



# The Arlington Runner

FALL 2007

www.arlingtonrunnersclub.org



## ARC is on the Cover of the NW Runner!



We're famous! NW club reporter, Craig Romano, met with us for a run around the Arlington airport. He snapped pictures and interviewed us for an article in the September issue. Shawn asked Craig; "Will we be on the cover of NW runner?" "Craig responded; "They never put clubs on the cover." Apparently they were impressed with what they saw. The article about the club and the surrounding area is excellent. Please go out and buy a copy. If you see yourself and want a copy, they are available from NW Runner and local running stores. There is a copy on the front counter of the Arlington Athletic Club & at local libraries. We have a few extra copies we might be willing to part with.

## Life Is A Lot Like

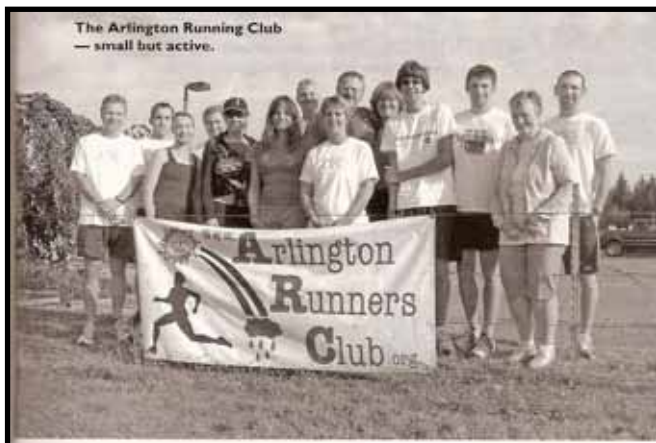
**Running** by Jenni Bush, our newest ARC member

Life is a lot like running, focusing on the destination will cause the run to be long and hard. You may end up walking or just quit all together, but if you focus on the here and now the run becomes easier and more enjoyable. Feeling the ground beneath your feet, the warmth of the sun on



your face, the cool breeze, the view of the snow capped mountain tops glistening in the sun. It's the little things that really make the difference.

Raising children we focus on raising them to be responsible adults, getting them to college, to make good choices, and to be able to take care of themselves. But we are overlooking all



### Words of Wisdom

"Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday."

- Wilma Rudolph

First American woman Runner to win three gold medals at a single Olympics. 1960 Olympics.

### 2007 ARC Races

Marines Toys for Tots Run  
5k/10k - Sat. Dec. 15, Noon

### 2008 ARC Races

EaglesWings  
5k/10k - March 2008

Housing Hope  
5k/10k - June 2008

Dollars For Scholars  
5k/10k - July 2008

Cocoon House  
5k/10k - September 2008

### Questions/ Contact:

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### 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 through charitable race events.

the great things in between, like the feel of their lips on your cheek when they kiss you good bye before they walk into their classroom at school, the sound of their laugh, the feeling you get when they tell you they love you just because.

I think it's just human nature to focus on the end result, we are taught to make goals all through out life, to focus on that goal and work towards it. But as we do that we miss all the beautiful little things in between, we are only looking at the goal. This all causes so much stress, frustration and even anger. As we do this, we forget to thank God for all the little blessings, we just keep asking for him to get us to the next goal. I think we are losing sight of what is really important in life.

All of these things we can change, but it takes a lot of hard work daily and even hourly at times. As we slow down and really look, I think we will find if we were to thank God for all the blessings he has given to us, our prayers would be constant and infinite.

## 2<sup>nd</sup> Annual Airport Run for Hope, Aug 11

ARC's Arlington Airport Run for Hope ([www.HousingHope.org](http://www.HousingHope.org)) was held Saturday, August 11, 2007 and was a smashing success! With 75 runners participating, ARC was able to raise almost \$1,200 to benefit this wonderful organization, helping Northwest families find a home.

Thank you so much to all the awesome volunteers and families that came out to support us and the runners! You all are so much appreciated and so vital to the success of the event.

Kudos to our fellow ARC members, Shari Osti and Shawn Bussert who received trophies and swept the overall 10K women's and men's titles; Will Miller 10K, 1<sup>st</sup> place 50-59age division and set a personal best; and Joe Alexander 10K, first place 20-29 age division.

Local runners, Luke Passalacqua & Zoe Anderson took first place in the 5k race.

## Knees Hurt When You Run?—try blaming your hips...

Don't give up just yet from those bum knees when they act up. Recent studies\* have shown that lower leg injuries stem mostly from weak hips. So stop blaming your knees and start training your hips. Hip-strengthening exercises help everyone, from senior citizen walkers to young racers. Of course, this by no means guarantees success since lots of factors contribute to running injuries. What it will do is help align the lower leg with the upper leg and reduce strain to the knees and other injury.

Weak hips can cause painful IT Band problems and really set you back with your training. Try some simple hip exercises (visit [runninginjuryclinic.com](http://runninginjuryclinic.com)) and just see-- you'll be pain-free in a matter of weeks.

\*Univ. of Calgary Running Injury Clinic

## Tales from the trail: Pedal, Paddle, Puff Triathlon

Five Arlington Running Club members competed in the Pedal, Paddle and Puff Triathlon in Arlington on the fourth of July for the first time. Shari Osti, an accomplished triathlete, placed second in the Iron



Woman completion. The Arlington Runners Club relay team, consisting of Greg Woodman (cycling), Will & Jim Miller (canoeing) & Pat Phares (running) took second place in the Over the Hill category. Jackie Wold ran the final leg for her relay team.

**Personal Records Fall.** Club members posted Personal Records at Skagit Flats half & full marathon:

1. Greg Woodman: 1 hour 41 minutes 08 seconds
  2. Shawn Bussert: 1 hour 28 minutes 15 seconds
  3. Will Miller: 3 hours 36 minutes 14 seconds
- Will also qualified for Boston at the Portland Marathon with a time of 3 hours 30 minutes 12 seconds.