
JIM - AUG 2005

Carla & Jake's Marathon Newsletter

JIM Fun Walk / Run

Thank you to the 35+ people that came out to our Fun Walk/Run on August 1st! An initial count shows about \$1100 raised. Even better was the community support of waves and wishes as we passed by the on-lookers.

Thanks to Brooke and Marina for helping with registration and to Michele for her yummy goodies at the finish line.

Congrats to our strong finishers Danielle and Rick, and to our top fundraiser Tracey!



Predict Our Time Contest!

Have you guessed yet?

Guess our finish time for \$1.00. The more you enter the better your chances of winning!

Official times gathered by the computer chip on our running shoe will be the data used to determine the winner.

Prizes will be awarded to the two people who guess closest to our actual finish times in October. Prizes TBA.



Fundraising

In order to participate with the Joints in Motion Training Team, we need to raise close to \$6000 each for The Arthritis Society.

Jake has raised \$3071.00
Carla is in the lead with \$3302.50

We are a little over halfway there!

We are still accepting donations! Tax receipts are available. (Make cheques to: The Arthritis Society)

You can donate by:

1. On-line. www.punshon.ca and click the links near the top. You can donate to one or both!
2. Mail. Carla & Jake Punshon, Box 477, Rankin Inlet, NU, X0C 0G0
3. In Person.

Training

The distance of our long slow Sunday runs has been increasing steadily over the last month.

We ran 26 km on July 31 and were very excited as this is a few kilometers over the Half Marathon distance. Neither of us has ever run this far before.

We'd like to thank Amanda, Jake's sister, who was up for a visit last week. She was our Pit Crew during one of our long runs - refilling our water bottles, handing off bug spray, taking photos, and being there to cheer us on.

We are still running 5 days a week with 2 days of rest and recovery which are becoming more and more important.

We are starting to feel the aches of our running and have had to take an extra day off here and there. Creaky knees, sore thigh muscles, and bruised purple toes have us popping Motrin and walking around everywhere with ice packs! But we've learned to stretch more, found new ways to tie our shoelaces, and we continue to empathize with all those who have arthritis.

The high we feel while running is becoming addictive. It feels so great to be out there in the morning. The air is crisp and cool, dew on the flowers, ripples on the Hudson Bay. Being fit makes us feel so alive, gives us energy for the day, and helps us sleep well at night! The training is so worth it.

Contact Us:

Email: both@punshon.ca

Phone: 867-645-2455

Fax: 867-645-3745

Thank You

Thank you to the following businesses who donated prizes to our JIM Fun Walk / Run

- Keewatin Air
- Nunavut Development Corp
- Sakku Drugs
- Kissarvik Coop
- Kativik / True Value Hardware
- Niuvirvialaaq

Jelly Bracelets are Here!

Wear one and show your support! The bracelet is powder blue coloured with "Hope for the Long Run" etched in it. Small and large sizes are available. Only \$5.00 with \$4 going to the Arthritis Society. Get yours today!

Arthritis Feature - Fibromyalgia

Fibromyalgia (pronounced fy-bro-my-al-ja) is widespread pain in the muscles, ligaments and tendons. Ligaments and tendons connect muscles to bones. Fibromyalgia also causes people to have trouble sleeping and feel very tired all the time.

It affects 900,000 (3 in 100) Canadians. Women are at least four times more likely than men to develop fibromyalgia. It usually occurs in people over age 50.

The exact cause of fibromyalgia is not known. A number of factors might be involved such as accidents and injuries, surgery, other illnesses or infections, emotional trauma and stress.

For more information on this and other types of Arthritis log on to www.arthritis.ca.