
JUNE 2006

Carla & Jake's NYC Marathon Newsletter

NYC Here We Come!

We are doing it again!

Running with Joints in Motion last year in Lausanne, Switzerland was the most amazing experience ever. To have a reason to run - to have a hero to admire - to hear everyone around you applaud the work you do ...

Arthritis isn't cured yet.

One run, one bit of money doesn't solve it all but it sure helps! We are committed to keep going - spreading the word, raising awareness, and gathering donations.

We are still out there running. We'll be sharing more information about arthritis and you'll see these newsletters again every month. Please consider donating to this great cause!

Hope you will be there with us again ... even if it's in your thoughts!

November 5 - Run Date

Over 35,000 runners will participate in this, one of the world's largest running events! The course winds its way through New York's five boroughs and finishes in world-famous Central Park. The course is challenging - from the massive start out of Staten Island, to the last 3 miles in hilly Central Park. Course entertainment is extensive featuring over 100 live bands, including a gospel choir in Brooklyn. Throngs of supporters will be there - two million spectators line the streets while 260 million television viewers cheer everyone on. This is an event not to be missed!

www.nycmarathon.org/home/index.php



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: \$1250.00

Carla's total: \$1365.00

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.



An Interview with Jake

How long is a marathon?

A marathon is 42.185 kilometers.

How long does it take to run that far?

It takes me about 4.5 hours.

Will you win?

No, the winner will be able to run it in about 2 hours and 15 minutes.

How long does it take to get ready for a marathon? I'm a couch potato.

I was a couch potato too and it took me a year of training before I was ready to run my first marathon. Some people may take longer.

I'd like to learn how to run. How do I get started?

The toughest thing is getting started. There are many books and websites with great information. I started at the "Running Room". They have clinics both in-person and on-line. I'd recommend getting your hands on their book!

Do you have to run with a charity?

No. I have enjoyed being with a group, it makes the training and run more fun. It also is a great motivator to have a reason to be out there.

Why did you pick the Arthritis Society?

Lots of people including many in my family suffer from all kinds of arthritis. It is time to find a cure!

How many pairs of shoes do you buy in a year?

About 3 or 4. They last for 800 kilometers then the cushioning wears out!

Can anybody run a marathon?

Anybody who really wants to. It's not easy, but you must be committed.

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

Poker Fundraiser!

No Limit Texas Hold 'Em
Friday, June 23rd

100 tickets sold for \$100 each
Arena

Doors open 5:30pm, close at 6:00pm

1st Prize - 25% of pot (maximum \$2500)

2nd Prize - 15% of pot (maximum \$1500)

3rd Prize - 10% of pot (maximum \$1000)

The remaining 50% will be donated to
The Arthritis Society.

For tickets contact James Sandy, Jake
Punshon or Carla Punshon

Interested in being a dealer? Contact us.

Must be 16 years or older to play

Arthritis Feature - Childhood Arthritis

Childhood arthritis is a disease that occurs in children under the age of 16. It causes pain, stiffness and swelling in one or more of the joints. It is continuous inflammation that lasts at least six weeks for which no other cause can be found. It may cause slow growth or cause imbalances. Reduced vision is also a concern.

Juvenile arthritis, another name for it, affects 1 in 1000 Canadian children. Both boys and girls are affected. It is among one of the most common chronic childhood illnesses.

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