

Running Club Newsletter July 2007

P.O. Box 1875, Boise, Idaho 83701
www.boiseystriders.org

Club Officers

President.....	Diane McGarvey
Vice President.....	Kathleen Patlovich
Treasurer.....	Lois Allen
Secretary.....	Cathy Ewins
YMCA Contact.....	Tim Severa
Newsletter.....	Ken Karcher
Webmaster.....	Richard Marion
Trustee.....	Pat Bowe
Trustee.....	Rika Clement
Trustee	Mary Shaw
Trustee.....	Jim West.....

From our President

I am now on summer vacation, yet, Ken keeps hassling me to get with it so he can get his newsletter out. Guess he needs a reminder of what life is like when you have to work. The heat is upon us, so be sure to drink early and often. Don't forget the sunscreen, either, even though I don't like to wear it when I run. Something about clogging up all the little holes where the sweat comes out.

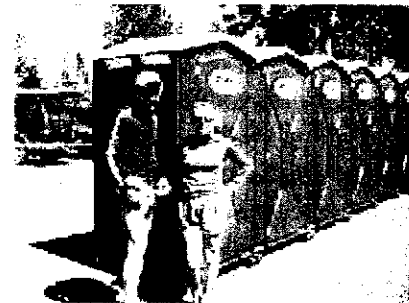
I think I've had my race for the summer. I went to Bend (Sunriver) OR, for the Pacific Crest Half-marathon. The course is just one big meander through the woods. This year, the weather was very cool, and it really helped. It wasn't unpleasant once the course came out in the open for a couple of miles. The part that nearly did me in was coming up out of the tunnel under the road about a quarter mile from the finish.

I did see a turn off at the northern most part of the course to Benham Falls (actually about the only thing I do remember). I have no idea how far it was;

I've run there from Bend before on the River Trail. It's pretty rugged and very scenic. Somewhere in the neighborhood of 15 mile round trip from the Meadow Camp trailhead. I remember lots of mosquitoes coming after me, but that's nothing new. The Bend area has always been a favorite spot of mine. Next time your vacation comes around, try it...you'll like it! After our disaster at the PPP (Pole, Pedal, Paddle relay) in May, I was surprised that I was willing to go back, but I feel better about it now, and a mere(?) six weeks later, Tyra is on the mend and nearly ready to rejoin life. Hooray!

Keep your life in perspective, wear your bike helmet, better yet, buy a new one, watch out for big dogs, even when they are on a leash, and I will see you on the trails, moving slowly but surely.

Diane



Sunriver Oregon Portapotties. Part of Diane's Portapotty Tour of the World. But what's Ken K. doing there?

Welcome New Y-Striders

Jerry Stewart
Harold & Julie Frobisher

YMCA and the Striders

One of the benefits of Y-Strider membership is that you are allowed to use the Y facilities after the Saturday run for the fee of only \$1. YMCA membership is not required. Just pay the \$1 at the counter, and when entering, tell them that you are a Y-Strider. Under the new rules, bring your own towel or pay an extra \$1 to use a Y towel. If you have never received your membership card or need a replacement, call Ken at 323-8059 or e-mail at karcher99@msn.com

Y-Strider Blue Shirts

We still have a few of the blue Y-Strider long sleeve shirts. They are 90% polyester, 10% elastane and great for showing off your physique. See Diane if you are interested. Price has been reduced to only \$10.

Y-Strider Sweatshirts

The club has a limited supply of navy blue hooded sweatshirts with the Strider logo embroidered above the left pocket, if it had a left pocket. They are made by Russell, are 50/50 and we have various sizes. See Diane if interested. The price: \$25.

Y-Strider Web Site

Check out the site at boiseystriders.org. It has been getting better and better and includes many race photos and race results, schedules, running routes and information about the club. We have received many photos from Striders with pictures from races. Rich has it set up so you can click on the snapshot version and a large, sharp, detail version comes up which you can view and save, and, of course, print or send to photo stores for copies. Rich can put in as many as he can get, so help make the site even better by sending photos to him at dpcmarion@decobug.com or for putting in the News-

letter, send to Ken at karcher99@msn.com. Sending by e-mail works perfect, but hand deliver or snail mail is OK.

Race Result Reporting

Our webmaster, Rich Marion, has established an e-mail address just to be used for reporting race results. Any mail sent to that address will go both to the Newsletter and the Strider Web Site. It would be much appreciated if everyone sends data including race name, distance, date, and their time. It is difficult, time consuming and sometimes impossible to obtain race results. The address is: results@boiseystriders.org

Y Striders Injury Report

Reporter: Lois Allen

Tyra Stubbs had a serious head injury in June while doing the cycling leg of the Pole/Pedal/Paddle relay. She is out of the hospital and continuing to work hard on rehab, and has made amazing progress. She is one tough athlete.

As of several weeks ago, **Jim West** was recovering well from back surgery and starting to think about the big move from walking to running. By now he has probably registered for an ultra. Or possibly completed in one.

Tony Rerecich's knee is improving, along with his attitude. **George Karcher's** calf injuries may or may not be improving, but they don't seem to be slowing him down.

Ken Karcher had a brief episode this past month of his Wandering Injury - first on one foot, then on the other side, then drifting up to another body part - but Ken's injuries never last long.

Pat Bowe is having problems with an entire right leg, but he says it only bothers him when he sits or stands. This is an easy problem to solve, Pat: Just spend all your time either running or asleep.

Thanks in part to PT Michael Devitt, **Rika Clement's** hip injury is finally beginning to improve. After weeks in the gym, she has actually turned up to run on a recent Saturday. Meanwhile, **Rachel Corey** is recovering from a tendon injury in her foot.

Terry Hoebelheinrich has fractured his arm in 7 places after being thrown from Red's Bad Attitude after just 4 seconds in his Professional Bull Riding debut. **Reid Harter** has a broken nose after yet another one of his drunken brawls. And **Rich Harris** suffered minor internal injuries during a hot-dog eating contest.....

Okay, I made those last few up. But seriously, if we don't mention your injuries in the newsletter, it's not because we don't care. It's just because you're suffering in silence.

Lois



Diane finally found a diet program that works.

Running Store Discounts For Club Members

(Remember to have your club membership card)

Shu's Idaho Running Company

Come see why Shu's Idaho Running Company was rated #2 in the entire nation!!! Shu's Idaho Running Company, a running specialty store, is located at 1758 W. State Street in Boise's beautiful Marketplace Shopping Center. We are centrally located with plenty of free parking and easy access in and out for your shopping convenience.

Our goal at Shu's Idaho Running Company is to provide you with knowledgeable and enthusiastic staff people, innovative products and services to make your running experience more enjoyable. Whether you need the perfect shoe for your foot, replacement insoles, technical apparel, a hydration pack, race belt, body glide, or

energy foods, for your run/walk, we have a great selection for you to choose from. Our recently expanded apparel selection includes pieces from Pearl Izumi, Asics, Sporthill, Sugoi, and Adventure Babe among others. We also maintain a library of running/walking themed books and magazines to keep you inspired. If you're in need of a gift, we have the gift that always fits - gift cards!

When it comes to choosing the perfect shoes for you, our certified staff and patented Fit Print System are the best in town. We'll analyze your foot strike and take into account any injuries or physiological symptoms you're currently experiencing to provide the best possible fit for your feet. It's FREE, takes only minutes, and there is no obligation to buy anything.

An added bonus to you is our Frequent Buyer Program. After purchasing five pairs of shoes (sale or regular price and including all family members), you'll receive a discount on your sixth pair equal to half the average price of the previous five. We keep track of all of your purchases here at the store ... there is no need to save receipts. In addition, this record of your shoe purchases is useful in determining which shoes have worked (or not worked!) for you in the past. Plus, "Your Club" members always receive a \$10.00 discount on regularly priced shoes over fifty dollars and \$5.00 off regularly priced shoes less than fifty dollars.

Stop in and see us! Our friendly, knowledgeable staff is ready to help you. We want to make your time on the pavement, trails, or treadmill as enjoyable as possible.

For more information visit our website at idahorunningcompany.com

"Shu" and Shu's Idaho Running Company Crew
shuguy2000@yahoo.com
338-6661



Signs on the Greenbelt as spotted by Sheila O'Brien

Bandanna Running and Walking

Rich, Gregg, Nate, Ryan, Char, Taylor, Andrija and Reilly welcome the Y-Striders to Bandanna Running and Walking. For thirteen years we've been located at the corner of 5th and Main streets, downtown in the Old Boise historic district. In 2006 we were named one of the best running stores in the nation!

We carry over forty models of men and women's running shoes along with a great selection of racing flats and track and field spikes. With our expansion, we have an even greater selection of apparel, especially for women. The spring colors are in, so much so, that it looks like an Easter egg has exploded inside the store!! And our bra selection is second to none. You need fun socks? Our staff has stocked the largest, most colorful selection of running socks west of the Mississippi! And don't forget to see our accessory wall. From sports medicine products to books to water packs we have what you can't find elsewhere!

We take pride in our friendly, outstanding customer service, which is backed up by our stunning, breathtaking and completely awesome rebate program! Bring us \$500 worth of Bandanna receipts and we'll give you a \$75 store credit (even if your purchases consist of 500 energy bars!). In addition, Y-Striders receive a 10% discount on the purchase of all regularly priced shoes.

We have race information and entry forms in the store or go to our web site "bandannarunning.com" for further race information and links. Stop in and say hi, we look forward to helping you with all your running needs.

Open: Mon-Fri 10-7, Sat 10-5, Sun 12-5

Rich and Gregg

The Pulse Running & Fitness Shop

The Pulse Running & Fitness Shop, located behind Starbucks on the SW corner of Fairview and Eagle Rd, is your one-stop specialty shop for technical running & fitness shoes, clothing and gear, designed for comfort, style and performance. Our enthusiastic staff is here to serve you. We enjoy getting to know our customers and

believe we can help you find what you need whether you run, walk or stroll.

At The Pulse Running & Fitness Shop you will find a variety of hard to find running apparel like Pearl Izumi, Sugoi and FILA. You really must see these well defined brands to appreciate them. We believe runners love great alternative technical apparel for those relaxing "I do not want to get dressed days," so we have brands like Prana and Smartwool. Our accessories are also unique. We carry a large selection of SIGG water bottles, TEVA, Timbuk2 and Overland Equipment bags to name a few.

We also carry eight different brands of running shoes and over thirty five different styles. And to ensure you leave our store with the right shoe for you, we will perform an in-depth gait analysis.

At The Pulse, we appreciate our customers and invite you to join our "Customer Appreciation Program" For every \$250 you spend in our store, you will receive a \$25 gift card to spend as you please. We keep a record of your transactions, so there is no need to save your receipts!

A little added bonus...For all Y-Striders, Dr. referrals, personal trainer referrals and track and cross-country runners, we offer a 10% discount on your total purchase.

Check out our web site at www.racingpulse.com or stop by and see us in person.

Happy Running!
Kim and Carolyn

2007 Spring Sprint Tri-Athlon

April 7, 2007 Boise, ID

Adult	Swim	Bike	Run	Total Time
Sean Gaffney	14:44.50	36:48.54	22:53.90	
1:14:26.94				
Linda Roose	19:34.00	43:00.06	31:51.88	
1:34:25.94	2nd AG			
Dee Lamott	18:36.50	44:37.65	35:34.70	
1:38:48.85	1st AG			

Team	Swim	Bike	Run	Total Time
Carol Severa	10:06.60	32:01.60	21:55.80	
1:04:04.00	1st OA			

Cancer Survivor, 75, Runs Marathon

[This article was in a Georgia Newspaper early this year]

One of the oldest runners in Sunday's ING Georgia Marathon raced for health reasons, but not in the way you might think.

John Hubert ran to prove chemotherapy and cancer doesn't have to defeat you. In a way, it can release you, to really go for it. "I'm working on 50 marathons and one in each state, but I'm only up to 10 now, so I have a long way to go." John said.

"It's not very often you see a 75-year-old man going through chemo who says, 'you know, I'm going down to Atlanta and run a marathon' "said Eric Hubert, Johns nephew.

Hubert who was once a Navy captain, decided to start pounding the pavement ten years ago. "Once you get snake bit running, it's just the social aspect because you've conquered the course. So, it's just a wonderful feeling," said John.

John pulled a muscle on the 20th mile, but his nephew said he walked the final 8 miles and finished.

After retiring from the Navy, Hubert worked for NASA in the space shuttle program and now lives in Boise, Idaho.

[John runs with the Wednesday morning group. He moved to Boise from New Orleans one week before Katrina. We hope his luck continues]



*John at the top of the first hill at the Robie Race
Now we know why he is such a happy runner. He
keeps his own energy drink handy.*

Race to Robie Creek April 21 – Boise

	Summit	Finish(Chip)	
Richard Christensen	1:04:15	1:29:26	1 st AG,
David Knotts	1:11:36	1:40:20	3 rd AG
Richard Marion	1:15:44	1:43:45	
Steve Ecklund	1:14:29	1:45:28	
Brandon Fonnesbeck	1:15:41	1:46:43	
Mike Shuman	1:18:58	1:49:33.	
George Karcher	1:19:14	1:49:56	
Ken Reglin	1:21:52	1:52:41	
Joe Dalsoglio	1:21:18	1:53:19	
Leone Rusher	1:20:35	1:53:46	
Tony Rerecich	1:26:00	1:56:52.	3 rd AG
Tammy Zokan	1:25:58.	2:00:23	
Rebecca Migas	1:32:28	2:06:43	
Barbara Swanstrom	1:33:47	2:08:22	
Raleigh Jensen	1:33:02	2:12:36	2 nd AG
Terry Hoebelheinrich	1:34:14	2:14:05	
Randy Ewins	1:37:40	2:14:42	
Jackie Maas	1:36:44	2:15:31	
Lisa Harp	1:36:43	2:17:53	

Dennis Fischer	1:41:47	2:23:44	
Pamela Kubik	1:43:50	2:26:04	
Linda Roose	1:43:59	2:26:59	
Jana Murphy	1:46:34	2:28:07	
Ken Karcher	1:46:19	2:29:16.	1st AG
Becky Coble	1:45:18	2:32:01	
Diane McGarvey	1:54:59.	2:39:47	
Dee LaMott	1:52:31	2:39:52.	2 nd AG
Howard Rittenger	1:58:13	2:50:06	2 nd AG
Jerry Stewart		2:58	
Paul Plante	2:02:27.	3:02:01	
Wes Kezar (Injured)	2:07:36	3:05:07	
John Hubert	2:30:03	3:36:23	3 rd AG
Tom Sheehan (Injured) ???		5:26:10	1 st AG

2325 Finishers, (1025 F, 1300 M)



*Kathy and Tom Sheehan (Before his injury)
Kathy helped him all the way*

Bloomsday – 12K **May 5 - Spokane WA**

Tom Sheehan 1:28:20 3rd /25 in AG
2800 + Finishers



New 8 O'Clocker with guard dog

Vancouver Marathon **Vancouver, B.C. May 6** **Marathon**

Tom Byerly	3:49:52	
George Karcher	3:52:11	
Mary Shaw	4:31:32	
Ken Karcher	4:33:00	1 st AG

3103 Finishers

Half Marathon

Rika Clement (Walk) 3:11:39

5847 Finishers

Hippie Chicks Half Marathon **May 12 - Troutdale, OR**

Rebecca Migas	1:50:54	
Becky Coble	2:02:30	
Dee LaMott	2:16:01	1st AG
Karen Bertram	2:23:22	
Ann West	2:23:53	
Jana Murphy	3:38:46	

2007 Famous Potato May 19, 2007 Boise

Marathon

Richard Marion 3:22:46 2nd AG
Brandon Fannesbeck 3:39:59

Half Marathon

Richard Christensen 1:21:46 3rd OA 1st AG
Carol Severa 1:33:10. 1st AG
Rebecca Migas 1:52:31
Lisa Harp 1:54:41
Barbara Swanstrom 1:54:43
Jackie Maas 1:56:45
Becky Coble 2:00:45
Kit Shuman 2:17:09
Howard Rittenger 2:18:50 1st AG

10K Run

Joe Zimmer 50:45 1st AG
Linda Rose 57:25 1st AG

10K Walk

Patrice Kezar 1:43:02 2nd AG

5K Run

Paul Johnson 18:33 1st AG
Carol Sturman 26:04

Marathon Aid Stations

Several Y-Striders volunteered at the Aid Stations at miles 2 and 4. They included:

Pat & Marsha Bowe	Tony Rerecich
Tom Byerly	Rich Marion
Dave Hayes	Jana Murphy
Randy Ewins	Mary Shaw
Ken Karcher	Ann West

Many thanks for their help

. The picture in the next column includes part of the crew at Mile 4. The theme was Hawaiian, so note the attractive accouterments.



Cleveland Marathon May 20

Brian Faulks.....3:06

Bay to Breakers – 12K (7.46 M)

San Francisco May 20

Daryle Hegerle56:27
585th of 35000 (Slow start position)



Here are some of the other runners that Daryle had to fight his way past.

Camel's Back Duathlon

May 26 - Boise

Long Course	Run	Bike	Run	Total Time
Linda Rose	28:59.110	1:10:41.455	32:07.307	2:14:30.077
2nd AG				

Dee Lamott	33:16.626	1:19:57.002	37:53.950	2:33:06.028
1st AG				

Total time includes "Transition Times"