



# Running Club Newsletter July 2008

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

## *From our President*

Go! Run! Have fun! Drink lots of water, and sleep when you can, and be nice to one another.

I would like to congratulate all those Striders who took part in the Ironman 70.3 on June 1<sup>st</sup>. It was really quite a spectacle. I won't mention names because I am afraid I will miss someone, but we had a strong showing.

Now, go run some more.

Diane



## Club Officers

President.....	Diane McGarvey
Vice President.....	Lois Allen
Treasurer.....	Kathleen Patlovich
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

## Welcome New Y-Strider

Katie O'Shea



## 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 when entering, tell them that you are a Y-Strider and give them your name if asked. 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](mailto:karcher99@msn.com)

## Y-Strider Blue Shirts

The popular blue long sleeve shirts have been re-ordered and are now being printed. To reserve one, give Diane a call. 345-9947.

## Y-Strider Sweatshirts

We still have a few of the 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? Now \$20. . Give her a call and she will have them in her car at the Saturday workout.

## Running Routes Map T-Shirt

Diane has a limited supply of the Running Routes Map Shirt. It is imprinted with a rough map showing many of the running routes from the Y.

## Membership Renewals

30 members did not renew and have been dropped from the roster. A list of the 92 current members is included later in this Newsletter.

## Y-Strider Web Site

Check out the site at [boiseystriders.org](http://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](mailto:dpcmarion@decobug.com) and for putting in the Newsletter, send to Ken at [karcher99@msn.com](mailto: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 in other ways. The address is: [results@boiseystriders.org](mailto:results@boiseystriders.org)

## Running Store Discounts For Club Members

(Remember to have your club membership card)

## Shu's Idaho Running Company

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, Saucony and SugoJohn 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 - the S.I.R.C. gift card!

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 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 Off** discount on regularly priced shoes over fifty dollars. **\$5.00 Off** regularly priced shoes less than fifty dollars.

At the beginning of every month we have a special for Y-Strider 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](http://www.idahorunningcompany.com).

"Shu" and Shu's Idaho Running Company Crew

[Shuguy2000@yahoo.com](mailto:Shuguy2000@yahoo.com)

344-6604

## Bandanna Running and Walking

Rich, Gregg, Ryan, Taylor, Andrija, Dusty and Amy welcome the Y-Striders to Bandanna Running and Walking, where *the heart and soul of our business is customer service*. For fourteen years we've been located at the corner of 5<sup>th</sup> and Main streets downtown, in the Old Boise historic district. In 2006 and 2007 two leading trade and consumer publications named Bandanna as one of the Top 50 Running Stores in America! We're your local resource for all things running!

What's the best thing Bandanna can offer its customers? Our staff, the service they provide and our inventory. We'll listen to what you have to say, help determine the right type of shoe you should be in, give you some options and let you take them for a spin around the block. *We're confident that if the shoe is on our wall, it's in stock in your size* (if Yao Ming is a Y Strider, he doesn't count!).

We carry over forty models of men and women's running shoes (your size is in stock!) along with a great selection of racing flats and track and field spikes. Of course, you'll want to look good zooming through the neighborhood and around the trails, which is where our terrific selection of apparel comes in. Guys, at some point you'll need to replace that 10, 15, even 20 year old pair of black split shorts (we know what you're wearing in those pictures from 25 years ago). We've got you covered, and if you really want to break out, try a *navy* pair!

Ladies, our bra selection is second to none and we mean it. From A/B to DD, we have a size and style that will work for you. To go with that new bra (which should be replaced as often as your shoes) we have awesome technical shorts, shirts, capris and pants to keep you looking fit, fabulous and fun! New colors and styles arrive regularly as the seasons change so there's always something fresh.

Do you need fun socks? Our staff has stocked the largest, most colorful selection of running socks west of the Monongahela! And don't forget to see our accessory wall. From sports medicine products to water packs to reflective items and shoe laces, we have what you can't find elsewhere! Need a book for a gift or personal use? Whether it's on stretching, triath-

lons, marathons, general running, in depth interval training or just for inspiration, our library will fill your need.

We take pride in our friendly, outstanding customer service, which is backed up by our dazzling, mind-blowing and completely splendid rebate program! Bring us \$500 worth of Bandanna receipts and we'll give you a \$50 store credit (yes, it was \$75 but the price of oil has finally caught up with us). In addition, Y-Striders receive a 10% discount on the purchase of all regularly priced shoes.

Race information and entry forms are available 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.

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 Sherpan 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](http://www.racingpulse.com) or stop by and see us in person.

Happy Running!  
The Pulse Crew

## Dog Days Half-Marathon August 2, 1984

See the application below. It's kind of late to run in this one, but check the entry fee... \$2. Nice course: ,,,Camels Back to Cartwright Rd to Hill Rd and back. Maybe someone should revive it. How about it Tim?

### Runners West

PRESENTS THE DOGDAYS 1/2 MARATHON

BARGAIN PRICES - SUPER COURSE

PLACE: Camel Back Park, 13th & Heron, in the North End of Boise

DATE: Saturday, August 25, 1984 Aug 24 for 1985

TIME: 7:00 AM

ENTRY FEE: \$2

COURSE: 13.1 miles, beginning at Camel Back Park, up Cartwright Road, returning on Hill Rd. The first 6 miles are quite hilly.

RACE DIRECTOR: Kay Johnson  
P.O. Box 7012  
Boise, ID 83707  
376-3444

Refreshments

Drawings for prizes

EARLY REGISTRATION ENCOURAGED

\*\*\*\*\*  
WAIVER: I waive all rights and claims against the sponsor of the run for damages occurred to me while participating in the Dogdays 1/2 Marathon.

Signature (if under 18 parent's or guardian's)

NAME \_\_\_\_\_ SEX  Male  Female

ADDRESS \_\_\_\_\_ AGE \_\_\_\_\_

PHONE \_\_\_\_\_ Mail to: Kay Johnson  
P.O. Box 7012  
Boise, ID 83707

or: Runners West - Boise  
c/o Kiddipides  
Hillcrest Shopping  
Center  
5326 Overland Road  
Boise, ID 83705

# 2009 Boston Marathon

## ELIGIBILITY AND QUALIFYING

To qualify for the 113th Boston Marathon, athletes must meet the designated time standard that corresponds to their age group. Qualifying times must be run on or after September 29, 2007 at a certified marathon. Seeding is based on qualifying times, which are subject to review and verification.

Age on April 20, 2009 determines your qualifying time. Age group on the day of the qualifying race may differ.

The B.A.A. accepts net times from chip scoring systems.

Athletes must be 18-years or older on April 20, 2009. The B.A.A. reserves the right to reject any entry, issue special invitations, cancel the race, expand or further limit the field, or adjust the entry procedures.

## QUALIFYING STANDARDS

Age Group	Men	Women
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-44	3hrs 20min	3hrs 50min
45-49	3hrs 30min	4hrs 00min
50-54	3hrs 35min	4hrs 05min
55-59	3hrs 45min	4hrs 15min
60-64	4hrs 00min	4hrs 30min
65-69	4hrs 15min	4hrs 45min
70-74	4hrs 30min	5hrs 00min
75-79	4hrs 45min	5hrs 15min
80 and older	5hrs 00min	5hrs 30min

## Dog Bites Y-Strider

While out on a run on April 26, near her home in Caldwell, Carolyn Devitt was badly bitten by a dog.

### *Carolyn reports:*

Saturday afternoon I was out for a potentially 7 mile run and on my way home this blue heeler broke loose from his tether, jumped the fence and pursued me with nothing less on his mind than to bite me. He got his jaw around my left calf and did a number on it, which required 31 stitches. This was the second time for that dog in

three weeks and they've now had him euthanized. Sure did make quite a show on 10 Mile Rd. with an ambulance, fire truck, police and sheriff cars and several other folks who stopped to see if they could help.

*Carolyn seems to have recovered nicely since she recently ran in the Bolder-Boulder 10K and won her age group.*

## What do the experts say about preventing dog bites?

### Know self-defense moves

According to John Robinson, who runs a dog-bite prevention company in San Diego, California, many people are bitten because they unintentionally provoke or escalate an attack. He adds; if you're approached by an aggressive dog, don't make eye contact or move suddenly. This can challenge a dog and cause him to attack. Stand motionless, like a statue. Face the dog, but turn your head away. If lunged at, don't try to overpower the dog. If you're holding something, put it into his mouth. If you don't have anything in your hand, put your arm up to protect your face.. If you're knocked down to the ground, don't move or scream. Pretend that you are a turtle: curl up in a ball, face down, and cover your head with your arms. Stay in this position until the dog leaves.



## Iron Girl Triathlon

### Lake Las Vegas – April 12

**1500 Meter Swim – 25 Mile Bike – 10K Run**

290 Competitors -- 7<sup>th</sup> OA

By Rachel Corey

*My coworkers asked me to write a race report, so I thought I would pass it along to the Y-Striders. I got kind of carried away though! It feels like school again to write something. Here goes:*

This iron girl triathlon represented a lot of firsts for me; it was going to be my first Olympic triathlon. Further, I was going to attempt to hold back and use the race as training, and I actually had a game plan in mind, other than run like hell. Standing at the edge of the shoreline, waiting for the start of the race (the start was delayed 45 minutes); I was going over my plan of attack. I told myself that I would stay relaxed and calm for the swim, would go over drills that Shannon had taught: to stay focused, such as high elbows, hand hip connection, catch, extend etc. Additionally, I was planning on lining right up front, right in the middle, so that I could get beat up as much as possible. I wanted to be prepared for anything come the Boise 70.3 and this would be great practice! However, what a bad plan that ended up being and little did I know that my whole scheme would go to hell. Yet, standing in the sunshine, sucking down some espresso, high caffeine flavored hammer gel, I was in a state of ignorant bliss.

The gun went off and I dashed into the water and was shocked at the coldness of the water. Yet, that became the least of my problems. With arms frantically flying, I felt like people were grabbing my feet and pulling me under. I was gasping for breath and struggling to use my arms to muscle my way through it. I was afraid to kick, for fear I would hit someone in the face, so I attempted to wait it out. Eventually, the turbulence settled down and I calmed down for a nanosecond, only to look up and discover I was way off course. Plus, the waves were picking up and I felt like every time I took a breath I got a mouth full of water. At this time, all my swim technique was forgotten. Hyperventilating, I resorted back to bad habits, of breathing every stroke and only breathing from my left side. The kayaker about ten feet away at this point, was looking quite inviting. After reminding myself that all I needed to do was take it one stroke at a time, I kept stroking. Eventually, I went around the final buoy and could see the arched bridge, which represented the end. Not seeing a single swimmer at this point, I feared that I was in last place. Yet, still freaked out and hyperventilating, I didn't care and I was too afraid to look back and confirm my fear. I had to pee like crazy and couldn't even manage to do that! (Okay, more information than you needed to know). I finally reached the shore and in a daze, ran the ¼ mile to the transition area. Passing one girl, I looked around for others and not seeing anyone, I was sure I must have been the slowest swimmer; it had felt like I

had barely moved through the water. Yet, when I reached the bikes, I was perplexed, because most of the bikes were still there. I took my sweet time in the transition area, so that I could regain a normal pattern of breathing and mentally prepare myself. "It is just for practice, go easy," I kept chanting to myself.

I was pretty excited to discover that the first part of the bike course was a big hill, as I love hills. My mood was improving already! However, once I reached the top and pedaled hard down, there was another hill, then another and so on. At this point, I was thinking, enough of these xxxx hills! I had passed 3 bikers at this point, but did not see another soul. The bike course went from the highway to a bike path, with more curvy, winding hills. Again, the course was dead. I was worried I had taken a wrong turn. Finally, a really serious looking triathlete, wearing a pointed helmet, dashed by me. I was so excited; finally, someone to try to catch and yes I wasn't lost. I didn't plan on killing myself to catch her, (obviously someone who wears a pointed helmet, should be able to kick my ass) but at least it brought me back some focus. Now the wind didn't seem like it was whipping so hard and the hills didn't seem so long. Soon, I spotted two more cyclists battling the last final hill before the course neared the resort. I caught both cyclists, but was soon passed on the downhill! Oh well, I would catch them on the run, I told myself! Approaching the transition area, a volunteer told me he thought I was in 5<sup>th</sup> or 6<sup>th</sup> place. I couldn't believe it. There went my plan to take it easy! If I was in the top ten, I was going to finish the race hard.

After having issues spotting my shoes, I dashed out of the transition area at a pace that probably would not have been recommended by Matt Booth. However, my legs felt great and I was on a high at this point. Assuming the course would be flat, I figured I could get into a hard rhythm and hold it without a problem (what a mistake). Little did I know that I would be entering the twilight zone. The run course left the lush and green resort area, to a gray gravel road (no vegetation) that radiated heat. Further, I was faced with more hills! I managed to catch one of the cyclists who had passed me on the downhill, and I was feeling pretty good about it, thinking I would easily lose her. Yet, she hung on. I could hear her breathing behind me; I wasn't going to let a 39 year-old beat me and she wasn't going to let a little shit like myself beat her.

When we reached the final 1.5-2 miles of the course, spectators became abundant, and kept telling me not to let her beat me, as she was right behind me. Spectators were slowly migrating up the sidewalk, often blocking the way. At this point, I was tired, thirsty and just wanted to lie on the beach with a margarita and a hot guy (okay, I was dreaming a bit). Elbowing someone out of my way became quite appealing! Soon my competitor was right beside me, as we only had one hill to climb, then a slight turn to the right and a dash to the finish. As we were turning the corner, my competitor who was on my left side, veered to the inside, nearly shoving me off of the sidewalk. That was enough to spark me to enter into kick ass gear, as I out sprinted her to the finish. We ended up hugging each other at the end and thanking each other for pushing each other. What a race! I was pleased to discover I had finished 7<sup>th</sup> place overall and 1<sup>st</sup> for my age group. However, my focus soon shifted to the quest for margaritas (for the carbs of course) and to seek out some hot guys Sky had spotted on the course!

Now I can concentrate on my half-ironman training. After that, I want to run a fall marathon and qualify for Boston.

## Race to Robie Creek

### April 19

Dave Knotts.....	1:38:00	2 <sup>nd</sup> AG
Steve Ecklund.....	1:38:43	3 <sup>rd</sup> AG
Teresa DeBlieck....	1:41:09	1 <sup>st</sup> AG 7 <sup>th</sup> OAW
Heather Culig.....	1:43:07	2 <sup>nd</sup> AG 9 <sup>th</sup> OAW
Matt Birchmier.....	1:43:28	
Lorraine Wood .....	1:46:42	3 <sup>rd</sup> AG
George Karcher .....	1:47:54	
Brandon Fannesbeck	1:50:04	
Leone Rusher .....	1:50:08	
Tony Rerecich.....	1:57:17	2 <sup>nd</sup> AG
Joe Dalsoglio.....	1:58:49	
Kelli Fredback.....	1:59:09	1 <sup>st</sup> AG
Rebecca Migas .....	2:01:44	
Katy Reierson .....	2:04:07	
Releigh Jensen.....	2:05:21	1 <sup>st</sup> AG
Cathy Rickerl .....	2:09:55	3 <sup>rd</sup> AG
Barbara Swanstrom..	2:10:16	
Jackie Maas.....	2:12:47	
Kathy Dodd.....	2:16:53	
Nicole Huffman.....	2:18:35	
Becky Coble .....	2:18:49	

Matthew Johnson ....	2:20:09	
Jana Murphy .....	2:20:17	
Dennis Fisher .....	2:28:49	
Carolyn Devitt.....	2:34:09	3 <sup>rd</sup> AG
Richard Harris.....	2:37:19	
Linda Roose.....	2:38:21	
Dee LaMott.....	2:38:29	
Diane McGarvey..	2:49:20	
Jerry Stewart.....	3:04:16	

*2320 Finishers*



*Jerry Stewart at Robie*

## Salt Lake City Marathon

### April 19

Jim Brown .....

Jim's 99<sup>th</sup> marathon  
1242 Finishers

## Boston Marathon

### Boston MA April 21

Brian Faulks.....	3:05:17
Rika Clement.....	3:59:01
Ken Karcher.....	4:44:59
Rose Cushman.....	5:00:57
Sheila O'Brian.....	DNF - Injured

*21,000+ Finishers*

## Senior Runners

A foursome of senior Y-Strider runners hit the road with waning enthusiasm for the sport.

"These hills are getting steeper as the years go by," Howard complained.

"The roads seem to be getting longer too," said Dennis

