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# JIM -

## JULY 2005

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## Carla & Jake's Marathon Newsletter

### Jake's Heroes

In order to keep us motivated during our training, each runner is to pick a hero that they are running for.

I have three heroes: My two grandmothers and Veronica Nakoolak. Veronica is an Elder in Rankin Inlet who has had very bad Arthritis for the past 22 years. She is pleased that health care people are better trained to notice Arthritis and that there are better drugs for treatment of her pain, but she is still unable to participate in the traditional way of life, and that is what she misses most.



### Predict Our Time Contest!

Starting July 1st.

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 \$1120.00

Carla is in the lead with \$2572.50

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](http://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

Jake's tales this month:

Training is going well. We began our 20 week marathon program on June 6<sup>th</sup>. During these first four weeks we have each run about 162 km. This past week we did more than 43 km - that is like running a marathon in 7 days!

We run 5 days a week, mostly in the mornings. Sundays are long and slow runs - 16 km this week. Tuesdays and Wednesdays are shorter runs (6-10k), but we push it harder, running quicker. Thursday and Saturdays are steady runs at a medium pace. We get to sleep in and rest on Mondays and Fridays ... Rest is my favourite kind of training!

There is only one road out of town and we have been running on it since before the snow cleared. It is covered with loose gravel and rutted so I spend a lot of time looking down watching to see where my feet land - I don't want to twist my ankle.

Things I have run over this month:

- ice and snow
- puddles and rocks
- dogs and children
- siksiks (arctic gopher)
- caribou hooves and antlers
- pop cans, cardboard boxes

Carla looks up more than I do and she tells me about all the birds. Apparently there are flowers blooming already.

Something I've noticed...

Everyone I chat with about Arthritis has a story to tell me - about themselves or someone they love who is battling with this disease. It has been a real eye opener for me and makes me realize how important it is to help find a cure.

Contact Us:

Email: [both@punshon.ca](mailto:both@punshon.ca)

Phone: 867-645-2455

Fax: 867-645-3745

## Volunteers Needed

### Can you help us?

We are looking for extra people to help us with the JIM Fun Walk/Run event August 1st. We need people to register participants, direct runners, etc. Let us know if you are available!

## Upcoming Events

### JIM Fun Walk / Run - 5 k Event - August 1

You can move your body so come on out. A great way to enjoy the day! Collect pledges and be entered to win a fabulous prize. Or just come along and help us raise awareness about Arthritis.

See the attachment for more details.

## Arthritis Feature - Osteoarthritis

Osteoarthritis (pronounced ah-stee-oh-arth-rite-iss) is the most common form of arthritis. It is caused by the breakdown of cartilage - the tough elastic material that covers and protects the ends of bones. Bits of cartilage may break off and cause pain and swelling in the joint between bones. Over time the cartilage may wear away entirely, and the bones will rub together. Osteoarthritis (OA) can affect any joint but usually affects hips, knees, hands and spine.

Osteoarthritis affects 3,000,000 (1 in 10) Canadians. It affects men and women in equal numbers. Most people develop osteoarthritis after the age of 45, but it can occur at any age.

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