



Running Club Newsletter January 2008

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

Club Officers

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

From our President

Happy New Year!

The day started, as it should, with a trek up to Table Rock. It seemed as though hordes of people were there. A very large group this year. Some of those who started at the Y went up the trail, others went up the road. The cold didn't seem to matter, but, yes indeed, it was cold (14 at the start and lower at the top) At least the wind was not a factor and the sun was shining. A beautiful day all around. It is a bit embarrassing to tell people you can't go out on New Year's Eve because you have to get up to run in the morning. I managed to make it half way through the News before the fog descended. Oh well; chalk it up to clean living.

The Christmas party was a big success, as always. The food was great, the company even better. We have a couple of new members on the Board: Tom Byerly and Tina McDevitt. And of course, they are eager to jump right in because the rest of us told them they were. Tom made the mistake of not showing up for the dinner...but he was warned as to what might happen, so he is taking it in stride.

With our donations made for the year, we are looking ahead to 2008. I'm still trying to figure out how it got to be 2008. New ideas are always welcome: new places to go for adventure runs, new marathons to try, new training ideas. Don't be afraid to voice your opinion... if you have one. In a newspaper article recently, we were described as a group of runners who are not beginners, but go for the distance, and speed, which is mostly true. But one thing we can do is make people better runners, simply by challenging each other to become better. Let's keep it that way!

Once again, Happy New Year and Good Luck in your chosen endeavors!

Diane



Welcome New Y-Strider

Mike Keiley
Karen Beshara

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 present 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. (Medium and Xtra Lge only) They run small so an extra large would probably really be a large. They are 90% polyester, 10% elastane. 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 on the upper left front. They are made by Russell, are 50/50 and we have various sizes. See Diane if interested. The price: \$25. . Give her a call and she will have them in her car at the Saturday workout. She won't take a charge card, but she might allow credit.



Membership Renewal Time

It's that time again to send in your 15 bucks to renew your membership in the club. You can probably recover the cost just in the club member discount at the two club dinners. There is a Renewal form later in this Newslet-

ter, so fill it out, write a check and send it in to the P.O. or give it to Diane or someone else important. If you just joined recently, September or later, just send in the renewal slip without a check and with a note that you are a recent new member.

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 a photo stores or Costco 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 Newsletter, send to Ken at karcher99@msn.com.

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

Tim Severa is supposed to be in winter rest to get complete recovery from his bout with plantar fasciitis.

John Hubert had an operation for a tumor removal and is expected to be back running soon. The tumor was successfully removed, but he is back on chemo as a precaution. We wish him a full recovery. John had been running with the Wednesday morning group.

Ken Karcher's plantar fasciitis is either in complete recovery or he is numb and feels no pain.

Wez Kezar (broken rib) was healed sufficiently to run the NYC Marathon in 3:32. Not bad for an old guy.

Terry Hoebelheinrich has retired from his bull riding. He's considering more sedate activities, perhaps going back to marathons.

Jim West has recovered from back surgery and seems to be running well. He was seen running the Table Rock Fun Run setting the pace with the 7:0'Clockers, and has been talking about the Boston Marathon in April

Dee LaMott suffered an injury in her home and now has a broken arm bone tied together with a metal plate. We won't say what she was doing when the accident occurred, but it wasn't a running injury.

Paul Johnson took a tumble during a recent run and we'll leave it to him to describe it:

There are probably other injured Y-Striders but they haven't complained. If you know of any, send a note. We won't report who reported it.

Words of Wisdom from Paul Johnson: Ice is Slippery.

I took a pretty good fall last Friday, Dec. 28. I was running early in the in my brain, and down I went. I was told that my head narrowly missed the curb. My left hip and knee were scraped morning from the Y, and rounded a corner a little too tight in the North End area. I realized too late that there was black ice in the gutter masked by a skiff of snow. In a fraction of a second I experienced ground rush, with my humble PR's flashing and bruised, but otherwise fine. However, my left shoulder took the brunt of the impact, and the pain let me know it as I hobbled the last 3/4 mile back to the Y. I went to see the doctor later that day. Thankfully, X-rays determined no break in my shoulder. (But the X-rays revealed that I had indeed broken my collarbone from a skiing accident about 14 years ago, which healed, but I had never gone to see the doctor.) The doc thinks I don't have a rotator cuff injury either, which is good news. I've had some pain in my left arm, but it is getting better every day. I took a couple of days off, and am able to run - just in time for the Disney World Marathon on Jan. 13. I intend to just go out and enjoy it, as part of a family vacation. No intention of a PR this time (but I can't blame that on the fall).

Lesson learned: If you are running in icy conditions (which most of us say we won't do, but then we do it anyway), then try to stay away from low areas like gutters where

water will drain, then freeze. I'm not the first runner who's slipped making a tight turn on a street corner. Be careful out there!

Happy New Year everyone!

Paul

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 3D Foot Print 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. \$5.00 off regularly priced shoes less than

fifty dollars and at the beginning of every month we send out a club special to Ken, that is good for your club members.

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 www.idahorunningcompany.com.

"Shu" and Shu's Idaho Running Company Crew
Shuguy2000@yahoo.com
344-6604

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, Dude Girl and MPG. 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 and Sherpani Bags plus lots of other hard to find items.

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 those in any running group, 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!
The Pulse Crew

Harvest Classic Run
Nampa – Oct 6 2.2 Miles
Lois Allen.... 3rd OAW

City of Trees Marathon

Boise – Oct 7

Marathon

Rich Marion 3:19:11 2nd AG - P.R. (3 sec)

Leone Rusher 3:19:43 1st OAW **WOW!**

160 finishers

Half Marathon

Linda Roose 2:19:22 2nd AG

Kit Shuman 2:20:32

Jerry Stewart 3:03:08 2nd AG

365 finishers

6 runners were under 3 hours. The winner was Brett Riley, 2:39:25, from Houston, Texas

In the marathon, Taylor Neal from the Bandanna Running Shop led the race until the 20th Mile. (maybe hit the famous Wall) This was his first marathon and he went out a little fast, passing the Strider's 8 mile aid station at probably better than an 5:30 pace. He finished 2nd in 2:46:32. He went through the half marathon point in about 1:14 That time would have easily won most half marathons around here. It also would have been 2nd in the recent US Half Marathon in San Francisco where there were nearly 2000 runners.



Y Strider Volunteers – (at 8 miles) Patiently waiting for the 1st runners. Note the cute outfits.

Prison Break Races

October 27 - At the Prison

Boise, ID

Half Marathon

Tom Byerly 1:45:25. 1st AG

Sheila O'Brien 1:48:20 1st AG

163 Finishers— (99W 64M)

10K

Rachel Corey 41:52 1st OA Female, 2nd Overall

Keith Gardner 1:10:01

Amy Shaw 1:07:21

Jerry Stewart 1:21:33 2nd AG

164 Finishers (120W 44M)

Barber to Boise

October 20

10K Run

Daryl Hegerle 35:17. 1st AG, 7th OA

Harold Frobisher 37:26. 1st AG

Reid Harter 38:10. 2nd AG

Monica Runningwolf 39:14. 3rd OA

Brian Faulks 39:43

Tom Byerly 47:05. 3rd AG

Rika Clement 49:50 2nd AG

Joe Zimmer 51:16. 1st AG

Diane McGarvey 58:58 3rd AG

Dee Lamott 1:00:58. 1st AG

Howard Rittenger 1:03:24 1st AG

Keith Gardner 1:05:22

Amy Shaw 1:10:43

Jerry Stewart 1:18:35. 2nd AG

10K Walk

Mary Mebane 1:25:45. 2nd AG

5K Run

Lois Allen 22:10. 1st AG

Nathaniel Patlovich 38:59.

Kathleen Patlovich 39:03.

Quotations

"I wish I was, where I was, when I wished I was here."
Dennis Fischer

"Men are like fine wine. They all start out like grapes, and it's our job to stomp on them and keep them in the dark until they mature into something which you'd like to have dinner with." –
Anonymous female Y-Strider

Women Sumos

Hakkyoi! At the signal, two crouching sumo wrestlers lunge towards each other in a frenzy of flailing hands and slapping flesh. Grunts fill the air as the opponents collide. Less than a minute later, it is all over. The loser, a 19-stone mountain of muscle and fat, lies flat on his back, felled by a hip throw. The winner, eight-and-a-half stone Chantal Freebury, bows low to her fallen rival. (Harold Frobisher advises us that one stone equals 6.4 kg. or 14 lbs. Lets see.... 19 stones would be 266 lbs and 8.5 would be only 119 lbs.....could that be correct?)



Sumo master Steve Pateman, who has coached Freebury for the past three years, says the sport is ideally suited to women. "It is not just about brute force," he says. "Anyone can win through technique and guile." Women are even at an advantage because of their body shape. "Women tend to have shorter legs than men," he says



Last year Jackie Bates won a silver medal for Britain at the first Sumo World Cup in Rotterdam. But you've probably never heard of her, because she is Britain's only woman sumo wrestler at international level.

Erie Marathon--- Erie PA September 9

Brian Faulks.....3:10:09

The Erie Runners Club hosted the Erie Marathon in Erie, PA. The course is a double loop (half marathon twice) at Presque Isle State Park, lying on the Presque Isle peninsula, which juts out into Lake Erie.

The course features one of the flattest marathons in the U.S., and claims to be even flatter than Chicago or Sacramento. Six competitors entered with the hope of making the Olympic Trials Qualification (five men and one woman); alas, no one qualified on this very soggy September morning. The woman and one of the men dropped early from the field upon seeing the wet conditions, leaving the four men to finish short of the qualification standard by significant margins.

Brian Faulks, a Boise Y-Strider hailing from Caldwell, ID, turned in a time of 3:10:09, finishing in 25th place overall out of 583 finishers. Brian said the course was indeed "the flattest marathon I've ever run, and definitely the wettest run I've ever experienced, except for maybe a training run in a Southeast Alaskan downpour last year."

Brian also said the course was very green, and the lakefront views from the Bayside as well as the Lakeside were equally scenic. "I signed up for this run off the advice of fellow Y-Strider Bruce Tracy, who grew up in the area," he said. "Bruce didn't tell me I would need a snorkel and flippers, but truthfully, the run was a very good experience. People were very friendly,

there was plenty of good food at the finish, the uniquely etched wooden medallion is great, and the long sleeved micro-fiber shirt is nice."

Brian noted that due to the significant rainfall, the spectators were sparse. "Who could blame them? The puddles were three inches deep even on much of the course," he said. "I'm not sure the crowd would have been too big anyway...but then I've never needed a crowd. I have yet to come across one in the Boise Foot-hills when I run with the Striders, and the orchards, vineyards, and peppermint fields near my home at the west end of Lake Lowell are more likely to have mule deer, coyotes, and foxes than people!"

"Bruce Tracy was right," Brian continued. "This is a nice one to run. I would give it a good recommenda-tion...maybe a 7 out of 10. It is a little difficult to get here with the flight arrangement, though, and if you de-cide to make the trip next year, don't forget your Ban-daids, Vaseline, and snorkel!"

Scotiabank Toronto Water-front Marathon-- Canada **September 30**

Carol Sturman.....4:35:14

Portland Marathon **October 5**

Rebecca Migas .. 4:02:59

Becky Coble4:34:16

John Hubert.....7:28

7738 Finishers (3539 M, 4199 W)

Santa Clarita Races

Santa Clarita, CA -Nov 4

Marathon

Mary Shaw.....4:26:47 2nd AG

Half Marathon

Rika Clement.....1:50:28 1st AG

Diane McGarvey....2:17:23

By Mary Shaw

Rika, Diane & I didn't decide for sure to run until just 5 days before the race! Santa Clarita was one of the southern Calif. fire disaster areas. Diane was incredibly optimistic about the air quality. I would like to think that Rika & I were more realistic! Santa Clarita is just about 40 minutes north of Los Angeles and home of Magic Mountain amusement park. A certified, relatively fast course and a race that offered both marathon and half marathon courses were our reasons for choosing this event! The elevation is about 1200 feet. They even have 1K and 10K races. It is a great community event!

We flew into LAX on Friday. The air there was ab-solutely pathetic! The fires in the area certainly impacted the air quality, but is air in LA ever really good? I guess it's all in perspective!

We rented a sporty blue convertible and off we went to visit Diane's nephew and wife in LA. They had great ideas for sightseeing and food. Soon we were off to have some great Mexican food and a walk, barefoot, on Venice beach! The opportunities for tattoos were endless! But, no time for tattoos today. Maybe after the race after we decide what and where. Then Santa Monica beach beckoned us so we headed further north! Anything goes on vacation...but, since we had some long distance running in a couple of days we had no time to be too frivolous!

It was pitch dark when we drove up over the moun-tains and dropped into Santa Clarita. Lo and behold our room at the Residence Inn overlooked an "In and Out Burger" restaurant! Diane & I indulged in hamburgers while I called my daughter to see what size shirt she wanted! . No fries for us, though!

Saturday we were off to the Expo at the Hyatt. We walked in and were greeted by very friendly women handing out bottled water. That was great! Water was just what we needed. A closer look...and it had an advertisement for colonic cleansing.....Ha....only at a Calif. Expo!

Sunday we were off to the races! They were so or-ganized and they had great community support! The air was wonderful and the temperature was perfect at the start....in the 40's. We had driven most of the course on Saturday, so

