

Prairie Inn Post

Newsletter of the Prairie Inn Harriers Running Club

Winter 2013/2014

**Dee Ogden on Her GoodLife
Fitness Weekend Experience**

**Remembering My
First Time, by Wendy
Davies**

**Martha McNeely on The
Elk and Beaver Lake Ultras**

**Coach's Corner About
Hills and Friends**



President's Message

Susan Norrington

November is the month for the Prairie Inn Harriers Annual General Meeting and election of officers. This year, three of the executive agreed to run again for the positions and were acclaimed: myself as President, Garfield Saunders as Vice-President and Bob Reid as Treasurer. Sonja Yli-Kahila decided to step down as Secretary after serving four terms from 2010 to 2013 so that she could spend more time with her young daughter, Kyla. Claire Morgan agreed to be nominated for the position and she was acclaimed as Secretary at our November 12 meeting.

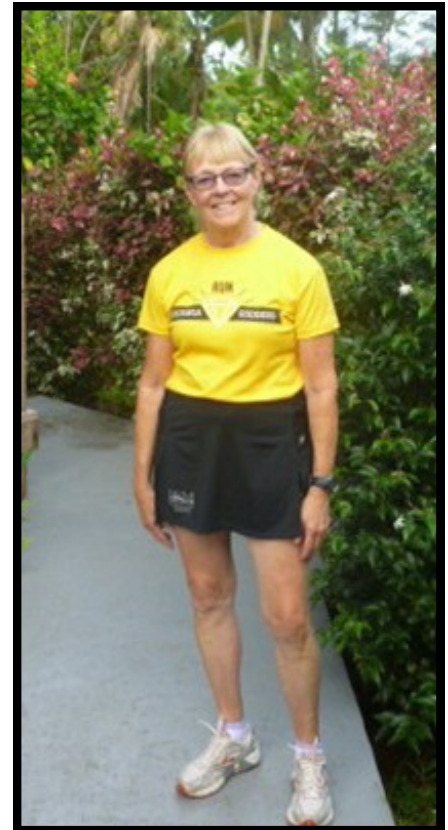
I want to thank Sonja for her four years as secretary; always speedy in delivering the minutes of meetings and updating the database with the new members as they signed up. She took great interest in all of the issues deliberated by the executive and would often bring a different and fresh point of view to our discussions. She made great suggestions about more healthy food choices for our meetings, social events and the awards banquet and encouraged the executive to be more "green" in our approach to purchasing supplies. Thanks so much for supporting the club Sonja!

This edition of the PIP will also be the last for our illustrious Newsletter Editor, Chris Kelsall.

Chris took over as Editor from Sandi Heal in 2007, first with his partner in newsletter crime, Simon Pearson and later with help from his trusty analyst, fact checker, proof reader Wendy Davies. Chris has produced 16 issues of the PIP during the last seven years. He changed the layout and design and has been known for finding great cover photos. My personal favourites: Sean Chester Winter 2012/2013, Garth Campbell Autumn/Winter 2011, Pioneer 8K Start Spring/Summer 2009, Dee Ogden Fall 2007.

Check out all the issues of PIP at http://pih.bc.ca/pih/index.php?option=com_content&view=article&id=24:prairie-inn-post-newsletter&catid=9&Itemid=125 .

He was always diligent at tracking down members who agreed to write articles and especially at hounding myself and others who are regular contributors to get their copy into him. He would have his revenge when he sent out his first draft to the PIH Executive and Assistant Editor Wendy forcing us to read every word, review his punctuation and check every photo to be sure he had the right name to the face. Chris is a writer and an idea man, not a proof reader!



Chris has been on the running, training and racing scene since 1996 until 2010 when he was sidelined by injuries. He has had two heel surgeries, in 2011 and 2012. He was able to get back to running three months after his last surgery in February 2012, however, that didn't last long because now he needs a new hip! It seems so unfair to me because he loves the sport so much.

His injuries have not curtailed his involvement with running. He has interviewed many elite athletes for articles and videos he has published as a contract sports writer. He has over 500 interviews posted on Athletics Illustrated, many more on FloTrack and most months at Canadian Running Magazine. He is a coach supporting the Arthur Lydiard method of endurance training.

Perhaps Chris' greatest contribution to the local running scene has been his development of The Q's Victoria Run Series. He saw need for track events in Victoria and worked many long hours to fill the niche. The idea blossomed from two Black Press 5000 meets which he organized in 2009. This then grew to the Track Series in 2010 and was later rebranded to The Q's Victoria Run Series. He wrapped up his fourth year earlier this September. The series attracts runners of all ages, with a spread of six to eighty-one years (Maurice Tarrant), and a grand total of 1,500 finishes over time. In addition to providing a vehicle for competitive track racing in Victoria, he also has raised over \$8,000 for the Mustard Seed Food Bank.

We thank Chris for his many hours of work producing great issues of PIP which we have all enjoyed reading. Jane MacDonald has offered to take over the editor duties and we look forward to her first edition in the Spring of 2014!



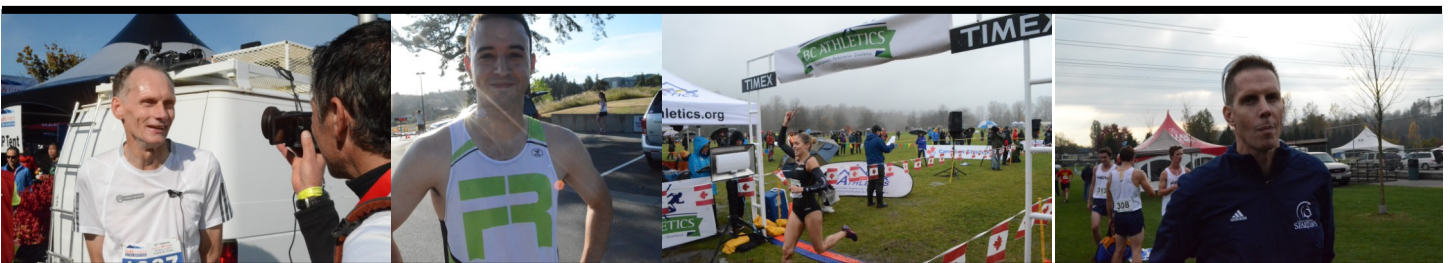
Farisha & Kirsten Arensen with
Sam Prowse

Adam Campbell
World's fastest suit marathon

Herb Phillips
Retired

Geoff Martinson
BC Cross Champs

Sean Chester
Now in Denmark



Gary Duncan interviewed by
Norm LeBus

Julien Marceau
Spinnaker's 5k

Natasha Wodak
Canadian Cross Country Champ

Mark Bomba
Coach at TWU

Welcome New Club Members

Sherry Barnes, Gary Donoghue, Ashley Jacobs, Barbara Cina, Brendan DeContie, Craig Logan

Brittany Therrien, Catherine Buerk, Sean Finucane, Ann Hall,

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14. Natasha Wodak interview, from Trackie.ca

16. Runner of the Week (ROTW).

Club Newsletter—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, shorts, shirts, skirts, jackets and other apparel are available.

Club Meetings—The club meets regularly to discuss race reports and social functions. Most meetings feature guest speakers. Entry forms, information sheets and race results are available.

Social Events—Annual Awards Night, family picnic/ barbeque 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 hers favourite training route. Runs are usually 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 to rent to other running clubs.

Historic Information—Race results & photographs of most club members are contained in the club's archive files of over thirty binders and albums dating back to 1976. The Harriers website contains the most comprehensive source of Vancouver Island race results and large events such as the GoodLife Fitness Victoria Marathon, Times Colonist 10K, Frontrunners Island Race Series and all 29 years of the Gunner Shaw Cross Country Classic.

Current Membership—Today the club has many members covering the full spectrum of running and walking abilities and recreational once-a-week joggers to elite competitive runners or race walkers. Family memberships are available for a reduced fee.

See back cover or <http://www.pih.bc.ca/membership.html> to register.

Editor's Letter

Christopher Kelsall

If you have already read Susan Norrington's President's Message, you will know by now that this is my final edition of the Prairie Inn Post Newsletter as Editor.

I don't really want to let it go...

It was over six years ago when I suggested to President, Susan Norrington, that if there is a vacancy, I would like to take care of the publication going-forward. She agreed. She had no choice as we were in a public place and I was using my outside voice, so-much-so that Simon Pearson overheard, got caught up in the frenzy, and volunteered as well. So it was in the summer of 2007 that we published the first PiP as co-editors. On that inaugural Pearson-Kelsall edition's cover was club-mate Kevin Searle as well as the late Comox Valley Road Runner Terry Neilson. The swirling background was Pearson's idea. He had just wrapped up an all-night marathon session of Grande Theft Auto and was convinced that the trance-inducing background gave a tranquil and placid aura. Well it was a welcome departure from the status quo; a time for a change...



Now it is with reluctance that I made the decision to no longer produce the newsletter, however, since that August of 2007, I have taken up more consistent freelance writing and having created The Q's Victoria Run Series, it has grown in its demand of my time. Additionally, the online magazine Athletics Illustrated website has grown immensely. So I am short on time however; most importantly, every so often, it is best for the publication's sake to share in the work and let a different and fresh perspective take over....time for a cool change.

I was trying to think of which issue was my favourite to put together and I am not so sure I can answer that question. Each edition stands on its own. The contributions from fellow Harriers give the publication its unique character and I would like to thank each Harrier who contributed to the PiP over the years. Christine Thate may be the most frequent contributor. I know women have outnumbered the men, just like they do in the marathon. Let's face it, women are better at expressing themselves, which brings us to the new editor, she's a woman and a long-time Harrier, Jane McDonald. I would like to thank Jane for taking over the newsletter, starting with the spring 2014 issue. I am sure the publication that represents our big club is in very good hands.

In this issue, we have Martha McNeely's report from the Elk-Beaver Lake Ultra Marathon, it is a good little read and finishes with a haiku stanza, simple but poignant. Dee Ogden provided a little write-up about her Thanksgiving weekend efforts—post injury, finally, go Dee!

Please check out Coach's Corner. As Susan mentioned, I coach by the Lydiard method, however, I also invoke those successful coaches who came later, like 12-time NCAA Champion coach Joe Vigil, who also coached Pat Porter as well as Deena Kastor. Vigil applies a unique psychology, and is really big on rolling and hilly, medium long runs. So am I. They are magic. And we have a little write-up on cover-girl, Claire Morgan. On page 7.

To make Jane's job easier, please remember to write a race report, send in photos, drawings, Coach's Corner articles, Kid's Korner (we only have had one), travel reports or any creative running, cycling, triathlon or dog-specific material that you think will entertain your fellow club members.

Thanks for reading and Happy Running!

Social Director's Report

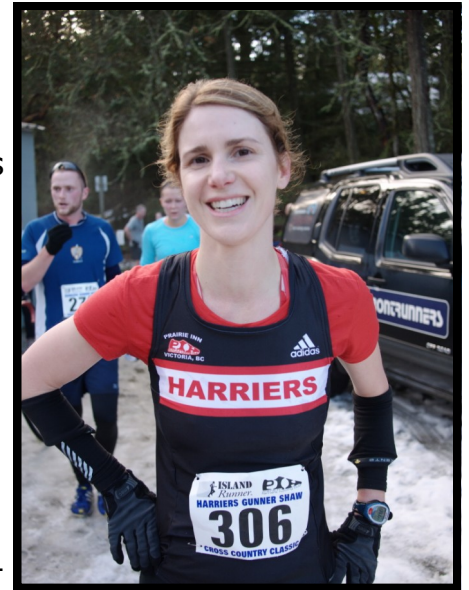
Sara Pape



Social Director's Report Winter 2013

Hi All, here are a couple of upcoming events to mark on your running and social calendars. First, the 2013 Christmas Lights Run is going to be held on Tuesday December 17th. This year we will be changing neighbourhoods and heading back to Esquimalt. Esquimalt has been home to several award winning Christmas light displays, and by popular demand, we will be returning this year. We will aim to begin the run at 5:30 PM to allow for travel time and finding parking, etcetera.

Per tradition we will also be meeting for a post-run meal at a nearby pub. You will need to RSVP to Sara Pape at social@pih.bc.ca if you wish to attend for the dinner. The location is still being confirmed, so please stay tuned for further details in upcoming email blasts.



The next Annual Prairie Inn Harriers Award's night will be February 28, 2014. We will be hosting the awards night again at the Cedar Hill Golf Course, with a start time of 7:30 PM. Don't miss this excellent evening of recognizing sports performance, contributions to the club and greater community, entertainment and socializing with fellow Harriers and friends.

"Running is not, as it so often seems, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners, too."

--Richard O'Brien



Hicham El Amari Gary Duncan UVic's Ben Wier Logan Roots and Ian Searle Nick Walker Wayne Coulson



Evan Fagan Logan Roots Nick Walker Jim Finlayson Claire Morgan Race Start at UVic
6 At Sooke 10k BC Cross Merville Canadian XC The Q's Series The Q's Series

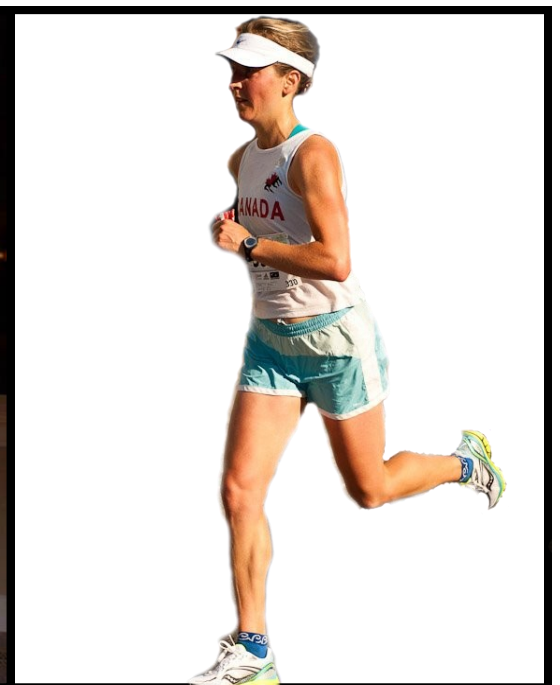
On the Cover—Claire Morgan

Claire Morgan, who graces the cover of this issue of the Prairie Inn Post Newsletter, is a long-term Prairie Inn Harrier club member. She joined the club in 2003, and at that time was known as Claire Townsend. You may know her as “Gnarly” from past PIH website chatline discussions—that was her pseudonym, which was applied from her ability to run best on the gnarly trails in places like Thetis Lake Park.

Claire represented Canada in the inaugural World Mountain Trophy Championships event, along with fellow club mate Megan Day. The team was managed at the time by Harrier and five-time Royal Victoria Marathon champion Kelvin Broad. The event is now recognised as the IAAF World Mountain Running Championships—receiving acknowledgement from the worldwide governing body, gives the credible championships—well—further credibility. She also competed in another World’s event, the World Mountain Biking Championships two years earlier in Sunnyvale, Colorado.

Claire has a cycling background, but is known best for her running. Her personal bests are 5k—17:23, 10k—36:13 and half-marathon—1:22:33. She regularly places near the top of her age-group and sometimes overall in the Vancouver Island Race Series, The Q’s Victoria Run Series, Thetis Lake Triple and the two marquee Victoria events, The TC10k and GoodLife Fitness Marathon weekend of events.

She has two kids age four and seven. Her husband Andrew is an on and off again runner, is also a Harrier. And Claire is the new club Secretary, taking over for Sonja Yli-Kahila.



A Day at the Races



By Martha McNeely

If you have never gone out to Elk and Beaver Lakes to watch the Ultras, you might want to add it to your bucket list. You won't have to travel far or spend loads of money, to watch an uncommon, and often times powerful event. The early start may seem daunting, but I would recommend you try to be there for the start.

Pack some food, a few thermoses of hot drinks, a blanket, chairs, something to read, and make a day of it. You will find lots of runners to talk to and pass the time with. An ultra is not so much a race against other runners, but a day where runners pit themselves against the distance. It creates a supportive atmosphere. There is a comradeship that everyone feels and enjoys, be they runners, volunteers or spectators.



The runners don't get to see what the spectators do, that is the gradual toll a race that distance takes on each and every runner. Mind you, the runners get to experience the toll it takes on them personally, but if you spend the day watching the race, you can see and appreciate how each participant handles the extreme distances involved, and how much they give of themselves to the distance. Some are able to fly around the lakes, while others more slowly, but surely conquer the miles.

Family members and friends do their best to provide what they think their runner will need when they come through the main aid station. It is not an easy task to try to predict what fuel will be demanded as the runner comes through, and it is all part of the drama of the day, as runners frazzle and the support person does their best to provide fuel or a change of clothes.

Then there is the joy at the end when a runner finishes, or maybe the effort must be made to find the right words to console a runner who decides it is not the day to go the distance.

Carlos Castillo does a terrific job as race director, and will be one of the fine people you will get to know on race day. Details for the 2014 races are: 27th Annual Elk/Beaver Ultras, Saturday, May 10, 2014, 6:00 a.m. Distances are: 100K, 50-Mile, 50K Ultra-marathons 26.2 Miles - First-Timers Marathon, Glenn Jaques 40K Ultra Walk.

“The sound of footfall

Stability on the run

Nourishing the soul “

~Martha

GoodLife Fitness Marathon Weekend

By Dee Ogden

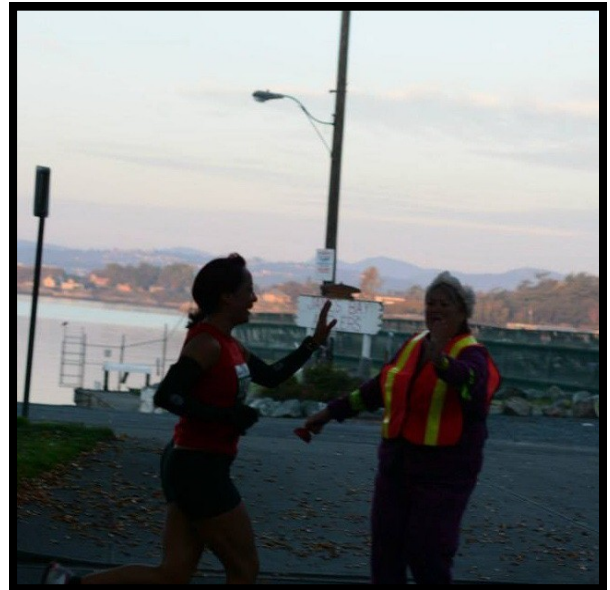


On Thanksgiving weekend I was happy to toe-the-line after yet another injury kicking me in the butt and keeping me from doing this running thing I like to do year after year.

I was involved in a hit and run on my bike in the spring and subsequently couldn't run for a couple months. I'm still recovering. I didn't run as fast as I have in the past, and while I'm not elite I still work hard to push so those numbers to mean something.

I love all my running friends who understand this thing we do and my family who don't always but applaud anyway. Without Mindful Strides I don't think I'd be running like this. And to Rob Pearce and Cedar Hill Physiotherapy, you know, for all those appointments.

And for this smiling volunteer who woke up maybe earlier than me to stand for hours to make sure my run went well ...thank you. Be happy in your moments.



First, top left is Kathleen Birney at 2012 Gunner Shaw Cross Country Classic. **2013 Thetis Relays:** Garth Campbell and Chris Callendar, Julien Marceau, Mike Arensen and Simon "Hatman" Pearson, Garfield Saunders, mugging, Race Director Bob Reid and Canadian legend Lucy Smith, hugging while Susan Norrington looks on, Garth Campbell and Kevin Searle Fred Astair-ing the relay exchange, The legend Gary Barber, continues to look legendary, both feet off the ground.

By Christopher Kelsall

Hills are your Friends, If You Don't Abuse Them

Have you finished a race a slower than you expected to, and experienced the negative feelings that go along with it? Have you found yourself leaving the finish area thinking about all of your training, searching for the answer and not really knowing why you ran slow? Of course you have! It happens to everyone eventually, but to the well-prepared athlete, it rarely happens and they nail the day much more often than the unprepared athlete does!

Paradoxically, you probably have finished a race way faster than you expected and experienced great joy in the favourable result. Now training and racing sounds like an emotional gamble, doesn't it? Why risk the anxiety of random poor race performance and random good racing performances; be prepared, stay in control and run your best.

The answer (to poor performance or random great performance mystery) may be hidden well within the myriad of training that you undertook over the previous months and years, rendering it virtually impossible to identify. If you cannot identify why you ran slow or great with certainty before long, you may need some structure to your training and outside help. Get a coach if you want to nail your races, there are plenty of good coaches around.

I am not going to go over an entire training plan in this article, as good training is too simple to be appreciated, but also can be too detailed (in the minutia) to warrant just two pages. The key is in the principles of the training. More on that in another column. For now: Are you killing your peak with random hill running? That's no way to treat a friend!

Every single type of run has a very specific and exact purpose to your weekly, monthly and seasonal plan; each type of run affects you, as you train and recover. Every single type of run is important, even if it is a 30 minute light jog. At the end of a season of training, if all parts are done properly; at the right time, pace, effort, distance etc, the athlete can run their very best when it counts. If not done correctly and at the right time, an athlete can peak too soon, randomly or just be stale on the big day. One results in the other!

Many competitive runners are big on doing weekly hill repeat sessions. Simply stated, they pick a hill, run hard, click the watch at a designated spot on the hill and jog back down, repeat and rinse. Is this you? Often, runners don't really know why they are benefitting—they just do them, just as they will do a weekly tempo run, long run, fartlek, V02max training and drills etc etc. All thrown at the wall to see what sticks.

Yes, all year round, you should enjoy hills within your runs, as you go, however, specific hill work can create great stimulus and cause a peak to happen on very short notice. When is your next big race? Think about that the next time you are semi-racing up a hill, going anaerobic, causing a lactic acid storm.

Like any other anaerobic running, your blood temporarily gets acidic, you do some cellular level damage, damage the heart a little (which is ok) and stress the neuro-muscular system. Hopefully you at least allow recovery in time for another bout...recovery and stimulation together create adaptation. So even if you are throwing running at the wall, sort-of-speak, at least take
10 ample recovery.

Studying the training of the world's best distance runners, I have found that because their volume of training is so high, that a very high percentage of training is done at easy and moderate paces and efforts (two different things) and the tougher runs remain the same in distance and time; taking up a smaller percentage of overall mileage. Runners who go 160, 200 and up to 250 or more kilometres per week, need time to recover and surfaces that are forgiving. Jon Brown for example ran something like 80% of his total mileage off road. He ran around 160 to 180 kilometres per week. He also used hills to his advantage. Before double-Olympic Gold Medalist Mo Farah, took the British 10,000m record, Harrier Jon Brown owned it at 27:18.

Leonardo da Vinci marvelled at the structure of the foot referring to it as a wonderful piece of engineering, like a suspension bridge. Developing the foot will provide you with the ability to push off with greater strength. To demonstrate this watch a video on YouTube of Kenyan runners, watch in slow-mo, you can see that each push off, with good back-leg extension, propels the athlete forward, before the opposing foot lands—they are not propelled up, but forward both feet in the air for a good length of time.

Hills also help improve form, as do weekly stride sessions of under 10 seconds each, fast but without straining, with full recovery between each. Wasted energy lifting the body is counter-productive. Additionally, there is wasted energy if your leg extends too far out in front of you. There is very little power available, if your leg lands in front of you. If you heel strike, you may want to get some specific coaching on this. Imagine running up a steep hill while heel striking, you would fall over backwards. Try striding on a soccer field with bare feet. If you have never done this, you will be quite surprised by how you automatically run onto the ball of your foot, or at least the mid-foot. The point? When your foot lands underneath you and the weight transfer happens beneath your hips, closer to 100% of the time that you have ground contact, you are utilizing the power and force to move you—hopefully forward and not upwards. Multiply that by thousands of steps and voila! You are faster at the same general fitness level.

Longer, oscillatory hill runs or "bacon strips" are a valuable piece of the training plan for many athletes. I have heard many local runners take up the mantra, "Hills are your friends," for good reason. We know the benefits of doing hills. Running hills is like doing a disguised bout of speed work and if done correctly, prepares the athlete—primarily portions of the leg that matter in fast running action—for speed work. Running a tempo-style or a long or semi-long run over rolling hills is magic. Putting out the same effort on the up, the down and the flat, and keeping sustained pressure on the cardio-vascular system (more on that later) will allow a broad range of muscle fibres and nerves to be stimulated from this good, rolling running action.

Preparing the lower legs for faster running:

Hill bounding, plyometrics, gym work (Box jumps etc) and exaggerated, short and sharp hill running can develop the lower leg, foot and ankle areas. These areas contribute to your fast, anaerobic speed work in that you are working against gravity to do resistance work for the lower leg. The explosiveness that you develop can come around quickly, within a concentrated hill phase. Before undertaking a hill phase get as aerobically fit as possible, by running as many miles as you can fit into your lifestyle, at the best possible efforts, for 12 to 16 weeks or even longer. Don't stick to a hill phase for too long though! You need to move on to the anaerobic phase and spend a few weeks stimulating that realm. Plan six to eight weeks before your big A-goal race and focus three runs per week on developing the lower leg, hill repeats, bounding and a hill circuit. A hill circuit contains an up of a few hundred metres, a flat area at the top for striding on, a downhill section, and a recovery area at the bottom. Should be one km total for the circuit. Cedar Hill Golf Course is perfect if you cut across the middle to the other side.

So develop the lower leg, feet and ankles and make them powerful. There is tremendous power that can be developed from the foot and ankle area.

Remembering My First Time

By Wendy Davies



It's 1980, late September. I'm 22 and ready to run my first marathon. My race package contained a little pouch of drink crystals of which I had never seen before. It said GATORADE on the label. I mixed the orange crystals as per the directions and drank it down.

Limbering up at the start line, which was on Dallas Road across from Flag Hill, I wondered for the umpteenth time why on Earth I was doing this. Why was a marathon so intriguing? Life has many challenges to offer, why choose this one?

No more time for contemplation, the countdown had begun, then a huge blast and puff of smoke. Did the organizers use a canon? My feet jumped into action as the shock wave of excitement rippled through the crowd. WOW, I'm really doing this!

We ran a loop through Beacon Hill. I ordered my breathing to settle down and got into a comfortable pace. Not too fast, it's a long road ahead. We passed an aid station and spread out on the table were cups of Gatorade. I felt crystalline orange puke rising in my throat. I swallowed hard and kept running. It would be many years before I would try Gatorade again.

We cruised along Dallas on a beautiful fall day. Even though I had trained many miles on that same stretch of road, today it felt fresh and wonderful. I noticed a group of runners ahead of me. One of them looked at his watch and called out the mile split for his comrades. Oh perfect, I thought. I tagged along behind them for the next few miles until one of them became aware of my presence, turned to me and said, "You shouldn't be running with us, this pace is too fast for you." I stammered something back to the effect that the pace felt just fine, but doubt and rejection took its toll and I gradually faded back.

We ran out to Willows Beach, along the Esplanade, turn, and head back to Beach Drive and around the Victoria Golf Course. Coming along Dallas towards Memorial Crescent I felt last night's Chinese food coupled with the foreign Gatorade tripping the light fantastic in my stomach. Fortunately the washroom at Ross Bay Cemetery saved me from a grave situation.

Back among the living, I passed through the start/finish line to mark my first loop. Mike Creery was on the mic and announced my name as I came through. Some people clapped, I felt embarrassed by the attention.

Lap two, still holding pace, we return back to Willows Beach, turn, and now homeward bound. Being 22 and invincible, I had foregone all the water stops. I had heard all about the dreaded Wall which would be coming up soon at Mile 20, so I decided I'd better take in some fluids before the Wall could come down on me and crush me into a dehydrated pulp. I recognized a friend at the next aid station and took a cup from her, checking first to make sure it wasn't Gatorade before gulping it down. As I resumed running I noticed that other runners were moaning as they tried to get back into their stride. As I caught up to one fellow he turned and asked me, "So how are you feeling?" "Oh good," I replied in a perky voice. "How are you?" "I'm feeling the shitz," He said. Hmmmm, that kind of negativity wasn't good to be around, so I ran ahead trying not to think of the damn Wall lurking around the next corner. I caught up with another runner who was moaning quietly to himself. "How are you feeling?" he asked. "Good,"

I replied, "and how are you?" "The SHITZ", he said. The same scenario kept playing over and over. It was getting depressing. The only thought that cheered me up was the fact that some of the moaners were probably from the group that had rejected me early in the race, seemingly just because I was a girl. Welcome to the /80's guys, girls can run marathons too. The next time a moaning/walking *deadman* asked how I was feeling, I called back, "I'm feeling the SHITZ!!!" and surged away. HA, take THAT Suckaaa.....

Of course, what goes around comes around. The Wall was creeping closer. It wasn't so much like being hit by bricks but rather a foam cushion. My pace slowed, time dragged. Fun time was over, hard work began. Every time someone clapped and cheered was enough inspiration to continue a few more blocks. At the foot of the hill at Clover Point a friend on a bicycle came alongside me and gave encouragement until I crested the top.

Homestretch: So sweet to see a gathering of people greeting the road weary warriors. My mother was among them, fresh from her hair appointment. She asked me the night before what time I would be finishing. "It's hard to say, Mom," as I tried to explain the unpredictability of marathons. Just tell me what time to be there." she insisted. "Uh, how about 11:30?" So good ol' Mom wrapped a kerchief around her head after her appointment to keep her new do in place and arrived at the finish line a few minutes before 11:30 to see her daughter sprinting (yes, sprinting to break away from the ball and chain of fatigue) to the finish. Sobbing with relief, I was quickly escorted to the Medical Tent and not allowed to leave until I drank a cup of water (WHEW, not Gatorade) while my mom tried to make me promise to never run a marathon again.

Now it's 2013, and it's The GoodLife Fitness Victoria Marathon. In its 34th year nearly 1700 marathoners (913 men and 780 women) crossed the finish line compared to 681 finishers (600 men and 81 women) in the inaugural race in 1980.

In 1980 Tom Howard was the fastest man to the finish in 2:21:45, and the fastest woman, Wendy Robertson finished in 2:58:27. In 2013 the fastest man, Lemech Mokono, was 2:13:42 and the fastest woman, Lucy Njeri, was 2:37:56.

In 1980 the women's results were broken into 3 categories: Open (up to 34 years) with 59 finishers, Masters (35 to 49) with 21 finishers, Masters (50+) with 1 finisher.

In 1980 the men's results were broken into 8 categories: Open (17-29 years) with 202 finishers, Junior (under 16) with 6 finishers, Pre-Master (30-39) with 257 finishers, Masters (40-44) with 54 finishers, Masters (45-49) with 38 finishers, Masters (50-54) with 30 finishers, Master (55-59) with 10 finishers Masters (60+) with 3 finishers.

In 2013 the categories are assigned equally starting with girls/boys 19 and under, then in 5 year increments up to 84.

Yes, the marathon has come a long way in 34 years. It has seen the amazing runners such as Ken Bonner who has run every year since 1980, Betty Jean McHugh who holds the record for 80+ women at 4:36:52 and Frank McKenna who holds the record for 80+ men at 4:32:58. The marathon endures because runners endure, and runners endure because they are runners.

Interview with Natasha Wodak



From: Trackie.ca - Photo credit: Mark Bates / 321photos.ca

Natasha Wodak's race calendar this year has been full and varied. She has competed in international championships, many road races, tried steeplechase and even debuted in the marathon. Wodak capped off her busy year with a National Cross Country Championship victory in the mud and rain of Vancouver this past weekend.

Q: Could you describe how the Cross Country Nationals played out?

It went out pretty slow and I just stuck in the front pack near the back. Around 2km Rachel Cliff and Jessica O'Connell picked up the pace and I just stuck in behind them. At 4km Rachel and I put a surge in and were able to drop Jessica a bit. The last 2km loop I just stayed as close to Rachel as I could then in the final 200m I kicked it in and surprisingly had enough left to take the win. My plan from the start was to not lead, and just stick in behind the leaders. It worked well. :)

Q: Are you a cross-country racer who enjoys rainy and muddy conditions?

I love cross-country. It's not about time, you aren't looking at the clock to make sure your splits are good. You just get out there and run as hard as you can in whatever conditions mother nature throws at you; that's the fun of it! Muddy conditions don't bother me and I would even say I prefer them, as I seem to have success in these types of conditions.

Q: You recently completed your first marathon in Toronto. How did the training for the marathon help lead to the result this weekend?

I was worried that I did not get to do enough "speed" workouts leading to this race. I was relying a lot on my marathon training for a cross-country race - seemed kinda crazy, but it worked! I just felt so strong, I guess all that mileage worked!

Q: You've had a very busy year with many races. Can you share with us some of the peaks and valleys of your racing?

I have been all over the place this year! I started the year off with an 8km in Victoria where I ran 25:28, which was an unofficial Canadian record. This was very surprising to me, I had no idea I could run that fast! This really got me excited for the year, and I wanted to race all the time. So I did 3000m indoors, 3000m steeplechase, 8km cross-country, 5000m, 10,000m, half-marathon, 10km and a marathon! It was pretty crazy. Looking back I definitely did too much and lacked focus. I struggled a bit in the late spring because I was over-raced. Something I will try not to do anymore. But it was fun travelling all around from race to race:)

Q: How do you think you have improved over the past few years as a runner in terms of your training and racing?

My training is much more consistent. I don't skip any runs or strength sessions. I try to make sure I'm doing all the extras: physio, massage, stretching, flexibility, eating right, sleeping right, etc. All these little things have really helped me improve. So since my training was going so well so was my racing.

Q: According to your blog, earlier this year you had expressed interest in racing the Steeple but it appears you have chosen to pursue the marathon instead. Can you share with us why you opted for the marathon over the steeple?

Oh the steeplechase....that was short-lived! I realized after about four weeks of training, that it just wasn't for me. I wanted to be good at it right away, but it just wasn't happening. You need months (years actually) of training to be a successful steeplechaser. So in the spring I focused more on 5 and 10kms. It wasn't until the summer when I switched coaches that I decided I wanted to run a marathon.

Q: Are you still interested in doing some steeple chases in the future?

um- no! It's freakin hard!

Q: You were damn close to achieving Commonwealth Games standard for marathon in Toronto. Will you be targeting another marathon before the Commonwealth Games to qualify? If so, which one?

Right now the plan is to try and run standard in the 10,000m. Perhaps a fall marathon though....

Q: What are your short-term and long-term goals?

My short term goals include going to the Commonwealth Games in the 10,000m! Run some fast 10ks and half-marathons this winter and spring. My long-term goal is racing the marathon in the 2016 Olympics.

Q: How do you foresee the BC Endurance Project (BCEP) will aid you to achieve these goals?

BCEP is an amazing group. I am very fortunate to be a part of this team. We have a lot of fun at training and really support each other. Our coach Richard Lee is fantastic and is going to take us to the next level! It's exciting to be part of such an elite group of runners all trying to do the same thing (be awesome super-fast runners) and working together to achieve our goals.

Q: What do you do in your life to balance out the stress and rigours of training?

Pretty simple really, just spend time with my friends and family. Have a nice glass of wine with good friends, or just chill on the couch and watch movies.

Q: Can you share with us one of your favourite workouts?

I like 1000s on the track, 6 X 1k with 2-3 min rest. If I can nail that workout, I always feel great after.



Runner of the Week (ROTW)

November 30-Shane Ruljancich, Claire Morgan, Andrew Pape-Salmon and Camie Bentham-29th Annual Gunner Shaw Cross Country Classic

November 30-Natasha Wodak and Jim Finlayson-Canadian Cross Country Championships at Jericho Park, Vancouver

November 24-Lucy Smith and Miai Watson-XTerra Trail Run World Championship Half Marathon at Kualoa Ranch, Kaaawa, Hawaii

November 24-Claire Morgan, Gary Duncan and Andrew Gregg-MEC 5K/10K/15K in Oak Bay

November 23-Phil Nicholls and Cheryl Nicholls-33rd Annual Turkey Trot 10K in Las Vegas

November 17-David Jackson-New Balance Fall Classic Half Marathon

November 16-Claire Morgan and Gary Duncan-Bear Mountain 10K

November 11-Lucy Smith and Larry Nysten-Thetis Lake Relay

November 11-Gord Christie and Ulla Hansen-Remembrance Day 8K

November 3-Yuki Otsubo-New York City Marathon

November 3-Chris Callendar-Boundary Bay Marathon

October 27-Shane Ruljancich-Mountain Equipment 10K

October 27-Richard Mosley and David Jackson-James Cunningham 5.9Mile Seawall Race

October 27-Claire Morgan and Gary Duncan-Shawnigan-Kinsol Half Marathon

October 27-Andrew Pape-Salmon and Matthew Salmon-Perseverance 10.5K Mountain Run

October 26-Craig Odermatt and Juliette Christie-BC Cross Country Championships

October 25-Maurice Tarrant-Goodlife Fitness 8K

October 23-Simon Whitfield-Retirement

October 20-Natasha Wodak-Scotiabank Toronto Waterfront Marathon

October 20-Mike Janes and Roger Plamondon-Miracle Beach 10K and 5K

October 13-Ken Bonner, Rintje Raap and Gary Duncan-GoodLife Fitness Victoria Marathon

October 13-Geoff Martinson, David Jackson, Jim Finlayson and Lucy Smith-GoodLife Fitness Victoria Marathon

October 13-Craig Odermatt, Brittany Therrien and Cheryl Nicholls-GoodLife Fitness Victoria 8K

October 6-Natasha Wodak, Erin Burrett and Richard Mosley-Rock 'N Roll San Jose Half Marathon

September 29-Ian Searle-Whistler 8K Spirit Run

September 29-David Jackson and Lucy Smith-Surrey International World of Music Half Marathon

September 22-Jeremy Lawrence-MOMAR

September 21-Sara Pape-Salmon and Andrew Pape-Salmon-Mount Frosty Trail Race

September 21-Kris Swanson and Erin Burrett-Timex Provincial Team Championships

Runner of the Week (ROTW)

September 15-Kris Swanson-Clearly Contacts.ca Grouse Grind Mountain Run
September 14-Richard Mosley, David Jackson and Bruce Deacon-Vancouver Eastside 10K
September 14-Erin Burrett-Run For the Mountain 6K
September 13-Natasha Wodak-Francophone Games
September 8-Shawn Nelson-Metchosin Days 5K
September 8-Kris Swanson-World Mountain Running Championships
September 8-Geoff Martinson and Brittany Therrien-Zoot 10K
.September 8-Cathy Noel and Doug Noel-Coho 14K Run
September 1-Geoff Martinson, Brian Martinson and Dave Baroff-Labour Day Classic
September 1-Adam Campbell and Jason Loutitt-Solomon Meet Your Maker 50 Mile Trail Race
August 31-Jim Finlayson, Bruce Deacon and Craig Odermatt-The Q Victoria Run Series
August 25-Richard Knowlton-Canadian Ironman Championships
August 25-Jason Loutitt and Ryan Day-Edmonton Marathon
August 24-Adam Campbell-5 Peaks Trail Running Series
August 18-Nancy Baxendale-Richmond Oval 10K
August 17-Claire Morgan-The Number 7 Challenge
August 11-Gary Duncan and Larry Nysten-Mount Washington GutBuster
August 10-Lucy Smith-Lulu Lemon Sea Wheeze Half Marathon
August 10-Kris Swanson-Emperor's Challenge
August 10-Garth Campbell and Claire Morgan-Arc'teryx Squamish 23K Trail Race
August 10-Adam Campbell and Jason Loutitt-Arc'teryx Squamish 50 Miler
August 4-Richard Knowlton-Self-Transcendence Triathlon
July 30-Natasha Wodak-Scotiabank Toronto Waterfront Marathon
July 28-Ryan Day and Catrin Jones-Kamloops Marathon
July 28-Bertrand Bozek-U.B.C. Point Grey Triathlon
July 21-Natasha Wodak, Erin Burrett, Kris Swanson and Jim Finlayson-Summerfast 10K
.July 21-Geoff Martinson and Erin Burrett-Timex BC Series
July 14-Richard Knowlton-Subaru Vancouver International Half Iron Triathlon
July 14Mike Arensen, Kirsten Arensen and Farisha Arensen-Cowichan Challenge Triathlon
July 14-Melanie McQuaid, Shannon Coutts and Bertrand Bozek-XTerra Victoria Triathlon, Championship Division
July 7-Shane Ruljancich, Claire Morgan, Matthew Salmon and Sara Pape-Salmon-Holland Creek GutBuster
July 7-Bruce Deacon, Robbie Deacon and John Deacon-Spinnakers 5K Race, The Q's Victoria Run Series

CLUB INFORMATION



2014 EXECUTIVE

President

Susan Norrington....250-384-0171

Vice-President

Garfield Saunders...250-474-4950

Treasurer

Bob Reid.....250-384-1520

Secretary

Claire Morgan.....250-920-3889

CLUB MEETINGS

The club meets on the second Tuesday of most months at the Cedar Hill Recreation Centre at 7:30 PM.

Club meetings feature race reports and social functions. Most meetings, there are guest speakers. 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, meeting dates, training runs, wilderness runs and cycling schedules.

NEWSLETTER INFO

Contributions are welcome. Send photos, race reports, quotes or cartoon drawing 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 Thetis Lake parking lot (Oct. to Apr.) or Prior Lake parking lot (May to Sept.) throughout the year. All paces of runners, walkers and dogs are welcome. Run leaders will be provided for each pace group.

TUESDAY NIGHT WORKOUTS

5:15 PM

THURSDAY MORNING RUNS

9:00 AM

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

PIH MEMBERSHIP FORM

Online membership renewal available www.pih.bc.ca

Individual \$25 Family \$35 Student \$7 Associate \$7 Centre \$2

Name: _____

Gender M F Membership: Renewal New Birthdate: _____

Address: _____ Email: _____ City: _____ Years with PIH: _____

Postal code: _____ Work phone: _____ School/Primary Club: _____

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Please make cheques payable to 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 Herbert Rd. Victoria, BC V9B 6J7