

April 2009



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca

So—just how many marathons have the Pacers completed?
Check this issue for your answer



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Meeting Info

London Pacers January Meeting
Grosvenor Lodge,
Monday, April 13, 2009
At 7:00 p.m.



7:00 p.m. meeting start time

London Pacers monthly meeting
April 13, 2009 at Grosvenor Lodge

7 PM start

From your membership coordinator

WELCOME NEW MEMBERS

Jeff Orchard, Steve, Lori and Shane Whitmore, and returning member John Newell.

Warm greetings to individuals on the active membership list for 2009 who are celebrating birthdays in April:

Maeve Armstrong-Harris, Robin Ashton, Christian Blyth, Gino Cimino*, Lorne Duquette, Jamie Harris, Graham McGee*, Jennifer-Anne Meneray, Alita Milliken, Erin Neely, Debbie Obokata, Jeff Orchard*, Denton Radlein, Roberta Reardon, Amanda Topham, Sherry Watts, Pat Yoshida

*entering a new age category

Here is some data about us:



Members to Members

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

Pacer Calendar

Saturday April 4	London Distance Banquet
Monday April 13	Pacer meeting guest speaker Dr Craig Hall on Imagery for Injuries
Saturday May 9	Forest City expo – volunteer at the Pacer table
Sunday May 10	Forest City Road Races – run or volunteer
Monday May 11	Pacer meeting
Monday June 8	Pacer meetings – pizza night
Monday Sept 14	Pacer meeting
Monday October 12	Turkey Trot X-C
Tuesday October 13	Pacer meeting
Sunday November 8	Club Championships
Monday November 9	Pacer meeting and election
Saturday November 14	Annual Banquet
Sunday December 6	Charity Bear Run

Sundays 8 AM Rowing Club Pack Runs

Pacer Clothing

The new order of singlets is now in. Technical fabric. Sizes small, medium and large in men's and women's cuts. Getting low on women's small so get yours while you can. \$25.

Also available a few long sleeved shirts in men's medium and women's medium and large. \$35.

Also let us know if you are interested in the jacket modeled by our worthy president in last month's newsletter.

Shirts and singlets will be at the monthly meetings and at some Sunday pack runs. Contact Sherry 519-858-9880 or pacertraining@yahoo.ca for more information.

Pacer General Meeting, March 9, 2009.**Attendees: 30****Executive in Attendance: Jim Burrows, Andrew Jones, Sherry Watts, Gail Schmidt, Betty Timmons, Gerda Zonruiter**

Minutes:

Indoor track race cancelled due to low registration.

Gord and Rita Melville ran in Myrtle Beach Feb. 14. Gord had a P.B.

Burlington race attended by Jim Burrows, Roberta Reardon, Liz Cramer (former Pacer), Rod Henning. This is a large race.

Sherry Watts provided update on the London Distance Banquet. This is a fundraiser for young people who are chosen to go to international events as they have to pay their own way. Tickets are \$20 per person or \$100 for table of 6. Tickets are available at Runner's Choice. The Banquet will be held at Byron Legion on April 4 from 6 to 9 pm. There is a silent auction. The guest speaker is Sylvia Ruegger. If you have anything to donate for the silent auction, please contact Sherry.

Runner's Choice presents Dick Beardsley on March 25 at Central High School. Tickets are \$5.

Fit or Fat. Role of Diet and Exercise. This day long talk on nutrition is a fund raiser for Western Women's Softball.

Guest Speaker: Dr. Rob Banner. Topic: Prolotherapy.

By way of introduction, Andrew Jones noted that he found a stat stating that 60% to 70% of runners will be injured in a given year.

Quite a few Pacers raised their hands when asked if they were currently injured.

Prolotherapy is "the iatrogenic stimulation of the wound healing and tissue repair process". In other words, prolotherapy stimulates the body to heal itself. Healing is also dependent on good nutrition and good hormone levels (as an aside – low testosterone can lead to slower healing).

Prolotherapy is a concept of treatment for a variety of injuries, including acute wounds and more chronic conditions.

It is not universally accepted by the medical community at this time (i.e. not covered by OHIP), however, Dr. Banner provided examples of elite level athletes in a number of different sports who have been treated successfully by prolotherapy.

Dr. Banner's interest in prolotherapy grew as he observed that the lack of the relationship between abnormality and pain that is assumed by traditional methods of treatment. Alternate theories to traditional treatment focus on soft tissue. The first theory is by John Travell – Myofascial Trigger Points (did not get into this). The second is prolotherapy (Hatchett and Hemwall).

A prolotherapy treatment is by injection. The solution (usually glucose) is injected into the site after the area has been anaesthetized with a local anaesthetic. Prior to treatment, the treatment provider establishes a relationship with the patient and conducts a thorough assessment of the patient and their concerns as not all are appropriate for prolotherapy treatment. Appropriateness depends on a variety of factors and considerations (not specified) as determined by the examination and history.

It is not a comfortable treatment as it stimulates the inflammatory response.

Treatment results include: patient should notice significant pain reduction by the fifth treatment. About half notice some improvement after just one treatment.

Dr. Banner detailed the body's response to the treatment and healing and offered the following challenge to us:

The next time we are injured, do not take anti-inflammatory medication as this can prevent the body from healing itself.

Cost of prolotherapy is \$160 per half hour and is only charged for a procedure.

Dr. Banner fielded a number of questions during and after his presentation.

Meeting adjourned at 8:25 pm.

Pacers Achieve: The April 2009 Race Report

Prepared by Gail Schmidt

Summarizing results to March 29, 2009. Send your Downtown 5K results to gail_schmidt@rogers.com for the next newsletter!

March 1, 2009 **13.1 HSBC Chilly Half Marathon** Burlington, ON 2256 finishers; 994M/1262F

Overall	Clock time	Chip time	Pacer	Gender place	Division place
12	1:19:34	1:19:34	1:19:33	HENNING, Rod	12 3/175
38	1:23:46	1:23:46	1:23:45	BURROWS, Jim	38 5/206
374	1:45:35	1:45:35	1:45:16	RADLEIN, Denny	300 15/80
806	1:56:14	1:56:14	1:53:51	YOSHIDA, Kevin	557 125/206
959	1:59:02	1:59:02	1:56:40	SPACKMAN, Bill	626 40/80



March 1, 2009 **13.1 Marathon Half Marathon** Miami Beach, FL 1333 finishers; 661M/672F

Overall	Clock time	Chip time	Pacer	Gender place	Division place
1264	3:11:00	3:11:00	3:09:43	DUQUETTE, Lorne	644 5/5

March 12-14, 2009 **Canadian Interuniversity Sport 2009 Indoor Track & Field Championships** Women's Pole Vault St. Denis Centre, University of Windsor Windsor, ON 14 competitors

Overall place	Height	Pacer
4 3.65m	HOUSE, Jenn	



March 14, 2009 **Mountain Man's Tunnel Run 5K** Las Vegas NV 263 finishers; 91M/172F

Overall	Clock time	Chip time	Pacer	Gender place	Division place
1	17:25	17:22	17:22	WHEELER, Bill	1 1/1

Note: PB for time and age-grading (88.3%)

March 15, 2009 **National Masters So Cal Grand Prix 20K Racewalk** Huntington Beach, CA 34 finishers; 23M/11F

Overall	Time	Pacer	Gender place	Place in Nat'l & Grand Prix Div.
		Age-adjusted %		
17	2:14:58	WATTS, Sherry	4	1 75.85%



March 22, 2009 **Shamrock Half Marathon Walk** Virginia Beach, VA 289 finishers; 46M/243F

Overall	Clock time	Chip time	Pacer	Gender place	Division place
1	2:28:42	2:19:45	WATTS, Sherry	1	1

March 22, 2009 **Florida State 5K Racewalking Championships** Tradewinds Park, Coconut Creek FL

Time	Pacer	Division place
39:40	PROVOST, June-Marie	1st Masters Female
43:06	DUQUETTE, Lorne	2nd M 70-74



March 28, 2009 **7th Annual Run Like a Bunny 5K** Judged Race Walk, Pompano Beach, FL 9 finishers; 6M/3F

Overall	Time	Pacer	Gender place
6	42:39.9	DUQUETTE, Lorne	5

6 March 29, 2009 **Around the Bay 30K Road Race**, Hamilton, ON 4916 finishers; 2617M/2295F

Place	Clock time	Chip time	Pacer	Gender place	Division place
8	1:49:30.8	1:49:30.8	COX, Troy	8	2/433
180	2:12:27.4	2:12:07.7	CROSS, Sean	163	32/374
606	2:27:21.6	2:27:03.9	D'ASCANIO, Nick	502	2/24
1344	2:41:52.0	2:41:23.4	REARDON, Roberta	323	19/245
1727	2:47:50.1	2:47:08.3	MELVILLE, Gord	1248	76/234
1986	2:52:04.3	2:48:59.0	FRASER, Robert	1388	91/234
2026	2:52:54.7	2:52:03.1	OBOOKATA, Debbie	614	8/85
2210	2:55:31.7	2:54:03.1	BRAECKER, Michelle	688	143/418
2239	2:55:55.3	2:54:57.4	LITTELL, Frank	1531	34/85
2350	2:57:24.9	2:53:01.2	HILLMAN, Tracy	773	162/418
2557	3:00:32.5	2:59:15.9	MELVILLE, Rita	880	13/85
2986	3:07:25.8	3:03:02.0	HAMM, Richard	1871	49/85
3902	3:27:12.4	3:24:55.5	WEAVER, Doug	2245	371/433
4003	3:29:48.9	3:29:15.7	MORRISON, Sara	1719	325/436
4069	3:32:05.9	3:29:22.5	MCWATT, Jacquie	1764	330/436
4105	3:33:35.3	3:30:51.8	CLIFFORD, Susan	1788	171/245
4625	4:04:14.3	4:00:09.3	ASHTON, Robin	2157	314/334

March 29, 2009 **Around the Bay 5K Road Race**, Hamilton, ON 1588 finishers; 548M/1040F

Overall	Clock time	Chip time	Pacer	Gender place	Division place
51	19:38.5	19:37.2	ROBERTS, Paul	45	3/42
604	31:00.2	29:46.5	SCHMIDT, Gail	272	22/111

Sham Rock On!**By Sherry Watts and Paula Muxlow**

The Shamrock Marathon, Half, 8K and Mile in Virginia Beach, Virginia has a theme and its all about being green. Green as in shamrocks and such Irish things and green as in kind to the environment.

Virginia Beach is a real beach resort sort of town. The streets near the ocean (Atlantic and Pacific Avenues) are lined with sea-food restaurants, sub shops and pizza joints, souvenir shops and big, fancy hotels. The beach front has a cement board walk and a parallel bike path. The beach is very clean and inviting. The area has a lot of military establishments and historic sites. Weather was not exactly conducive for lying on the beach so we made for Historic Williamsburg for a wander through the American Revolution. There are some very good restaurants in the area. We happened upon a Mexican place that served fabulous food for very little money. All the restaurants seemed to have a lot of servers so you never had to wait for anything.

This is a race well worth doing. The course is flat with the exception of two shallow rises. The volunteers are great. The give-aways are generous – a shirt (white long-sleeved for the marathon and green short-sleeved for the half) and a nylon bag. In a very clever marketing idea, the information booklet is also a calendar suitable for hanging with frequent reminders of the date of next year's race. The expo, held in the classy Convention Centre is a good size and features lots of bargains in clothing and shoes though few freebees.

The half marathon is very popular and quickly reached its maximum. The full had some room at the start line. Our hotel was right on the beach and the spectacular view from our 10th floor balcony included about a half mile of the finishing straight along the concrete boardwalk as well as a the beautiful sandy beach and the Atlantic Ocean beyond. On the Saturday the 8K race was held as well as the Smile Mile. Over the weeks before the race, the local children ran a total of 25.2 miles. On race day they lined up to finish their marathon with a final mile to the finish line. There was wave after wave of children, many sporting their school's colours. The fast ones from each wave had to slalom through the slow ones from the wave before. Names on the bibs made it easy to cheer them on though hearing their names distracted a few of them. We felt guilty when they turned around to see who was yelling for them. Weather on the Saturday was not ideal. Temperatures were cool and the wind was gusting to 30 MPH. Naturally when away from home, we met people from close by. We happened to stand near two couples from Kitchener, one of whom grew up in Strathroy, hometown to both of our husbands.

Happily, raceday dawned cool (high 30's at the 7 AM start time) and calm. The sun warmed the air quickly which made for near-perfect race conditions. The half marathon started an hour before the marathon, about 8 very short blocks from our hotel. We waited indoors until the last minute then followed the crowd to the start. Paula moved up to her assigned corral while Sherry found her place in the last one where walkers were required to start.

The course started on Pacific Ave, and headed north towards Shore Drive. Here was the first gentle slope (don't believe the folks who say its perfectly flat) up towards the shady wooded road. Along here someone had put a series of signs reminiscent of those old Burma Shave signs with bad jokes and odd sayings to keep us entertained. We went through the gates into Fort Story, one of the area military establishments. Here another rise took us by the Cape Henry Lighthouse. We exited Fort Story and found ourselves back on Pacific Ave. The streets running east west are numbered so we could count down from 89th Street knowing the finish line was waiting at 30th Street. Somewhere along here the first hand cycle from the marathon went by heading the other direction and then a group of 3 runners. We turned onto Atlantic Ave and then took the turn onto the boardwalk for the final ¾ mile to the finish line just past the statue of Neptune.



Water station and marshalling volunteers were supportive, friendly and helpful. There were a couple of oddities about the water stations. The one at about 4 miles had no drinks to give. Apparently the water lines froze the night before and the volunteers weren't able to fill the cups on the tables. The Gatorade at every station more closely resembled syrup than a drink. Someone was a bit zealous with the mixing. The promised gels were nowhere to be seen. The Hash House Harriers were offering beer though 3 miles seems a bit early in the race for it, they were also near 10 miles offering their wares. A house of drunken-student-types was barbequing and offering drinks for anyone who wanted to venture into their yard (this at about 9 AM). The medical people were very helpful though treating blisters in the beer tent - seems a bit odd. At the finish line we got a very nice hat, a reuseable cooler bag of food, a beer cup and 4 – count 'em – 4 beer tickets, water, bananas, a foil blanket, a very tasteful medal and Irish stew and a party with live bands.

The walk

The half and full marathons include walk categories with awards. The directors of the walk portion are very determined to make it a legitimate race. To this end, we walkers had our own registration table where I was grilled twice on whether I had ever been in a walking race. They were not sufficiently reassured when I told them I had done well at the US masters 20K the week before. I was required to read a sheet of rules and to sign it saying that I had read, understood and promised to abide by them.

The start was a little crowded. It took me more than 9 minutes to get to the start line. Though chip time was being used for walk awards, I was still hampered by having to make my way around slow runners and walkers who had started ahead of me. I passed the last walker at 7 miles but was passing runners the entire race. The only walker near my pace that I encountered was one local fellow who told me a bit about walking in their area and pointed out a couple of the judges on the course. We were told we were in 3rd and 4th place at about 6 miles in. After walking with him and chatting for a couple of miles I left him behind when his pace lagged a bit. One judge reading my bib asked if I was Sherry Watts. Racewalking is a small-enough world that it is difficult to be anonymous no matter where you go.

All along the way people were very supportive in the "she's walking faster than I can run" manner. Some told me they were determined to finish ahead of me. Its good to be an inspiration for something. The walk was going well until 3 miles from the end when last week's blister made its presence known. Things got pretty painful so I missed enjoying what must have been a spectacular finish line and just grimaced my way to the end in a bit of a mental fog.

Reading the results later, I found that there was one woman ahead of me. An email from the walks' directors let me know that she had been DQed along with 22% of the walks field. Goodness! After a stern talking to and signing an official looking document, so many people still don't get it. Those judges are heroes in my book. Too many races pay lip service to walkers – welcoming them to pay their money and even listing them separately in results, but few are willing to step up and ensure that walkers actually walk and are brave enough to perhaps alienate their customers by disqualifying them.

More about the walk – from Paula – Sherry is rather humble - she is extremely fast - coming in at 2:19 and change – her sore foot was not just a blister but it was exactly ½ of the sole of her foot – I don't know how she raced like that – she is a real trooper AND she won the walk division! We soaked the tootsie then fashioned a bandage from a clean Vaseline-gooped serviette and tons of tape and Sherry managed to hobble to the beer tent on her toes.

For me, the ½ marathon run was slower (2:15) than I would have liked BUT, after nursing one injury after another, I came out of it without the hopefully now healed parts unhurt – yahoo – a "step" in the right direction.

Some other highlights of the race – the fellow that came in 3rd in the marathon had come in 2nd in a marathon the day before.

The approximately ¾ mile stretch of the boardwalk was a super finishing line, with the statue of Neptune right at the finish, to focus on.

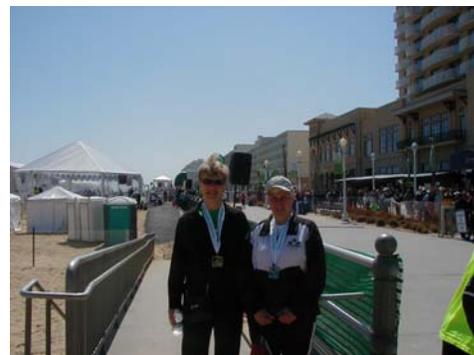
Our hotel was dog-friendly so there was a steady stream of pampered pooches going in and out of the elevator and running on the beach.

Our hotel room had a kitchen so we found a great supermarket and were able to make our own pasta supper the night before the race.

The hotel served a fantastic breakfast daily (included in the room rate) and they stayed open long enough for racers to get breakfast after the race.

Runners and walkers wore their race shirts and medals out for supper and in the airport the day of and after the race so you could strike up a conversation with people at the airport while waiting for your flight.

I'd say this race is a 9.5 out of 10 and well worth the travel distance.



Advice for the first time Boston Marathon runners

With Jerry Gonser

The advice I have always given to runners who are running the Boston Marathon for the first time is very basic, nothing new, nor is it etched in stone.

Your first priority should be, to have fun and enjoy the experience of running this historic marathon. Don't worry about your time or place, the first time runner will be overwhelmed by what they are experiencing in the "carnival like atmosphere" of Boston and it can have a negative effect on your performance.

You have qualified to run the Boston Marathon, you've put in your miles and done all the other preparations to go the distance so, relax and have fun.

If you are not careful, the atmosphere in Boston during marathon time is electric and it can "pull you along". The expo, the speakers, the thousands of runners, as well as multiple other distractions can have an effect on how you will perform on Monday.

If you arrive in Boston a day or two before the race, take in the town with a bus or walking tour to get your mind off the coming race, so that you do not use a lot of emotional energy.

On Sunday, take a leisurely walk, or if your routine has been to go for a short jog, by all means do so, but don't race or put in miles.

The week before the marathon is what I call "money in the bank" week because you have done your training and are now gaining strength to run the race. It's too late to "jam in" a lot of training

I remind runner's that, you have trained for this with other people, but in reality, you will be running it alone. Don't get caught up in what others are doing or going to do for the race. Stick to your own routine. I've seen runners mimic what others are doing and it can come back to haunt them during the race. Try to stay away from or "turn off" the runners who are "complaining about injuries, not feeling well, weather, did not do enough training" and various other negative comments. If at all possible, find a quiet spot to relax alone and forget about the race just before your start time. A good book to read or a non running article helps to get you away from the frenzy.

Now, let's take a look at the marathon course and the 6 little villages that you go through on the way to Boston. I want you to enjoy the historical events that have taken place along the course and it will be a part of "having fun" during the run.

Hopkinton is the little village where the race begins. Hayden Row is the little side street where the original race started. This little street could accommodate all the runners until the "running boom" of the late 70's and they had to move the start to Route #9, the main route for the race.

Today with the chutes, chips and staggered start times you don't have to worry about getting a good starting position. Just get to your chute no more than 15 minutes before your start time. Take along some old beat up sweats to throw away just before the gun goes off, as the weather on the 3rd Monday in April can be anything from snow to blistering sun.

As you are waiting on the line, think about relaxing your upper body during the first few miles of the race. My old coach used to say "look like a brook trout" at the start of the race. By this he meant, relax your jaw and get your face muscles to relax as runners tend to grit their teeth, squint, raise their shoulders when they start a race this will come back to haunt you later. So relax that upper body and "look like a brook trout".

Remember the course is down hill for the first 5 miles. Go easy, hold back and remember you will need those same quadriceps muscles to get you down the long decline of Beacon Street during the last 4 miles.

As you run the course, try to get over to the edge near the curb. The reason for this is to give the little kids along the way with their hands out a "low five". By all means try to touch as many little kids as possible. You'll hear the results with them saying, "that runner touched me". I'm sure many of the little "touched" kids from the past are now running the marathon. Try to keep the tradition going if you are able. It is a nice diversion during your run.

The first little village you go through is Ashland, the original start of the marathon, approximately 3 and a half miles into the race.

In the past, the marathon was roughly 24 miles long, the distance from the plains of Marathon to Athens. For the 1908 Olympics the distance was extended to 26 miles, 385 yards so the Queen could see the start and finish of the race from her castle.

After Ashland about the 6 mile mark, you run through Framingham, where Tom Longboat, from Brantford and several

other runners beat the train in 1907. As the story goes, his manager knew the train schedule and told Tom what pace to run to beat the train. He ran the pace, beat the train and went on to win. Today the tracks are still there but no train.

Framingham is the village that has been studied in a long term cardiac research project and much of the heart information used today has come out of the results.

Just before you enter the next village, Natick, you will start to run on concrete at the 8 mile mark. Look to your right and there is the pond that Ellison "Tarzan" Brown jumped into in 39' to cool off and he continued on to win the race.

Wellesley is the next little village you will go through and is the half way point of the marathon. It is also the home of Wellesley College one of the original all girls schools in the east. The co-eds will be out in full force to greet you. You can probably hear them yell and scream starting at mile 11 or 12. In the early 70's there were no barriers at the College and they used to "funnel" us through the co-eds with only enough room to go single file. My biggest fear was that one of them would step in my path and we'd collide with me landing on the pavement being trampled by the runners behind. Now there are barriers to keep the co-eds back on the curb with no danger of being tripped by a student.

You will now head for the Newton's, Lower Newton Falls and Newton. When you cross the river, you will have hit the lowest point of the marathon course.

Now you start to go up hill and the first of four hills that will take you to the highest point of the course at Chestnut Hill and Boston College. After the first hill you will make a sharp right hand turn off Rte. #9 onto Commonwealth Avenue. On your right will be a fire station and if it's hot, they will have a hose for you to cool down and get a drink.

Immediately, you look at hill number 2. From that fire station, there are 3 hills, each about a half mile long with a boulevard on the left and flat stretches between hills. Take your time, attack each hill at a steady pace.

The third hill has been nicknamed "suicide hill" as it precedes "Heartbreak Hill" the last and final hill of the marathon. At the top of Heartbreak, is Boston College with all its students having a big party that spills out onto the course.

"Heartbreak Hill" is the peak of the marathon and was so named in 1936 by a sports writer, Jerry Nason, when Johnny Kelly was leading the race, Tarzan Brown passed him and tapped him on the shoulder and encouraged him to keep going. Nason said that Brown broke Kelly's heart on that hill, thus, "Heartbreak Hill". Johnny faded to 6 place and Tarzan won. Today a marker commemorating that event is permanently placed on the hill.

From the top of the hill, you can see the "Big Pru", (the Prudential Centre) where the marathon used to finish until the John Hancock Insurance Company contributed 10 million dollars to the event and the finish was moved to the present site, the John Hancock Building.

The next segment of the course goes for a couple of blocks around the reservoir onto Chestnut Hill Ave. now you will run through Cleveland Circle, (the site of Bill Rodgers original store). At the circle you will turn left onto Beacon Street and parallel the MTA tracks down into Boston. As Beacon Street descends you can see the Citgo sign on the top of a building in Kenmore Square. The sign looks small because it is 3 miles away. As you run down Beacon Street you will go through historic Brookline, the birthplace of John F. Kennedy. Because of the MTA tracks on your left, the crowds will be limited, but on your right they will be 10 people deep as they have been most of the way throughout the course.

At the bottom of the long hill on Beacon Street, you will finally enter the City of Boston and will have run 25 miles. You will be running over a small rise that is a bridge over the Mass. Pike. As you get on the bridge, look to your right and you will see the Green Monster of Fenway Park. Next is Kenmore Square where the Citgo sign is located atop a building and Commonwealth Ave. merges with Beacon St. You will go through the square, pass under the Mass. Ave. Bridge on Commonwealth Ave. and a block later turn right onto Hereford St., a short street leading to Boylston St. and the finish of the marathon. Hereford St. is a little up hill but at the top you will turn left on Boylston St. and you can see the finish two blocks away.

As you run down Boylston St., enjoy the finish, you have conquered a very difficult course, and are now a part of Boston Marathon history. You should be proud of yourself for this personal accomplishment of running the Boston Marathon!

I hope this article helps you get through your first try at Boston, I know you will enjoy your experience, good luck and I'll catch you on the rebound.

NOT YOUR USUAL MARCH MARATHON

by Jamie Harris

A ridge of craggy mountains punches its fists into the high blue sky over the New Mexico desert. Most of its peaks are knuckles, but here and there groups or single fingers of stone point to the heavens. The locals call them the Organ Mountains, perceiving the digits as pipes but this visitor saw them as far more gnarly and disordered than that.

On the west side of the ridge is a vast basin of red sand, freckled with tree yuccas and sagebrush. It is lined with roads and low, round-cornered adobe structures. It is tickled by playful cherry-pink dust devils that spring up behind slow-moving tractors which plow occasional arable fields or appear totally unexpectedly in the wake of the persistent 20 mile per hour south-west wind that silently extends all flags.

On the east side lies the White Sands Missile Range whose extent makes the word vast totally inadequate if not outright puny.

This is a land that offers no excuses. It is so sincere and unsophisticated as to support the town of Truth or Consequences without blushing or apology.

It is a land that mocks horizontal distance so that driving steadily at Interstate speed barely moves the scenery. Vertically the changes are simultaneously insidious and extreme. Up-and-over the San Augustin Pass from Las Cruces to the Missile Range Headquarters is a slow motion, gliding ascent, the degree of which evades awareness. Full appreciation only comes on the downside where braking is the only option to keep control over the car and its acceleration.

The Missile Range Base, dwarfed by its surroundings, is nonetheless a huge right-angled, sun-baked, wind-burnt complex, wherein, despite meticulous directions from the guard at the main gate, Building 460, designated for "in-processing", hides itself quite successfully as turn after turn create more doubt than encouragement.

This backdrop of impressive obscurity displays one of the largest marathon events in North America, another "must do", amongst the top 40 in Marathon Guide, featured in January's Runners World and the only event listed on this year's Runners World calendar for March 29th.

Haven't guessed its name yet?

OK, OK, it's the Bataan Death March Memorial Marathon, run in remembrance of one of the greatest atrocities perpetrated by the Japanese Imperial Army during the Second World War. With a promise of humane treatment, a large contingent of American and Filipino soldiers, cut off and starving, surrendered and were taken into captivity in April 1942. The captives were then force-marched up the Bataan Peninsula. Many of the locals were able to melt back into the jungle and survive but the Americans had to go on, under the threat that stragglers would be and were slaughtered. Many of those who could no longer keep up were carried or dragged by their buddies as long as they could. Still, thousands died at the points of brutal bayonets during the march itself or from starvation and disease during the subsequent attempt to survive in a POW-camp-from-hell.

Their anthem remains: *"We're the Battling Bastards of Bataan.*

No mama, no papa, no Uncle Sam.

No aunts, no uncles, no cousins, no nieces.

No pills, no planes, no artillery pieces.

And nobody gives a damn!

In a post-post-911 age where the threat of malicious foreign aggression and state-sponsored terrorism tends to be diminished once again in the spirit of international "understanding and respect", it is another chapter in relatively recent history that warrants annual revision for fear that, in spite of the sacrifices made by its many victims and its few remaining survivors, its lesson is totally forgotten.

For the patriots and militarists, therefore, this is a crucial event.

For the majority of the civilian participants in this 20th annual Memorial March Marathon, however, I'm sure that they just were stuck somewhere between confidence and hope that the "Death" part of the race name was entirely historic and not the least bit prophetic.

When Building 460 finally found me, it contained a fairly typical check-in minus the commercial expo. There were abundant freebies: including a decorated shoe chip THAT YOU COULD KEEP, a camouflage T-shirt, dog tags and a fancy, personalized "participation certificate" which the guy told me the Army would take back if I didn't finish. ("You know the Army! Just kidding.")

There were plenty of practical items (sunscreen, lip balms) and souvenirs to purchase (at very reasonable prices when you compare with highly commercial events like New York): clothing, various hats, wall hangings, bracelets and sew-on patches, once a standard feature but so rare in today's marathoning world. Many of us used to festoon our travel bags in order to boost our egos and wow the general public on the way to-and-fro events. Why, just on the way to Bataan, my own patch-covered sack had caused an official (of British origin) at the London airport boarding door to demand the exact number of "marathunns" I had run; and had elicited a rhetorical "Run enough marathons?" from the stewardess welcoming us onto the flight to El Paso. [Having been made to feel so very special, I couldn't resist a quip: "I think I've got a couple left in me.", and that got a laugh from my fellow travelers.] So, when I see such patches at an expo, I feel like thumbing my nose at the expression, "You can never go home again".



In addition to the patch (\$5), I bought a couple of skull caps (\$6 each), a pair of gaudy red sunglasses(\$5) and a pair of ARCTIC BANDANAS (\$6 each). I had never seen the last items before: they contain some kind of hygroscopic beads that expand in cold water after 20 minutes, then give back the cold (absorb the heat) for twelve to eighteen hours during a hike or run.

The race was scheduled to begin at 7 AM, with free breakfast served at The Frontier Club starting at 4:30. A warning had been given at check-in to be at the main gates no later than 4 because of the HUGE volume of vehicles which needed to pass. (There were 5300 registrants!) It meant a 2 AM reveille for me because I was lodging at the Las Cruces Super 8 South rather than the one at the east end of the city just 15 miles from the gate.

Of course, I arrived at the gate at 3:40. There were no other cars, just 4 rather antsy guards anticipating the big rush. I might just as well have come two hours later. But, hey, I did get a dandy parking space!

Next, a 3-and-a-half hour wait until the delayed start time somewhere after 7. It was actually too cool to stand about so I had to keep going back to the car to warm up.

There followed muted but lengthy opening ceremonies with trooping of the colors, welcoming remarks and introduction of each of the surviving Bataan veterans and various army officers from Pentagon to base level.

The starters were slightly more military than civilian, with many of the military ones and a few civilians going "heavy" (35 lb packs). All 50 states were represented as well as Canada, Britain and Germany. (The Germans actually had a German military bus parked nearby. I have no idea how they drove there from Europe. Very clever people, the Germans!)

Three huge corrals were set up stacked parallel to one another and to the start line, the competitive runners in the closest one.

When the cannon finally went off, my gratitude for the chip timing blossomed. We were compelled to shuffle out of a bottleneck at the end of our corral, then, make two right turns to get aligned with the start line still 200 yards away. The main slow-down was caused by the placement of the veterans right in the middle of the road, facing us, to allow them to shake hands with the departing hordes.

After all, it was a memorial event.

My chip differential was more than 10 minutes. For soldiers exiting the third corral, it must have been half-an-hour or more.

If this logistical nightmare wasn't enough, with all the standing and shuffling, I found my bladder was topping up again. Dodging around the slower participants, I was able to find portapotties in two's and three's over the first couple of miles. Not only were they off-set from the route, they also had lineups. So, I was held up repeatedly by going over to them, despairing, and going on to the next group until I finally got one. (There were NO bushes and I was afraid of being shot if I peed on the backside of one of the army buildings.)

"Over hill, over dale, we will hit the dusty trail" goes the army anthem. True to this spirit, as soon as we left the base proper, we found ourselves on sandy roads from mile 2 through mile 8. The surfaces were fairly firm except for some unavoidable loose bits especially in the washes. The terrain rolled gently.

There was an (honorary) 15-mile ("half-marathon") that headed back around mile 8 while the marathoners headed north in a continuous ascent on pavement for the next three miles before we were back on sand as we went partway up and around a "small mountain" (Mineral Hill). This section had more loose sections and sharper turns and ups-and-downs. After completing about 1000 foot rise, we started our descent and reached the pavement again just before 19 miles. The descent was a little technical but mostly a breeze especially when we continued on down the asphalt and past a continuous column of soldiers now at least 10 miles behind us, trudging the opposite way. By now, my fellow runners had thinned down to widely spaced single file. I was passing continuously and feeling pretty good.

At the back of my mind I knew full well that the glide would not continue straight back to the base because, first of all, we were far too close and secondly we had been warned that we were going to have to traverse the notorious "sand box" section.

I drew even with Tim Van Cleef, of Amherst, Mass., also 61 (I was checking ages by that point.), who was wearing an absurd red scarf hanging down from the back rim of his hat to protect his neck from burning and was carrying a pair of yak trax in his left hand in preparation. As soon as we determined that we were age group competitors, and dismissed the notion of "working together", he eased forward again by about 30 yards while I satisfied myself calculating the delay that he would incur donning his trax and relishing the fact that it would give me plenty of time to overtake him.

Sure enough, at 20 miles they marshaled us off the highway, Tim stopped and I passed. Before long I found myself slugging through loose sand sometimes ankle-deep while dodging past over-sized halfers who were just walking two or three abreast. I had to walk a couple of short sections myself but I managed to pull even with yet another 61 year old, David Spitek of San Antonio. I was just briefing him on Tim's strategy when lo-and-behold Big Foot came bounding by both of us. Well, maybe not "bounding" but he was certainly doing better than we were.

The cluster of three 61 year-olds suddenly became a file as we rejoined our mutual competition against the sun and increasing headwinds as we finally emerged from the sand hell and proceeded down the final 5 miles of much better packed dirt roads. [We realized, of course, that our little mano-a-mano-a-mano was highly irrelevant because the awards HAD to be by chip times and we could easily be minutes apart even though we were side-by-side at the finish.] Both of them were in front of me, not because of caginess but because I couldn't keep up. Tim was clearly struggling and David kept gaining on him. I just kept telling myself to keep going knowing that I needed to be there if-and-when one of them faltered. Surprisingly, at 25 miles it was David would suddenly grab his right hamstring which had cramped. He could only waddle from there on. I couldn't see Tim anymore and presumed (wrongly as it turned out) that he had stopped at the final water station. I struggled past David and navigated a nasty little loop around a water tower in the last mile which was quite cut-able AND unmarshalled. I resisted the temptation that I witnessed at least one guy succumb to.

The last 150 yards were back on pavement and I "raced" home with a clock time of 4:40-plus. I waited for David and gave him electrolyte capsules for which he was grateful.

Results were astoundingly slow to come in, period and they could hardly sort out the age-group standings without them.

There was no award ceremony just a military closing one with trophies for the top ROTP teams (2) and further adulation of the vets.

I left the site at 8-and-a-half hours. Driving back there were still large numbers of soldiers who hadn't even reached the sand-box yet. The winds had risen to 40-to-60 mph in their faces and they did not look happy in the least.

As far as the faster runners were concerned, one guy actually cracked 3 hours which is remarkable for this course. Andrew Savery (26) of El Paso finished in 2:51:55 (chip). The top female was Larna Pitchkolan in 3:40:58(chip), first of 524 civilian women light. My time of 4:32:25 was good for 99th amongst 982 male civilian lights albeit the last 30 of these finishers were officially DQ'd because they finished but not under the 13 hour cut-off. (HOW CRUEL IS THAT!). Only one civilian male heavy (35 lb pack) beat me: 30 year old Tony Stafford of Boulder finished in 4:21(chip). My age group didn't work out for me at all as Wayne Christopherson (60) of Alpena, Michigan had chipped in at 4:11:55; Tim resurfaced at 4:23:58; and Dan Williams (60) of Las Cruces was 4:27:21.

David Spitek's time was 4:39:30 for 5th. (There were no finishing medals, just medals to the top TWO in each 10-year age bracket in each category: men/women/heavy/light/civilian/military.)

Any negativity perceived in this report should not be taken to heart.

It was the Army's party and consequently reflects their procedures.

The Bataan Memorial Death March Marathon is a unique experience in off-road distance running and I highly recommend it to any Pacer(s) who want a break from the sameness of all those big-city street/small-town country road marathons.



Membership Application—2009

Please select one of the following options:

<input type="radio"/> <u>Individual club membership</u> à \$35 (\$17.50 after June 30/09; one time only)	<input type="radio"/> <u>Individual club membership with OMTFA membership</u> à \$65 (\$47.50 after June 30/09; one time only) Check one: <input type="radio"/> New OMTFA member <input type="radio"/> Renewing
<input type="radio"/> <u>Family membership</u> à \$45 (\$22.50 after June 30/09; one time only)	<input type="radio"/> <u>Family membership with OMTFA membership</u> à \$95 (\$72.50 after June 30/09; one time only) Check one: <input type="radio"/> New OMTFA member <input type="radio"/> Renewing

PLEASE PRINT

Name in full: _____ Date of Birth _____
 (yyyy/mm/dd)

Full name of co-applicant: _____ Date of Birth _____ (yyyy/mm/dd)

Address: _____

E-mail: _____ Tel: _____ (H) _____ (W)
 (Please print legibly)

Please provide the names and birth dates of other family members (for family membership):

Name: _____ DOB: _____
 (yyyy/mm/dd)

_____ DOB: _____
 (yyyy/mm/dd)

_____ DOB: _____
 (yyyy/mm/dd)

_____ DOB: _____
 (yyyy/mm/dd)

The applicant consents to the use of membership information and photographs for club business and promotion. In applying for membership in the Ontario Masters Track & Field Association, each applicant certifies that he/she is physically fit to participate in the activities of the OMTFA, to the extent that each applicant chooses to participate. Each applicant agrees to hold the OMTFA, its Executive, sponsors, agents and members, the CMAA, and the OTFA harmless from any liability for any occurrence as a result of his/her participation in any of the OMTFA's activities, notwithstanding that such occurrence may be caused by the negligence of any of the foregoing. Each applicant also hereby authorizes the OMTFA, or any of the foregoing, to utilize any photographs or any videos of his/her participation in any of the past or future OMTFA events for any and all purposes.

Date: _____ Signature: _____

Please send completed registration forms to: The London Pacers Running Club
 c/o Gail Schmidt, Membership Secretary,
 36 Crabtree Ave., London, ON N6G 2H7

How Many Marathons?

Last month we asked, "How many marathons have you done?" Here are the responses so far. If you want to add your name to the list, add some comments, or add some marathons to your total (all you Boston people), please send the information to pacertraining@yahoo.ca

We will continue this one more month.
Ultra people – start sending your numbers of races over 42.2K and we'll publish those in June.



Bruce Anderson	8	
Maeve Armstrong Harris	2	
Steve Beasley	18	
Mary Boyle	1	Air Force Marathon
Bill Burdick	2	
Jim Burrows	24	
Fred Chapman	0	
Susan Clifford	9	
Pat Connor	40	Including 10 consecutive Bostons
Troy Cox	21	
Jennifer Ditchfield	5	3 in Ironmans
Jennifer Dungavell	7	
Lorne Duquette	28	My first marathon was in Detroit in Oct 1980 (3:55) and the last marathon was also in Detroit in Oct 1995 (4:05) I've been saying that I have done 30 marathons .. but in reality the number of completed marathons is 28 .. there were 2 DNFs. Marathoning has been a great experience. I still have the t-shirts and finisher's medals .. and here is the list: 9 (+1 DNF) Detroit, 7 Port Huron Scotty Hanton, 4 Forest City, 3 Toronto, 2 Hamilton, 1 Montreal, 1 Sudbury Voyager, 1 Isle of Palms, 1 DNF Dallas White Rock Got a PB of 3 hours and 25 minutes in Detroit and a worst time of 4 hours and 35 minutes in Montreal.
Chuck Edwards	9	1990, '91, '99 Detroit, 1991, 2000 Boston, 4 Londons
Mark Faust	75	including 50 states - fastest 3:19 in Indiana and slowest Pikes Peak at 7:05. I have 4 more states to have every state under 4 hours
Bob Fraser	6	Niagara 1st and 6th, Cincinnati, Philadelphia, Waterloo and Toronto Waterfront in between
Wendy Fraser	3	All in 2008 - Waterloo, Toronto Waterfront, Niagara
Gerry Gonser	~35	There were very few marathons around in the 70's and 80's. I ran 23 Boston Marathons. I also ran the original Detroit Marathon when it was on Belle Isle several times as it was the only mid-western one around. The course was 4 and 3/4 times around the Isle. I ran it twice when it was moved off Belle Isle and it started in Windsor and finished on Belle Isle. Other marathons I have run, the Waterloo Oktoberfest, a couple of times, The Amoco marathon in Canton, Ohio a couple of times, the Skylon marathon in Buffalo/Niagara Falls a couple of times, the Toronto marathon, the Police games marathon in Toronto and the marathon at the first Masters World Championships held in Toronto in 1974.
Lou Gosso	27	
Christian Gundlack	12	3 Forest City, 1 Chicago, 3 Boston, 1 Toronto, 1 Tuscon, 1 Philadelphia, 1 Detroit, 1 Massey
Peter Haase	25-30	

Jim Hardy	1	Air Force Marathon
Jamie Harris	109	
Gwyn Hayman	6	3 Detroit, Boston, Chicago, Niagara
Steve Hillman	25	On April 20th I will be running my 28th marathon and my 4th Boston. My PB is 3:09:58 in Cleveland and my slowest is just over 7 hours at Pikes Peak. I have run 12 States and I am trying to run a marathon in all 50, but I WILL NOT complete this before I am 50.
Tracy Hillman	2	
Nancy Johnston	7	2 FC, 2 Boston, Niagara, Detroit, Toronto
Andrew Jones	2	
Leslie Jones	1	
Eric Magni	2	
Elizabeth Maguire	8	
Jacquie McWatt	5	
Rita Melville	9	Didn't start running till I turned 50, had never run a step in my life. My first marathon was in 2003 at age 53. After completing my 4th marathon in Oct. 2005, decided to set a stretch goal of completing 10 before I turned 60. My upcoming marathon is my 10th marathon (3rd Boston) and I won't be 60 till Dec. Yippee! During the course of my first marathon in 2003, Gord decided it looked like I was having a lot of fun (I was, it was Disney and I ran it with 2 good friends!) and he decided that it didn't appear to be as painful as he'd thought, so he decided to take up running. His first running steps were in April of 2003 at age 53; first marathon in 2005 and now coming up on # 7. There's no stopping him now. He'll be running the Boston Marathon April 2010!
Gord Melville	6	
Paula Muxlow	7	Napa (fastest), Big Sur (most beautiful), Fresno (worst), Chicago (biggest), Ottawa (most painful), Rome (1 st and most awesome), Dublin (my Master Card moment)
Debbie Obokata	19	1st one was Marine Corp run in a blue plastic bum with Liz Cramer - 13th was hot 2004 Boston with Liz
Linda Pimentel-Knott	2	Bermuda and Portland, OR
Roberta Reardon	9	
Bella Rikely	1	Budapest
Phill Rikley	22	7 FC, 6 Detroit, 1 Burlington, 1 Chicago, 1 Cleveland, 2 Columbus, 1 Nashville, 1 Niagara, 1 NYC, 1 Budapest
Gail Schmidt	1	Harrisburg
Scott Slaven	5	
Sonya Slaven	15	
Bill Spackman	1	
Patrick Timmons	6	'09 - Dublin City, '08 Gainesville, Connemara, Waterfront, Road to Hope '07 Grand Rapids
Bill van Leeuwen	8	1979 Niagara Falls close to 4hrs, 1980 Ottawa 3:12, 1981, 1982 Detroit both around 3:12, 1983 Saginaw Bay, 1984, Saginaw Bay 3:11 finished 2nd in 50-59, 1985 Detroit, Hamilton 3:18
Dianne van Leeuwen	4	I did Detroit in 1981 and 1982, Saginaw Bay in 1983 and 1985. The best I ever did was 3:54 and none of the times were over 4:00hrs.
Sherry Watts	8	2 run (Massey and St Louis), 6 walk (3 Mardi Gras, Mobile, Big Sur, Portland), fastest run - 4:05 (Voyageur), fastest walk 4:58 (New Orleans), slowest - 5:33:26 (Portland)
Bill Wheeler	7	
Ray Wilkinson	3	
Gerda Zonruiter	4	1 BC (before children) 3 AD (after dependents)

Pacer Meeting
Monday April 13, 2009, 7 PM
Grosvenor Lodge, Western Road

Guest Speaker
Dr Craig Hall, Kinesiology Dept, UWO

The Role of Mental Imagery in Injury Prevention and Rehabilitation

Research

Dr. Hall conducts research in sport, exercise, and rehabilitation psychology. While much of his research focuses on imagery, he also investigates other topics including self-efficacy, self-talk, body image, and observational learning. His research on exercise is conducted in the Exercise and Health Psychology Laboratory and his research on injury rehabilitation is undertaken in the Fowler Kennedy Sport Medicine Clinic. He has published over 110 refereed journal articles and has over 145 conference presentations. He receives research funding from major Canadian granting agencies. He also conducts intervention programs with athletes of all competitive levels.

Vancouver 2010 Olympic School Program

Pacers, are you a teacher, a parent of a student, or associated with the educational system? If so, you may be interested in a program that is taking place in conjunction with the Vancouver 2010 Winter Olympics. It's called the Canadian Olympic School Program. Included are contests for both elementary and high school students:



Students under 13 can win one of 8 available school visits by an RBC Olympian and a "Run Jump Throw" kit (teaches the skills of running, jumping and throwing, and the technical skill progressions for track and field events) for their school. High schoolers can become part of history by winning one of sixteen Olympic Torchbearer spots (by winning a spot, the whole team can run the relay leg).

To get started, class or school teams will make an online group pledge to "Create a Better Canada". The competition is essentially an evaluation of the pledge activity the class or group initiated during the contest period. The judges will be looking for engaging stories of the ways in which a "Better Canada" was achieved during pledge activities. This may involve pledging to recycle, cycling to school, etc. The goal is to demonstrate a positive impact on one or more of the three key pledge themes of Community, Sustainability or Health.

For complete contest details, see www.olympicschool.ca/torchrelay

-Andrew Jones