astonishment, I completed the Skagit Flats Half-Marathon in 04:00:36. I had no idea the race would end on the track at BEHS with competitors' names announced over the loudspeaker. I was stunned to be handed a medal and an ice-cold bottle of water as people cheered. It was an amazing moment. Despite blisters and sore calves, I am hooked!

Everyone was SO nice to me at the package pick-up and on race day. The woman singing the Star-Spangled Banner as the sun popped over Burlington Hill gave me goose bumps. Watching the colorful tapestry of people joyously heading up toward the overpass was so beautiful. The BEHS cross-country team and other race staff were so friendly and supportive of everyone. I was dumbfounded to have people cheering my name at a checkpoint. I was completely astonished at the athleticism and stamina of the runners, and awed by how much beauty you can see unfolding at 3 miles per hour. I will never, ever forget this day.

On your website, I found a link to the Bellingham Bay Marathon on October 7th, and I am now officially entered in the walking 1/2 marathon. I don't know if I will ever be able to actually run in an event, but for now, walking them and completing them are my goals! (Update: I have also entered the Seattle Marathon 1/2 marathon walk as well as P.F. Chang's Arizona Rock 'N Roll Marathon 1/2 marathon walk on January 13th, 2008.)

I can't thank you enough for all you've done for me. Please pass on my thanks to the cross-country teams, Skagit FootwoRX and any other sponsors or organizations I have omitted who were involved in the Skagit Flats Marathon and Half-Marathon. I can't wait until next year to do it again! Hmmm, I wonder if I can break the four-hour mark. To be continued.... (Update: I completed the Bellingham 1/2 Marathon walk in 3:50:39 with a few hills and 25-mph headwinds on the south leg. Progress!)

**Cordially,  
Annie Holmgren**

## A Marathoners Perspective of Skagit Flats Marathon

### Skagit Flats Marathon

#### "The Americana"

Upon rounding the turnaround about half way I observed (on marathon #258 including at least one marathon in all 50 States +DC) Oh beautiful for spacious skies (it was a knockout clear and

blue sky in the valley), with amber waves of grain (North Dakota the only other amber waves place), purple mountains majesty (not seen in many other states) corn as high as an elephant's eye (not even as in Oklahoma, Iowa or California that leads in corn production) and an incredible view of snow topped Mount

Baker. Add to the above livestock along the course and a small town friendly marathon, Flats is more AMERICANA than several other marathons put together can muster .

#### Happy Trails

**Jim Boyd, Seattle**

## Presidents Report

Why do we run? It makes our calves and thighs burn, we get side cramps, and stink with sweat. This is the way I felt when I first started running. After a few months of running my calves started to crave that achy feeling, the side cramps disappeared, and I longed for a hot shower after a good run. This is what running is all about. It makes us feel so good. It makes us feel strong, healthy, young, and gives us the endurance to make it through the day.

Running and walking are one of the only sports that take no training. It helps the us lose weight, gain self confidence, build endurance, and anyone can do it! This sport is for anyone, sprinters, runners, joggers and walkers alike. It doesn't matter what your skill level is!

"Workouts are like brushing my teeth; I don't think about them I just do them. The decision has already been made"

PattiSue Plumber,

In November we held the 29<sup>th</sup> Fowl Fun Run. As most of you know Skagit Runners was given this race from YMCA in 2007. This race is an old well known Skagit County race. Skagit Runners membership really pulled it off beautifully. As Co-Race Director I felt completely stress free. Everyone knew their role (or roles) and did a great job. Lana took care of most of the organizing without a hitch, Dean coordinated a perfect finish line, and Jim orchestrated his "as usual" awesome food spread. Steve and Sherrie did a great job marking the course (Steve was the one with an orange nose). Steve barely finished marking the course in time to run, but not it time to wash the orange chalk off his hands. My wife Delores, Lana, Kim, and Brannon were able to register the 170 day-of-race participants in record time. In all 24 of our members volunteered, some with as many as three jobs. A good time was had by all.

As the New Year approaches I can't help but think about what 2008 will bring for the club. I really don't see how it can be better than 2007! Jim Kopkowski directed the Tulip run (his first race). It turned out to be one of the most successful Tulip Runs to date, not to discount Dean's excellent job in past Tulip Runs. The Skagit Flats Marathon had the largest field to date, and of course

the Fowl Fun Run went great. This club is really coming together. You should all be proud of yourselves.

What do you want from **YOUR** club in 2008? Would you like to learn how to be a Race Director? Would you like to learn how to set up a finish line, and do race results? Maybe you would like to learn how to set up a race course? We are always looking for new recruits and volunteers for local races, and are more than willing to teach them the ropes.

As many of you know I was diagnosed with a stress fracture after the Steamtown Marathon in October. It was my 47<sup>th</sup> state in my quest to finish a marathon in all 50 states. I had to cancel the last three states. I haven't run at all in 9 weeks. It is very difficult not running; it has become such a big part of my daily routine. My outlet has been helping out at local races until my injury heals. I have found this to be almost as much fun as running the races. I still get to see all my friends at the races, enjoy the race atmosphere, and it makes me feel like I have helped make the races successful.

In closing I would like to thank the membership for all their hard work in 2007, and look forward to another successful year from our great running club "Skagit Runners".

**Keep Runnin!**  
**Terry Sentinella**

Terry Sentinella

### Northern Lights - A Winter Solstice Headlamp 5 Miler

**Date:** Friday, December 21, 2007

**Time:** 7 pm

**Location:** Northern State Recreational Area in Sedro-Woolley

**Details:** Cross country type run but without the spikes! Course is field roads, old gravel roads, grassy paths and gravel trail. Double loop course. Headlamp required! Please note that this run is put on by the Skagit Nighthawks and is not sponsored or managed by Skagit Runners.

[Dean Taylor](mailto:Dean.Taylor@skagitrunners.org) 856-6990

[www.skagitrunners.org](http://www.skagitrunners.org)



## 2008 Running Calendar

1/1	Resolution Walk/Run Padden Polar Dip, Lake Padden	8/30	Lake Padden Relay, Lake Padden
1/5	Lake Samish Runs	9/7	Skagit Flats Marathon
1/12	Nookachamps, Mount Vernon	9/?	Dog Day Dash
2/9	Two for the Road, Bellingham	10/?	Baker Lake 50K
2/17	Birch Bay Marathon	10/?	Mount Erie Road Run and Trail Run
2/23	Smelt Run, La Conner	10/?	Bellingham Bay Marathon
3/1	Honeywagon Runs, Everson	11/9	Padden Mudfest, Lake Padden
3/15	Chuckanut Mountain 50K	11/8	FootwoRx Fowl Fun Run, Mount Vernon
3/?	Walk & Roll Run, Arlington	11/22	GBRC Turkey Trot, Barkley Village
4/5	Tulip Run, Burlington	12/?	Pink Cheeks, Allen Elementary
4/13	Nature's Path Whidbey Island Marathon	12/?	Muckfest
5/10	Haggen to Haggen, Sehome	12/?	Northern Lights - A Winter Solstice
5/?	Holland Days, Lynden		
5/17	Bayview Womens Run		
6/?	Padden Tri, Whatcom City Parks		
6/7	Dog Island Run Race Beneath the Sun, Fairhaven Park		
6/7	Blanchard Mountain Ultra		
June-	All Comer's Track Meets at Burl' HS		
Aug	(Summer time 'Kids' meet, 6 last year)		
6/?	Berry Dairy Days		
7/4	Sedro Woolley Foot Race		
7/12	Chuckanut Foot Race, Marine Park		
7/12	Clear Lake Triathlon		
7/?	Samish Bay Mud Run, Samish Island		
7/?	Run for the Raspberries, Lynden		
7/?	March Point Run		
7/?	Art Dash 1/2 Marathon & 10k, Anacortes		
8/9	Riley Run		
8/?	Concrete Cascade Days		
8/?	100 Years of Running		

"and during a complete lack of sanity, entered the half-marathon event. I have never done anything like this before"

Annie Holmgren

## 2007 Skagit Runners Scholarship Awardees

**Scott Power - Burlington-Edison Graduate**

**Wes Hargrove - Burlington-Edison Graduate**

**Melissa Bradley - Sedro-Woolley Graduate**

**Kristin Connelly - La Conner Graduate**

**Jaynie L. Hancock - La Conner Graduate**

**Kaede Kawauchi - Mount Vernon Graduate**

**Corey Wilbur - La Conner Graduate**

"I believe most of us aim to find that niche or place that feels just right deep within us"

Joe Tompkins

**Membership Application**

**Why Run**

- \* For your health?
- \* For personal satisfaction
- \* To keep the weight off
- \* For competition

Skagit Runners is a group of runners just like you. We are composed of runners of all ages from youth students to retired adults.

You don't need to live in Skagit County to be a member. Our principles are based on health and fitness rather than speed. We are here to hearten, complement, support, and have fun with all levels of running.

Whatever your pace is we encourage and welcome you to join.

**Skagit Runners**

Skagit Runners is a running club based in the Skagit Valley area of Northwest Washington State.

The club sponsors three major races each year.

The Tulip Run in April, the Skagit Flats Marathon & 1/2 Marathon in September, and the Fowl Fun Run in November.

Skagit Runners receive a 10% discount at FootwoRx & Fairhaven Runners

Club Board Meetings are quarterly. In addition to assisting at many of the local races, club members meet for group runs (which are open to the public) beginning at FootwoRx in Downtown Mount Vernon

**Scheduled Runs/Walks**

*Mondays @ 6:00 pm, up to 3-5miles, 9-11 minute pace, beginners group.*

*Mondays @ 6:00 pm "Fitness Walk".*

*Tuesday @ 5:30 pm, up to 6 miles, 7:30 -8:30 minute pace, beginner to moderate group.*

*Wednesday @ 6:00pm, up to 8 miles, 7-8 minute pace, considered advanced group.*

*Thursdays @ 6:00pm "Fitness Walk".*

*Thursdays @ 6:00pm, Night Trail Run, check website for trail location.*

*Weekend Trail Run, "No one get's left behind" check out website for day, time and location.*

**[www.skagitrunners.org](http://www.skagitrunners.org)**

**Skagit Runners Membership**

<input type="checkbox"/> Individual Membership	Price	\$15.00
<input type="checkbox"/> Family Membership		\$20.00
<input type="checkbox"/> Extra T-Shirt		\$10.00
	Subtotal	_____
	Total:	_____

Method of Payment

Check

Cash

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip Code

\_\_\_\_\_  
Phone

\_\_\_\_\_  
E-Mail Address

\_\_\_\_\_  
Signature and Date

**Additional Family Members**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

Please Print Legibly

Mail to :  
Skagit Runners  
P.O. Box 120  
Burlington, WA 98233



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Burlington WA 98233



**Merry Christmas  
Skagit Runners  
Club Members**

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

**2008 Skagit Runners Club Officers**

**Board Members**

President	Terry Sentinella
Vice President	Joe Tomkins
Treasurer	Jim Kopkowski
Secretary	Cynthia Buttrey
Webmaster	Steve Duncan
Social Director	Bill Arnett
Trustees	Rob Jacobsen
	Dean Taylor
	Roar Irgens



**Nookachamps Winter Runs**

**29th Annual Nookachamps Winter Runs  
January 12, 2008**

**The Northwest's Premier Winter Runs**

**Skagit Valley College  
Mount Vernon, Washington**

**Certified Half Marathon, 10KM Run, 5KM Run/Walk  
See the world famous winter migration of beautiful  
trumpeter swans!**

**For more info go to:**

**<http://www.nookachamps.com>**

