



# The Arlington Runner

## WINTER 2008

www.arlingtonrunnersclub.org



### Finishing Strong by Jon Hatfield

An outstanding ending to an outstanding year at the Arlington Runners Club! No one likes to die at the finish line and neither do we. We are excited to see the final event of the 2007 running season such a well attended & enjoyable event. You were awesome ... keep it



going. Special thanks to the US Marine Recruiters who pulled together a contingent of about 25 Marines & pooleys (men & women who have joined the Marines but are waiting to go to boot camp). It was fun to see them run in formation singing cadences. It was especially meaningful since my son Josh was among the Marines. Josh just completed his first year as a Marine. We were also blessed by having **Terra McGinnis** come all the way from Ravensdale, Washington to help with the event. Terra's father ran the 10k race and finished 1<sup>st</sup> place overall with a time of 34

minutes 55 seconds. I also want to say a special thanks to my friend, **Sten Salatelis**, who filled in for Santa Claus.

We really want to say a big thank you to our sponsors who donated \$3,658 in 2007 to help cover the cost of putting on the 5 events we held. As a result of their generosity, we were able to donate over \$6,000 to the various race charities. Please visit our website to see a list of the various local businesses we are proud to have as our sponsors. We know they are primarily interested in contributing to our community, but if you get the opportunity ... say thanks and I'm sure they could use a referral if you know someone in need of their services.

We are excited about the opportunities which await us in 2008. Oh, one last thing I would like you to think about, the Arlington Runners Club only has 15 members. As a runners club, we like to run. If you know of anyone who would be interested in helping with any or all of the 5 events, or wouldn't mind sitting out one event & participating in the other events we have scheduled for 2008, please let me know by sending me an email at: [jon@ArlingtonRunnersClub.org](mailto:jon@ArlingtonRunnersClub.org)

### Words of Wisdom

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

His stunning victories and achievement of four gold medals at the 1936 Olympic Games in Berlin has made him the best remembered of all Olympic athletes. Fast and fierce, Jesse Owens sprinted his way into the history books.

### 2008 ARC Races

#### EaglesWings DisABILITY Walk & Roll Run

Haller Park  
5k/10k - Sat. March 29, 11AM

#### Dollars for Scholars

#### Community Fun Run

Pioneer Elementary School  
5k/10k - Sat. May 31, 10AM

#### Cocoon House

#### River & Rails Run

Haller Park  
5k/10k - Sat. August 2, 9AM

#### Housing Hope

#### Run for Hope

Stillaguamish Athletic Club  
5k/10k - Sat. September 27, 9AM

#### Marines Toys for Tots

#### Airport Run

Stillaguamish Athletic Club  
5k/10k - Sat. December 13, 11AM

### Questions/ Contact:

Will Miller

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(360) 659-4861

### 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.



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## In the Dark – With a Headlamp by Will Miller



It was a little strange at first. The uneven sidewalk slabs were not very clear and easy to trip on. You find yourself looking much closer and adjusting your stride to avoid the joints. The trail section also took a little getting used to. The small critters (hopefully cats and not skunks or worse) looked like a close set of headlights beaming back at me. You also need to slow down to react in time to avoid puddles and piles left behind by negligent dog owners. Whether walking or running near traffic at night, it is imperative to be seen. Wear light colored clothing or a reflective vest. It is amazing, the things we do to maintain conditioning during the short winter days.



## A New Year and a New You by Will Miller

What good is a new year if you can't make some resolutions? People make all sorts of new year's resolutions. The craziest resolution I heard was

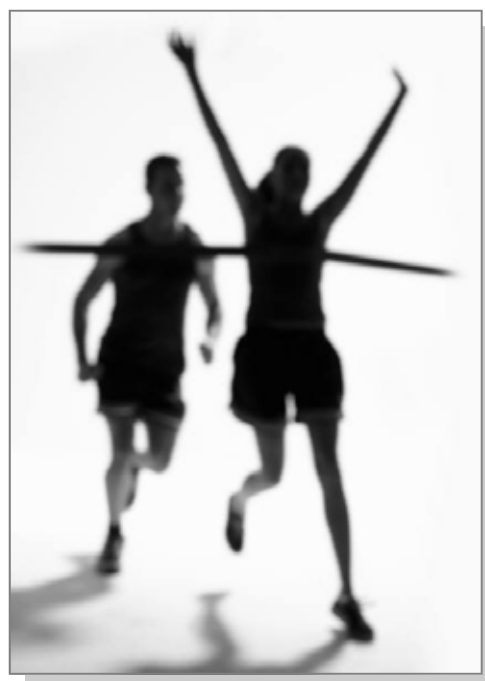
You maybe contemplating running for health reasons such as weight loss or stress relief but you could use a little help. We know the good we ought to do and don't do it. To change, we need to be made new in the attitude of our mind. As John Bingham writes in *When a Stranger Calls*; "...when I first started running...it just wouldn't have seemed normal. Normal was coming (continued from page 1) home from work, drinking a beer or 12...being as stationary as possible for as long as possible. Now movement is normal. Now a day without movement is unusual."

### Answers to Your Excuses:

1. Don't have time: Then you really need to run. Get up an hour earlier.
2. Can't leave the kids unattended: The Athletic Club has childcare or get Leslie Sansone's; *Running in Place* video.
3. Don't have a runners build: No need for speed, just get your heart rate up for 30 minutes 3 or 4 times a week.
4. Have bad knees: Studies have shown that moderate running is not harmful to knees, it actually strengthens them.
5. Don't have much money: Running is one of the cheapest forms of exercise.

### Suggestions to make running a part of a New You plan:

1. Get a good pair of running shoes: Go to a running store for a cushioned, stability or motion control shoe.
2. Start slow: Follow the Runnersworld.com beginner training plan of first walking, then mixing in jogging before just running.
3. Set reasonable goals: Be specific but realistic and keep a written log.
4. Join ARC: This will help you become accountable and the time goes faster with a partner.
5. Get educated: There are many good books available and the ARC staff is also a good source.





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### Message From The Founder Greg Woodman

They say that when you dream to dream BIG. The first 2 lines of an email from **Will Miller**, a founding club member, to a new member Dan made me realize that ARC truly is the greatest running club in the Northwest! Not because of our size (at just 16 members, certainly not); not because we offer some of the best running trail courses in the area (we do); not just because of much recent flattering publicity (NW Runner, October 2007 issue); not because of our terrific website (<http://www.arlingtonrunnersclub.org>) and only partially because of the fact ARC helps serve so many wonderful, local causes (Toys for Tots, Cocoon House, Dollars for Scholars, Housing Hope). The real reason ARC is the best running club in the Northwest is because ARC is made up of a group of dedicated volunteers and runners whose sole purpose is in making a difference--in our own lives and in others. Through fitness and fellowship, friends old and new alike, can come together to help each other reach their personal fitness goals and to be able to share in the positive experience and hard work required to organize and host a charitable racing event. It is by this dedication and in this spirit that makes it so. Thanks to all of you for making 2007 so rewarding and in making dreams come true! Like Dan, the interested new member mentioned below, you would have no way of knowing all that; unless that is, you take the time to check us out. And if that happens, we welcome you in advance!



----- Original message -----

**From:** Will & Lorraine Miller <[wm3201@verizon.net](mailto:wm3201@verizon.net)>

**Dan:**

**Welcome to the Greatest Running Club in the Northwest! I can say that because we were featured in the NW Runner magazine and you have no other way of knowing...**

*Q: What did the runner get his wife for Christmas?*

*A: A treadmill.*

*True story-she said she loves it too. My point - thank you spouses for all your support, mile after mile*



### 2007 ARC ANNUAL PARTY by Will Miller

ARC's first annual End of the Year Party was at Alfy's Pizza in Smokey Point after the Toys for Tots Airport Run. It was a time to celebrate and honor our members for their outstanding achievements. Coach "Super" Will presented the following Certificates of Recognition to the Directors:

**Greg "Woody" Woodman** received Most Inspirational

**Jon & Bev Hatfield** the Altruistic Award

**"Indiana Joe, The Flying Hoosier"** earned the Geek Squad Award.

For the runners:

**Shawn Bussert** received the Fastest ARC Men's 10k Award

**Luke Passalacqua** earned the Fastest ARC Men's 5k Award.

**Sheri Osti** earned the Fastest ARC Women's 10k Award

**Jackie Wold** earned the Fastest ARC Women's 5k Award.

The ARC scrapbook was also on display with a collection of photos, newspaper articles and awards.





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### Tales from the trail: Boston Bound compiled from the Boston



What is the Boston Marathon, why is it such a big deal? It's for all the idiots who don't think that running 26.2 miles without stopping is painful enough; they have to set a time-record doing so.

The Boston Marathon is the oldest annual city marathon in the world, appearing for the first time in 1897. In this first version of the Boston Marathon only 18 runners entered the race, but the number of participants has increased steadily since then. The largest field of runners so far was in 1996, when over 35,000 people finished the 100th Boston Marathon. In 2008 the race will be on April 21, according to tradition on Patriots' Day.

About 20,000 people are expected to contend, cheered on by 500,000 spectators. The Boston Marathon ranks as one of the most prestigious running events in the world. This honorable position is attained thanks to the long history of the race, the challenging course and the fact that you have to qualify to register as an official participant. In order to qualify every runner must have finished a certified marathon within a certain time-frame determined by the age of the runner. The qualifying standard is high enough to make qualifying for Boston – also known as 'to BQ' – quite an achievement in itself.

## Running in Winter by Will Miller

Whether you want to run to lose weight or maintain race conditioning, the winter presents challenges. How does the New Years resolution jogger or accomplished runner deal with the conditions so they don't give up till spring or next year?

First there is the weather. Actually we are blessed with mild but generally wet winters. Granted we could run on a treadmill and often do when it is pouring outside. Runners training for races over 6 miles however need to



condition their muscles & joints for the greater impact of high mileage races. And who can survive the boredom of running in place for more than 30 minutes? Get off the treadmill at least on the weekend for your long run.

What to wear? 50-40 degrees: wear long sleeve shirt & shorts or pants. 40-30 degrees: wear long sleeve shirt, vest, pants, gloves & hat or ear protection. If it is pouring outside, you can run on a treadmill. However, runners training for races over 6 miles need to condition What about the shorter days? If it is dark before or after work, run on a treadmill or make sure you are seen! Wear light colored clothes & a reflective vest. A headlamp is also helpful to see where you are stepping.



**In summary: dress sensibly, be seen and keep your resolutions to get & stay fit all year.**

**Stillaguamish**  
Athletic Club  
'Creating Healthier Tomorrows'



**GAYLORD**  
Security Systems

**White Cap**  
CONSTRUCTION SUPPLY



# Thanks to our sponsors!



Jon & Bev Hatfield



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