

# Greater Bellingham Running Club

## Run For The HoneyWagon Saturday March 5th

**Breaking news: *the 1/2 marathon course is now a USTAF certified course***

This event has a run for everyone! There is a 1/2 mile fun run, 4 mile run/walk, and a half marathon run/walk.

It all takes place out in the county on quiet roads starting at Nooksack Valley Middle school. The 1/2 mile fun run starts at 9:45, the 4 mile walk/run at 10 AM and the 1/2 marathon at 9 AM.

You can register on line up to 2 days before the event or day of at the middle school.

GBRC members are free. For all others the 4 mile is \$8 and the half marathon is \$10. For an extra cost there are technical shirts available as well.

**Go to GBRC.NET to register**

Volunteers are always needed to help put a race together like this so if you are going to be there to watch your friends or family, volunteer!

Contact Kim Boon  
kimk12@comcast.net or call  
360-738-9457

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## Haggen to Haggen 5K race/walk Saturday 5/7/11

This run starts at the Sehome Haggen and ends at the Meridian Haggen. It is free to all GBRC members and all Haggen card holders or \$5 for others.

There are lots of registration

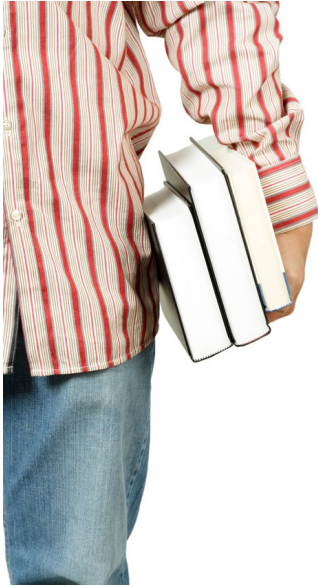
options: online by going to gbrc.net, at any Haggen store, and via flier at Fairhaven Runners.

The walk starts at 8, the run at 8:30.



FOOD & PHARMACY

## High School Scholarship Applications - Now Available



Do you have a graduating high school senior at your house or do you know of one that runs? Well tell them about the GBRC scholarship. They can get the info from their high school or at [gbrc.net](http://gbrc.net).

The scholarships

are valued at \$1000.00 each and are awarded to one female and one male college bound senior. They should have not only a current and continuing love and dedication to running but also an intention to continue running into their future, even

if they do not plan to compete at the college level.

The GBRC Scholarship Committee has sole responsibility for choosing the recipients.

## Girls On The Run Needs Volunteer Coaches

Girls on the Run on NW Washington is currently seeking adult volunteers to be head or assistant coaches at our program sites in Bellingham, Blaine, Ferndale and Lynden. The spring session starts the week of March 28th and goes through June 4th. Program sites meet twice per week from 3:30 - 4:45 p.m. Our volunteer coaches lead their teams through the easy to follow, Girls on the Run curriculum, stretching and running activities, and training for the end-of-season 5K event. You do not need to be a runner or a competitive athlete. Successful coaches need only serve as a

role model for girls by showing up prepared and on time, listening attentively, and by demonstrating a positive attitude!

To request an application or for more information, contact Jen at: 733-8630 or [jgallant@whatcomymca.org](mailto:jgallant@whatcomymca.org)



# March 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> run for the honey-wagon
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Runnin' O' the Green
<b>13</b> St. Patrick's Day Dash	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> Chuckanut Ridge 50K
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> Birch Bay Road Races
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		

There will be a special presentation by Jim Bailey - the first person to break the four minute mile on American soil at the WECU Education Building on Holly. Jim, formerly from Australia, now resides in Bellingham. Details on our website as we get closer to March 31st

# April 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Skagit Valley tulip Run
<b>10</b> Mt Si Relay & Ultra runs	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Lynden Girl Scouts Bunny Hop
<b>17</b> wwU Earth Day Run	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Go to: [GBRC.NET](http://GBRC.NET) for details on any event on the calendar

# Results

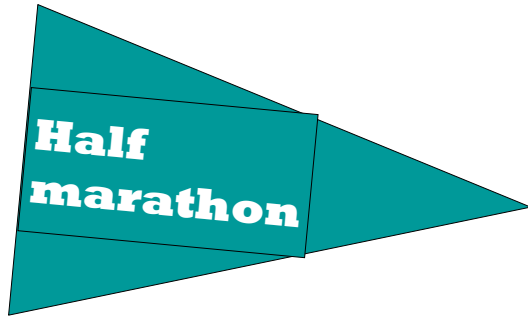
## Two for the Road 2/12/2011

Place	Name	Time	Place	Name	Time
1	RB Wick	17:43	11	Steve/Sherry VandenBos	23:11
2	Sam Gilman	18:26	12	Laura/Jason Gulley	23:15
3	Connor Shelton	19:12	13	Rosie/John Kirker	24:21
4	David Chapman	20:33	14	Eric Cole/Stephanie Stone	24:28
5	Mark Bussell	20:49	15	Nicole Willis	24:37
6	Alanna Steele/Frank Sosa	20:55	16	Lindsay Mann-King/Polly Favinger	24:43
7	Jonathan/Fred Wiley	22:06	17	Thomas Beckley/Alisa Kayser	24:50
8	Whitehead Family	22:55	18	Grant/Addison Hauber	24:55
9	Carl Newton/Megan Cleveland	22:58	19	Tom Kuzman	25:00
10	Neal Brown	22:59	20	Lance Romo/Michele Anderson	25:06



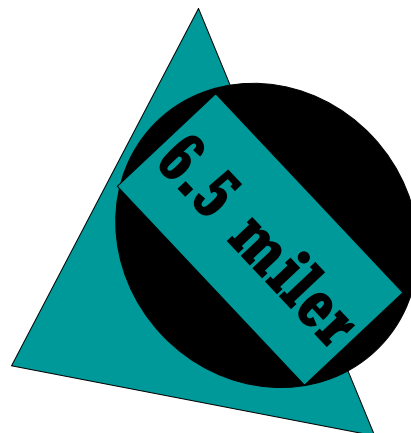
# More Results

## Lake Samish Runs 1/8/2011



Place	Name	Age	Gender	Time
1	Kefer Whan	46	M	1:18:33.8
2	Ross Carrington	19	M	1:23:22.6
3	Michael Brisbois	47	M	1:23:26.4
4	Thane Veltkamp	30	M	1:24:01.4
5	Ben Lovelace	23	M	1:24:01.5
6	Mike Morse	41	M	1:24:09.4
7	Nathan Veldhoen	30	M	1:24:54.6
8	Jerry Crofoot	55	M	1:26:39.2
9	Bryan Robertson	35	M	1:28:29.6
10	Tyler Reardon	16	M	1:28:42.4
11	John Clark	50	M	1:28:47.5
12	Tim Nixxon	44	M	1:29:26.4
13	Cody Velthuisen	15	M	1:30:04.9
14	Steve Duncan	42	M	1:31:33.2
15	Nikki Vander Wiele	28	F	1:31:44.6
16	Rachel Klein	28	F	1:33:56.1
17	Lauren Crump	24	F	1:34:00.2
18	Luke Blok	18	M	1:34:41.8
19	David Parker	32	M	1:34:46.9
20	Miranda Steward	23	F	1:35:12.2

Place	Name	Age	Gender	Time
1	Connor Whan	18	M	0:36:07.2
2	Josh Vander Wiele	29	M	0:36:43.3
3	Jonathan Quimby	21	M	0:39:11.7
4	Ryan Thompson	17	M	0:40:39.4
5	Alex Springer	16	M	0:41:57.9
6	John Wiley	14	M	0:41:58.4
7	Sean Hackney	39	M	0:43:33.1
8	Mark Bussell	49	M	0:43:57.6
9	Alma Mcurtry	31	F	0:44:18.5
10	Chris Hanson	44	M	0:44:58.0
11	Kevin Steiger	15	M	0:45:23.3
12	Chuck Dooley	54	M	0:45:59.4
13	Logan Franey	11	M	0:46:00.0
14	Jimmy Zierdt	41	M	0:46:00.7
15	Paul Ricci	51	M	0:46:00.8
16	Kristi Lemm	39	F	0:46:19.2
17	Kevin Murphy	33	M	0:46:55.8
18	Bill Pech	60	M	0:47:13.9
19	Jayne Deboer	21	M	0:47:36.4
20	Jesse Potts	22	M	0:47:37.9



# Lake Samish Runs

Youngest racer



Start line



1st & 2nd place finishers

## Misc Stuff

**FACEBOOK!!** Yes GBRC now has a Facebook page! Become a "friend" of GBRC on Facebook and you can see "up to the second" updates when anyone comments, writes something or posts pictures of races or cool runs they have done. Just another fun way to keep everyone informed.

**GBRC Technical Shirts!!** We now have GBRC short sleeve t-shirts for sale. They are \$15 and come in men's and women's sizes. The men's are forest green and women's are maroon. They will be for sale before the GBRC races this year or you can contact Polly Favinger [pollyart@comcast.net](mailto:pollyart@comcast.net) or 733-5554 or Molly Hayes [4\\_hayes@comcast.net](mailto:4_hayes@comcast.net) or 714-1257.

Both Polly and Molly have them at their homes and/or work and are happy to make arrangements to have you pick them up.



This looks grey in the photo but is actually forest green



- Check off your 2011 GBRC races!
- January - Lake Samish Runs - 6.5 mile, 1/2 marathon
  - February - Two for the Road - 5K
  - March - Honeywagon Runs - 4 mile, 1/2 marathon
  - May - Hagggen-to-Hagggen - 5K
  - June - Race Beneath the Sun - 5 mile
  - July - Chuckanut Footrace - 7 mile
  - August - Lake Whatcom Trail Run - 10K
  - September - Lake Padden Relays
  - October - Silver Lake XC Run - 3 mile
  - November - Padden Mudfest - 6 mile  
Turkey Trot - 5K
  - December - Fairhaven Frosty 5K, 10K

[www.gbrc.net](http://www.gbrc.net)