



The Runner's Trail

Editorial: 2008 - Another PR Year for Skagit Runners

As we approach the finish line for '08, it is once again a time to reflect on the achievements of our organization. 2008 was a triumphant year for Skagit Runners through our multiple accomplishments. In '08 our sponsored races continued to attract more runners; our team members continually posted new PRs; we provided scholarships to deserving students; and we graduated a 100-miler and three marathon runners among our members! (Congrats to Lyosha, Joe and Johna! I also wish Johna good luck in her 100 miler; I will stick to marathons for now...) However our greatest accomplishment was that the spirit of our organization continues to grow stronger with every mile we run as a team. Most people view running as an individual sport; yet individually I would not have been able to finish my marathon. It is very encouraging to know that when I hit the proverbial wall, I can rely on you to pull me through. (On a personal note, I am forever in debt to the man from Costa Rica and the lady with the Mickey hat. Thank you!) And just like any human endeavor, we encountered difficult trails along the way only to come out stronger and more determined as a team.

2009 is another promising year for Skagit Runners, as we have countless miles in our horizon. Yet our greatest challenge is to encourage our friends, families or coworkers to get involved in their lives, whether it is (preferably) through running or an activity that helps them grow emotionally, physically and spiritually. After all, it is that incredible feeling of collective accomplishment that denotes the heartbeat of Skagit Runners and our best PR forward! Pablo

PS. Remember to massage your legs and feet. They will thank you many more miles!

PPS. Joe, Terry and Shawna → I still have all my toenails. HAHA!

PPPS. Gotta run now!

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2008 Race Retrospective – Fowl Run



I agreed to take on the race director duties of the Fowl Fun run after speaking with the race director of the Kent Christmas Rush. "This is perfect for you, Heather! You work with race directors at the magazine and you run a lot of races and now you'll learn about running from the other side, as a director. It's worth it, when you see people smile at the finish line," he continued. His enthusiasm was contagious. I couldn't wait!

After a small pile of paperwork, a few beginner mistakes and more than one night of tossing and turning, the big day finally arrived. And somehow, it wasn't stressful and chaotic like I had worried about. After cleaning up, I reflected on the success of the event. My conclusion: It had very little to do with me!

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*"I feel like I was run over by a truck and then it backed over me just for good measure!"
Johna McDermott, day after completing her first marathon.*

Health Corner

Medical Condition: Jogger's nipples

Common condition caused by friction that occurs between a shirt or bra and the nipples while running. The constant chafing over the course of the run often leaves the nipples with painful crusted lesions that may bleed. The condition affects both men and women.

For more information about this condition, prevention and treatment; as well as skin chafing, visit: Your Total Health at

<http://yourtotalhealth.ivillage.com/chafing.html>

President's Report

As the year 2008 nears its end, I can't help but be thankful for my wonderful family, friends, club friendships, and a job that allows me time to enjoy the sport I fell in love with a short 9 years ago.

December of 1999 I made a pact to quit smoking, go on a diet, and start running.

My cholesterol was about 400, I was overweight (about 205lbs), I got winded climbing stairs at work, and my ambition was minimal. I felt like an old man at the young age of 35. I never dreamed then that I would get in shape to run a marathon, let alone run one in every state.

My excellent wife and great children give me my stability in life. My wife and I have been married for 22 years and have 3 great kids. Without their support I would not have been able to continue the crazy (and expensive) goal of completing a marathon in all 50 states.

My running helps me to relax, gives me the ambition and energy to always strive for more, and makes me feel youthful. The friendships and the good times I have developed through this club are some of my most prized possessions. When I get a little grumpy my running friends always know how to pester me back to reality, thanks for putting up with me!

I want to thank the club members for their wonderful friendships. Sometimes when I stop and think about all the great people and all the work they do to make the club function as it does I am just baffled. So many of the members go out of their way and volunteer many hours of their personal time to direct races, time events, take care of the scholarship program, etc.; all on their dime. I am so proud of everyone's efforts that I can't thank you enough. You guys and gals make it look so easy!

Thanks again, and I wish you all GREAT CHRISTMAS and HAPPY NEW YEAR!

Terry Sentinella, Skagit Runners President



Upcoming Race Schedule Dec. '08 – June '09

4/11 Tulip Run
6/20 Berry Dairy Days
9/13 Skagit Flats Marathon
11/14 Fowl Fun Run

12/19 Northern Lights-Winter Solstice
Headlamp Run
12/20 3rd Annual Pig Tails Flat Ass
50K/Marathon
12/20 Ferndale Flat and Fast 10K
12/21 Christmas Marathon
12/31 Mary's Last Chance Marathon
1/1 Resolution Run & Padden Polar Dip
1/3 Lake Samish Runs
1/10 Bridle Trails 50K
1/17 Nookachamps Winter Runs
1/17 Capitol Mega Fat Ass
2/7 Orcas Island Fat Ass
2/8 Valentines Marathon
2/14 Two for the Road
2/22 Birch Bay International Marathon
3/7 Honeywagon Runs
3/7 Centennial Trail Run
3/21 Chuckanut 50K
3/29 Whidbey Island Marathon
4/4 Yakima Marathon
4/4 Birch Bay International Road Race
4/18 Wenatchee Marathon
4/19 Vancouver Sun Run
5/3 Tacoma Marathon
5/9 Haggen to Haggen
5/16 Watershed Preserve 12 hour
5/16 Windermere Marathon
5/17 Capitol City Marathon
5/24 Ski to Sea
6/6 Green River Marathon
6/6 North Face Endurance Challenge
6/6 Race Beneath the Sun
6/7 North Olympic Marathon
6/7 San Juan Island Marathon
6/13 Lake Youngs Ultra
6/14 Light at the end of the tunnel
Marathon
6/20 Lost Lake Ultra
6/20 20th Century 50K/100K
6/27 Rock N' Roll Seattle

Skagit Runners 2008 Club Information

2009 – 2010 Officers

President – Terry Sentinella
Vice President – Joe Tompkins
Treasurer – Shawna Wilskey
Secretary – Cynthia Buttrey
Membership Director – Heather Romano
Webmaster – Steve Duncan
Social Director – Bill Arnett
Trustees: Rob Jacobsen
Bill Beard
Roar Irgens
Newsletter – Pablo Cabrera

2008 Scholarship Recipients

Kyle Barkdull – Burlington Edison
McKenzie Brookings – Mount Vernon
Emily Bylin – Burlington Edison
Theodore Charles – Burlington Edison
Liisa Cushing – Burlington Edison
Mckenzie Kamb – Mount Vernon

2008 Race Retrospective *cont'd...*

I counted on many volunteers to help and they were the ones who pulled it off. Between the registration tables, food prep, course volunteers and the finish line, Skagit Runners stepped in and helped out. It was the Skagit Runners who made the race seem smooth and easy. Which led me to my next thought: I feel very lucky to have joined a community with an active running club made up of a positive group of people who want to help each other and have fun. Thank you and see you out there next year!

- Heather Romano

Skagit Runners

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Spotlight: Shawna Finishes 2nd at Marine Corps



In yet another display of athletic prowess, Skagit Runners' Treasurer, Shawna Wilskey, dominated the Marine Core Marathon in Washington D.C. and finished second for her category at this event. According to one eye witness, Mr. Chiptimer, she was smoking through the course. Mr. Chiptimer said that "she was going too fast that I couldn't even keep up with her time!" Congratulations and keep it up!

Maniacs Corner



Congratulations to the following Skagit Runners that continue to put their best foot forward while representing us as Marathon Maniacs:

- Terry Sentinella – 50 States
- Shawna Wilskey – 1st double (won both of them)
- Rob Jacobsen – 1st Double
- Joe Tompkins - 1st 100 miler (50 marathons)

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