



Running Club
Newsletter

P.O. Box 1875, Boise, Idaho 83701

October 2008

www.boiseystriders.org

Hello, Sports fans,

Fall is in the air. It is rather interesting to go out in the early morning with a long sleeve shirt on, but by 9:00, the warm weather clothes are a must again. Lots of darkness, too. Makes you have to rethink your routes. Perhaps you have also noticed the leaves are starting to turn. Which, of course, means all the fall races are just around the corner. Time to pull out your checkbook, lace up your shoes, and go in search of some new T-shirts. Just be sure to let us know when you get those results and we will post them for you! If you don't want to run, but still want the shirt (and who doesn't need a new shirt?), volunteer!

Keep an eye on your portfolio, and if things are getting bad, go for a run. Things always look better after a good, hard run, and sometimes, the answers to life's biggest problems become much clearer half way up a big hill.

I'll be out there looking, just like the rest,
Diane



News Race Results

Club Officers

President.....Diane McGarvey
Vice President ...Lois Allen
TreasurerKathleen 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-Striders

Dave Gilbert
Ron Marquart

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

Y-Strider Blue Shirts

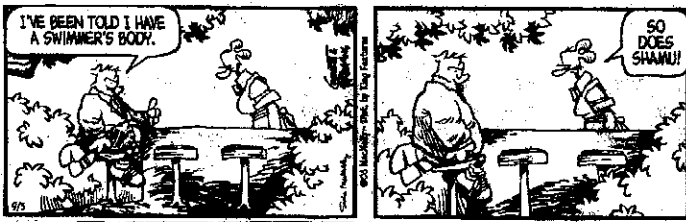
The popular blue long sleeve shirts have been re-ordered and are now being printed. To reserve one, give Diane a call. 345-9947.

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.



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 and 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 in other ways. The address is: results@boiseystriders.org



Tom Sheehan and wife Sydne have moved to Mexico. He reports:

"The sun is shining....80 degrees or so....people are kind and helpful....food is exciting....and fiestas just keep on coming!"

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.

"Shu" and Shu's Idaho Running Company Crew
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 5th 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, triathlons, 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 or stop by and see us in person.

Happy Running!
The Pulse Crew

Running slows the aging clock

Read about it in the article later in the Newsletter. Maybe you are running for more than the fun.

IN THE BLEACHERS



Siron Freedom 5K

July 4, Siron WI

Dee LaMott.....30:03 1st AG

70.3 Mike Fenner

Missed him in the last Newsletter

His total Over All time was: 7:30:43 (Placed 865 over all and 19 in his age group....)

By the way, Mike lives in Green Valley, AZ and occasionally visits Boise to see old friends and maybe run in a race.

Fit for Life Races

July 12 - Garden City

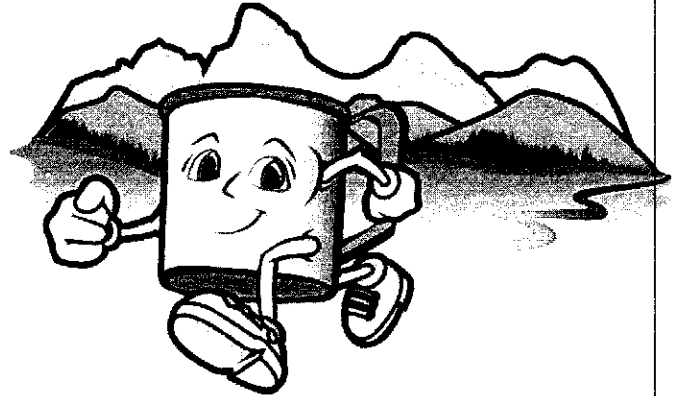
Half Marathon

Nicole Huffman 1:50:09.27
Sarah Shuman 2:25:19.93
Mike Shuman 2:25:21.09
Jerry Stewart 2:49:04.15 2nd AG

10K

Brian Faulks 38:48.19 1st AG/4th OA-M

**Tin Cup Challenge -
Marathon, July 19**
Driggs, Idaho



Rich Marion3:26:38 3rd OA
13 Finishers



Diane's dog 'Homer' didn't really want to be altered

Backcountry Race Ketchum – July 19



10 mile

George Karcher.....	1:20:05	2 nd AG
Jerry Nickel.....	1:21:25	
Raleigh Jensen.....	1:30:05	1 st AG
Pat Bowe.....	1:31:19	
Kathleen Patlovich...	1:33:11	3 rd AG
Diane McGarvey.....	1:55:43	4 th AG
<i>3rd Oldest W Finisher</i>		
Ken Karcher.....	2:04:16	1 st AG
<i>Oldest M Finisher</i>		
Dee LaMott.....	2:12:19	2 nd AG
<i>Oldest W Finisher</i>		
<i>182 Finishers (91 M, 91 W)</i>		

16.5 mile

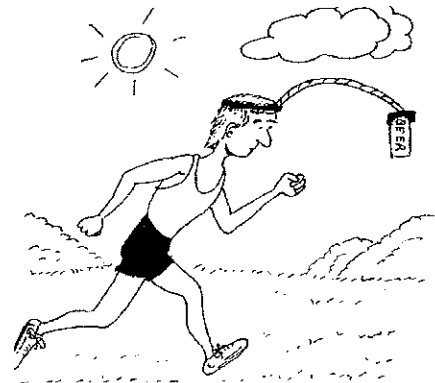
Heather Culig.....	2:16:29	2 nd OAW
Teresa Deblieck.....	2:22:55	5 th OAW
Tony Rerecich.....	3:02:49	2 nd AG
<i>Oldest M Finisher</i>		
Rika Clement.....	3:19:14	3 rd AG
<i>2nd Oldest W Finisher</i>		
<i>78 Finishers (45 M, 33 W)</i>		

Foothills XC 12K Trail

Race Aug 2 – Boise

Daryl Hegerle.....	:50:55	1 st AG
Rich Marion.....	1:02:15	
Lorraine Wood.....	1:02:37	1 st AG
Carol Severa.....	1:03:34	1 st AG
George Karcher.....	1:04:00	2 nd AG
Raleigh Jensen.....	1:13:07	3 rd AG
Kathleen Patlovich.....	1:19:27	
Katie O'Shea.....	1:24:59	
Diane McGarvey.....	1:29:20	3 rd AG
Dee LaMott.....	1:37:25	2 nd AG
Jerry Stewart.....	1:53:24	

Want to run faster? Here's a Summer Training Run Tip



McCall Mtn Triathlon

Aug 2, McCall, ID

1.5K Swim, 40K Bike, 10K run

Dave Knotts
2:27:05 1st AG -

Harold Frobisher
2:29:37 1st AG
Swim – 28:46
Bike – 1:19:16
Run – 38:30

Rachel Corey
2:32:03 2nd overall female
Swim – 28:42
Bike – 1:20:23
Run -- 39:42

Jim West

2nd age group – 2:44:12

Swim – 32:24

Bike – 1:20:23

Run – 48:13



Rachel



Jim



Elvis

Most Excellent Tri

Emmett – Aug 8

Olympic Distance-

1.5K Swim, 40K Bike, 10K Run

Harold Frobisher 2:16:31 1st AG

Swim 26:44 T1 – 1:58

Bike ...1:07:39 T2 – :49

Run 39:19

Dave Knotts 2:17:12 1st AG

Swim 25:15 T1 – 1:18

Bike 1:04:36 T2 - :38

Run 45:23

Jim West 2:34:49 2nd AG

Swim 31:25 T1 – 2:02

Bike 1:07:39 T2 - :59

Run :52:42

Ken Reglin 3:10:32

Swim 46:29 T1 - 3:42

Bike 1:25:09 T2 - 1:46

Run 53:25

Doug Daniels 3:37:09

Swim :38:46 T1 - 6:32

Bike 1:27:36 T2 – 3:15

Run 1:20:57

Dee LaMott 3:55:35 1st AG

Swim 44:03 T1 – 5:24

Bike 1:45:44 T2 – 1:42

Run 1:18:40

Sprint Distance –

750M Swim, 20K Bike, 5K Run

Joe Zimmer 1:39:18 1st AG

Swim 15:01 T1 – 6:02

Bike 47:13 T2 – 2:10

Run 28:50

Diane McGarvey 1:29:11 2nd AG
 Swim 9:55 T1 - 2:42
 Bike 43:26 T2 - 1:55
 Run 31:12

Diane Reports:

Other than being blazing hot for the run...the triathlon was great. Harold beat Dave, so all is right with the world again. Harold was devastated about Dave beating him in McCall. Mr. West looked fantastic in his form fitting ensemble (ooo-la-la). Ruth Turner did really good.....she said she didn't feel good...blew past me like I was standing still....actually, I think I may have been. Dee finished a while later, but she did finish. It was very hot by the time she got in.

Harold won his age group. I got second...I got passed right at the end because I wasn't paying attention; she beat me by :16. I had been in 1st until then. Plus...BONUS...we got medals for the Senior Games of Idaho, without signing up for it! Guess it pays to be old. One sweet piece...I passed Jim Everett on the run! Dee won her age group. Doug Daniels was there and he was happy that he finished. He is now feeling much better.

I don't think I would have done as well as I did if it weren't for the people out there cheering me on. But I actually surprised myself. Guess I shouldn't be such a doubter.

Jim has some pictures..probably for his dart board..perhaps he will send them out.

Master's National T&F

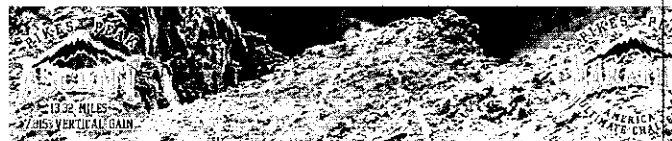
Meet, August 9

1500 Meters
 Lois Allen 6:05 4th OAF

Idaho Senior Games

August 16

1500 Meters
 Lois Allen....6:01, 1st F.



Pikes Peak Ascent **Manitou Springs, CO** **August 16**

Heather Culig..... 3:26:56
 Teresa DeBlieck... 3:32:43
628 M, 133W Finishers

World Championships **Triathlon – Long Distance** **August 21 – Almere,** **Netherlands**

Congratulations to Dave Knotts who was the 2nd American to finish at the ITU Long Course Championships. Dave was 11th in his age group with an overall time of 7hours 27 minutes.



White Clouds Mtn Run

August 23 Near Stanley, Idaho

The usual Sawtooth Run was changed to one in the White Cloud Mtns east of the Sawtooths. It was split into two runs, one a 23 mile CCW loop around Castle Peak and a short 10 mile CV out and back. The long one included 5,000' elevation gain and loss over 5 passes, some over 10,000'. The short one went over one summit and passed numerous lakes. Both started at the 4th of July Cr trailhead located about 10 miles up from the Salmon River. The long one included 4 bikers who figured that there would be enough trail suitable for bicycles. WRONG. Much of the trail was too rough to ride and there was a significant part with NO trail. Some parts they walked with their bikes and many times they CARRIED their bikes. The hiker/runners without bikes were nice guys and helped by doing some of the carrying. The long trail took 12 hours and they barely made it to the end of the trail at full dark. Without the bikes, it would have been much quicker. Next year?

The short run hikers were only out around 6 hours and were happily back in camp long before dark.

See the photos on the last page

New Mexico Marathon

Festival August 31

Albuquerque NM

Brian Faulks.....3:06:29 3rd AG 5th OA

414 Finishers



On Sunday, 31 August, the New Mexico Marathon started at 5:30 a.m. A significant thunderstorm had cooled things down overnight, so our early start saw

the temperature around 63 degrees, with a 72-degree temp at the finish line in downtown Albuquerque around 8:30.

This is a beautiful marathon if you like desert-scape (and yes, I do!). The altitude was interesting, as it climbed from about 5700 feet up to 6100 feet, and then came down to about 5200 feet at the finish. It was a good marathon--one which I recommend. I ran most of it alone, as there was not much of a crowd, but that works okay for me. There was a bit of congestion when we started catching the Half-Marathoners from Mile 18 on in.

Water stations were well-manned, but was a bit disappointed with the lack of significant food/refreshment at the end. The tech shirt is a good one, the unique medallion and the awards were pretty cool--clay medallion and pottery made by a local Native American (Navajo?) artist.

Special thanks to fellow Y-Striders Richard Christensen and Rich Marion for that last long training run in mid-August! Thanks also to Jeff Schiller for making the trip and running the marathon with me. His family and friends in Albuquerque took good care of us.

I would give New Mexico Marathon a thumbs-up, and may even try to do it again some day. Next up--Route 66 Marathon in Tulsa on 16 NOV 2008.

Brian Faulks



