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# OCT 2006

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## Carla & Jake's NYC Marathon Newsletter

### Poker - Another Success

Congratulations to:

Dave Wiseman	1 <sup>st</sup> Prize \$1850
Chris Connelly	2 <sup>nd</sup> Prize \$1110
James Connelly	3 <sup>rd</sup> Prize \$740

Together we raised \$3700 for Arthritis!

54 players began the game at 6:00pm on Friday, September 15<sup>th</sup>. Eliminations were quick yet everyone played in generous spirit. Twenty 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: James Sandy, Dave Petryshen, Shawna Corley, Tracy Jackson, Michelle Hicks, Tracey Rocca, Francine Mach, Bill Walker, Pelagie Sharp and Rick Smith. And to Kativik and Kivalliq Air for discounted snacks and pop.



November 5

Run Date - New York City

### We have surpassed our goal!

Thank you!  
We have done it!

We have raised \$13,387.75 for The Arthritis Society and we could not have done it without you!

Some fun money stats for you:

- We hand wrote over 93 receipts.
- We received \$2675 in on-line donations from 11 people.
- We collected donations from another 70+ people in-person and at our events.

Even though our goal is reached, arthritis is not cured. You can still donate!

1. On-line. [www.punshon.ca/running](http://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.



## 26 sleeps left!!! (from Oct 9)

NYC Marathon is the largest in the world!

37,000 runners!

66% will be men and 34% women

The oldest man running is 88 and the oldest woman is 86! 35% are ages 30-39 and 31% are 40-49.

40% are first time marathoners!

800 runners will be from Canada.

Average temperatures for race day range from 6-14 degrees Celsius. Extremes from 0 with snow to hot days of 26 have occurred!

1.5 million cups of water will be poured!

2 million spectators will be at the race course, with 70 million TV viewers.

100,000+ Tylenol tablets handed out.

The first man and woman who finish will receive \$130,000 each in prize money.

We will be out of bed before 5am, arriving on Staten Island around 6am!

The gun goes off at 10:10am.

The route starts on the Verrazano-Narrows Bridge on Staten Island then into Brooklyn and up to Queens. We'll head over the Queensborough Bridge into Manhattan, up into the Bronx for a short run and back over into Manhattan to the finish in Central Park! 42.195km!

WNBC will be televising the race! Tune in if you have satellite! Maybe you'll see us! We are aiming for a 4h15-4h30 finish.

## We are off! Wish us well!

There is not much that can be done now with less than 30 days until the marathon. Our fitness is nearing its peak and any running we do now is to maintain that level. In a week or so we begin the taper - a time of rest to recover and gain strength from the training.

We are heading on holidays before the big day. Some warm temperatures to acclimatise. Some sand and sea for much needed RnR.

We return to Rankin shortly after the run and will send out one last newsletter to share our stories with you.

## You can do it too!

Imagine - a cure for arthritis.  
It is possible. And you are the key!

Arthritis takes a severe human toll in Canada. More than 100,000 women, men and children will be diagnosed this year alone. That number is expected to rise by 1 million people within the next decade, making arthritis the leading cause of disability in Canada.

Running or walking a marathon or half-marathon, hiking through a rainforest, or trekking up a mountain is the experience of a lifetime. It requires dedication, positive reinforcement and a solid training program that makes the journey fun. It's also good to know that your effort will raise money to help support arthritis research and community-based programs. Combine all those elements and you have The Arthritis Society's Joints In Motion Training Team.

Across Canada, thousands of Canadians have already proved themselves "up to the challenge" and participated in the program. Every year, hundreds more sign up to achieve a personal goal that also benefits four million Canadians with arthritis.

Ask us - we can get you started! Be a hero!