

The State of Running in the Pacific Northwest THANKS

Thursday March 25, 2021 at 4 pm PDT

Top Marathon Runners USA

Join us for an evening with top local and national athletes

Bad Water Death Valley 135-mile Ultramarathon 2-Time Winner Pam Reed

Professional nutritionist

Marathon Coach – Why do you need one?

Why is it important to stay hydrated?

Can you drink too much water? YES



We honor the late Margaret L. Bradley Olympic Runner who died while on a run in the hot Arizona Desert.

Pam Reed – 2-time winner of the Bad water Ultramarathon 135 miles up hill



“The World’s Toughest Foot Race”

Covering 135 miles (217km) non-stop from Death Valley to Mt. Whitney, CA, the Badwater® 135 is the most demanding and extreme running race offered anywhere on the planet. The start line is at Badwater Basin, Death Valley, which marks the lowest elevation in North America at 280’ (85m) below sea level. The race finishes at Whitney Portal at 8,300’ (2530m), which is the trailhead to the Mt. Whitney summit, the highest point in the contiguous United States. The Badwater 135 course covers three mountain ranges for a total of 14,600’ (4450m) of cumulative vertical ascent and 6,100’ (1859m) of cumulative descent. Competitors travel through places or landmarks with names like Mushroom Rock, Furnace Creek, Salt Creek, Devil’s Cornfield, Devil’s Golf Course, Stovepipe Wells, Panamint Springs, Darwin, Keeler, Lone Pine, Alabama Hills, and the Sierra Nevada.

Live Stream Event Thursday March 25, 2021 4 pm PDT Benefit the Bellingham Food Bank.

Opening remarks by our Mayor

Your host and moderator Mic Brisbois with special Guest Mike Cohen Bellingham Food Bank to benefit the Bellingham Food Bank

Register at: [SammamishRunning.com](https://www.sammamishrunning.com)

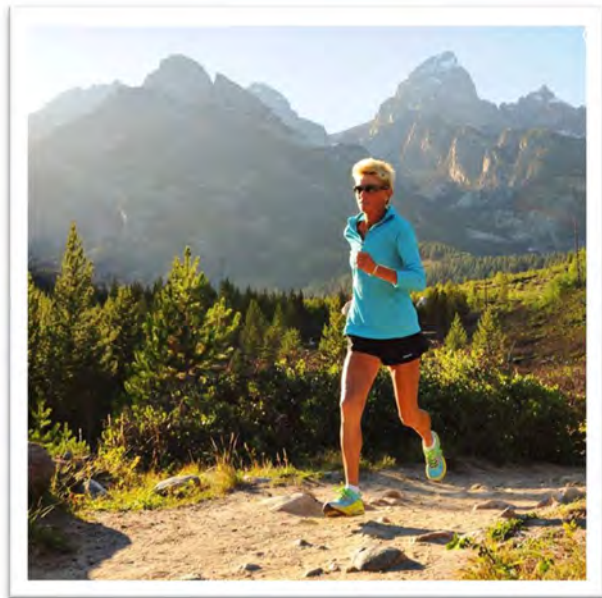
We thank our sponsors today!



Thanks from the Bellingham Food Bank



Krieger Schabert
Going for the Gold
USA Rio para Olympian



Pam Reed Ultramarathon Distance Runner

