



# PRAIRIE INN POST

## Pioneer 8K - 2006 Largest Field Ever!

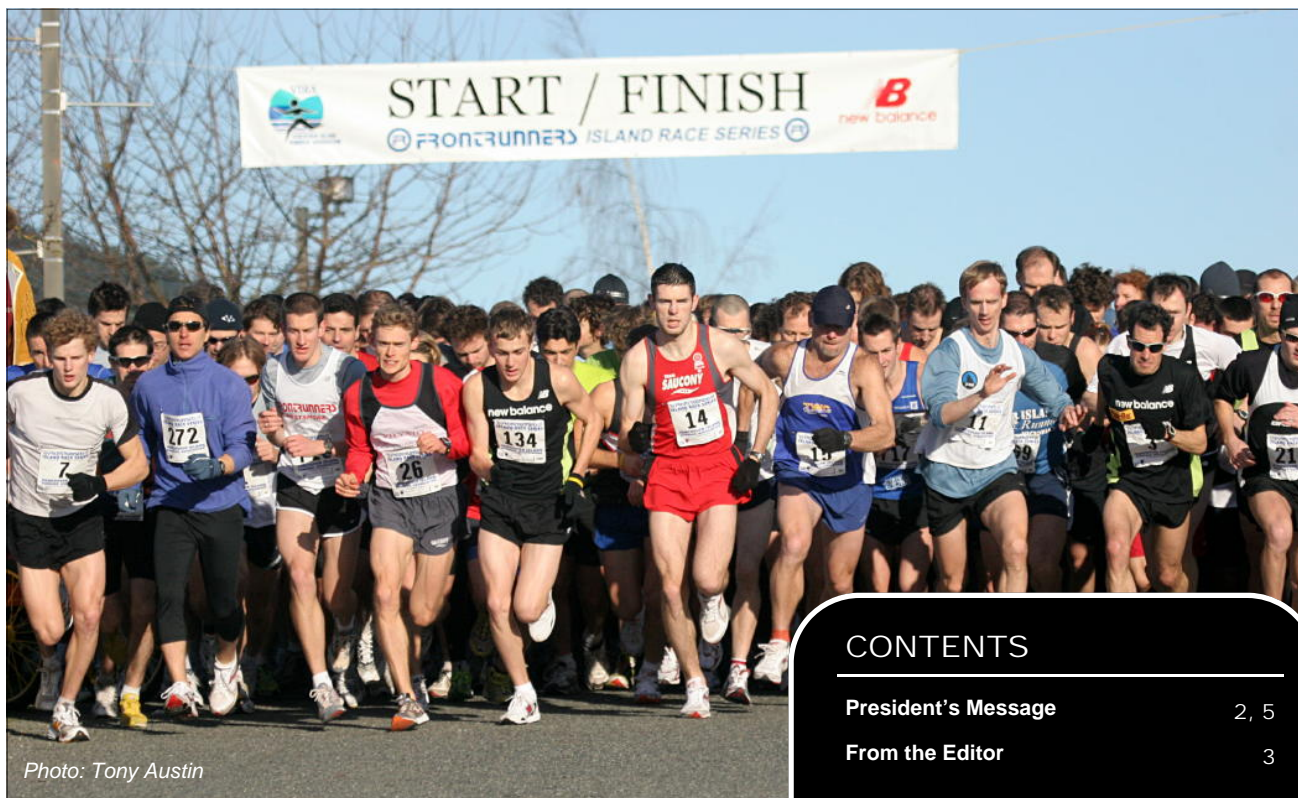


Photo: Tony Austin



### HARRIERS DOMINATE NATIONAL CROSS COUNTRY CHAMPIONSHIPS

Photo: Mark Creery

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## PRESIDENT'S MESSAGE

**Susan Norrington**  
**2006 President**  
**Prairie Inn Harriers**

*PIH Continues As Member Of BC Athletics With An Increased Presence*

For the past three to four years BC Athletics (BCA) has been actively pursuing the executive of the Prairie Inn Harriers to sign up all of our members as members of British Columbia Amateur Athletics Association. We have had a number of meetings with them to try to determine what the advantage would be for Harriers to be members of BCA.

They have different types of memberships, depending on whether the athlete wishes to compete in sanctioned events and be eligible for Athletics Canada annual athletic membership for competition (valid internationally) and annual awards. The cost ranges from an associate member at \$10 per year to \$90 per year for a senior member. See <http://www.bcathletics.org/main/membership.htm#terms> for more detailed information on the membership levels.

For a club to be a member of BCA, all members of the club must be a BCA member at some level. BCA offers liability and sport injury/accident insurance to members at all levels, however, the Prairie Inn Harriers are covered by similar insurance offered by the Vancouver Island Runners Association (VIRA).

Because at least one-half to two-thirds of our members are truly social runners and walkers and do not compete, the executive was not convinced that it would be an advantage for the entire PIH club to be a member of BCA. The executive were all members of BCA as were about 20 Harriers who were competitive at a provincial, national or international level. They paid their own individual BCA memberships.

Last fall, when Bob Reid decided to take a large team of Victoria runners, mostly PIH, to the National Cross Country Championships at Jericho Beach on December 3, he ran into some resistance from BCA about allowing our members to compete as a BCA affiliated club team. All of the members who were competing had paid their BCA memberships, but because not all of the PIH membership held BCA membership, our runners were not listed as PIH, but listed as "Unattached".

Bob spearheaded the negotiations with BCA, advancing the argument that it was not realistic to request that all of our paid members (340 at that time) join because:

1. Our club has four levels of membership - Individual, Family, Student, Associate.
2. Many of our family members are children of parents in the club.
3. Associate members do not run or race, they are walkers or friends that serve as valuable volunteers for us to host the nine races that we stage annually.
4. Many of the individual memberships do not race at all. They only run/walk for fitness.
5. Others might run one or two races per year which includes the TC10K and the RVM 8K. No other races are considered.
6. Only 5% of our total membership would venture to race off-Island.
7. The competitive senior and master PIH runners comprise about 10% of our membership.

The executive, along with Bruce Deacon as athlete's representative, met with BCA officials in mid-December to see if we could negotiate a reasonable solution. BCA board members were sensitive to our argument, but were also bound by Athletics Canada policies that require all members of a club to be BCA members before the club can be recognized at a sanctioned event. At that meeting, there was also a discussion about bringing more road racing clubs under the



Susan Norrington  
 Photo: Isao Hirayama

BCA umbrella. Presently, the majority of the BCA running membership is comprised of track and field clubs and we feel strongly, as do other road racing clubs in the province, that we should have a stronger voice in the BCA decision making process, particularly at the Annual General Meeting where resolutions are discussed and adopted.

After the meeting, we developed, under Bob's direction, a proposal to BCA which he took to their Annual General Meeting in January this year. The original proposal did not meet with the approval of the BCA board, but Bob tirelessly presented reasoned arguments and options so that the BCA Board finally approved the following proposal:

The competitive component of the Prairie Inn Harriers will form an active racing team called the Prairie Inn Harriers Racing Team. All members of the PIHRT will become members of BC Athletics. It will be comprised of:

1. 100 BCA "Supporting" \$10 memberships of all Harriers that are currently competing in the Island Series and actively racing.

*Continued on page 5...*



## FROM THE EDITOR

The first issue of the PIP for 2006 is chock full of race reports, photos, articles, and details about upcoming events. This issue we feature contributions from Andrew Green, Sandy Stewart, Susan Norrington, Dee Ogden, Colin Buss, Dave Reed, Sylvan Smyth, Bob Reid, and Chatline posters - Dan-O, Dr. Exaggerator, Squirell, and Geezer.

It's been an exciting year of racing for many in the club. The FRONTRUNNERS Vancouver Island Race Series wrapped up in May and we just completed GutBuster race #4 at Mt. Doug a few weekends ago. The Six Months, Six Mountains club run series was a highlight for the club over the winter and spring. The 2nd Annual Goldstream club run on Mother's Day was also a hit.



Sandi Heal, 2006 PIP Editor  
Photo: Tony Austin

## New Members

Ole Jorgensen, Stephen Salter, Suzy Tayler, John Herron, Lindsay Herron, Lori Herron, Nicole Herron, Martina Craig, Heather Craib, Ian Craib, Joelle Maycock, Doug De La Mare, Linda Dobbie, Christine Drysdale, Philip Drysdale, Lisa Dunbar, Dan Ehle, Felice Griffiths, Jacqueline Guyader, Peter Hollemans, Daisy Jassar, Darren Jones, Mark Jones, Becky Kendrick, Ben Kingstone, Anita Lam, Sharonlee Lathan, Christine Little, John Loney, Jan Moller, Cara Obee, Andrew Pagett, Kate Sloan, Steven Turner, Kaitlyn van der Werff, Alistair Vigier, John Webb, Kim Webb, Austin Willson, and Brandon Willson.



Ian Craib  
Photo: Mark Creery



Felice Griffiths  
Photo: Tony Austin

## Birth Announcement

Congratulations from the PIH family!!

Marina Jane Morgan was born on March 11 at 12:34am. She weighed 7lbs 14oz and was 53cm long. Parents Claire and Andrew are overjoyed and adjusting well to parenthood. Marina and/or her mom can be spotted occasionally at club events. Mom is in the process of reclaiming her running fitness and may test out her racing legs this summer.



## Runner Of The Week

- |               |   |               |  |
|---------------|---|---------------|--|
| <b>May 8</b>  | <b>Steve Osaduik, Angela Plamondon and Randy Jones</b><br>Oceanside 10K   | <b>Feb 20</b> | <b>Tina Connelly, Joan McGrath, Steve Osaduik and Herb Phillips</b><br>First Half Half Marathon – Vancouver, BC                |
| <b>May 8</b>  | <b>Jim Finlayson, Barb Brych and Judith Leroy</b><br>Vancouver International Half Marathon  | <b>Feb 13</b> | <b>Eric Findlay, Steve Bachop, Brian Connon, Lori Bowden and Sandi Heal</b><br>Cedar 12K – Cedar, BC                           |
| <b>May 1</b>  | <b>Steve Osaduik, Steve Bachop, Lucy Smith and Nancy Tinari</b><br>TC10K  | <b>Feb 6</b>  | <b>Claire Morgan</b><br>Pioneer 8K   |
| <b>May 1</b>  | <b>Graeme McCreath, Gary Duncan, Kevin Searle and Sandi Heal</b><br>TC10K   | <b>Jan 30</b> | <b>Steve Osaduik and John Woodall</b><br>Mill Bay 10K – Mill Bay, BC   |
| <b>Apr 24</b> | <b>Scott Simpson, Jim Finlayson and Dave Jackson</b><br>Sun Run 10K—Vancouver, BC   | <b>Jan 23</b> | <b>Tina Connelly, Joan McGrath, Maurice Tarrant</b><br>Pioneer 8K  |
| <b>Apr 17</b> | <b>Graham Cocksedge, Shane Ruljancich and Cara Obee</b><br>Mt. Tzouhalem GutBuster – Duncan, BC   | <b>Jan 16</b> | <b>Steve Osaduik, Scott Simpson, Kyle Jones, Bruce Deacon, Dave Jackson</b><br>Pioneer 8K                                      |
| <b>Apr 10</b> | <b>John Loney</b><br>Really Chilly 10K and Instride Subaru Jordan 5K  | <b>Jan 9</b>  | <b>Cheryl Murphy, Meghan Day, Steve Osaduik and Jim Finlayson</b><br>Outstanding accomplishments in 2005                       |
| <b>Apr 10</b> | <b>Steve Osaduik, Dave Reed, Angela Plamondon, Dee Ogden, Les MacNeill and Roger Plamondon</b><br>Merville 15K – Merville, BC           | <b>Jan 2</b>  | <b>Gary Duncan and Wendy Davies</b><br>The "Quad"  |
| <b>Apr 3</b>  | <b>Jim Finlayson, Tina Connelly, Joan McGrath, Dave Reed, Randy Jones and Dave Jackson</b><br>Sooke River 10K                           | <b>Jan 2</b>  | <b>Brent Chan</b><br>Harriers Memorial Day Run   |
| <b>Mar 27</b> | <b>Graham Cocksedge, Meghan Day, Sandy Stewart, Gary Duncan and Christopher Kelsall</b><br>Royal Roads GutBuster                        | <b>Dec 31</b> | <b>Angela Plamondon and Roger Plamondon</b><br>Run Through Time 5K   |
| <b>Mar 20</b> | <b>Jim Finlayson, Joan McGrath, Brian Connon, John Woodall, Roger Plamondon and Angela Plamondon</b><br>Comox Half Marathon – Comox, BC | <b>Dec 26</b> | <b>Chris Moore and Joanne Lomax</b><br>Harriers Boxing Day 10 Mile Handicap.   |
| <b>Mar 19</b> | <b>Nancy Tinari</b><br>St. Patrick's Day 5K Dash and Diva on the Run 8K – Vancouver, BC   | <b>Dec 19</b> | <b>Jim Finlayson</b><br>Dave Smart Tribute Beer Mile   |
| <b>Mar 13</b> | <b>Scott Simpson and Sandra Bastedo</b><br>Bazan Bay 5K   | <b>Dec 12</b> | <b>Eric Findlay and Tina Connelly, Gord Christie and Juliette Christie</b><br>Stewart Mountain 10 Mile Cross Country Challenge |
| <b>Mar 6</b>  | <b>Gary Duncan</b><br>Layritz 8.8K Trail Pursuit  | <b>Dec 5</b>  | <b>Todd Healy and Herb Phillips</b><br>Canadian Cross Country Championships at Jericho Beach in Vancouver, BC. Masters Race.   |
| <b>Feb 27</b> | <b>Cyrena Timmins, Scott Simpson, Shane Ruljancich, Kate Sloan and Garfield Saunders</b><br>Hatley Castle 8K                            | <b>Dec 5</b>  | <b>Steve Osaduik and Tina Connelly</b><br>Canadian Cross Country Championships at Jericho Beach in Vancouver, BC. Senior Race. |
|               |   | <b>Dec 5</b>  | <b>Dave Jackson and Kevin Searle</b><br>California International Marathon – Sacramento, CA                                     |
|               |   | <b>Dec 5</b>  | <b>Bertrand Bozek</b><br>Canadian Cross Country Championships at Jericho Beach in Vancouver, BC. Community Race                |

## Race Reports

*Continued from Page 2...*

2. 10 BCA "Associate" \$25 memberships for our complete 2006 PIH Board of Directors.
3. 1 BCA "Coach" \$55 membership for our club coach, Ron Bowker.
4. 2 BCA "Junior" \$80 memberships.
5. 20 BCA "Senior" \$90 memberships for our high performance male and female athletes.
6. 20 BCA "Master" \$40 memberships for our top level age class male and female performers.
7. 1 BCA "Club" \$250 membership fee for 100+ members. This would make us the largest road running club in the province to be a BCA member.
8. The result is BCA accepted this proposal for all our active runners, but we do not register our non-competitive runners, walkers and family members who don't ever race. PIH benefits by having a club presence at provincial, national and international events and slightly better insurance coverage for our competitive athletes. It also gives us much more influence and presence at a provincial level when road racing and cross country issues are up for discussion.

To cover the cost of BCA memberships, PIH membership fees were raised slightly in 2006; the first time in over 25 years. In return, PIH will pay for BCA Supporting, Associate, Junior, Coach and Club membership fees. The supporting members of PIHRT may change from year to year. Senior and master members of PIH who are currently BCA members are encouraged to renew their 2006 membership as part of PIHRT.

This agreement would not have come about without the tenacity of Bob Reid and his considerable negotiating skills. PIH executive and club members thank you for your efforts, Bob.

*Susan Norrington*  
2006 President  
Prairie Inn Harriers

### CANADIAN CROSS COUNTRY CHAMPIONSHIPS

**Saturday, Dec 3, 2005**

**By Bob Reid**

Victoria's Prairie Inn Harriers collected 2 team gold medals and a bronze in the Canadian Cross Country National Championships at Jericho Beach in Vancouver today. In the senior men's 10K division, Simon Bairu from Regina placed first in 30:04 to claim his fourth consecutive national championship. Paul Morrison of Montreal was runner-up to Bairu for the second year in a row, just two seconds back, and Kurt Benninger of Chepstow, Ontario claimed the bronze in 30:29. Bairu's national championship came less than two weeks after his second consecutive win in the ultra-competitive NCAA Division 1 cross country championships, where Bairu led the Wisconsin Badgers to a U.S. university national championship. The Harriers' Steve Osaduik of Nanaimo was the top Vancouver Island runner, placing seventh in 30:49. Toronto Olympic Club won the top team honours with 98 points on the reverse scoring system. Richmond's Kajaks Track Club placed second with 135 points and the Prairie Inn Harriers, comprised of Steve Osaduik, Eric Kiauka, Jim Finlayson, Kyle Jones, Dave Milne, Bruce Deacon and Jonathan Withey, took the bronze with 143 points. The senior men's race had 92 finishers.

The Harriers dominated the senior women's 6K race with 18 points to win the gold medal. The PIH team included Tina Connelly, Lucy Smith, Meghan Day, Cheryl Murphy, Nancy Baxendale and Nancy Tinari. Toronto Olympic Club placed second in the team competition with 32 points and Edmonton Thunder claimed third with 33 points. Carmen Douma-Hussar, from Guelph, won the women's race in 20:13. Tara Quinn-Smith was second in 20:25 and Malindi Elmore was third in 20:34. There were 61 finishers in the senior women's race.

The master men's 8K race was won

by Calgary's Paul McCloy in 26:55. McCloy was followed by North Vancouver's Rob Lonergan in 26:57 and the Harriers' Steve Bachop in 26:59. The Harriers' team of Bachop, Todd Healy, Richard Lee, Gord Christie, Arturo Huerta and Herb Phillips won the gold medal with 16 points. Calgary Road Runners placed second with 30 points and Saugeen Track and Field Club was third with 36 points. There were 45 finishers in the master's race. Marcia Stromsmoe won a gold medal in the F55 division and Herb Phillips won a gold medal in the M65 division. Todd Healy collected a bronze medal in the M40 division and was fourth overall.

The Community 5K race was won by the Harriers' Bertrand Bozek in 17:05. Julian Cooper of Vancouver was second in 17:11. Harrier Sylvan Smyth was 2nd overall, Brad Potentier was 6th, Sandi Heal (13th), and Marie-Claude Poirier (15th).

Steve Osaduik and Tina Connelly qualified for the Canadian Team running in the World Cross Country Championships in Fukuoka, Japan on April 1 & 2, 2006.

### 2ND ANNUAL STEWART MOUNTAIN 10-MILE CROSS COUNTRY CHALLENGE

**Saturday, Dec 10, 2005**

**By Sandi Heal**

The second Annual Stewart Mountain Cross Country Challenge was hosted at Thetis Lake Park today. Race Sponsor *Island Runner* supplied some great race shirts and draw prizes to this year's participants. Numbers grew this year with 162 finishers over 2005's inaugural 98. 42 Harriers finished. Matt Park (MU19)

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## Race Reports

*Continued from page 5...*

was the overall winner in 1:07:30. Second place, Josh Henderson, was a full 2 minutes behind Matt. Harrier Eric Findlay was 3rd overall in 1:07:48 and top female was Harrier Tina Connelly, 4th overall in 1:08:48.

### Harriers Results

OA	Age	Group	Name	Time
3	2/9	M2029	Eric Findlay	1:07:48
4	1/17	F3039	Tina Connelly	1:08:48
7	2/23	M3039	Michael Lord	1:11:26
8	1/35	M4049	Gord Christie	1:12:03
9	4/9	M2029	Shane Ruljancich	1:13:07
11	3/23	M3039	Chris Moore	1:14:01
15	2/35	M4049	Gary Duncan	1:15:10
19	4/35	M4049	Roger Plamondon	1:15:52
21	5/35	M4049	John Catterall	1:16:49
27	1/21	M5059	Buddy Bhandar	1:18:57
28	7/23	M3039	Jeff Horeth	1:19:21
29	8/23	M3039	Sheldon Croden	1:19:49
36	2/21	F4049	Angela Plamondon	1:22:28
38	1/2	F0119	Shalane Carlson	1:22:48
41	8/35	M4049	Bob Janicki	1:23:00
43	11/23	M3039	Adam Lawrence	1:23:21
46	12/23	M3039	Rumon Carter	1:23:54
50	1/4	M6099	Bill Scriven	1:25:02
51	3/21	M5059	Kevin Jones	1:25:06
54	3/21	F4049	Dianne Dennis	1:26:02
57	4/21	F4049	Wendy Davies	1:26:18
59	7/9	M2029	Simon Pearson	1:26:37
62	13/35	M4049	Brad Potentier	1:27:20
65	4/17	F3039	Lindsay Pellow	1:28:03
68	5/17	F3039	Sandi Heal	1:28:45
83	2/4	M6099	Garfield Saunders	1:34:09
89	9/17	F3039	Lara Wear	1:35:17
90	12/14	M0119	Robbie Cracknell	1:35:59
94	2/9	F5059	Carol Elliott	1:36:29
95	3/9	F5059	Marcia Stromsmoe	1:37:01
98	21/35	M4049	Dave Dennis	1:37:16
102	6/21	F4049	Shelagh Machin	1:39:27
105	14/21	M5059	Rick Wilton	1:41:08
107	20/23	M3039	Brent Chan	1:42:06
108	24/35	M4049	Sam Van Der Merwe	1:44:27
109	25/35	M4049	Steve Wilson	1:44:38
110	26/35	M4049	Paul Christopher	1:44:39
131	30/35	M4049	Seamus Howley	1:48:48
146	1/1	F6099	Daphne Panter	1:54:28
159	20/21	F4049	Shannon Hemeon	2:14:18
160	35/35	M4049	Steven Fifield	2:14:47

### HARRIERS BOXING DAY 10-MILE HANDICAP

**Monday, December 26, 2005**

**By Sandi Heal**

There were 36 finishers in the 7th Annual running of the 10-Miler; 12 were Harriers. First over the line was Andrew Weston. In second - Harrier, Chris Moore, and in third - Harrier, Joanne Lomax. Weather was good and Sylvan gave out his usual assortment of zany draw prizes - one of the event highlights.

### RUN THRU TIME 5K

**Saturday, December 31, 2005**

**By Sylvan Smyth**

There were about 350 runners in the annual last run of the year at UVic. Results: Open Men: 1. Craig Odermatt, Pacific Athletics, 15:51; 2. Kyle Marcotte, Calgary Thunderbolts, 16:07; 3. Nick Walker, Frontrunners, 16:13; Open Women: 1. Charlene Waldner, Frontrunners, 18:51; 2. Angela Plamondon, PIH, 18:59; 3. Lori Bowden, PIH, 19:31; Master Men: 1. Roger Plamondon, PIH, 17:45; Master Women: 1. Angela Plamondon, PIH, 18:59

### HARRIERS MEMORIAL RUN/WALK

**Sunday, January 1, 2006**

**By Bob Reid**

Thank you to all of the Harriers and friends who participated in the annual Harriers Memorial Predicted Time Run at Beaver Lake and donated \$1,200 to Harriers Foundation Projects. The winners today were as follows: 1. Brent Chan - Closest to predicted time in the run (8 seconds) - Fruit Platter; 2. Bob Rhodes and Ann Taylor - Closest to predicted time in the walk (30 seconds) - Cheese Platter; 3. Sandy Mullen - First to finish (2:30 too soon) - Box of chocolate cookies. The Foundation Report can be found on our website at: <http://pih.bc.ca/Foundation.php>

## Race Reports

### CENTRAL SAANICH PIONEER 8K Vancouver Island Race Series - Race #1 Sunday, January 15, 2006

By Bob Reid

#### Predics:

1. Oz and Tina will win the race.
2. Kate and Kyle will win the F20 and M20.

#### Pioneer reality:

1. Oz and Tina won the race.
2. Kate and Kyle won the F20 and M20.

#### Not rocket science, but ponder this:

1. Last year's winner was Trevor O'Brien in 24:05. He beat Oz by 8 seconds.
2. Oz beat O'Brien by 1:40 today. He ran 23:39, a HUGE P.R. for 8K.
3. Dr. A. seeded Tina, Lucy, Cheryl 1-2-3. That's exactly how they finished.

Steve Osaduik, Scott Simpson, Kyle Jones, Bruce Deacon, Dave Jackson were 1-2-3-4-5. First time in the 27 year history of the race Harriers have swept the top 5 spots.

This may have been the best ever Pioneer 8K in the 27 year race history because:

1. Good weather. Lightening fast times, both men and women.
2. Record number of registrations (821) and exceptional depth of field in all age categories.
3. Age class course records don't fall that easily but SIX were set today (Osaduik, Connelly, Deacon, McGrath, Woodson, Tarrant).
4. Most ever PIH finishers in any Series race (98) and volunteers (102). Wow, that's 200!
5. Top five finishers were all PIH.
6. Top 12 finishers, 9 were PIH.
7. PIH has always dominated in the older age categories. Today we dominated in the younger ones. A nice change.

A great effort on all accounts due to Sylvan's leadership as Race Director. Well done!



Camie Bentham Photo: Tony Austin



Steve leads Steve at Pioneer Photo: Tony Austin

### MILL BAY 10K Vancouver Island Race Series - Race #2 Sunday, January 29, 2006

By Sandi Heal

Dr. A. and Momma were at the finish line spotting while the Prez was taking photos of the Harriers.

The weather held out for us until we were done and then got quite rainy and windy after the awards were completed. Warm enough to race in a skirt!

74 Harriers participated in the Mill Bay race which yielded 660 finishers; 276 women and 384 men. Overall winners were Steve Osaduik (30:40) and Lucy Smith (35:45). Scott Simpson (31:19) and Cheryl Murphy (36:51) were second overall. Bruce Deacon (31:23) and Jen McLean (38:25) were third overall. Harriers, Dave Jackson, Eric Findlay and Nick Walker, were 5, 6, 7 today at the line. Newbie Harrier, Kate Sloan, was 5th female overall.

BBB's went to Steve and Cheryl, Bruce Deacon and Angela. Bruce and Angela (39:56 and 10th female overall) were the top masters in the race and top master Harriers.

Congratulations to all Harriers who participated in the race today, to many who gutted it out to the finish, and to those that gave it their best shot. Many PRs were achieved today as well as age category placings.

*Continued on page 8...*



## Race Reports

Continued from page 7...



**Kevin Jones -  
Taking it out  
for a 'Spin' at  
the Mill Bay 10K**

Photo: Tony Austin

Placing OA DIV	Age Group Name	Time
1 1 1/20	M2529 Steve Osaduik	30:40
2 2 2/20	M2529 Scott Simpson	31:19
3 3 1/60	M4044 Bruce Deacon	31:23*
4 5 1/34	M3034 Dave Jackson	31:49
5 6 1/16	M2024 Eric Findlay	32:31
6 7 2/16	M2024 Nicholas Walker	32:52
7 19 4/43	M3539 Bertrand Bozek	35:26
8 25 7/43	M3539 Michael Lord	36:08
9 27 2/47	M4549 Kevin Searle	36:16
10 28 1/14	M1619 Robbie Cracknell	36:18
11 32 2/39	F3539 Cheryl Murphy	36:51*
12 33 3/47	M4549 Roger Plamondon	37:00
13 47 5/47	M4549 Rui Batista	38:14
14 49 6/47	M4549 Gary Duncan	38:26
15 53 1/17	F2024 Kate Sloan	38:40
16 54 11/34	M3034 Shane Ruljancich	38:45
17 61 7/47	M4549 Andrew Green	39:13
18 80 1/42	F4044 Angela Plamondon	39:56
19 100 15/43	M3539 Adam Lawrence	40:41
20 103 2/30	M6064 Brian Connon	40:48*
21 104 4/52	M5054 Tim Storm	40:54
22 109 18/43	M3539 Sheldon Croden	40:57
23 112 5/52	M5054 Buddy Bhandar	40:59
24 113 5/43	M5559 Kevin Jones	41:05
25 133 9/20	M2529 Cory Horner	42:08
26 138 3/29	F3034 Sandi Heal	42:21
27 139 10/39	F3539 Camie Bentham	42:22
28 144 5/30	M6064 Kenneth Bonner	42:42
29 156 14/52	M5054 Richard Rycraft	43:14
30 157 1/7	F1619 Shalane Carlson	43:14
31 169 9/14	M1619 Graeme Benn	43:34
32 170 19/47	M4549 Bob Janicki	43:34
33 177 6/17	F2024 Lara Jones	44:06
34 179 3/25	F2529 Marie-Claude Poirier	44:09
35 185 1/7	M0115 Philippe Janicki	44:15
36 220 15/39	F3539 Dee Ogden	45:19
37 224 30/60	M4044 Dan Ehle	45:24
38 226 1/9	F6064 Sandra Bastedo	45:28*

39 252 17/43	M5559 Karl Benn	46:09
40 271 18/43	M5559 Norman Dolan	46:48
41 295 23/52	M5054 Paul Christopher	47:30
42 312 35/60	M4044 Steve Wilson	48:11
43 316 6/34	F5054 Shelagh Machin	48:15
44 322 1/1	M7579 Maurice Tarrant	48:26*
45 323 1/5	M7074 John Woodall	48:27*
46 329 34/43	M3539 Andrew Pagett	48:41
47 356 5/11	M6569 Brian Turner	49:52
48 357 31/52	M5054 Rick Wilton	49:53
49 362 2/5	M7074 Charlie Ireland	49:57*
50 372 3/5	M7074 Les MacNeill	50:14
51 397 1/3	F0115 Camille Janicki	50:48
52 405 5/17	F5559 Carol Elliott	51:08
53 436 31/43	M5559 John Lambert	52:08
54 440 16/34	F5054 Caroline Waelti	52:20
55 456 6/11	M6569 Rintje Raap	53:08
56 462 43/52	M5054 Randy Jones	53:25
57 469 22/30	M6064 Bruce Hawkes	53:43
58 489 46/52	M5054 Randy Brown	54:53
59 516 5/9	F6064 Daphne Panter	56:17
60 521 52/60	M4044 Mike Hucal	56:25
61 535 5/5	M7074 Robert Bostrom	57:27
62 552 1/6	F6569 Eileen Carroll	58:26*
63 558 33/42	F4044 Cathy Noe	58:37
64 575 35/39	F3539 Jacqueline Guyader	59:07
65 580 51/52	M5054 Steven Fifield	59:27
66 589 28/30	M6064 Eric Sherwood	1:00:03
67 596 1/1	M8099 Jim Sargent	1:00:44*
68 616 40/42	F4044 Daisy Jassar	1:02:30
69 631 15/17	F5559 Ida von Schuckmann	1:04:57
70 636 42/42	F4044 Jackie Hucal	1:06:20
71 637 41/46	F4549 Shannon Hemeon	1:06:27
72 645 5/6	F6569 Sandy Anderson	1:09:14
73 646 17/17	F5559 Peggy Sherwood	1:09:15
74 657 1/1	F7074 Jytte Haagensen PIH	1:20:11

**CEDAR 12K  
Vancouver Island Race Series - Race #3  
Sunday, February 12, 2006**

## By Sandi Heal

Craig Odermatt won the Cedar 12K today in 39:12. There was great representation from the PIH contingent. Tons of fun was had by all that carpoled up to the race and back. 57 Harriers finished the race. Top Harriers included Eric Findlay (2nd overall in 39:22), Steve Bachop (4th overall and top master male in 39:34), Nick Walker (5th in 39:41) and Ian Hallam (10th in 41:12). Lucy Smith ran away with the top female spot in 43:48. Top Harrier females were Cheryl Murphy (2nd in 44:33), Lori Bowden (4th in 46:56), and Angela Plamondon (7th in 48:21). Many Harriers walked away with 5K, 10K, and 12K PR's today. Brian Connon (M6064) had a great race, crossing the line in 48:03. Sandra Bastedo ran her first 12K in 53:50.



## Race Reports

### **"FIRST HALF" HALF MARATHON Sunday, February 19, 2006**

**By Sandi Heal**

Tina Connelly, Joan McGrath, Steve Osadiuk and Herb Phillips all earned Runner of the Week honors for their performances at the "First Half" Half in Vancouver, BC .

Steve Osadiuk overtook second place finisher Jason Loutitt of Banff, AB to win in 1:06:32. Tina Connolly was 15th overall and top female today with her amazing time of 1:15:28. Joan ran 1:22:06 earning her 5th female overall and top master female. Herb Phillips finished in 1:23:19; an incredible time for the top M6569 male.

72 finishers were from Victoria, BC; 11 were Harriers including: Rui Batista (1:22:43), Richard Rycraft (1:32:46), Paul Christopher (1:45:34), Sandy Mullen (1:46:03), Binder Kelsall (1:46:27), She-lagh Machin (1:50:03), and Rick Wilton (1:55:24). Congratulations everyone!

### **HATLEY CASTLE 8K Vancouver Island Race Series - Race #4 Sunday, February 26, 2006**

**By Sandi Heal**

It was a great day with perfect running conditions for the Hatley Castle 8K yesterday. 444 finishers this year at the event which included 61 Harriers. Kudos to race organizers for having a race that went off very well. Only one spill in the finish line was the only unfortunate participant owee as far as I heard.

Wendy, Bob, and I did a short 30 minute tour of the trails before the race, then eagerly ran here and there to see the runners coming up the hill to head right to the turn around, then see Steve and Scott running shoulder to shoulder as they headed up the big hill. Great action on the corner as the runners came down the road and then focused their gaze upwards.

After the majority had passed us and I had taken photos with Shane's camera (many of them of the pavement - ha ha!), I headed back to the finish line where it wasn't long before Steve came flying down the hill to the finish line with some new records in hand; a new category record by 34 seconds (25:26 in 2004 for Steve) and a new course record (25:06 in 1999 by Bruce Deacon) by 14 seconds.

### **Other Records**

- Marilyn Arsenault set a new W35-39 record with her 30:52 finish (Old record 31:49 by Charlene Waldner in 2005).
- Dave Reed broke his 2004 M50-54 record set in 2004, by 14 seconds with his time of 28:36.
- Gwyn Woodson broke the W55-59 record set in 2005 by Mary-Ann Hartley (35:49) with her time of 34:15.
- Sandra Bastedo broke her 2005 W60-64 record by 20 seconds in a time of 36:26.
- Georgie Clapham broke her 2005 W65-69 record by 22 seconds with 46:50 at the line.
- Maurice Tarrant broke his 2005 M75-79 record by a whopping 35 seconds with his time of 37:24.

### **TOP 10 MALES**

- | <u>OA Div</u> | <u>Group Name</u> | <u>Club</u> | <u>Time</u>        | <u>Pace</u>          | <u>Points</u> |
|---------------|-------------------|-------------|--------------------|----------------------|---------------|
| 1             | 1/16              | M2529       | Steve Osadiuk      | Prairie Inn Harriers | 24:52         |
| 2             | 2/16              | M2529       | Scott Simpson      | Prairie Inn Harriers | 25:28         |
| 3             | 1/8               | M2024       | Nicholas Walker    | Fronrunners          | 26:49         |
| 4             | 1/32              | M3539       | Royd Burkart       | Unattached           | 27:53         |
| 5             | 2/8               | M2024       | Silas Wiefelspuett | Team X Triathlon     | 28:18         |
| 6             | 1/29              | M4044       | Rob Harmsworth     | Island Road Racers   | 28:28         |
| 7             | 2/32              | M3539       | Hicham Elamiri     | Island Road Racers   | 28:33         |
| 8             | 1/34              | M5054       | Dave Reed          | Prairie Inn Harriers | 28:36 *       |
| 9             | 3/32              | M3539       | Bertrand Bozek     | Prairie Inn Harriers | 28:43         |
| 10            | 1/11              | M1619       | Robbie Cracknell   | Prairie Inn Harriers | 29:09         |

For both Bertrand and Robbie, yesterday's race was the first time for a top-10 finish for each of them.

### **Top Harriers**

#### **Males:**

- 1st - Steve Osadiuk
- 2nd - Scott Simpson
- 8th - Dave Reed (master male)

#### **Females:**

- 4th - Kate Sloan
- 5th - Joan McGrath (master fem.)

### **TOP 10 FEMALEES**

- | <u>Sex</u> | <u>OA Div</u> | <u>Group Name</u> | <u>Club</u>             | <u>Time</u>               | <u>Pace</u> | <u>Points</u> |
|------------|---------------|-------------------|-------------------------|---------------------------|-------------|---------------|
| 1          | 22            | 1/12              | F2024 Kirsty Smith      | Kajaks                    | 30:25       |               |
| 2          | 29            | 1/27              | F2529 Anne-Marie Madden | Team X Tri Club           | 30:51       |               |
| 3          | 30            | 1/26              | F3539 Marilyn Arsenault | Island Road Racers        | 30:52       |               |
| 4          | 35            | 2/12              | F2024 Kate Sloan        | Prairie Inn Harriers      | 31:01       |               |
| 5          | 37            | 1/29              | F4549 Joan McGrath      | Prairie Inn Harriers      | 31:10 *     |               |
| 6          | 50            | 2/26              | F3539 Wendy Cocksedge   | Island Runner             | 32:26       |               |
| 7          | 52            | 1/36              | F4044 Angela Plamondon  | Prairie Inn Harriers      | 32:35       |               |
| 8          | 55            | 1/18              | F3034 Kathy Rung        | Comox Valley Road Runners | 32:55       |               |
| 9          | 65            | 3/26              | F3539 Rene McKibbin     | Lions Gate Road Runners   | 33:25       |               |
| 10         | 68            | 3/12              | F2024 Melissa Ross      | ORCA (Parksville)         | 33:32       |               |

### **TOP Women Masters: AGE 40 - 99**

#### **OA NAME CLUB TIME**

- 1 Joan McGrath PIH 31:10
- 2 Angela Plamondon PIH 32:35
- 3 Gwyn Woodson IRR 34:15

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## Race Reports

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### TOP Men Masters: AGE 40 - 99

#### OA NAME CLUB TIME

- 1 Rob Harmsworth IRR 28:28
- 2 Dave Reed PIH 28:36
- 3 Kevin Searle PIH 29:35

So many impressive performances and PB's out there yesterday!

Look at how close the top 5 guys in the M45 were:

### AGE GROUP: Men 45 - 49

#### OA NAME CLUB TIME

- 1 Kevin Searle PIH 29:35
- 2 Michael Gill Bastion 30:16
- 3 Andrew Green PIH 30:20
- 4 Roger Plamondon PIH 30:48
- 5 Gary Duncan PIH 30:49

Amazing!

### 11 gold medals, 7 silver, 5 bronze and 18 that placed in the remaining top-10:

- Shane - first silver.
- Chris - first bronze.
- Sheldon - first time cracking top-10 with a 9th place in his category.
- newbie Dan Ehle - first time in top-10 with a 9th.
- Bill Scriven - first gold this year.

### Additional kudos go to:

- our newbies, longtime Harriers and first-time Hatley'ers.
- Dee for putting together a great run that wasn't very far off last year's time.
- Marie and Sandi B. were very close together at the line.
- 2006 vs. 2005: Robbie (6 seconds faster), Kevin (31 seconds faster), Gary (2:22 seconds faster - wowie!), Sheldon (27 seconds faster), Steve Wilson (41 seconds faster), Caroline Waelti (3:23 faster!), Dan Ehle (3:28 faster), Randy Jones (9:24 faster!), Eileen Carroll (2:09 faster), Shelagh (2:42 faster), Ida (38 seconds faster), Sandy Anderson (10 seconds faster).

### Rhonda and Colleen were in there too in the top 15 for women:

- 13 91 4/26 F3539 Rhonda Callender 34:54
- 14 101 2/36 F4044 Colleen Butler 35:27

So many great performances yesterday, I'm sure I didn't catch them all.

Well done everyone!

### >>> By Bob Reid

The colour was silver for five Harriers yesterday at Hatley Castle who ran outstanding races to achieve second place in their respective age categories. Scott Simpson finished second overall to Steve Osaduik in the M25 division with a time of 25:28. Steve won the race with a course record time of 24:52 breaking his previous mark of 25:12. Scott's 25:28 is the third fastest time ever recorded in the 8 year history of the Hatley Castle 8K event. Shane ran 29:57 to finish second to Eric McCormick in the M30 division. He was 15th overall of the 444 finishers. Kate was second in the F20 division to race winner Kirsty Smith with a time of 31:01, good for fourth female overall. Smith's winning time was 30:25, missing Judith Leroy's course record of 29:01 by 1:24. Garfield had a solid effort with 37:30 to finish second in the M65 division to Jim Guthrie of CeeVacs. Garfield finished in a tight pack of Harriers including Sandi Begg, Maurice Tarrant and Marie-Claude Poirier. Cyrena finished in 44:36, second to Bow Delorey-Tully in the F15 division. She was 316th of 444 finishers, down 3 from the 2005 record of 447 finishers. Mainland Harriers Dave Reed, 8th overall, won the M50 division in 28:38 and Joan McGrath, 5th female overall, won the F45 division in 31:10. Joan was the top master at Hatley, while Dave was second master to Rob Harmsworth, who finished 6th overall in 28:28.

### BAZAN BAY 5K

#### Vancouver Island Race Series—Race #5 Sunday, March 12, 2006

### By Sandi Heal

87 Harriers in today's race and a great turnout for the highest number of finishers at an Island Series race ever - 909 finishers. It was truly a day for sunglasses.

PIH members and volunteers ran their hearts out today as well as provided some assistance to the TWC hosted race.

Scott Simpson clinched his first Island Series race win today in a time of 14:57. Second was Trevor O'Brien in 15:09 followed in by Harrier Dave Jackson in 15:10. Other Harriers rounding out the top 10 included Eric Kiauka, Steve Bachop, Nick Walker and Eric Findlay. Steve Bachop was the top master in the race today with his time of 15:25. He set a new course record. The old record of 15:42 was set by Norm Tinkham in 2005.

New dad, Ian Hallam ran today and placed 18th overall in 16:41. Robbie Cracknell nailed a PR today with his time of 16:50.

Chris Moore was clearing out the ship legs today and clocked a time of 17:22. He was followed in by top Harrier female Cheryl Murphy in 17:23. She was second overall to winner Carolyn Murray who ran away with the win in 17:16.

## Race Reports



Scott Simpson on his way to his first Island Series Race win.

Photo: Mark Creery

Harrier Meghan Day was third female overall finishing 6 seconds behind Cheryl in 17:29.

Vancouver Harriers Dave Reed and Joan McGrath posted times of 16:43 and 17:53 respectively. Joan was the top master female in the race and top master female for the Harriers. Amazingly, 25 fellas cracked the 17:00 mark.

Bertrand was not far behind with his 17:01 finish. Walter and Andrew finished in 17:31 and 17:32. Andrew won

his age category and Walter earned a respective 7th. Rob Reid was in in 17:50. Roger Plamondon and Rui Batista were within a second of each other in 17:55 and 17:56. Rui almost ran away with Roger's medal during the awards ceremony. Hee hee!

New Harrier Kate Sloan was 2nd in her age category and 20th female overall with her finish time of 18:13. Sylvan ran his first Island Series race after a 2 year hiatus at the encouragement of a friend. Excellent work in 18:30. Chris Kelsall was in in 18:42. Brian Cannon was first in his age category (M60-64) in 19:06.

Angela Plamondon was first in her age category and finished in 19:16. She thought perhaps Sandster was coming to get her...8 more Harriers filed in behind her before the clock hit 20 minutes: Sheldon (19:26), Cory (19:30), Chris C. (19:52), Adam (19:53), Camie (19:56), Lawrence (19:58), Simon and Phillippe (20:00). Camie bettered her time from last year by 7 seconds. Rhonda was right behind her in 19:58. Way to go!!

I ended up chasing Ken Bonner and Gavin LeClaire (20:04 and 20:08) and being chased by Bill Scriven (20:38).

Sandra Bastedo broke her course record of 21:02 set in 2005 with her time today of 20:46. She may have also set a BC record...

### Other course records:

- Gwyn Woodson (W55-59) 20:04. Old record 20:57 by MaryAnn Hartley in 2005.  
- Heather McCallum (W65-69) 23:59. Old record 28:11 by Georgie Clapham in 2005.

Shelagh's son, Derek, ran 20:48 beating last year's time by over a minute. Graeme and Norman finished close together with 21:01 and 21:03 at the line. I think it was Norman's first 5K and also his first 6th place category finish.

Then Dee who ran a PR today in 21:12, shaving 6 seconds off last years time. Maurice was pacing Marie-Claude today and she ran away from him at the 2K mark. Marie was seen lying on the grass after giving it to the line to finish in 21:16.

Maurice finished in 21:37. Bob Janicki and Andrew Pagett were sandwiched in between with 21:28 and 21:31. Right behind Maurice was Dianne in 21:40.

Then Garfield and Marcia in 21:48 and 21:51. I heard that Momma almost got run over just before the finish line. Shelagh got a PR of 15 seconds with her time of 22:04 today. Karl was right behind her in 22:05.

Felice had an excellent race today finishing with her highest point score so far this season in 22:22.



Roger Plamondon, Joan McGrath, and Rui Batista go for broke at Bazan.

Photo: Mark Creery

Paul, Steve and Brent had a tight finish in 22:47 and 22:48. I wonder if they ran the whole way together? David D. was on the nose with his 23:00 finish and Camille finished in 23:30.

Charlie and Les were the next fellas at the line in 23:41 and 24:08. Caroline W. showed great improvement with her finishing time of 24:10. RJ ran 24:35 and had hoped to crack 25 minutes. Woo hoo! Way to go! Brendan, Austin and Rintje finished tight in 24:47 and 24:48.

John Lambert (24:52), Jacqueline Guyader (25:11), Bruce Hawkes (25:12), Rick Wilton (25:35), Randy Brown (25:38), and Brian Turner (25:51) all crossed the line before the 26

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## Race Reports

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minute mark.

Daphne Panter (25:56) had a big PR taking 28 seconds off her best Island Series 5K time.

Robert Bostrom (27:01) was followed in by Cathy Noel (27:09). Andrew Galbraith - won the shoes! - 27:21. Anita and Daisy - these gals are tons of fun and a great addition to the club! Anita ran 27:26 and Daisy ran 29:40. Steven Fifield ran 27:40 and Jim Sargent ran 28:00 flat. No, Jim wasn't flat, just his time on the clock. Hee hee!

Eric Sherwood ran 28:22 and Eileen Carroll ran 28:30 taking 20 seconds off last year's time.

Elaine Galbraith finished in 29:24, Shannon Hemeon in 30:01, Peggy Sherwood in 30:35, Joyce Ballantyne in 30:46, and Dan Ehle in 31:50.

Sandy Anderson (32:09) and Jytte Haagensen were the final two Harriers to finish. Great work everyone!

Great performances. Great post race refreshments. Great warm up and cool down crew. Great draw prizes. Great weather and turnout. Great finish line announcing and finish line crew. Great cheering during the awards for the oldest participant in today's race - F8099 Florence McConnachie and the oldest fellas - M8099 Jim

Sargent and Claude Bell.

John was first in his age category (M70-74), PR'd by 28 seconds and had his highest point score in an Island Race Series race ever. It's his third gold medal this year. He had a great run today!

PIH - Gold - 14, Silver - 9, Bronze - 8. 53 in the top 10. Wow!



Sandra Bastedo - BC Record in sight.

Photo: Mark Creery

### ST. PATRICK'S DAY 3K Friday, March 17, 2006

By Bob Reid

171 finishers—23 Harriers. Great beer!

#### Top Three Men

1. Nick Walker, PIH, 10:46
2. Eric Findlay, PIH, 10:58
3. Graham Cocksedge, PIH, 10:59

#### Top Three Women

1. Christina Heisterman, UVic, 12:20
2. Leah Burley, UVic, 12:54
3. Nancy Fedoruk, UVic, 12:57

#### Harriers Results:

- |                            |                            |
|----------------------------|----------------------------|
| 9. Doug Doyle 13:39        | 32. Andrew Galbraith 18:07 |
| 11 Rhonda Callender 13:53  | 37. Elaine Galbraith 18:38 |
| 12. Sandi Heal 13:55       | 38. Philippe Janicki 19:20 |
| 15. Dee Ogden 14:56        | 39. Bob Janicki 19:28      |
| 18. Sandi Mullen 15:42     | 49. Susan Jones 19:46      |
| 19. Marcia Stromsmoe 15:43 | 52. Jane McAllister 20:49  |
| 24. Brandon Wilson 16:13   | 110 Camille Janicki 22:15  |
| 25. Anita Carter 16:14     | 111. Martine Janicki 22:16 |
| 26. Austin Wilson 16:15    | 162, Courtney Wilson 35:24 |
| 29. Les MacNeill 17:04     | 163. Sandy Auburn 35:25    |

### COMOX VALLEY HALF MARATHON Sunday, March 19, 2006

By Sandi Heal

31 Harriers. Excellent performances everyone!

Jim Finlayson took top spot in today's Comox Half in 1:08:06. Nik Southwell was 2nd and Dave Matte was 3rd. Harrier, Bertrand Bozek was 10th. 13th - 17th place were all Harrier men; Kevin Searle, Mike Lord, Shane Ruljancich, Chris Moore, and Roger Plamondon. Shane and Chris were 2 seconds apart. Kevin was 2nd master male and Roger was 3rd master male.

Joan McGrath was 1st female overall and first master female in a time of 1:23:47. Fabulous! Angela Plamondon was 3rd female overall and 3rd master female. Nancy Baxendale was 4th female overall. Dee Ogden and Norman Dolan ran the whole way together. I heard the weather and post race food were awesome. Some Harriers won great draw prizes. Marie Claude-Poirier ran her first Half Marathon and got a PR. RJ was burning rubber! Excellent runs also by Brian Connon and John Woodall.



## Race Reports

### Placing Prairie Inn Harriers - 31 finishers

Club	OA	Div	Group	Name	Time	
	1	1/29	M3034	Jim Finlayson	1:08:06	
	2	10	3/32	M3539	Bertrand Bozek	1:16:46
	3	13	1/40	M4549	Kevin Searle	1:19:37
	4	14	5/32	M3539	Michael Lord	1:19:58
	5	15	7/29	M3034	Shane Ruljancich	1:20:39
	6	16	8/29	M3034	Chris Moore	1:20:41
	7	17	2/40	M4549	Roger Plamondon	1:21:26
	8	24	1/51	F4549	Joan McGrath	1:23:47
	9	29	1/17	M6064	Brian Connon	1:26:57
	10	33	1/48	F4044	Angela Plamondon	1:27:30
	11	37	3/51	F4549	Nancy Baxendale	1:28:25
	12	40	9/32	M3539	Sheldon Croden	1:29:20
	13	78	2/17	M6064	Kenneth Bonner	1:35:26
	14	88	14/40	M4549	Bob Janicki	1:36:47
	15	110	3/38	F3539	Dee Ogden	1:38:37
	16	111	7/38	M5559	Norman Dolan	1:38:37
	17	118	13/30	M4044	Dan Ehle	1:39:50
	18	136	3/13	F5559	Marcia Stromsmoe	1:41:47
	19	172	4/25	F2529	Marie-Claude Poirier	1:44:02
	20	175	22/32	M3539	Andrew Pagett	1:44:18
	21	222	17/36	M5054	Paul Christopher	1:48:00
	22	232	1/3	M7074	John Woodall	1:48:57
	23	241	18/38	M5559	Kevin Card	1:49:41
	24	242	18/36	M5054	Sam Van der Merwe	1:49:55
	25	255	21/36	M5054	Randy Jones	1:51:29
	26	310	25/51	F4549	Kathryn Weese	1:56:48
	27	339	21/38	F3539	Jacqueline Guyader	2:00:05
	28	358	3/6	M6569	Rintje Raap	2:01:09
	29	389	13/17	M6064	Bruce Hawkes	2:04:30
	30	476	16/17	M6064	Eric Sherwood	2:21:47
	31	487	13/13	F5559	Peggy Sherwood	2:31:23



### GUTBUSTER TRAIL RACE #1 ROYAL ROADS Saturday, March 25, 2006

By Sandi Heal

208 runners took part in today's race. Graham Cocksedge took the win in the long course in a time of 49:52. Shaun Stephens-Whale, from Roberts Creek was 2nd in 52:44 and Silas Wiefelspuett was 3rd in 54:12. Kim Webb was 2nd male Harrier in the event finishing in 59:44 and in 6th place overall. Sandy Stewart was the top master male in the race and finished in 1:00:19; 9th spot overall.

Meghan Day was the top female in the long course finishing in 59:46 and 7<sup>th</sup> overall. Julia Desrameux was 2<sup>nd</sup> in 1:02:39, and Harrier Cara Obee was 3<sup>rd</sup> female in 1:02:50. Suzan Briggs was the top master female.

Other Harriers in the long course: Shane Ruljancich (13<sup>th</sup> overall), Rumon Carter (14<sup>th</sup> overall), Gary Duncan (15<sup>th</sup> overall and 2<sup>nd</sup> M40), Chris Kelsall (22<sup>nd</sup> overall and 3<sup>rd</sup> M40), Jeff Horeth (24<sup>th</sup>), Cory Horner (31<sup>st</sup>), Sheldon Croden (32<sup>nd</sup>), Bill Scriven was 3<sup>rd</sup> M50+. Lindsay Pellow, Wendy Davies and Lara Wear were within seconds of each other in 1:12:35, 1:12:51, and 1:12:59. Wendy was 2<sup>nd</sup> F40. Sam Van der Merwe ran 1:17:03, Randy Jones (1:22:58),



Top: Wendy Davies  
Middle: Lara Wear  
Bottom: Sandy Stewart and Gary Duncan  
Photos: Tony Austin

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## Race Reports

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Seamus Howley (1:29:40). 18 Harriers participated in the long course.

Short course offerings: Mark Schurch won in a time of 32:10. Second was Richard Hungerford in 32:30, and third was Tim Dewailly in 32:42. Top Harrier in the event was Ben Kingstone, a young up-and-coming 15 year old from Shawnigan Lake. He was 4<sup>th</sup> overall in 32:44 just 2 seconds behind third. Martha McNeely was the top female Harrier in the event. She ran 44:57, was 1<sup>st</sup> F50+, and 11<sup>th</sup> female overall. Mike and Jackie Hucal also busted a gut on the course placing 32<sup>nd</sup> and 74<sup>th</sup> respectively.

### SOOKE 10K Sunday, April 2, 2006

**By Sandi Heal**

60 Harriers. 61 if you include Silas Wiefelspuett who was wearing a Harriers singlet today. 44 in the top 10. Jim Finlayson and Dave Jackson were only seconds apart. Woo hoo!

24 medals — 11 Gold, 10 Silver, 3 Bronze. Many PB's. Great shots from Tony. Many smiling faces.

#### Placing Age Prairie Inn Harriers - 60 finishers

OA	DIV	Group	Name	Time
1	1	1/17	M3034 Jim Finlayson	31:11
2	2	2/17	M3034 Dave Jackson	31:19
3	3	1/12	M2024 Nick Walker	32:34
4	4	2/12	M2024 Eric Findlay	33:26
5	9	2/23	M3539 Michael Lord	35:14
6	11	1/33	M5054 Dave Reed	35:34*
7	12	1/20	F3539 Tina Connelly	35:46*
8	13	5/17	M3034 Chris Moore	35:53
9	15	1/28	M4549 Kevin Searle	35:57
10	16	6/17	M3034 Shane Ruljancich	35:57
11	22	3/28	M4549 Roger Plamondon	37:14
12	23	4/28	M4549 Andrew Green	37:16
13	26	1/28	F4549 Joan McGrath	37:34*
14	27	1/17	F2024 Kate Sloan	37:52
15	31	6/28	M4549 Gary Duncan	38:07
16	43	2/28	F4549 Nancy Baxendale	39:08*
17	46	1/19	M6064 Brian Connon	39:22*
18	49	4/29	M4044 Christopher Kelsall	39:28
19	51	5/23	M3539 Sheldon Croden	39:35
20	54	1/27	F4044 Angela Plamondon	39:51
21	81	5/33	M5054 Tim Storm	41:55
22	82	4/20	F3539 Camie Bentham	41:57
23	90	6/9	M2529 Cory Horner	42:29
24	91	2/19	M6064 Bill Scriven	42:31
25	93	2/15	F3034 Sandi Heal	42:36
26	95	9/23	M3539 Adam Lawrence	42:43

27	100	14/29	M4044 Dan Ehle	43:03
28	111	3/19	M6064 Lawrence McLagan	43:39
29	113	12/17	M3034 Gavin Leclaire	43:42
30	115	7/13	M1619 Graeme Benn	43:52
31	119	10/31	M5559 Norman Dolan	44:04
32	152	2/6	F1619 Shalane Carlson	45:38
33	153	14/31	M5559 Karl Benn	45:42
34	162	15/23	M3539 Andrew Pagett	46:00
35	163	9/28	F4549 Wendy Davies	46:01
36	167	2/11	F5559 Marcia Stromsmoe	46:14*
37	173	13/33	M5054 Paul Christopher	46:29
38	175	4/12	M6569 Garfield Saunders	46:34
39	198	1/4	M7074 John Woodall	47:56*
40	210	10/19	F2529 Felice Griffiths	48:32
41	215	2/4	M7074 Charlie Ireland	48:52*
42	216	3/4	M7074 Les Macneill	48:58*
43	221	19/33	M5054 Randy Jones	49:12
44	242	7/12	M6569 Brian Turner	50:29
45	256	22/31	M5559 John Lambert	51:28
46	269	9/19	M6064 Bruce Hawkes	52:11
47	281	25/33	M5054 Rick Wilton	52:47
48	294	13/20	F3539 Jacqueline Guyader	53:28
49	300	25/29	M4044 Steve Wilson	54:00
50	301	28/33	M5054 Randy Brown	54:06
51	325	10/12	M6569 Rintje Raap	55:58
52	327	18/27	F4044 Anita Lam	56:24
53	337	4/8	F6064 Daphne Panter	57:43
54	346	21/27	F4044 Cathy Noel	58:27
55	350	2/4	F6569 Eileen Carroll	59:22*
56	360	32/33	M5054 Steven Fifield	1:01:30
57	362	9/11	F5559 Ida von Schuckmann	1:02:08
58	370	11/11	F5559 Peggy Sherwood	1:05:02
59	372	24/27	F4044 Daisy Jassar	1:05:22
60	400	1/1	F7074 Jytte Haagensen	1:18:48

\* Under USAT&F Elite Age Group Guideline



Brian Connon sports a vintage Harriers singlet and mounts a comeback in a new age category.

Photo: Tony Austin

## Race Reports



Sooke 10K Start

Photo: Tony Austin

### MERVILLE 15K Sunday, April 9, 2006

>>> By Colin Buss

*Another Canadian Best & a New Course Record at Merville*

The 16th running of the Merville 15k had another Canadian best and a new course record that was a long time in coming.

Gwyn Woodson, in the women's 55 to 59 age-group, ran 1:04:52 - two minutes and 20 seconds better than the current Canadian best and over three minutes better than the previous course record set by Marcia Stromsmoe last year. This brings to five the number of current Canadian bests on the Merville 15k.

#### Top Males

- 1 - Jim Finlayson, 31:11
- 2 - Dave Jackson, 31:19
- 3 - Nicholas Walker, 32:34

#### Top Females

- 1 - Tina Connelly, 35:46
- 2 - Cheryl Murphy, 36:01
- 3 - Marilyn Arsenault, 37:25

#### Top Master Males

- 1 - Todd Healy, 33:45
- 2 - Dave Reed, 35:34
- 3 - Rob Hasegawa, 35:54

#### Top Master Females

- 1 - Joan McGrath, 37:34
- 2 - Nancy Baxendale, 39:08
- 3 - Angela Plamondon, 39:51

#### Harriers Setting Course Records

##### AGE GROUP: Women 20 - 24

Kate Sloan - 37:52. Old record 39:17 by Natasha Filliol in 2004.

##### AGE GROUP: Men 30 - 34

Jim Finlayson - 31:11. Old record 32:56 by Stefan Jakobsen in 2005.

##### AGE GROUP: Women 35 - 39

Tina Connelly - 35:46. Old record 36:32 by Cheryl Murphy in 2005.

##### AGE GROUP: Men 50 - 54

Dave Reed - 35:34. Old record 36:10 by Andreas Mehl in 2002.

- Sandra Bastedo - W6064 - 1:07:51
- Maurice Tarrant - M7579 - 1:05:26 (his second best on the Merville course)
- Brigitte Killat - W7579 - 1:51:19
- Jim Sargent - M8084 - 1:30:24

The overall course record for men had stood since the inaugural running of the race back in 1991. Set on a course approximately 20 metres shorter than the current course (certified two weeks ago), the original course record was 46:47 set by Paddy McCluskey; at that time he was in the men's 20 to 29 age-group (he was under 25 at the time). This was broken handily on Sunday by Steve Osaduik in a time of 46:25. The weather was overcast and calm with an occasional raindrop.

>>> By Sandi Heal

20 Harriers. Steve Osaduik won the race in 46:25. Second was Mark Cryderman and 3rd was Royd Burkart. Dave Reed was 7th overall and top master male in 53:04. Roger Plamondon was 13th overall in 56:37. Andrew Green ran 57:27, Gary Duncan shaved 39 seconds off last years time with his 58:08 finish. Brian Connon clocked a 59:42 and Sheldon Croden ran his first Merville 15K in 59:56 earning him his first point score in the 700's.

Angela Plamondon was the top female winner and top master female in 1:01:46. Dan Ehle ran 1:06:27, Norman Dolan finished in 1:07:35 with Dee Ogden not far behind in 1:07:54. Marcia Stromsmoe 1:09:59; RJ 1:15:09; Les Macneill 1:16:49; Bruce Hawkes 1:20:50; Ole Jorgensen 1:26:39; Eric Sherwood 1:29:14; Cathy Noel 1:29:42; Peggy Sherwood 1:36:52, and Stephanie Hess 1:37:15.

#### But Where Are the Cows?

>>> By Dee Ogden

Of all the races in the Island Race Series, this one has to be one of my favorites. Perhaps it's because I'm a small town girl from Small town

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## Race Reports

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Ontario that finds her affinities in all things rural and uncomplicated. A good friend of mine will soon be racing in the wilds of the rural Great Canadian shield. Best of luck to you and if you see my mother, please tell her I will call.

Back to the race. This was the first time I have traveled to a race with both my children the day before a race. There's nothing like bringing in your own cheering section. We finally left Victoria but not before 1 tennis lesson, 1 pick up from an overnight school trip, 1 misplaced running shoe, 1 nosebleed and 1 trip back home to pick up the forgotten rented DVDs. We were pushing our luck on the "no late fee" thing. Oh and 1 more potty trip. Seven year old boys do not generally give too much warning about these urgent matters. So after many miles of Spot the animal, find the yellow car and blaring Canadian Boy band angst we arrived at our tranquil chalet at Oyster Bay for the night. What a beautiful little place across from the beach. To stretch out those long drive legs, a beach hike was in order complete with shell hunting and viewing a dead sea lion. Not the prettiest sight but a testament to the size of nature and the cycle from which it came. That thing was huge.

So a fitful sleep pre-race and the usual happy faces and sounds of race day. My 2 excited mini mees were entertaining each other at the Merville Community Hall as Ma did her pre-race thang but soon in true sibling fashion were heading for a scrap. 1 last "chat" (and a couple Cadbury cream eggs) pre-race and it was all good. World Peace- for an hour anyway.

Stormin' Norman and I once again lined up and decided to run together as at Comox. It was a familiar cadence, and pace ...and a time to race and enjoy the run. We both remembered on the last gradual hill that the pain of Tuesday Night Workouts should translate to decent race times. Yes that's the theory. As we ran the rural roads and breathed the fragrant manure air, there wasn't a cow in sight. Even the start cow was conspicuously absent and although the smelly evidence was in the air, Bessie must have been somewhere else. No matter, it wasn't all about the cows, we came here to race. Unlike the out and back courses where you see the lead runners coming back, (and figure your place in the universe) this course was go go go until you finish. By this time I was sure Steve Osaduik had won, changed, and cooled down. Hey, some things, you just know. ;-) In the last few hundred meters and seeing the finish banner there was a moment of optical illusion to that banner. It appeared to be much closer than it actually was and in turning on the gas and realizing there was none; Stormin' took off like the Principal was chasing him. Well done Norman! Great running with you again my friend.

Back at the Community Hall, the children had not drawn

blood. Now before you alert the authorities, my eldest is a teenager and old enough to baby-sit. I didn't just leave an open bag of candy on the floor and hope for the best. In fact, upon my return, the darlings were wearing free race tees, compliments of the t-shirt company AND complete with Merville Cow Logos. Hey, no cows on the course but we took some home.

And I want to thank my kids for being such a super support team and the loudest cheering section at the Merville Community Hall. They got lessons from "Racer Girl".

The only thing better than winning a gold medal in your age category is knowing your kids will believe you won no matter what colour it is.

### >>> By Dave Reed

Great ride up with Randy and the bunch, and we talked about that great crash finish that JP' had, he said you are only allowed to do that if you set a course record...Merville...'blink' and you miss the town...gun goes, cloudy, cool, slight breeze, 55F. Very flat course, only one small hill at 2K and then down at 12.5K. Stevie leads from the gun with Mark C. chasing, then 5 of us in a pack. Royd B. goes after Mark for 2nd at 1 mile, now our pack contains 4 and it whittles to just me and Silas chasing in 4th and 5th respectively. We hit 5K in 17:10 and I am drafting Silas like 'flypaper', he says we might have gone too fast at this point but continues little surges and I am not going to let him escape. The wind he is pushing aside is equalizing us and by halfway, I know he cannot get away from me unless he has help, (I want him badly) and just have to wait it out...What's this ?? Someone's coming from behind, gads-zooks! It's David M. going by us at 8.5K, what's he doing holding back? Silas lets him go; okay, now we are 5th and 6<sup>th</sup>. We hit 10K and Silas still can't shake me. 12K and oh no, another late charger, it's Hicham E. really flying. He goes by and Silas now goes with him and I have no choice, I hook up as well and now it's hurting. All 3 of us are really flying and I now know I cannot maintain this for 2 miles. I get frustrated and loose it, if they are going to break me...I am not just slowly going away...on a small rise at the turn at 12.3K (and here is that downhill now) I turn on the afterburners and zoom by on the inside, now flying downhill to give them the wakeup call of their lives, open up about 30 yards on them and just go for burn out and make them cry for awhile...I make it past the 13K marker and now reaching the 1 mile to go marker and I am running out of the downhill and my reserves. They both get me and blast by and now all I can do is watch them and hold together the best I can till the finish. They opened up 30 seconds on me in the last mile and I could see 52 minutes on the clock all the way down the last stretch but got just over 53 minutes. Still a good race, however, if that Hicham character had not entered the picture,



## Race Reports

Silas would have had no help right till the end until my final sprint around 400m to go, which was my plan, it would have been fun to battle with him....oh well, did a jog down with Steve and they drove me back to the ferry and talked of his trip and many other things, including Arthur Taylor...

### **GUTBUSTER #2 MT. TZOUHALEM, DUNCAN Saturday, April 15, 2006**

Excerpt from [www.gutbustertrailrun.com](http://www.gutbustertrailrun.com)

*"Yesterday's GutBuster was a true test of character as the sky opened up and poured rain. That didn't deter the record crowd of 193 runners from tackling the trails of Mt. Tzouhalem in Duncan. Graham Cocksedge and Tara-Lee Marshall were the top overall (M/F) finishers in the long course and Tim Dewailly and Laura Wyatt were the top finishers in the short course. Tony Austin took some great photos from the viewpoints."*

Notes from the editor: There were 127 finishers in the long course and 66 in the short. Graham Cocksedge finished in 1:00:43 for top spot. Shaun Stephens-Whale was 2<sup>nd</sup> in 1:00:54 and top TNW'er Shane Ruljancich was third in 1:03:12. Gary Duncan was 14<sup>th</sup> overall, top master male and 1<sup>st</sup> M40 finishing in 1:08:46. Sandy Stewart was not far behind in 16<sup>th</sup> spot, finishing in 1:09:12; he was 2<sup>nd</sup> M40. Ben Kingstone stepped it up to the long course and finished in 1:11:57 good for 26<sup>th</sup> overall. Tara-Lee Marshall was 1<sup>st</sup> female overall in 1:10:58. Second place went to Wendy Simms who ran 1:11:00 and third place went to Cara Obee in 1:11:02. It was a very close finish! Top master female was Suzan Briggs in 1:18:45.

Other Harriers in the news: Jeff Horeth (28<sup>th</sup> overall in 1:12:23), Doug Doyle (31<sup>st</sup> overall and 6<sup>th</sup> M40 in 1:13:52), Cory Horner (37<sup>th</sup> overall in 1:17:32), Lara Wear (8<sup>th</sup> female overall in 1:21:07), Bill Scriven (3<sup>rd</sup> M50+ in 1:21:13), Lindsay Pellow (11<sup>th</sup> female overall in 1:24:46), and Wendy Davies (1:35:49).

### **TIMES COLONIST 10K Saturday, April 30, 2006**

By Sandi Heal and Sylvan Smyth

Over 60 Harriers participated in today's race and while I managed to find 75, I am sure in the 8160 finishers there are a few that I missed.

Suffice it to say that today is a mega community event with runners, walkers, people in costumes, baby joggers, there are even a few pooches crossing the line today with their owners. One was a big white standard poodle. He

finished #2 in the canine division. Word on the street was that Molly and Pepsi forgot to pick up their chips at Race Package Pickup on the weekend. Hee hee!

Steve Osaduk ran away with his 3rd TC 10K title win in 30:16. PIH teammates Jim Finlayson, Eric Kiauka, Dave Jackson and Scott Simpson finished in 2nd through 5th places. Lucy Smith won the women's race for the fifth time in 35:09 with Cheryl Murphy 2nd in 35:40 and 17-year-old triathlon phenom Kirsten Sweetland 3rd in 36:15.

### **HARRIERS RESULTS**

#### **OA M/F Div Group Time Name City**

1 1 1 M2529 30:16 Steve Osaduk Nanaimo, BC  
 2 2 1 M3034 30:43 Jim Finlayson Victoria, BC  
 3 3 2 M2529 30:48 Eric Kiauka Victoria, BC  
 4 4 3 M2529 30:50 David Jackson Victoria, BC  
 5 5 4 M2529 31:02 Scott Simpson Victoria, BC  
 8 8 1 M2024 31:41 Nick Walker Victoria, BC  
 10 10 1 M4044 32:00 Steve Bachop Victoria, BC  
 12 12 2 M4044 32:08 Norm Tinkham Maple Ridge, BC  
 14 14 6 M2529 32:30 Adam Campbell Victoria, BC  
 17 17 3 M3034 33:19 Ian Hallam Victoria, BC  
 35 35 5 M4044 35:02 Kevin Searle Shawnigan Lake, BC  
 37 1 1 F3539 35:09 Lucy Smith Victoria, BC  
 43 42 1 M5054 35:27 Dave Reed Vancouver, BC  
 45 44 15 M2529 35:35 Shane Ruljancich Victoria, BC  
 49 2 2 F3539 35:40 Cheryl Murphy Victoria, BC  
 54 52 9 M3034 35:57 Chris Moore Sidney, BC  
 55 53 8 M4044 36:00 Michael Spagnum Burnaby, BC  
 63 5 1 F4549 36:38 Nancy Tinari Coquitlam, BC  
 73 9 1 F4044 37:07 Nancy Baxendale Shawnigan Lake, BC  
 78 69 3 M4549 37:18 Gary Duncan Victoria, BC  
 82 73 13 M4044 37:23 Andrew Green Victoria, BC  
 89 79 16 M3034 37:44 Chad Depol Victoria, BC  
 93 82 3 M5054 37:49 Rob Reid Victoria, BC  
 95 12 2 F2024 37:53 Kate Sloan Victoria, BC  
 98 14 3 F3034 37:58 Lori Bowden Victoria, BC  
 103 89 15 M4044 38:04 Sandy Stewart North Saanich, BC  
 107 93 5 M4549 38:09 John Catterall North Saanich, BC  
 111 97 1 M6569 38:11 Herb Phillips Burnaby, BC  
 130 112 3 M5559 38:56 Brian Connon Victoria, BC  
 135 117 21 M3539 39:01 Andrew Pape-Salmon Victoria  
 145 127 17 M4044 39:18 Christopher Kelsall Victoria, BC  
 147 129 23 M3539 39:24 Adam Lawrence Victoria, BC  
 157 138 28 M3034 39:35 Sheldon Croden Saanichton, BC  
 215 194 31 M4044 40:56 Don Moffatt Victoria, BC  
 229 24 6 F3539 41:15 Camie Bentham Victoria, BC  
 249 223 7 M5559 41:35 Jack Meredith Victoria, BC  
 258 232 40 M3034 41:45 Lorne Neil Victoria, BC  
 271 32 7 F3034 41:56 Sandi Heal Victoria, BC  
 312 39 7 F2529 42:36 Marie-Claude Poirier Victoria, BC  
 339 294 49 M2529 42:53 Chris Callendar Victoria, BC  
 395 342 2 M6064 43:33 Lawrence McLagan Victoria, BC  
 432 374 52 M4044 43:59 Dan Ehle Victoria, BC

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## Race Reports

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481 414 1 M7579 44:26 Maurice Tarrant Saanichton, BC  
 526 77 14 F3539 44:50 Dee Ogden Victoria, BC  
 594 93 9 F4044 45:22 Jill Hawe Victoria, BC  
 602 95 8 F4549 45:24 Sandra Mullen Victoria, BC  
 636 105 10 F4549 45:40 Anita Carter Victoria, BC  
 764 627 48 M5054 46:38 Paul Christopher Victoria, BC  
 768 138 21 F3539 46:38 Colleen McNamee Victoria, BC  
 851 157 33 F2529 47:16 Felice Griffiths Victoria, BC  
 856 158 16 F4549 47:17 Shelagh Machin Victoria, BC  
 877 712 77 M4549 47:31 Sam Van Der Mewe Victoria, BC  
 1069 851 2 M7074 48:43 John Woodall Victoria, BC  
 1114 233 16 F0119 49:00 Theresa Price Victoria, BC  
 1119 884 122 M3539 49:02 Brent Chan Saanichton, BC  
 1205 266 28 F4549 49:34 Chris Taggart Victoria, BC  
 1380 328 4 F5559 50:37 Carol Elliott Victoria, BC  
 1608 425 5 F5559 51:42 Sandra Berry Victoria, BC  
 1789 1296 145 M4549 52:34 Don Terlson Victoria, BC  
 1309 999 126 M4044 50:10 Steve Wilson Victoria, BC  
 2119 656 87 F4044 54:06 Martine Janicki Victoria, BC  
 2197 1506 157 M5054 54:28 Rick Wilton Victoria, BC  
 2266 730 75 F0119 54:43 Camille Janicki Victoria, BC  
 2315 754 100 F4044 54:52 Lisa Cantwell Victoria, BC  
 2421 1609 87 M5559 55:20 Graeme McCreath Victoria, BC  
 2428 816 105 F4044 55:23 Anita Lam Victoria, BC  
 2658 1715 195 M4549 56:24 James Darke Victoria, BC  
 2813 1035 138 F3539 57:01 Terri Heal Victoria, BC  
 4256 1993 147 F5054 1:04:26 Caroline Waelti Victoria, BC  
 4296 2021 152 F5054 1:04:40 Ida Von Schuckmann  
 4418 2308 240 M5054 1:05:29 Bruce Cheadle Victoria, BC  
 4531 2197 288 F3539 1:06:18 Daisy Jassar Victoria, BC  
 4678 2307 182 F5054 1:07:23 Susan Jones Victoria, BC  
 6059 3347 42 F6064 1:24:22 Helen Jaques Victoria, BC  
 6852 2883 372 M2529 1:37:02 Simon Pearson Victoria, BC  
 (first race post accident).

Adena was the run-guide for Graeme today. Yay! She ran arm in arm with Graeme McCreath a Harrier who is blind. Graeme trains with Carlos and John Woodall, but he needed someone to run the TC with. Graeme PB'd by almost 2 minutes! There were a few that couldn't come out today and a few that couldn't finish. You just never know what the day will bring.

For sure Anita Lam, Kevin Searle, and Gary Duncan ran PR's today; I am sure that there are more. All in all some great performances today by everyone. PIH claimed 20 medals (10 gold, 5 silver, and 5 bronze) today and top team in the Clubs/Associations category. The top 5 guys in the event today clinched our 1st place title: Steve O., Jim F., Erik K., Dave J., and Scott S. Big thanks to Marcia for taking on the position of PIH Team Captain this year and to Bob for managing the elite end of things for some of the members. 34 of our 70 team members were in the top 10 of their age divisions.

### Top 10 Women

OA	M/F	Div	Group	Time	Pace	Bib	Name	City
37	1	1	F3539	35:09			Lucy Smith	Victoria, BC
49	2	2	F3539	35:40			Cheryl Murphy	Victoria, BC
57	3	1	F0119	36:15			Kirsten Sweetland	Victoria, BC
60	4	1	F3034	36:22			Tiffany Evans	Victoria, BC
63	5	1	F4549	36:38			Nancy Tinari	Coquitlam, BC
64	6	3	F3539	36:44			Marilyn Arsenault	Victoria, BC
67	7	1	F2529	36:55			Kristina Rody	Whistler, BC
72	8	2	F3034	37:05			Noreen Depol	Victoria, BC
73	9	1	F4044	37:07			Nancy Baxendale	Shawnigan Lake
87	10	2	F2529	37:43			Jenn MacLean	Victoria, BC

### Top 10 Men

1	1	1	M2529	30:16			Steve Osaduk	Nanaimo, BC
2	2	1	M3034	30:43			Jim Finlayson	Victoria, BC
3	3	2	M2529	30:48			Eric Kiauka	Victoria, BC
4	4	3	M2529	30:50			David Jackson	Victoria, BC
5	5	4	M2529	31:02			Scott Simpson	Victoria, BC
6	6	2	M3034	31:03			Stefan Jakobsen	Nanaimo, BC
7	7	1	M3539	31:40			Antony Gitau	Kenya
8	8	1	M2024	31:41			Nick Walker	Victoria, BC
9	9	2	M2024	31:43			Kris Swanson	Tumbler Ridge, BC
10	10	1	M4044	32:00			Steve Bachop	Victoria, BC

### Top Master Females

1	63	5	1	F4549	36:38		Nancy Tinari	Coquitlam, BC
2	73	9	1	F4044	37:07		Nancy Baxendale	Shawnigan Lk
3	228	23	1	F5559	41:14		Gwyn Woodson	Victoria, BC

### Top Master Males

1	10	10	1	M4044	32:00		Steve Bachop	Victoria, BC
2	12	12	2	M4044	32:08		Norm Tinkham	Maple Ridge, BC
3	30	30	3	M4044	34:37		Paul O'Callaghan	Victoria, BC

It was a beautiful sunny day. A bit crisp at the start, but once we got going it was great.

I arrived at 7:10am and walked to the start line. Along the way I saw many a Harrier warming up and in their volunteer roles. There was Phil Cornforth with an Ask Me sign, "How are you?" I asked Phil. Hee hee! I went for my warm up and as I am coming back, I hear Rob Reid announcing to the crowd. "Have you double tied your laces?" Great reminder to make sure that the new shoes I was wearing didn't decide to blow out on the route {def - 'I blew a shoe': your shoelace comes untied during your run}. As the race start approached, I ended up being the cover girl for one of my elite friends who didn't have time to stand in line for the facilities. Nothing like a good laugh before the race start.

Dee and I got into the corral, but we almost had to wrestle Mike Emerson to get through the space in the gate. Ha ha! Once in, we found Maurice, Jill Hawe, Gwyn Woodson, Sandy Stewart and Sheldon. We 'greens' mingled in with the 'yellows' and we secured a perfect position in the pack. A few minutes before the start, I

## Race Reports

found my pace buddy Camie and we were set. She had a fabulous run. Maybe a PR for her, but I'm not sure. I start my watch when the gun goes, and I go!

The 1km marker came and 4:03 was on my watch. Too fast but who cares...keep going. Digging deep today was really about staying more focused out there on the route. Telling my shoes that I believed in them (they were very new), working each stretch of up, down and flat, not falling asleep out there on the route and curbing my enthusiasm out there for my fellow racers. I admit, sometimes I get cheering for the guys and gals coming back after a turnaround and I catch myself. Hee hee!

Feeling good to the 5K mark. A fella next to me as we go through asks, "You got the time?" "20:35", I said. By now Camie and Gwyn are further ahead and we plunge into the mild headwind that was before us. I briefly tucked in behind a few tall guys along the way to see if it would help. So so. Mike Maryk (Peninsula Plodders) was very close to me from the turnaround until the end.

We head past the last water stop and make our way towards Shoal Point. Bob says: "One mile to go from here". I remind myself, not too much longer, FOCUS. We take the corner that spits us out onto Belleville and I crank it up. Ahhh, there's the Leg. Keep going. One more corner and the clock is as clear as anything. How long is this stretch to the line? 41:35 is on the clock...tick, tock, tick, tock. PICK IT UP!! Goal time is within sight! For a brief time things get fuzzy as the clock turns over to 42:00 and I cross 4 seconds later. I stop briefly after a tough effort and Evan is there to ask me if I'm doing ok. Yup, just needed to lean over for a bit. There's Mike with his hand out to shake mine. "Great race", we say to each other. Lorne is across the line just before us. I am able to check the results and chip time nets me 41:56 and I'm thrilled!

I get some water and start to filter back through the crowd a little to find my buddies. There's Camie, happy with her run and Dee. She and I give out a few sweaty hugs and head out for a cool down. I'm complaining that one of my body parts is sore. Ooof! Ha ha! We finish up at Ships Point and grab some food. There's Twisted coming towards us to give DD her jacket/Diva-pack back. Many smiling faces around' thankful for a great day and all it brought. Great work everyone!

**HARRIERS ELK/BEAVER ULTRAS  
100K CHAMPIONSHIP PLUS 50-Mile, 50K, 25-Mi, and 10K Peoples Walk  
Saturday, May 6, 2006**

**By Bob Reid, Race Director**

## **FROESE FLIES OVER FINAL 20K TO NAIL NATIONAL CHAMPIONSHIP**

Victoria's Darren Froese mounted a ferocious comeback in the final 2 laps in the feature 100 Kilometre Division of the 19<sup>th</sup> Annual Harriers Elk/Beaver Ultras held May 6 in Victoria, BC. Defending Canadian Champion, Jack Cook of Edmonton, set the early pace leading all 38 starters in four divisions, before withdrawing with muscle fatigue at the 60K mark. The only American entrant, Clay Dickason, of Leawood, Kansas, then took over first place and had a commanding 19 minute lead over Froese. At the 70K split, Froese had narrowed the lead to 16 minutes and dropped it to 11 minutes after 80K. He chewed another 9 minutes off at 90K was only 2 minutes behind starting his final lap. Froese bolted from third place overall to being crowned ACU National Champion when he passed second place finisher, Darin Bentley, of Surrey, at 91K then finally caught Dickason at 96K and put another four minutes on him before hitting the finish line with a winning time of 8 hours, 14 minutes and 34 seconds. Bentley took second in 8:16:54 while Dickason finished third in 8:18:22. The 3 minutes, 48 seconds separating the top 3 runners was the closest 100K finish in the history of the Elk/Beaver Ultras. It was also Froese's second consecutive victory at E/B as he won the race last year in 8:17:02.

As the day was bright and shining for the new men's champion, it was not so fortunate for the defending Canadian women's champion and course record holder, Wendy Montgomery, of Brackendale. Montgomery started out somewhat slower than her blistering winning pace of 2005 where she placed second overall to Froese in 8:37:51. At the 30K mark she became ill and light-headed forcing her to drop out. As she was the only woman entered in the 100K division, no female national champion will be crowned this year. Montgomery will bounce back with a vengeance in 2007 where E/B has put in a bid to host the Canadian 50K Championships. She will tackle the master women's course record and perhaps challenge the F40 national record.

The Harriers Elk/Beaver 50 Mile Division was won by Tim Wiens, 45, of Vancouver, in 7:49:13. Following the event, the pleased Wiens stated that it was his first ever victory in any race. Second place went to North Vancouver's Michael Wardas, in 7:59:03, while Coquitlam's Geoffrey Palmer took third in 8:07:45. Carolyn Hutniak, 41, of Canmore, AB won the women's race in 8:20:51 while Lorie Alexander, of Vernon, placed second with a time of 9:22:12.

In the popular 50 Kilometre Division there were 16 starters and 15 finishers. The winner was 37 year old Rob Fontaine, from Campbell River, in 3:33:27 followed by Duncan's John Thompson, in his ultra debut, in 3:53:43,

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## Race Reports

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and third place male went to Steve MacKenzie, from Victoria, in 3:56:38. Fontaine placed third in the 2005 E/B 50K race in 3:48:59, so his win this year was a 15 minute, 32 second improvement. The women's 50K race was as exciting as the men's 100K race with a meager 2 second margin of victory for North Vancouver's Ann Taylor. She arrived late to the start line and was 12 minutes behind the rest of the field when she finally started. Within the first 10K, she passed the other three women and had a 6 minute lead after the first lap. Taylor widened the gap to 12 minutes over Lorie Herron, of Victoria, at 40K, where she started her final lap. Muscle cramps set in but the determined Taylor pushed on, while Herron mounted a vicious attack to close with 2 seconds. Taylor took the victory in 5:18:10, Herron finished second in 5:18:12 while Victoria's Chantal Webb took third in 5:31:45.

Donna Carrigan, 25, from Victoria, won the 25 Mile Walking Division in her first ultrawalk with a time of 5:28:58. Sooke's Barb Bergstrom, 45, took second in 5:59:20. Bergstrom won the event last year in 5:55:59 proving to be a very consistent walker.

There were 38 starters and 33 finishers in the four divisions. Montrail presented a new pair of trail shoes to the overall male and female winners, Froese, Wiens, Hutniak, Fontaine and Taylor while Frontrunners Footwear donated four pairs of New Balance running shoes as draw prizes won by Ron Adams, Al Harman, Wendy Montgomery and Donna Carrigan. Every finisher received an attractive E/B technical race shirt and a merchandise gift at the awards ceremony.

### OCEANSIDE 10K Sunday, May 7, 2006

#### >>> By Dave Reed

"Left Vancouver, and it was pouring...Half-way across on ferry ride, the sun breaks out. Driving with Stevie to Parksville and we get a small shower just before race time and then the sun breaks out with a rainbow in the background...65 degrees F. with a headwind going out and I see Rob H. going ahead of me into the wind by himself, so me and Bertrand B. hook up and he gives me wind cover. We have a little battle going on here and well done Bertrand, he shakes loose of me at about 7K or I get weak (depends on your point of view)...I look behind and see 2 stalkers not far behind me. I re-group with 1 mile to go with the wind at my back and charge home. Not really making a dent in Bertrand's lead, but holding my own. Ahhhhhhh...ahead of Hicham E. He can't reel me in this time, with a tail-wind at my back, hey. I got a NCR of my own, plus 45 secs. Better than Times C. and 15 secs. faster here than last year, hey! And well done Bertrand. He was tough as nails and we traded times beating each other in the series more than once...I got 2nd overall master in the series to Todd Healy

and averaged about 770 points. Joan McGrath was 2nd woman overall in the series to Cheryl M. with an average of about 809 points. Stevie averaged 888 to win easily."

37 Harriers ran Oceanside today. The BBB winners were:

1. Oz - Overall race winner in about 31:30, a minute or so ahead of Eric Findlay.
2. Angela Plamondon - Top Harrier and top master after winning the master's title at a Calgary Half Marathon last weekend
3. RJ - For a huge P.R., he was shooting for 48:11 and ran 47:11. This is only the second time he's cracked 50 minutes!

Other Oceanside snippets:

- Todd Healy - 3rd overall, Bertrand Bozek - 6th, Dave Reed - 7th
- Colleen Butler - 2nd master female in both the race and the Series. Welcome back after a 5 year break from racing!

OA	DIV	Group Name	Time
1	1/12	M2529 Steve Osaduk	31:27
2	1/2	M2024 Eric Findlay	32:56
6	2/24	M3539 Bertrand Bozek	34:30
7	1/33	M5054 Dave Reed	34:48*
18	3/44	M4549 Gary Duncan	37:24
19	4/44	M4549 Roger Plamondon	37:30
33	1/25	M6064 Brian Connon	38:38*
37	1/53	F4044 Angela Plamondon	39:04
39	7/24	M3539 Sheldon Croden	39:07
67	7/12	M2529 Cory Horner	41:03
70	2/53	F4044 Colleen Butler	41:10
81	1/18	F2529 Marie-Claude Poirier	42:20
88	3/7	M0115 Philippe Janicki	42:41
91	3/25	M6064 Bill Scriven	42:4
96	14/36	M4044 Dan Ehle	43:03
27	1/1	M7579 Maurice Tarrant	44:29*
135	12/24	M5559 Norman Dolan	44:46
136	4/47	F3539 Dee Ogden	44:46
155	1/18	F5559 Marcia Stromsmoe	45:37*
167	3/6	M6569 Garfield Saunders	46:13
180	16/33	M5054 Randy Jones	47:11
211	1/5	M7074 Charlie Ireland	48:18*
217	2/5	M7074 John Woodall	48:29*
242	3/5	M7074 Les Macneill	49:47*
248	5/6	M6569 Rintje Raap	50:16
262	4/18	F5559 Carol Elliott	51:16
316	21/25	M6064 Bruce Hawkes	53:40
324	22/53	F4044 Martine Janicki	54:14
345	26/53	F4044 Anita Lam	55:18
355	5/5	M7074 Robert Bostrom	55:45
370	24/25	M6064 Eric Sherwood	56:51
377	35/53	F4044 Cathy Noel	57:15
393	1/2	M8099 Jim Sargent	58:35*
433	13/18	F5559 Ida von Schuckmann	1:02:00
435	14/18	F5559 Peggy Sherwood	1:02:17
492	3/4	F6569 Sandy Anderson	1:11:53
515	1/1	F7074 Jytte Haagensen	1:24:46

\* Under USAT&F Elite Age Group Guideline



## Race Reports

# FRONT RUNNERS

## ISLAND RACE SERIES



### 2006 Frontrunners Island Race Series - Overall Individual Standings

**MJ (Men 01-15)**

2 Philippe Janicki 637.3

**WJ (Women 01-15)**

3 Camille Janicki 625.7

**M16 (Men 16-19)**

1 Robbie Cracknell 753.5

4 Ben Kingstone 684.8

7 Graeme Benn 619.8

**M20 (Men 20 to 24 years)**

1 Eric Findlay 830.8

2 Nicholas Walker 828.4

**M25 (Men 25 to 29 years)**

1 Steve Osaduk 883.8

3 Cory Horner 658.8

**W25 (Women 25 to 29 years)**

3 Marie-Claude Poirier 683.2

5 Felice Griffiths 633.0

**M30 (Men 30 to 34 years)**

4 Chris Moore 749.8

5 Shane Ruljancich 737.0

9 Simon Pearson 625.2

**W30 (Women 30 to 34 years)**

2 Sandi Heal 730.8

**M35 (Men 35 to 39 years)**

3 Bertrand Bozek 781.2

5 Michael Lord 756.2

7 Sheldon Croden 686.4

12 Andrew Pagett 575.6

**W35 (Women 35 to 39 years)**

1 Cheryl Murphy 843.8

2 Camie Bentham 737.4

3 Rhonda Callender 730.2

5 Dee Ogden 687.4

12 Jacqueline Guyader 554.0

**M40 (Men 40 to 44 years)**

11 Dan Ehle 626.2

14 Steve Wilson 565.0

**W40 (Women 40 to 44 years)**

1 Angela Plamondon 774.8

2 Colleen Butler 721.2

20 Cathy Noel 534.4

22 Anita Lam 526.0

25 Daisy Jassar 488.4

**M45 (Men 45 to 49 years)**

1 Kevin Searle 752.4

2 Roger Plamondon 737.8

4 Andrew Green 725.8

5 Gary Duncan 717.0

**W45 (Women 45 to 49 years)**

1 Joan McGrath 809.2

**M50 (Men 50 to 54 years)**

1 Dave Reed 772.2

15 Paul Christopher 577.4

20 Randy Jones 550.6

25 Rick Wilton 535.0

28 Randy Brown 498.0

31 Steven Fifield 454.6

**W50 (Women 50 to 54 years)**

9 Caroline Waelti 588.6

**M55 (Men 55 to 59 years)**

10 Norman Dolan 614.2

16 Karl Benn 591.6

25 John Lambert 525.8

**W55 (Women 55 to 59 years)**

3 Marcia Stromsmoe 677.4

11 Ida von Schuckmann 484.6

12 Peggy Sherwood 481.0

**M60 (Men 60 to 64 years)**

1 Brian Connon 694.2

2 Kenneth Bonner 637.6

3 Bill Scriven 632.8

12 Bruce Hawkes 515.8

16 Eric Sherwood 462.8

**W60 (Women 60 to 64 years)**

1 Sandra Bastedo 689.4

5 Daphne Panter 550.6

**M65 (Men 65 to 69 years)**

4 Garfield Saunders 598.2

8 Brian Turner 538.4

9 Rintje Raap 524.2

**W65 (Women 65 to 69 years)**

2 Eileen Carroll 519.8

4 Sandy Anderson 449.2

**M70 (Men 70 to 74 years)**

1 John Woodall 563.6

2 Charlie Ireland 559.4

3 Les MacNeill 553.0

5 Robert Bostrom 479.4

**W70 (Women 70 to 74 years)**

1 Jytte Haagenen 383.0

**M75 (Men 75 to 79 years)**

1 Maurice Tarrant 590.2

**M80 (Men 80 and up)**

1 Jim Sargent 458.6



Garfield gives it at the Oceanside 10K  
Photo: Wayne and Marie Fisher

PIH accumulated a total of 6660 points for this year's Series. CeeVacs placed second with 2201 points and TWC was a close third with 2164 points.

## Club Run Reports

### SMSM REPORT

By Sandi Heal

On average, 20-25 runners, walkers and dogs took part in each of the Six Mountains in Six Months club runs. Bob Reid, as usual picked some challenging and scenic peaks for us to top. Each run always has its highlights. Running with friends on rarely visited or new terrain is always fun.

1. **November** – Mount Newton (John Dean Park)
2. **December** – Mount Manual Quimper
3. **January** – Mount Wells  
<http://pih.bc.ca/chat/ReadMessage.php?nMessageID=94933>
4. **February** – Jocelyn Hill (Gowlland Tod)  
<http://pih.bc.ca/chat/ReadMessage.php?nMessageID=96028>
5. **March** – Babbington Hill (East Sooke Park)  
<http://pih.bc.ca/chat/ReadMessage.php?nMessageID=97171>
6. **April** - Mount Finlayson  
<http://pih.bc.ca/chat/ReadMessage.php?nMessageID=97710>

Mt. Wells was a new one on the schedule this year and was loved by everyone that attended. Jocelyn Hill was a good one as well and saw RJ helping out Sandster in trail navigation. It's always good to have Doug around too as he's the nav-master that teaches some clinics for MOMAR newbie's.

### GOLDSTREAM PARK SPRING CLUB RUN Sunday, May 14, 2006

By Sandi Heal

A few handfuls of Harriers gathered in the parking lot of Ma Millers' Pub waiting to embark on one of the favorite club runs of the season. We had two run groups and one walking group. The faster group was able to get up to the railway trestle but just missed the train. It was down and out of the park under the tunnel (or like Sir Scriven corrected us "through the tunnel" Ha ha!). Up the many stairs to Prospectors trail and down through a second tunnel with rushing stream. Careful navigation of the waters proved tricky and there's nothing like getting your feet wet—to try something new or just to get wet!

On our way we saw some interesting folk: a possible hermit, and one lost Harrier who was glad to find us. There was much talk about runners being eaten by alligators. We had a great brunch at Ma Millers after the run/walk.



Photo: Carlos Castillo

## Race Reports

### OAK BAY KOOL HALF MARATHON AND ASICS EKIDEN RELAY Sunday, May 28, 2006

By Sandi Heal

**Oak Bay Bicycle** - the relay team that Ian Craib, Gary Duncan and I were on - was 4th in the corporate division!! 7th overall. 1:31:25 behind 3rd place 1:21:20 - Team Asics.

7 4/11 Oak Bay Bicycle CORP Mill Bay 1:31:25 4:20

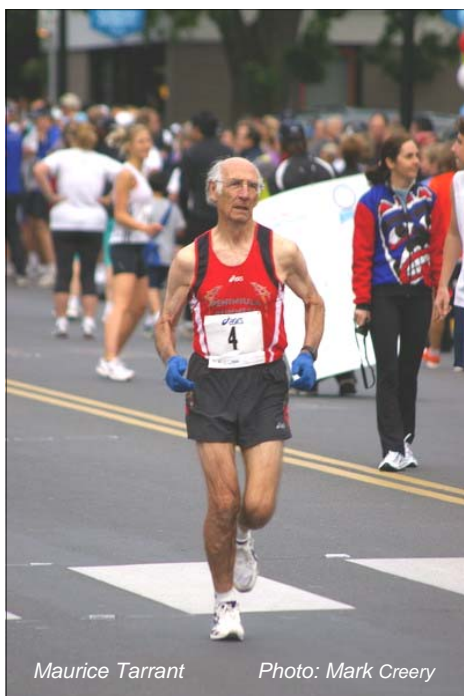
**Flat Footers** - the Oak Bay Police Team that Dee Ogden, Marcia Stromsmoe and Chris Kelsall were on was 5th in the corporate division in 1:37:20!! 11th overall!

11 5/11 Flat Footers CORP Victoria 1:37:12 4:37

Woo hoo! 3/4 Harriers on both teams. We saw a gal running in a cotton singlet that said, "Scottish Harriers". Great stuff. There was also a guy there in a Tony the Tiger outfit who ran the whole Half Marathon in his costume. Wow!

481 finishers. 33 Harriers in the Half Marathon and at least 8 in the Relay including Steve Wilson, Anita Lam and Daisy Jassar.

Steve Osaduik set a course record by 37 seconds. Jim Finlayson ran 1:07:34 last year.



Maurice Tarrant Photo: Mark Creery

### Harriers and Your Top 20

Place	Div/Tot	Name	Div	Time
1	1/26	Steve Osaduik	M0129	1:06:57
2	1/54	Jim Finlayson	M3039	1:07:30
3	2/54	Hugh Trenchard	M3039	1:13:46
4	1/67	Richard Lee	M4049	1:15:16
5	2/26	Zack Whitmarsh	M0129	1:15:37
6	3/26	Todd Howard	M0129	1:17:52
7	4/26	Zeke Cabell	M0129	1:19:09
8	2/67	Dave Avrey	M4049	1:19:10
9	3/54	Ian Goard	M3039	1:19:30
10	5/26	Nick Best	M0129	1:20:22
11	1/83	Cheryl Murphy	F3039	1:20:26
12	2/67	Erik Seedhouse	M4049	1:21:17
13	2/83	Lori Bowden	F3039	1:21:18
14	3/83	Marilyn Arsenault	F3039	1:21:36
15	1/11	Herb Phillips	M6069	1:24:09
16	1/42	Anne Marie Madden	F0129	1:24:23
17	1/100	Joan McGrath	F4049	1:24:44
18	4/67	Rui Batista	M4049	1:25:08
19	4/54	Charles Nelson	M3039	1:25:19
20	5/54	Oliver Nowak	M3039	1:25:25
26	5/67	Garth Reid	M4049	1:30:32
40	3/62	Jack Meredith	M5059	1:36:04
50	5/62	Bill Hillsden	M5059	1:37:56
60	1/2	Maurice Tarrant	M7099	1:39:37
103	11/100	Jill Hawe	F4049	1:44:50
113	13/62	Randy Jones	M5059	1:45:47
153	18/62	Paul Christopher	M5059	1:49:28
155	28/54	Andrew Pagett	M3039	1:49:55
168	39/67	Sam Van der Merwe	M4049	1:51:00
171	20/100	Shelagh Machin	F4049	1:51:05
231	2/2	John Woodall	M7099	1:55:35
447	26/31	Susan Jones	F5059	2:23:37
465	59/62	Rick Wilton	M5059	2:31:34



Dee Ogden Photo: Bill Scriven



## Race Reports

### GUTBUSTER #2 MT. DOUG Saturday, June 3, 2006

By Sandi Heal

It was the 4th year for the annual event held at Mt. Doug Park in the District of Saanich. Bob Reid and his crew of mighty volunteers went out to check flagging on the course around 6:00am. Flags had been moved and repositioned on non-race trails, thereby diverting runners to the wrong locations. Despite vandals and saboteurs, plots were foiled today by the team of PIH crimefighters.

With a record numbers of finishers (181), cooperation of the weather and tons of smiling faces, the event was a huge success in many ways, especially thanks to volunteers.

There were 81 finishers in the short course. The men's winner was Robert Thibodeau in 20:15 and it was regular TNW participant Camie Bentham who ran away with the women's win in 22:53. It was Camie's first GutBuster win and she was 8th overall. Wendy Davies was 2nd F40-49 in 23:33 and Dee Ogden was 2nd open female in 23:53.

There were 101 finishers in the long course. Graham Cocksedge was the men's winner in a time of 47:50. Graham won the event in 2004 and took home his 7th GutBuster title. New Harrier, Cara Obee, was the women's winner in the long course, crossing the line in 59:26. It was her first GutBuster win. In the M40-49 category, Gary Duncan was 1st, Drew MacKinnon was 2nd and Jeff Horeth was 3rd. Bill Scriven was 2nd in the M50+ category. Dian MacKinnon was 3rd in the F40 category.

Teams were entered in the long and short courses:

- Long Course: Harrier Leg Turnovers
- Short Course: Harrier Thighs

Both teams walked away with the top spot.

### RESULTS

#### Short Course (~ 5K) - 7 Harriers

Overall Time	First	Last	Cat	Cat Plc
8/81	0:22:53	Camie Bentham	Open	1/32
15/81	0:23:33	Wendy Davies	40-49	1/14
22/81	0:24:52	David Dennis	40-49	4/8
32/81	0:26:08	Suzy Tayler	Open	6/32
34/81	0:26:22	Martina Craig	40-49	5/14
36/81	0:26:48	Dianne Dennis	40-49	6/14
40/81	0:27:21	Mike Hucal	40-49	6/8



Long Course Team: Harrier Leg Turnovers

Left to Right: Graham Cocksedge, Ben Kingstone, Lara Wear, Lindsay Pellow, Marcy Bennett, Cory Horner, Shane Ruljancich, Gary Duncan, Kim Web, Sandi Heal.

Missing: Rumon Carter, Sandy Stewart, Cara Obee.

Photo: Susan Norrington/Gary Duncan

#### Long Course (~ 11K) - 20 Harriers

Overall Time	First	Last	Cat	Cat Plc
1/101	0:47:50	Graham Cocksedge	Open	1/46
4/101	0:53:17	Shane Ruljancich	Open	4/46
6/101	0:54:03	Kim Webb	Open	6/46
8/101	0:56:35	Gary Duncan	40-49	1/36
10/101	0:57:05	Benjamin Kingstone	Open	9/46
12/101	0:57:46	Andrew Pape-Salmon	Open	11/46
13/101	0:58:03	Drew MacKinnon	40-49	2/36
15/101	0:59:17	Cory Horner	Open	13/46
17/101	0:59:26	Cara Obee	Open	1/22
18/101	0:59:43	Jeff Horeth	40-49	3/36
24/101	1:02:04	Sandy Stewart	40-49	5/36
25/101	1:02:32	Rumon Carter	Open	18/46
35/101	1:05:57	Bill Scriven	50+	2/11
36/101	1:06:06	Lara Wear	Open	4/22
37/101	1:06:58	Adam Lawrence	Open	24/46
50/101	1:10:16	Marcy Bennett	Open	8/22
55/101	1:11:34	Lindsay Pellow	Open	10/22
57/101	1:11:56	Sandi Heal	Open	11/22
69/101	1:16:34	Dian MacKinnon	40-49	3/7
78/101	1:19:54	The Jackal	50+	8/11

Way to go everyone!



## Race Reports

### Lumberworld/Gutbuster Report Posted By geezer

Rode to the Gutbuster along Lochside Trail and as I approached Quadra I noticed a Saanich Environmental truck parked at the Saanich crossing and then a big oil patch in the middle of the trail. Over the trestle and a chemical stench like tar boiling hit me. I look in the creek and there are containment booms one after another. A woman is approaching. "What is that awful smell?" "There's been a big fire ahead".

When I get to the Quadra crossing, I see hook and ladder trucks with their ladders extended over the smoking wreckage of Lumberworld with hoses spraying down. An oily river is pouring across Quadra to the creek. Oh-migod!

That scene put today's race in a new perspective for me. I thoroughly enjoyed the run and I suppose it's because of the shock of that disaster made me realize how lucky we all are to be safe and secure and now we're going to risk it all on the tortuous trails of Mt.Doug.

Enough philosophizing. At the start line Sandster, Opey and Lara get us all giggling like school kids with the origin of "scrivening". (For the uninitiated to "pull a scriven" is to cut an arc in the trail to pass someone). I decide there's a book deal in here; maybe a movie too. They pick Sean Connery to play me. I agree but nix Julia Roberts for my romantic partner. The woman can't act though she is a "pretty woman". Then Bryan counts down from 5 and we're off.

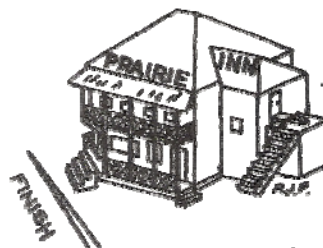
I can see Sandster in the distance. Lara and I give chase. We pass quite a few people and then on the first steep hill we have to start walking because everyone else in front of us is walking. It allows us to catch our breath and pretty soon we're passing Twisted. We get to the top and there are the Prez and Sandy and other Harriers serving up Gatorade and water. Gulp a quick thimbleful and then down the chute to the bottom. At one point the trail divides. I go right; Sandster goes left. I scriven right by her. At the bottom we're back in the darkness of the woods and I'm cranking her up as hard as she'll go. We turn right near Glendenning and I can see Rob Smith ahead of me (he's in my age group and has beaten me at the Royal Roads GutBuster). I set my sights on him and get closer but have to settle in to 10 metres or so as we start the new ascent on Little Mt.Doug. I don't ever remember walking so much when I did this race 2 years ago. And then we're down and around on the northwest side and then up Mt. Doug proper. I'm fading and Lara passes me and the guy in front of me (not Rob). Up the pain continues and I push

through it to pass Rob. Near the summit I see this garden gnome pointing a camera at me below ground level. Hope Tony wasn't pointing that thing up my shorts!

Then down to the parking lot past a little girl cheering and clapping madly. "Yea runners" she says. We have to get big name tags on our race numbers. Then grab some more water from Sandy and down the chute again. I'm by myself this time and scoot down in fine style. Then into the gloom again where I put on the afterburners and catch Lara and then a guy in front of her. We make a left turn somewhere and we're on the last ascent. We're all walking at this point. I can see Tasha Dilay ahead whom I swim with and try to make up some ground, but my lungs and heart say otherwise. Then we're into the sand and I'm trying to step into previous footsteps. Seems to be working. Up ahead I can hear Bob Reid: "Lara, you're 4th woman overall". And then there's Tony again getting another extreme close-up. I need some warning so I can look a little bit presentable! At the top we don't go through the parking lot again; there's a water stop at the entrance to some "bushy trails" as Bob calls them. Adam and I press on. Next comes a blistering downhill (the first uphill) and I'm hotfooting it from rock to rock, ducking under low branches. At one point I stub my toe and almost lose it. Then I hear a noise behind me and a guy saying "Are you o.k.?" to someone behind him. I learn later that Lara fell there and was shaken up for a couple of minutes. She had some trail rash and a cut on her shin.

As I approach Rob Grant he's directing me left and says "Watch your step here. It's dangerous". He got that right! Then across the road that takes you to the summit, into the woods and more downhill. That's where the guy I passed passes me back. Finally we're in the sunlight and make the crossing on Cordova Bay Road and down the paved road. I can hear Sandy Stewart as I start the little loop in the cedar grove, "Pump those arms Swampwater!" I do as directed but my legs don't respond. I push to the finish and finish in 1:05:58, five minutes better than 2 years ago. Wow! Either the course is a lot shorter or I've improved. Let's go with the latter.

What a great morning! Thanks to all the marshalls and other volunteers who were responsible for such a terrific experience. And Bryan too. Loved the Easter Egg hunt for draw prizes at Mt.Tzou and loved the sack race for shoes at this one. A lot of fun.



## Featured Writer

### LIFE BEGINS AT 40!

By Andrew Green

April 2006

After reading Sandi's post on the chat line I scanned my memory for an inspirational time in my running which I could write about. Having been a club runner for nearly 20 years and raced around 250 times there are more than a few races to choose from. Looking back probably the most 'inspired' time for me was turning 40. Many people dread the big 40 but not runners, as we become 'Masters', with a new level of competition with new goals. Turning 40 in the UK gave me this opportunity, and on PR form it created many happy memories.

I ran 3 PR's at age 40 from June to December in 2001: the Alice Holt Forest 10km with a time of 33.41 (old pr 34.07 in 1991); the Hayling Island 10 mile with a time of 57.04 (old pr 57.23 in 1993); the Hoggs Back Hill Race 8.3 miles with a time of 46.16 (old pr 48.20 in 1998).

Probably the most notable race was the Hayling Island 10 Mile road race, which included the Athletic Associations Hampshire County Championships and to qualify you had to be a resident of Hampshire for a specific time period.

This is a particularly proud race for me because my personal best, set in driving rain and wind, was good enough to place me second overall in the County Championships and first Master in the County. Most of us will never be internationals but it's nice to be the best runner we can be and getting a county medal was a big pat on the back!

In my mid 30's I seemed to be getting slower and I seemed to be settling for lower times, but the approaching milestone of 40 was inspiration for me to work really hard on training in my late 30's. The resultant upward trend plus the new



form was a very satisfying and enjoyable time.

Having suffered serious injuries in 2004/5 it's nice to look back and draw inspiration from this time. My goals today are step by step improvement and enjoy the journey. So far things are going well in 2006.

My advice to anyone is be realistic about where you are now, enjoy your running, train towards improvement, but don't set any limits on how fast you may eventually become.....you never know ;-)

### VANCOUVER SUN RUN APRIL 30, 2006

#### 'FROG' GETS HIS 15 MINUTES OF FAME

Submitted by Sylvan Smyth

*Excerpt from article written by Wendy Leung from the Vancouver Sun. (April 2006)*

"Red-faced and perspiring at the end of the race, Andre Gerard, 53, recalled competing in the Sun Run in its early days. In its first year in 1985, the Sun Run recorded close to 4,000 par-

ticipants. "The whole running scene has changed so much," Gerard said, noting that serious runners aren't the only ones training these days. Entire families now participate, including his own. Gerard's son Samuel, 14, was running the 10K race for his second time. This time around was a little easier, Samuel said, but it was still challenging. "The hardest part was going onto the first bridge. You know you're half-way through, and you're going uphill," he said."

*From Vancouver Sun Run website press release:*

"Organizers recorded a total of 50,746 registered participants, including 2,049 parents and children who signed up for the 2.5K mini Sun Run ahead of the main race.

Isabella Ochichi from Kenya took first place and set a new course record in the Women's Overall Division with a time of 30:55. She beat Tatyana Hladyr of the Ukraine who finished second in 32:11, and the 2003 Sun Run Women's Champion Aster Demis-

## Featured Writer

sie of Ethiopia, who placed third with a time of 33:02. Lisa Harvey from Calgary was the Top Canadian Woman. She finished in 34:10. Gilbert Okari of Kenya placed first in the Men's Overall Division by finishing the race in 28:25. Fellow Kenyan, Meshack Sang took second place finishing in 29:23, and Joel Bourgeois from Grand Digue, New Brunswick, who took the Top Male Canadian honours, placed third with a time of 29:46."

*Notes from the editor:* Scott Simpson was 6th overall in 30:07, Jim Finlayson was 8th in 30:28, Dave Jackson was 9th in 30:31, Eric Findlay was 16th in 31:38.

Steve Bachop ran 33:13 good for 39th overall. Mike Lord finished in 34:36. Lucy Smith ran 35:26 and Cheryl Murphy ran 35:27. They were 7th and 8th respectively. Nancy Tinari was 10th overall with her time of 35:53. Meghan Day clocked 36:09 and was 11th female overall. New Harrier Michael Spagnutt ran 36:21. Kate Sloan finished in 36:53 and was 14th female.

Maurice Tarrant was 1st in his age category by 18 minutes with his time of 44:15. Jim Sargent ran 58:31 and was 1st in his age category (M80-84) by 16 minutes.

### FREE THE RUNNERS TO RUN By Dr. Exaggerator

May 2006

I, like you, like running.

Yes we do run to be healthy, doing our part, to keep medical insurance premiums from doing what our gas prices have been doing lately. - Too bad federal government bodies of sport and municipal bodies, who rule the roads and parks aren't friendlier to the hordes of movers and shakers who run.

We runners breeze throughout our social networks, armed to our

singlets with a myriad of potentially warm and fuzzy definitive goodisms, as to why we imbibe in our **psychotic** plebeian ritual, running.

We do so with an air of utopianism. Birds of a feather? Some birds with feathers peck at each other, roll eggs out of nests and eat their young!

From the suspicious perspective of the sedentary government people, no titillating or seductive reasons we may embellish have anything to do with logic. Take for instance an assuming Harrier who, stuck at home with several young children and desperate to get out for a run, any run. (You'd think this guy had really gone off the deep end of the flaming abyss - my imaginary abyss has flames). So said Harrier, sets up baby monitor in front yard on channel 'A' and secondary baby monitor (talk about paranoid) in back yard on channel 'B'. He commences running around the perimeter of his yard, listening for baby sounds, like a dog establishing territory, protecting the pups. They, having already rotated on the hearth mat for their afternoon flop. Thirty-eight laps later...call in the mobile psychiatric squad, have said Harrier examined!

How about an occasion; a great Harrier ultra marathoner, while meeting the rail group for their daily fixture, showed up with his sports bag empty. Here is another opportunity to call into action, the mobile psycho squad. Apparently he rifled through the rec centre's Lost and Found until he came up with a lady's neglected negligee and some cycling tights, but no shoes. He chose to run bare foot, for a 40-minute lunch run on downtown concrete. Why didn't he maintain some dignity by staying in his cubicle? Perhaps he could ward off evil fat spirits with a run. Imagine a guy running down the road with bare feet, wearing nothing but a black, spaghetti strapped negligee and black cycling shorts, shades of Richard Pryor, **free-basing**.

Aware of the ridiculous act running

happens to be, when you think of it. Let's consider how mentally unstable it appears to be to the uninitiated; to get hurt from running, only to long for the day we can go back at it again. Our stagy agendas can bare fruits of understanding. Where do we start?

I know a guy who used to be exquisitely fast, as fast as today's fastest runners, pretty much. Now he is just fast, for an old guy. When working out recently, like the bloodless fiends we are. During our recoveries, he joyously described how in the glory days his 'down time' was precisely that. He would train like a red ant captain; an obscure, single-minded worker, as hard as he possibly could. This, until he either needed surgery or managed to fit in a race, whatever came first. It was a risqué gamble and when it paid off for him, he would rise momentarily to fair heights. No sense sending the mobile psycho unit to this address. He would have them on perpetual 'ignore mode'.

Recently there were nearly 5,000 entrants in the Vancouver Island Race Series, 51,000 in the Vancouver Sun Run and 10,000 at the Times Colonist 10K. Eighty percent of these participants could not have been described herein yet, however, these races may encourage this level of high stakes obsessiveness, allowing heretofore undiscovered emerging talents and growth in appreciation of what it takes to run well. Running may be good for the heart and blood, but I'm applying for a job on one of those mobile psycho ward trucks.

Meanwhile our federal government and municipal road kings should take notice of the 70, 000+ participants where the volunteers work so hard to even put on these events and respectively these feds sent maybe only a 2 to international competition.

## Featured Writer

### **CALIFORNIA INTERNATIONAL MARATHON Sunday, Dec 4, 2005**

**By Squirell**

It's 0330 in the morning and cold out as Dave and I head out for our first 10' warm-up. Shower, breakfast and relax for an hour. 0545 at the bus stop 2 blocks away from the hotel. 1/2 hour ride to the start line, it's even cold on the bus. We are prepared for the weather. Locate the VIP tent, aaahh warmth. Another 10' run with some strides, back to the tent to don our cold weather gear of arm warmers, old t-shirt, gloves and toque. I see Dave de-Pasquale (sp) at the start line. Good 'cause I know he is shooting for the same time as me. I have never raced him in a marathon and he has always beat me at every other distance. Not by a lot though. Good friendly rivalry. Gun goes off for the wheelchair athletes and a bunch of runners charge out also. This is seconds after the Starter says "don't go out on the first countdown!" IDIOTS. Re-group and it is our turn. First mile is downhill and I am concerned about pace cause I train in K's. I stick with Dave de and we split at 6'09'. Perfect. I am in a pack with Dave de, two other guys (one of them from Hamilton Ont.) and 4 Russian gals. We all remain tight together, working off each other, picking off runners, picking up others. Splits are very consistent, between 6' and 6'07" TV camera is on us quite a bit because these are the lead women. Anyone watch KCRA 3 on Sunday morn? HA-Ha. I take the lead position to give Dave a break. He has done most of the pacing. A mile later he is beside me again. "Take a break Dave, I might need you later." He picks up the pace. Oh well, I fade to the middle of the pack. If he wants to do all the work I won't complain. At the half mark my split is 2 minutes better than I did at Shawnigan and within seconds of my Victoria 1/2 M. Still maintaining very even splits. Feeling good at 14 M. Where is Dave, where are the Russians? Just me pacing for the other two guys. Couple miles later one makes a move. I let him go. He is only 50m ahead and maintaining. Guy 2 has fallen back. No one to work with. Pace is still right on at 18 miles when as a rushing mighty wind, the four Russians go flying past. WOW! Like the bullet you never see. I catch one of them as 2 more guys go past. One didn't last long and I picked him off at about 20 miles. Now the work begins. I am on pace for a 2:38-9 finish but know that is a dream. I do not want to set myself up for a disappointment. I think a big part of marathon racing is being able to change and adapt your race strategies as conditions play out. In my wildest dreams I had hoped for a sub 2:40 but also realized that 2:42 was much more realistic and attainable. A solid PR was more important than to chance blowing up. I adjust my pace and no longer look at my watch at the mile markers. I had felt at the beginning of the race that the pace was 2 second faster than my plan but I was in with such a solid pace group and everything felt good. Working with a pack easily justified the faster pace. I am glad for that choice

and focused on how well the race had gone to this point. At 25 miles when I am just holding on and wondering what it would take to catch the guy that had been in front of me for the last 12 miles (I was getting closer) when I heard 2 little voices, "Hi Uncle Kevin" from the side of the road. I hadn't heard from friends down in San Francisco weather they would be able to get up to see the finish. They had and that's what it took to get the wheels going again. I passed Guy 1 coming around the corner with about 400m to the finish line. John Hill, my old coach also ran the corner with me. It amazes me that just a few encouraging words can do so much at the end of a race. Now I can see the clock and realize that I am well under 2:42--clock time 2:41:12, watch time 2:41:08, chip time 2:41:09. It is done! Chip off, space blanket and medal on, I need help walking for a few minutes and am whisked up stairs to the VIP lounge where they call out my number, my sweat bag is brought to my table along with water, OJ, and whatever else I might want. Dave Jackson is there to congratulate me and I him. Treated like celebrities in the lounge. A Massage after bacon and eggs, sausages and pastries, (all cooked). What a day, what a race, the best for me easily (so far). I know I can go sub 2:40 now.

Huge thanks to Bruce Deacon for his coaching abilities and words of encouragement, for getting us comped into the race and really treated as an elite athlete (first time for me). John Hill has also played a giant role in my whole marathon experience. As my first coach he got me to the fitness level I am at and really taught me that it is a lot of hard work but the positive results are a huge reward. Thanks guys!

### **WALT DISNEY WORLD © HALF MARATHON Sunday, January 7, 2006**

**By Andrew Green**

My family and I are big Disney fans so in 2002 we spent 2 weeks on vacation at Disney World in Florida. It was one of the best holidays we have ever had and it started off with a full marathon. In difficult conditions of almost 100% humidity I ran 2:57 coming 38<sup>th</sup> out of 7,950 finishers. Each finisher got a huge gold 'Mickey Mouse' medal and warm congratulations. At that time we made a vow to come back and run the half marathon, to obtain the equally huge gold 'Donald Duck' medal.

Fast forward to 2006 and the whole family has returned for a 2 week vacation at Disney World in Florida. We are still big Disney fans but with the boys aged 11, 16, and 18 this is probably the last big holiday like this that we will all take together. This time I competed in the half marathon.



## Featured Writer

This was the first year that the marathon and half marathon were run of separate days, Saturday and Sunday, so the numbers are bigger than ever. Estimates were given at 16,000 running the half and 14,000 running the full. Some runners were entered for both races and got an additional special 'goofy' medal for their efforts.

The race starts at 6:00am which is great because you get to spend a whole day with the family having fun after the race.

At the start you are each put into a 'coral' marked A to H with the front 100 being reserved for 'elite' athletes. Having run 1:21 at the Royal Victoria in 2003 I was lucky enough to be placed in the 'elite' coral with some much faster runners. There were several runners from some US Olympic program at the front which Disney had sponsored to come over and run fast times.

The race build up starts with a televised speech, some Disney Characters having fun and then the US national anthem. After a count down, in true Disney style, the start goes with an explosion of colour and sound, as fireworks fill the air. Then we are off!

As it was a cold morning this year the start was a bit quicker than I would have liked but it was a good way to warm up. Two miles came quickly at sub six minute mile pace (11:40) and I knew that, although this was worth a shot, it wasn't going to be that fast all the way around. So I settled into running just over or on 6 minute mile pace. The injury problems of the past 2 years seem to be gone as I felt good running at this pace. A couple of times I tried to push on and soon found out that faster was not an option as it felt much more like a struggle.

The first five came in 29:50'ish and by this time I had settled in behind a local marine who was calving out the miles. He started to fade a little at six miles so I moved on running at around 6.10 pace, just in the comfort zone.

At ten miles the time was still good at 1:00:44, much better than recent results, but I was slowing a little now and was caught by the marine again just after 10. At this stage there was little in my legs but I managed to rally and at twelve miles just threw everything at the race managing to drop the marine by 10 seconds. We had a chat at the end and he was pleased with a new pr.

The end result for me was 1:20:56, 37<sup>th</sup> out of the large field. Age category prizes go 5 deep and I was lucky enough to be 4<sup>th</sup> in the 40-45 group.

This was my best longer race in some time and after

the injury problems of the last 2 years was a real punch in the air moment!

I had another nice moment after the race. At the finish there were only a few people collecting their belongings in a huge car park set up for thousands. Mickey Mouse came over shook my hand and gave me a hug. What more could any true Disney fan want!

### For those considering Disney as a race:

#### Pro's:

- It's flat and fast, both the marathon and half marathon;
- Cool technical shirt with Disney character on;
- Great medal;
- Quality pre and post race souvenir catalogue with instructions and race category winners;
- Huge mile markers with times on;
- Good enthusiastic crowd support;
- Good expo with lots of Disney & other merchandise;
- We got caught in EPCOT so I missed the awards ceremony, but it's supposed to be pretty cool. It's at Downtown Disney which is great fun.

#### Con's:

- The weather can be unpredictable. In 2002 it was very humid, the marathon that year was won in 2:32. Plus anyone finishing after about 3:10 got soaked by heavy rainfall;
- Some of the slower runners aimed for 2 hours and got nearer 2:25 due to the density of the field.

So the Pro's far out way the Con's. If you don't want a family holiday there are plenty of running tours and you can get in on a charity ticket. If you are thinking of going enter on line quickly as entry closes very early. If you are considering a family holiday and want my take feel free to talk at the next run, event, and I will give details.

#### **Overall Winners:**

Half Marathon	Josh Eberly	USA	1:08
Full Marathon	Adriano Bastos	BRA	2:19

#### **Website for details of the event:**

[http://disneyworldsports.disney.go.com/dwws/en\\_US/marathon/listing?name=Marathon2005EventListingPage](http://disneyworldsports.disney.go.com/dwws/en_US/marathon/listing?name=Marathon2005EventListingPage)

#### **Website for my finisher's photo's:**

[http://www.asiorders.com/view\\_user\\_event.asp?EVENTID=8161&BIB=15047](http://www.asiorders.com/view_user_event.asp?EVENTID=8161&BIB=15047)

## Travel Log

### MY FIRST ATTEMPT AT CLIMBING A MOUNTAIN PICO DUARTE, DOMINICAN REPUBLIC December 2005

By Susan Norrington

When a friend suggested that I join him in the Dominican Republic in December to climb the highest mountain in the Caribbean, I quickly said yes. I managed to arrange my flights through points and three weeks later I was on my way. I have been to the DR twice before, both times at all-inclusive resorts on the ocean with very little interaction with the locals and not much of a glimpse of their culture or their incredible national park system.

I flew into the international airport at Santa Domingo and after a one-hour tussle with my fellow travelers at the baggage carousel, I met my friend who had arranged for a taxi for us, which careened through the highways and back roads for about three hours to our first destination, a small mountain town of Jarabacoa. We stayed there for a couple of days to get our bearings and to find transportation to the trailhead.

At 3,175 metres, Pico Duarte is the highest mountain in the Caribbean, located in the Cordillera Central of Hispaniola, a mountain range running through the center of the Dominican Republic into Haiti. The peak is protected in the National Park of Bermudez - Ramirez, Dominican Republic. Normal temperatures in the park range between 12C and 20C most of the year, lows of -5C are not uncommon especially in December and January. The Parque Nacional Armando Bermudez receives between 2000 mm and 4000 mm of rain annually, Parque Nacional Jose Del Carmen Ramirez on the southern side of the range receives about one-third as much rain.

The peak can be approached from three directions. My friend who is a seasoned climber/hiker chose the approach from the village of La Cienaga in the west because he knew he had a novice companion and it is the most direct and used route. La Cienaga, a tranquil, rustic mountain village is about one and a half hours by pickup over mostly dirt roads from Jarabacoa, altitude 800 metres. The road follows the Yague River through beautiful agricultural villages producing Tayota, a green eggplant sized vegetable. La Cienaga is nestled in a breathtakingly beautiful valley, about 100 to 150 residents, no electricity except by generator and the commercial town consists one store and one taverna.

After some intense negotiating by my traveling companion in bad Spanish, a reasonable price was agreed on for a guide, a horse and a mule for 6 days - 5 nights. The pack animals were hired as both of us are adverse to the quaint Canadian custom of carrying your own pack. The first day was almost consumed by organization of the guide, food and pack animals and we trekked, slipped and slid for



*At The Peak With Guide, Arie.*

about 3 hours on a reasonable grade on mostly narrow trails, some calf high in terra cotta mud. We spent the night at the campsite at Las Tablonas beside the Yague river, the area contains dense stands of wild native cane. The second day was climbing through lush mountain vegetation, on a steep washed out trail that was mostly dry and devoid of the mud we had encountered the day before. This beauty was marred by a major forest fire that had swept through the area 8 months before. So the parrots that we had expected to see were not to be found, probably because their main food source, insects, had been consumed in the fire. The second night was spent at the campsite and refugio (camp hut) at La Compatacion. We chose to pitch our tent and camp as the refugio looked suspiciously like rat city, even though the guide assured me that all the rats had been toasted in the forest fire.

On the third day, we climbed in clear warm skies through high alpine forest to Pico Duarte at 3,175 metres. Although the climb was not as technically demanding as the previous days, we both felt slight effects of altitude sickness and it was a bit of a grind to the top. Once there, the sweeping views of Hispaniola in every direction were amazing and we took time to rest and let the sun bake us for a few hours. On descending, we visited a new refugio built in a valley at the foot of Pico Pelon, at 3,087 metres the second highest and very close peak in the range. The night was

## Travel Log

spent again at La Compatacion with a rest day and a fourth night at this beautiful campsite with clear cool weather and access to a pristine mountain stream. We had plenty of good food which was carried in thatched baskets by the mule and pack horse. We ate eggs, fresh chicken, rice, green banana cooked by our guide, Arie, and fresh pineapple, washed down with Dominican rum. We brought 45 eggs, to allow for breakage, and the mule purposely careened into every tree, but we still only lost a few. The fresh country chickens which we purchased at the village store at the trailhead were tasty but had suffered from malnutrition.

The fifth day we descended a steep rocky trail through the worst of the burn, the only thing that seemed to have survived the fire were large Aloe Vera plants more than a metre high, the packs that were carried by the mule and horse were covered in charcoal, never to be clean again. The night was spent in a lush grassy alpine valley at s'Valle De Tetero 1,700 metres, this site is truly exquisite, next to rushing mountain river with a new refugio that we slept in and it proved to be rat free. That night we were treated to a perfect display of the stars without the interference from city light.

The sixth and last day was a steep climb out of the valley, 8 km through lush tropical vegetation onto the main trail descending to Las Tablonas and La Cienaga. Up until the last day, we had done the trail on foot. And although I was a novice at this type of climbing/hiking, I did not find it difficult. On the last day, for the last few hours, we decided to ride the mule and pack horse because we were running a little late to meet our pre-arranged ride back to Jarabacoa. This was great fun, although a bit scary as the mule and horse seemed oblivious to us as they sped up on the steep trail when they realized they were close to home. We were very fortunate that the entire trip was made in crystal clear weather after an initial day of cloud and rain at Jarabacoa.

It was truly an adventure and I'd do it again in a minute.



Last Day Riding Out

## IN THE HOUSE OF THE SUN

January 2006

By Sandy Stewart

In Hawaiian, Haleakala means "house of the sun". According to legend, the sun once passed so quickly across the sky that the people didn't have enough time to plant crops and catch fish before night fell. The mischievous demigod Maui, for whom the island is named, decided to go up the mountain very early one morning to wait for the sun. When it appeared on the horizon, Maui caught the sun by snaring it with 16 great ropes he had prepared and brought it to a halt. The sun begged for its freedom and promised to travel more slowly across the sky. Maui agreed to let the sun go but left some of the ropes tied to it as a reminder of the promise. Now the days were long enough for the people to catch fish and grow their crops. At sunset, you can sometimes still see the remaining ropes.

March 11, 2006. Dawn arrives as little more than a wet, yellow smear against the cloud cover hugging the 3055m summit of the Haleakala Crater on the Hawaiian island of Maui. It is 6:30 am, the temperature is 4° C and the tradewinds are blowing from the northeast at about 25 kph. My plan is for a point-to-point trail run of about 19 km from the summit down to the crater floor, across the lava fields and then back up to the Halemau'u Trailhead where my understanding wife will be waiting with our baby son to pick me up.

I begin the descent of the Sliding Sands trail and the visibility is about 3m with a cold rain blowing straight into my face. Hmm . . . what have I gotten myself into? Toque, gloves, lightweight rain/wind jacket, long sleeve tech shirt, short sleeve running shirt, shorts, tights — I'm wearing everything I have and still feel chilly. I am also carrying 2 liters of water in a hydration pack, some energy bars, a small first-aid kit, and my camera (as well as a pair of sunglasses & sunscreen which were never used unfortunately).

The trail drops immediately and is composed of loose grey pumice sprinkled with globs of volcanic rock in various sizes and shapes. After 10 or 15 minutes of running, the clouds shift to reveal a glimpse of the alien landscape below. I let out an involuntary gasp at the scene before me. Huge cinder cones punctuate a frozen lava flow and a red martian ridge looms up through the mist to my right. Evidence of great geological violence is everywhere and I feel puny, insignificant and very much alone.

Sleeping quietly since about 1790, Haleakala is a shield volcano that was born on the ocean floor in a weak area

*Continued on page 32...*



## Travel Log

*Continued from page 31...*



*Red Ridge*

*Photo: Sandy Stewart*

of the earth's crust. A cycle of eruptions over the eons gradually built up a mass of lava until it emerged from the sea and formed the island of Maui. High enough to trap the moisture of the tradewinds, the annual rainfall on the windward (east) slopes can be as great as 10,000mm! The leeward side however, is parched and desert-like since it lies in the rain-shadow. Thousands of years of relentless erosion have slowly sculpted the volcano into the strange and wonderful place I am running in today.

After dropping 600m to the crater floor, the temperature has warmed up a few degrees, though intermittent showers continue to fall from the churning clouds. Now that I am warmed up, I take a quick break to peel off some clothing and munch on a Power Bar. Besides the whisper of the breeze, it is completely and eerily silent. Crossing the lava fields, the lumpy surface is strewn with fire-blasted rocks and the footing is poor. Now is not the time to roll an ankle. The similarity to the surface of the moon inspired NASA to use Haleakala as a training site for their Apollo astronauts back in the 1960's.

Aside from some grasses and small shrubs, not many plants can eke out an existence in such a harsh environment. The rain disappears into the porosity of the ground and it is summer every day and winter every night. The strikingly beautiful Silversword (*ahinahina*) plant has adapted to these conditions and is found only on Haleakala. It is globe-shaped with sword-like leaves that are covered in silver hairs which help it conserve water and also make it appear somewhat luminous. The Silversword grows for 15 to 50 years before flowering and after the seeds develop, the entire plant promptly dies. In pre-park days, the plant was nearly extinct due to human interference and grazing by feral goats. Under protection, the plant population has rebounded and is a conservation success story on Maui.

I find I am stopping frequently, not because I am winded

or dehydrated but because the landscape is so bizarre that I feel compelled to take more photos. The cloud cover has made it difficult to get a good sense of direction, but the trails are well marked with signs at all junctions. After crossing the frozen lava field, a gentle incline skirts around two more grey-brown cinder cones called Ka Moa o Pele and Halali'i. Now I am on the Halemau'u trail heading northwest. The transition from the alpine to the subalpine zone has begun and the rocky trail begins to wind its way through hillocks of scrubby native grass. As I come around a bend, a startled ring-neck pheasant pops out of the undergrowth — the first and only wildlife I see.

Set beneath massive cliffs, the rustic Holua Hut comes into view ahead of me. It is one of three huts in the park, accessible only by foot or horseback, which are administered by the parks service. Reservations are made by lottery which must be applied for 2 months in advance. Apparently some water is available at the huts but it must be boiled or chemically treated prior to human consumption. No one is around so I continue to follow the trail north from the hut for another 1.5 km to the base of the cliffs. Now the climbing begins in earnest.

A serpentine series of switchbacks leaves the crater floor and climbs 320m of elevation over approximately 4 km to the top of the ridge where the Halemau'u trailhead sits at 2436m. I drop into low gear and just chug along, my sea-level lungs unhappy with the low oxygen content of the air. The exposed trail clings to the edge of the cliffs and when the clouds part, there are some spectacular views of the crater and the Ko'olau Gap to the northeast. The clouds move in again and the last 20 minutes or so is like running inside a glass of milk. The trailhead suddenly appears through the fog and I can see the outline of our rental car in the parking lot. My



*Sliding Sands*

*Photo: Sandy Stewart*



## Travel Log / Featured Writer

wife greets me with a big smile and says "Well, how was it?" Catching my breath, all I can say is "Incredible!"

For the variety of terrain and jaw-dropping scenic vistas, this definitely goes down as one of the most amazing places I have run. There are several more trails in the crater that I was unable to explore on this trip — a good reason to return someday for another running adventure in the House of the Sun.

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### LAJOLLA HALF MARATHON Sun, April 23, 2006

By Dan-O

April 23rd dawned crisp and clear in San Diego for the rather small PIH contingent (me) participating in the silver anniversary running of the La Jolla 1/2 marathon. The previous day's spur of the moment decision to sneak in a race as part of a business trip didn't seem such a hot idea in the dawn's early light, especially since the previous day's carbo loading on burritos and Dos Equis appeared to be having some unanticipated side-effects.

A quick drive north to the start at the Del Mar fairgrounds linked me up with 4800 fellow enthusiasts. Most appeared to this pale northerner's eyes to be extremely young, fit and tanned. Hard to tell whether running is the domain of the young here in So Cal, or whether they just have access to extremely good botox.

The 7:30 starting gun left several hundred would be runners stranded in porta-potty line-ups, but as 'Who let the Dogs Out' blared across the fairgrounds, we were off on to Jimmy Durante Blvd (got to love those US street names!). The Western States horse show was in progress at the fairground, and the bucolic odors wafting from the equine participants caused me to wonder whether I had in fact found my way back to the Merville 15k?

This thought was soon dispelled as mile 2 brought the course towards the coast and along side one of Del Mar's gleaming white sand beaches. The distraction of watching early morning surfers hang ten eased the ascent of the first of many coastal headlands and helped to thin out the pack enough that elbows were no longer a course hazard. Mile 3 presented the first well-organized aid station and also provided a glimpse of the coastal bluffs to be scaled over the remaining 10 miles. Miles 4 and 5 wound through the exclusive residential community of Del Mar where well-fed, tanned, and be-jewelled retirees waved politely as we passed

by their adobe and red-tiled castles. The perfection of the swept roadways, manicured lawns, and well pruned orange trees, marred only by the occasional gel pack wrapper and a lone possum carcass. Were those tire tracks across the creature's back, or the race leader's Nike imprint?

Mile 6 found us once more running beside a sparkling beach and then heading up, up, up into Torrey Pines State Park. The switchback road up this headland definitely separated the men from the boys (I won't say where I placed in this demarcation). For a non-GutBuster like myself the 500 ft elevation increase over a km distance presented quite a challenge. Elk/Beaver didn't prepare me for this! We were met at the summit by the second aid station and a pair of bikini clad beauties handing out dri-fit hats - a reward for making the climb! Another reward was the stunning vistas both north and south, for those who were not too busy trying to keep their breakfast from making a return appearance.

Mile 7 found us passing by the renowned Scripps clinic and with the Torrey Pines hill still fresh in mind I resisted the impulse to check on the availability of a lung transplant. Mile 8 and 9 continued along the top of the coastal headlands past gated communities and already busy golf courses where the scents of citrus blooms and fresh cut Bay foliage added an air of the exotic. Mile 10 presented a steep descent back to the beaches, both knees vigorously protesting the headlong, gravity induced, dash towards the rolling surf.

Another mile along the beach where pelicans speared into the waves and the odd hardy soul darted into the ocean for a quick body surf. One last 250 ft climb into the Beverly Hills-like enclave that is downtown La Jolla and then the final mile down cobblestone imprinted streets to the hero's welcome from cheering throngs at the finish in La Jolla Cove Park.

Overall a challenging but very scenic run, and a great way to justify an afternoon in Tijuana elbow deep in enchiladas and margaritas. Not a course to expect a PB on, but a great excuse to visit and enjoy San Diego and the scenic communities on it's northern border. And hey, as a supporter back home observed - I managed a 2nd place finish if you only count the BC participants :-)



## Upcoming Social Events (Summer and Fall Club Runs)

### “Try a Tri”....For FUN!!

**Sunday July 2nd, 2006, 10:00 am start**

Shawnigan Lake, BC

Bring your klunkers or your racers, your shorts or your speedos...but don't forget your runners!

Several pace groups will be available for a social triathlon...in a mixed up order! We will start with a leisurely bike around beautiful Shawnigan Lake (20K), then head off into the trails for a 5 km run to the beach, and then, enjoy a quick, refreshing swim in the lake (water wings will be available).

Come for some of it, or all of it (pick this one!!), and stay for the BBQ afterwards. Lots of space and fun for the kids, so bring your families!

**Your Hosts:** Debbie Scott and Sabina Reska

**Where:** 1715 Shawnigan Mill Bay Road

**What to Bring:** Potluck dish to share and beverages – BBQ supplied by Deb and Sabina

**RSVP:** Please email [s.reska@shaw.ca](mailto:s.reska@shaw.ca) by June 30 if you are planning to come.

**How to Get There:** From Victoria, head up Island to Shawnigan Lake (Hwy. No.1). Take the South Shawnigan exit (left only) (a km or two past the Malahat Mountain Inn), and follow it all the way into Shawnigan Village (about 15 minutes). At the four-way stop, take a right and head up Shawnigan Mill Bay Rd. for about 150m. The house will be on your left side (big greyish white house with burgundy awnings) at the bottom of a windy driveway. Parking will be available in the lower field at the bottom of the adjacent access road (watch for the marker balloons on the road!!)

Alternatively, head to Mill Bay. Ignore the main intersection in Mill Bay (the lights at the corner of the Mill Bay Shopping Center) and continue to the NEXT set of lights (one block up). You will see Pioneer Shopping Mall on your left. This is the Shawnigan Mill Bay Road intersection. Take a left and continue for 5 km. The house will be on your right hand side just before the 4-way stop in Shawnigan Village.

### HARRIERS ANNUAL SUMMER BBQ SOCIAL RUN, BBQ AND POTLUCK

**Sunday, August 13, 2006, 10:00 am start**

Glen Lake, Ken and Gerta Smythe's Home

Sunday, August 13, 2006 is the Prairie Inn Harriers annual summer celebration. Meet at Ken Smythe's (directions below) at 10:00 am. We'll run the Goose to Royal Roads and then on the trails and back again about 11:00 am. BBQ will start about noon.

**What to Bring:** The club will supply BBQ'd burgers and dogs. Bring a dessert or appetizer if you want. Please bring your own beer or wine, lawn chairs and water toys. Remember your swimsuit - the lake is warm and bring the kids - this is a family PIH event. This is a PIH tradition and is our biggest and best social of the year.

**Where:** Ken Smythe's – 1003 Loch Glen Road, 478-7369

**How to Get There:** Coming from Victoria, take the Trans Canada Highway north, exit at Langford – take the Langford south exit (left lane when leaving the highway), over the highway and south on Veteran's Memorial Parkway, through Langford, down the hill and turn right at Kelly Road, past the Canwest Mall. Through the light at Jacklin and along Jenkins, left at the third street - Glen Lake Road. Along Glen Lake Road and take the third street on your right - Loch Glen.

Hope to see you all there!



### HARRIERS FALL CLUB RUN

**Sunday, Sept 17, 2006 at 10:00 a.m.**

**Host:** Bob Reid

**Where:** 1251 Tattersall Drive. More parking is available on Bridgeport Place, across the street.

**What to Bring:** Potluck dish to share and beverages. Bob will supply the burgers.

### Walk Run Opportunities:

- Walk or run the Cedar Hill Golf Course
- Run to Mt. Doug Park around the trails and back (9 miles), or
- Carpool to Mt. Doug Park and only run a 4.5 miler on the trails (Bob will lead this one).

### More Information:

Bob Reid. Tel: 384-1520.

Email: [breid@islandnet.com](mailto:breid@islandnet.com)

## HARRIERS AFTERNOON CHARACTER RIDES (Hackers) - 2006

Ride No.	Date	Route	Meeting	Place/Time	Distance	Riding Time
1	Fri. May 19	Rocky Point, East Sooke Gillespie, Sooke Road This ride is tough and features six significant climbs, Lagoon, Pears/Sundance, Lindholm, Rocky Point, East Sooke and Gillespie. Pie at RR Café. Rating – Difficult	RR Café	Noon	54K	2:00
2	Wed. June 21	Munns, Ross-Durrance, Willis Point, West Saanich This ride is taxing with four long climbs and an optional route of Prospect Lake Road or Wilkinson Road back. Beer at the HoJo. Rating – Difficult	HoJo	5:00 p.m.	42K	1:30
3	Wed. July 4	Lands End Loop, back through Sidney This ride features an undulating to flat route with dinner of fish and chips at "Fish on Fifth" in Sidney, then a 50 minute ride back to 1251. Rating – Easy, but long.	1251 Tattersall	5:00 p.m.	70K	3:00
4	Sun. July 23	Three Ferries Ride, Salt-Spring, Crofton, Mill Bay This ride features the Swartz Bay ferry to Saltspring, cycle the length of Saltspring, Ferry to Crofton, ride to Mill Bay and ferry to Brentwood Bay. Cycle back to Sidney and finish with dinner at the Odyssea Restaurant. Rating – Moderate.	Mary Winspear Centre	8:00 a.m.	80K	4:00
5	Mon. Aug 7	Sooke to Jordan River and back to Sooke This ride has some very long ups and downs, especially near Shirley and Jordan River. Finish with a giant hamburger and pie at Mom's Café. Rating – Difficult.	Mom's Café	10:00 a.m.	65K	2:45
6	Mon. Sept.4	Orcas Island and Whale Watching Tour The final ride is the best, a social loop on either San Juan Island or Orcas Island on Labour Day Monday. Lunch half way and burgers and beer at the end. Registration is a must, at least one week before the ride. Rating – Easy.	Inner Harbour	9:00 a.m.	60K	3:00

HACR Program developed by Bob Reid, May 1, 2006. Please do not copy without permission.

[b Reid@islandnet.com](mailto:b Reid@islandnet.com)

### Volunteers Needed

 **RUN FOR CANADA**  
**COURONS POUR LE CANADA**

July 1, 2006



#### 2006 Hbc RUN FOR CANADA

Join friends, family and thousands of other proud Canadians and get a running start on your Canada Day celebrations. On July 1<sup>st</sup> participate in the third annual Hbc Run For Canada and help raise funds for Canada's athletes. The Hbc Run For Canada marquee event is a scenic 10k run. The 3k Family Walk or 1k Kids Run is a perfect event to start your Canada Day off right. Bring your family, do it alone, or sign up a team of neighbors and friends to raise money for our future star athletes. For more info please visit [www.hbcrunforcanada.ca](http://www.hbcrunforcanada.ca)

Volunteers may sign up on line or contact Eileen Carroll 384-9950 or [eileencarroll@telus.net](mailto:eileencarroll@telus.net)

## CLUB INFORMATION

Visit the Harriers website at:

<http://pih.bc.ca>



### 2006 Executive

**President**

Susan Norrington..... 384-0171

**Vice-President**

Randy Jones.....474-6546

**Treasurer**

Bob Reid.....384-1520

**Secretary**

Sandi Heal.....472-0011

### Club Meetings

The Club meets on the second Tuesday of each month at the Cedar Hill Recreation Centre at 7:30 pm. Club meetings feature race reports and social functions. Race entry forms, information sheets and results are usually available. We encourage all members and interested parties to join us. Bull sessions follow in the licensed Rec Centre Lounge.

**Upcoming Club Meeting Dates**

June 13

July - Summer Social Runs/BBQs

Aug - Summer Social Runs/BBQs

September 12

October 10

November 14 (AGM - election of officers for 2007)

### Newsletter Info

Contributions are always welcome. Send comments, letters, race reports, training ideas, articles, photographs, recipes, cartoons... anything!

Sandi Heal

Email: [sandi@pih.bc.ca](mailto:sandi@pih.bc.ca)

### Upcoming Club Runs

See page 35

**Sunday, July 23, 2006.**

Run, Bike then Lake Swim.  
Debbie and Sabina's. Shawnigan Lake.

**Sunday, August 13, 2006.**

Harriers Annual Summer BBQ and Lake Swim at Ken Smythe's Place.

**Sunday, Sept 17, 2006.**

Mt. Doug or Cedar Hill Golf Course. Bob Reid's run.

### Upcoming Races

Wednesday, June 14, 2006

**Twilight Shuffle 4-Mile**

<http://pih.bc.ca/TwilightShuffle2006.pdf>

Saturday, June 17, 2006

**Kusam Klimb**

[www.kusamklimb.ca](http://www.kusamklimb.ca)

Sunday, June 18, 2006

**New Balance Half Ironman**

[www.island-multi-sports.com](http://www.island-multi-sports.com)

Sunday, June 25, 2006

**Scotiabank Half Marathon & 5K**

[www.canadarunningseries.com/svbm/](http://www.canadarunningseries.com/svbm/)

Sunday, July 1, 2006

**Hbc Run for Canada**

<http://secure.hbcrunforcanada.ca/>

Saturday, July 8, 2006

**Langford Festival of Miles**

Frontrunners Westshore. 391-7373

Saturday, July 16, 2006

**GutBuster - Westwood Lake, Nanaimo**

[www.gutbustertrailrun.com/](http://www.gutbustertrailrun.com/)

[GutBuster\\_005.html](http://GutBuster_005.html)

Sunday, Sept 3, 2006

**9th Annual Harriers Songhees 5K**

<http://pih.bc.ca/songhees5k.html>

For additional races, see the race

calendar on our website at

[www.pih.bc.ca/calendar.php](http://www.pih.bc.ca/calendar.php)

### Weekly Training Runs

**Saturday Trail Runs**

**8:00 a.m.**

Meet at the main Prior Lake parking lot 1.5km up Highland Road. The classic Prairie Inn Harriers social run. All runners and walkers welcome - a group leader for all paces. Approximately 60 minutes on the trails of Thetis Lake and Francis/King parks. Post-run refreshments supplied by the club. Breakfast follows at nearby Chequered Flag on Millstream Road.

**Tuesday Night Workouts**

**5:15 p.m.**

Meeting at Mt. Doug from May to June. July is WILDCard month—different location each week. Beaver Lake from August to September. Speed and power development program. Workouts vary to keep things interesting. Sometimes it's hills, sometimes it's flat intervals. All paces represented - everyone welcome. Schedule:

<http://pih.bc.ca/PIHTuesday2005.pdf>

**Thursday Morning Runs**

**9:00 a.m.**

Meet for 1 hour adventure runs. Different venues, different leaders. Check out the new Thursday Morning Group Web Page for run reports and information on upcoming run locations. <http://pih.bc.ca/Thursday.php> For more details call Maurice Tarrant at 478-4122 or email at [mtarrant@islandnet.com](mailto:mtarrant@islandnet.com). Or call Brian Turner at 658-0012 or email at [brian-nelda@shaw.ca](mailto:brian-nelda@shaw.ca). You can ask to be added to the email list for run reports and updates. Weekly emailed run reports are also re-posted on the chatline.

**Monday Through Friday**

**YMCA, 12:05pm**

Meet at the rail at Quadra Street and Broughton. Run with the legendary lunch bunch. Join the grizzled veterans for a hard-nosed road run.