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# JIM -

## JUNE 2005

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## Carla & Jake's Marathon Newsletter

### Introduction

Hi there.

We thought we would start a little newsletter to let all of you, our supporters, know how we are doing in our training and fundraising goals for The Arthritis Society's Joints in Motion (JIM) Training Team. We hope to send a quick note out once a month until our departure in October as well as one after the run to let you know how we did! If you do not wish to receive this newsletter, please let us know.



### October 23 - Run Date

Lausanne, Switzerland

We will be running along the north shore of Lake Geneva - 42.185km. We will start our travels to Lausanne with hundreds of other JIMers from all across Canada. We depart Rankin a few days before and have some time in this beautiful Olympic city to adjust to the time, climate, and atmosphere. Start time is 10am, among an anticipated 2000 runners! We aren't running to win but our goal is to finish, smiling, and feeling great!



### 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 is still in the process of registering and has not opened his on-line donation page yet, but watch for it soon! Carla was a little quicker and has secured around to \$1700 to date. We've a long way to go to reach our combined goal of \$12,000, but we are getting closer each day.

So far we have focused our fundraising on emailing and visiting with everyone we know. We have received very generous support from family, friends, and acquaintances. Thank you!

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

You can donate by:

1. On-line. Carla's site is at <https://secure.e2rm.com/registrant/StartUp.aspx?SID=417978>
2. Mail. Carla & Jake Punshon, Box 477, Rankin Inlet, NU, X0C 0G0
3. In Person.

## Training

Some of you have asked- how are we doing it! Carla will let you know what she's been up to.

My running began back in mid-November following the advanced conditioning program as published in *Running Start to Finish* by John Stanton (Great book!). I started running 20 minutes, three times a week and worked myself up to running 30 minutes, five times a week. The book also has programs for those of you who may wish to start from a walking program. During these 4 months I concentrated on running for the full amount of time and to run consistently every week. Speed and distance were not important. A slow pace helped me develop base aerobic endurance, and kept me injury free and motivated! I started running outdoors in January when a friend convinced me that -40 and wind really isn't that cold and runners don't slip on snow! It was invigorating to be outside in the dark and watch the sun come up earlier and earlier as the days passed. At the end of March, I enrolled in an on-line 10 week, 10km running clinic with the Running Room. I started to measure distances, ran some slow runs mixed with faster ones, and began hill training (running up and down a steep hill several times- yes on purpose!!). I am just about finished this program, running five times a week totaling over 40 km! I've also added some weight room training to develop strength. Training has become my daily focus! And eating! I dive into my dedicated 20-week marathon training starting June 6<sup>th</sup> - distances will become longer and longer (up to 80km a week) as my October run day draws near.

Contact Us:

Email: [punshon@gmail.com](mailto:punshon@gmail.com)

Phone: 867-645-2455

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## Volunteers Needed

### Can you help us?

We are looking for extra people to help us hold fundraising events! Do you have a few hours to help? Do you have an idea for us? Do you have contacts, a sponsor idea? Drop us a line!

## Upcoming Events

### Garage Sale

Date TBA. Tables for sale with all money going to our JIM account.

### 5K Fun Run/Walk

Date TBA. Runners can register to run in a fun run/walk, while collecting donations for The Arthritis Society.

## Encouragement!

I know you will do amazing. You are inspiring!! Good luck training!! - Lisa

**When I read your web post I realized what this meant to you. I know your hero from our community that has inspired you to run. You have really left an impression on me, to see each of you everyday and not know the struggles or joys you have. I have all the faith in you to succeed and I know that your hero's family will be so touched with your passion. - Sally**

Good luck on your run. My mother suffered with arthritis so I know it's a great cause. - Enidd

I admire you for your goal to run a Marathon and for such a good cause. I wish you luck and I cheer you on. As they say on the Oprah Show -- "you go girl"!! - JoAnne

*Carlita, you're such a brave person. - Felipe*

*You Go Girl. Nothing surprises me with you. You are such an inspiration to women of all ages and a great role model to the girls in Rankin Inlet. Best Wishes. - Kelly*