



## Our Running Blog

Have you logged on to check out our progress lately? Visit often as we update it almost every day!

[www.punshon.ca/running](http://www.punshon.ca/running)

Here is a taste for you:

Wednesday, August 9. It hurt today. I am glad I'm on a cut back week as my legs were sure heavy. I did my usual 10 km, but only 8 x 100m speed intervals. A few muscles were sore so I think tomorrow I will cut back a little more than I originally planned. I even had an ice cold tub soak this morning to see if that would help. I will stretch them tonight too. Jake started hills today, running 8 short repeats. I saw him for a quick moment before his evening shift and he said "I don't like hills". I gather his run was as difficult as mine. This is training. Not every day is a good day. Some days are hard. Push on.

Sunday, August 6. We are still in Loon Lake, SK. We drove the car out to the airport and began our run along the highway. It was pretty quiet and the sun was warming up quickly. We ran to the Punshon's acreage. We stashed some water bottles there yesterday so it was great to pick up some cold water! Jake ran 19 kilometers and then I continued on my own to finish at 23. The funniest thing happened during the run. We were running past some cows and Jake said "mooo-o-o". They all got up from their rest, turned their heads to us, and started running along side the fence. The weird thing was one actually galloped. I had never seen a cow gallop before. I know, city girl :) They sat still when we came back from the other direction. The run must have pooped them out.

## Poker Fundraiser!

A September game is coming up!  
Start saving now.

Dates and times TBA

We are always looking for dealers, so let us know if you'd like to help out!

Give Carla a call during the day 645-2171

November 5

Run Date - New York City

## Arthritis Feature - Lupus

Lupus is the name given to a group of chronic autoimmune diseases. Systemic lupus erythematosus (SLE) is the most common and serious type of lupus. With SLE, the immune system that normally protects the body from germs, viruses, and bacteria begins to malfunction. It generates antibodies that attack healthy tissue in different parts of the body. These tissues become inflamed as a result. Inflammation can occur in the skin, muscles, joints, heart, lungs, kidneys, blood vessels and the nervous system. SLE can fluctuate between active periods (flare-ups or exacerbation), and times of minimal symptoms or no symptoms (remission).

Lupus affects up to 15,000 (1 in 2000) Canadians. Women are at least ten times more likely to develop lupus than men. It occurs more frequently between the ages of 15 and 45.

For more information on this and other types of Arthritis visit [www.arthritis.ca](http://www.arthritis.ca).