



The Arlington Runner

Summer 2006

www.arlingtonrunnersclub.org



Gleneagle Community Fun Run!

Join us **Saturday June 10th at 10:00 AM** on a charity run through Gleneagle. ARC is hosting a 5k/10k run to raise money for the Arlington 'Dollars for Scholars' and we want you there! The race will start and end at the Pioneer Elementary School, address: 8213 Eaglefield Drive, Arlington. Pre-registration is \$15 and day-of-race-registration is \$20. Visit ARC's website or email Greg to pre-register and to get the race flyer.

Message from ARC's Founder!

"People...people who need people" may only strike a chord with the over 40 crowd, but this line made famous by a 1970's Barbara Streisand song applies as much today as it did back then. We often function best when operating within some sort of structure or group. While we might not think of ourselves quite as a family yet or if ever, group workouts do foster the kind of environment so many of us don't even realize we need. As ARC enters the midway-point of its first year as a club, there have been many personal milestones and exciting success stories; running a personal best, winning a ribbon, hanging on just to finish, training for a race for the first time ever, not to mention the fitness and friendship that develops. I encourage you to keep setting new goals and stick to them and remember most, to draw strength, fun and humor from those you meet along the way.
- Greg Woodman

NEW SUMMER HOURS!

This new weekly program is now available starting May 1 through Oct 1:

Mondays (Endurance)

Long, slow run—meets 5:30pm-7pm. Begins at the 67th Ave. Centennial Trailhead.

Directions from SAC:

East 1-mile on 172nd to 67th Ave, right and south less than 1-mile, parking lot to trail on left.

Thursdays (Speed)

Intervals run—meets 5:30pm-6:15pm at Post Middle School 1220 E. 5th St. Arlington, WA 98223

Directions from SAC:

East 1-mile on 172nd to 67th Ave, left and north 3miles to downtown Arlington. Go north on Olympic Ave. to 5th, right and east 1-mile to school on right.

Saturdays (Lactate-threshold)

Tempo Run—meets 9am-10am at Stillaguamish Athletic Club.

This no-hassle mileage plan includes 3 running essentials—the long run increases your endurance, the speed work makes you faster, and the tempo run raises your lactate threshold, enabling you to hold a faster pace during your race. Cross-training is also a good idea for off-days when there is no scheduled run. This could include bicycling, strength training, rowing, swimming, or elliptical training. The key is not to run more than the above plan and not to exceed 3 days a week. This will cut down on overuse injuries and burnout. Good running!

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

- Jesse Owens

ARC Race 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.

Tales from the Pavement...

'The Running 'O' the Green' at Bellingham on March 11th... my first race! The race was 5 miles and started at Bloedel Donovan park at Lake Whatcom. Will and I carpoled and left the Stillaguamish Athletic Club at 8am sharp and made it to Bellingham with plenty of time to register. At the start of the race, the organizers separated all the runners according to their speed, which worked out really well. Not knowing what to expect or how to set my 'race pace,' I decided to set pace with a few other runners around me. After the first 3 miles I slowed my pace a bit but was still able to make a time of 32:12.8. Will was nipping at my heels with a time of 33:08.7.

Approximately 160 people ran the 2 mile run and another 160 or so people ran the 5 mile run. So, the trail was busy! Most of the course wound through Whatcom Falls Park with a middle section of the race running through Bayview Cemetery with a gradual incline. We started and finished at Bloedel Donovan Park near the boat launch for Lake Whatcom and yes someone was waterskiing. So, what did I learn from my first race experience? Set an aggressive but doable pace. The race number normally pins on the front of your shirt but some put it on their backs. And what else... Oh yeah, don't lock your keys in the car. – Joe Alexander

Runner's Health

While personal goals and schedules will always vary, the essentials for good, sound running don't. Running setbacks can sneak up in many different ways both physically and mentally; injury, burnout, boredom, fatigue. I don't know about you but none of these things sound very enjoyable to me. And they are best avoided by including some variety; in the way we run, the place we run, the time of day we run, and the type of race we train toward.

As you might have noticed we expanded our group schedule beginning in May through October to include 3 distinct workouts and settings. This design, though it will improve your overall performance, keeps your motivation high and your body well trained all-around. Centered on the mileage base we've all been developing since January, these weekly workouts combine speed, endurance, strength, and cross-training; all custom-tailored for the race you've picked. Running just to finish may or may not be a difficult thing to do, but running to run well is always going to be a challenge.

Website!

Get connected to our website! ARC's website is a hub and information center for the club. You can already view race events and download editions of the newsletter and the Gleneagle Community Fun Run flyer and registration form. 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.

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