

April 2007



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca



Dave House on "The Hill"



Bruce Anderson smiling on the Final Stretch!

Photos courtesy of Dianne van Leeuwen

The next Pacer Meeting is on
Monday, April 9, 2007,
at 7:30 p.m.
at
Grosvenor Lodge
See inside for more details

Deadline for newsletter submissions for the
May 2007
Newsletter will be
12:00 noon, April 30 ,
2007

Send articles and photos to
pacertraining@yahoo.ca
and race results to
gail_schmidt@rogers.com

Executive

President	Eric Magni	680-0534	ericmagni@rogers.com
Vice President	Jim Burrows	474-3497	jim.burrows@td.com
Secretary	Gerda Zonruiter	471-3550	chrisandgerda@rogers.com
Treasurer	Jennifer Dungavell	472-9528	jdungavell@hotmail.com
Membership and Race Reporter	Gail Schmidt	657-9936	gail_schmidt@rogers.com
Publicity	Aggie Ramsden	858-0921	dramsden@isp.ca
Social	Alita Milliken	472-0312	alitamilliken468@msn.com
Newsletter	Sherry Watts	858-9880	pacertraining@yahoo.ca
	Paula Muxlow	293-3697	pmuxlow@odyssey.on.ca
Web site	Victor Kratchovil	951-0243	vlk.eng@sympatico.ca

Newsletter deadline April 30, 2007

Please send articles, information and photos to Sherry Watts.

Send race results to Gail Schmidt.

The next meeting is on
Monday, April 9 at 7:30 p.m. at
Grosvenor Lodge at
1017 Western Road



PACERS GENERAL MEETING
MARCH 12, 2007.

Executive in Attendance: Eric Magni, Jim Burrows, Gail Schmidt, Gerda Zonruiter, Aggie Ramsden

Attendance: 20

From the President

News:

1/2 dozen Pacers (Magni's, Ramsden's, Van Leeuwen's, Robert's, Rob Taylor and Sharon Culliton) attended Mark Henshaw's fund raising dinner in support of his participation in the World Cross Country Championships in Kenya next month. Great meal, excellent speakers. Mark is an impressive young man and we look forward to his presentation to the Pacer Meeting in May

Victor Kratochvil is resigning as newsletter editor. Thanks to Victor, and thanks to Sherry Watts for taking over. Please send all photos and articles to Sherry for inclusion in the newsletter.

Upcoming Events

Track nights continue for 2 more sessions – March 15 and 22

March 25 – “Around the Bay” road race. Good luck all Pacer participants

April 9 – Pacer meeting

April 16 – Boston Marathon. Good luck to Jim Burrows, Rod Henning, Steve Cochrane, Donna Kraft, Teresa Novick, Tammy Whitehead, Jackie Windsor, Gwyn Hayman and Gerda Zonruiter

May 13 – “Forest City Road Races”

May 14 – Pacer meeting

May 26 – Sulphur Springs trail race

June 1 and 2 – “Shore to Shore” relay. If you are interested in being on a team, contact Nancy Johnson or Gerda Zonruiter.

June 11 – Pacer meeting – run and pizza night

Volunteers Needed

Someone to replace the km markers in Springbank Park as 3 are missing. If interested, please contact Eric Magni

Race reporter – Gail is the new Race reporter

Web master – may be needed after June

Pacers meeting minutes continued from page 3

Upcoming Speakers

April - Steve Hillman and Mark Faust to speak on their Pike's Peak marathon

May – Mark Henshaw to speak about his experiences in Kenya

We would like to have a panel discussion on nutrition in the fall. Please forward names of individuals who may be qualified/interested in being a panelist to Jim Burrows

From the Executive

Gail – membership is down this year compared to last year. Currently have 94 active memberships representing 160 individuals (compared to 139 last year). If you haven't renewed, do so before the end of March!

Aggie – still has singlets and long sleeve technical shirts available. The long sleeve shirts are very nice to wear

Paula – Really Chilly financial outcome is pending receipt of one more invoice

Speakers

Jim Burrows and Sherry Watts shared their individual perspectives on preparing for the big race. Their views and approaches were consistent in a number of ways including:

Importance of setting a realistic goal and developind a plan around the goal race(s)

Be flexible and adjust your plan as needed to fit the weather, what is going on in your life, injury, fatigue, etc

Taper before the big race – 3 weeks is a good taper for long races. While you may lose some in fitness, you will also reduce fatigue, thereby improving performance

Plan/practice for the race – including test races or time trials; think about what to wear, eat, etc

Race Reports

Paula Muxlow – Napa Valley Marathon. PB by 10 minutes. Excellent race, well-organized, great people, medal and food. Wine at the end!

Jim Burrows – Burlington ½ marathon - chili was not as good as the chili at the Really Chilly. Medal almost as nice as Napa Valley Marathon's. Finished in 1:18, placing 4th over-all out of over 2,000 runners

Jackie Windsor – Grimsby ½ marathon – 4th in 45 to 49 age category

Race walkers – have competed in two 3,000 m race walking events at York University this year

Bev Gibbons – completed 7 marathons in 2006. Is this a record for the Pacers? She needs 6 more marathons to reach 50.

**London Pacers Running Club meeting April 9, 2007
Grosvenor Lodge, 1017 Western Road
(on the big curve south of Platts Lane)
7:30 PM**

You heard about this race until you were probably tired of hearing about it.

We trained for this race until we were tired of training for it.

You maybe heard rumours about the training and the race itself.

Come on Monday April 9th for the real story. Steve Hillman and Mark Faust will be presenting their saga of the trek up and down the mountain called Pike's Peak in Colorado. Not only will you hear the story, you will see the pictures of the beauty, at times agony and in the end triumph!

Here is a sneak peak:



See you on the 9th!
Steve and Mark

Members to Members

A job opportunity:

Runners' Choice is seeking a part time employee who is available for day, evening or weekend hours up to about 20 hours per week. If you are interested email brianh@runnerschoice.on.ca or call 519-672-5928.

Pacer Discounts

Members of the London Pacers are given a discount on purchases at Runners Choice at 207 Dundas St and at the New Balance store on Fanshawe Park Road W at Hyde Park Rd. Be sure to let them know that you are a Pacer. Oh – and Paul tells us the store is carrying the headlamps and reflective vests we'll need for the Shore to Shore relay.

From your membership coordinator:

WELCOME NEW MEMBERS

Gord and Rita Melville and Brian Peaker and returning members Don, Heather and Nicole Armstrong

Warm greetings to individuals on the active membership list for 2007 who are celebrating birthdays in April:

Gino Cimino, Lorne Duquette, Maeve Harris, Jamie Harris*, Josh Hillman, Jamie Hillman, Marilyn Horvat*, Doug Kingston, Lenke Kratochvil, Connie Lebrun, Graham McGee, Jennifer-Anne Meneray, Alita Milliken, Erin Neely*, Debbie Obokata, Denton Radlein*, Roberta Reardon, Amanda Topham, John Walker, Sherry Watts, Pat Yoshida

*entering a new age category

Watford-Alvinston Road Race

This year marks the 50th running of the Watford-Alvinston Road Race. Very few events reach their golden anniversaries. This one has been in danger of folding several times but in each instance, has been revived by a new and enthusiastic team of organizers. Our own Mark Faust was one of the saviours several years ago. In the past few years the race has been growing again. The races are measured as 10 mile and 5 mile distances though they are currently advertised at 16 and 8K. This one has had its quirks; the egg salad sandwiches in the arena, the draw prizes from local businesses including the local funeral home, the mile markers sometimes not in the usual numerical order, the plant sale across the road where (legal) hallucinogenic plants could be purchased. The race director of the CHOK Bridge race gives free entries for his event to the winners of the 16K so he is always watching as alertly as the local newspaper photographer for the first runners to come in.

This is one of those races that refreshingly, does not come with a pledge form or even a line for donations. It is a race that is just a race. People of all ages take part – the youngest usually being the next 4-year-old in a rather prolific family. Yes, where the city races add a few hundred meter race for the little ones, the tough country kids run the 8K – and usually look pretty proud to have done it.

From their website, www.watfordalvinstonroadrace.com

There were 11 entries but only nine runners in the first race in 1958. Seven completed the 9 1/2 mile course, finishing at the Watford Post Office on Watford's Main Street. Roy Caley was race manager and Harold Newell was the official starter that year. In order of finish, runners were Hylke VanderWal, Bruce Faulds, Bill Phillips, Dick VanderWal, Don Duncan, Ray Acton and Lawrence Deschamps.

This year the race committee is promising a special souvenir of the 50th as well as a barbeque lunch for entrants. They are suggesting the cost may have to rise to (gasp!) \$18. This race is a bargain and it's fun. Mark Monday May 21 on your calendar and run a historical race in Watford.

Race Calendar

Some local races and those of interest

April

- 6 **Downtown 5K**, London www.runnerschoice.on.ca – 1st of the Runners Choice series
- 14 **EndurRun 5K, 3K**, Waterloo www.runwaterloo.com - Saturday evening race
- 15 **Miracle Run 10M, 5K**, Windsor www.runningfactory.com
- 15 **Run for Retina, 5K, 10K, half**, London www.runningroom.com
- get a running vest for entering this one
- 16 **Boston Marathon** www.bostonmarathon.com
- 21 **EndurRun 8K, 3K**, Waterloo www.runwaterloo.com - Saturday evening race
- 21 **Seaton Trail 26, 52, 78K** trail runs, Pickering www.ouser.org
- 22 **St John Ambulance Marathon** and half, Waterloo www.waterloomarathon.com
- 28 **Spring Run Off 3K, 10K**, London www.runnerschoice.on.ca
2nd of the Runners Choice series
- 29 **Brantford Classic Run 5K, 10K**, Brantford www.brantfordrotary.com
25th running – great turnout of youngsters in the 5K
- 29 **Billy Taylor Memorial 5K, 15K**, Guelph www.runningroom.com

May

- 6 **Downtown Mudpuppy Chase** 3, 5, 10K, Kitchener www.mudpuppychase.com
- get "mudpuppy swag"
- 6 **Sudbury Rocks** 5K, 10K, half, marathon www.runningroom.com
- using an age-graded staggered start in the marathon so anyone can win
- 7 **Path to a Better Heart** 5K, Kid's K and duathlon, Windsor
www.runningfactory.com
- 12 **Trillium Festival** 5K, 10K, incl walk and inline skate races, Mount Forest,
www.trilliumruns.ca – the food is amazing after this one
- 12 **Ganaraska Trail Runs** 12.5, 25, 50K Horseshoe Valley www.ouser.org
- 13 **Forest City Road Races** 2.5, 510, half, marathon, relay
www.forestcityroadraces.com – snazzy 25th anniversary medal
- 21 **Watford-Alvinston Road Race** 8K, 16K – the 50th running!
www.watfordalvinstonroadrace.com
- 26, 27 **Sulphur Springs Trail Races**, 10K, 25K, 50K, 50M, 100K and relay, Dundas
What more can you ask? www.burlingtonrunners.com – popular with Pacers
- 27 **Art Key Racewalk**, 5K, 10K, Toronto Island www.otfa.ca
- 27 **Buffalo Marathon** ½, marathon, relay www.buffalomarathon.com
- a "new, flat fast course" - aren't they always?
- 27 **Ottawa Marathon** and half www.runottawa.ca – new hillier course – nice!

HAPPY EASTER!



The Editors Page

Well, here we are again. Thanks to Victor for the time he served as newsletter editor. He has come to a hectic time in his life so Paula and Sherry are going to tag-team this puppy for awhile.

Hey – spring is here! We've made it through another winter. A few Pacers enjoyed the warmer climes but they will be back soon. Racing season is here so people are gearing up for their 5Ks and halves and marathons and 25Ks and 10 milers and ultras.

You won't want to miss the next few Pacer meetings. Jim has found us an exciting line-up of speakers. In April we have Mark Faust and Steve Hillman with the story of how they conquered what must be the toughest marathon in North America, Pikes Peak. In May, on the day after the Forest City Road Races we'll have the privilege of hearing one of Canada's best young runners, Mark Henshaw who is competing in the World Cross Country Championships in Kenya in April. In Kenya!! What an incredible adventure he is going to have. And of course in June we have the ever-popular Run/Walk and Eat Pizza Night.

As ever, we are looking for your input for this newsletter. Send articles and pictures (please identify the people and places) to Sherry at pacertraining@yahoo.ca .

Send your race results to Gail at gail_schmidt@rogers.com.

With track and field season upon us, parents do not forget to brag about your children and grandchildren. Send us their results too.

Sherry and Paula

Preparing for the Big Race

The next 3 pages are Jim Burrow's slides from the presentation he and Sherry Watts gave at the March Pacer meeting on how to prepare for the goal race.

Preparing for the **BIG** Race

1. The Process
2. Setting Goals
3. Personal Plan
4. Key Success Factors
5. My Plan and Execution
6. Questions

Preparing for the **BIG** Race

The Process

1. Series of physical stresses designed to force the body to adapt.
2. Goal to prepare the body to handle the distance of marathon (or goal race)
3. Typical plan is a stepped progression adding distance each week, followed by a "rest week", every 3 or 4 weeks.

Preparing for the **BIG** Race

Setting Goals

1. 1st marathon
2. Personal record
3. Qualify for Boston
4. "Prestige" race (NY, Chicago, London)
5. Development for rest of season /year
6. Have a good time

Preparing for the **BIG** Race

Personal Plan

1. Consider goals
2. Use published marathon programs as guidelines
3. Adapt for your personal circumstances (e.g. balance fitness/work/family)
4. Know your weaknesses (e.g. biomechanical issues)

Preparing for the **BIG** Race

Key Success Factors

1. Weekly long run (25-40% of weekly total)
2. Building mileage
3. Avoiding sickness and injuries
4. Compare to your previous history (keep a log)
5. Mimic race conditions (e.g. hills, heat)
6. Timing (your race date vs. training partners')
7. Practice Race Pace
8. Test races
9. Taper

Preparing for the **BIG** Race

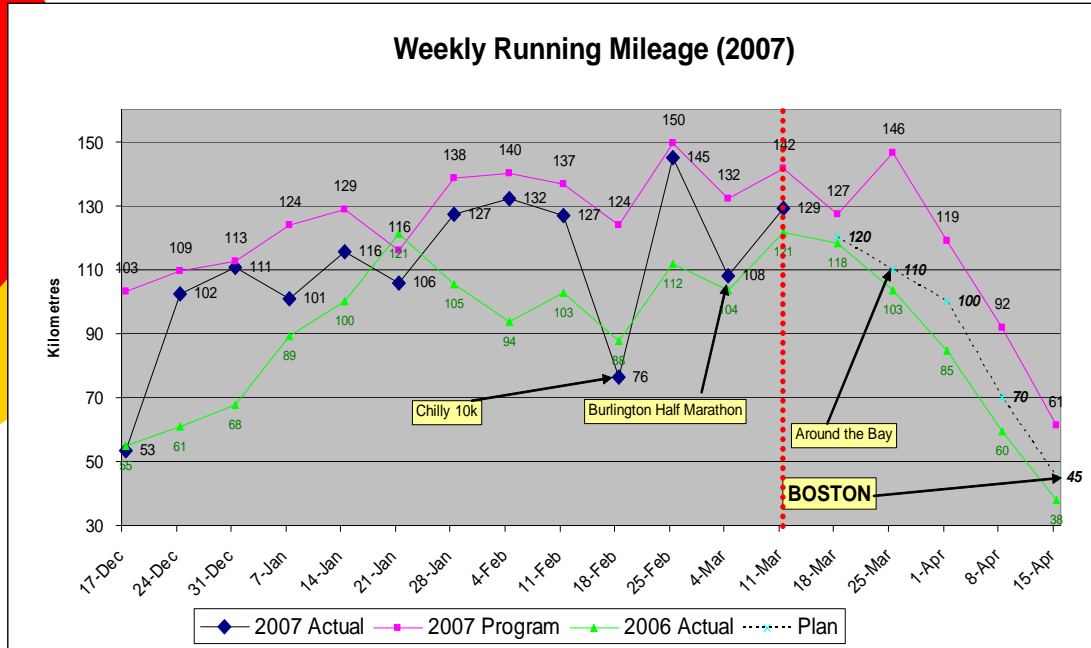
My Plan

(modified from Pete Pfitzinger's advanced training program)

1. 17 week build to April 16th
2. 100+ km weekly mileage, building to 150 km
3. Long run peaking at 38 km
4. 1 weekly speed session
5. 2 test races / time trials pre marathon
6. Layer in hill workouts and practice downhill
7. Create base for rest of year including triathlons

Preparing for the **BIG** Race

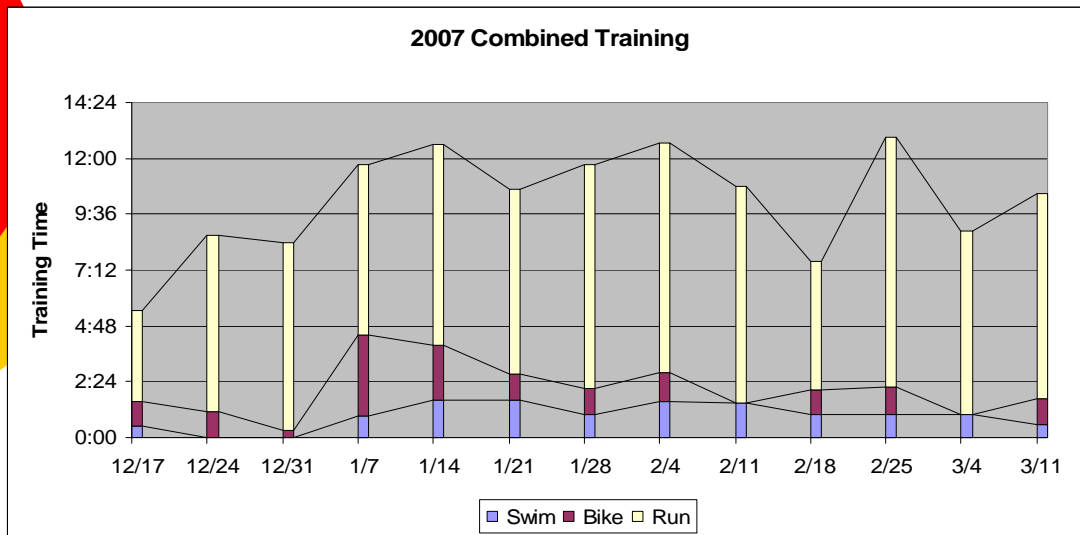
My Plan Execution:



7

Preparing for the **BIG** Race

My Plan Execution:



8

HOT FROM THE PRES..... #07-3

23 March, 2007

Hi Pacers,

Speakers. We have two interesting presentations arranged for the next two Pacer Meetings.....

April 9: **Mark Faust and Steve Hillman** will describe their Pikes Peak Marathon ordeal. This promises to be a fascinating and enjoyable account. Will they ever be the same again?

May 14: **Mark Henshaw** will tell us about his experiences in Mobassa, Kenya, where he is currently representing Canada in the World Cross Country Championships. He is a dynamic, enthusiastic, young London runner.

Pacer Meetings. The Executive Committee would like to initiate a discussion among Pacers about their interest and needs around Pacer Meetings in the future ie from September onwards. Numbers are down at the monthly meetings and this is a concern because a considerable amount of time, effort and cost goes into arranging these events. This includes finding and negotiating with potential speakers, considerable preparation time and effort on the part of speakers, renting Grosvenor Lodge, renting projectors, arranging gift certificates, setting up chairs and equipment, and arranging snacks and drinks.

Everyone has extremely busy lives. Everyone would rather be out running and walking. So what are your needs around Pacer Meetings? Should we have meetings? Should there be fewer (perhaps every second month)? Should we pay to bring in a couple of high profile speakers a year? Would you attend? Would you like a different format?

In the next couple of months, please discuss this as you run and walk. Then convey your ideas to an Executive Committee Member verbally or by email.

Please help us by participating in this discussion.

Membership. There are a number of Pacers who have not yet renewed their membership. PLEASE!

Forest City Road Races. The Race Committee needs the usual commitment from our Club. Please volunteer.

Please contact Joanne Marks at pmarks@mmm.com or 519-679-4275, or visit the FCRR at www.forestcityroadraces.com.

Big thank you to Jim Burrows for making all the arrangements for us to use the **Western TRAC** during the winter months.

As a result of big changes in Victor Kratochvil's life, he has found it necessary to resign as **Newsletter Editor**. Thank you Victor for what you have done. Victor will continue as the **Webmaster**. And much appreciation to Sherry Watts for volunteering to be the new Newsletter Editor.

Around The Bay. Our thoughts and best wishes are with those of you who will be circumnavigating the Bay this weekend. Go Pacers!

Boston Marathon. And good luck to those of you running Boston on April 16. We're proud of you.

Shore To Shore. Each of the teams participating in this relay in June is required to supply 2 volunteers to the general volunteer pool. Any Pacers who would like to volunteer for this race should please contact me. Thanks.

Multi-marathons. Last but certainly not least, is Beverly Gibbons. Beverly completed 7 marathons in 2006!! Is that a Pacer record? It is certainly amazing!

Take care,

Eric

MEMBERSHIP RENEWALS WERE DUE ON JANUARY 1, 2007. PLEASE HELP US BY GETTING YOUR RENEWALS TO GAIL SCHMIDT AS SOON AS POSSIBLE. THANK YOU.

PACERS ACHIEVE: The April 2007 Race Report

Please send results to gail_schmidt@rogers.com in advance of newsletter deadline.

March 3, 2007 3000m racewalk, **OMTFA Indoor Championships**, York University, Toronto

Men 60-64

1 Ramsden, Don	London Pacers	17:36.86
----------------	---------------	----------

Women 50-54

1 Sweazey, Nanci Patten	EtobicokeTC	16:49.50
2 Lee, Sharon	Metro Fitnes	18:43.90
3 Dashford, Cathy	London Pacers	21:24.29
4 Chetwynd, Anne	Metro Fitnes	21:29.65

Women 55-59

1 Whalen, Lily	EtobicokeTC	18:17.55
2 Liscio, Lina	Metro Fitnes	20:30.88
3 Magni, Mary	London Pacers	21:10.57

Women 65-69

1 Rosenitsch, Ann Marie	Etobicoke H	19:14.05
2 Christensen, Joan	Scarboro Masters	19:29.65
3 Van Leeuwen, Dianne	London Pacers	21:08.18

Mar 3, 2007 **Florida State 5K Racewalking Championships**

Pacer	Time	Note
June-Marie Provost	35:21	1 st in age group
Lorne Duquette	41:33	1 st in age group

Mar 4, 2007 **Chilly Half Marathon**, Burlington, 1981 finishers; 923M/1058F

Overall place, Pacer	Time,	Gender place,	Division place
4 Jim Burrows	1:18:16	4	1/192
8 Rod Henning	1:21:19	8	3/140
657 Lloyd Kehoe	1:54:28	481	2/7
658 Carol H Fleming	1:54:29	177	7/87
758 Bill Burdick	1:57:01	532	65/126
777 Deborah Obokata	1:57:36	242	12/87

Lorne Duquette, in Florida

Mar 4, 2007 **Tim Hortons Grimsby Half Marathon**, Grimsby, 343 runners overall; 192M/151F

Overall place, Pacer,	Time,	Gender place,	Division place
123 Jackie Windsor	1:43:38.3	30	4/26
181 Liz Cramer	1:53:26.6	54	3/15

Mar 10, 2007 **St. Jude 5K Race**, Florida

Pacer,	Time,	Division place
Lorne Duquette	42:27	6/6



March 25, 2007 Around the Bay, Hamilton, Ontario**2-person relay:**

Overall place	Time	Team name	Category place	Category	Pacers
124	2:59:21.8	BOSTON BOUND	8/20	Master Female	Gwyn Hayman and Donna Kraft

3-person relay

Overall place	Time	Team name	Category place	Category	Pacers
119	2:59:27.8	Chemical Eng. & Support team	59/106	Open Mixed	Doug Kingston, Paula Muxlow, Cathy Quinlan

Mar 25, 2007 **Around the Bay 30K Run**, Hamilton 4369 runners overall; 2423M/1946F

Overall place,	Time,	Pacer,	Gender place,	Division place
75	2:00:36.5	Brian Peaker	66	8/487
295	2:13:41.4	Mark Faust	260	43/487
324	2:14:41.3	Dave House	286	68/451
349	2:15:35.0	Steve Hillman	308	72/451
974	2:31:03.9	Tammy Whitehead	174	30/392
1013	2:31:56.2	Jamie Harris	829	30/187
1092	2:33:35.6	Bruce Anderson	885	99/354
1105	2:33:51.6	Scott Slaven	897	184/487
1205	2:35:34.1	Patrick Timmons	969	106/354
1206	2:35:34.3	James Milliken	970	171/357
1315	2:37:59.0	Denton Radlein	1044	115/354
1433	2:40:01.5	Tomas Dobransky	1118	223/487
1486	2:41:03.5	Robert Fraser	1155	138/354
1505	2:41:24.6	Liz Cramer	340	13/172
1512	2:41:29.0	Carol Fleming	343	14/172
1654	2:43:52.3	Nancy Johnston	395	19/172
1860	2:47:03.1	Rita Melville	486	7/58
1912	2:47:50.9	Debbie Obokata	507	25/172
2169	2:51:45.1	Gord Melville	1541	87/187
2197	2:52:11.8	Alita Milliken	645	131/338
2266	2:53:24.6	Richard Hamm	1590	27/65
2383	2:55:22.8	Kevin Yoshida	1650	334/487
2528	2:57:24.6	Tracy Hillman	805	163/338
2771	3:01:34.7	Gossette Radlein	931	16/58
2789	3:01:53.8	John Walker	1850	116/187
2855	3:03:24.4	Shannon Belfry	977	163/294
3467	3:17:42.5	Wendy Fraser	1332	87/172
3510	3:18:42.0	Jacque McWatt	1356	288/392
3511	3:18:42.3	Susan Clifford	1357	93/172
3918	3:32:12.1	Beverly Gribbons	1633	260/311
4053	3:38:52.1	Michael Izma	2331	175/187
4098	3:41:29.8	Patricia Yoshida	1757	145/172

Around the Bay results continued

Mar 25 2007 **Around the Bay 30K walk** Hamilton 201 walkers overall; 52M/149F

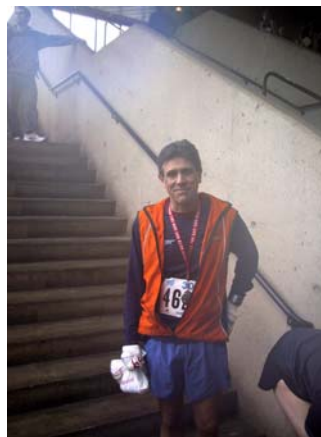
Overall place	Time	Pacer	Gender place	Division place
4	3:29:38.3	David Gale	2	1/7

Mar 25 2007 **Around the Bay 5K** Hamilton 1175 runners overall; 498M/677F

Overall place	Time	Pacer	Gender place	Division place
333	27:06.6	Arnie Spivey	247	13/46



Teresa Novick—is she hiding or just surprised!?! The last stretch of Around the Bay



Dave House with his well deserved medal



Donna Draft, Doug Kingston, Gwyn Hayman, Cathy Quinlan and Nancy Johnston at Copps Coliseum before Around the Bay

London Pacers Running Club Training Programs

Runners

December to May – **Group training for Around the Bay Road Race, spring marathons and half marathons.**

Sunday pack runs, training schedules, lots of information on training and racing

June – October – **Advanced Marathon Training Program**

Individual training schedules

Tuesday and Thursday group workouts

Lots of up-to-date training information

Technique improvement, strength, agility, drills, nutrition, mental training

If you are ready to really commit to training, this is the program for you.

September – November – **Cross Country Training Program**

- Preparation for the provincial and national senior and masters X-C Championships
- Also useful for anyone trying to improve strength and speed

December – February – **Form Improvement Program**

- Indoor track

Videotaping and analysis with state-of-the-art Dartfish software

Individual exercise prescription

Work on getting faster with more economical form while reducing injuries

Racewalkers

Technique clinics for beginners and advanced walkers

Group training for distance and/or speed

Also available:

- Heart rate testing
- Blood lactate testing
- Video analysis
- Small group clinics
- Individual coaching

Programs free or discounted for London Pacers members.

For more information: 519-858-9880 or pacertraining@yahoo.ca

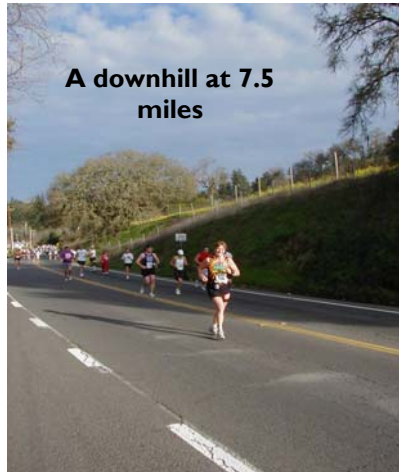
Sherry Watts Certified Coach: *NCCP Level 3 Distance, (Level 4/5 candidate)*
US Track Coaches Association – Distance Running
Road Runners Club of America

Napa Valley Marathon March 4, 2007

Paula Muxlow ran the race and Gwyn Hayman was the official "keeper of the marathoner"!



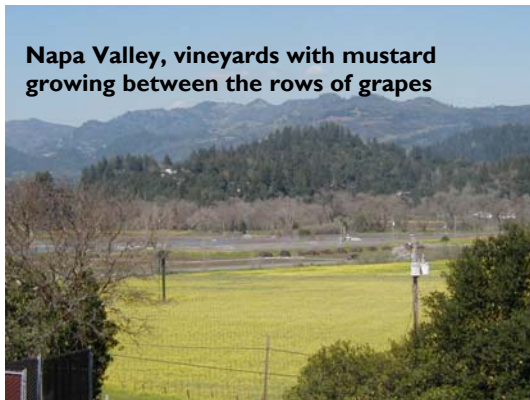
The Start
7:00 a.m.



A downhill at 7.5 miles



The finish



Napa Valley, vineyards with mustard growing between the rows of grapes

The weather was perfect, the course was hilly - mostly downhill in the 2nd half, the post race food and beverages were very good - the organizers did a super job with this race. It was very low key, did not use chip timing and I think it would rate an 8.5 out of 10.

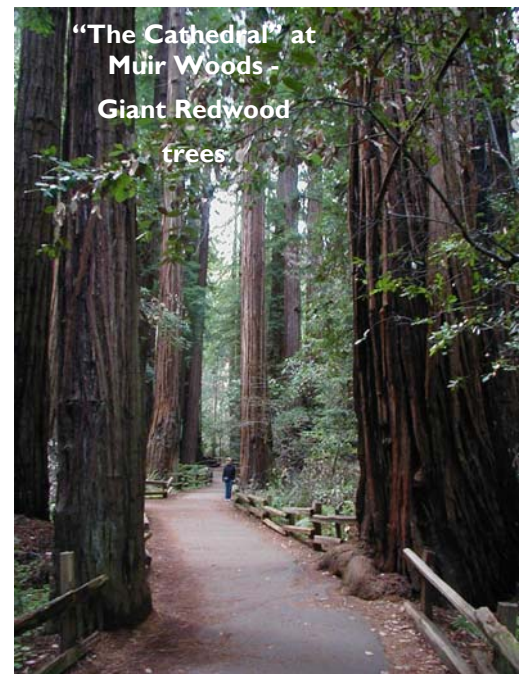


Gwyn on the Powell and Mason cable car in San Francisco

We stayed in Calistoga, where the race started, then toured the Napa valley after the race—drove through the mountains to San Francisco via the Petrified forest and Muir woods, over the Golden Gate bridge and stayed near Fisherman's wharf in San Francisco.

The food in the city was fabulous—there are many things to see and do and great places to go for a run.

Many people do their daily run over the Golden Gate bridge and along the wharf area. The weather was perfect—apparently we missed some very miserable weather while we were away, darn—I love winter in Canada!!



"The Cathedral" at Muir Woods - Giant Redwood trees

Shore to Shore Relay

- - - Sherry Watts

You've heard about it but what the heck is it all about?

It's about spending time with friends, about challenging yourself in new ways, about watching the sunset, seeing the stars in the dark of the countryside and watching the sunrise the next morning. It's about running along country roads and through small towns. Its about the world reducing to the size of a van as you leave TV and the news and the internet behind for awhile. It's about facing the heat of the day and the cool of the night.

Ah – the night. Running in the night is magic. You feel as though you are flying. The world reduces to the circle of light from your lamp as you move ever closer to your goal. Other runners appear ahead as the patterns of their reflective vests. You may give a polite greeting as you pass or just move on by silently, secretly adding the passed runner to your tally of “road kill”.

The Shore to Shore is a relay. You are familiar with relays – from the world of track and field, where one runner does his segment, then passes a baton to his teammate who completes his leg and so on. You have seen the joyful celebrations made sweeter by sharing with those who shared the effort. Or perhaps you have taken part in the 24 Hour Relay, running around Harris Park, passing off to a teammate then waiting some hours before running again. Or you have done a leg or two of Dances with Dirt in Michigan, finding your way through trails and paths and across rivers. Or as part of a marathon or Around the Bay. Or if you have been really lucky, you have taken part in one of the road relays – Hood to Coast, or Cabot Trail or perhaps Banff-Jasper. These events are tremendously popular. Hood to Coast fills its 1000 team roster on the first day of registration and turns away as many again. Places auctioned for charity raise 10's of thousands of dollars. The Cabot Trail Relay holds a draw to choose which fortunate teams get to participate.

The Shore to Shore is a relay. Teams of up to 12 runners start in Port Stanley and run segment by segment to Grand Bend. This relay takes aspects from Hood to Coast which is a continuous relay, and Cabot Trail which is a series of individual races. In Shore to Shore, each 7-leg segment is run as a relay with teammates passing off to the next runner in order. At the end of 7 legs, the progress stops temporarily. The next segment starts at a set time and the next 7 legs are run again as a relay. Times for each segment are added together to give the final time. There are 36 legs all together ranging in length from 14.3 to 2.5 K. It starts in the morning on Friday and finishes with a party on the beach on Saturday afternoon.

Most teams use two vehicles so while the runners of one van are doing their legs, those in the other van have time to catch a nap or find somewhere to eat.

Some people worry about the night legs – about being alone on a quiet road. Safety is of prime concern. Though team vehicles are not allowed to drive slowly beside the runner, they may stop at intervals and watch as the runner comes by then move ahead a little ways again. As well, a teammate is allowed to accompany the runner on foot.

People participate in this kind of event for many reasons. Some are in it to win. Others want an amazing experience. Some want the challenge of completing the adventure. Some want the experience of teamwork in an individual sport. Teams may be made up of clubs, families, friends. They may be from companies or churches. They may be teams of cancer survivors or veterans of open heart surgery. Everyone has his own reason for running the event and everyone faces his own challenges. And everyone comes away with his own memories and his own satisfaction.

Walkers are not left out of the fun. They actually have two events to participate in. There is a 177 kilometer competitive walk with 22 legs beginning at Westover Treatment Centre in Thamesville and proceeding to Grand Bend. These teams can have 6 to 12 members. They may be walkers of any type – race-walkers, powerwalkers, fitness walkers. The recreational walk relay is made up of the last 8 legs of the course.

Continued on next page

There are other aspects to the event. Some people take a great pride in decorating their vehicles and planning their team outfits. Some produce a rolling picnic. Some devise imaginative team names and themes.

The entry fee may look steep at first glance but \$900. divided amongst 12 team members is the cost of an average marathon for each. In addition, each team must provide their own supplies – first aid kit, reflective vests, headlamps or flashlights.

If you want to hear about experiences in these relays, several Pacers have taken part in them and several of us are on the advisory committee. Just ask if you have any questions.

On a personal note, I have taken part in a lot of these relays and I find them the most special, satisfying form of competition. I have been on teams where I knew no one the day before and had made fast friends by the end. I have been on teams where adversity struck and have seen how people came through. I've been on a team where one of our fastest walkers was sent to hospital and watched everyone else pull together to make up for his absence. I've been on all-female teams and mixed teams and each one had its own personality and its own strengths. I've been on winning teams and not-so-fast teams. Somehow in this sport we indulge in, which is all very personal and selfish, another dimension is added when it's the team that matters. There is an extra level of accomplishment when your efforts go towards the team result. And everyone can contribute to the team's success, whether it's by running or walking fast, by being the best at cheering, by taking care of your teammates, by being cheerful or inspirational.

Give it a try. You won't be sorry.

Westover Shore to Shore relay

June 1 & 2, 2007

www.shoretoshorerelay.com

World Cross Country Championships, Mombassa, Kenya.
Plan to hear our May guest speaker, Mark Henshaw, who competed in this race.

