

# GBRC

Greater Bellingham Running Club

J A N / F E B 2 0 1 1



## Lake Samish Runs 6.5 & 13.1 Saturday, January 8th

This run is one or two laps around beautiful Lake Samish. There is online registration available as well as day of. Register early online and get an optional long sleeve technical shirt for \$18.00. There may be some for sale at the race if they don't all sell out early.



very limited so we recommend carpooling or park at the park & ride by I-5

the 1/2 and \$8.00 for the 6.5 miler. High school and under are only \$3.00 for either distance if you register day of .

There will be water and Gatorade on the course with drinks and snacks after in the lodge along with awards.

Volunteers please contact Joanie by email: sheba320@comcast.net or phone @ 734-4082

and we will shuttle you down in the van.

Race starts at 10AM and is free to all GBRC members. Cost is \$10.00 for

The race starts and finishes at the Samish Park Day lodge on the North end of the lake. Parking is

Register at: GBRC.NET

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## Two For The Road 5K Saturday February 12th

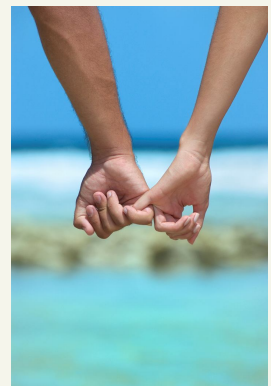
This is a great run for two people to do - while holding onto a piece of yarn. You work together as a team and run or walk the course through beautiful Whatcom Falls. There are prizes for all

the various categories including parent and child team.

Meet at the entrance near the fish hatchery where you can register starting at 9AM. Race starts at 10AM. All GBRC

members are free. Others are \$5.00 or \$3.00 for high school and under.

Volunteers contact Sharon at ssenssl@yahoo.com or Debi at debi-ande@msn.com



# Run For The Honeywagon

1 / 2 mile fun run, 4 mile run/walk,  
half marathon

**Saturday March 5th** at the Nooksack Valley Middle School in Everson. **Register on line** or day of race from 8:30-9:45 AM.

Start times: Half marathon walkers at 9:00, 1/2 mile fun run at 9:45 and the 4 mile and half marathon runs starts at 10:00 AM.

These runs are on relatively

flat courses and quiet county roads.

All GBRC members are free. The 4 miles run is \$8.00, half marathon is \$10.00. There will be awards for each age group.

To volunteer contact: Vicki Griffiths [vickiand-gary@gmail.com](mailto:vickiand-gary@gmail.com) phone: 360 671-6645

Kim Boon

[kimk12@earthlink.net](mailto:kimk12@earthlink.net)

phone: 360-738-9457



## Renew Your GBRC Membership Online



It's time to renew your membership with GBRC. This year we have made it so convenient you won't believe it. Just go to [gbr.net](http://gbr.net) and on the left hand column hit the Membership link and it will take you through the quick process of register-

ing on line.

Remember memberships are good for a calendar year (Jan to Dec.)

Membership allows you to run all 12 GBRC races for free, attend coached track workouts and the fall trail run series. We

also have a summer picnic and winter year end party – ALL FOR FREE! You also have the opportunity to meet other runners and walkers .

## Track Workouts for 2011

The 2011 track workouts are tentatively scheduled to start in either late February or early March (weather dependent). They will be held at the WWU track. Keep checking the GBRC website for more details as we get closer.

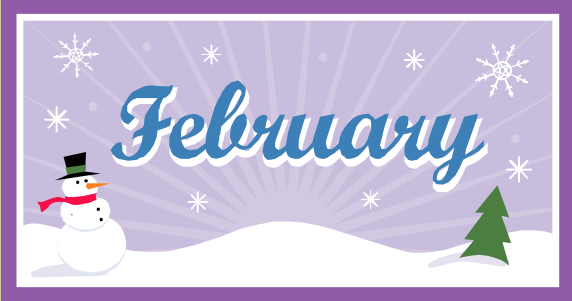
Just in case you plan on using that "age" excuse...here is a great article to read about [Olga Koltelko who is 91 years old and setting track records like you can't believe .](#) This you gotta check out!

<http://www.nytimes.com/2010/11/28/magazine/28athletes-t.html?pagewanted=1&r=1&sq=olga%20aging&st=cse&scp=1>

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 Resolution walk run & Pad-den polar dip	
2	3					7	8 lake Samish Runs
9	10					14	15 Nookachamps winter Runs
16	17	18	19	20	21	22	
23	24	25	26	27	28	29 Birch Bay 25K	
30	31						

February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5 Orcaas Isl Fat Ass 25 & 50K	
6	7	8					12 Two For The Road
13	14	15					19
20 Birch Bay 1/2 and full marathon	21	22				26 Smelt Run	
27	28					HoneyWagon Run March 5th	



## RACE RESULTS

### Padden Mudfest 11/8

Overall	Name	Gender	Age	Time	Overall	Name	Gender	Age	Time
1	Steve George	M	45	43:34	24	Ameilia Bethke	F	22	49:14
2	Kevin Crossman	M	27	43:46	30	McKinley Williams	F	23	50:47
3	Jacob Hartsoch	M	36	43:58	35	Keri Fezzey	F	36	51:43
4	Collin Buckley	M	36	44:19	38	Hannah Schultz	F	24	52:43
5	R.B. Wick	M	24	44:35	48	Lila Higbee-Robinso	F	21	54:12
6	Tyler Armenta	M	21	44:54	52	Susan Deschenes	F	36	54:29
7	Dominic Battistella	M	35	45:02	55	Heather Anderson	F	29	54:36
8	Jeffrey Martin	M	46	45:22	57	Kara Fuhrmeister	F	23	54:59
9	Jon-Erik Jardine	M	20	45:27	60	Susan Stehn	F	33	55:26
10	David Deschenes	M	37	45:35	61	Brunne Edwards	F	32	55:30

### Fairhaven Frosty 12/4

Overall	Name	Age	Gender	Time	Overall	Name	Age	Gender	Time
1	KEEFER WHAN	45	M	17:39	7	MARTI REIMER	41	F	19:23
2	BRAD TEMPLETON	45	M	18:19	9	MARISA HIELKEMA	14	F	19:35
3	KENDALL TOWNSEND	49	M	18:27	14	ZANNA SULLIVAN	12	F	20:50
4	STEVEN MULLEN	32	M	18:48	17	THERESA WESTFALL	52	F	21:09
5	JOHN WILEY	14	M	19:03	18	KRISTI LEMM	39	F	21:27
6	STEVE STANAGE	55	M	19:13	23	LINDSEY DODGE	31	F	22:29
8	BRYAN ROBERTSON	35	M	19:29	31	ANNIKA REISS	10	F	23:16
10	TONY CAVA	50	M	20:14	33	POLLY FAVINGER	52	F	24:03
11	JIM CLEVENER	48	M	20:15	35	HANUSHCKA BRIONEZ	47	F	24:08
12	WYATT LAVIGUEURE	14	M	20:16	36	JULIE STEELE	48	F	24:14

