

Greater Bellingham Running Club

Inside this issue:	
Holiday party info	2
More events	2
Winter clothing	3
Race results	4
Calendars	5
Headlamps	6

Padden Mudfest

Sunday November 6th

This is a trail run through the horse and mountain bike/hiking trails around Lake Padden. We have changed the course slightly this year and it will be more challenging with steeper climbs, narrow trails and hopefully MORE MUD! The exact distance is 6.25 miles, measured by GPS.

non-members. There will be a limited number of Sock Guy socks with the Mudfest duck logo available for \$10.00 day of race purchase only.



We will have hot soup and Great Harvest bread at the finish. Prizes will include ribbons for top finishers and lots of random prizes for those present after the race.

You can pre-register on line at GBRC.NET and follow the links to the Padden Mudfest site or register day of from 8:45- 9:45 AM. Cost is free to all GBRC members and \$10.00 for

To volunteer contact : Robin via email: rsmith1116@gmail.com



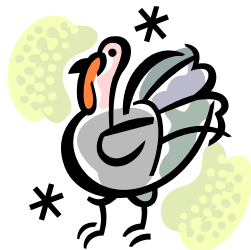
Turkey Trot

Saturday November 19th

This run is 5K and goes through scenic Whatcom Falls Park. It starts at the main picnic shelters near the fish hatchery.

There is an \$8.00 minimum fee per runner that will be donated to the Bellingham Food Bank (max \$20.00 per family). Kids under 12 run free as do all GBRC members are free but since

we do this run to help out the Food Bank during the holidays all donations are greatly accepted.



Registration is day of only from 7:30-8:45. there is a **kid's fun run at 8:30** and the 5K starts at 9:00.

Contact Kevin to volunteer: kryanxc@msn.com

Be sure to mark your calendar for the GBRC Holiday Party
 • Sunday Dec 4th at 6PM
 Bloedel-Donovan Park



Fairhaven Frosty

Saturday December 3rd

This is a 5 & 10K run around Fairhaven, Chuckanut and the Interurban. The race starts at Fairhaven park so plan to car-pool as parking is limited.

There is day of race registration from 9-9:45 with the race start at 10:00AM.

There is also a *kids 1/4 mile race for free*, starting at 9:45AM.

Cost is FREE to all GBRC members and

\$8.00 for all other adults with 18 & under \$3.00.

For more info or to volunteer check the GBRC website or contact the race director : Genissa Sygitowicz genis-samarie@yahoo.com, phone: 360 410-8634



GBRC Holiday Party

Sunday December 4th

This is a great event with free food and beverages and a chance to meet other members, families and your GBRC board members. This is also a great time to get involved in your club and

give us ideas for the coming year.

The event takes place at 6PM at the Bloedel-Donovan multipurpose room/gym. There will be

random prizes and lots of fun for all ages. Full planning is still in the works so watch for an email with more details and info.

SAVE THE DATE!!!!

Lake Samish Runs

Sunday January 8th

(It's Sunday not Saturday this year)

This race takes place around Lake Samish and is 6.5 miles for one lap or 1/2 marathon for two laps. It starts at the North lake Samish Park Day Lodge (north end of the lake). Parking is VERY limited so carpool and park at the park & ride by I-5 where we will have multiple shuttle vans this year to bring you down to the race start. Leave yourself plenty of time as the race

starts promptly at 10 AM.

Register on-line where you can also purchase a technical running beanie (only available with pre-registration). You will also be able to renew your GBRC membership for 2012 at the same time. Cost is free for all GBRC members. All others are \$10.00 for the 1/2 and \$8.00 for the 6.5 miler.

High school and under is \$3.00 for either race.

There will be water and Gatorade on the course and drinks and snacks available at the awards after the race.

To volunteer contact: Molly at 4_hayes@comcast.net or phone: (360) 820-1257.

Register at: GBRC.NET

Dressing For Cold Weather Running - Staying Warm And Dry When Running In Cold Weather (article from Runningplanet.com)

Dressing for cold weather running can be a challenge. If you dress so that you are warm at the start of your run you will probably be over heated at the end. When running in cold weather always remember one word - layers. The layers of clothing will keep you warm by trapping heat against your body. As you generate heat during your run you can remove layers to avoid overheating.

When dressing for cold weather running, I recommend wearing either two or three layers depending upon the weather conditions. Each layer has its own purpose.

- Layer 1 - The purpose of the first layer is to wick moisture away from your skin. A long sleeve cotton shirt is a common choice for the first layer. This type of shirt will wick away the moisture, but creates another problem by holding on to that moisture. The cotton soaks it up like a sponge. A better choice would be an acrylic fabric, polypropylene or one of the new high tech fabrics that are designed to keep the moisture away from your skin.
- Layer 2 - The second or middle layer should insulate your body and keep you warm. This layer should be made from an insulating material such as fleece or heavy cotton. It should also be able to absorb a small amount of moisture so that it can assist your first layer in keeping your skin dry and warm.
- Layer 3 - Your third or outside layer is there to break the wind and keep rain or snow away from your insulating and wicking layers. This outside layer should be made from a waterproof material such as Gortex or nylon.

During moderately cold and dry weather you may need only two layers. If it is extremely cold, raining, snowing or windy you should wear the third outside layer. One rule of thumb when dressing for cold weather running is that you should be a bit cold when you start running. As you run you will begin to generate a lot of body heat which will warm you up. If you are comfortable at the start you will overheat rapidly.

- Dressing for cool to moderate weather - 40 to 65 degrees F. - This is the most difficult weather to dress for. A single layer of clothing is the best bet. Wear either a long sleeve or short sleeve shirt depending upon the exact weather and your personal preference. Shorts are usually warm enough for these conditions. If you prefer a bit more warmth, wear lightweight tights. Running gloves and a headband or hat will provide some added warmth, especially if it is windy. If it is raining wear a water resistant outer layer.
- Dressing for cold weather - 15 to 39 degrees F. - You will want at least two layers of clothing in cold weather. Start with a long sleeve shirt and heavy running tights. Add a water resistant running jacket for the outside layer. You will definitely want running gloves and a headband or hat.
- Dressing for very cold weather - Below 15 degrees F. - In this severe weather you will want three layers. Start with a long sleeve shirt and tights made of a wicking fabric. Add an insulating middle layer and possibly some heavy weight running pants and a middle layer for your lower body. Use a water resistant running jacket as an outer layer. Always wear running gloves and an insulating headband or hat in the severe cold.



Race Results

Silver Lake Run 10/1/11

Place	Name	Gender	Age Group	Time
1	R.B. Wick	M	19-29	16:28.65
2	Matt Kurtis	M	19-29	16:48.65
3	David Whitney	M	19-29	17:00.70
4	Jacob Hartsoch	M	30-39	17:10.10
5	Chad Norman	M	30-39	17:51.71
6	Ken Koenig	M	40-49	17:57.06
7	Nick Howe	M	19-29	17:58.84
8	Steve Grichel	M	30-39	18:41.00
9	Stowe Talbot	M	40-49	18:56.01
10	Nels Postma	M	40-49	19:04.31
11	Joshua Diacogiannis	M	19-29	19:05.85
13	Tony Cava	M	50-59	19:31.31
14	Ron Wichmann	M	50-59	19:47.99
15	Caleb Thompson	M	18 & under	19:58.02
16	Ryan Vasileff	M	18 & under	20:01.10

Top 15 male finishers


Place	Name	Gender	Age Group	Time
12	Laura Rodeheffer	F	18 & under	19:30.31
17	Catie Rodeheffer	F	40-49	20:02.51
21	Kaytlyn Chelberg	F	18 & under	20:54.04
23	Michelle Howe	F	19-29	21:14.29
24	Theresa Westfall	F	50-59	21:15.11
26	Carolynn Wicker	F	18 & under	21:16.85
29	Shannon Buckley	F	30-39	21:53.87
31	Kris Maraveller	F	40-49	22:19.47
32	Sandy Leone	F	50-59	22:29.04
38	Angie Lancaster	F	30-39	23:35.92
41	Alisa Kayser	F	40-49	23:41.86
43	Cari Willaims	F	30-39	23:50.42
46	Julie Steele	F	40-49	24:43.37
47	Hanna Brionez	F	40-49	24:58.70
48	Stacey Otter	F	30-39	24:59.00

Top 15 female finishers

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5 Lynden Girl Scout Turkey Trout	
6 GBRC Padden Mudfest	7					11	12 Mt Vernon Fowl Fun Run
13	14					19 GBRC turkey Trot	
20	21					26	
27 Seattle 1/2 & full marathon	28						

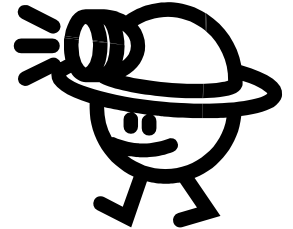
DECEMBER 2011

SUN	MON	TUE	WED	THU	FRI	SAT		
				1	2	3 GBRC Fairhaven Frosty		
4	5	6					9	10 B'ham Jingle Bell Run Birch bay ghost marathon
11	12	13					17	
18	19	20					24	
25	26	27					31	



Remember to check out GBRC on facebook. Keep up to date with your fellow runners. This is a great place to get the latest GBRC info on upcoming events, club members and what they are doing, runs, events and all the news.

Running with a headlamp - It's not a fashion accessory, it's a lifesaving accessory



So it's dark when you get up and it's dark after you get off work. So when do you run? In the dark of course! In order to do this you need to invest in a good headlamp (and some reflective clothing). The obvious reason is so you can see where you are going and the other is so that others see you (cars, cyclists, pedestrians and all those nocturnal creatures). So how do you pick a light and what features do you need?

- 1) Pick one that is light and easy to use so you hardly even feel it on your head.
- 2) Pick one that is sufficiently bright so that it will allow you to see far enough down the road/trail to avoid hazards. The bigger the "lumens" - the brighter the light. The other thing to pay attention to here is how far does the beam project. This is usually given in meters so for us Americans that translates as: 1 meter equals roughly 3 feet.
- 3) Figure out what other features you might need or that might be helpful. For example, some have a wider beam so you light up more than what is right in front of you. Some dim down or have multiple light settings to save battery if you don't need the "high beam" on. Some have flashing lights, red lights, or other features that are more about being seen than just to see with.

Here are just a few ideas on some great ones for running:



Petzel Tikka Plus 2 costs about \$39.00 weight is about 2.9 ounces

- Three lighting modes (maximum and economic and flash)
- Two red lighting modes (Continuous and blinking)
- 1 high output white LED, 50 lumens, shines up to 35 meters
- Battery charge indicator
- Compatible with lithium batteries
- Compact, light and comfortable



Black Diamond Spot costs about \$39.00, weight is about 3.1 ounces

- max light output 90 lumens; white and red proximity LEDs, shines up to 70 meters
- Red LEDs help preserve your night vision
- Strobe settings for both white and red LEDs increase your visibility while running
- dimmer switch lets you choose the light output needed for the task at hand
- IPX4 water-resistant construction delivers reliability in inclement weather