

Running Club Newsletter January 2012

P.O. Box 1875, Boise, ID 83701
www.boisestriders.org



At the 2011 Boston Marathon finish

Message from our President

A year in review.

The beginning of last year wasn't great for me. I knew I wasn't running as well as I could. I had difficulties running to Lone Pine with the fast group. I had gained weight over the holidays. I started the year with a goal of just getting back into shape.

Watched what I ate. Yes, I even halved my chocolate intake. In February, things started to improve. I managed to get registered for Robie Creek. My endurance was building (even rescued a drowning dog in the canal near Fort Boise).

As each month went by, my performance in events was a struggle. I ran my slowest Basic 5; Robie was among my slowest (and ended up in the medical tent). My first marathons of the year were my 2nd and 3rd slowest. I readjusted my goals and kept running, timing events and volunteering.

Club Officers

President.....	Richard Marion
Vice President ...	Pat Bowe
Secretary.....	Mary Shaw
Treasurer.....	Nancy Rittenger
YMCA Contact	Tim Severa
Newsletter.....	Ken Karcher
Webmaster...	Richard Marion
Trustee.....	Lois Allen
Trustee	Sheila O'Brian
Trustee.....	Jim West
Trustee.....	Marsha Bowe.....
Trustee.....	Tina Young.....

This year's marathon #3 was a good performance. Thanks to Leone for pacing me for 22 miles. Though I sprained my wrist while packing the car to drive back home. The Back Country Run was fun, but I had no strength nor endurance. Mesa Falls was a miserable experience. Yes I finished it with a very painful limp to make it now my 3rd worst marathon.

During a routine visit to my doctor, who is also a runner, I told him of my troubles and my inability to run like I used to just last year. He diagnosed my problem and prescribed a means to correct it. I noticed positive results right away and scheduled one final marathon for the year (#5).

As the year came to a close, I ran the CIM with the zeal and energy of years past. After a year of not giving up, I had a great run. After a year of persevering though almost record slow times, I could run again.

Last year, I overcame every obstacle that was placed in my path. Sometimes through pure determination, but most the time with the help of others.

In this New Year, I say, never give up. As runners, we welcome challenges. The harder the run, the more confidence we gain. With your help and support, last year was a great year. I thank you.

I wish you a Happy New Year. I wish you all good luck in your goals. I am planning on doing my first 50K (after 25 marathons, I figured it is about time). What are your goals for the New Year?



I'll see you on the trails.

Rich

New Y-Striders

Danielle Tindall

Mary Graeff

*Jeff Guzi

*Keith Gardner

**Returning members*

Membership Renewal Time

It's that time again to send in your 15 bucks to renew your membership in the club. Send it in to **Boise Y-Striders, P.O. Box 1875, Boise 83701**, or give it to one of the club officials, or pay by PayPal at the Strider web-site www.boiseystriders.org. There is a renewal form later in this Newsletter, but, if you have no changes in addresses or tel #s, (or spouse), just send in the \$s. If you have joined recently, September or later, you will automatically be renewed. If you have never received your membership card or need a replacement, notify Ken at: karcher99@msn.com

Member Benefits

Y Facilities

Y-Striders are permitted to use the downtown 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.

Discounts at Local Running Stores

The benefits offered to our members by local stores are described later in this Newsletter.

Y-Strider Shirts

They are Nike Dri-Fit. We have sleeve ones, sleeveless and tank top versions, (Mens and Womens)
Price: \$12.



Other Club Shirts

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 sizes M & L. **Price is \$10.**

Mary Shaw is the keeper of all the shirts. Call Mary at 867-9500 or trailrunnershaw@msn.com or see her at one of the workouts.

Club Workouts

Saturday

The regular running workout for club members is on Saturdays from the downtown Boise YMCA. All running abilities are welcome. The runs vary from short to long, slow or fast, hills or flats and its easy to fit into one of the sub-groups. Faster runners start at 7 a.m. and slower ones start at 8 a.m. except in the summer when everyone starts at 7. Y membership is not required, just show up at run time.

Wednesday

There is a Wednesday morning group that meets at the Fort Boise Community Center, (on Garrison Rd near Fort St, across from Fort Boise Park), for runs/walks of about one hour. The start time is 8:30. After the runs/walks it's off to the Coffee Shop for social hour. This is a group of mostly retirees, but everyone is welcome. Some just come for the Social.

Y-Strider Web Site

Check our site at boiseystriders.org. It 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 store or Costco for copies. Rich can put in as many as he receives, 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

Rich 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

Race Results

Harvest Classic 8K

Nampa - Sept 17

Brian Faulks..... 30:56 1st AG, 12 OA

Chicago Marathon Oct 9



Where's Brian?

Brian Faulks..... 3:08:20
35,755 Finishers (20,284M, 15,471F)

Barber to Boise

Oct 15

10K

Daryl Hegerle..... 34:34 1st OA
Andy James..... 41:50
Tim Severa..... 45:15 3rd AG

Carol Severa..... 45:55 2nd AG
 Ole Bergset..... 46:50 1st AG
 Rebecca Meany..... 50:15
 Joe Zimmer..... 54:17 1st AG
 Jerry Stewart..... 1:05:22 2nd AG

5K

Rachael Bickerton..... 21:30 1st AG 2nd OAF

Foothills 50K Frenzy Trail Race - Boise October 22



Brian Laurent..... 5:35:18
 Leslie Hollister..... 6:16:59
 Randy Thorn..... 6:53:05
 Tina Young..... 7:35:33
 Sparkle Paterson.... 7:44:42 1st AG
 Karen Ivens..... 7:53:03
 Katie O'Shea..... 7:54:39
125 Finishers (83M, 42F)

Except for the one of Katie included in her letter, these are the only Strider photos we have been given.



Randy Thorn



Tina Young



Sparkle Paterson

Foothills 50K Frenzy – Race Report – by Jenny Stinson, RD

Blue skies, fall colors, cool temperatures, single-track trails, energetic volunteers, happy runners – these elements converged to make the Inaugural Foothills 50K Frenzy a spectacular event. The first official trail ultra in the Boise foothills showcased the beautiful trails of the Ridge to Rivers Trail System – one of the best trail networks in the West.

Brad Mitchell of Hailey, Idaho, started out in the lead and stayed there throughout the entire race. Hot on his heels, however, was local Boise ultrarunner Joelle Vaught who was within minutes of Brad through the halfway mark. Brad finished first in a time of 4:13:56 with Joelle taking 2nd place in a time of 4:32:22. The following nine runners crossed the finish line within the next 20 minutes - all under five hours – which was no easy feat considering it was 31.5 miles and nearly 6,000 feet of climbing.

The morning was charged with a feeling of positive energy as local ultrarunner and Frenzy volunteer Christie Ebenroth sang a powerful performance of the National Anthem. As the runners took off, we watched as a line of headlamps lit the darkness. Runner Graham McKenzie commented, “I almost wiped out because I kept looking at the string of lights. There was something about it that was really special. A group of people with the same goal on a journey together. You could see the smiles, warmth, and comraderie despite the dark. I couldn’t help grinning...it was so wonderful.”

We had an amazing 125 finishers (of 127 starters) plus 2 sweepers – that’s 129 stories of personal persistence. Our oldest finisher was 62-year-young Ande Wilkes of New Meadows, Idaho. On her first 50K attempt, Ande commented: “On cresting the Ridge, I called my husband, told him I probably won’t make it (my first 50K), but it sure is fun. Then I plodded on to make my goal of breaking 8 hours – minus 12 minutes!”

As the runners crossed the finish line, we presented each one with a unique finishers’ mug, hand-crafted by a local Boise potter, Kevin Flynn – who also finished his first 50K and earned one of his own mugs!

The Foothills 50k Frenzy could not have happened without the overwhelming support of 85+ volunteers from Boise area trail running community. Holly Finch of the PULSE Running Store helped make possible the dream of putting on an ultra in the foothills. Ultrarunners marked the course the day before the race; trail guides stood at confusing junctions all day to keep the runners on course; a team of photographers got everyone’s picture somewhere on the course; aid station workers fueled, energized, and encouraged tired runners; bike rovers rode the trails all day looking out for the runners; ATV drivers, who are not even runners, got up in the middle of the night to get supplies to the aid stations; medical professionals patched up scrapes and cuts on the course and at the finish line. Finish line volunteers timed runners and printed up-to-the-minute results, made announcements, reported incoming runners, taped and massaged sore muscles, delivered homemade cookies to hungry race officials, set up the start area, and broke down the finishing chute.

As we drove away from the parking lot where it all started 14 hours earlier, it looked like the aftermath of a stadium concert – not a trace that anything had ever happened there. It made me think of what first-time 50K runner Lesley Hollister quoted from an article written by Greg Henneman which she found in her race packet: “Ultrarunners are seldom bloodthirsty competitors. Although they try their best to do their best, they are a very tight-knit, easily accessible community that is embracing and encouraging. Fast or slow, you are one with the community of runners.”

Special thanks to Y-Striders Rich Marion, Mary Shaw, and Brenda Tola for volunteering all day!

Foothills 50K Frenzy - My Story

By Katie O’Shea

As any long distance athlete will say, you never know what race day holds till you show up at the starting line..... At a dark 0600 sharp, Tina, Karen, Kahlua and I started our most daunting and difficult run, the Foothills 50K Frenzy.

Out of the gate at Fort Boise parking, Mountain Cove Road to Trail of Tears where no tears were shed yet but I did follow the bobbing head lamps up the trail. Running in the dark had its blessings as we could not see what we were running up, especially the rock slick on Three Bears. Somewhere along Three Bears I lost Tina and Karen to the dark. Near Curlew/Watchman trail junction, the sky started to turn pinks and reds and the outline of the trail came into view.

At this point, my right eye really started to blur due to severe dry eye and combined with poor balance, the Watchman Trail became more difficult than usual, but Kahlua did her duty of keeping me on the straight and narrow of the trail. Up and up 5 Mile Gulch we marched. At Lone Pine, Tina caught up with me and stayed till the Water/Aid Station at Ridge Road (11.5 Miles) and words of encouragement from Brennda. The altitude made breathing hard as I jogged 1 mile north to the turn around and back to Brennda who had to open GU as my hands were too cold. Going down Ridge road to Aldape/Rocky Canyon a pack train was passed. The mules probably wondered what were these crazy runners doing. Then on to the Orchard Gulch (18mile) and the Water Station manned by the Native American Coalition.

After miles of downhill it was time to change gears for more climbing on Orchard Gulch where we ran into the mule train again as a rancher was running sheep in the foothills. But in May I finally got to see my sheep after the 8 O’Clockers ran up Three Bears. A few of us had to follow the train for about a mile till they turned off – Thank God. Then on to the 5 Mile Gulch Water/Aid Station.



At 5 mile Gulch my brother was waiting to make sure Kahlua and I were getting by and a few minutes rest to eat popsicles the workers offered. Then onwards to Three Bears again and more climbing back up to Watchman/Curlew trail junction water Station. There I re-tied my shoes tighter in preparation for the doubly steep of Curlew. After hen-pecking my way down I thought Curlew was not as horrible as usual or maybe my brain was playing tricks but not the pain of the blister that started to form at mile 22.

At the bottom of Trail 5 was the last Water/Aid Station (27.5miles). The thought of sitting for a spell was entertained but I may not have gotten up. Then I saw Karen coming down the trail and decided to hobble on with her. Several of us winded our way down Buck's and the always tiring climb of Tina's Hill. As I started down the Trail of Tears, the F-16 flew over signaling the start of the Bronco game: I was spurred on fleetingly.

Cottonwood Trail seemed to go on forever and the anticipation of the stairs would never materialize but at last they appeared and up we went, the last hurdle of the run. I was so grateful to see Mary at the top and the trail post that I hung onto till my breathing and balance calmed down enough to push onward to the finish..... A welcome sight after 7:54:36..

Soon after finishing, I experienced a first. While sitting on the inviting curb, I cried from physical exhaustion and would have stayed put except that Tina and Karen made me stand and walk around.

Are we going to participate next year? Only time will tell.

Hoover Dam Half Marathon Boulder City NV – Oct 29



Jerry Stewart..... 2nd AG
228 Finishers

Zeitgeist Half Marathon

Boise – November 5

Carol Severa.....	1:47:30	2 nd AG
Ole Bergset.....	1:50:27	1 st AG
Danielle Tindall.....	1:51:00	
Tony Rerecich.....	1:55:05	2 nd AG
Ron Marquart.....	1:59:11	3 rd AG
Tina Young.....	2:00:09	
Jim West.....	2:00:43	6 th AG
Katie O'Shea.....	2:07:54	
Connie Duvall.....	2:12:04	
Mary Shaw.....	2:16:14	3 rd AG
Jana Murphy.....	2:18:03	

1013 Finishers (442M, 571F)

NYC Marathon

November 6



Barbara Swanstrom,,,,,,,,,,,,, 4:43:50
Shannon Harris.....

Rock 'n' Roll San Antonio Half Marathon – November 11

Jerry Stewart..... 30/49 AG
19,546 Finishers (7448M, 12,098F)

Turkey Trot Relay Race

Nov 19 Ann Morrison Park

Because of the many Striders who came to help, it was a great success. The weather was perfect with nearly 150 teams registered. This was a 4 person relay race where each member of a team runs a 2 mile leg and the team predicts their total time. No watches are allowed. The following lists the categories and the winning team of each:

Coed (Mixed M/F)

“Pumpkin 3.14”..... 1.97 Sec. off prediction

Family

“The Won’t be Waddling.....2.46 Sec Wars”

Mens

“Franklin Runners”..... 5.18 Sec

Womens

“Turkey Hunters” 5.45 Sec

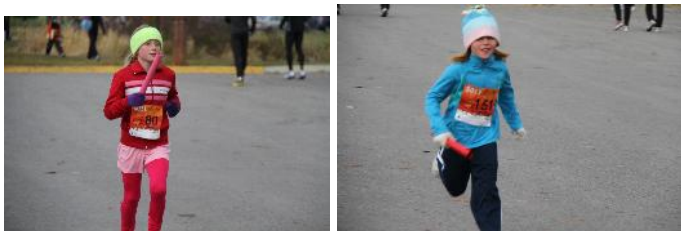
Masters (Runners over 40)

“Blue Circle Sports”..... 14.85 Sec

Jens & Jakes (Kids under 17)

“Turkey Team”.....14.79 Sec

Here are some of the happy runners (and winners)



Here are our valuable volunteers:

Cindy Andrews	Joan Behrend
Ole Bergset	Pat Bowe
Jim Brown	Brennda Caro
Becky Coble	Dennis Fischer
Terry Hoebelheinrich	Ken Karcher
Rich Marion	Ron Marquart
Rebecca Migas	Jana Murphy
Sheila O’Brian	Katie O’Shea
Nancy Rittenger	Howard Rittenger
Tony Rerecich	Mary Shaw
Jerry Stewart	Danielle Tindall
Jim West	Ann West
Dave Wilson	Tina Young
Joe Zimmer	Stephan Marion
Dennis’ Grand.daughter Jen Wilson	

The Farm Man Challenge

Meridian Oct 22

Rachael Bickerton.....1st OAF
 Diane McGarvey
 Lois Allen

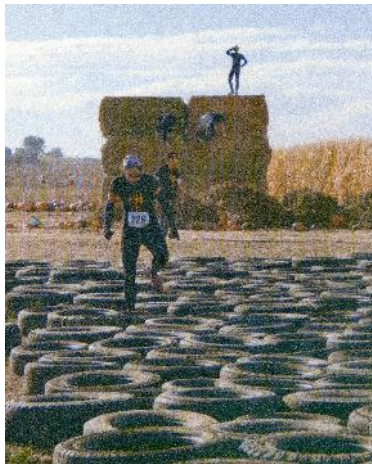
by Diane McGarvey



Last year, Lois and I did the Farm Man Challenge at the corn maze along the freeway and Eagle Road. This year, there was a race at the same place, but since “the official” BSU maze was at another location, we decided to try that one. We were whining about how hard it had been and we didn’t like

all the irrigation pipes they had down. There was one large haystack to climb, a well marked maze, a pumpkin patch and a bouncy thing at the end. There is no way this new one could be any harder.

I signed up for the Hellish 6.66 miles. Lois, Rachael, and John, Rachael's husband, signed up for the 5K. Way to share, guys. Oh, well. It's just two loops instead of one. I can handle that. Lois and I had kind of looked at a little of the course, and it didn't look too bad.



The 6.66 started an hour before the 5K. I didn't know if that was enough time for me to get done, but surely it was. I

was just hoping they didn't get done before I did.



I was very concerned

after the first lap. It seemed short, but what do I know. Everyone was still bunched up over the final obstacle. I was barely able to make it over the huge straw bales that were nearly as tall as I am. A maze, tires, two huge climbs up, and a pit to come out of before the final stack, army crawl, hop, hop (small bales). Lap #1.

The next lap went all over the place. Through a pumpkin patch while being chased by some ogre, over irrigation pipes, down and out of a ditch, down and out of another ditch. I was able to catch up with some girls who were talking about potatoes, hay, wheat and barley. Talk about some weird conversations. Suddenly, here is a guy way out in left field yelling, "Stop! What are the four major crops grown in Idaho?" Potatoes, hay, wheat and barley! Lucky I was paying attention. Another army crawl, right turn, right turn, running through a bunch of cut down cornstalks, left turn, left turn, another maze. We were directed over a huge

mound of "something," and then a huge haystack of those bales as tall as me, stacked 3 high. I will never live through this. Finally, back to the tires and the last several obstacles. Someone yells out, "Only two more laps!" You have got to be joking.

Rachael and John are at the line, cheering me on. I figured, the next time around, I'll be dead. There is no way I can do this all again. I did make another lap, but I couldn't get over the final big stack. My pants were falling off; my gloves were full of straw, as was my shirt, and I was wheezing quite nicely. Three laps were enough for me. A little over 5 miles in 48 minutes, and I was definitely done....done for.

The 5K runners were supposed to take a different route, and they did. But not the one they were supposed to take, so they ran the same one twice. Rachael was in the lead for the women. John wasn't too far behind, and Lois was right behind him. She actually passed him just past the tires on the first lap. Next time around, Rachael was still in the lead, followed closely by Lois. John was nowhere in sight. He was having trouble with his crop recitation.

Rachael won a lovely garden shovel, somewhat reminiscent of a soap on a rope. Once I could function again, I gave this race a 4star rating. Difficulty: 6 stars, or 2 snaps and a whistle! I think we should do it again next year. And I'm signing up for the 5K

California International **Marathon – December 4** **Sacramento, CA**



Richard Marion....3:22:03 86th /503 AG
5755 Finishers (3270M, 2484F)

Strider's Holiday Dinner

December 8

We were back to Smoky Mtn Pizza for this annual affair with around 31 Striders, spouses and friends attending. In addition to the usual fine food and the boisterous swapping of six-packs, there was a raffle consisting of various items of running apparel and items provided by Shu's Idaho Running Store. With the profits from our recent Turkey Trot Relay we were able to announce contributions to local running related programs.



Christmas Races

Boise – December 17

2.5 Race

Joe Zimmer..... 23:49 1st AG



6.1 Race

Daryl Hegerle.....	34:40	1 st AG	7 th OA
Richard Christensen.....	37:10	2 nd AG	
Brian Faulks.....	41:13	3 rd AG	
Leone Rusher.....	42:49	1 st AG	
Carol Severa.....	43:46	2 nd AG	
Rachael Bickerton	43:59	2 nd AG	
Andrew James.....	44:12		
Jeff Guzi.....	46:44		
Reid Harter.....	46:45	1 st AG	
Katie O'Shea.....	47:37		
Mike Bowe.....	48:16		
Amanda Johnson.....	49:42		
Tracy Jackson.....	49:48		
Barb Swanstrom.....	51:03		
Erica Franson.....	53:47		
Mary Shaw.....	56:16	1 st AG	
Diane McGarvey.....	57:19	2 nd AG	
Randy Thorn.....	59:49		
Jerry Stewart.....	1:01:03	2 nd AG	
Keith Gardner.....	1:03:07		
Mary Graeff.....	1:05:47	1 st AG	
Ron Marquart.....			



The Roanoke Times, 30 August 2011: **HEALTH**

Vigorous exercise is best, study says

Exercise that includes "bursts when you are breathless" improves the heart's oxygen intake.

"PARIS -- Intense exercise adds more years to your life than more moderate activity, researchers said after studying the bicycle commuters who fill Copenhagen's streets."

"Men who described themselves as vigorous cyclists lived 5.3 years longer than self-described dawdlers in a 5,106-person study, scientists said at the European Society of Cardiology conference in Paris on Monday. The difference was less pronounced for women, with fast bikers outliving slower ones by 3.9 years."

"The study results add to a growing body of evidence that public health authorities should change recommendations to call for some vigorous instead of moderate daily exercise, lead researcher Peter Schnohr, a professor at Bispebjerg University Hospital in Copenhagen, told reporters."

"You have to do some bursts where you are breathless' to improve the heart's oxygen intake, Schnohr said in an interview. The return on that investment 'is more than putting your money in the bank,' he said."

"Schnohr's team has followed about 20,000 people since 1976 in the Copenhagen City Heart Study. Monday's results were based on follow-up assessments done on healthy people as old as 90 years of age between 1991 and 1994."

"The researchers didn't try to quantify intense exercise, leaving it up to participants to say what qualified as vigorous for them. The cycling results match an earlier analysis of walking speeds done in the Copenhagen heart study, Schnohr said."

"Self-described average-speed cyclists also saw a benefit, with men living 2.9 years longer and women 2.2 years longer than their slower peers."

"The best results came from vigorous daily exercise of between a half-hour and an hour, the study shows. People who biked fast for more than an hour saw a smaller benefit."

"Copenhagen has one of the highest rates of bicycle commuting in Europe, with people cycling an average 750,000 miles a day last year, according to a report compiled by the mayor's office every two years."

Advertisement from the 'good old days':



Running Store Discounts

For Club Members

These stores support our club by providing generous discounts to our members.

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.

We've been very fortunate over the last few years to have been voted in the Top 50 Specialty Running Stores and #1 locally by various entities including The Running Network, Runner's World, Idaho Statesman, Best of the Treasure Valley and Boise Weekly. This year we were voted "Store of The Year" by Formula 4 Media and Competitor Magazine.

Our goal at Shu's Idaho Running Company is to provide you with knowledgeable and enthusiastic staff, 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 expanded apparel selection includes pieces from Pearl Izumi, Asics, Saucony, Craft, Mizuno, Brooks, Sugoi, Icebreaker and others. In our shoe department, we've added a great selection of road shoes and trail shoes from Asics, Brooks, Saucony, Pearl Izumi, Mizuno, LaSportiva, Salomon, Montrail and many more. We definitely have something for everyone from the walker, runner, triathlete and the casual everyday wearer. We even have some great kid shoes! Stop in and check them out! We also have a library of running/walking themed books and magazines to keep you inspired. As well as books that make great gifts 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. We want you to have the right information when shoe shopping.

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, "Club" members always receive a **\$10.00 Off** discount on regularly priced shoes. In addition to those shoe discounts, club members get a 30% discount on a monthly special. This monthly special is passed on to you through a member of your club. Stop in and see for yourself why we were voted #1! Our friendly, knowledgeable staff is ready to help you. We want to make sure your time on the pavement, trails or treadmill as enjoyable as possible. For more information visit our website at

www.idahorunningcompany.com.

Bandanna Running and Walking

Rich, Laura, Kevin, Aaron, Chris, Jayne and Martha welcome the Y-Striders to Bandanna Running & Walking, where *the heart and soul of our business is customer service*. For sixteen years we've been located at the corner of 5th and Main streets downtown, in the Old Boise historic district. In 2006, 2007 and 2008 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, find you the right type of shoe, 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.*

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. We have a terrific

selection of apparel from Moving Comfort, Nike, Brooks, Asics, Adidas and Sporthill.

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 Red River! 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 smoking hot, earth shattering rebate program! Bring us \$500 worth of Bandanna receipts and we'll give you a \$50 store credit. Additionally, 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 www.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

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, SportHill, Brooks and Skirt Sports. You really must see this great performance apparel 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 Moving

Comfort and Smartwool.

Our accessories are also unique. We carry a large selection of Nathan water bottles and Sherpani Bags plus lots of other hard to find items. We also carry eight different brands of running, walking and fitness shoes and over twenty-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 on regular priced items, 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, teachers and track or 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

BOISE Y-STRIDER RUNNING CLUB APPLICATION/RENEWAL

P.O. Box 1875, Boise, Idaho 83701 \$15 per year

Name _____ DOB _____
Spouse's Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ (H) _____ (W) _____ (C)
E-Mail _____
Runner _____ Walker _____ Y-Member? _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races, including but not limited to; falls and contact with others, including race officials, race volunteers and other participants; the effects of weather, including high heat and/or humidity; the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release and agree to hold harmless the Boise Y-Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in these club activities, even though liability may arise out of negligence or carelessness in the part of the persons named in this waiver.

Signature _____
Parents Signature (if under 18) _____
Date: _____