

# Greater Bellingham Running Club



## Lake Samish Races

**Sunday Jan 8th**

This is your chance to get out and run one of the first races for the new year and certainly an early half marathon.

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Cost is free to all GBRC members—so renew your membership on line when you register. Otherwise cost is \$10.00 for the half and \$8.00 for the 6.5 miler. High school and under are \$3.00 for either race.

Race starts at 10:00 AM at Lake Samish Park - right by the bridge. Parking is very limited so please carpool. We will have more shuttle service this year than in the past.

For more info and to register on line go to [gbrc.net](http://gbrc.net)

Register early and register on line. There will be day of registration for those who want to see what the weather brings. If you register on line you will have a change to purchase a technical fabric race beanie, these will not be available for day of regis-

To volunteer please contact:

Lindsay Mann-King (Race Director) e-mail: [lindsay.mannking@gmail.com](mailto:lindsay.mannking@gmail.com), phone: 2067135462 or Molly Hayes (Race Director) e-mail: [l4\\_hayes@comcast.net](mailto:l4_hayes@comcast.net), phone: 360.820.1257

This is a chip timed race.



## Two For The Road Run

**Saturday Feb 11th**

This is a fun 5K for you and someone (two for the road) to run together. Since it falls right around Valentines Day pick someone and bring them out for some fun on the trails of Lake Whatcom.

Race starts at 10:00AM with registration starting at 9:00AM. You can register day of in case you procrastinate on your partner choice.

Race is free to all GBRC members. For all others the cost will be \$5.00 per person for adults and \$3.00 per person for high school and under.

To volunteer contact:  
Sharon Ensslen (race director) e-mail: [senssl@yahoo.com](mailto:senssl@yahoo.com)  
Debi Wiebe (race director) e-mail: [debiande@msn.com](mailto:debiande@msn.com)

More info also available at [gbrc.net](http://gbrc.net)

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The Run starts at the Fish Hatchery area and loops through Whatcom Falls Park. There are prizes for various categories...so be creative with your partner choice. In the past we have had mom/daughter, sisters, husband/wife, roommates, etc. There will be warm refreshments after the race during the prizes.

# Run For The Honewagon

**Saturday March 3rd**



This year there will be a 4 mile run/walk and half marathon run/walk. The half marathon course is certified as of last year. It is a relatively flat and rolling course through the countryside of Whatcom county. The race starts at Nooksack Valley Middle School and the streets are quiet with very little traffic.

You will be able to register on line or day of. Registration at the race will be from 8:30-9:45. The half

marathon WALKERS start at 9AM. The half marathon RUNNERS start at 10AM and the 4 mile runners/walkers STARTS at 10 with the half marathon.

Cost is free to all GBRC members. Otherwise the half is \$10.00 and the 4 miler is \$8.00. There will be prizes and refreshments after the race.

Go to [gbr.net](http://gbr.net) for race registration, to volunteer or just to get up to date info on the race.

## Time to Renew Your GBRC Membership

It's 2012 and a new race season is approaching so be sure to renew your GBRC Membership. You can do it on-line where it is quick, easy and painless (unlike all that training you've been doing!). Just go to [gbr.net](http://gbr.net), follow the links and wow, all done and ready to go.

Be sure to check out the race calendar for 2012 and all the latest info. You can also go to our Facebook page and get more info and details there.

## Annual GBRC WWU Scholarship



This year the men's scholarship went to Dak Riek. He attended Mariner HS in Everett and transferred to WWU from Spokane CC. Dak is originally from Sudan and recently became a US citizen.

He is an accomplished runner with some impressive PR's: 1600m 4:14:49, 5K 14:57.02 and 10K 32:14.

Dak has no financial support and will be the first university graduate in his family.

Katelyn Steen is the women's scholarship winner. She is a graduate of Eastlake HS in Sammamish, Wa. She is the number three runner for WWU and has impressive PR's of: 800m 2:23.10, 1600m 5:13.69, and 5K 18:36.

She is following in her father's footsteps who was also a cross-country and track runner at WWU.



# Fairhaven Frosty Race Results 12/3/11

Place	Name	Age-Grp	Gender	Time
1	Vander Wiele Josh	30-39	M	0:16:31.92
2	Wick RB	19-29	M	0:16:35.44
3	Kok Hendrik	19-29	M	0:16:44.49
4	Barten Casey	19-29	M	0:16:55.64
5	Newton Carl	19-29	M	0:17:09.40
6	Dubuque Dylan	18 & under	M	0:17:24.79
7	Veltkamp Thane	30-39	M	0:17:30.34
8	Gillman Sam	18 & under	M	0:17:41.15
9	Mullen Steven	30-39	M	0:17:48.08
10	Magnussen Collin	18 & under	M	0:17:51.80
11	Velthuizen Cody	18 & under	M	0:17:51.41
12	Gilmore Scott	30-39	M	0:17:53.24
13	Willy Jon	18 & under	M	0:17:53.88
15	Reardon Tyler	18 & under	M	0:18:56.76
16	Postma Nels	40-49	M	0:19:03.31
17	Gillman Joel	40-49	M	0:19:24.39
18	Beemer Jordan	18 & under	M	0:19:33.06
20	Mcgill Joe	30-39	M	0:20:22.66
22	Dooley Chuck	50-59	M	0:20:32.10
23	Wade Tofer	40-49	M	0:20:42.21



**Top 20  
Males**

Place	Name	Age-Grp	Gender	Time
14	Meggison Mimi	18 & under	F	0:18:47.75
19	Watson Ruby	18 & under	F	0:19:43.81
21	Scott Claire	18 & under	F	0:20:30.58
26	Lemm Kristi	40-49	F	0:20:55.49
28	Cleveland Megan	19-29	F	0:21:00.10
29	Bakk Britni	40-49	F	0:21:11.20
30	Silivan Zara	18 & under	F	0:21:34.70
32	Sullivan Maddie	18 & under	F	0:21:42.53
33	Lesh Lainey	18 & under	F	0:21:49.80
38	Sauter Grace	18 & under	F	0:22:41.65
39	Wenger Claire	19-29	F	0:22:43.78
45	Brionez Hanuschka	40-49	F	0:23:38.89
46	Sullivan Emmie	18 & under	F	0:23:43.18
48	Visser Emily	18 & under	F	0:23:45.73
49	Young McKenzie	18 & under	F	0:23:46.18
53	Roy Brandee	30-39	F	0:24:15.45
55	Kirker Rosie	18 & under	F	0:24:30.94
56	Steele Julie	40-49	F	0:24:39.35
62	Chute Sarah	18 & under	F	0:25:52.11
64	Kranzler Melissa	19-29	F	0:26:24.81



**Top 20  
Females**

Complete results, photos and race report can be found at [gbrc.net](http://gbrc.net)

# Turkey Trot Race Results 11/19/11

Place	Name	M/F	Age	Time
1	RB Wick	M	25	16.14
2	Carl Newton	M	27	16.44
3	Conner Shelton	M	18	17.33
4	Scott Gilmore	M	35	18.33
5	Daryl Smith	M	40	18.40
6	Mith Beard	M	17	19.03
7	Jim Hulbert	M	40	19.08
8	Ron Wichmann	M	56	19.12
9	Rob Lang	M	55	19.21
10	Rowan Chappell	M	16	19.23
11	Eric Smith	M	38	19.24
12	Tyler Brisky	M	18	19.45
13	Mark Graham	M	28	19.54
14	John Diefel	M	40	20.16
15	Dan Chappell	M	46	20.35
17	Kyle Nelson	M	28	20.42
18	Trevor Parson	M	18	22.45
19	Roy Reichlin	M	45	21.03
20	Taylor Gardner	M	14	21.05
21	Landon Olenslager	M	16	21.06



**Top 20  
Males**

16	Kristi Lemm	F	40	20.38
22	CJ Taylor	F	16	21.20
24	Lindsay Dodge	F	32	21.47
31	Lainey Lesh	F	14	22.35
32	Vicki Hsuen	F	38	22.37
33	Claire Wender	F	20	22.41
39	Kimberly Myers	F	33	23.18
40	Tajia Mai	F	19	23.20
41	Julie Steele	F	49	23.21
43	Colleen Wolfisbrg	F	42	23.23
45	Alexandra Parson	F	15	23.26
46	Sally Marcellus	F	58	23.27
51	Christina Sosa	F	15	24.01
52	Barb Larson	F	35	24.04
54	Francie Gass	F	60	24.06
57	Sharon Drown	F	48	24.25
62	Bream Tomulty	F	30	24.41
63	Twila Wiebe	F	51	24.44
65	Barb Rappaport	F	58	24.54
67	Carol Weeks	F	57	24.59
72	Cara Jerde	F	20	25.39
73	Sarah Box	F	33	25.40



**Top 20  
Feales**

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 <i>Padden Resolution walk/run &amp; polar bear dip</i>	2	3	4	5	6	7	
8 <i>Lake Sam-ish runs</i>	9				13	14 <i>Noo-kachamps Winter Run (Skagit)</i>	
15	16				20	21	
22	23				27	28 <i>Birch Bay 25K Orcas Ultra</i>	
29	30				31		



## Wanted: Someone to take over the GBRC Newsletter

Are you artistic, creative and wanting to volunteer with the GBRC?? We are looking for someone to take over the newsletter. It comes out 6 times a year and is a small commitment to help out the club. You can do it on your own time and add your own skills and creative talents. Training or transition help will be provided. Contact: [sailwoman62@yahoo.com](mailto:sailwoman62@yahoo.com) for more details, questions or inquiries.

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Orcas Island 50K</i>
5	6				10	11 <i>Two For The Road</i>
12	13				17	18
19 <i>Birch Bay marathon/half &amp; 10K</i>	20				24	25 <i>Smelt Run (LaConner)</i>
26	27	28	29			