

February 2009



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca



It's one of the snowiest winters we have had in many years—but it looks like some of our Pacers are still out enjoying the winter weather!

Debbie Obokata and Bill Burdick in Springbank Park near the pumphouse.

Executive

President	Jim Burrows	burrowsjim@sympatico.ca	519-474-3497 (H)
Vice President	Andrew Jones	bannister359@hotmail.com	519-642-3520 (H)
Treasurer	Betty Timmons	timmonsbetty@gmail.com	519-673-1657(Home)
Publicity	Sherry Watts	pacertraining@yahoo.ca	519-858-9880
Social	<i>Position vacant</i>		
Membership	Gail Schmidt	gail_schmidt@rogers.com	519-657-9936 (H)
Secretary	Gerda Zonruiter	chrisandgerda@rogers.com	519-471-3550
Newsletter	Sherry Watts	pacertraining@yahoo.ca	519-858-9880
	Paula Muxlow	pmuxlow@odyssey.on.ca	519-293-3697

Meeting Info

London Pacers January Meeting
Grosvenor Lodge,
Monday, February 9, 2009
At 7:00 p.m.



Note: the new 7:00 p.m. meeting start time

Our February meeting speaker will be Prof. Peter Lemon of Kinesiology Department in the UWO Faculty of Health Sciences. His topic will be "Sprint Interval Training Can Enhance the Performance of Endurance Runners".

Dr. Lemon has been doing research on sessions of short, intense sprinting which have proven to have a more positive effect on long-distance runners' race times than previously thought.

From your membership coordinator

From your membership coordinator:

Welcome new member Sharon O'Leary

Warm greetings to individuals on the active membership list for 2008 who are celebrating birthdays in February:

Brian Burke, Karen Cowling, Cathy Dashford, Dominik Dobransky, Mike Evans, Lesley Ferguson*, Brian Hillis, Steve Hillman, Dave House, Julia Johnston, Michael Latham, Ray Lloyd*, Isabel Lynch, Paul McCallum, James Milliken, Monique Radlein, Matthew Roberts*, William VanLeeuwen*, Martha Wilson, Gerda Zonruiter

*entering a new age category

From your editors:

Some items to note:

If you want your race results published in the Newsletter YOU are responsible for sending them to Gail Schmidt at gail_schmidt@rogers.com before the deadline for the monthly newsletter.

The deadline for the February newsletter is January 25, 2009, 12 noon.

We love the articles that people send in—please keep them coming. They need to be in a Word format and photos need to be in jpeg format. It's hard to keep articles to 2 pages or less, but that helps the editors!

Please send articles and photos to Sherry Watts at pacertraining@yahoo.ca

Your editors, *Sherry and Paula*

PACERS Winter Indoor Track Training Sessions

What: 8 nights of indoor track workouts

Where: TRAC (UWO Thompson Recreation Athletic Centre)

When: Thursdays at 8:00 pm beginning on Jan. 8/09 (until approx. Mar. 5)

Who: All runners who want to get in from the cold; even non-Pacers

Cost: \$25 for all 8 evenings; \$4 per individual evening

Contact: Jim Burrows (jim.burrows@td.com or 519-474-3497) for more info.

Note: This is a first come first served activity. If numbers exceed 40 we may have to turn you away.

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

CHI RUNNING CLINICS

FEB 8, 11-4 - 2 SPOTS LEFT

MARCH 1, 11-4

THESE WILL BE THE LAST CLINICS UNTIL MAY
COST IS \$125

ALSO, IF YOU ARE LOOKING TO ESCAPE THE SNOW WE ARE IN CLERMONT FLORIDA FOR TWO TRIATHLON CAMPS. APRIL 5-12 AND 17-26
ALL DETAILS ARE ON www.sherifraser.net or you can call SHERI AT 519 474 3759

Bits and Pieces from the Executive

We are still in need of a Social Convenor. If you are interested in organizing the all-important social events, please contact president Jim.

The Pacers will be producing a thank you card for sending to people and businesses in the community that go beyond the ordinary in helping us out. Members are welcome to suggest possible recipients. Please let executive members know if there is anyone out there we should thank.

Sherry Watts is now in charge of the Pacer clothing. There are a few long-sleeved shirts and a fresh order of singlets in all sizes. Contact Sherry if you want to buy one.

Andrew is putting together an exciting line-up of guest speakers for the next few months. Be sure to keep the 2nd Monday of each month for the meetings.

Executive contact information is on page 2.

Hangin' with the big boys

- - Sherry Watts

At the front of the room were Joe Vigil, Will Freeman, Scott Simmons, Danny Green and Terrence Mahon. Sitting behind me was Valeriu Tomescu and in the far corner was Roy Benson. Who are these people and why was I spending a weekend in their company? It was the first weekend of January and the third annual National Distance Running Summit held this time in Charlotte, NC.



This is a whole weekend of talks by some of the best coaches in the US. Joe Vigil is a legend in the world of running, perhaps best known as coach of Deena Kastor when she won her Olympic marathon medal though his credentials extend far beyond one athlete. Terrence Mahon has taken over from Joe in working with the group at Mammoth, CO, the group now including Deena as well as Ryan and Sara Hall and Mahon's wife, Jen Rhines. Scott Simmons and Will Freeman are college coaches and authors who take some pride in challenging what they see as the common beliefs in training. (Subscribe to Running Times? The cover lady this month is coached by Simmons). Danny Green coaches one of the most successful high school programs in Texas. Roy Benson, one of the early proponents of heart rate monitor training was in the audience, learning from the presenters. As was Valeriu Tomescu, coach and recently ex-husband of Constantina Tomescu-Dita winner of the Olympic marathon in Beijing. He has just taken a position as assistant coach in a US college.

The summit attracts coaches from high schools, colleges and clubs as well as those who coach privately. Athletes are welcomed as well and a few teenagers were in attendance with their coach, listening intently to every word spoken and getting photos and autographs during the breaks. I met people from Seattle, Chicago, New York City, several Texas cities, and all over the Carolinas and adjacent states.

There were several common themes amongst the talks. Planning and goal setting, knowing what you are preparing for, but above all that the coach is there for the athlete and that each athlete is an individual and must be treated that way. That no two people respond the same way to training and that one training plan will only be effective for one person. When Mahon showed rough training plans for some of his athletes he was peppered with questions on pace and length of recovery to which he kept answering "it depends". It depends on the day and the month and the year and the place and the goal of the workout and how the athlete is responding. No cookie cutter training schedules. Oddly Simmons talked about altitude training despite being in the company of Vigil who probably knows more about the subject than anyone on the planet. Simmons has been experimenting with a different and very promising protocol and wanted to get the word out.

The presenters ate with us and had beer with us and were available for questions and just chatting all day and long into the evenings. Will Freeman had happy remembrances of London because he met his wife at a meet in Thompson Arena in the late '70's. He was an American vaulter and she a Canadian high jumper.

The summit was held at Queens University in Charlotte. The location was wonderful. The food was incredible. Even the beer (courtesy of the Born to Run movie which was pre-viewed there) was first class. Asics gave us shirts, USC gave us bags. I came home with stacks of notes, with DVDs from the previous two summits and with several of Joe Vigil's book, complete with autographs. And with my brain stuffed to overflowing with information.

If you ever want to be energized, to learn the very latest that has not reached even the pages of scientific journals yet, let alone the long lag before Runners World and Running Times ever conceive of the topic, check out one of these summits. Its well worth the cost and the time. Many thanks to the marathon training group who helped me to get there, Now, where can we find some altitude?



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
Telephone: (519) 657-9936 Email: Gail_Schmidt@rogers.com

Thanks to those of you who have already committed to membership for 2009:

Bruce Anderson	Brian Hillis	Jim Rea
Maeve Armstrong-Harris	Steve Hillman	Bella Rikley
Steve Beasley	Tracy Hillman	Phill Rikley
Christian Blyth	Lynne Hughes Marsh	Gail Schmidt
Michelle Braecker	Ian Johnston	Kirsten Slaven
Bill Burdick	Martha Johnston	Lisa Slaven
Brian Burke	Megan Johnston	Scott Slaven
Jim Burrows	Nancy Johnston	Sonya Slaven
Fred Chapman	Rob Johnston	Bill Spackman
Susan Clifford	Andrew Jones	Arnie Spivey
Karen Cowling	Wilma Keeler	Manuel Teodoro
Nick D'Ascanio	Carl Keevil	Lisa Thomson
Lisa D'Ariano	Lloyd Kehoe	Betty Timmons
Jennifer Ditchfield	Doug Kingston	Patrick Timmons
Dominik Dobransky	Donna Kraft	Dianne VanLeeuwen
Johanna Dobransky	Michael Latham	William VanLeeuwen
Jonas Dobransky	Harry Littleton	Sherry Watts
Simona Dobransky	Ray Lloyd	Lisa White
Tomas Dobransky	Eric Magni	Paul White
Lorne Duquette	Mary Magni	Kevin Yoshida
Cathy Egerton	Connor Marsh	Patricia Yoshida
Ida Fanelli	David Marsh	Gerda Zonruiter
Mark Faust	Kyle Marsh	
Gerry Fenwick	Tom Massel	
Carol Fleming	Paul McCallum	
Robert Fraser	Mary Anne McCoy	
Sheri Fraser	Gwen McLean	
Wendy Fraser	Robert McNeill	
David Gale	Jennifer-Anne Meneray	
Karen Gooder	Alita Milliken	
Larry Gooder	James Milliken	
Willy Gortworst	Jesse Milliken	
Lou Gosso	Paul Milliken	
Peter Haase	Sarah Milliken	
Jim Hardy	Cal Neely	
Jamie Harris	Erin Neely	
Luke Harris	Susan Neely	
Mark Harris	Debbie Obokata	
Kayley Henning	Sharon O'Leary	
Rod Henning	Bruce Pellow	
Shayna Henning	Cathleen Quinlan	

***To keep your membership active,
please renew prior to March 31st.***

**From:
Your membership Coordinator,
Gail Schmidt**

MOBILE AGAIN AND PURSUING FAME IN OBSCURE MARATHONS

by Jamie Harris

New Year. First Light. 8th Edition. Mobile, Alabama.

January 11th dawned cool, windy and overcast after the warm rain the day before.

Even though I was one of only 3 registered Canadians, on the way to the pasta feed, I managed to gravitate to Roger Ison, a British expat resident of Barrie and self-confessed founder of their Roadrunners club who had planned the run as part of a business trip. When the business aspect evaporated, he was on the hook for the whole cost personally. He admitted considerable nervousness about a possible DNF because of a 13-month lay-off from marathoning combined with the financial toll on the family budget.

The race, and the preceding events and the aftermath, were well and tightly organized with excellent room rates and the expo at the Admiral Semmes Radisson Hotel, a fashionable historic landmark.

The pasta dinner was across a side street in the atrium of the Municipal Building and it was free of charge to participants.

The start line was a mere two blocks up Government Street at the Spanish Plaza. It was a wide 4-plus lanes so there was lots of room for the thousand-plus runners. Chips were neither needed or supplied.

After a half-mile straight stretch, the course wound through various neighbourhoods before heading north on Government Street and Old Government Street again. There was comingling with halfers until they headed back towards the harbor after the 7 mile point just before the marathon got seriously hilly. After that, it was all marathoners and marathon relay runners (several dozen teams).

I had been half-expecting a rather flat course like New Orleans, in spite of the rather jagged elevation chart and the all-too-honest description. There were some significant and prolonged climbs.

This combined with the winds (which seemed to continually change direction in order to stay in our faces) and continuously dropping temperatures kept things challenging.

Roger had taken off at a typically British brisk pace and I hoped not to see him again, for his sake, since he was planning a 3:30 finish. I just plugged along with few time references. The miles were clearly marked and I had picked up a few splits in the 8:15-8:30 range from a caller at the first and the chatter at the next few but after that, watchless again!, I was left with no clue. Half-way was neither marked nor clocked. There was a large digital at 15 miles but it meant nothing to me. The one at 20 miles read 3:03, though, and I knew I had little hope of breaking 4 through the last 10K.

I ran steadily throughout except for 2 very necessary pee stops which I couldn't coordinate with the portapotties, so I ended up once in a hedge and once next to a maliciously humming transformer waiting impatiently for my reluctant prostate to relax.

The thin gray (grey) line ensued fairly early with frequent losses-of-contact through the weaving pathways of Springhill College.

The last 10K, however, consisted of long straight stretches of busier and busier roadways with, nevertheless, excellent traffic control.

The home stretch ended at Bienville Square where the finish line was supervised by the Port City Pacers and their trailer full of computer and sound equipment. There was a trio of Azalea Trail Maids (aka "Slavery Maids" by the NAACP which is annoyed with their appearance at the Obama Inaugural Parade) in their pre-bellum gowns. There was lots of loud music but no announcer. (Shucks!)

The course itself had certainly been no "tunnel of noise". Spectators were sparse and not very vocal. There was one group of high school cheerleaders.

Traffic monitors (police, national guardsmen and bikers mostly) outnumbered casual on-lookers. The aid stations were sufficiently frequent (18 in all) and well-organized with both Gatorade and water and recorded music at a few.

The finish square was a small park flanked by an enormous UNDER ARMOR 18-wheeler display truck.

The medals were wooden, hand-painted in various designs by the “retarded” (“mentally challenged” in Canadian parlance) people serviced by the Arche (charity sponsor of the race). There was plenty of hot food, snacks, hot and cold drinks and a sequence of 4 live bands on stage, bundled against the cold, but vigorous and enthusiastic.

Showers were available at the Moorer YMCA several blocks away but well worth the effort.

When I got back to Bienville Square, I decided to check the age groups on the off-chance that my 4:03 had been good enough. The women were informing people ahead of me that the brackets were 5-deep rather than the advertized 3 so my hopes rose. The 60-64's were over-the-page so I couldn't see them over shoulders or around elbows. When I got to the desk, the page was flipped and my rekindled hopes were dashed. My name wasn't there. Another look!

“My time was better than any of those,” I protested, figuring that I had simply been missed.

“Well, let's check the MAJOR awards then,” she countered. “There you y'all are. Third in the Senior Grand Masters. You'll just have to stay for the awards ceremony.”

I had lots of time but the ceremony was still two hours away. I had to keep moving around to stay warm as stragglers kept coming in.

Ran into Roger. He had finished in 3:31/49th overall so he wasn't too unhappy. He had already phoned his wife to reassure her that he was still “upright”.

I went back to the hotel garage to get my ski jacket.

This was New York in reverse and I was freezing.

Gradually the park cleared until the hollow-eyed homeless and the disabled outnumbered the volunteers. Tables and tents were disassembled. The Azalea Trail Maids went home..... And the band played on.

Just before the 2:30pm ceremony there was a fairly substantial re-influx of expectant participants. Rather than announcing the awards in an orderly fashion, however, the race director, after enthusing about the number of race records (probably due to the large field and relatively cool temperatures), more or less asked for volunteers from each of the major categories. Luckily, there wasn't just me in mine. The winner had also waited. A lean 67 year old Ken Brewer, dressed in a stars-and-stripes jacket, somewhat disappointed with his time of 3:27 which he blamed on the windy conditions had stayed on, before his 6 hour drive home to the northern part of the state. The second place finisher (3:58) was 64 so I had actually finished second in my age bracket. (Age group awards were not available, announced or awarded at the ceremonies much to the chagrin of lots of runners who had waited or come back anticipating otherwise.)

There had been 371 recorded finishers of the marathon. (492 finished the half.) The only other Canadian marathon finisher besides Roger and myself was a Warren Barlow from Dartmouth, N.S. (age 53, 3:50).

The overall winner was Jennifer McGranahan (Pensacola,FL, 3:19) for the women and John Brigham (Mobile, 2:36) for the men. Masters, Jennifer Shafer (Tallahassee,FL, 3:44) and Scott Grove (Atlanta,AL, 3:08).

Grand Masters, Debbie Hoffmeister (Salem,OR, 3:49) and Tom Romano (O'Fallon,IL, 3:15:28). Senior Grand Masters, female, Roxana Lewis (Gardena,CA, 5:02).

I certainly get the sense that the running movement is severely graying with the proliferation of and emphasis on advanced-age categories. But, then again, I'm probably just looking a gift horse in the mouth.



Trail Maids

On the Rebound

with Jerry Gonser

After a year away from writing this column, I'm "returning" and will cover several aspects of running that will hopefully help you in your running career.

Now that the Christmas season is over with friendships, gatherings and togetherness I thought I'd talk a little about positive aspects of group and pack running. If you are thinking of running a spring marathon, maybe you might use some of my ideas when you get together to train in a pack.

Those of you have ever run with me or with my Sunday morning annual pre-Boston training group, will recall that the first thing I would mention to any newcomer would be that we will all run together. I have always felt very strong about this aspect of running. If a person joins a group to run they must conform to the group, contribute to the group and be part of the group. The rationale for this is that a group training needs every person to help bring everyone else along through the training session.

What a lot of runners don't realize is, they cannot meet optimum performance by training alone. True, you run your race alone, so, much of your training should be done alone, but when you join a group to run in a pack run, keep in mind that you will receive greater benefit by being in the group. How you ask? Let's give you the classic scenario. You are going on one of your 20 plus mile runs in preparation for a marathon. You are in a group with a predetermined course. There will be times during the run that you will feel like "packing it in" or speeding it up, for the most part you feel good about yourself but your mind can play all kind of games with you and running alone you might make the decision to "pack it in." The pack will carry you during these times and you will complete the run with some nice training mileage and strength that you might not have achieved alone. (Assume in the above instance you are not injured, in bad health and have the base mileage.) The training that you do alone we will cover in another article.

During those training days with the pack I heard every possible reason for someone to burst on ahead of the group. Usually it was "I'm competitive" or "_____ (fill in the name) is here and I want to beat him/her". My response was always "we're all competitive, this is a pack run and if you want to train with us I expect you to run in a pack and my final bit of advice was always, don't leave your race on the roads of London."

I "named" the runners that like to burst ahead of the group or always run a stride or two ahead of you "Whamo" runners or yo-yo runners (some of you folks probably recognize the Whamo Company, it made yo-yo's.) My other ploy with this type of runner was to challenge them at the start of the pack run with the comment "I'll bet you a million dollars you can't run this course today and stay within the pack and not lead it." Every time and I mean every time, we only had to go a couple miles during the warm up phase of the run and they'd be out in front. I'd get up next to them, and say "you owe me a million dollars." This usually brought them back for a little while. I must admit it was a constant challenge to keep them within the "pack run mentality". What I did not want to happen was the whole pack being sucked along at a pace that even the "Whamo's" could not maintain for the pre-designed distance. As a passing comment, I have yet to collect the million dollars from either runner.

I realize that when there is a pack run there are varying speeds for each runner. My approach to this situation was, we would start out as a group, then divide into smaller pre-arranged packs according to speed. We would have pre-designed "pit stops" for water, relief and dry clothes change. We would then regroup the whole pack as one for the next pre-designed distance. In a 20 mile run with breaks every 5 miles the pack can regroup and run as a group for most of the 20 miles. The last few miles of the run all small packs were collected and arrived together.

For a specific training session during the pack runs, you might see something like this: The pack stays together during the first 5 miles as a "warm up" period. This session brings the group together with everyone "chattering" about almost anything but running. There is a lot of light humor, easy "jagging", some tall tales but just enough to cement the group together. This part of the pack run I call the "warm up-settle down" portion. Everyone has a chance to "adjust" their running gear and warm up into a comfortable pace. (As you can imagine, there are several stops to tie those ever present pesky shoe laces.) At the pre-designated spot and with predetermined pace times the whole pack breaks into smaller packs for the next 5 plus miles.

By pre-determined pace times, I'm talking about "race pace" times that each runner commits to before starting the pack run. For example, for marathon preparation the groups might look something like this, 5 and a half

minute miles, 6 minute miles, 6 and a half minute miles, 7 minute miles and etc. Each small pack must stick together and keep the pace for the distance. At the end of this pace training session the whole pack is gathered for fluids and when the last pack is ready, everyone takes off together for the next segment of the run.

The tricky part of this process is to get people to be honest about their pace and what they want to achieve. I would always reassure the slower pace groups that we would be doing this again and if they are fit enough and fast enough, they should move up to the next level next time. I do however caution them that this is the pace that they are going to run for the whole distance of the marathon. They must be able to feel comfortable and secure with the pace and know at the end of this segment that they would be able to maintain it throughout their race.

As any runner knows, the last segment of the long run is very crucial and it is important that everyone finishes feeling that they have achieved some good training in race preparation.

During my time of training for the marathon, I have seen runners personalities change during the last phases of a 20 mile plus or 2 and a half to three hour training run. This is the crucial time for the pack to help pull the suffering runners "home." Over the years, I have used many and various techniques to re-focus the mind of a fatigued runner. I've recited poetry, told (bad) jokes, told "shaggy dog" stories used my "which way to Boston" call to a pedestrian at the bus stop, and even used a friendly persons garden hose to get a drink. Anything to get the fatigued runner to re-focus and finish the run.

The only exception to the pack run that I encountered was the training of Dave Patchell-Evens the owner of the Goodlife Fitness. I'll do a future column on "Patch", how we trained him, and got him entered into the Boston Marathon. Those were the years of "squeaky clean" stoic, iron clad and tough entry standards by the czars and protectors of Boston, Will Cloney and Jock Semple.

Pack running is an essential part of each runners training. As I think back of my Sunday pack runs, they had many variations and stories to them, it was because of the wonderful people, not the courses we ran. Some of those human stories will be featured in my future articles.

Till next time, enjoy the pack runs and catch you on the rebound.

Pacer Jackets

Want to show off your Pacer affiliation? How about getting a jacket. There are two options now. You can buy a jacket (must be red and may have some white, black or gray trim) and take it to Mr Tees on Dundas St to get the logos put on.

Now, if enough people show an interest, we can get this jacket, modeled by our own Mr. President for about \$80 (maybe less). It would be a very good warmup and foul weather jacket. Let Sherry know if you are interested and we can work out the details.



Running Clinics

Sherry Watts, certified running coach (NCCP Level 4, RRCA, USTCA), is offering practical running workshops including:

- Presentations on proper form, injury prevention and training methods with take-home handouts!
- Hour of warm-up, running drills, and dynamic stretches!
- Individual, videotaped running analyses with email feedback and photos!

PLUS

You'll receive a class pass to Yoga for Runners at Osoyoga Studio for FREE!

The workshop is only \$25, and all proceeds support the Canadian Diabetes Foundation. Katelyn Norton (MSc student at Western and London Pacers Member) is running her first marathon with Team Diabetes Canada and is organizing these workshops to support a great cause and reach her fundraising goals!

There are three clinics being offered at various times and locations:

- Sunday, February 1st from 10am-1pm
- Saturday, February 7th from 10am-1pm
- Friday, March 6th from 6-9pm

For more information and to register, please contact me at knorton4@uwo.ca

(BONUS: Each participant will get a tax receipt!)

I would really, really appreciate your support in my running adventure! I think these workshops will be an awesome way to raise money and have fun! - Katelyn



My New Year's Day Run...**Or how I went from one of the fastest runners in the club to one of the slowest runners**

Jan.1, 2009

January 1 is usually a day where I don't put any expectations on myself. Like many others, the start of the day depends on how the night before went. This year I didn't overdo it which meant I would be able to happily participate in the Pacer's New Year's run at Alita and James' house.

After a photo of the group we all headed onto the roads at about 10:15, through Oakridge towards Springbank Park. I ran with James for the first part, mainly because he was going the pace I needed to start at, but also as an area resident, he knows the streets. I get lost easily in Oakridge.

Once at Riverside Dr., James waited for the rest of the group while I continued on. Shortly after crossing the 'Thames Valley Golf' bridge, I bumped into my first Pacer (not starting from Alita and James') Bernie Conway. I stopped and talked to Bernie for about 10 min. about his upcoming measuring assignments in South America and his slow return back to regular running.

Starting up again, I met Nick D'Ascanio. Nick was about 20k into a 30k run (nice way to start the year), so I ran with Nick to the Rowing Club. I told Nick about my problem heels and Nick scared with a horror story about his son's heel spurs that prevent him from running anymore. I vowed to make an appointment with Fowler Kennedy.

Nick left me at the GLM (Guy Lombardo Museum) and I joined my usual training partners, Rod Henning and Greg Wiezcorek, and new comers to the group, Michael Chapman and Nick Popma. Steve Cochrane fresh off his 2:48 Masters victory at the Jacksonville Marathon also joined us.

I ran with the guys for a couple of kilometres and then headed back to James and Alita's, mainly because I couldn't keep up with their pace.

On the return trip, I bumped into new Pacer, Sheri Fraser. We talked for a while, mainly about my sore heels, which at this point were starting to become quite bothersome. I was also starting to get hungry.

I made it back to the "party" just after noon. It had taken me over 1:45 to run 14 km. It was certainly the longest time I've ever taken for a run that far, but also one of the most enjoyable runs.

So what was the point of this little 'monologue'? Nothing, except to say "thanks" to everyone for the great run and especially Alita and James for hosting this annual event.

Jim Burrows,
Pacer President

Pacers Achieve: The February 2009 Race Report**Summarizing results to January 25, 2009**

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

January 10, 2009 3rd Annual Flipany Fun Run 5K Walk North Beach Park, Hollywood FL 34 finishers; 8M/26F

Overall place	Clock time	Pacer	Gender place	Pace
8	42:15.3	DUQUETTE, Lorne	1	13:38/M

January 10 & 11, 2009 Walt Disney World Goofy Challenge, Walt Disney World Marathon Weekend, comprised of a half marathon and marathon on consecutive days:**January 10, 2009 WALT DISNEY WORLD® Marathon - Half Marathon Orlando FL 12444 finishers; 5266M/7178F**

Overall place	Clock time	Chip time	Pacer	Gender place	Division place	Age grade
639	1:46:15	1:46:00	FAUST, Mark	520	65/766	62.6%
5915	2:31:15	2:31:11	GRIBBONS, Beverly	2665	330/900	49.4%

January 11, 2009 WALT DISNEY WORLD® Marathon Orlando FL 14956 finishers; 7809M/7147F

Overall place	Clock time	Chip time	Pacer	Gender place	Division place	Age grade
1114	3:44:43	3:44:23	FAUST, Mark	903	123/1069	61.6%
8948	5:24:17	5:23:00	GRIBBONS, Beverly	3605	382/815	48.3%

January 11, 2009 BankTrust First Light Marathon Mobile AL 371 finishers; 262M/109F

Overall place	Clock time	Age-graded time	Pacer	Gender place	Division place
137	4:03:02	3:16:14	HARRIS, Jamie	118	2/15

January 17, 2009 St Pete Beach Classic 5K St Petersburg FL 599 finishers; 256M/343F

Overall place	Clock time	Chip time	Pacer	Gender place	Division place
15	20:07	20:05	FAUST, Mark	12	3/33

January 25, 2009 ING Miami Marathon & Half Marathon - Half Marathon Miami Beach FL 9631 finishers; 4400M/5231F

Overall place	Clock time	Chip time	Pacer	Gender place	Division place	Age grade
8721	3:25:03	3:10:59	DUQUETTE, Lorne	4183	16/20	42.3%

January 25, 2009 29th Annual Robbie Burns 8K Road Race Burlington ON 699 finishers; 342M/356F

Overall place	Clock time	Chip time	Pacer	Gender place	Division place
132	37:45	37:39	WINDSOR, Jackie	18	2/71
181	40:03	39:57	KEHOE, Lloyd	150	2/7
278	43:04	42:32	FRASER, Robert	197	37/58
334	44:57	44:27	FRASER, Wendy	109	8/31
518	50:49	50:40	TEODORO, Manuel	297	4/7

London Pacers Indoor 5,000m Race**When:** Thursday, March 12, 2009 at 7:00 pm**Why:** UWO Thompson Arena track**Cost:** \$5

Warm-up and registration will begin at 7:00.

The race will start at 7:30, and be run in 2 heats.

Heats will be determined on the basis of the number of runners and their estimated finishing time.

More details to come.

For more information, contact Jim Burrows (jim.burrows@td.com) or Sherry Watts (pacertraining@yahoo.ca).

If anyone plans to try to set or beat a Canadian Masters record, please let us know right away because the race would have to be sanctioned and that takes time.

Here are the current age group records:

M35	15:04.3	W35	20:04.2
M40	14:40.1	W40	24:20.54
M45	15:50.6	W45	22:25.75
M50	16:07.3	W50	23:30.77
M55	18:09.9	W55	26:14.13
M60	19:01.3	W60	29:43.90
M65	20:19.4		
M70	23:53.3		

Canadian record setting potential here!**Lorne Duquette one of our Lucky Snow Birds Pacers at the Miami Half Marathon**

Meeting Minutes – Pacers General Meeting January 12 , 2009

Total attendance: approximately 24

Executive in attendance: Jim Burrows , Andrew Jones , Gail Schmidt , Betty Timmons , Sherry Watts

Jim expressed thanks to Alita and James Milliken (absent) for hosting the New Years Day run.

Indoor track running started on Thursday with a good turnout of Pacers and runners from Steve Weiler's group.

TRAC nights are Thursdays at 8 pm.

Membership: members were encouraged to renew their memberships for 2009. We have only had 50 (of an expected 135+) renew so far. Jim encouraged members wishing to take advantage of the OMTFA incentive to renew soon to ensure continuity with that organization. Reminder that OMTFA membership gets you CMAA membership as well.

Harry Littleton presented the 2007 Silver Fox trophy to June-Marie Provost .

Harry Littleton is selling golf balls for \$5 per dozen. All proceeds to Thames Valley Childrens Centre.

Andrew Jones presented the panel of race directors for the evening's discussion:

Todd Allen (Race Director , Forest City Road Races)

Fred Chapman (Teacher , Coach - Lord Dorchester Secondary School)

Vickie Croley (The University of Western Ontario - Professor of Kinesiology ,Head Coach , UWO Men's and Women's Track and Field; Indoor Track and Field Meet Co-ordinator)

Sonya Slaven (Director of Marketing & Communications , Shore to Shore Relay; former Race Director , Forest City Road Races)

Dennis Kalichuk (former Race Director of Springbank Road Races and Forest City Road Races)

Steve Weiler (London Runner Distance Club)

Discussion was videotaped.

Andrew asked about the keys to a successful meet/event. Discussion included proximity to the population, marketing/advertising/promotion, and more and more , the course (which was not so important in the past) , operational details. Todd noted that Forest City is trying this year not to compete with Toronto and Detroit – they are going to focus on local runners. Sonya noted that it is difficult to compete with better-resourced events, but suggested that branding can set an event apart from the rest and attract people on the basis of reputation. Other keys to successful events: having enough volunteers, having a key facility, working together, hard work, competent officials, a good executive committee.

Andrew asked if the directors are after growth for their respective events. Consensus was that it depends on the event. For the most part growth was considered a good thing from a fundraising standpoint. For cross country at least , having more runners does not add to the workload , but having more runners does add to the event. The FCRR would love to see growth, but it is also important to keep it a good event and to make sure you don't burn out the committee. FCRR committee is targeting growth for the shorter distance runs.

There was a brief discussion about elite athletes – they bring prestige but tend to cost the event (transportation, registration, hotel and awards). They need to be elite enough to attract attention. Good examples from London 's history include Ed Whitlock and Dick Beardsley. Steve Weiler is able to attract Olympians for no cost and finds that the top runners he attracts are interested in fast qualifying times, and not prize money. Steve is coordinating with other coaches to get their top people to London before they go to Europe, Vicky noted that it is a shame that there is not more media and spectator attention for these events, but suggested that for that you need a committee.

Andrew asked about making events more environmentally friendly. The FCRR is taking steps this year , including water bars instead of water bottles , reducing packaging from the shirt suppliers , replacing brochures with postcard stock , and looking into re-useable bags for race kits.

Dennis shared the horror story of how he had to deal with flooding in Harris Park the morning of the marathon (an alternate route was being marked even as the race was beginning) and Fred shared the story of how residents who lived near his course in Dorchester tried to interfere with the meet by being on the trails at the same time as the race.

The formal part of the meeting concluded at 8:30 pm.

London Pacers StatementJanuary - December 2008**REVENUE:**

Membership		\$ 4,778.00	
Clothing:		\$ 45.00	
Miscellaneous:		\$ 36.14	
			\$ 4,859.14
Races:			
	Vulture Bail	\$ 526.00	
	Forest City Road Races	\$ 1,614.00	
	Turkey Trot	\$ 16.00	
	Subtotal:		\$ 2,156.00
Training:			
	Track & Field	\$ 952.75	
			\$ 952.75
Championship Dinner:			
	Championship Dinner	\$ 2,362.00	
			\$ 2,362.00
Financial Discounts:			
	Bank Charge Discounts	\$ 19.20	
			\$ 19.20

TOTAL REVENUE:\$ 10,349.09**EXPENSES:**

Membership Reimbursement		\$ 17.50	
	Subtotal:		\$ 17.50
Meetings:			
	Rental	\$ 630.00	
	Refreshments - Pizza Meeting	\$ 232.06	
	Gifts	\$ 380.00	
	Equipment	\$ 69.88	
	Subtotal:		\$ 1,311.94
Race Expenses:			
	Turkey Trot	\$ 231.19	
	Club Championships Awards	\$ 500.00	
	Subtotal:		\$ 731.19
Financial Services:			
	Bank Charges	\$ 62.40	
	Insurance	\$ 2,608.20	
	Subtotal:		\$ 2,670.60
Promotion:			
	Newsletter	\$ 37.50	
	Website	\$ 239.20	
	Subtotal:		\$ 276.70
Training/Clinics:			
	UWO Track Rental	\$ 756.00	
	Ontario Track & Field	\$ 200.00	
	Subtotal:		\$ 956.00
Sponsorships:			
	Johanna Dobranski	\$ 300.00	
			\$ 300.00
Championship Dinner:			
	Bellemere Winery	\$ 2,604.38	
	Awards	\$ 164.82	
	Subtotal:		\$ 2,769.20
Miscellaneous Expenses - 2007:			\$ 559.03

TOTAL EXPENSES:\$ 9,592.16**NET PROFIT/(LOSS)**\$ 756.93

Opening Balance (Jan 7, 2008)	3,056.55
NET PROFIT/(LOSS) 2008	756.93
Ending Cash Balance (Dec 31, 2008)	3,813.48