

# The State of Running in the Pacific Northwest THANKS

Thursday January 28, 2021 at 7 pm PST

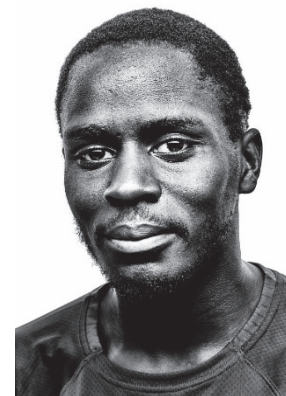


## ***USA Gold Medalist Mike Schlappi***

Mike knows that the most important part of any meeting or organization is the people. Whether speaking to a global financial corporation or a community medical facility, he has seen their results change when the beliefs of their people change. He inspires real people, with real problems, to respond differently; teaching that attitude is not a mood, but a position we take regardless of circumstances. That is his specialty!

## ***Ultrarunner Coree Woltering runs almost 1,200 miles in record time, fueled by fast food and heavy metal***

You would have forgiven ultrarunner Coree Woltering for taking some time off after several his races were canceled amid the global pandemic, but the 30-year-old had other ideas. Not content with seeing his training go to waste, the athlete took on the crazy challenge of recording the fastest known time across the Ice Age Trail -- a historic footpath which runs through the state of Wisconsin, US. Starting on June 1, it took Woltering 21 days, 13 hours, 35 minutes to run the 1,147 miles -- smashing the previous record by some five hours.



## ***Joseph Gray Winner of the World Mountain Running Championship tribute to***

American world champion runner who competes mostly in trail, mountain, and snowshoe races. He won the World Mountain Running Championships in 2016. He is the first Black American to not only make the Team USA World Mountain Running Team, but also the first Black American to win the USA National Mountain Running Championships and the World Mountain Running Championships.

**Live Stream Event Thursday January 28, 2021 7 pm PST Benefit the Bellingham Food Bank**

Opening remarks by our Mayor of Bellevue Dr. Lynne Robinson  
Your host and moderator Mic Brisbois with Special Guest Zac Palmer Fitness Gear and Training  
to benefit the Bellingham Food Bank  
Register at: [SammamishRunning.com](http://SammamishRunning.com)

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