

April 2012



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca

***Around the Bay—2012
Great Weather, Great Times,
Great Fun!***



Mary Boyle and
Chuck Edwards



Don Ramsden

Aggie Ramsden and Arnie Spivey—great supporters
at *the hill*



Wendy Fraser

See more pacers
pictures at races
on page 17



Tomas Dobransky



Angus Hunter



The 4 Slavens: Sonya, Lisa, Kirsten and Scott



Gosette Radlein



Frank Littell and friends



Gwyn Hayman



Linda Jones



Richard Bird

Thanks to
Sherry Watts for
standing in her
usual spot to
cheer us on and
for taking the pix!

Executive

President	Mark Faust	mfaust@primus.ca	
Vice President			
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From your editors:**Newsletter information:**

The deadline for the April newsletter is April 25, 12 noon.

The Newsletter editors are Sherry Watts and Paula Muxlow. Contact either of us if you have a contribution or a suggestion. Email addresses and phone numbers are above.

We love contributions. Articles, comments, photos etc. It is your newsletter. Please send word files (.doc, not .docx) and photos or illustrations as .jpg files (low resolution). Please do not send articles with photos embedded or .pdf files. We cannot work with those. Items from other sources require permission to republish.

Pacer members are welcome to promote their businesses or events they are involved with. Send us the information and we will be happy to include it in the newsletter.

Please send race results or rumours of races your friends have done to Jim Burrows, our race reporter.

From your membership coordinator

Warm wishes to members with April birthdays.

Maeve Armstrong.Harris, Amanda Bell, Gino Cimino, Lorne Duquette,
Jamie Harris*, June Lucas, Graham McGee, Erin Neely*,
Debbie Obokata, Jeff Orchard, Denny Radlein*, Kim Siegers,
Sherry Watts, Patricia Yoshida
*entering a new age group

London Pacers Website

The website is growing as a resource for the club. Recent additions include various club histories gleaned from pages of the newsletter. Most of the Springbank International Road Race programs are now posted on the Results page (if anyone has the 1984 program we would love to get it scanned and we could use a readable version of page 25 of the 1982 edition). We are compiling the results of the club championships, a list of winners of our two major awards, the Silver Fox and Altheo Phidippides and a list of our masters' record holders. Old newsletters are being added to the Members' section (If you have old newsletters we could use those as well). Photos are being added to our Flickr pages. Contributions to the content would be welcomed as well as suggestions. What do you want to see on your website?

Check it out www.londonpacers.on.ca

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 New Balance London on Fanshawe Park Road W.

at Hyde Park Rd

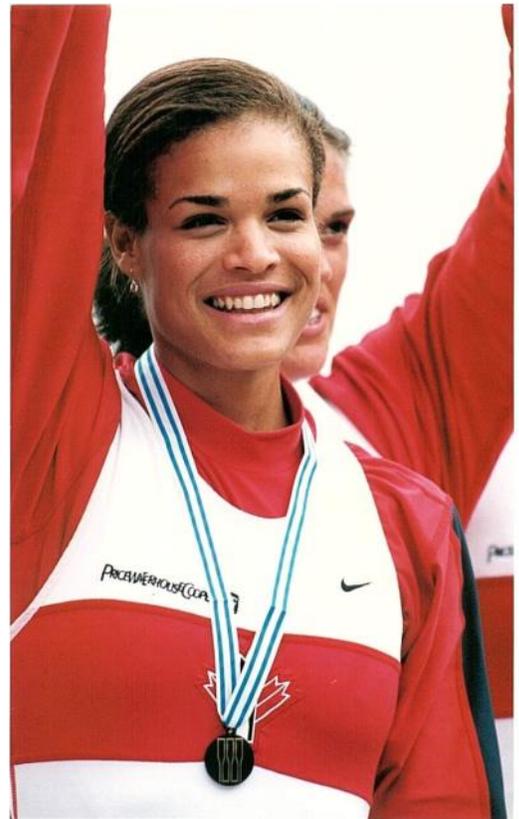


Pacer Meeting Monday April 9, 2012 7:00 PM
Grosvenor Lodge, 1017 Western Road

Guest speaker Kubet Weston

Kubet is a Olympian (Sydney, 2000) with three World Championships medals in rowing. She is a physiotherapist with experience in orthopedics and sports medicine and a Certified Clinical Pilates Instructor with an interest in integrating Clinical Pilates stabilization principles and exercises to rehabilitate and prevent injuries. She works with Rowing Canada and with elite athletes in London.

More on Kubet and her work here:
<http://www.skyephysiopilates.com>



Earth Day 5K Run, Sunday April 22, 2012

Bill Wheeler invites you to MEC London's first run event!

Come and kick off Earth Day 2012 with a measured 5km run. The course starts and ends at MEC London, with prizes for 1st, 2nd and 3rd place finishers. Race starts at 9am, register online at www.karelo.com before April 19th.

Run package pick-up will be in-store on Friday April 20th, and Saturday April 21st. Registration is only \$15.00.

Contact Emily Hinton at Emily.hinton@mec.ca or Bill Wheeler at bgwheels@gmail.com for more information.



Racing season is coming up. Get your Pacer singlet and show off the club colours. Small, medium and large in men's and women's cuts. \$25 - \$28.50 See them at Pacer meetings or email Sherry. Long-sleeved shirts also available.

The club will have a table at the Forest City Road Races expo to let people know about us. We need a few people to set up and man it both days. Talk to Sherry if you have a few hours to spare, pacer-training@yahoo.ca
We also need some ideas – what would you like to see at the expo to represent the energy and diversity that is our club?

We need volunteers to marshal the Forest City Road Races. The safety of the runners depends on people who step up to man the corners during the race. Recall that our club receives \$1.00 per runner in the FC races for our contribution to the race. This is a big help to our bottom line and has been instrumental in keeping our membership fees low.

<http://forestcityroadraces.com/volunteer>

We have a candidate for vice president. Thanks to Richard Bird for volunteering. An election will be held at the April meeting. Thanks as well to Mary Anne McCoy who has offered to help with social happenings.

London Distance Banquet—April 25, 2012

The London Distance Banquet is back after a short hiatus. This is designed to bring the running community together for some food, a great guest speaker and a silent auction. The event is a fundraiser to help young athletes afford international trips. When athletes are chosen to represent Canada they are very often required to pay for most, or all, of the trip. This means a lot of very talented, very deserving young runners stay at home when they should be wearing Canada's singlet and competing against the rest of the world. Funds are available to athletes from any of the area clubs.

Previously-Funded Athletes

Mark Henshaw — *World Junior Cross Country Championship* (Kenya, 2007)

Jessica Parry — *World Youth Track & Field Championship* (Czech Republic, 2007)

Deng Marial – *World University Cross Country Championship* (France, 2008)

Jessica Parry — *World Junior Track & Field Championship* (Poland, 2008)

Chantelle Wilder – *NACAC Cross Country & World X-C* (USA & Jordan, 2009)

In addition an outstanding high school graduate will be awarded the Chris Brewster Banner and Scholarship.

The speaker this year is Chris Brewster himself.

April 25, 2012

London Music Club, 470 Colborne Ave.

Tickets \$30 available at Runners' Choice.

www.runnerschoice.on.ca for more information.

1972

When the London Pacers was founded in 1972 the sporting world was quite a different place to what it is today.

The 1972 Olympics had no women's marathon or racewalks or hammer throw or pole vault. The 1500m was included for the first time as the longest race for women. It was the year Frank Shorter won the marathon and Lasse Viren won the 5000 and 10000m races. And the year Steve Prefontaine placed fourth. The US basketball team was beaten by the Soviets for the first time in a controversial game (and refused to accept their silver medals). The Soviets and East Germany dominated track and field. The Munich massacre horrified the world.

The Canada-Soviet Union hockey series ended with Paul Henderson's epic goal but the hockey world was changed. Big names in sport included Phil Esposito, Hank Aaron, Jack Nicklaus, Gary Player, A.J. Foyt, Mark Spitz and Olga Korbut. Riva Ridge won the Kentucky Derby. Billie Jean King beat Evonne Goolagong at Wimbledon. Boston won the Stanley Cup. Gordie Howe and Wilt Chamberlain retired.

The first digital watch was introduced that year. Where would we be without those? Nike started in 1972 with the swoosh as its logo. You could subscribe to *Runners' World* and *Track and Field News*. Ken Cooper's *Aerobics* was one of the few fitness books available. Joe Henderson's *Long Slow Distance* and *Guide to Distance Running*, Bill Bowerman's *Jogging* and Arthur Lydiard's *Run to the Top* were some of the very few books on running found on library shelves.

The process of road course certification was sparked in Canada in 1972 when the Olympic qualifying marathon was found to have been 1K too long leaving this country with no qualifiers (despite the winner, Jerome Drayton being one of the world's best at the time). Prior to that race distances were even more hit and miss than they are now.

Peter Pimm won Around the Bay. There were no awards for women (women were allowed to enter officially in 1979).

Frank Shorter won Springbank. Ron Hill and Karel Lismont placed 2nd and 3rd. They had placed 1st, 6th and 2nd in the Olympic Marathon just weeks earlier. Grant McLaren won Alvinston-Watford. Bob Moore won the Hamilton Boxing Day 10-miler. The women's race, won by Robin White, was 1.5 miles.

The Boston marathon was won by Olavi Suomalainen of Finland in 2:15:39. It was the first year that women were allowed to run. Eight women competed that year with Nina Kucscik the first official women's champion in 3:10:26. 1081 runners finished Boston. The qualifying standard was 3:30 for both genders up from 4:00 two years previously.

The largest marathon (Braunlingen, Germany) that year had 1440 finishers. New York City had 187 finishers. Detroit had 80. Toronto and Waterloo both had 20 finishers. Montreal had 40. Glass City, Toledo was the 10th largest marathon in the world with 180 finishers.

There were 297 marathons held worldwide that year with 11,000 finishers. Canada had 10 with 166 total finishers.

The Canadian marathon best (not then called records) for men was Jerome Drayton's 2:11:13 set in 1969. The women's best marathon time was Maureen Wilton's 3:15:23 set in 1967 when she was 13 (which was recognised as a world best at the time). (The men's time has been improved once by Drayton in 1975 (2:10:09). The women's time has been improved 12 times with Sylvia Ruegger holding the current one set in 1985 (2:28:36).)

The flood of African runners had just begun. Prize money was not allowed in running. It was the year Title IX was introduced to US colleges. The masters track and field movement was in its early stages. The predecessor to triathlons, a run/swim "biathlon" was held in California.

The forty years since 1972 have seen remarkable changes in the world of sports, some positive, some negative. Running (or "jogging" as it was often termed then) was growing at an incredible rate and continues. Women went from a handful in the marathon in 1972 to now 45% of the finishers in US marathons and 60% of half marathon finishers. About 45% of marathon finishers are now 40 and over. Extended race cut-off times have contributed to the rise of powerwalking in races, some of which have specific walking categories.

Running has gone from being a sport for the few and the fast to being an all-inclusive sport. The Pacers have run through it all.

Sherry Watts

Hi to All

Took part in the Sunday morning races at the track in Plantation which is about 15 km northwest of the condo building in Hollywood.

There were 2 races, a 1 hour & a 1/2 hour racewalk -- and a first for me since I had never experienced this type of competition before.

Essentially, what we had to do is racewalk around the track and see how many laps we could do in 1 hour or 1/2 hour.

There were some 20 participants that started the one hour event at 7:30 am -- and this was followed at 8:00 am by the group of about 10 who were racewalking for 1/2 hour -- And we have results -- we all finished in exactly one hour or one half hour.



To figure out the awards, lap counters were assigned to the various racewalkers and after the math and measurements were done, the overall male finisher completed about 29 laps and the first lady had some 25 laps in one hour.

In comparison, my official results showed that I completed 17 laps + 73.37 meters and that computed to 6.4773.33 Km or 4.02 miles per hour -- good for 1st place in the 70 to 74 age group and a medal. Got the customary T-shirt, a breakfast of 'dunking donuts coffee', fruit, bagel and cream cheese.

Sorry -- the picture shows the medal but not the T-shirt.

It was a great morning on the track in Central Park Plantation Florida.

Yes indeed, it does not get much better than

this :-))

Cheers, Lorne

Larry VanEnoo (and Bill Burdick in the background)
at the Chilly Half in Burlington



Minutes of London Pacers General Meeting 12-Mar-2012

Executive Present: Mark Faust, Jim Burrows, Sherry Watts, Gwyn Hayman, Debbie Obokata

Mark opened the meeting and remarked on the wonderful, unseasonably nice weather we've been experiencing this 'winter'.

Club Executive: VP position is open, as Sharron has resigned. We thank her for her contributions to the club. We are looking for someone to step into this role. There is not a big time commitment: executive meeting probably every other month and introduce guest speakers (executive has a list of suggestions). We hope to elect a new VP at the April meeting. If interested, please contact a member of the executive.

Election for the secretary position. Jim Burrows nominated Debbie Obokata as the new club secretary; Seconded by Harry Littleton. There were no other nominations. Vote taken. Passed.

Executive reports: Gwyn has sent an email to members who have not yet renewed for 2012. So far we have 120 members, including 61 families. There are a few multi-year memberships.

Mark reminded us that this is 40th anniversary year for the club, and we are planning ways to celebrate this milestone. We hope to get in touch with former members to let them know of any celebrations.

Sherry encouraged members to send her articles for the newsletter. For example, Mark is training for his first ironman triathlon and may write an article about his journey through this new training experience.

Jim had no financial report this month. He mentioned that a McMaster University research study is looking for athletes 50 and over. It involves an interview that can be done by phone. Jim will circulate the information, and we will probably put it in the newsletter.

Race reports:

Really Chilly in London – Lauren Burdick mentioned that the weather was really nice this year (no ice, no snow, SUNNY!) Mark wore shorts! For the 5K there was a record # of participants (450). There was some confusion because of Sports Show taking place that weekend, but it added to the event. 5 of 6 records were set: Masters (M & F), 5K (M & F), and 10K (F).

Burlington Chilly Half – Jim mentioned that 10 Pacers ran the race and many finished well. Jim and Bill Burdick brought their medals to show off. Bill reminded us not to try and get an extra race out of an old pair of shoes! The day was quite breezy and cool; water and e-load were icy. The route was nice and flat, and allowed runners to see the leaders a couple of times. Chili was available at the end of the race, and runners could present the bib tear-off for free beer and chili at 11 area restaurants.

Disney Half and Marathon - Eric Magni and Aggie Ramsden ran the half in Disney. Doris Benson, Don Ramsden and Carl Keevil did the Goofy (both the half and full). Fabulous weather. Start is at 5:30 am, meaning you have to get up at 3am. Well organized. They recognize top 5 in age group; Eric came 4th.

Robbie Burns 8K in Burlington – half a dozen Londoners ran it. Wendy Fraser won 1st prize for her costume and received a plaque. Another race with beautiful weather.

Upcoming Races:

Around the Bay –lots of people will be going to Hamilton for the 30K later in March.

Barcelona marathon - Nancy Johnston will be running it the same day as ATB.

Downtown 5K in April on Good Friday.

Boston – Patrick Connor, Mark Faust

Forest City Road Races – members are encouraged to run or volunteer; Sherry will have a Pacer table at the expo in the park. She needs volunteers on Saturday & Sunday to talk to people about the club.

Harry was wondering about the K markers in Springbank. Apparently one is missing a Pacers plaque; Sherry will find out and Harry will follow up. Harry still has golf balls for sale: \$5/dozen; money goes to Thames valley. \$10 gets you a receipt.

Speaker: Sherry Watts spoke on 'Running Form – the Good, the Bad and the Ugly'

Running form is a controversial topic: should a runner try to change form? Sherry thinks yes: Benefits of improved form are that it reduces injuries, increases running economy (e.g. how much energy it takes to run a kilometre), and increases speed.

Runners make use of elastic recoil energy. Running with efficient form requires half the energy taken with just muscle.

Common form faults include: landing on heel, seated running, short stride, twisting trunk, foot placement, and hip drop.

Any changes should be made GRADUALLY! Strengthening and stretching will generally automatically affect form by increasing your flexibility. Drills and plyometrics can help. Sometimes form faults are due to laziness; become aware and you can change them.

Overstriding causes you to land on your heel. This means you are braking on every landing, and you have to pull yourself through by using your quads. Increasing the stride rate (turnover) will help fix this. If the rate is faster, you don't have time to stride out and pull leg through. Foot has to land flatter; get more snap out of Achilles.

Seated running is caused by tight hip flexors and a weak core, requiring more work by quads.

A **short stride** results in a vertical push off. This can be caused by tight hip flexors. The feet, calves and butt should be able to straighten the back leg, providing a more horizontal push-off. Runners tend to ignore stretching the front of body (Quads and hip flexors).

Twisting trunk/ rotating shoulders; what happens in upper body is reflected in lower body, and can result in injury. This can be caused by a tight chest (no flexibility) or weakness in the upper back.

Foot placement – Toeing out causes a loss of stride length (a 30 degree toe-out can cause you to lose almost a K in a marathon), and can cause injuries due to the way the forces go through the body. Weak adductors or a tight butt can cause toeing out. Toeing in can cause spiral fractures in the lower leg.

Hip drop: The pelvis should be level when supported on one leg. Not being able to maintain a level position causes a lot of running injuries. Can be caused by weak gluteus medius. Hip hikers and clam shells are good exercises for this.

For structural problems (shorter leg, inflexible joints), you should see an expert to guide you. Coaches can help with strengthening and stretching.

Sherry will put some links up on her website to some good articles. www.runninggoals.ca

Mark reminded members to visit the Pacer website; Sherry has done a lot of work on it.

Meeting adjourned 8:14 for drinks, cookies and conversation.



Thanks to Joanna Rogister for being part of our panel for our recent Pacer meeting on martial arts. Along with her involvement in that sport, Joanna is also a holistic nutritionist and has offered a free 1/2 hour consultation. I encourage you to take advantage of this great offer and contact her.

- Mark

Johanna Rogister
Registered Holistic Nutritionist
Life Stages Nutrition
www.lifestagesnutrition.com 519-878-4648 joanna@lsn-mail.com

March Results**MARATHONS**

Date	Race	Name	Time	Place	Plc in Div	DIV
03/25/2012	Barcelona, Barcelona, ESP	Nancy Johnston	4:09:55	11,274/ 16,200	26 / 112	F55-59

ROAD RACES

Chilly Half Burlington, ON 03/04/2012 3,294 finishers

Place	Name	Chip Time	Gun Time	Plc in Div	DIV	Comments
16	Rich McClelland	1:18:24	1:18:30	2 / 248	M40	2nd Master
20	Sean Cross	1:18:31	1:18:38	4 / 248	M40	1st M40 Winner
36	Jim Burrows	1:20:07	1:20:13	2 / 238	M50	
735	Tracy Hillman	1:48:12	1:48:29	31 / 299	F40	Membership renewal pending
839	Larry van Eenoo	1:49:34	1:50:45	35/162	M55	
1,148	Gord Melville	1:55:11	1:55:48	21 / 78	M60	
1,351	Rita Melville	1:58:48	1:59:24	6 / 34	F60	
1,397	Bill Burdick	1:59:01	2:00:08	73 / 162	M55	

Race For The Arts 5k Jupiter, FL 03/10/2012

Place	Name	Chip Time	Gun Time	Plc in Div	DIV
21 / 246	Morrison Reid	21:37	21:19	1 / 5	M60

Around the Bay 30k Hamilton, ON 03/25/2012 6,117 finishers

Place	Name	Chip Time	Gun Time	Plc in Div	DIV	Comments
52	Jim Burrows	1:56:05	1:56:08	3 / 516	M50	AG 83.92%
859	Richard Bird	2:26:17	2:27:19	37 / 326	M55	
936	Lisa Slaven	2:27:49	2:28:23	27 / 332	F25	PB!
940	Steve Hillman	2:27:50	2:28:24	135 / 555	M45	Membership renewal pending
1,037	Mark Faust	2:29:10	2:29:45	122 / 516	M50	
1,111	Dave House	2:29:49	2:31:05	156 / 555	M45	Membership renewal pending
1,282	Sonya Slaven	2:33:32	2:34:08	14 / 324	F50	
1,283	Scott Slaven	2:33:32	2:34:08	156 / 516	M50	
1,300	Brian Martell	2:33:22	2:34:22	171 / 555	M45	
1,808	Angus Hunter	2:40:29	2:42:24	211 / 516	M50	PB!
1,897	Tracy Hillman	2:42:56	2:43:35	87 / 491	F40	Membership Renewal Pending
2,296	Bruce Anderson	2:47:17	2:48:40	119 / 326	M55	
2,573	Eric Magni	2:51:38	2:52:26	12 / 34	M65	
2,729	Robert Fraser	2:47:06	2:54:14	140 / 326	M55	
2,739	Wendy Fraser	2:50:52	2:54:20	29 / 160	F55	PB!
2,740	Denny Radlein	2:52:58	2:54:22	141 / 326	M55	
2,844	Kirsten Slaven	2:53:24	2:55:30	60 / 141	F20	PB!
2,898	Larry Van Eenoo	2:51:46	2:56:08	151 / 326	M55	
4,159	Linda Jones	3:11:31	3:13:15	17 / 61	F60	
4,299	Michelle Braecker	3:15:35	3:13:34	304/532	F45	
4,326	Gossette Radlein	3:22:07	3:16:00	21 / 61	F60	
4,500	Jacquie McWatt	3:16:59	3:19:07	327 / 532	F45	
4,691	Chuck Edwards	3:21:01	3:22:51	21 / 34	M65	
4,699	Tomas Dobransky	3:21:58	3:22:56	441 / 517	M50	
4,711	Don Ramsden	3:21:19	3:23:11	22 / 34	M65	

Around the Bay 30k Relay Hamilton, ON 03/25/2012

Place	Time	Chip Time	Pace	Team Name	Plc/Tot	Category
71	2:57:12	2:51:13	5:43	Buzzards and friends 1	6/15	Mix-Master

1.	Carol Whiteford	F60	1:04:31	6:28/km		
2.	Arlen Curtis	M64	55:06	5:31/km		
3.	Robert Campbell	M52	51:36	5:10/km	(Pacer)	

156	3:21:02	3:15:03	6:31	Buzzards and friends 2	43/83	F-Open
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1.	Paula Muxlow	F54	1:05:36	6:34/km	(Pacer)	
2.	Mary Gregus	F28	1:07:05	6:43/km		
3.	Gwyn Hayman	F57	1:02:23	6:15/km	(Pacer)	

Around the Bay 30k Walk Hamilton, ON 03/25/2012 268 finishers

Place	Name	Chip Time	Gun Time	Plc in Div	DIV	Comments
32	Susan Young	4:00:41	4:01:19	6 / 36	F55	PB!
71	Mary Boyle	4:22:32	4:22:51	12 / 36	F55	
203	Brenda Sharpe	5:01:36	5:01:55	27 / 30	F50	

Around the Bay 5k Hamilton, ON 03/25/2012 2,014 finishers

Place	Name	Chip Time	Gun Time	Plc in Div	DIV	Comments
49	Andrew Hogg	18:40	18:40	1 / 84	M35	Membership Pending AG 83.92%
181	Lauren Kolodziejczak	24:16	24:50	4 / 172	F30	Membership Pending
739	Debbie Obokata	31:08	32:12	11 / 89	F55	

RACE WALKS**Plantation 1 Hour Race** Mar. 25, 2012

MALE 70 - 74

1	LORNE DUQUETTE	6.477km	1:00:00
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Going On About it.....

Okay, as I sit writing this article it is 4 degrees outside. What a change from the weather of the last 2 weeks. Personally, that weather was great but somewhat scary. Think back to past years. We might get a day or two or three of plus 15 degree days, but not 30 degree humidex conditions. Here is hoping the buds survive the cold weather and the farmers have the weather required for this important industry in our area.

Well the annual trek to Around the Bay happened yesterday and what results for our local runners. On a personal note, Tracy Hillman and I were thrilled with our training group's performances. We had pushed them pretty hard on the hills around London and while there were the complaints during the training, there was lots of thank goodness we did those yesterday. The weather could not have been any more perfect. I saw many people overdressed and by the hills of Burlington various articles of clothing were tied around people's waists or simply discarded on the side of the road.

For those that know me, I complain about the race (hate the fact you have to go down before race day for packet, as an example) and swear it will be my last Bay but this year was different. Sure, the weather helped and there was the obligation to be there for our training group. Finally the medals have "grown" up and changed for the better. Not sure if you noticed but the ribbon is quite different and ribbons seem to be a focal point for races as any recent ones have been extremely colorful and seem designed. As well, the shirt actually fits my giraffe sized arms and this is great. I hope all who participated are happy with whatever transpired for you yesterday.

Onward to Boston in 3 weeks for many of us. It is always a great time and hard to believe this will be my 5th one. Please cross all fingers, eyes and limbs for a west wind to propel us from Hopkinton to Boston. Have fun to all those participating.

Next on the local scene is the 2nd of the Runners' Choice series of races, the Downtown 5km on Good Friday. This is on a lot of our calendars and is always a great test of your winter workouts and where you may be in your training for the upcoming year. Always a good time for the walkers and runners.

Please consider volunteering for the Forest City Road Races in some capacity if you are not running. Sherry is looking for some people to work our tent at the expo on Saturday and during the race on Sunday. As well, the race can also use marshals, water stop people etc. Don't forget our agreement with the race committee that we receive money for each participant, so it is crucial for as many as possible to support them.

Good news that a couple of your members have volunteered for the VP position and to assist with Social activities for the club. This will be formalized at our April meeting.

Enjoy this weather as it looks pretty good for the upcoming weeks. Winter, what winter?

Do something kind today for someone. Smile when someone needs it, hold that door, and let that person into your driving lane. It all gets paid back.

Until next month...

Mark

2012 Around The Bay 30k Race Report (March 25)

by Jim Burrows

I thought I'd try a different approach than I usually take for my race reports. This time I'm just going to put down my thoughts as the race progressed. For those of you that have already had to listen to me talk about my race, you might as well move on to the next article in this newsletter, lest you're bored to tears. For the rest of you, well you might be advised to do the same, as this is a fairly detailed account of my race. Chronologically, this is how it unfolded...

- 8:30 Former London Pacer, Christian Gundlack, Dave Palma and I are sitting in Christian's downtown Hamilton apartment, doing our final race preparations. We've decided that our fitness isn't similar enough for any of us to run together. Christian is pretty sure he's in sub 1:55 shape. Dave thinks he's around 1:59 and I've a stated goal of 1:57 based on McMillan's predictor chart and my 1:20 half from 3 weeks ago.
- 9:05 Christian Gundlack, Dave Palma and I jog out the front door of Christian's downtown Hamilton apartment to the starting line. "What an awesome day to race! 7 degrees and no wind."
- 9:15 Arrive at Copps Colliseum. "Need to check out this indoor finish. Wow, two 90 degree right hand turns and a major down ramp. If I'm in a sprint finish, I'll have to be on the right. It's dark in the tunnel. Must remember to take off the sunglasses, or I could easily trip."
- 9:20 Time to strip off my throw-away shirt. I don't need sunglasses either. There's Lloyd Kehoe. I can give him my glasses. Hell, I don't need gloves either.
- 9:25 They're calling us to the start. That female marshal is saying that only elites can go to the start line from the front and everyone else has to go around from the back. Forget that! There are at least 50-60 runners all out front warming up with me and they're not all elites, so lady you're going to have to catch me and march me to the back yourself. I dodge her outstretched arms and blend into the first 3 lines behind the timing mats.
- 9:30 BANG! The cannon goes off at exactly 9:30:00.
- 9:31 I know I'm usually a bit fast in the first km, but there should be more guys in front of me. I'm practically on Christian's butt. And I can see Franciszek Stronski (Poland), last year's M50 winner right beside Christian. Stronski is probably the favourite to winner my category. It's good to see him now, and those red shorts will make it easier to spot him later, assuming I can catch up. I'm going too fast for my target time, so I'm not going to stick with him. Remember the plan is to have the 1st 5k as my slowest 5k split.
- 9:32 There goes Rob Campbell. He was the M50 winner in the Burlington Half. Since he beat me by 45s, I should probably be running behind him, especially since my plan is to run fairly evenly through the whole race.
- 9:34 Kilometre 1 in 3:47. My average pace for a 1:57 should be 3:54, so I'm a little fast. No problem I can settle that down in the next couple kms.
- 9:35 Scott McDonnell calls over, "Hi Jim!" Scott's an old (late 1990's) Runners' Choice training group member originally from Chatham. Scott turned master about 4 years ago and over the years we've had some good match ups.
- 9:38 I split kilometre 2 in 3:48. That's still a bit fast. Running with someone can easily have that effect. "Scott, what are you thinking of running?" I ask. He replies, "1:55 was the plan, but I'll probably be closer to 1:57." I respond with, "That's my target."
- 9:39 A friend of Scott's, Wes, joins us. He's younger than us, probably 30-34.
- 9:40 First water stop. I might as well take some in now.
- 9:41 Kilometre 3 splits in 3:51. It's getting close to the planned pace, but I've now accumulated 16s. That's not how I like to do it. I don't want to bank time. I want to bank energy. But my average heart rate (AHR) is right where I want it at 149-150, so I think I'm ok.

- 9:43 Here comes Mark McCosham on my right. I don't think he knows who I am, but he's sticking with me. I thought he'd just run on by. He obviously can tell I'm an old dude and potentially in his category. I know who he is. He's probably the most talented 50 year old in the race based on his 2 fall marathons both in 2:43! Just my luck that the guy moves from PEI and settles in London.
- 9:45 That's a lot of footsteps approaching from behind. I should have a peek. That's just bizarre. There's a 2 hour pace bunny, holding his sign and about a dozen guys in his pack. Not only is a pace bunny for that level (the gold medal level) weird, but I'm on a 1:56 pace and he's catching me.
- 9:46 Me: "Hey bunny. Aren't you going a bit fast?"
Bunny: "For this course, you need to build up a time cushion".
Me: "What are you trying to build?"
Bunny: "We're ahead by 45s and should get to 2 minutes by half way."
Me: "I guess I'll see you later then."
Bunny: "You probably will."
- 9:48 I can't help thinking that he's leading a pack of lemmings to their demise. I let the pack roll through me. Scott and his buddy Wes stay back with me.
- 9:49 I hit the 5k split in 19:15. That's 15s ahead of plan or a 1:56 final time. There goes the 2 hour pack. I wonder how many of those guys are thinking that they were planning on breaking 2 hours, so if the pace bunny is going that fast, then they should be going at least that fast. McCosham's going with them. That probably makes sense, since he's capable of running 1:55.
- 9:50 One good thing about starting a bit fast, I get to see all of my direct competition. I've made a note of their clothing and should be able to spot them in the Burlington hills assuming I can catch back up to them by then.
- 9:52 A second water stop already? I guess they have more than I remember. I can skip this one.
- 10:08 I've kept my AHR around 150 and ran the 2nd 5k a titch slower hitting 10k split in 38:41. I'm committed to running a 1:56 now. The original plan was to "cruise" the first 10 at 150 bpm. Then add a bit of effort for the next 10k, then try and hold that pace over the final 10k.
- 10:09 Time to move into the 2nd stage of my plan, just a bit more effort, which hopefully results in a few seconds faster per km.
- 10:12 Kilometre 11 split in 3:49 with an AHR of 152. Perfect.
- 10:12 Finally, the third water stop. That was a long stretch from my first drink, almost 9k! I think I'll grab the Gatorade and water.
- 10:13 There's the 2 hour bunny. There's only 2 other guys left in his "pack". Did he burn them out already? Maybe the others were smart enough to back off the pace.
Me: "Pace Bunny, how's it going?"
Bunny: "We're ahead by 1:45. Should be right on 2 minutes at 15k."
- 10:14 I slowly pull away at the same pace they left me back at 5k.
- 10:15 Looks like my "mini" surge has dropped Scott and his friend.
- 10:17 Do I smell bacon? Two dudes are frying up bacon right beside the curb. There are a lot of "different" spectators on the "beach" road.
- 10:28 15k splits in 57:58. That's right on 1:56 pace. That last 5k was 19:16. Same as my 1st 5k. My HR was 2-3 beats higher than back then but it's still in the right zone and I'm feeling good.

- 10:29 Scott's friend (Wes) joins back up with me. While chatting Wes tells me he used to go to high school with Reid Coolsaet, and even could beat him back then. I think that's pretty cool even if currently Coolsaet is about 13 minutes ahead of us. He tells me now he's not even as fast as his girlfriend.
- Me: "That's a very fast girlfriend you have."
Wes: "Ya, she's trying to make the Olympic team in the 5,000m."
Me: "Impressive. Who is she?"
Wes: "Megan Brown."
Me: "Ya, she's fast. Hope she makes it."
- 10:40 Wes is still with me as we make the turn onto Lakeshore. Here's where the "fun" starts. Wes seems strong, and so do I. I think that if we can stick together through this we can catch a number of runners and I tell him so. He says he's game to work together.
- 10:42 I let Wes lead, mainly because the road becomes windy and I want to cut the tangents. No sense running any extra distance.
- 10:44 19k and the first hill. Pass the golf course and down the backside of the hill. It feels fine to pick up the pace and let gravity carry me downhill. Pace going up was 3:52, but 3:36 coming down.
- 10:46 I think I see Mark McCosham up ahead. I clock him at 35s ahead. I tell Wes that he's my target.
- 10:47 20k split 1:17:21. My 2nd 10k was 38:40. Only 1s slower than my first 10k. Cool.
- 10:55 These hills just keep coming. I'm holding pace, but the HR is now constantly at 157 or higher.
- 10:57 Pass Mark McCosham. I think that puts me in 3rd for M50 at the moment.
- 10:59 I can see my next "target", Rob Campbell ahead. I clock the difference as 35s. Quick math tells me I have to cut about 5s per km to catch him. That's going to be tough, unless he slows down, since I don't think I can go any faster.
- 11:01 At 24k we're on Plains Rd. Wes tells me the hills have finished him. I tell him to hang in there since there's only one more hill remaining so we can "recover" until then.
- 11:07 The 25k split is 1:36:50. Last 5k in 19:30, my slowest so far, but only 15s slower than my best. We start the downhill before the last hill and I tell Wes we can hit 1:56 flat if we work. Then I realize that it would need to be our fastest 5k of the race to make 1:56. I don't really care about the actual time at this point. I just want to catch Campbell.
- 11:09 Flying down the hill before the big climb, I can see Campbell crossing the bridge at the bottom. I arrive 35s later. Damn, I'm not closing.
- 11:12 Don't want to push too hard going up, or I'll have nothing left for the final 4k. My HR hits 165 near the top. As I crest I see Campbell. When I get to the 'mark' I realize, I'm still 35s in arrears. It looks pretty slim that I'll catch him now. He's not fading.
- 11:13 Wes is complaining that his legs are done, so I take the lead telling him to follow.
- 11:14 Wes seems to have recovered and passes me. "Good", I think. I need the help, since I've lost some of my motivation, not making any gains on Campbell.

- 11:17 Passed the Grim Reaper on the sidelines. He's not the best spectator, yelling out, "You're going to die before the finish."
- 11:18 Only 2k left, but it seems that I'm pushing as hard as I can, but not getting any increase in speed. My HR is 160 and I feel my stride shortening. I'm sure it's my hamstrings, but it's hard to tell as both legs feel pretty wasted from the hips to the ankles.
- 11:22 1 km to go. Wes has stretched his lead over me by about 10s. We've passed a handful of runners since the last hill. No one is putting up a fight and we aren't really making a statement when we pass, as we slowly go by them.
- 11:24 500m to go. It's now or never and I start what feels like a kick. All form is lost and I feel like I'm going faster, though it's not that obvious. My heart is going faster as I get it back up to 165. I make the sharp right into Copps Collesium, stay upright down the ramp, make another 90 degree right and "sprint" the final 50m to the finish.
- 11:26 As I cross the line, I think, "To hell with the photos. I want my finishing time." And I stop my watch at 1:56:05. One full minute faster than my goal. Yeah! I congratulate Wes, who finished in 1:56:00.6. Both of us ran our fastest 5k of the race from 25 to 30.

Post Race I introduce myself to Rob Campbell. A mutual friend had warned him of me and he said in the back of his mind he was wondering if I was catching him. I was, but only slightly as I finished 27s behind him. Franciszek Stronski won the M50 category a minute ahead of Campbell. Mark McCosham came in a minute behind me.

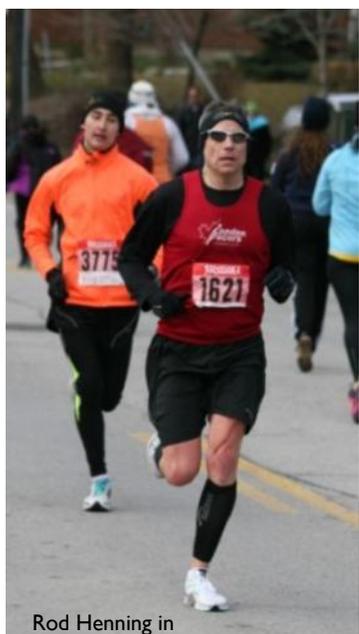
Back at Christian's apartment, we check the results and Christian finished 6th in M40 with a 1:53:16. With the top 3 M40's being 1-2-3 in the overall masters category, Christian gets bumped up to 3rd M40. Dave Palma had a great race earning a gold medal (for breaking 2 hours) by finishing in 1:58:47.

Sportstats website shows that I finished 4th in M50. A guy who was off my radar, finished just behind Rob Campbell. It would've been nice to make the top 3, but I'm just beaming over my 10k splits of 38:41, 38:40 and 38:44.

On Monday night while putting together the Pacers' results for the newsletter, I see that I've been "promoted" to 3rd in my category. It appears that the original 3rd place guy didn't run the race, so they removed his time. Looking at the race photos, you can see that this M50 guy's son had run with 2 timing chips, his own and his Dad's. It makes me wonder if the kid actually ran the entire race. He wore a black, long sleeve shirt, but "neglected" to put his bib on. It makes it difficult to try and find him in the photos, though he is in the finishing shots and he did record split times (for himself and his Dad) at 10k, 15k and 20k.



Jim Burrows at ATB



Rod Henning in Burlington



Rich McClelland at the Chilly Half



Jim Burrows in Burlington
With Rod right behind!



Sean Cross in Burlington

Pacers at Races—The Chilly Half in Burlington and Around the Bay in Hamilton



ATB—Buzzards and Friends teams 1 and 2 (before):
Back row: Arlen Curtis, *Gwyn Hayman, *Rob Campbell, *Paula Muxlow
Front row: Kathy Willmse, Carol Whiteford, JoAnn Miklutz
*Pacer members



The Slaven Family Before ATB:
Lisa, Scott, Sonya, Kirsten



The End