
JIM -
OCT 2005

Carla & Jake's Marathon Newsletter

Less than 20 days left!

Have you donated yet? If you've been waiting to push us up and over the top - now is the time! We are very close to our \$6000 goal.

Maybe you've already donated a bit... but you can dig down in your pocket for just a little bit more... It all adds up!

Jake is finally in the lead with \$5451.00
Carla trails with \$5326.25

You can donate by:

1. On-line. www.punshon.ca
and click the links near the top.
2. Mail. Carla & Jake Punshon, Box 477,
Rankin Inlet, NU, X0C 0G0
3. In Person.

We are off...

We will be leaving Rankin on Sunday, October 16th with a few days in Winnipeg before leaving for Switzerland. We are leaving early in case of weather delays and to rest up and deal with our pre-run jitters!!

Sunday, October 23rd - Race Day!

We will be taking some holidays afterwards and will be home mid-November. We will distribute our post-run newsletter upon our return! Watch for it!



Poker Fundraiser!

Congratulations to:

Travis Rusk	1 st Prize
Ron Graham	2 nd Prize
"Bubby" Kusugak	3 rd Prize

43 players began the game at 4:00pm on Saturday, Sept 17th. Eliminations were quick yet everyone played in generous spirit. The final table was hot and exciting. It was a successful event with everyone wondering when the next one will be.

We raised \$1825.00

Thank you to everyone who played.

A special thanks to James Sandy for his ticket selling skills and help in organizing the event.

Thanks as well to our volunteer dealers:
Boyd, Shawna, Angela, and Deanna.

Training

We've been putting in the miles!

August was a pretty intense month of training. Sundays are our long runs - we did a 21km, then 27km, then a restful recovery 16km, then a 29km, and finally a 32km just the other day! It's hard to believe we are covering those kinds of distances. We remember a year ago when we could barley make it to the windmill at 2.5 km and look at us now! It's almost unbelievable how small steps add up.

August was also a building month for our tempo - or quick - runs. They started at 6km and moved up to 10km. Shorter runs but harder to do.

We also finished up our hill training and were up to 9 repeats - up a hill 500m then back down only to do it again and again. The purpose was to build some strong legs and character!

We dabbled a bit with speed interval running. That's been the hardest kind of run. 2-4 kms fast, with a few minutes walking and repeat a few times.

It's been a great experience to see what our bodies and our minds can do.

We are down to our final three weeks of training. A few more tough days then we begin our "taper". We will run shorter distances and let our bodies heal and get ready for racing. The hard training is over.

Contact Us:
Email: both@punshon.ca
Phone: 867-645-2455
Fax: 867-645-3745

Garage Sale

Thank you to everyone that donated items for our Garage Sale.

It was a huge success, raising \$1108.75

Jelly Bracelets - get yours at Niuvirvialaaq

Wear one and show your support! The bracelet is powder blue coloured with "Hope for the Long Run" etched in it. Small and large sizes are available. Only \$5.00 with \$4 going to the Arthritis Society. Get yours today!

Arthritis Feature - Gout

Gout is a type of arthritis that results from too much uric acid in the body. Uric acid is a waste product that naturally occurs in the body. It is normally flushed from the body by the kidneys through urine. The uric acid forms into crystals that, because these have nowhere else to go, deposit in different parts of the body.

Often the excess uric acid crystals deposit in the joints. This causes pain, swelling and tenderness in the area. Gout most often affects the big toe but can also affect the ankle, knee, foot, hand, wrist and elbow.

Gout affects up to 500,000 (1 in 30) Canadians. Men are at least four times more likely to develop gout than women. It occurs more frequently in countries that have a high standard of living. Men who develop gout usually do so between the ages of 30 and 50. Women are more likely to develop gout after the age of 60.

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