



The Arlington Runner

Spring 2006

www.arlingtonrunnersclub.org



Message from ARC's Founder!

"This club is our way of inviting you to a better and fitter lifestyle through the fellowship of other runners, joggers, even walkers. **ARC** is a non-profit group designated to providing a **free weekly forum** for runners serving the greater Arlington, Marysville and Stanwood areas.

In doing so, its mission is to inspire and coordinate runners of all shapes, sizes and abilities (from recreational to competitive) for the purpose of achieving their own personal fitness goals while benefiting local communities and charitable organizations." Greg Woodman

About the ARC Newsletter...

Welcome Runners to ARC's first newsletter! This newsletter will be printed every two months to share information with fellow runners. In future newsletters you will find local runs, who in the group is participating, ARC sponsored runs, miscellaneous articles by fellow runners, news and health topics, and anything that is on the topic of... well, running.

Website!

Visit the club's website at www.arlingtonrunnersclub.org

Membership

Since ARC is a non-profit organization you might be wondering, "Why are there fees for different types of membership?" Well, besides offering all runners a **free** forum to meet, we also want to offer all runners a little something extra; something that will help runners meet their personal fitness goals. Keep in mind that membership is tax-deductible and is used for charity giving. The two different levels of membership are: (1) ARC Club Membership at \$95 annually for free entry to all ARC race events, free club t-shirt and newsletter and (2) ARC Associate Membership at \$20 annually for a free club t-shirt and newsletter.

Tales from the Pavement...

"CHRISSY, TERESA AND JOE RUN AGAINST THE WIND!"

There were some windy days in February but that didn't stop ARC runners! Chrissy, Teresa and Joe fought strong winds out of the South one Saturday and made it around the 5.5 mile Airport Trail without any incidents. Sure they were hurdling fallen trees and were deafened by a 65 mph wind... it was a battle to remain standing let alone running. OK, so the winds weren't of hurricane strength, but it was a bit windy. At times it felt when you took two steps forward the wind pushed you back one step. The wind added a whole new aspect to running that actually has a name, resistance running. Another form of resistance running is to run with a running parachute that is tied to a your midsection. So, come join us every Saturday at 10 am. You never know what the next adventure will be.

"Their encouragement and positive attitude made it easy to join into a group where I really knew no one"

-Kerry Munnica

Schedule updated May 24, 2006

Tentative ARC Events

Gleneagle Comm. Fun Run
5k/10k - Sat. June 10, 10am

Arlington Airport Run for Hope
5k/10k
Sat. Aug. 12, 9am

River and Rails Run
5k/10k - Sat. Sept. 30, 9am

Marines Toys for Tots Run
5k/10k - Sat. Dec. 16, Noon

Questions? Contact:

Greg Woodman

Greg_ARC@comcast.net

360-435-3409

Club Mission Statement

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum to meet for the purpose of achieving personal fitness goals, while offering additional opportunities through memberships, sponsorships and race events to raise monies for local community and charitable organizations.

“ARC MEMBERS PARTICIPATE IN THE 2006 SMELT RUN!”

A group of ARC runners participated in the 2006 Smelt Run in La Conner on Saturday, February 26th. They left the Stillaguamish Athletic Club parking lot at 8am to make registration by 10am. While waiting to register, Runners were entertained by the Skagit Symphony (profits from the race go to them). Will, an ARC member, shares his experience... “I ran a couple warm up laps on the high school track just prior to the race (it was about 35 degrees outside). About 5 minutes prior to the start, a fairly long line had developed so we went to the back. I was talking to a forestry friend and didn't hear the start but rather noticed people moving out in front of me. In my haste to get near the front of the pack, I forgot to start my watch. I started my watch at the first mile marker so I don't know how fast I ran the first mile. The race headed south & west to the waterfront where the 5k & 10k separated. The 10k went south on the main street past the numerous store fronts. Some family members were on the sidewalk waving to loved ones. The course then looped back around and headed east out of town. Outside town we turned south again in farm country and made a turn around on Beaver Marsh road. Just past the turn around, I could see Greg was not far behind me. Then back into town and to the finish just past the starting point. 262 runners total. About 20 more 5k runners than 10k. I would guess average age to be about late 20's. All age groups were very well represented from early teens to over 65. The high school kids left us in the dust. About a 50-50 mix of men & women. A few walkers on the course. Also a few young moms with baby joggers. I recognized 4 runners from past races plus a forester friend who was running for the first time. Near as I can tell, the runners came from the local area and I did not see any of the elite runners from the Seattle or Tacoma area.” Will placed 2nd in his age group and set a personal record with a time of 43:51. Greg was on Will's heels with a time of 45:08.

Join Will on 'The Running of the Green' at Bellingham on March 11th. The race is 5 miles and starts at Bloedel Donovan park at Lake Whatcom at 10am. If you are interested in carpooling, he will leave the Athletic Club at 8am sharp. ARC members might also participate in other events, so be sure to check back with us.

Runner's Health

“RUNNING SOUNDS PAINFUL TO ME!!”

We all will experience physical pain sometime in life and for some, the aches and pains seem to get worse and linger longer as our bodies continue to grow older. For some of us, just the thought of running can conjure up painful memories or paint a bleak future. Especially so if you're just beginning to contemplate this as a new activity, you're tired after a long day like the rest of us and somehow running hasn't found its way into your vocabulary yet. It's understandable then to think that running might cause more harm than is good and try to avoid it like a plague. But alas, there is hope out there!

Surprisingly, several scientific studies have shown that running has just the opposite effect. Running doesn't deteriorate your joints more quickly than being sedentary. The stronger the muscle groups and tissues are, the better they are able to support your joints. This leads to better protection from injury and a more evenly balanced support mechanism. This is aside from the many other scientific health benefits; like better cardio-conditioning, having an endorphin-induced positive mental attitude and yes, losing weight, not to mention just getting some fresh air and enjoying our great outdoors.

Your first crucial step is to start out slow and don't overdo it. Too much too fast just leads to injury or burnout or failure. Set yourself a goal or two; perhaps, an upcoming 5k race or a weekly mileage goal. Listen to your body. Joining a running group is ideal for avoiding these problems and accomplishing your goals. Then simply enjoy that new body of yours!

Enroll me now!

Club Member \$95

Associate Member \$20

Name _____

Address _____

Phone _____

E-mail _____

(tear along dashed line and
return with payment)

Make checks payable to:
ARC
18603 Silverleaf Place
Arlington, WA 98223