
JULY 2006

Carla & Jake's NYC Marathon Newsletter

New York City Here We Come!

Things I can't wait to see on the race course in New York:

- Statue of Liberty
- Times Square
- The Choirs in Brooklyn as we run past
- China town
- Someone stopping enroute to get married (yes, they do that!)
- Hearing the 2 million spectators, screaming at me to run!
- The finisher's medal put around my neck in Central Park.

Race day is Sunday, November 5th!

Manitoba Half Marathon

On Sunday, June 18th, Jake and I were in Winnipeg and participated in the Manitoba Half Marathon (21.1 kilometres).

The race began at the U of M at 7:00am. It was a cool and cloudy morning with a bit of rain. It was a great day for a run!

We decided to enter this race to help us focus our running over this past winter. Our finish time is also an indicator of how we should be training for New York. If you'd like to read more about our race day, log onto www.punshon.ca/running. Here you will also find our daily running journal.

Jake 2:36:12

Carla 1:53:51



Fundraising

In order to participate with the Joints in Motion Training Team, we need to raise \$5500 each for The Arthritis Society.

Please help us reach our goal.
Donate now! Don't delay.

Jake's total: \$3743.25

Carla's total: \$2232.00

You can donate by:

1. On-line. www.punshon.ca/running and click the links near the top.
2. Mail. Carla & Jake Punshon, Box 477, Rankin Inlet, NU, X0C 0G0
3. In Person.
4. Attending/assisting at our fundraising events.



Getting Started

Congratulations to all of you that have started a walking and/or running program. We have heard from many that you are out there. We have also seen so many more people around town on the roads.

Here is how to start:

Find your reason. Maybe its stress relief, weight control, a feeling of well-being, to meet other people with similar interests, improve self-image, pursuit of a goal.....

Develop your mantra to help you stay motivated. Post it somewhere where you will see it often.

- * I am in control of my own life.
- * I can achieve any intelligent goal I set for myself.
- * I believe in myself. I am strong
- * I treat every day as a new challenge to improve myself.

Walk before you run. Concentrate on time, not intensity or distance and have fun! Here is a walking training plan:

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>
M - Off	M - Off	M-Off
T - Off	T - Off	T - Off
W - 25min	W - 25min	W - 25min
Th - Off	Th - Off	Th - Off
Fri - 20min	F - 20min	F - 20min
S - Off	S - Off	S - Off
Su - 25min	Su - 30min	Su - 35min

Continue increasing your times slowly so that soon you can walk 60 minutes 3-4 times a week.

Poker Fundraiser!

Congratulations to:

Blaine Chislett	1 st Prize \$1500
Ron Graham	2 nd Prize \$900
Manauk Kusugak	3 rd Prize \$600

Together we raised \$3000 for Arthritis!

50 players began the game at 6:00pm on Friday, June 23rd. Eliminations were quick yet everyone played in generous spirit. Ten players cashed in on the opportunity for a re-buy ticket. The final table was hot and exciting. It was a successful event with everyone wondering when the next one will be.

Thanks to our volunteers: Karen Taylor, James Sandy, Dave Petryshen, Shawna Corley, Tracey Jackson, Michelle Hicks, Levenia Kowmuk, Pelagie Sharp, Deanna Dixon and Mamatsiq Kubluitok

And to Kativik and Kivalliq Air for discounted snacks and pop.

Arthritis Feature - Ankylosing Spondylitis

Ankylosing Spondylitis (ankle-low-zing spond-ill-eye-tiss) is arthritis involving the spine. It causes pain and stiffness in the back and may lead to bent posture. Inflammation in the vertebrae (spinal joints) can eventually cause them to fuse together resulting in limited mobility.

AS affects 1 in 100 Canadians. Men develop AS three times more often than women. It usually appears between the ages of 15 and 40.

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

Follow our journey to
New York at
www.punshon.ca/running