

# PRAIRIE INN POST

NEWSLETTER OF THE PRAIRIE INN HARRIERS

WINTER/SPRING 2011

## THE Q'S VICTORIA TRACK SERIES

SUSAN NORRINGTON

IRONMAN KONA

KIRSTEN ARENSEN



STEWART MOUNTAIN 10 MILE

CHRISTINE THATE

NEW YORK CITY MARATHON

BRENT CHAN

HALLOWS EVE HALF MARATHON

SHANE RULJANCICH

LGRR GUNNER SHAW VANCOUVER

KEITH MILLS

## New Members: 2011

James Ogden, Hayden Earle, Scott Holland, Sabrina Wilkie, John Antill, Matthew Salmon, Keisha-Mae Patten, Dylan Wykes, Michael Greenly, Broderick Thorne, Michael Thorne, Suzanne Thorne, Richard Hunt, Cheri Reimer, Dan Smith, Kaitlyn van der Werff, Anne MacLaurin, Christine Tomori, Ian MacKenzie, Nick Sunderland

**New 2011 Canine Members:** Cash Foweraker

## Membership Has Its Benefits

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Becky Kendrick



**Club Newsletters** - The Prairie Inn Post summarizes seasons of races and social events and is available to all club members.

**Team Participation** - Some events, such as relays, interclub challenges, marathons and the Island Race Series encourage team entries. Club singlets, shirts, shorts, skirts, jackets and other apparel is available.

**Monthly Meetings** - The club meets regularly to discuss race reports and social functions. Entry forms, information sheets and race results are available at these meetings.

**Social Events** - Annual Awards Night, family picnic/barbecue and other theme parties are included in the social functions of the club.

**Club and Wilderness Runs** - Regularly a different member of

the club takes a group over his or her favourite training route. Runs are generally followed by brunch at a nearby pub or restaurant.

**Race Equipment** - The club has excellent equipment for timing, course marking and establishing a finish chute for any race. Equipment is available for rent to other running clubs.

**Historic Information** - Race results and photographs of most club members are contained in the club's archive files of over twenty binders and albums dating back to 1976.

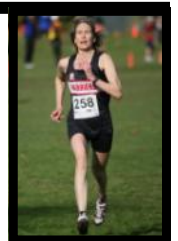
**Current Membership** - Today the club has many members covering the full spectrum of running and walking abilities from the recreational once-a-week jogger to the elite competitive runner or race walker. Family memberships allow group involvement of all family members for a reduced fee. See back cover or <http://pih.bc.ca/membership.html> to register.

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**ADDITIONAL EDITING/ PROOF READING:** WENDY DAVIES



**ON THE COVER:** AASHA GILL GOLD AT THE Q'S VICTORIA TRACK SERIES





## Bob Reid – A Community Sports Hero

All of us who know Bob Reid admire him for being a powerful emissary of the sport of running. On January 18, he was honoured by Sport BC as one of the dedicated sport leaders in Victoria when he was presented with his Community Sports Hero award at the Laurel Point Inn.

The Community Sport Hero Awards celebrate volunteers who have contributed eight or more years to sport, recognizing coaches, officials, mentors and administrators who have dedicated themselves to grow and develop amateur sport at the community level.

Bob was nominated by Maurice Wilson, Technical Manager Road and Cross Country Running for BC Athletics.

With Bob, the following Community Sport Heroes were honoured.

- Ed Ashmore, Wrestling
- Chantal Brodeur, Special Olympics
- Alison Ducharme, Patti Hunter and Kelly Mann, KidSport
- Nelson Hughes, Fastball
- Anne Lansdell, Athletics
- Ian MacLean, Rugby
- Bob Reid, Athletics
- Dave Wilkie, Lacrosse

When I was approached by Sport BC to give them a list of Bob's friends who would like to attend the event, I thought they won't have a room large enough. They told me they wanted it to be an "intimate" evening and that we had to keep the guest list down. I invited the directors of the Harriers and the Goodlife Fitness Victoria Marathon and wanted to invite many more. As it was, Bob definitely had the largest contingent of well wishers at the event. Since most of you were not able to attend, here's a description of Bob's part of the evening.

Below is the Sport BC script describing Bob's amazing involvement with running.

Bob joined the Prairie Inn Harriers shortly after it was founded in 1978, and for the last 32 years has been a director of the club including five terms as President, and many more as membership registrar and treasurer making him instrumental in the success of the club.

Bob has also been part of the organizing committee of the Victoria Marathon since its inception 31 years ago, including serving as President of the Marathon Society for the last five years. He has served on the board of both the Vancouver Island Runners' Association and the TC10 K. When not organizing races himself, he can often be found emceeing at other events.

More visibly, Bob has inspired and coached many Victoria runners by regularly leading runs at Thetis Lake and around the city. His dedication to the sport he loves has helped establish Victoria as the unofficial Running Capital of Canada and helps make him a true Community Sport Hero. Bob accepted his award with his usual humility. Here is his acceptance speech.





Bob accepted his award with his usual humility. Here is his acceptance speech:

"I just want to come from a different angle here as far as the appreciation you get being a volunteer. It's being with people and surrounding yourself with those who care about sport. As well, I would like to acknowledge the board of directors of the GoodLife Fitness Victoria Marathon and the Victoria Marathon Society. Almost all of the Board is here, including the General Manager, Cathy Noel, and the Race Director for the last 22 years. His name is Robert Hugh Reid. My name is Robert Hugh Reid and people call me about his business and I answer all their questions and vice versa. It's really quite transparent to whoever called as to who they are talking to, but they got the right answer, so they are happy. But the main message is to surround yourself with good volunteers who give you a good appreciation of the event you are dealing with. In my case, it's running. And certainly the GoodLife Fitness Victoria Marathon is a world class event. We get compliments from people who travel to Victoria year after year, and they keep returning bringing more people to the city. It is a keynote event.

And the Prairie Inn Harriers, I was so pleased to be one of the first members. My mentor was Alex Marshall. He not only started the Prairie Inn Harriers, but he also started the Royal Victoria Marathon in 1980 as well. He was instrumental in the running scene when the club was only three members strong, and now the Prairie Inn Harriers has 705 members. It's the largest club in British Columbia and one of the strongest organizing groups in road running in Canada.

So I thank the people, particularly Rob and Cathy and Sandi and Susan Norrington, president for the last 11 years of the Harriers, Sylvan, Wendy, Gary, Garfield and all the others who came to support me tonight. And you do gain friends. And I acknowledge all the other nine recipients tonight. I am sure you have gained friends through your sport as you have in the community. Thank you."

I cannot think of anyone who is more deserving of this award. Bob has dedicated much of his life to running and organizing premier events. He has mentored many of us to become better runners and event volunteers. The Prairie Inn Harriers and the rest of the Victoria running community are so fortunate to have him as our Community Sports Hero.



Spring was always an exciting time in my home, for me anyway. My father—a minor prodigy as a baseball player and sprinter in high school – came alive this time of year to take me out to the local diamond to practice baseball, (more) soccer and other sports. I would beg him daily, relentlessly for sport, never for money, unless it was \$3 for a swim at the Crystal Pool and a bag of salt and vinegar chips for the long walk home (using the bus fare for the chips). I enjoyed those first days of spring immensely, it's always the smells of spring that trigger those fond memories. George Santayana wrote that “to be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring. “ I am hopelessly in love

with spring and happy, thanks anyway, George.

In Keith Mills' first-person recount of his LGRR Gunner Shaw 10k Cross Country race, he reminds us of the time of year it is. It is cross-country racing during the more harsh winter that allows us to view spring training and racing as a gift, when it arrives. Mills explores his desire to deal not only with individual competitors, but to help his team, as a cog—an important cog and the social implications of riding the 90-minute ferry twice in one day with the likes of Simon Pearson. Again, Keith comes through with an entertaining tale.

Brent Chan, who you have read in the Autumn issue of the Prairie Inn Post, challenged the Los Angeles Marathon; this time he entered and finished ING New York. Brent brings a detailed recount of getting up 4:30 am Eastern time to travel to the start of a massive event and takes us through the race, which was a birthday gift from his wife, which just takes the cake (had to—sorry).

Shane Ruljancich shares in his efforts at the Hallow's Eve Half Marathon for a potential, all hallowed win, while Christine Thate, in self-deprecating style (as always) reports from somewhere else in the pack of the Stewart Mountain 10 Mile trail race.

And on the entry from Mark Bomba—one of our many mainland club-mates - as the idiom goes: this guy has forgotten more about running than you and I will ever know. Except he hasn't forgotten anything. I had the occasion to sip a couple of dark beers with Bomba recently, he has also lent me a boatload of classic running books, twice. It's not a small library. You may note that of the previous Coach's Corner contributors - as elite as they are - they have not provided specific running advice, no secret race tactics, plans for peaking, not even schedules or workout programs. There is much more to run-training once you push back the curtain of numbers and stats that hide the holism of what it is to train and race the body and the mind in respect to their influence.

Lucy Smith, Jon Brown and Bomba's previous submissions all have talked generally about state of mind. As the legendary coach Joe Vigil operates: It is about the state of the mind. Speaking of libraries and state of mind; sure he can talk training details with the best. But he can motivate you to embrace running lore; perhaps to wear shirts declaring statements like, “gaunt is beautiful” or cause you to chance high-jumping Volkswagen Beetles, to bust your ass on the 3rd one, laughing, ala Once a Runner. Or perhaps motivate you to want to run 100 mile weeks, repeatedly, as he has done.

May this spring be an inspiring time and perhaps you will fall in love with all that the season brings and what your club mates have delivered through their contributions to the Spring issue of the Prairie Inn Post brings—Happy Running.





Happy belated New Year to all! I hope that your 2011 is getting off to a great start, and you are beginning to anticipate the classic Prairie Inn Harriers (PIH) social events, as well as several new ones on an evolving and exciting itinerary for 2011.

The Annual PIH Awards Night will be upon us soon. Don't miss this great opportunity to come out and celebrate excellence in running, cycling, adventure racing, and race walking in the 2010 season.

Along with performance related awards, many humorous awards will be presented to unsuspecting Harriers as well. This event is open to all members, so please come out and enjoy food supplied by the club, beverages, draw-prizes, and celebrating with your fellow Harriers. Join us February 25<sup>th</sup>, 2011 at 7:30 PM sharp at the Cedar Hill Golf Clubhouse, 1400 Derby Rd. See the PIH webpage for more details, and please RSVP no later than February 22<sup>nd</sup>.

Please also join us at PIH club meetings throughout the year on the second Tuesday of most months. Come find out about club business, and enjoy the exciting line-up of speakers that is evolving for 2011. This year we have speakers presenting on topics of travel, international trail running locations, and nutrition for running, health, and performance. Our next club meeting is March 8, 2011, with Garfield Saunders presenting his travel experiences and dramatic photos of Nepal. We are currently meeting at the Gordon Head Recreation Centre at 7:30 PM until renovations are completed at Cedar Hill Recreation Centre. Again, see the PIH web page for all meeting dates and location updates.

Many of us are also looking forward to the resurrection of several PIH cycling, hiking and running activities. Over the coming months stay tuned for email and webpage updates on weekly cycling activities including weekend road rides and mountain biking. The Hound's Hikes and three annual wilderness runs are also already in the early stages of planning.

Best wishes for 2011!



Thursday Morning Group



Dean Park Hike



Lucy Smith



Track Series Start



Thursday Morning Group

# Coach's Corner

"People can't understand why a man runs. They don't see any sport in it. Argue it lacks the sight and thrill of body contact. Yet, the conflict is there, more raw and challenging than any man versus man competition. For in running it is man against himself, the cruelest of opponents. The other runners are not the real enemies. His adversary lies within him, in his ability, with brain and heart to master himself and his emotions."

~**Glenn Cunningham**, two-time U.S. Olympian

I often get into this idea of 'running is not fun' so why the hell do it? I know there are the running geeks and lifers who can't see themselves doing anything but running. I cannot say I follow that belief, at least not in regards to actually liking running strictly for the sake of running.

So why the heck would I then go out, day in day out and run some god-awful 100 mile weeks (well maybe not right now, but at times in the past). One will always see me quoting some idea from the book 'Once a Runner' or as I call it 'the bible'. Well the only real answer I've come across is the idea from Joe Vigil of 'Satisfaction', but even then there have been many times when I have quite simply walked away from a workout/run literally blubbing because it was no longer positive in any way. But wait...not all is lost.



If I found out anything, it's that those times that are the darkest also have the greatest impact on one as a person. I've always viewed running as a concept where you really find out what happens 'when the #^%^ hits the fan'. That's one of those things where I



often feel I have huge advantage over many athletes/coaches and that is in experiencing those absolute lows in combination with those moments where things simply come together. The key to that 'stickingitoutedness', as I would come to realize was belief.... So here are my keys to the idea of belief and an \*inside story which no one has ever been told (if you've been around me on long runs you know I tell a lot of stories):

- 1) You need to believe in yourself (both mentally and physically): that you have the ability to achieve your full potential.
- 2) You need to have faith in your training (that you have properly prepared, the example I like to use is when Shorter and Prefontaine were training in Colorado in the winter and Pre was whining about it being cold and snowy...apparently more like a blizzard...when Shorter simply said, "We are training harder than anyone in the world right now").
- 3) Understand what you can control and leave the things you cannot control alone. This is a tough one, but it's also a future submission idea, and that is that your first goal should be simple. Your goal is to pay attention to the process..in other words doing all the things you can do to be your best.
- 4) Belief will carry you through difficult times, if you truly believe.

\*See Bomba's Blog for this untold story—<http://markbomba.blogspot.com/>



# STEWART MOUNTAIN 10 MILE

BY CHRISTINE THATE

OK – we had our heyday with the Q’s Victoria Track Series. 1<sup>st</sup> place award in woman over 50, my good buddies let me win and I am eternally grateful. But, now, here is Cross Country Season and it has come with lots of challenges. I’ve done a couple cross-country runs and some training runs, but the coziness of indoors and other pursuits have led me astray. But due to a plea from a certain person, name not mentioned, in the washroom line-up to the Gunner Shaw race, “You’d better do Stewart Mountain as I’ve signed up and I don’t basically want to come in last,” beckons to me, and the proverbial promise – “Will sign up when I get home,” chimes back. Well, Stewart Mountain was signed up, and the day rolled around sooner than later and here we were at the start line. Even the shoes got left behind at the last race – Gunner Shaw Vancouver – a sure sign that one should take up another sport, but they were dutifully returned to me, and they were now cleaned up and on my feet ready for this new challenge.

I had stopped at Shell Station as I had signed up three races earlier for a Buy 9 coffees get the 10<sup>th</sup> one free plus air miles coffee card. What was I thinking? – I can’t drink that – trying to give it away wasn’t an option, so a few sips, a few whines and it was ditched. Was thinking there would be some salvation in an early bird start (Stewart Mountain for the fit fasties, has an early bird start for some people at 11:30).



Jane McDonald, Wendy Davies and myself—left to right.



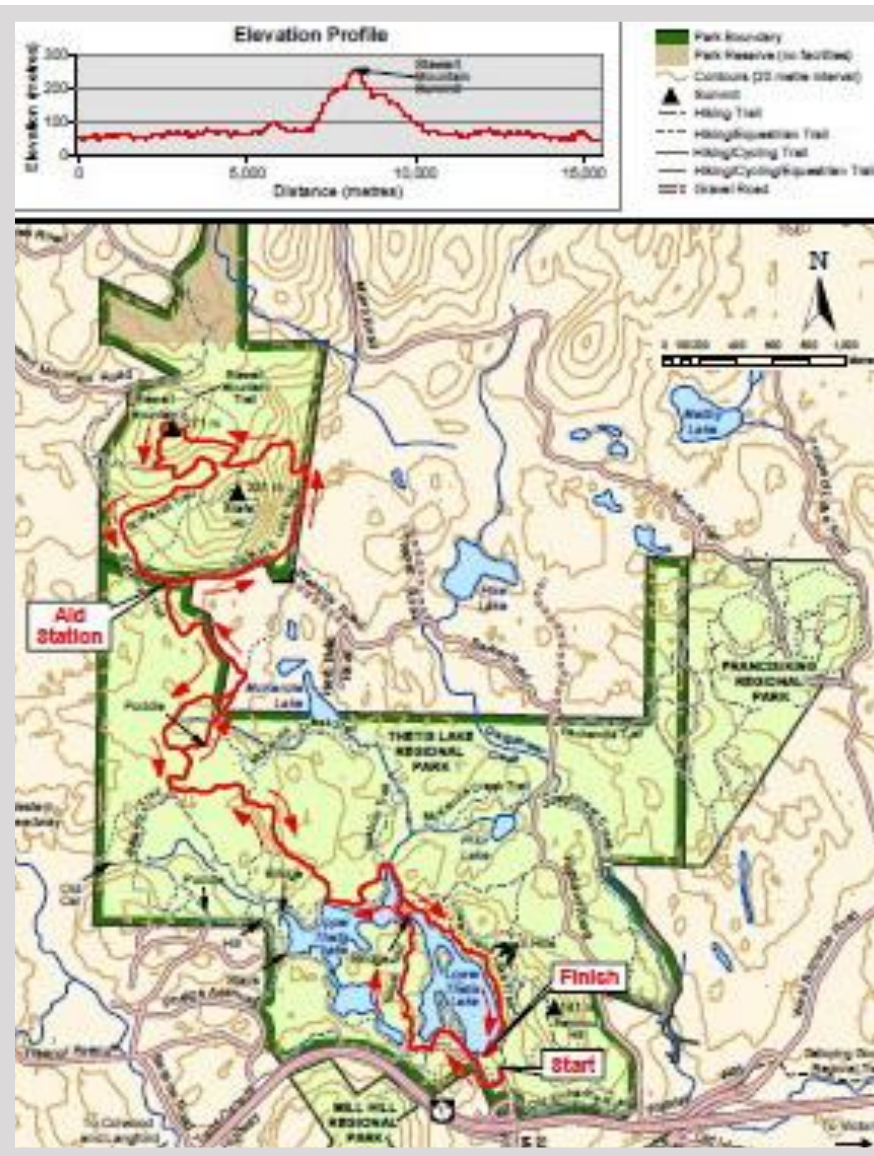
← The medal, except this one is for a different age-group

I was first in line for the early start – hoping that there would be some miracle blitz of the first 6 miles and then I could coast the rest and beat the pack back to the pub . No such luck – everyone else looked way keener. My partner who had egged me on to register (they probably will say I double dog dared him) – was running with someone half his age, so I had no cozy company there. We took our places and out they all shot ahead of me, then it felt like an inferno had hit me, and I had to ditch toque, gloves, and over shirt just to survive. Arghhh – a kindly young couple offered to take them back to the start for me. So, comments of I had to pick up the pace again in order to finish before the awards type thing were mentioned my way, so I dutifully dug deeper and treaded harder. I was certainly glad I’d ditched that Shell Coffee – maybe I would have it when I got back. I never did see the back of the pack, I was the very back of the pack. It was serene, it was plodding history, it was magical being last – I could turn around and finish first. But, now, that would be embarrassing. So, on I trudged, the old lead legs routine (better than lead foot anyways).



## STEWART MOUNTAIN

The start of the mountain ascent arrived and at that point the 12:00 o'clock elite crowd had mostly passed me, or were about to. Not knowing if I should run or walk up the mountain (I've since found out that basically it is just as easy to run up a steep mountain), I walked, somewhat tilted backward, trying more to tilt forward and a trail of elite runners were passing me on the right. Most with very cheery "Hi Christine" – "Hi – I'll feel better when I've finished." I exuded a thought wave that would pass to my good friends, all of them in infinitely better shape than I. Merrily, the top was reached, someone had an unfortunate wipe-out, but yes, she was OK (I definitely understand wipe-outs – shades of Prostate Run 2009 – ended up with a hematoma). The downhill was definitely fun, here it



was – I was finally flying (no not flying – remember 2009) down Stewart Mountain – one knows better than to fly. Did I mention about the small lakes we had to traverse through? – It was close, very close – a slight more tilt to the right, and not only would I have been last, but I would have been a drenched and muddy last. A slight helicopter movement with the right arm and shoulder avoided that almost disastrous plunge. Ended up winding the final stages of Thetis with all the grand up hills, and the somewhat sinking feeling that yes, indeed, all of the 12:00 o'clockers had passed me. A very cheerful red haired girl egged me on to finish strong, but that was far from my thoughts. Well, at least I wasn't drenched as I heard someone was indeed notorious for face planting, not only Gunner but Stewart as well, but had finished in a blaze of glory. I finished – Dr. A – a very encouraging 3 races in 3 weekends call in (I'm glad he omitted the last place part) – and I'm done. Shoes off, slipper type shoes on. There also were my toque, gloves, and over shirt nicely placed on a table for me. Coffee cup retrieved and onto the awards. marvelled at all the

hardy souls that had won the awards. Lovely draw prizes as usual and wonderful volunteers – all so cheerful and supportive. Thanks to the Prez – she looked pleased I'd run too – no one was embarrassed at all. The after race party at the 6 Mile was wonderful too. So, indeed last place is magical – and I've got company now – I've got a friend at work, who is also a slow runner and she is half my age too, so we have lots of fun whining (wining) in our coffee breaks. I've got a slight case of shin splints now (guess I did thump those down hills harder than I should have) so rest is ordered for a while. I will revel back a few months now as we swing into 2011, and relish the memories of 2010. Cheers, and to all a good race season for 2011.

# LIVING THE DREAM AT THE IRONMAN WORLD CHAMPIONSHIP

BY KIRSTEN ARENSEN

On October 9<sup>th</sup>, 2010, I had the opportunity to take part in one of the greatest sporting events on the planet, the Ford Ironman World Championship in Kona, Hawaii. Getting there was no easy task, for of the 60,000 plus athletes that race Ironman triathlons around the globe each year, only 1,700 qualify to race at the world championship. I earned my slot by qualifying at Ironman Cozumel in Mexico in November 2009. I'll never forget looking at the results and realizing that I had made it to Kona. As an athlete it changed me forever, giving me confidence to believe that I could accomplish anything that I set my mind to.



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*“All the pressure is off you now. You made it to Kona, so just enjoy it.”*

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My first introduction to Ironman was back in 2000 when I belonged to the YMCA triathlon club, and there was a couple, Bob and Carolyn Gebbie, who were training for an Ironman. These guys were my heroes! I thought they were crazy though, training to race a 3.8km swim, 180km bike and then run a full 42.2km marathon. Who does that?! I honestly

believed that I could never be like them, but crazily enough, there I was 10 years later, on my way to the Ironman World Championship. During athlete registration, I couldn't believe my eyes when there volunteering were my original two Ironman heroes, Bob and Carolyn Gebbie! They hugged me and wished me a great race; I took it as a good omen.

As race day approached I tried my best to take the advice of all my triathlete friends, who said, “All the pressure is off you now. You made it to Kona, so just enjoy it.” My brain doesn't work that way though, there was always the looming thought that making it to the start line of an Ironman is no guarantee that you will finish.



## IRONMAN FROM PREVIOUS

On race morning I managed to overhear a few words of wisdom in the port-a-potty line up, "I've worked too hard to be disappointed with the outcome of today." With that thought in mind, I headed for the swim start in Kailua Bay. At 0700 the cannon sounded, and I found myself in a sea of thrashing limbs, choking and fighting for my space in the water. It wasn't exactly pleasant, and I was thankful to get it over with and head out on the bike. It was baking hot biking through the lava fields, which sucked up the sun's heat and raised the temperature of the asphalt to 60 degrees Celsius. That combined with the legendary Kona winds (one guy got blown right off the road into the ditch) made the



prospect of running a marathon a welcome change after 6 hours in the saddle.

My legs tended to disagree though as I jumped off the bike and ran into transition, it's almost as if they were laughing at me, saying, "You want to do what now?! Run a marathon...forget it!"

I pushed the thought aside and ran into the change tent, and took an extra bit of time to change into my Canadian Forces running singlet. This turned out to be a very wise decision because constantly hearing "Go Canada!" and "Go Canadian Forces!" filled me with pride and motivation to press on. My friends and family who travelled with me, 9 in total, were scattered along the course, and hearing their cheers and getting high fives from them was awesome.

The aid stations every mile were like an oasis in the sweltering afternoon heat. The offerings of cold sponges, ice, water and cola were like a godsend and I convinced myself that I could run another mile to the next aid station...25 times. For me, the most important part of Ironman is to finish strong, and somehow, in those last 9 miles, despite the pain and fatigue, I managed to pick up the pace and ran strong all the way back into town. As I turned onto Alii Drive the crowd

was roaring, and I was elated as I crossed the greatest Ironman time, 11:27:15 and my strongest finish ever.





# NEW YORK CITY MARATHON

BY BRENT CHAN

I never thought I'd be one of those people who would seek out a big event to celebrate a milestone birthday. Even when my wife surprised me with an entry into the New York City marathon, I didn't know how big a deal it was. New York is a fantastic city and the marathon really is spectacular. Close to 45,000 finishers and many from other countries. They have so many runners that they



start in three waves, each wave half an hour apart. You start on the Verrazano bridge, and each wave has three different starting locations (three different ramps onto the bridge) and the three groups (blue, green and orange) don't come together until mile 8.

4:30 am alarm. I was scheduled to catch the buses from Midtown Manhattan at 6 am. I walked to the bus location and passed the lines of buses. There were 10 blocks of buses parked two lanes wide waiting to pick up runners. I was a little early so actually got to the holding corrals at Fort Wadsworth around 5:45 am. That meant a 2 1/2 wait until the starting corrals opened. The weather at the start line was about 3 degrees Celsius, with brisk 20 km/h winds but clear. It was a long very cold wait until the corrals opened. I was in the first wave so my start time was 9:40 am, others had to wait an hour more. Fortunately there are some tents and lots of bagels, power bars, coffee and porta-potties available. One thing this race is, it's organized. Volunteers everywhere, lines kept very much to the minimum.

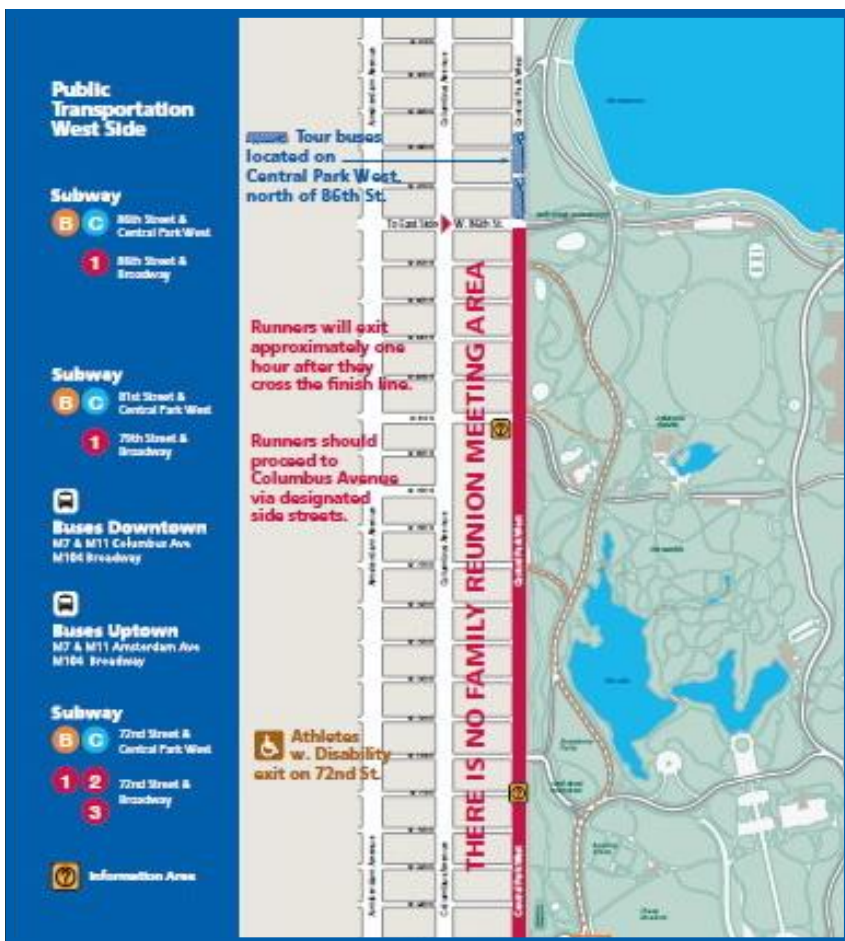
As I was waiting for the gun to go, I met another runner, Bruce, who just happened to be from Victoria. The previous day I'd met some ladies from Victoria on the course tour. Amazing, so many people and randomly running into people from Victoria.

The first mile is all uphill on the V-bridge. The wind howled through this section as you are very exposed. It's about a 250 ft elevation gain in the first mile and it's the biggest hill on the course. Fortunately, you barely notice with all the adrenaline from the start. A cannon starts the race and there are helicopters everywhere. Fire boats in the river make this scene truly spectacular.

The first 13 miles of the race are through Brooklyn and much of that on 4th Avenue. Even with the wave start there are still 15,000 runners coming together on a single four lane road. At times the road was even narrower but it was usually easy to find space to run. I went through the first 5k in 24:39 which was a little fast but not crazy. After 5k the green wave turns onto 4th Avenue and the crowds really start to pick up. There were so many people and lots of very creative signs. New Yorkers certainly have a sense of humour. The mantra for me was to "not work hard". Probably sounds a little strange, but it meant that if I ever felt like I was pushing the pace or working hard to maintain it that I should slow down. I found it worked very well for me in this race and I went through the second 5k in 24:45.

New York is notorious as a hilly course so I had set my goal at 3:35 (still this would be 10 minute PB). The marathon website actually suggests adding 5 to 10 minutes to your normal marathon time which I thought was a little extreme. I was through the third 5k in 25:21 which was right around the 5:05/km pace I wanted.

One other thing about big city races is that the water stations are very frequent. In both LA and NYC they were every mile which gives you plenty of opportunity to get water or Gatorade whenever you needed. With the cool temperatures overheating wasn't much of an issue.



With an estimated 2 million spectators, the crowds are famous in New York, but through mile 10-11, it's a very strange place. You run through a neighbourhood dominated by Hassidic Jews who wear traditional dress and for years fought having the marathon go through their streets. They even fought bike lanes as they don't like to see people in shorts. They go about their business, but for blocks there are almost no spectators. Other than the bridge crossings, this is definitely the quietest place on the course.

Shortly after 20k you cross the Pulaski bridge into Queens for the next 3 miles. Fourth 5k in 25:26. In Queens there are a number of 90 degree turns that can be difficult in large groups. You also approach the Queensboro bridge which is the next biggest hill on the course. You run on the lower level of the Queensboro which can play havoc with people like me who are using their GPS for pacing. Fortunately at this point

you're pretty dialed into your pace.

Turning onto 1st Avenue in Manhattan after the quietness of the bridge, has been described as a wall of noise. Crowds here can be several people deep and it's a long straight stretch that really inspires the runners. I think it's a bit of a danger zone though as you are approaching 30k and the crowds can really make you pick up the pace. It's also a long false flat that inclines slightly to the bridge leading into the Bronx, so pushing the pace here can hurt. In the men's pro race, some serious moves were made here to break up the field. I was still feeling good going though the 5th 5k in 25:48 and the 6th in 25:13, however, I noticed that my thoughts had become increasingly "short term." I was now focusing on holding form to 30k, and then to 20 miles, and after I hit 20 miles, it was trying to hold pace to 35k.



On the last bridge into Manhattan from the Bronx, I slowed to ensure I could get my last gel in. I took a short 30 second walk to make sure I could get it down, but I also knew that once I've started to allow myself to walk the first time, the breaks start to come with increasing frequency. I still hoped to hold 3:36 or 3:37, but the last 4 miles through Manhattan into Central Park include a number of small rollers and people are warned about Central Park's "hills".

Those 4 miles were a struggle and my pace did drop off. I took a number of 30 second walk breaks but tried not to have it turn into a full-on collapse. At this point, it was very much about race man-



agement. The crowds are huge in Central Park and Tanya was there to see me although I never saw her. I saw the clock counting down to 3:40 and really wanted to break that barrier. It's such a different feeling to finish with a success than it is to suffer badly like I did in LA. What a tremendous experience and a new PB by close to 7 minutes!

I had a fabulous steak and lobster dinner after the race (with free wine when they saw my finisher's medal) ,and then spent a few days in New York celebrating my 40th birthday with a Letterman appearance (Google the Nov 12th monologue and look for me in the crowd, I actually talked with DL before the taping of the show about my race), a Rangers game at Madison Square Gardens and the Met.

Thanks to everyone who let me sneak into their training group this summer for long runs and to Hicham and the Monday nighters!





# HALLOW'S EVE HALF MARATHON

BY SHANE RULJANCICH

This race (and accompanying 10k) are part of the Run the North Shore race series which hosts over a dozen trail and road events throughout the year. This is the second race I have done as part of this series (I ran the Iron Knee 25k back in 2007). I really enjoyed the Iron Knee and have wanted to run it again in subsequent years, but have been thwarted by scheduling issues. This year, I really wanted to try a new race on the mainland, so a few weeks out Sonja and I decided to sign up for this one. I knew little about it except that it took place in Lynn Valley and therefore was bound to have at least some good single track.

The race started at Lynnmour Jaycee House right next to Capilano College. The venue was fine except for the lack of washroom facilities. One stall and two urinals for 150 guys just doesn't cut it. Lack of toilets is a common complaint for runners, but too many races still have insufficient facilities. Yes, we realize that there will often be lines since everyone wants to go at the same time, but having to wait in line 20 or more minutes really isn't acceptable. Fortunately, I got in early and didn't have to wait too long.

Being that I am competitive, I had researched previous winning times and course records for this race. Last year, James Richardson had dominated the field winning in 1:38:18, over 8 min ahead of 2nd place. Simon Driver holds the course record of 1:33:06. Looking at those times and knowing James' approximate fitness level since I have competed against him in previous years, I figured that any time under 1:40 would be a reasonable goal for me. Where this time would place me, I really had little idea since I didn't know who would show up.



As we lined up for the start, I saw Jen Segger who told me that she was trying to get some speed back into her legs after several multi-day expedition adventure races recently. Funny how everything is relative, since not too many people outside of the ultra and adventure racing crowd would say a half marathon is short. I also saw Gary Robbins, who wasn't racing, but was there as part of North Shore Athletics. He was sporting a crazy Norwegian Ski racing uniform from the 1980's. Many other volunteers and racers were also wearing an array of Halloween costumes that made for some interesting viewing. One day, I'll have to come up with a costume that is good, but still allows me to race at full speed.

Once we were underway, I was surprised to see a teenager in a Steed Cycle jersey, quite literally sprinting ahead. I know that I frequently comment on the crazy guys (usually young) who go out way too hard, but this guy was taking it to new levels. For a second, I thought I must have been in the wrong race as this guy was acting like we were in a 800m race rather than a half marathon! There was no way he was going to maintain that pace and sure enough within a few hundred metres, I caught up to him and passed him as he was clearly already cooked and gasping for air. Soon after though, I heard someone else close behind. As we entered some single track, one of the volunteers shouted, "Looking good, Simon!" Quickly putting thing together, I asked Simon if he was indeed the Simon Driver I was thinking about. Indeed he was.

I knew then that winning this race would not be easy. I asked him if he was going to try to beat his own course record, but he joked that his goal was only to keep up to me. Runners are generally humble though, so there was no way to know exactly how fit he was.

I tucked in behind Simon as we continued on some flat, windy and muddy single track for a km or so before descending down to the river. The decent included quite a few stairs, and I noted this knowing that we would be climbing back up these on the way back. Simon descended well, but I had no problems matching his pace. Once we got down to the river though and started a gradual climb up-stream, he really put the pressure on. I stayed right with him for awhile, but I felt that the pace was a little beyond my ability to keep up for the full duration of the race. I let him go figuring that I would see what kind of a climber he was when we hit the steep stuff. Either he would be gone or I would be able to close the gap and have a chance to get ahead. He had perhaps a 100m on me before hitting a steeper climb and I honestly I figured that this would be the last I would see of him.

# HALLOW'S EVE 1/2 MARATHON & 10KM

Once we got to the main climb which included many flights of stairs, I was surprised to be able to start pulling back the gap. Part of the reason I was able to do well on the stairs was because I was usually taking two steps at a time while he was only taking one. While it is not always possible to do them this way since sometimes you are just too tired, I have found it a more efficient method. While it is harder on the cardio system, it requires fewer legs contractions. After a few more flights of stairs, I was able to finish closing the gap and moved ahead. The climbing wasn't finished though as we still had a long gradual climb on a dirt road to the highest point on the course at 400m above sea level (7.5km in).

When I hit the decent, I had perhaps 200m on Simon, but as I winded my way down the technical switchback trail, he started to close the gap. I am a solid technical downhill runner, so he really had to have been hammering to catch up. By the time I reached the bottom, he was nipping at my heels. We crossed a bridge over the river and then started up the other side of the river on a double track. I was still feeling fine, but this sort of terrain can also be mentally tougher for me as it is somewhat monotonous. Simon was good enough to tell me what was coming up on the course so that was appreciated. We would soon come up to another moderate climb followed by some rolling terrain and a descent back to the single track we came up on.



## HALLOW'S EVE

This second main climb also had some flights of stairs, and luckily, my legs still felt good so I was able to move up well and gained a bit of time on Simon. On the subsequent rolling and downhill, however, he did his thing and pulled back up to me. It was a fun descent though with quite a lot of technical sections with roots and rocks. Partway back down the trail intersected the 10k race course and we were soon passing a lot of runners. There was a lot of "On Your Left!" and "Thank You!" being shouted for the remainder of the course. Everyone was very accommodating with the exception of the couple of runners who sported headphones. I frequently listen to music when I am out training on the trails, but in a race you need to be able to hear what is going on around you so I don't think



they should be allowed (at least not on shorter events such as this where there are lots of runners on the trail).

Simon stayed right with me on the gradual descent next to the river so it was still unsure who would grab the win. There was one 100m climb left before the final 2km of flat and downhill to the finish. I figured my best chance was to push as hard as possible up the hill. If I could gain 30s or so on him, I had a good chance of being able to hold that off the top. I gave it my all and the legs held out. The hardest part of the climb was trying to ask the 10k runners to let me by. My shouts became wheezes as I just didn't have any extra breath to spare.

As I crested the hill, I didn't look back and continued to push hard. The body still felt good and I was able to move well. With 1km to go, I did glance back and couldn't spot Simon. This boded well as it was unlikely that he would be able to catch me on the final 1km downhill. I stopped the clock at 1:36:05 well ahead of my prediction. Simon came in about a minute later and 3rd place went to Doug Giles a full 10min back. Tamsin Anstey won the woman's division with a 1:48:39 clocking good for 6th overall. Simon's wife Katrina was second and Jen came in 3rd. Sonja was the 8th woman in (out of 76) in a solid performance.

This was a quite a satisfying win for me as it was one with real competition. It was great to be able to run toe to toe with Simon for most of the race as this does not happen very often on these sorts of trail races. He is a great competitor and accomplished trail runner with many wins and course records to his credit (incidentally he convincingly won the Iron Knee in 2007 when I in attendance). It was morale boost to be able to run with someone of this caliber (even if he was not quite as fast as when he set the course record). Thanks to Simon for being there since there is no doubt that he pushed me harder than I would have done otherwise. Also thanks to the race organizer who put on a great race (the lack of sufficient toilet facilities notwithstanding). The course was well marked and marshaled and had a lot of varied and interesting terrain. While I didn't use them, there were also 3 aid stations which is more than sufficient for this length of race.



# LGRR GUNNER SHAW MEMORIAL XC, JERICHO BEACH

## LGRR VS. PIH CHALLENGE

BY KEITH MILLS

**What a blast!** A personal highlight of the year, and I have confidence in speaking for others that a great time was had by all. This event has a few neat twists. Generally, the “elite” competition is on the lower side of the scale, allowing for the next wave to put in some solid performances and score for their team. Many Harriers took advantage of this with the only exception being a very jolly, always smiling, off season cyclist who I won’t name, for Simon Pearson might be very embarrassed. Actually he probably wouldn’t. Simon is a class act, a true participant, and embodies magnificently a creed of participation while making a statement. In shape, out of shape, in wacky hats, running for performance, running for fun, running to stave off Type 2 diabetes and allow himself to eat the odd treat, there is a good chance you’ll see him at a local start line.

Simon did not score for our team, and was the butt-end of several jokes regarding the matter, but he acted as a cheerleader in motion to keep many other runners enthused, ushering the entirety of the PIH crew to take down all titles, in every age category, both genders included.

The ferry rides also included many bantering about the running vs. triathlon scene, personal talent vs. hard work and how the combination is even better, and nutrition. Imagine the PIH chatline live at 8am after a 4:30am awaking. My favourite moment that comes to mind involves Richard Knowlton, a current student/triathlete, with some decent talent and good work ethic, who is struggling to find the time. I think he could make some moves, and will when he finds balance. He is very diligent in his studies. I don’t think he realized the hole he dug, and couldn’t have without knowing a very humble Sean Chester, who sat back, observed and then gave advice. Richard’s complaint was of not having enough time to train, study, go to school and eat well. Simon Pearson went on at length of finding a balance, as to avoid simply just going crazy and becoming unhealthy. All in all, sound advice.

Then Chester speaks up. His advice includes that yes indeed we must find balance and put in the training. Richard was astounded that Sean was able to train through 90 mile weeks. What I don’t think Richard realized is that Chester is working on his PhD and has been running fairly reasonable mileage, save for a few injuries and sicknesses, consistently, the entire time. Richard ran well, and aided us to an overall team win in the men’s open division. Richard has continued to run well at events such as the Stewart Mountain 10 miler. For another example, one should meet Lucy Smith who balances motherhood, coaching, writing, public speaking AND training into a complete package.



A few vans deep, the Harriers crew came to the start line after mustering much more liveliness than exhibited on the ferry over where coffee and tea were consumed in abundance. A smattering of us even stopped at a nice, rustic little coffee shop for an extra fuel up before our warm up. Quickly, the blur that was a tired morning was replaced with bouncing runners, thigh slapping and shoulder rolling to awaken the senses. The field was considerably more interesting than the year previous. The Harriers boasted a much more elite team, at least in the open division, the year previous, sweeping many of the top spots. Upon looking around and conversing with Sean Chester, eventual third place overall and top Harrier's scorer, we deduced that my plan to go out for a tempo run and just stay ahead of LGRR's orange singlets would not be enough. Jeremiah Ziak was in attendance, so any bets would have naturally gravitated his way for the overall win. In any event, your money would have been safe there. Someone else arrived. A sea of blue. I am a fan of the work I have seen on paper, that the Vancouver Falcons (VFAC) have been throwing down. They seem to be a nice bunch of guys. Chester and I both quickly agreed we now needed to worry about blue singlets, not orange. If we could beat blue, that would take care of orange. Running isn't all about winning and



losing, but in the end, cross-country is. My goals were now to run about 35 minutes for the '10k'-ish course, finish the damned thing (as I dropped out of BCXC the previous year, same location, different course), and to beat Drew Nicholson.

Moments before the gun, and after a few strides, Gary Duncan motioned at Colin Dignum and told me to stay with him. Coming off the worst season I've ever had, plagued with injury and spotty training, I chuckled. Colin is also a very respectable runner, with a marathon PB that I couldn't touch with a catapult. Indeed, these times were from his younger days, but he is coming into good form again, and should make a rather nice assault on the Masters seen. Colin was also eventually one of our best placers overall, although he scored for the Masters.

And then the gun.

Not wanting to go out too fast, I made a huge mistake. I was boxed in by grey hair and middle schoolers in about 30<sup>th</sup> place. No disrespect to the grey hair, or the young ones of which I have major envy of both. I wish I had raced in school, and I dream to be racing when I am older. I have nothing but respect for both groups, I just don't intend on being buried with them this far back of the pack when Drew Nicholson is clipping along way up with the leaders. The plan was to let him go. He always goes hard. You may remember a young-looking fellow with a long stride, loping along, leading the way through the 1k marker at the Goodlife Fitness Half marathon with a 20m gap on the likes of eventual winner and runner up, Jim Finlayson and Matt Clout. My plan was to get him like I've gotten him before at the Scotia Half. Get him late, and don't roll with him. Simply drop him and push. Gary Duncan reassured me the pack would thin and I'd be fine. Gary runs every race in sight, and he knows his courses. Hell the guy has probably measured a solid chunk of the total number of courses any of us have ever run on.



The first lap was a breeze. Clipping along nicely, finding a rhythm and working through the pack for the first loop was confidence-building. 17:10, keep pushing, nice and steady. The sand stretch was energy sapping and relentless, but my mindset focused on the fact that we ALL had to run it. These hard parts won't just hurt me, but everyone else too. Coming through a small treed area on the second loop a miracle happened. Drew, kneeling and tying his shoe with a look of frustration and urgency on his face. I exploded on the inside, swooped past him and was just reveling in miraculous joy. Now Drew is fairly legit. On paper, he's actually run the half marathon distance considerably faster than me.

**“I exploded on the inside, swooped past him and was just reveling in miraculous joy.”**

I think I might very well still have him sealed on the 5k, but his half absolutely destroys mine. I knew one of two things immediately. He was very fit and this was actually a fluke, and he would blow by me any second, or that he was posturing, as we call it in poker. He had gone out too hard and was suffering. The shoe-tie was a notion that he was sort of packing it in. A clue that he had gone out way too hard and would now try and hang in there and get me on the end. He hung close. I grew some balls and surged before the sand, knowing it would obliterate me to do so. Coming out of the sand, I couldn't help but laugh at myself. I deserved it. My shoe became untied. I quickly deduced I could not stop. The difference between winning and losing today would come down to shoe tying. My shoe felt several times as though it would slip off, but I told myself I'd run with one shoe if I had too. Chester was now way out of range. I couldn't even see him. This in many ways was good, as I hoped he was with the leaders. I'm a big fan of Chester. I want to see him race well. I want to beat him one day very badly, and now may never. I am still a huge fan. He's never pompous, he likes beer, and he has that charisma that probably caused for heart throbbing and text book dropping in abundance in high school. This is not a man-crush, more just an appreciation for a work ethic and effortless stride coupled with a sense of extreme moral fiber and dash of humour. This is not a religious worship, although he does rather resemble, or at least shows a glimmer of Jesus.

***“I caught him, and never having beat him, almost crapped my pants.”***

Anyways, back to the race with Drew. The coolest thing about XC, is the races within the race. Someone thinking 30<sup>th</sup> overall doesn't mean anything, should try XC. I like the team aspect.

I was unsure how many VFAC singlets were on a tear ahead of me. Jason Louttit and Chester would have to take care of them. Oh wait, there is Jason ahead of me now. Crap! Jason was actively training for a 100 miler (which he recently won!) and was running more for endurance than speed. I caught him, and never having beat him, almost crapped my pants.

I could hear other runners behind me and thought “Dimnit, If Nicholson catches two of us he displaces two PIH scorers at the same time, but if we stay ahead his score stays”. I figured I had to be closing on the top-10 or so, but now coming through the creek and around an open field began to have stomach issues. Jason began to pull away. “Keith you cannot, will not drop out of this race” was all I could think. I felt, as though I could almost actually have a bowel movement before the finish line. “You’re running for a team today, not just yourself”. Mantras are all the strength I could muster. We came around a corner shifting right through the trees and then left and began to climb. “This sucks. Never mind that, no negative. Arms. Hills are all in the arms.” Second wind. Downhill. I started rolling again. Stomach settled. Come back here Jason, get off me Drew. As I pulled up to Jason I mumbled, “We have to get contact with the next guy.” He replied quickly “Go for it.” Since the race had unfolded in the first lap this guy had jumped me and got a break, not getting any further, but never coming back to me much. I wanted to get him, I knew if I could, my placement would help PIH. Walter. Hey there’s Walter! Walter was giving solid instructions to runners regarding the course ahead, opening up the stride, relaxing etc. He told me to move. I started to go, but just didn’t have the guts that day to really push. The gentleman ahead of me was not coming back, but nobody else was reeling me in. 35 minutes and change. I wasn’t worried about the time. I found Sean. Third. Yes. Great result. I was most concerned with the overall. We took down many awards, including sweeping the LGRR vs. PIH challenge. I quickly found beer and a burger. Gary and myself had Staff Christmas parties to get to with our other halves. I wanted a head start on the buzz.



The ferry ride back was great. Funny times. Inappropriate jokes including a conversation stopper exclaiming that ‘Well, it’s probably good post-run nutrition’ after a random conversation at what age is too old to still be breast feeding. There was coffee and ice cream and all sorts of crap we probably shouldn’t be recovering with, but hey it’s December.

Running is amazing. I used to hate XC, but I’ve made a resolution to fall in love with it, running in sloppy grass once a week or so. It’s made me stronger, and it’s a lot of fun. I encourage everyone to try it. XC is so much more than just going out to set a personal best.



# THE Q'S VICTORIA TRACK SERIES

## INTERVIEW WITH CHRIS KELSALL

BY SUSAN NORRINGTON

Last year fellow PIH member and PIP Newsletter Director Chris Kelsall saw that there was a need and desire for track meets in the Victoria area targeted to adults: elite athletes, competitive runners as well as first-timers and joggers, so he set about making it happen. He found sponsorship, secured a strong group of volunteers, sought BC Athletics sanctioning, publicized the events and organized competitions at middle distances and 5000m. The meets, which happened from May to September, were low-key, light-on-the-frills and heavy on fun. Everyone I spoke to who was involved with the series was enthusiastic and especially those runners who were not highly competitive. For some of them, it was the first time they had competed on a track and they were thrilled to be a part of the events and watch their times improve throughout the series.

Because I was interested in what prompted Chris to organize the series, I posed a few questions to him.

**Susan:** What motivated you to start the series?

**Chris:** Over recent years, I organized a few races at Claremont and Oak Bay tracks during the quality end of training (when faster running is added to mimic racing). I asked fellow Harriers who were typically finishing within 30 seconds either side of me to come out and race, tempo, time-trial or just pace someone else. So we had good groups of similarly capable runners taking in the 5000m races with some seriousness. Each time it became more fun. The core group was always the same plus new people showing up each time. I also looked at the race calendar and noticed that while road racing is well entrenched in the community, cross-country and trail running had grown immensely, track was nearly non-existent! It was like track was forgotten, in fact, there was a grand total of ZERO track races in Victoria that allowed recreational, elite, sub-elite and beginners an opportunity to race together, in their own events.

I enjoyed putting together the Cops for Cancer 5k and these semi-serious races that we had going on, so I thought with no track races, this is a good time to start one. The two Black Press 5000s that I put on the year previous were like the Series. I thought why not make a series of them? A 'race-in-a-box' - pull the truck up and start assembling. What really sealed the deal was Marilyn Arsenault and Lucy Smith both, had many positive things to say after their BP 5000s (Jon Brown paced both to run faster than the Canadian Master's Record – unofficially because Jon was pacing). Marilyn was all a buzz, so her and I met and tossed ideas about and that was it - idea formulated.

**Susan:** How many races and how many participants did you have throughout the series?

**Chris:** Without looking at the results we had about 350 finishers. Track is different in that you cannot have many people compete in each race. BC Athletics would like about 16 on the track as a max, per race. So we had 4 - 6 races at most meets, with about 28 - 30 races total - there were races for elites, non-elites and separate races for men and women. The elites had separate male/female races, the non-elites ran all together. The attendance was greater from people in the running and triathlon communities coming out to watch - some nights it was a who's who of Victoria running out there.

**Susan:** Who were your main volunteers?

**Chris:** The volunteers varied however, there were a few constants. I have to give props to David Jackson for manning the mic at 6 of 8 meets. Paul O'Callaghan and he together made like a good play-by-play and colour commentator team. David is smooth, with good tone and can deliver in an easy-to-listen to way. O'Callaghan on the other hand has a high timbre and can shout out exciting commentary (and can lean towards wacky). They helped make things exciting. Also Mike Emerson, Sandra Mullen, Ron Bowker, Jane McDonald's family, Bob Reid, Chris the Roadie from the Q; Binder a couple of times. Also, the Mustard Seed Girls were at most meets, handling the registrations like pros. In fact, one time I tried to help them and they sent me off to sweep. There I was with Brent Fougner, Coach of UVic Vikes sweeping. Once Bowker swept 400m. At the silent auction and

awards party, David Hoskins, Jane McDonald, Binder and Christine Thate helped out. Track does not require marshals like road and

## The Q'S VICTORIA TRACK SERIES

cross races do, but many hands still make light work. I cannot forget my good buddies Walter and Lisa Cantwell. They decided to take over the handling of the kids' races, which were added as a last-minute thing and I was not prepared to handle it. I have to give a mention to Cliff Childs, Dylan Haight and a couple other Vikes who offered to help a couple of times, I thought that was very good show as they had just raced. Sean Chester helped too. BC Athletics are all volunteers although they sanction and time, they do it for the love of the sport. I hope I didn't forget someone.

Some races had just 2 or 3 and many 8 to 14. The turnout was good for a first year and a new discipline for many. The only parts of the series I wish were a little better attended were the kids' races, as explained above. The other is women, both competitive and beginners. There was a solid core of women who showed up consistently and UVic, Pacific Athletes, Vic Track and Oak Bay High sent out plenty of girls though. Lucy Smith made a casual comment about operating a for-women-only clinic series. I instantly said, "then you have to do it" (laughing). To have 19-time Canadian Champion Lucy Smith, who is so full of life and is a professional coach, writer and speaker to want to offer this, was a no-brainer. She raced several series races and is admired and respected by her peers. Now she is not doing it for free or anything, but she is well worth it.



For 2011, I would like to see 500 participants and 30 races. Many people in the running community have come up to me and said that they "just have to do some of the series races." So I look forward to a slightly bigger series this year.



## THE Q'S VICTORIA TRACK SERIES

**Susan:** Was there a personal byproduct for you for organizing the events?

**Chris:** I am an organizer. It doesn't mean I am highly organized. My friends have received enough emails with ideas to cause Shaw Internet concern. If it isn't chartering a plane to a race, organizing time trials, thinking of a *bar run* for charity. (I said to the Tuesday Night Late Workout group, "Let's run from bar-to-bar drinking beer and collecting pledges towards a charity, we will get free beer, cheers and commit to a good cause"), what else do you need in life than recognition, free beer and good times? Number one human desire is recognition. The bar run will fly one day, I just know it.

When I organize I get right into it and hate waiting for others. I am impatient. I operated a couple of my own learn-to-run clinics, 13 weeks and 22 weeks. Five years later people are still asking when the next one is. I used to organize parties for coworkers back in the '80s. I would get 60 staff and a few friends each, so 200 - 300 people, sell them tickets, book a bar and a band and go nuts, everyone thanked me. So I got recognition, free beer and had a good time.

But seriously the byproduct is being surrounded by like-minded people. During the final track meet, I was sad and excited at the same time. On one hand I knew that everything worked out well and on the other hand, I was sad to see it end. I don't do it for money. It pays for the gas I use, a beer after the race and a coffee or two. After expenses I had \$1600 left which just went directly to the Mustard Seed. At the Silent Auction, we had Minister of Healthy Living and Sport, Ida Chong, Chek TV, Swing dancers putting on a show and lots of good things to bid on! Jim Finlayson took awesome photos, as per usual and Maurice Tarrant won the First Annual Maurice Tarrant Performance Award.

**Susan:** How much time did you work to organize the event?

**Chris:** None. Work is what we call something we do when we don't want to be doing it. It's a fair question that I do not have the answer for. Often times I will be on the phone talking to someone or on the computer doing something and an idea pops into my head. Now rather than write it down and tackle it later, I drop what I am doing and get on it. For example, it occurred to me that I needed a banner for display purposes at 11 pm one night. I was deeply entrenched into a chat with a coach from the US, so I told him I will be back in 10 minutes. Next morning I got two quotes in my inbox.

Last winter, I went through this strange spell of waking up at exactly 3 a.m. and was good for 20 minutes of productivity, then back to sleep – the gift went away, however, during a few of these, I would email someone somewhere for a quote or an idea. The next day it was, "you were on facebook at 11 p.m., emailing me at 3 a.m. and posting up on the Harrier's site at 7 a.m., do you sleep?"

**Susan:** Any changes for 2011?

**Chris:** Yes. I have added 400m and 10,000m distances to the staple of 800, 1500, 1609 (mile) 3000 and 5000m. One of the meets will be a part of the Pacific-Canada series, so a track AND FIELD meet. This will be the third meet of the series on a Wednesday night at UVic, otherwise the series will be exactly as last year; all at Oak Bay, all on Saturdays at 6:30 p.m. gun time; bring your gun. As mentioned above, LifeSport (Lucy Smith) and the series have partnered to offer a women's-only four-part clinic series.

Mostly everything will remain the same. We do have more sponsors, for example In Bloom Floral Boutique will be the official floral supplier. Powerbar and Dairyland have joined in. Good support is necessary, otherwise who am I going to email at 3 a.m.?

# RUNNER OF THE WEEK

- February 20—Sean Chester, Shane Ruljancich, Logan Roots, Claire Morgan, Sisi Hallam and Robyn Noel** - Hatley Castle 8k
- February 19—Norm Tinkham** - Whistler Yeti 10k Snow Shoe Race - Whistler
- February 13 - Dylan Wykes, David Jackson and Dylan Gant** - First Half Half Marathon - Vancouver
- February 6 - Jim Finlayson and Binder Kelsall** - Cedar 12k - Nanaimo
- January 30 - Shawn Nelson** - 10th annual Yeti 10K—Snow Shoe Race at Mount Washington.
- January 30 - David Jackson and Sabrina Wilkie** - Steveston Icebreaker 8K - Richmond
- January 23 - Sean Chester, Logan Roots, Nancy Baxendale and Sisi Hallam** - Cobble Hill 10K
- January 23 - David Hoskins** - Carlsbad Half Marathon California.
- January 15 - Jason Loutitt** - H.U.R.T. 100 Mile Trail – Hawaii
- January 9 - Jim Finlayson and Natasha Wodak** - Pioneer 8k
- January 1 - Eugene Leduc and Tim Johnson** - 15th annual Harriers New Year's Day Memorial 10K Run
- December 26—Sean Chester—Harriers Boxing Day 10 Miler**
- December 11-Shane Ruljancich, Bruce Deacon and Logan Roots—7th Annual Stewart Mountain 10 Mile Challenge**
- December 5—Richard Mosley-** California International Marathon - Sacramento
- December 5-Gary Duncan and Sandy Mullen-31st Annual Oak Bay Firefighters Merrython 10K**
- December 4—Sean Chester and Colin Dignum—27th Annual Gunner Shaw Memorial 10K XC Race - Vancouver**
- November 27—Shawn Nelson, Melanie McQuaid, Logan Roots and Andrew Pape-Salmon - 26th Annual Gunner Shaw Cross Country Classic race at Thetis Lake Park.**
- November 27—Paddy McCluskey and Lucy Smith—Canadian Cross Country Championships - Guelph**
- November 20—David Jackson and Melanie McQuaid—Bear Mountain**
- October 31—Sean Chester, Claire Morgan and Gary Duncan-35th Annual Shawnigan-Kinsol Half Marathon - Shawnigan Lake.**
- October 31—Phil Nicholls and Cheryl Murphy—Creepy Crawl 5K Road Race - Oak Bay.**
- October 30—Paddy McCluskey, Steve Osaduik, Natasha Wodak and Lucy Smith—BC Cross Country Championships - Aldergrove**
- October 24—Shane Ruljancich—6th Annual Hallow's Eve Half Marathon Trail Race - North Vancouver**
- October 23—Nick Walker and Michael Lord—Xterra Makena Beach 10K Trail Run in Wailea Maui, Hawaii**
- October 17—Jessica Sedlock and Bertrand Bozek—Peninsula Cross Country race**
- October 16—Steve Osaduik, Richard Mosley, Dylan Gant and Natasha Wodak—Canadian 10K Championship at the Oasis Zoo Run in Toronto.**
- October 10—Lucy Smith, Herb Phillips, Jim Finlayson, Kirsten Sweetland and Natasha Wodak—GoodLife Fitness Marathon**
- October 3—Gary Duncan and Louise Proulx—45th Annual Bazett Farm Cross Country race**
- September 25—Todd Nowack, Shane Ruljancich and Garth Campbell—Mind Over Mountain Adventure Race**
- September 19—Kris Swanson—Grouse Grind—Vancouver**
- September 16—Bebe Reid—Second annual Harriers Hounds 40 Metre Sand Sprint**



## 2011 EXECUTIVE

### President

Susan Norrington 250-384-0170

### Vice President

Garfield Saunders 250-474-4950

### Treasurer

Bob Reid 250-384-1520

### Secretary

Sonja Yli-Kahila 250-661-1781

## CLUB MEETINGS

The club meets on the second Tuesday of most months at the Gordon Head 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 potential new members to join us.

See Harriers website Home Page for workouts social events, training runs, wilderness runs and cycling schedules.

## NEWSLETTER INFO

Contributions are welcome. Send photos, race reports, quotes or cartoon drawings of your own. Let us know what changes in format you would like to see made.

Email: editor@pih.bc.ca

## WEEKLY TRAINING RUNS

### SATURDAY TRAIL RUNS

**8:00 AM**

Meet at the Thetis Lake Parking lot on the south side of Thetis Lake Park, during the non-summer months—All runners and walkers welcome—a group leader will be provided for each.

### TUESDAY NIGHT WORKOUTS

**5:00 PM**

### THURSDAY MORNING RUNS

**9:00 AM**

### THURSDAY NIGHT TRACK

**5:00 PM Oak Bay Track**

See the Harrier's website Home Page  
pih.bc.ca for details

## PIH MEMBERSHIP FORM

Online membership renewal available through PIH website

Membership: Canine (\$2)  Individual. (\$25)  Family (\$35)  Student (\$7)  Assoc. (\$7)

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Gender  M  F Membership: Renewal  New  Occupation: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

School (Student)/Primary Club (Assoc): \_\_\_\_\_ Years with PIH \_\_\_\_\_

*Please make cheques payable to the 'PIH'. For family memberships please include a list of all family members and their respective birth dates. Mail cheques to Bob Reid, PIH Treasurer, 2600 Herbate Road, Victoria, BC, V9B 6J7*