



Winter 2008/09 Newsletter

www.arlingtonrunnersclub.org



Words of Wisdom

“Make this the year to join thousands of other charity runners who run and race while raising funds for worthy causes.”
Runners World magazine

A SNOWY 2008 Toys For Tots Run

A little snow did not deter these hardy souls from participating & helping bring Christmas cheer to boys & girls in the local area. We collected 2 shopping carts of toys & sent a \$2008.00 check to the Puget Sound Toys for Tots organization! One participant remarked that he would not mind running in 6 inches of snow. He got his wish the following week. Be careful what you wish for! Unfortunately the Marines were busy elsewhere & could not help us this year. ARC sincerely thanks the Stillaguamish Athletic Club for the use of their facility again & all the volunteers that came out to help us put on another successful event.

2009 Planning Meeting Report

Everyone is welcome to attend our Club meetings & copies of the minutes are available upon request (the meetings are not secret & we are not plotting to take over the world). We discussed a few changes but left most things the same. We adhere to the adage—if it’s not broken, don’t fix it.

RACE SCHEDULE: With regret, we are dropping ARC’s inaugural event, the Gleneagle Community Run due to declining participation. The Dollars for Scholar people have been great to work with. Moving the date a week earlier so as to not conflict with graduations should have helped but we think it is the venue, in particular the hills! As to date we have not been able to reconfigure the course to avoid the big hill.

Kinder of Eaglewings is concerned about the RR track crossing in the Walk & Roll Run for those in wheel chairs. We anticipate giving them a different colored bib, a turnaround point short of the tracks & their own finish chute.

TRESURERS REPORT: ARC paid out a total of **\$7753.00** to charities in 2008! Through generous giving from our sponsors, we were able to purchase the equipment needed to time the races ourselves. The cost of the equipment was roughly the same amount we would have spent on timing services last year. We are grateful for the professional services & training we received from Race Directions. Now we have more money to spend on the races & can give a higher percentage of total revenue to charities. Though some race expenses have increased, we are keeping dues & registration fees the same.

Club Mission Statement

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum for the purpose of achieving personal fitness goals through charitable race events.

2009 Race Schedule

5/30 Walk & Roll Run 5k/10k
10am @ Haller Park

8/1 River & Rails Run 5k/10k
9am @ Haller Park

9/19 Run for Hope 5k/10k
9am @ Arlington airport SAC

12/5 Toys for Tots Run 5k/10k
11am @ Arlington airport SAC

Questions/Contact:

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MEMBERSHIP: Membership numbers ebb & flow with the seasons but year over year, our numbers continue to increase. We had a total of 21 paid members in 2008. Your membership is good for a 12 month period so some of you will get a renewal email soon. The numbers are not as important as to whether you are getting what you expect. Fast or slow, veteran or beginner, are you reaching your goals? Are you having fun & feeling good about yourself? I know I would not be going to Boston were it not for all the club members that encourage & inspire me! Like we advertise: advice & encouragement are freely dispensed at the Saturday runs. **MISCELLANEOUS:** We are always looking for volunteers. The charities provide the majority of volunteers but we could always use more help. If you are injured or if a family member or friend can help, please let Jon Hatfield know.



The picture to the left is of the 2008 Run for Hope & the one below is of the 2008 River & Rails Run.



You can see some of the changes we made last year in the photos on this page. We switched the dates of the Run for Hope & the River & Rails Run last year to avoid conflicting with other local events. At the airport, we changed the route at the beginning & moved the start north of the new access road to account for the new trail extension. Also check out our new clock, finish stanchion & chute.

ARC Members Receive Age Group Awards at Other Races:

Marysville Berry run: 1mi. Lukus Chase 1st overall! 5k: Jennifer Schonecker 2nd, Shawn Bussert 2nd, Pat Phares 3rd
Tesoro Marsh Point Run: Sherry Osti 2nd, Will Miller 3rd, Pat Phares 4th.
Marysville YMCA Steptember run: Will Miller 2nd
Baker Lake 50k: Shawn Bussert—3rd overall!
Kirkland Tri-it: Pat Phares—1st , 3rd in Masters Division
Ron Herzog 50k: Shawn Bussert— 1st place overall!
Biz Johnson Trail half marathon: Greg Woodman 2nd.
Birch Bay Marathon: Shawn Bussert— 1st, 2nd overall!!!



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Role Models by Will Miller

The recent news stories surrounding Michael Phelps have been a popular topic during our Saturdays runs. I did not really think about it until my wife reminded me, but we are all role models in our own way. None of us are as universally recognized as Michael but that does not mean that people are not observing us. Little children naturally look up to adults. We are “imprinting” ourselves in them whether we want to or not. Let us always be aware of the example we are setting & hope that Michael finds a better way to escape the pressures of training & fame.

Boston Marathon Watch

Again this year, Will, Greg & now Shawn are registered for the most prestigious race in the world, Boston. We are ramping up our weekly distances & God willing, will arrive there without injuries & in top condition. Be praying for Greg as he has switched back to insulin for his diabetes. Also pray for Will that his old injuries do not flare up like in the past as he reaches his maximum weekly mileage. We invite you to come out on Saturdays & run with us.



Tales from the Trail—First Time Experiences

Baker Lake 50K By Shawn Bussert

In running the Baker Lake 50K I've found a new addiction, Ultra running. Ultra marathons are races with a distance of over 26.2 miles, most popular are 50k, 50 mile and 100 mile. The Baker Lake 50k took place at the Kulshan camp ground near the Baker Lake Dam. At the start we went over the dam and went straight up a gravel forest service road for 5 miles. At the top we turned around and went back down 1 mile to the trail head for the West Baker Lake trail. At that point I was running in 3rd place and wondering if I should be this close to the front on my first 50k – but I felt great. On the trail I really enjoyed the run with cool fresh air, beautiful scenery and soft single track trail. We were to do two out and backs on the trail. The first at 14 miles and back to the trailhead / aid station. At this time I moved into second, but the first place guy was pulling away. At the aid station I was happy to stop for a bite to eat and get my bottles refilled one with water and the other with a sports drink. Off again down the trail for a 10 mile out and back this time. With 86 runners on a single track trail doing two out and backs you are bound to run into – well about every runner. That can make it a little tricky with stinging nettles and steep cliffs, but I've found like all runners, ultra runners are super nice people and we did great work of moving to the side when needed. At the turn around for the second time I was starting to feel the miles. On the trail it was getting harder to lift my feet over the rocks, ruts and logs. Stumble running to the aid station for the last time, I took in some gummy bears and flat cake – just what I needed to get me down the gravel road for the last mile to the finish. I ended up with a 3rd and a time of 4hr and 27 minutes. I must say I'm hooked.

Editors note: Shawn continues to improve with his 1st place overall at the Ron Herzog 50k in Granite Falls & his 2:59 time & 2nd place overall finish at the Birch Bay Marathon!





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2008 Portland Marathon. By Warren Chase

The starting area appeared to be chaos at first glance but was in fact quite well organized. The race let off promptly at 7:00am in waves, by estimated finish times and a few minutes apart. I was hanging with the 5 hour group, speculating that later I'd be meeting up with the 4:30 group, no problem.



I started slowly and easily to conserve energy for the end. I was thinking of throwing in a few walk breaks to extend my energy level but since I was feeling pretty well, skipped that plan. The first 10 miles were a joy, a nice run in the park, just like a pleasant ARC airport run. That is when I noticed I was developing a hip pointer which was becoming quite painful to run with. The pain was manageable but I was feeling increasingly tired and less spunky. Overall, the first 17 miles went very well, even a bit easier than the long runs in training. I was keeping an eye on the nearby pacing groups and had actually caught up to the 4:30 pacing group at mile 16. Then, there was this rather huge hill that went over the St. John's Bridge and I walked a bit to get over the top. They say there are really two races; the first 20 miles and the last 6. In my case it was closer to 18 and 8. The hip pointer really started giving me problems going down the other side at mile 18 and I began slowing a bit. By mile 20 the hip was overriding most of my thinking and my body was nearly drained of stored energy. I slowed to stretch the hip every mile or so. Funny, it hurt more to walk than to run so that kept me running the duration. Aerobically, I felt my wind energy, lungs and heart rate were functioning well and I wasn't exhausted in that regard; but all of my body flesh felt depleted.

I seemed to be hydrating well at all of the water stations and I had rationed my 6 gel-paks equally. From mile 20 to 25 I was running in a psychological zone where my thoughts were dominated by hip-pain. I continued to run on a very low energy level although I never felt I had to absolutely walk to be able to finish. My brain was plugged into an iPod shuffle and I did very much benefit from Chuck Berry and Mick and the boys to help keep the pace. Then, the last mile was different, like an out of body experience with the crowds cheering everyone on and the bands playing. Throughout the entire race I was lifted up by the positive energy and encouragement of the spectators but especially during that last mile! I crossed the line at 4:48 and noticed I was really out of it mentally. I walked, or rather staggered through the finish area. Thanks to Colleen I was able to focus on basic care and to get re-hydrated quickly and eat some carbs. A ton of pizza and an Obsidian Stout really helped the recovery process that same night.

I was not at all disappointed with my time and even felt fortunate to be alive and walking. I immediately saw the absurdity and riskiness of my training timeline and vowed to be far more patient as my running career progresses. So, the next time you think of running a marathon as a *New Year's resolution*, make it a *Two Year's resolution*. How tough could it be?

Thank you Sponsors!



You can be an ARC Sponsor too. Give us a call.

