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**JIM -**  
**SEPT 2005**

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## Carla & Jake's Marathon Newsletter

### Oct 23 is Coming Quickly

It is amazing - the summer has just flown by.

Just 7 weeks left before we run the first marathon of our lives! We will be leaving Rankin Inlet on October 16<sup>th</sup> and flying into Switzerland on the 20<sup>th</sup>. This gives us 3 days to adjust to the new time zone and weather before our "race day".

Plans after the run include lazing on the beach in Malta and spending some time in Rome and London before returning home.



### Fundraising

To date:

Jake has raised \$3646.00

Carla is in the lead with \$3902.50

We are a little over halfway there!  
We are still accepting donations! Tax receipts are available. (Make cheques to: The Arthritis Society)

You can donate by:

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



### Poker Fundraiser!

No Limit Texas Hold 'Em

Saturday, September 17<sup>th</sup>

100 tickets sold for \$100 each

Arena

Doors open 3:30, close at 4:00pm

1<sup>st</sup> Prize - 25% of pot (maximum \$2500)

2<sup>nd</sup> Prize - 15% of pot (maximum \$1500)

3<sup>rd</sup> Prize - 10% of pot (maximum \$1000)

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

For tickets contact James Sandy, Jake Punshon or Carla Punshon

Interested in being a dealer? Contact us.

Must be 18 years or older to play

## Training

August had been a bit of a painful month for both of us, but September is going well...

Jake has been experiencing iliotibial band syndrome. ITBS is due to the inflammation of the iliotibial band, a thick band of fibrous tissue that runs down the outside of the leg. This band begins at the hip and extends to the outer side of the shin bone. Due to overuse (ie training for a marathon) and Jake's gait the band has become inflamed and is causing him pain on the outside of his knees. Since his ITBS diagnosis, Jake has cut back on the kilometers of running. He has also seen a physical therapist who has given him some specific exercises and stretches to help him recover and change his gait. He is back in good form.

Carla has pulled something deep in her left thigh. She ran on it until it became painful with each heel strike. Jake had to hide her shoes to make her take some rest days. She has also seen the physical therapist and is now working on increasing the flexibility in her hip and ankle - the likely cause of the thigh pain. Carla spent a great deal of time biking and using the elliptical and rowing machines to keep her fitness up. She enjoyed some swimming and water running for the few days she was in Toronto. She is also back into running "full-time".

Update:

We have had a great 10 days of running this last while - even a 21.1 km run on Sunday, and up to 56 km over the week.

Contact Us:

Email: [both@punshon.ca](mailto:both@punshon.ca)

Phone: 867-645-2455

Fax: 867-645-3745

## Garage Sale

Do you have items to donate to our Garage Sale? All profits to the Arthritis Society

**Saturday – September 10**

**NavCanada Garage – Behind the Co-op  
1 – 4 pm**

**Drop off your items with price tags after  
12:30 pm or any time during the sale.**

### Jelly Bracelets are Here!

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 -Rheumatoid Arthritis

Rheumatoid Arthritis (pronounced room-a-toid) causes inflammation in the lining of the joints and/or other internal organs such as the eyes, lungs or heart. The inflammation is caused by the body's immune system. The immune system's job in a healthy body is to fight off germs and disease. However, in RA, the immune system attacks healthy joints.

RA destroys cartilage, bone, tendons and ligaments that can lead to permanent deformity and disability. Joints become inflamed and painful.

It affects 300,000 (1 in 100) Canadians. Twice as many women get RA as men. Most people develop RA between the ages of 25 and 50.

For more information on this and other types of Arthritis visit [www.arthritis.ca](http://www.arthritis.ca).