

April 2006

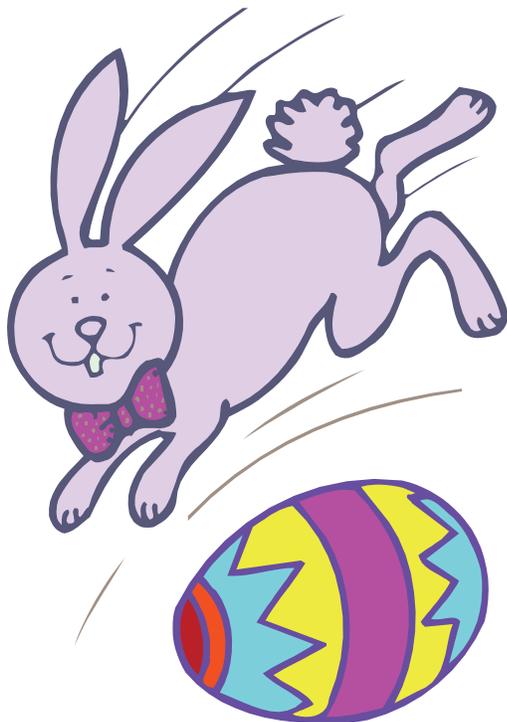


The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca



*Happy
Easter!*

Inside this issue:

A message from your president

Old farts and new people—Photos

Spring Training info

Forest City Road Races Information

50 X 50 story and training update

Don't miss the April 10, Pacer Meeting

**The guest speaker is
Mario Faveri,
sports psychologist**

The next Pacer Meeting is on
April 10
at 7:30 p.m.
at Grosvenor Lodge

Deadline for newsletter submissions for the May 2006 Newsletter will be 12:00 noon, April 24, 2006

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The next meeting is on
Monday, April 10, at 7:30 at
Grosvenor Lodge at
1017 Western Road

GENERAL MEETING MINUTES MARCH 13, 2006

Executive in attendance: Eric Magni, Donna Kraft, Gerda Zonruiter, Gail Schmidt, Jim Burrows. Regrets: Victor Kratochvil, Aggie Ramsden, Belle Rickley.

Attendance: 23

Eric's Comments:

Newsletter Distribution. We have purchased PDF software to aid in distribution. Feedback on newsletter is positive.

Shore to shore relay, June 1 and 2, 2007. As a club, we need to look at how many teams we want to enter. Cost is \$800 per team (early registration).

Heart rate monitoring. 12 participated at the session. Thanks to Sherry.

Future speakers lined up for the rest of the year. Watch the newsletter. Speakers include Mario Faveri, sport psychologist, Tom Haffie, Genetics Lecturer and UWO award winning speaker, Rob Taylor, chiropodist and osteopath, Paul Bowes, coach of Canadian wheelchair basketball, Mark Faust and Steve Hillman, Pike's Peak survivors, and Connie LeBrun, physician to the Canadian Olympics Team.

Forest City Road Races. Sonya Slaven and Tina Morgan.

Planning is moving along well. Check out the website: www.forestcityroadraces.com

500 volunteers needed. Please consider running and volunteering. First preference is for Pacers to marshall. Water stations will be manned by schools. To volunteer, go on-line to www.forestcityroadraces.com.

Ontario Road Race statisticians are posting Forest City Road Race marathon winners on their website. Sherry Watts has provided most of the names. Please contact Sonya if you know the name of the female winner for the 1998 marathon and the 1992 male winner.

Some route changes are planned; most significantly, it will be a single loop 10 k. Bernie Conway will be measuring.

Next year is the 25th anniversary.

Expo will be on May 13. Eric is looking for volunteers to be at the **Pacer** table.

Guest speaker at the expo dinner is Dick Beardsley, a well known marathoner. Reported to be an excellent speaker. Comes highly recommended by Mark Faust. Register for dinner and speaker on-line. Limited tickets available.

Executive Updates:

Newsletter – please send in your contributions by the date indicated on front cover.

Really Chilly – 297 people registered. Six high school teams. Petrolia team won. Heard mainly positive feedback. Chilly able to give two \$500 bursaries to Fanshawe. Scott Slaven, Paula Muxlow and Doug Weaver will present this.

Pacer Championships – date to be confirmed for next meeting.

Membership – 102 active memberships with 160 individuals. Lower than anticipated as Gail expected over 200 memberships.

Financial – 2005 financials should be in next newsletter. Over \$7,000 in account.

Race Updates:

Victor, Lenke, Don and Aggie are in Utah for a race.

Upcoming races:

Woodstock Dairy Capital Run, May 28 – New 5k and 20 k routes (one hill) with start at Fanshawe College Woodstock Campus. Proceeds to the hospital.

28th Annual Running of the Bread and Honey in Mississauga, Sunday June 4 – 15k.

Runs completed - St. Patrick's Day Run, March 11. Billed as the party with a race to warm up. Gail Schmidt had a personal best in her 5k. Advertised as fastest 5k in Canada.

Virtual race – 35 registered. Register to be eligible for a prize. Jim Burrows has just left Sault Ste. Marie followed by

(continued on next page)

General meeting minutes continued from page 3

Lisa Dariano who is in Algoma.

Ed Whitlock who turned 75 beat the world masters 3000 meter record time, running it in under 4 minutes per km.

Other Business:

Presentation of individual Altheo Phidippides trophy to Pat Connor. Bella Rickley to receive hers as well.

Bernie Conway received notice of a runner's reunion, April 9, 2006 in Kitchener. Admission is \$5, cash bar, proceeds to Cancer Society. See newsletter for additional information.

Eric spoke about the Ontario Science Centre Body Worlds Show. The Body Show featured human bodies in various poses and preserved by plastics. Preservation process takes 150 days. Exhibit has gone around the world. Eric found it fascinating and amazing to see the human body less the covering skin.

Bruce Anderson and Cathy Quinlan will submit a proposal to Trillium Funding for 2 race clocks in the hopes that we will get one.

Motions:

Buy a projector at a cost of \$1,000 to 1,200. Motion passed. Projector may be rented out to Pacer members for individual use.

Newsletter Stuff

Please Remember: When you are submitting an article for the newsletter:

**Articles must be in WORD format
and**

photos MUST be in a jpeg format and sent as a separate attachment.

Please send articles and photos to pmuxlow@odyssey.on.ca

Don't forget to send your race results to:

Liz Cramer at ecramer@rogers.com (that is her new email address)

If you know of someone who has not been getting their electronic newsletter

PLEASE LET GAIL SCHMIDT AND/OR DONNA KRAFT KNOW

and we will get your newsletter to you!

The **deadline for submissions** for the next newsletter will be

April 24 at 12:00 noon.

Thanks—from your Newsletter Editor.

Don't Forget London Pacer members receive a discount for their purchases at London's Runner's Choice store on Dundas Street.

Race Calendar

April 2006

- 8 **Seaton Trail Race** www.ouser.org
- 9 **Run For Retina ½ marathon, 10k, 5k, 2.5 K** London www.runforretina.ca
- 14 **Downtown 5K and 2.5K** London, ON www.runnerschoice.on.ca
- 17 **110th Boston Marathon**, Boston, MA, www.bostonmarathon.org
- 22 **Shades Mills 50k&25K Trail** Cambridge, ON www.ouser.org
- 29 **Spring Run Off 10K and 3K** London, ON www.runnerschoice.on.ca

May 2006

- 6 **Toronto Ultra Races 100k, 50k, 30K** www.ouser.org
- 13 **Trillium 10k and 5K**, Mount Forest, ON www.trilliumruns.ca
- 13 **Ganaraska 50k and 25K Trail** Barrie, ON www.ouser.org
- 14 **Forest City Road Races**, London, ON www.forestcityroadraces.com
- 14 **Mississauga Marathon** www.runningroom.com
- 27 **Sulfur Springs 100 mi, 50mi, 50k, 25k, 10k Trail** www.ouser.org
- 28 **Ottawa Race Weekend** www.nca.ca
- 28 **Dairy Capital 10K, 5K and 1 mile** Woodstock ON www.runnerschoice.on.ca

June 2006

- 6 **Kingston 6 Hour** www.ouser.org
- 11 **Dave Clarke Memorial 10K, 5K and 1.6K** Dorchester, ON www.runnerschoice.on.ca
- 24 **Niagara Trail** www.ouser.org
- 25 **Go the Distance 8k and 3k** London, ON www.runnerschoice.on.ca

Check the Pacers' website for more information re upcoming races

HOT FROM THE PRES..... #3**26 March, 2006**

FOREST CITY ROAD RACES are on Sunday, May14. I want to encourage all Pacers to please volunteer for this event. Sonya Slaven, who is Race Director this year, has personally asked for our help. This is London's premier running and walking event and the Pacers are paid for the volunteer assistance that we provide every year to the organizers. The Race Committee specifically needs experienced marshals at main intersections. Please complete the **Volunteer Form** that you can download from the website or for more details or to submit the volunteer form electronically, go to the Forest City Road Races website www.forestcityroadraces.com. For those who can, your help is needed on the Saturday and Sunday. We always do a great job but we need to turn out in force. See you there.

As I write, some of our fitter and more tenacious Pacers are circumventing **The Bay**. Good luck to them. Seems like a perfect day! In my mind, this is still one of the most interesting, scenic and challenging road runs in Ontario. We look forward to hearing their stories at the next meeting.

We can expect stories as well from Don and Aggie Ramsden and Victor and Lenke Kratochvil who all completed the **Canyonlands Half Marathon** in Utah.

Thank you to Ian Johnston and Bill Nightingale who turned out last Sunday to build shelves in the **Pacers storage locker** at McFalls Moving and Storage on Third Str just north of Dundas Str. Thanks to Ian who built the shelves for us at no cost in about 40 minutes flat. Thanks to Bill and Eric for being there to make sure that Ian didn't slack off. Thanks to the Vulture Bait Committee and the Really Chilly Committee, we are now in the process of consolidating all our race paraphernalia in one spot.

Sherry Watts is organizing a **Spring Speed Program**. See details in this newsletter and on the website. Thank you Sherry.

Thursday nights at **Western Track** are over. Thanks to the enthusiasm and organization of Jim Burrows, Pacers were able to spend one night a week indoors out of the raging blizzard.

Saturday Trail Runs have been at Medway throughout the winter. Winter is over and trail runs will be held at different venues each Saturday from now to the Fall. See Trail Running on the website for details. Thank you Larry Gooder.

Sunday Morning Runs and Walks from the Rowing Club. Bruce Anderson is our facilitator (meet and greet, questions and answers, etc), Sherry Watts is our Program Organiser, and Jennifer Dungavell kindly arranges coffee and snacks every Sunday. (The rumour is not true that Ken Dungavell does the baking!) Thank you very much to you all.

I would like to encourage you to come out to Pacer Meetings once a month. We have found some **interesting guest speakers** for upcoming meetings, and they will be taking time and effort to prepare presentations for us. Let's support them. See this newsletter and the website for more details.

Jim Burrows has set himself a remarkable goal. He plans to run Boston this year and beat the time of 2hrs 48mins 9secs that he ran in 1996 (10years ago) at the 100th Boston Marathon. Good luck Jim. May the force be with you.

Take care—Eric

Congratulations to Denise and Daren Raoux and family

Message sent to
Donna Kraft on
March 18, 2006 at
10:56 a.m.:

Hey there: I just wanted to send you a note that Andy was born a couple of hours ago - 9 lbs 7 oz.

And oh yeah Denise is doing awesome.

Daren
Daren Raoux, CA



From your membership coordinator:

WELCOME TO THE LONDON PACERS' NEWEST MEMBER!

Baby Andrew RAOUX was born on Sat March 18 at 4:43am, weighing in at 9 lbs 7 oz. Denise is doing awesome! Dad is trying to do tax returns in his sleep.

Warm greetings to individuals on the active membership list for 2006 who are celebrating birthdays in April:

Gino Cimino, Pat Clark*, Lorne Duquette, Jamie Harris, Maeve Harris, Josh Hillman*, Jamie Hillman, Marilyn Horvat, Lenke Kratochvil, Connie Lebrun, Graham McGee, Jennifer-Anne Meneray, Alita Milliken, Erin Neely, Debbie Obokata, Denny Radlein,

Amanda Topham*, John Walker, Sherry Watts

*entering a new age category



Runners ! Racewalkers!

Want to get faster?

Preparing for the Ontario Masters Track and Field Championships
(to be held in London June 11)
or road races?

Join the London Pacers speed training group

Tuesdays 6 PM
Various locations

10 weeks from April 4 to June 6

Drills, Technique, Strength and Speedwork
Designed for 1500m to 10K racing

Free for London Pacers members \$10. for non-Pacers

For more information contact Sherry pacertraining@yahoo.ca or

Race Report

by Liz Cramer

The new racing season has barely begun and already I've had to update my "weird things that have passed me during a race" log. This weekend in Hamilton, a runner was wearing a flying fish kite. He ran past me near the bridge as we were starting to head straight into the wind. In spite of the fact that he had to fight against his fish wings, which were trying to blow him backwards, he soon became "the fish that got away". Whatever you're logging this racing season – share it with us by sending it to ecramer@rogers.com.

Myrtle Beach Marathon and Half Myrtle Beach, SC

February 19th

283 Sanjay Mehta 3:37:42 (a 9 minute PB!!)

284 David Wainwright 3:37:42

I alluded to an interesting marathon trip when I reported these results last month. What I neglected to mention was that this was Sanjay's 5th marathon and a 9 minute PB. He has promised that the secrets to his marathon success (and the details of that trip?) will be revealed at a later date in the Pacer newsletter.

Slainte St. Patrick's Day 5k Hamilton, Ontario March 11th
 32 Gail Schmidt 21:12 1st F40-44 (a PB!!!)

St. Patrick's Day 5k Burlington, Ontario March 18th
 36 Gail Schmidt 21:49 3rd F40-44

Canyonlands Half Marathon Moab, Utah March 18th

Jim B. reports that on Sunday Mar. 19th, at the Canyonlands Half Marathon in Moab, Utah, the London Pacers team of Victor Kratochvil, Don Ramsden, Aggie Ramsden and Lenke Kratochvil, dominated the "Out of Country" category finishing 3rd, 4th, 5th and 6th, respectively.

Over 2,700 runners started 11 miles north of Moab, Utah and raced 13.1 miles on Highway 191, through the orange rock, valley walls that line the side of the Colorado River. The temperature was perfect for a fast race, with a starting temperature of 5c (ending at 8c), and partially cloudy skies. Unfortunately, strong headwinds of 11-24 kph, in this point to point race, reduced the likelihood of personal bests from any of the athletes.

Half Marathon

1075	Victor Kratochvil	2:00:56
1095	Ramsden, Don	2:04:01
2097	Ramsden, Aggie	2:27:35
2554	Lenke Kratochvil	2:49:50



Los Angeles Marathon XXI Los Angeles, California March 19th
 6270 Beverly Gribbons 4:46:15

March to the Altar London, On March 25th
 A long distance event not often completed the day before Around the Bay.

Congratulations from the Pacers
 to Pat Clark and Kevin Yoshida

Around the Bay Road Race Hamilton, Ontario March 26th

5k Run

48	Mark Faust	19:35 3 rd M45-49
78	Gail Schmidt	21:53

30k Walk

68	Mary Boyle	4:24:01
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30K Run

144	Greg Pye	2:07:03
235	John Ferguson	2:11:57
326	Steve Hillman	2:14:47
377	Gerda Zonruiter	2:17:00 3 rd W40-44
459	Anne Cramer	2:20:38
600	Sonya Slaven	2:23:58
646	Margaret Li	2:26:16
843	John Sanders	2:29:45
922	Teresa Novick	2:30:56
1122	Denny Radlein	2:36:06
1169	James Milliken	2:36:22
1203	Ada Manini	2:36:38



Results continued on page 17

Vegetarian Recipe of the Month

This recipe that I am presenting this month could probably have been best in a fall newsletter since that is when we all seem to have a great abundance of squash. However if you still have some squash in storage and just do not know what to do with it before it spoils here is an interesting recipe that can be greatly enjoyed on cold days. The recipe this month is called White Bean and Squash Soup. This soup is a very hearty, healthy and flavourful soup and I hope you will all enjoy it.

Carl Keevil

keevil.carl@sympatico.ca

White Bean and Squash Soup

- 1 – Onion chopped
- 2 – Tsp. Olive Oil
- 2 – Cloves of garlic chopped
- 4 – Cups of water or vegetable stock
- 1 – Squash butternut, hubbard etc. sufficient to make about 7 cups cubed
- 1 – Tbs. of minced fresh ginger or ½ tsp. of powdered ginger.
- 1 – Tsp. ground cinnamon
- ¼ - Tsp. ground nutmeg
- 1 ½ - Tablespoons miso
- 1 - Tablespoon tahini
- 2 – Cups if soaked white beans
- ½ - Cup minced fresh parsley or watercress
- Sea salt and black pepper to taste.

In a pan heat the oil and onions until they are transparent, brown and caramelized. Stir in garlic and then add water and squash. Cover and bring to a boil over high heat. Lower heat and simmer for 30 minutes or until the squash is tender. Puree squash mixture in blender along with spices, miso and tahini. Add water if soup is too thick. Return all ingredients to pot and stir in beans, parsley or watercress over low heat. Season with sea salt and pepper to taste.

Recipe of a different nature

Since this is spring and those of us that have pets especially dogs, that tend to investigate everything and get themselves in to a rather smelly situation such as being sprayed by a skunk, here is a recipe courtesy of the Discovery Channel.

- 1 – Cup of hydrogen peroxide at a strength of 3 %
- ¼ - Cup sodium bi-carbonate
- 1 – Tsp. of detergent

Carl

Forest City Road Races Information

**Visit the FCRR website for the volunteer application
and other valuable race information:**

www.forestcityroadraces.com

Hello fellow Pacers,

For those of you who are not familiar with Dick Beardsley, the speaker at the pasta dinner on Saturday before the Forest City Road Races, or have not yet purchased your pasta dinner tickets, please check out the web address below for an interview with Dick four years ago at the Durango Marathon.

<http://michiganrunner.tv/2003beardsley/>

Waddya waitin' for...!'

Sonya

Are London Women Runners faster than the London Men?

Like or not the biggest spring race in south western Ontario is the 30k Around the Bay (ATB) Race, in Hamilton. This year they had 4,113 starters.

The ATB has always been a big race for London runners too, with this year having 68 participants listing London as their home address. The race field was comprised of 55.9% male runners and 44.1% female. Surprisingly, London's distribution was also 55.9% male and 44.1% female.

The size of the London contingent and the similar distribution makes it a great test sample for my hypothesis, that London's women runners are comparatively faster than London's men. (My apologies to those runners who train in London yet live just outside for not including their results in my study, since I only used runners that listed London in their race entry.)

To prove my theory, I took the placings of all London runners within their age groups. I averaged the men and women separately.

If you take the middle runner in every male age group the average placing would be 96th. London men actually did fairly well when compared to the average man at the ATB, with an average age group placing of 69th.

The average of the middle age group finisher among women in the race was 82nd. Yet London females finished an amazing 20th! Stating this another way, London women finished on average in the top 12% of their age groups while the men finished in the top 36% of theirs.

Another way to test the theory would be to see how well the average Londoner fared compared to the average ATB finisher.

For the men the average finishing time was 2:44:51, while the average London male finished in 2:17:57. For the women the average finishing time was 3:02:38, while the average London female finished in 2:25:24. The men on average were 19.5% faster than the average, while the women were 25.6% faster. Once again the women fare better.

So does this prove that London women are faster than London men? Perhaps not, but it does prove that at the 112th running of the Around The Bay 30k Road Race, London women beat the men.

Congratulations to all the Pacers who raced, and especially the women.

Jim Burrows

**You are invited to attend a
RUNNERS REUNION**

April 9th, 2006 1:00 pm to 4:00 pm

**At the
Army, Navy & Air Force Club
408 Gage St., Unit # 2 Kitchener, ON**

Please RSVP to:

**Jack Reid
519 742-4123
lazyjacksgalley@aol.com**

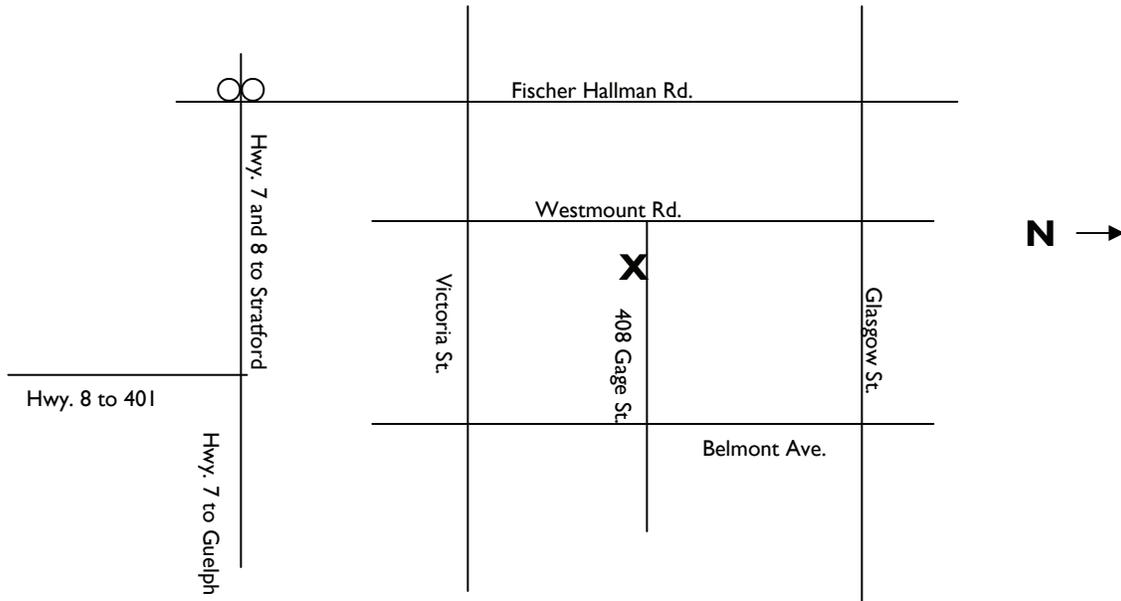
**Dave Northey
519 747-0949
northey@uwaterloo.ca**

**John Vicario
519 885-6546
maggievic@golden.net**

**Ian Atkinson
519 742-7678
ianatkinson39@sympatico.ca**

**Bill Horwich
519 569-8246
salt_n_pepper@hotmail.com**

**Cash Bar—Light Refreshments Served—Extra Parking at the Rear
Admission \$5.00. Proceeds to the Canadian Cancer Society
Spouses, Partners and Friends are Welcome**



Not to scale

The Sore Knee Two-Step - An Ode to All Folks with Knee Problems

By Andria D'Zura

Be it while chatting at a social gathering, in Springbank Park for a few kilometers of training, while working out at the gym, or upon stepping off the risers after singing a concert, I have recently heard many personal stories about sore knees, worn out knees, knee surgery, knee replacement, torn cartilage, reconstructed ligaments and running and working on wobbly knees.

This is a tribute song to all us runners and race walker folks with knee problems. Please sing to the tune of Billy Ray Cyrus' magnum opus of the 1990's, "Achy Braky Heart".



**Hey Doc heal my knees
My achy breaky knees
Cuz' my quadriceps
Get weaker ever day-ay;**

**My hamstrings are now mush
My tushie's getting plush
For running down-the-road gets tough
When knees give way-ay -**

**And crackle when I walk
So I always stop to talk
And grin and bear it
When I do my 16 k;**

**No one knows that I am bugged
You can't see it on my mug
But am irritated true -
That I can't play**

**A big time game of squash or tennis -
Oh these knees are such a menace
But I know they will get fixed
Just wait and see-ee;**

**I will dance and I will sing
Even do a Highland fling
In the Masters' sports I'll be
Believe-you-me-ee.**

**So the knees will get their due
And I will not stop and stew
About careers I could have had
In ski or da-ance;**





I feel young and I am fit
 Even if it hurts a bit
 To ski and dance again
 These knees will have their cha-ance.

So here's my song to you
 That I wrote with heart so true
 For entertainment value
 And to take up space;

That to bear we all have crosses
 We don't make them our life's losses
 Cuz' we're happy in our world
 And make a place -

For a bit of fun and glee-ee
 Even with some wonky knee-ees
 Or an achy back, sore toes, an ankle braced
 YEE-HA!!!



The old fart group at lunch in Nov 06

The lunch get-together for the 'old-farts' has become a bit of a tradition . . . we have been meeting for lunch about 2 or 3 times per year for the last 5 or 6 years now . . . the attendance is growing all the time.

It is to be noted that Ken Dungevall is pleased to see that he has the darkest hair (Lou has him beat for most hair).



Submitted by Lorne Duquette

GUEST SPEAKERS AT PACER MEETINGS

IN APRIL AND MAY

We are fortunate to have some interesting guest speakers coming to Pacer Meetings this year. In April, we have a presentation by Mario Faveri, a Pacer and a sports psychologist, and in June, Tom Haffie, a UWO genetics lecturer, will be our guest.

MEETING ON APRIL 10

Mario Faveri is a Registered Psychologist and has taught at the university level and worked as a Clinical Psychologist in Education and in the Mental Health and Addictions fields. He established the **Performance Enhancement Centre** in 1997 in order to give individuals, especially young people, an opportunity to increase their ability to perform by learning the skills and strategies used by successful athletes. Mario has worked with teams, coaches and a variety of athletes who compete locally and at the provincial, national and international levels. He provides Basic Mental Toughness Training to young players enrolled in Ray McKay's Hockey School, which is among the largest hockey programs in Southwestern Ontario, and is a member of a professional team that provides advice and support to runners at the start and finish of the Canadian International Marathon which is held annually in Toronto. He has completed Levels I and II of the National Coaching Certification Program.

Mario writes.....

The **Toronto Marathon Psyching Team** is a group of sports psychologists and other professionals working in the mental health field that provides advice and support to runners before, during and after the Toronto marathon. It's the largest and most comprehensive service of its kind and each year attracts sports psychologists from across the US and Canada for the opportunity to participate and learn from the experience. I've been associated with the group since its inception and will be describing the common problems that we encounter and the kinds of advice and support that's offered.

MEETING ON MAY 8

Tom Haffie was born a few years after the announcement of the structure of DNA by Watson and Crick. He began serious study of genetics during the time that scientists were developing the techniques of genetic engineering. Now, amidst the excitement of the Human Genome Project, he teaches genetics to first year students at the University of Western Ontario. Over the past 20 yrs at Western, Tom has been recognized as an outstanding teacher with the UWO Award for Excellence in Teaching, the 3M National Teaching Fellowship and, just this year, with the UWO Fellowship in Teaching Innovation.

Tom writes.....

“Mean Genes and Marathoners”

We are now at the beginning of an explosion of genetic knowledge that is profoundly affecting who we think we were in the past and who we think we can be in the future.

As the distribution of our genetic diversity is mapped, we are beginning to flesh out the bones of human evolutionary history originally provided by the fossil record. We understand more and more about how and why our bodies are built the way they are and who the first human endurance runners might have been.

Novel genetic therapies are being developed for future treatment of various diseases and disorders. While the redirection of medical therapies toward performance enhancement by athletes has always raised health and ethical concerns, genetic technologies (e.g. gene doping) promise dramatically increased results and risks.

In this presentation, I hope to have a little fun bringing my interest in genetic concepts and technologies together with the Pacers' interests in routinely exposing themselves to risk of injury while wasting large numbers of calories

Around the Bay Race Results continued from page 9

1295	Bruce Anderson	2:39:13
1296	Bill Burdick	2:40:21
1318	Joanne Marks	2:40:40
1328	Liz Cramer	2:40:52
1339	Elizabeth Maguire	2:40:40
1380	Angelo D'Ascanio	2:41:04
1519	Robert Panter	2:41:30 (1 ST time at ATB!)
1603	David Marsh	2:43:44
1708	Carol Fleming	2:45:41
1897	Robert Fraser	2:47:46
1908	Pamela Alambets	2:50:08
2027	Rick Hamm	2:50:44
2135	Tina Morgan	2:51:26
2135	Shannon Belfry	2:51:26
2163	Jill Robbins	2:51:23
2414	Bill Fleming	2:58:01
2483	John Walker	2:56:35
2486	Debbie Obokata	3:00:03
2788	Kevin Yoshida	3:03:53
3157	Lore Wainwright	3:10:27
3167	Gossette Radlein	3:13:33
3852	Pat Clark	3:40:53
3953	Sara Morrison	3:49:03



Two Person Relay

154	Marion Degroot-Izma	3:07:24
	Mike Izma	

Three Person Relay

110	Cathy Quinlan	2:53:45
	Gwyn Hayman	
	Paula Muxlow	

26.2 Great things about running the Myrtle Beach Marathon:**by Sanjay Mehta, Dave D'Souza, and Dave Wainwright**

As many of you may have heard, we all went down to Myrtle Beach, South Carolina, to run their 9th Annual Bi-Lo Marathon. DS flew down on his own, through Chicago and right into Myrtle Beach. SM and DW had planned to fly down from Toronto, through Raleigh-Durham, NC to Charleston, SC, and then rent a car to drive the 110 miles to Myrtle Beach.

We all have some experience with training for and running marathons (between 4 and 8 for each of us). Yet, despite this, and against all the clear rules about how to prepare yourself physically and mentally in the final days leading up to the marathon, we could not have had a worse 48 hours leading up to the actual race, with regards to physical fatigue and mental stress. And yet, the marathon went fantastically well, and we can now look back, laugh, and share some of our thoughts, experiences, and ideas:

1. Showing up at the Airport Sheraton hotel in Toronto on Thursday night to settle in for a great night's sleep (the most important sleep is 2 nights before the race on Saturday, right?), only to find they do have your reservation, but it's at the downtown Toronto Sheraton!
2. Flying out of Pearson airport early on Friday morning and getting caught up in the rush with thousands of other people scrambling a day after snow and ice cancelled numerous flights, so that only 1 seat is available for 2 of us on an oversold flight! Luckily, getting to the gate early (instead of leisurely enjoying the Air Canada lounge) helped secure another seat.
3. Connecting through Raleigh-Durham, NC, and wasting 10 minutes waiting in line for sandwiches to go, such that we had to bail from the line-up, buying only Gatorade and pretzels (oh well, at least we got carbs!). We barely made it onto the next flight, running through the terminal to the gate, and then onto the tarmac - should we be running the day before the marathon?
4. Being greeted at the bottom of the stairs leading up to a tiny 17-seater airplane by the male flight attendant, who then turned around, sat down, and flew the plane.
5. Finding out that 1 of our 2 seats in the last row, at the back of the plane, was already occupied, by a gentleman large enough to require 2 seats!
6. Arriving in Charleston, SC, and finding no lineups at all of the rental car company counters, except Thrifty, from which we were renting, where there was a 30-minute line-up (is all this standing ok? At least better than sitting some more).
7. Walking out to the rental car lot, and finding the Thrifty cars farthest away from the terminal (how many miles have I done today?).
8. Hydrating at Starbucks with decaf lattes during the drive to Myrtle Beach.
9. Following the flow of traffic, but being caught on radar and picked out of pack of 4 vehicles by a portly deputy J.A. of the Georgetown Sheriff Department, and fined US\$128 for going 76 mph in a 60 zone.
10. During a routine license check, having your name and description pop up on Interpol.
11. 5 minutes later, while driving away, being swarmed by 5-6 marked and unmarked police cars (including our favourite deputy J.A.) with lights flashing and sirens blaring, and forced to pull over again.
12. Under cover of guns drawn and pointed at us, being politely asked by deputy J.A. via megaphone to turn off the engine, throw the keys out the driver window, put our hands out the window, and then get out of the car.
13. When trying to reach down and unbuckle the seatbelts in order to comply and exit the vehicle, being politely reminded to "Get your #*)#*\$ hands out the window!"

14. After walking backwards 10 yards towards the gun-toting cops, kneeling on the ground with crossed ankles, hands behind our backs, bent over at the waist, and being handcuffed while feeling the muzzle of a Glock in the back.
15. Being handcuffed and detained in the small, cramped back seats of separate cruisers for more than an hour (does this count as resting the day before the marathon?), while being kept in the dark, while different police officers (mostly overweight, some frankly obese) congregated, including a canine patrol, and Special Agents, Organized Crime Division.
16. Having South Carolina Sheriff deputies, special agents, and a dog go through your rental car and running gear, and worrying about Southern cops, corruption, planting evidence, and dog doo (thought we were supposed to avoid stress this whole week pre-marathon?).
17. Being let go with an apology, and a warning about other speed traps, but still having to pay the speeding ticket.
18. A great spaghetti and garlic bread meal at Tony's, with the Georgetown High School boys' basketball team.
19. Getting to Myrtle Beach, and driving the ocean-front 9 miles of the course, and cautiously deciding that the advertised gentle rolling hills were actually quite flat.
20. Checking in and quickly trying to get into race-mode, eating, drinking, and relaxing in the hot tub.
After dire warnings of 47F and rain, waking up at 4:30 a.m. to a cloud-less, starry sky and deciding to go shorts and short-sleeves for the race.
21. No porta-potties at the start, at least that we could find. Is that why there's such a long line of runners at that corner gas station?
22. A beautiful, mostly flat course, partly along the Atlantic Ocean on a 50 F day with blue skies and sunshine – perfect conditions to smash your PB (which Sanjay did by 9 minutes), thanks to the help of his 2 great, personal pace buddies (PPBs)!
23. Seeking some post-race nourishment, walking into Wendy's while wearing the finisher medal around your neck, and being asked by the lady serving at the counter whether you were going to run the marathon that afternoon. Then, having all the employees at Wendy's congregate and collectively not be able to figure out where the nearest Starbucks was!
24. Helping your legs recover by wading into 40s F Atlantic Ocean waters, and then finding the hot tub is out of order and smells funny (come to think of it, there were lots of kids in it yesterday ...).
25. Post-race recovery meal at Hooters. Asking the lovely, scantily-clad young waitress, just out of curiosity of course, whether Hooters' girls were allowed to date customers.
- 26.2 An uneventful, but long trip back home, through Charleston, Philadelphia, and Toronto, via rental car, 2 flights, and finally a limousine ride to your front door.

50 by 50 – Mt. Rushmore Marathon – Rapid City, South Dakota – Sun Oct 9, 2005**By Mark Faust****“The Bob Story” or “It’s all uphill from here”**

It is with very mixed feelings that I write this summary. It was with happiness that this marathon allowed me to get state number 48 and be done for 2005 with nothing in sight until June 2006. Judy and I were thrilled to get the chance to go to a truly remarkable testament to the American spirit and determination at Mt. Rushmore and be in one of the most picturesque areas of the United States. It is with some sadness that I must tell you “The Bob Story”, which tempers some of our excitement.

Many of you might remember my friend Bob from the United States. I have briefly given you glimpses into our friendship that evolved from a chance meeting at the Green Bay Marathon some 6 years ago. This South Dakota marathon was to be the crowning glory in his running story as it was his completion of the 50 states. And yes, he was attempting to do this before he turned 50 and this one would do that. The most amazing thing is the way Bob did 49 states. 48 of them had been completed in 6 short years as he had completed a marathon in Washington state years earlier. Let me briefly recap my history with Bob.

At about the 6 mile mark of Green Bay, this person turned to me in my Canadian flag shorts enquiring where I was from in Canada. A response was given and my enquiry was where he was from in Canada assuming this was the case. Bob actually lived in Virginia, about 1 hour outside Washington DC. The catch was he had married a wonderful Canadian woman, Barbara who had lived in Newmarket outside Toronto. In fact her mother still lives there and they frequently visit. Bob is more informed about Canada than most Canadians are. He even has a subscription to Maclean’s magazine. This chance meeting led to a lasting friendship via email, a visit to their home in Virginia for an American Thanksgiving celebration when I ran a marathon in Richmond Virginia and planned meetings at various marathons around the States. He and Barbara have since moved to Indiana and a visit is planned for this year or next.

The Mt. Rushmore run was going to be special for Bob and his family. His 2 brothers and sister had agreed to meet and run the relay. They came with some of their own families from varied spots of California, Utah and the east coast. They had varied levels of running fitness, but that did not matter. Bob’s mother had made the trip from Indiana as well to join in the celebration. She is required to utilize a wheelchair at times, but is quite the character. The plan was for each of the brothers and sister to run one of the legs with Bob, get themselves to the finish line and then all join together to escort their mother across the finish line. A pretty special moment being planned to say the least. Barbara, Judy and I would be there (assuming I finished before Bob) to lend our support and share in the emotions surely to occur. The race director had been alerted and the local media would be there to cover the moment. The stage had been set for the perfect finish to a lot of hard work.

Judy and I arrived on Friday for the Sunday race. As usual, I found a great deal using a combination of free miles and few dollars on Northwest Airlines out of Detroit. Rapid City is not a very competitive air route, so was fortunate to land on this promotion during the off season for tourists to this area. Also got the usual great deals on hotel and car rental. Bob and his family trickled in during Friday as well and we met up for dinner at an excellent Italian restaurant in the restored downtown area of Rapid City. Barbara and Bob invited us to get up early on Saturday at 5am to join them in a 2 plus hour road trip to the neighboring state of Wyoming to see a truly remarkable sight called “Devil’s Tower”. We declined at first given the early time, but changed our mind and this was a good decision. The ride itself was beautiful and we got to spend some quiet catch up time with them. This natural wonder is simply amazing. Some of you may recognize Devil’s Tower from the movie “Close Encounters of the Third Kind”. This was a Stephen Spielberg directed movie in the 1980’s about extra terrestrials landing their spaceships on this 1000 foot tower in the middle of nowhere with people being drawn to the site. We did not see any spaceships this day, but certainly the closer you got, the more drawn to it you were. The wind ripples around the base of the tower. You could see climbers scaling the side hundreds of feet up. Not for the faint of heart. An added bonus was the wildlife we saw on the way ranging from deer to a bobcat that darted in front of the car. To set the record straight the bobcat made it across the road okay. We got back in time to share breakfast and stories with the rest of Bob’s family.

In the afternoon Judy and I went on our own to explore Mt. Rushmore. Spectacular. The monument is about 20 miles south of Rapid City and again, in the middle of nowhere. You round a corner and there it is carved into the side of the mountain. The closer you get the more the details of the President's faces come into view. The Presidents are George Washington, Thomas Jefferson, Abraham Lincoln and Teddy Roosevelt, all major figures in American history. To put the sculpture into perspective, a National Park ranger informed us that the distance between George Washington's pupil and the top of his eye is 8 feet. This means his eye alone is 20 feet high. Think you get the idea. This National Park gets almost 4 million visitors a year making it one of the top 5 visited parks in the United States. Luckily this was the off season so there was lots of elbow and breathing room. After spending time here, Judy and I decided to take one of the interesting advertised routes and drove the Needles Highway. It gets its name from the needle like rock formations sprouting out of the ground. Fascinating, but this road is not for the faint of heart. Lots of rises, steep down hills and switchbacks. Judy kept her eyes shut for some of the ride. It was at some point that I realized that these roads would be some of the same I would be running the next day. Gulp. And yes, the course did not disappoint in its difficulty.

Onto the actual run. The web site (www.mountrushmoremarathon.com) is a good one, very informative and promises a good race. Lots of changes had been made this year with the biggest being the course. Even though it has been called the Mt. Rushmore Marathon for years, it had never started or finished there, let alone even run that close to it. The old start line was out in the area, but the course was mostly a fast downhill course running back to Rapid City finishing in the middle of that city. I found that interesting. To take advantage of what seems like a no-brainer historic and beautiful site, the decision was made by a new race committee to begin the race there in the shadow of the monument and run in the Black Hills finishing at another amazing memorial "Crazy Horse" which is a native American Indian named Crazy Horse sitting on his horse. Again, hundreds of feet in the air. By the time I got there I was in no condition to sightsee. More on that as we move along.

The course is tough. Many of the comments from finishers of this year's race on www.marathonguide.com confirm this such as, "maybe I should have trained more, but then how does one train for a course that goes straight up for 8 miles"; or "The last 8 miles were all uphill. It was relentless. Then, when you get about a half-mile from the finish at Crazy Horse, the course has 2 huge hills. Brutal." These were not my comments, but I assure you they are close to the truth. Think you get the picture.

You do start at the base of Mt. Rushmore, which is at about 4500 feet altitude. It was chilly, but still short weather, as there was little wind, but gloves were a welcome addition. The first 9 miles were up and down hills with some being rather large. I tried to take it easy for those. The next 9 miles are somewhat rolling and were a relief. The final 8 were definitely a relentless uphill on a crushed gravel horse trail, with the surface being welcome to the legs, but not the 850 feet we climbed during that period. And it was fitting that the finish line was at the end of a pretty substantial hill or at least a hill that seemed substantial at 26 miles. Only after reading in the local paper the next day that the men's winner said his time was a minimum of 1-minute per mile slower than normal did I not feel too bad about my 4:13 finishing time. Taking the 1-minute per mile into account would get me to my more normal finishing times. The web site advertises a challenging course. To be even more accurate they may want to add the major climbing for the last 8 miles. Doubtful there would be any personal bests on this course unless it is your first marathon. Regardless of how tough it is, the course is a beautiful one, not to mention the great marshals and plentiful and enthusiastic water stops. Rates 9 out of 10.

The race falls a little short in a couple of places. The expo advertises a lot more than delivered. Not much there other than number pick up. In fact many people complained later that they shut down early on Saturday due to lack of crowd. I had asked for number 48 to align with this being state 48. After receiving a different number and an inquiry, the numbers were changed and number 48 was mine. A redeeming factor to be sure, so the expo rates 7 out of 10.

We were looking forward to the pasta party as this would be a time to meet Bob's family again and imagine and dream about the great things that would happen for him on race day. There was a lot of confusion about the dinner. We had purchased our tickets ahead of time and it was scheduled to be held the evening before the race at another local Italian restaurant. We were told at the expo that due to lack of ticket sales, they would only be able to accommodate us individually in the afternoon before the race so not to disrupt the restaurant's evening sales. Who wants to have a pasta dinner 16 hours before your race? I doubt many would. Bob and I approached the race director who solved it by making a personal phone call to the restaurant. We were allowed to go at night as our group. The dinner was excellent, probably too much garlic. Pack the breath mints. Rates 10 out of 10 based on the food and the solution presented by the race director.

Good shirt at this one. A long sleeved cool max with some ads on it, but nice native American design on it. Rates 9 out of 10.

Post race was okay. There was the regular food, not much to do but limp to the welcome warmth of the buses that would be returning to the city. It had gotten very cold and windy by the end of the run and there was no reason to stick around, so a warm bus ride was a relief. Post-race rates 5 out of 10.

The medal was plain with the obligatory picture of Mt. Rushmore on it. It is not dated, so it loses some there. Rates 7 out of 10.

Overall, the marathon rates a strong 8 out of 10 based on the course, shirt and solutions presented by the race director. Some improvements could be made, but there is potential for a lot here.

Normally at this point I would be closing and telling you what was remaining in my 50 by 50 quest. Is anyone wondering, "What's happened to Bob?"

It was certainly a much more challenging day for Bob, both physically but maybe even more emotionally.

Race day dawns and I had arranged to walk over to Bob's hotel to meet him for the bus ride up to Mt. Rushmore. Barbara and Judy were going to drive up to the finish line later after having breakfast to join in the anticipated celebrations. About a half hour before our planned rendezvous our hotel room phone rings. It is Barbara and she said to me, "I don't think Bob is going to be running today." I thought she was joking, but she then informed me she was calling from the local hospital. Immediately I thought car accident or his mother. The truth was Bob at that point was in surgery having his appendix out. After dinner the night before he thought he had some heartburn (probably from the garlic) and his pains got worse and worse until finally at midnight they drove to the hospital. Bob is a doctor and thank goodness he knows the symptoms. His appendix was close to bursting and emergency surgery would commence shortly after his arrival. Talk about an emotional draining moment. Here is a guy on the same quest as I am finishing his 50th state not to mention arranging for his family to be there to share the moment, not just by viewing, but by participating. Add his mom to the mix and wow! Thinking "glass half full" I only imagined the possible outcome if he had been out in the middle of the strenuous course and this occurred. There is always another run, but at this point disappointment filled the air.

My race meant little. The main goal was only to finish, collect the state and get back to the city. No need to stick around at the finish and there was no need for Judy to be out there either. Finishing alone and in a cold wind seemed somewhat appropriate.

We went to the hospital to visit that afternoon. Bob and I, like many runners have a rule that you cannot rightfully wear a shirt for a race you did not participate in. True to Bob's character he seemed more concerned about getting the extra race shirt for his relay portion to me on that very day before we parted ways. We assured him this was the least of his worries. Think about his situation. Barbara and Bob were scheduled to fly out the next day to Louisville Kentucky about a 2 plus hour drive away from their home in Indiana. Rapid City is a small city and does not have many direct flights other than to Denver or Minneapolis, so a connection would be needed to get them to their final destination. They actually did make it home on Monday the day after his surgery on Sunday. There were delays for them as well on the return trip as their connecting city of Denver had a freak major snowstorm overnight. Bob was in no condition to drive from the airport, so that duty fell to Barbara.

All worked out well. Bob recovered quickly and got back to running.

Bob is completing his 50th state of South Dakota in May in a few weeks. I am flying out by myself for the lower key celebration as I want to be there because it is going to happen this time. I will be a fan and cheering spectator. Not sure how many, if any of his family will be there, but I feel the need to join in this accomplishment.

Only 2 more states for completion of my goal. Wyoming in June and then the much talked about Colorado in August. The finish line is ever closer.

Onward and upward to 50 by 50.

Higher and Higher and then Lower and Lower – are we nuts?**By Mark Faust and Steve Hillman**

Well, we're in. March 1st was "do or die" day for Steve and me to get into the Pike's Peak Marathon. It was very important that we be at the computer at 10 am EST in order to make the 800 person cut off. I had blocked my schedule off as "not available" that day, so not to be in the classroom or traveling somewhere. Steve had put numerous prompts on his computer to remind him. The web site had freaked us out stating sign up would begin at 7 am PST and last until the race filled. We had to be ready. There are really 3 races you could sign up for. The first is the Ascent on Saturday, which is climbing the 13.1 miles to the summit. The second is the full marathon on Sunday, up to the summit and return down the same way you came up (down hillers get the right of way). That is the one we signed up for. The third and craziest is doing both, yes both. I cannot imagine, but it filled within a day. The Ascent filled in 13 hours, the full marathon in 23 hours. As it turns out there are only 5 Canadian crazy people doing the full. One from Toronto, one from North Bay, one from Golden (not sure where this is) and us.

The race fee is only \$65 US, not bad considering the logistical considerations and support required to get people up and down a mountain. Maybe they don't need a lot of medical personal or have a heck of a volunteer base for this. The reason this is mentioned is the waiver form is a full page long, so I think my guess of not much need for medical does not apply here. It includes such things as:

"I am advised that the following are some but not all of the special conditions and factors which may be encountered in the Pikes Peak Marathon and there may be other hazards: Course elevations are from more than 6000 feet to more than 14000 feet above mean sea level with attendant low humidity and variable, extreme and rapid temperature changes, precipitation and wind. The temperature may vary from 50 to 80 F in Manitou Springs (start and finish line) to 30 F and colder above the tree line (11000 feet) with high winds and the possibility of severe storms accompanied by rain, snow or ice showers particularly above the tree line. Ultraviolet radiation exposure should be considered as extreme.

Because of the inaccessibility of most portions of the course to motorized vehicles there may be delays in providing emergency medical assistance. Transport off the mountain involves motor vehicles with attendant hazardous road conditions, mechanical failure, or accident."

And it goes on and on for a full page.

What does all this mean?

What the heck do you wear or carry with you?

Love the "ultraviolet radiation": does this mean Steve and I will be able to cook eggs on our microwaved body after this?

We are basically on our own if something happens. Yikes!

We are up to the challenge. Training is going very well for both of us. Steve is gearing up for the challenge of Around the Bay, completed by the time you read this. I plan on doing the 5km there and then running out to meet Steve and bring him home. We both are doing the Retina Half in London in early April and finally "The Pig" marathon in Cincinnati to complete the first half of our training for Pike's.

To this point we have both gotten a couple of very fast over 30km long runs in, both times on the hilly sway back course on Southdale and beyond.

Steve is now a confirmed treadmill gerbil and has discovered the best program ever for Pike's training. Or so he keeps telling me. He runs the hills course for 60 minutes on a Level 15-18 out of 20. He keeps telling me the benefits of this, sure he is true to his word, but I plan on these after Cincinnati. Just trying to get the miles in at this point.

We both are consciously watching our food intake trying to avoid unnecessary calories or fat. This takes a lot of work at first, but once the routine is there, it actually is not too hard. Like many things in life it is about choices and more importantly, thinking before you make these choices. Here is a good example. I travel on the train to Toronto a lot, sometimes every week in a month. We are lucky to go Via 1 (first class) through my work and because of this you get food and liquor if you want it. Previous to my choice decision I would have a cranberry and vodka drink to start, did not think too much about the main meal choice, eat the dessert given, and then to top it off have a liqueur after dinner. Now I have a Clamato juice before (yeh, I know lots of sodium), chose a better main course (just signed up for the low fat/low cholesterol one), don't eat the dessert and forego the liqueur. Calories saved probably equals 500 plus with nothing really lost. It's all about choices.

Steve is doing the same kind of thing and since January he has lost 15 pounds and I have lost over 10. The lighter the load to climb the mountain. And that mountain climb is approximately only 20 weeks away. Holy!

The good thing at the race is we will not be without food support beforehand. There are actually 2 pasta parties, one on Friday to support the Ascent and the other on Saturday to support our run and each is only \$10. Looking forward to that and we are already wondering how much to eat given the fact we will likely be on our feet for up to 8 hours the next day.

The weather is certainly improving here in London and a welcome spring is just around the corner. We really did not have a winter though I hear lots of people complain. These will be the same people who complain about the heat in short course.

Enjoy the spring, the weather and the upcoming race season, whatever that holds for you. Just remember to make the right choices for your own happiness and needs and those around you. Our journey continues...

Other Comments:

In consideration of the London Life Forest City Road Races accepting this, I hereby, both myself and my heirs, release from liability and waive any and all claims for damages (whether for personal injury, death, illness, property damage and/or property loss), including claims for negligence, which I may have as a result of my participation in this race, against the following: London Life Forest City Road Races and its committee, Thames Valley Children's Centre, race sponsors, the City of London Police Service and other participants in this race. I acknowledge that voluntarism has risks (both known and unknown) inherent in it, and in signing this form it is my intention to accept those risks, and all consequences thereof, for myself alone. I acknowledge that I have read this release in its entirety, that I understand and agree to be bound by its terms, and that I am signing it voluntarily without duress or undue influence from anyone. I also consent to the use of the personal information contained in this entry form for the purpose of soliciting my participation in future London Life Forest City Road Race Events. I also consent to the use of any of my name, and photos of me from the event in any form of promotional material for the London Life Forest City Road Race Committee.

Signature: _____

Please be advised we will be contacting all accepted volunteers in FEBRUARY, MARCH or APRIL 2006 to confirm continued interest and to set a date for our training session. Thank you in advance for your interest in our London Life Forest City Road Races! We hope to see you soon.

Please do not write below this line Please do not write below this line Please do not write below this line

I have attended the training session. I have been provided with my position title, corresponding duties and I understand where I will be located and what my position involves. I have read and understand the Code of Conduct for Volunteers, and I will abide by it. Should I have any further questions or concerns around my position, I will notify one of the Volunteer Coordinators, either Joanne Marks or Tina Morgan, immediately. I will do my best to promote the London Life Forest City Road Races, its sponsors, and to present the Thames Valley Children's Centre, through my behaviour.

Signed on this _____ day of _____, 2006.

Signature: _____

The choice is yours!!! Fill out this volunteer information form and either:

Mail it to Joanne Marks, Volunteer Coordinator, London Life Forest City Road Races, 963 Marigold Street, London, ON N9X 4N8

Deliver it to Runner's Choice, 207 Dundas Street, London, ON N6A 1G4

Call or email for a batch pick-up to jpmarks@mmm.com or 679-4275.

Email the information **in the order that it appears and completed in full** to us and we will complete the form for you to jpmarks@mmm.com or bradleymorgan@sympatico.ca

Fax the completed form (both sides) with a cover sheet indicating **Attn: Joanne Marks** to 519-452-6022