



# Greater Bel Ingham Running Club

## Lake Padden Relay

Sat. 9/3/2011

### Are you ready for Fall running?

- New batteries in your headlamp.
- Reflective vest or brightly colored clothing.
- Raingear freshly coated with protective spray or fabric wash to increase water repellency
- New shoes if the old ones are more than 6 months old or have more than 600 miles on them.

This run kicks off the start of the college and high school cross country season with teams showing up from all over the northwest. There are lots of local adult and junior teams as well.

Each person on a team runs a 2.6 mile lap or individuals can run all four laps for a total distance of 10.35 miles.

Registrations takes place at the shelter near the playground at the east entrance starting at 9AM. Race starts at 10AM.

Cost: free to GBRC members. Teams with an average age under 12 pay \$3.00 per runner and average age over 12 is \$5.00 per runner.

For more details or info go to the

GBRC website: [gbrc.net](http://gbrc.net)

To volunteer contact: Danny Anderson [danderson@cob.org](mailto:danderson@cob.org), phone: 384-1639  
Dick Ryan [dickjack@windermere.com](mailto:dickjack@windermere.com) ,



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## Silver Lake Cross Country Run Sat. 10/1/11

This Race is on the same course as the Mt Baker High School invitational ( that starts after this race). This run will take place at 9AM before the H.S. race starts. Registration is day of and starts at 8:30AM.

The course is a rolling 3.1 miles. After your run watch the H.S. racers and see how well you did.

Cost: Free to GBRC members. Adults

\$8.00 and 18 and under \$5.00.

To volunteer contact: Len Parine [prunsey@yahoo.com](mailto:prunsey@yahoo.com), phone: 360 647-5703.

This race is at Silver Lake near Maple Falls. Take Hwy 542 (Mt Baker Hwy) To Maple Falls and follow the signs.





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The **GBRC Group Trail Runs** will be starting up again. They will go for 9 weeks every Tuesday starting at 5:30pm. The runs will be at a different trail head each Tuesday. We will list the location and the specifics on the website each week as well as sending out an email and putting the meeting place on Facebook but the TENTATIVE schedule is as follows:

9/6/2011 Civic field trails

9/13/2011 Lake Padden Horse Trails

9/20/2011 Squires Lake to Alger Alp

9/27/2011 Galbraith Mt Trails

10/4/2011 Alabama Hill Railroad Trail

10/11/2011 Sehome Arboretum

10/18/2011 Tennet Lake/Nooksack Dike

10/25/2011 Farmers Market/Boundary Bay



These are friendly, easy paced GROUP runs. The run will usually be about 60-75 minutes. They are a wonderful way to learn some new trails and meet fellow runners!

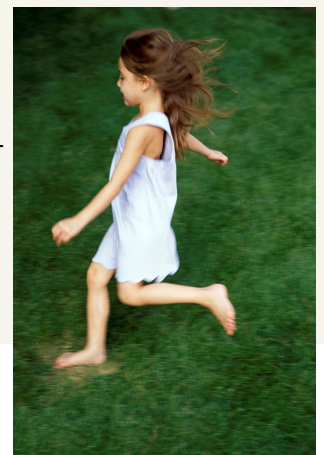
## Inspire A Girl! Coach for Girl On The Run

Girls on the Run is recruiting energetic and dedicated volunteer coaches. This is one of the most rewarding ways to get involved with this fantastic program and directly impact the lives of young girls throughout our community.

YOU DO NOT NEED TO BE A RUNNER OR COMPETITIVE ATHLETE TO BE A SUCCESSFUL COACH. Parents, teachers, students, corporate professionals and [Formula7](#) non-runners who are committed to developing and celebrating our youth all make fabulous coaches!

We will provide you with materials and training to deliver the easy to follow program curriculum. Practices are scheduled two days each week from 3:30 - 4:45 pm at elementary schools throughout Whatcom County. Contact [jgallant@whatcomymca.org](mailto:jgallant@whatcomymca.org) for more details.

Fall Season begins the week of Sept 26th and runs through the week of November 28th. The Girls on the Run Winter 5K takes place in downtown Bellingham on Dec 3rd





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# RACE RESULTS: Lake Whatcom Trail Run for GBRC Members Only 8/7/11

Place	Name	Sex	Age		Time
1	Jonathan Quimby	m	21	*1st*	37:01:00
2	Steve Roguski	m	51	1st	38:59:00
3	Robert Durrant	m	45	1st	39:58:00
4	Brian Parine	m	20	2nd	43:11:00
5	Neal Schlegel	m	40	1st	43:19:00
6	Joakim Nilsson	m	44	2nd	43:33:00
7	Darren Postma	m	45	2nd	43:41:00
8	Paul Hollander	m	43	3rd	44:40:00
9	Kevin Murphy	m	32	1st	44:59:00
10	Logan Franey	m	11	1st	46:13:00
11	Carol Frazey	f	44	*1st*	46:27:00
12	Sharon Stone	f	45	1st	47:02:00
13	Steve VandenBos	m	50	2nd	47:30:00
14	Dan Philpott	m	51	3rd	49:01:00
15	Scott Dorough	m	55	1st	49:14:00
16	Mike Finger	m	51	4th	49:24:00
17	Len Parine	m	62	1st	50:20:00
18	Carin Carter	f	40	2nd	51:02:00
19	Zach Melrose	m	33	2nd	53:43:00
20	Colleen Wolfisberg	f	41	3rd	54:12:00
21	Christina Lynch	f	30	1st	54:18:00
22	Susan Silva	f	47	2nd	57:55:00
23	Brenda Philip	f	47	3rd	59:20:00
24	Renny Richards	f	60	1st	1:06:16:00
25	Jackie Hollander	f	41	4th	1:06:17:00
26	Vicki Griffiths	f	67	1st	1:06:57:00
27	Barbara Macklow	f	76	1st	1:12:12:00





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# September 2011

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1	2	3 <i>Lake Pad-den Relays</i>
4	5	6			9	10 <i>Fair-haven Run-ners Water-front 15K</i>
11 <i>Skagit Flats 1/2 &amp; full marathon</i>	12	13			16	17 <i>Belling-ham Traverse</i>
18	19	20	21	22	23	24
25 <i>Belling-ham Bay mara-thon, 1/2 &amp; 5K</i>	26	27	28	29	30	



# October 2011

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 *Silver Lake cross country Run*

2 *Race for the End 5&10K*

3



7

8 *Race for Education 5K*

9 *YMCA youth duathlon also Klicks Mtb Duathlon*

10

14

15

16 *Out of the Darkness Walk*

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21

22 *lake Padden Classic 1/2 marathon*

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GBRC

Track Workouts for the 2011 season finished at the end of August. A BIG thanks to Erik DeRoche and Steve Grichel for all their hard work and dedication to making GBRC members meet their running challenges and goals.

Race Results for The Chuckanut Footrace can be found at [gbrc.net](http://gbrc.net). There were so many finishers we would use the whole newsletter to list them all so go to the website for results and a great race story by Joel Gillman.

Congrats to Sam Alexander and Kristen Rohde the top male and female overall winners. This year saw over 700 finishers and was a great success.



The end of summer 2011 marks the beginning of the Greater Bellingham Running Club "Racing Team". Our vision is to help bring together members interested in racing as a team and at the same time represent GBRC at running events. We will compete as a team at select road, track and cross country events and local relays. The team is open to all members 16 years of age and older and all ability levels.

Team members must purchase a GBRC singlet and wear it to any "team" events. Singlets can be purchased online at the following link: [http://www.gbrc.net/eventreg/event\\_registration.php?eventid=167](http://www.gbrc.net/eventreg/event_registration.php?eventid=167) or you can pick up an order form at the GBRC Wednesday evening track practices at WWU track. When a select event is chosen team members will receive an email with race details and those interested in doing particular race can commit individually. There is no "overall" training or racing commitment, you will only commit to specific races of your choosing. Our first race as a team will be the Lake Padden Relay on Sept. 3rd. We are also planning to enter several cross country races in the fall, leading up to the USATF XC Club Nationals in Seattle this December. Next year we will try adding several more races to the team schedule.

Our goal is to organize and plan for multiple events each year giving anyone interested the chance to experience the camaraderie and pride that go along with team competition. If you have any questions or would like more information please contact Steve Grichel at [scgrichel@yahoo.com](mailto:scgrichel@yahoo.com).

