

The State of the Running in the Pacific Northwest

Thursday December 17, 2020
7 pm PST

The State of Running in the Pacific Northwest THANKS

to benefit the Bellingham Food Bank

Thursday December 17, 2020 at 7 pm PST

with Bellingham Mayor Seth Fleetwood opening comments



With Special Guest Bill Rogers four time winner of the Boston Marathon!

Brian Post inspirational story on achieving a marathon in every state under 3 hours

Sub 3:00 hour marathon in all 50 States

Michael Ortiz with the Game of Hundos completing 100 mile race each weekend for 100 weeks.



The Super Pacers. How they got started and what they mean to local area runners.

Izi Behar

Nick Paterno

Larissa Martin Ralph

Scott Sebelsky

Sabrina Seher

Robert Bondurant

Ken Fattmann

Your host and moderator Mic Brisbois MM#6 Super Pacer

Register at SammamishRunning.com





City of Bellingham Washington



Our Bellingham
Mayor Seth
Fleetwood



Game of Hundos

Michael Ortiz



Completed
100 miles
each week
for 100
weekends!

100 mile Race
Every
Weekend for
100 weeks

Accomplished!

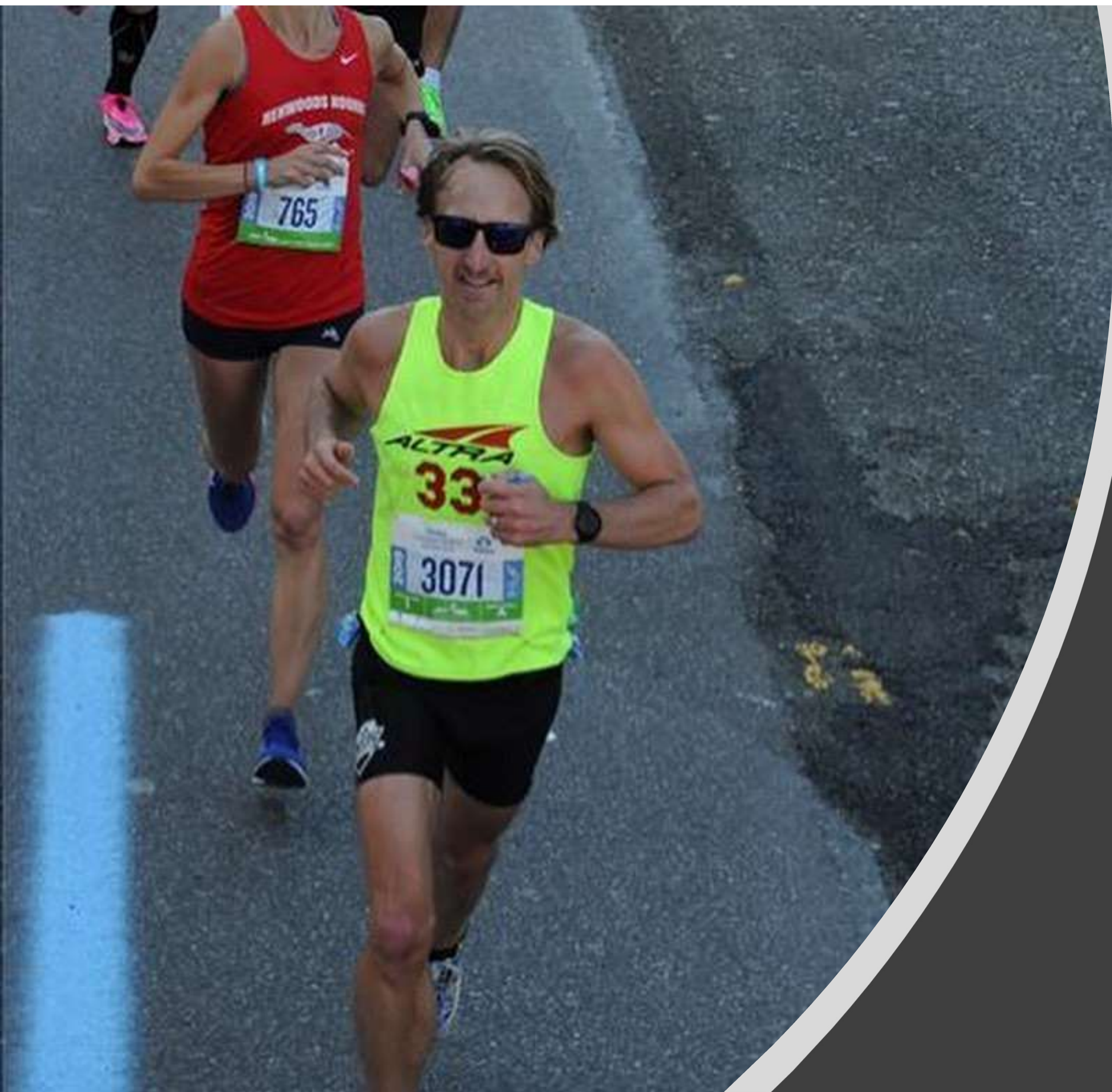


Boston Billy
4 Time winner of
the Boston
Marathon





Brian Post with Bill Rogers four-time winner of the Boston Marathon



Sub 3-hour
marathon BRIAN
POST in each o f
the 50 USA
States

Brian Post — Sub 3 hour in every 50 States





Sub 3-hour
Marathon –
Chicago Illinois
Brian Post

Super Pacers – Who are they? What do they do?

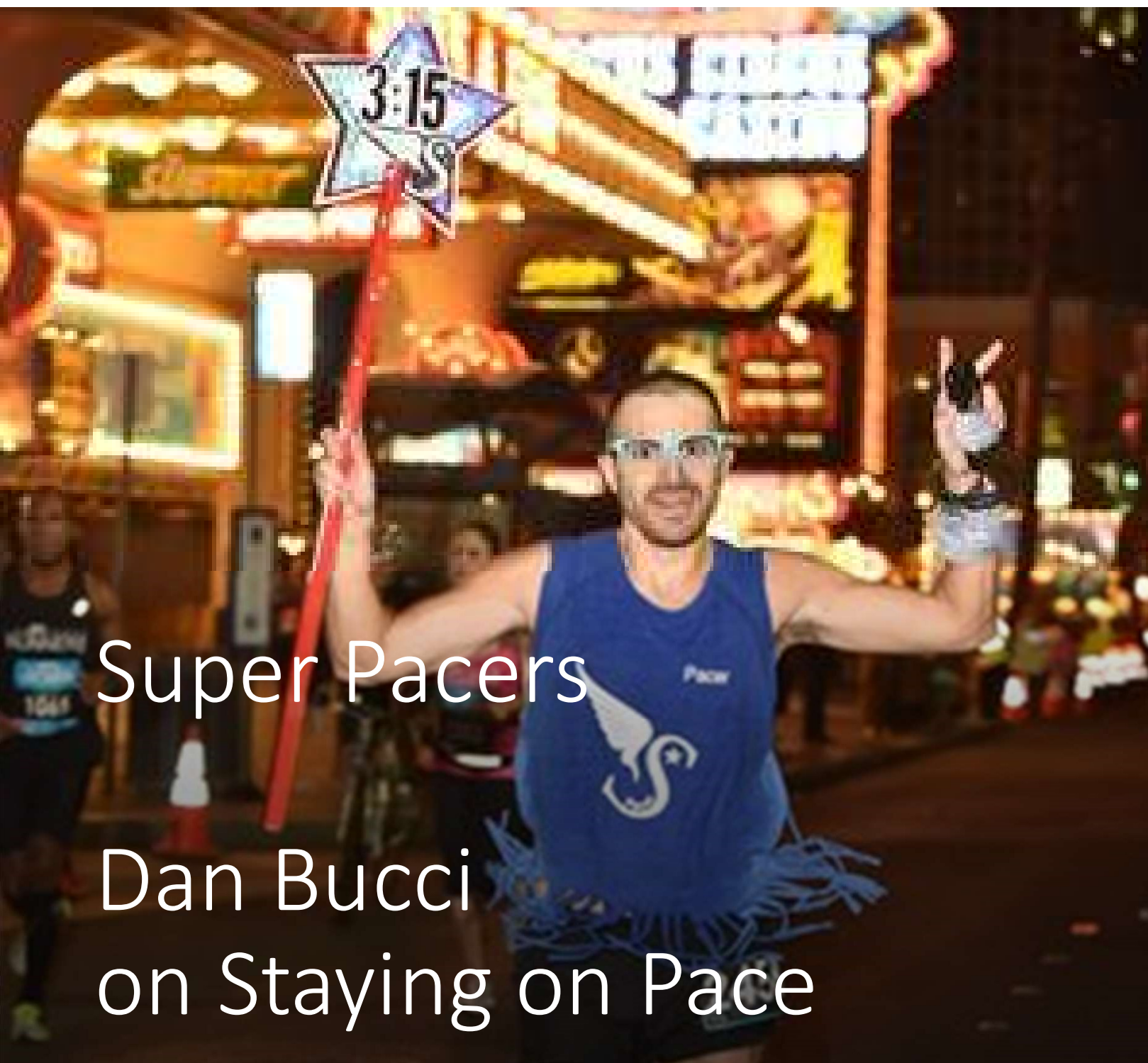




Super Pacer
Leader
Sabrina Seher

Larissa Martin Ralph
on the Art of Pacing.
How to be your best!





Super Pacers

Dan Bucci
on Staying on Pace





What does it
take to be a
Super Pacer?

Robert
Bondarant

Scott Sebelsky on Qualifying Runners for Boston – Super Pacer





Izi Behar – The Classic Super Pacer Pony



Ken Fattmann
Ken Fattmann / #
Marathons - 233
/ Marathon PR -
3:53 / # Halfs -
50+ / Half PR -
1:48
Running Mantra
- "All we can do
is all we can do"

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Thanks For
Joining us this
Evening!



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sponsors
today!



FEEDING HUNGRY FAMILIES

GETTING GREAT FOOD

SHARING OUR WORK

GETTING YOU INVOLVED

We believe hunger is unacceptable.
and we're doing something about it.

JOIN US »

Bellingham Food Bank Thanks You!

BELLINGHAM FOOD BANK BELIEVES BLACK LIVES MATTER.

WE RECOGNIZE THAT STRUCTURAL RACISM BENEFITS THE DOMINANT WHITE CULTURE AND
ADVANTAGES PEOPLE OF COLOR.

WE BELIEVE THAT HUNGER IS UNACCEPTABLE AND THAT RACISM IS INTERWOVEN IN OUR FOOD SYSTEM
IS A ROOT CAUSE OF HUNGER.

WE MUST WORK FOR RACIAL JUSTICE AND EQUITY. BELLINGHAM FOOD BANK IS COMMITTED TO DOING
EVERYTHING WE CAN TO BE AN ANTI-RACIST ORGANIZATION.

WE WILL EDUCATE OURSELVES AND OUR COMMUNITY ABOUT STRUCTURAL RACISM. WE WILL LISTEN
TO PEOPLE OF COLOR. WE WILL BE THE STRONGEST ALLIES AND ADVOCATES WE CAN BE.

*I never thought I would
need to use the food bank
to feed my family. Six
months ago I had a great
job.*

— new BFB client