

February 2013



# The Pacer

*Newsletter*

The London Pacers Running Club

[www.londonpacers.on.ca](http://www.londonpacers.on.ca)

A HAPPY  
NEW YEAR

***Thank you to Doris and Peter Benson ,  
who hosted a wonderful Annual Pacer  
New Year's Day walk/run and brunch!***



## Executive

President	Vacant		
Vice President	Richard Bird	richardabird@hotmail.com	
Treasurer	Jim Burrows	burrowsjim@yahoo.com	519-474-3497 (H)
Publicity	Sherry Watts	pacertraining@yahoo.ca	519-858-9880
Social	Donna Kraft	dmksignup@rogers.com	
Membership	Gwyn Hayman	gwyneth.hayman@gmail.com	519-433-2495 (H)
Secretary	Debbie Obokata	djobokata@hotmail.com	
Newsletter	Sherry Watts Paula Muxlow	pacertraining@yahoo.ca paulamuxlow@gmail.com	519-858-9880 519-284-0061
Race reporter	Jim Burrows	burrowsjim@yahoo.com	519-474-3497 (H)

## **From your editors:**

### Newsletter information:

The deadline for the March newsletter is February 24, 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 separate.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 those members with February birthdays: Courtney Barrett, Lisa Brooks\*, Cathy Dashford, Karen Henning, Brian Hillis, Michael Latham\*, Melanie McDonald\*, William Tam, Bill van Leeuwen, Martha Wilson  
\*entering a new age group

And welcome to new and returning members:

Dana Barber, Reisha Basdeo, Mary Case, Scott Lalande, Nancy DePutter, Treena Ksionzyk, Tracey Lannin, Derek Lowe, Pat Palleschi, Sean Peicheff, Anton Radlein, Monique Radlein, Melaine Ruse, Angela Smith, Colin McHale, Mitchell McHale, Allyson McHale, Wendy McNaughton, William Tofflemire, Shayla Burrows, Jacob Burrows

### **IMPORTANT Indoor Track Announcement**

For the month of February indoor track at UWO Thompson Arena has been moved to Monday nights at 8:30 PM, due to Western Men's Hockey Playoff Games.

Our new nights are:

February 4  
February 11 (same night as Pacer General Meeting)  
No track on Feb. 18  
February 25

Beginning on Mar. 7 we will be back on Thursday nights until Mar. 14.

On Mar. 21 LDRC (Steve Weiler's Running Club) is planning an indoor 3,000m and would be happy to have London Pacers join in the race.

For more information, please contact Jim Burrows (519-474-3497) or burrowsjim@yahoo.com.

Members to Members



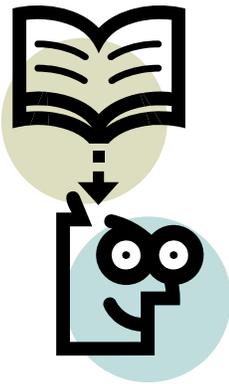
### **Pacer Discounts**

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.



## **February elections**

We have to opportunity to complete the Pacer executive. Recall that in our November elections, we filled the executive with the exception of the president position. Richard has offered to stand as president with Andrew offering to take the vice-president position again. We will have an election at the next meeting.



Phil Waller passes on some tips on good running books available at the public library:

*Showdown at Shepherds Bush The 1908 Olympic Marathon and the Three Runners Who Launched a Sporting Craze*, 2012 by David Davis. The book covers the top three marathoners and their lives before during and after the Olympics. They created an interest in long distance running. Tom Longboat (from Brantford, Ont.) was the favourite going into the race since he won Boston in 1907. They had odd notions then that water was not necessary but brandy would help the runners out. Also drugs were used. It was thought the right dose of strychnine would stimulate the runners.

Things had changed in the 1940s as the milers were using interval training.

The second book *The Perfect Mile*, 2004 by Neal Bascomb. This book also focuses on three runners, the best milers in the world at that time. When Bannister broke the 4 minute barrier in England in 1954 he had two world class runners pacing him. John Landy broke Bannister's record 2 weeks later. I found both books interesting as you get sociology and history in one read.

We would love to hear about your favourite running books.

## **Last chance for socks!!**

As a 2012 member of the London Pacers you can be the proud owner of a pair of complimentary 40<sup>th</sup> anniversary socks. Limit is 1 pair per member. Your last chance to pick up your socks is at the February 11 meeting. After that, they will be available for purchase at \$10/pair.

As a welcoming gesture we will give a pair of socks to any new member who comes to the Feb. 11 meeting. New members must be present to receive their free socks.

Available in medium and large in white or grey while supplies last.

## Pacer Athlete of the Month

Year after year, I'm continually impressed by the quality of the performances that come from the members of the London Pacers Club.

While it's nice to capture these impressive results in the results section of our monthly newsletter, I believe we should be highlighting the best of our achievements. With this in mind, I am initiating the Pacer "ATHLETE OF THE MONTH" (or AOM for short).

Typically, we see club members achieving enviable results within their age groups and this month's results illustrate that with results from Rosemary Wedlake (1<sup>st</sup>), Manuel Teodoro (1<sup>st</sup>), Nick D'Ascanio (2<sup>nd</sup>), Morrison Reid (2<sup>nd</sup>), Andrew Jones (2<sup>nd</sup>), Rod Henning (3<sup>rd</sup>) and Teresa Novick (2<sup>nd</sup> female).



However, our **January Athlete of the Month** is ultra runner, **Dave Carver**, who not only set 3 national records (M50 for 100 Miles, 12 Hrs and 24 Hrs) on January 1<sup>st</sup>, but also was the overall winner of a 100 Mile trail race just 18 days later. In case you forget to look at the results section of the newsletter, Dave covered 216.7 km in 24 hours to set the record.

Congratulations to Dave.



Honourable mention goes to Andrew Jones who ran 9:47.9 to win a 3,000m indoor track event on January 13<sup>th</sup>, beating the high school athletes by over half a lap!

Going forward, every month Sherry Watts and I will review the latest results from our members and will select a worthy person to highlight as our AOM. It's up to our membership to keep us informed of how you and your fellow Pacers have been performing. Please send me any Pacer results including a link to applicable web page results. That way we can make sure we continue to recognize our great performances.

Thanks, Jim Burrows, *Results Reporter*

Hello from south Florida—by Lorne Duquette

Went to my regular TY park laps this morning -- and we have results!!

Racewalked 2 laps and did a 3rd with the walking poles -- and with the poles a 2-mile lap takes about 4 minutes longer.

A bonus is that the park does not care about lap times and keep track of the total miles that one logs in -- and so this morning, I checked the book and found out that I qualified for another T-shirt - - and all I had to do was walk 200 miles at TY Park -- see photo -- it does not get much better than this :-))

Hi to All

Took part in the Saturday morning races at the North Hollywood beach park in Hollywood Florida.

There were 2 races, a 10 km and a 5 km held as part of the Flipany 7th annual events in support of healthy nutrition for kids.

The start was about 2 km north of the condo building on South Ocean Drive and so I did not need to get up quite as early.

The sunrise at the beach just before the start of the race was quite spectacular -- it was nice and warm and very comfortable in short pants and singlet.--

I was not particularly fast and in fact I was downright slow -- but we have results!! -- I am getting faster -- about 1 minute faster than the last race on Dec 15, 2012.

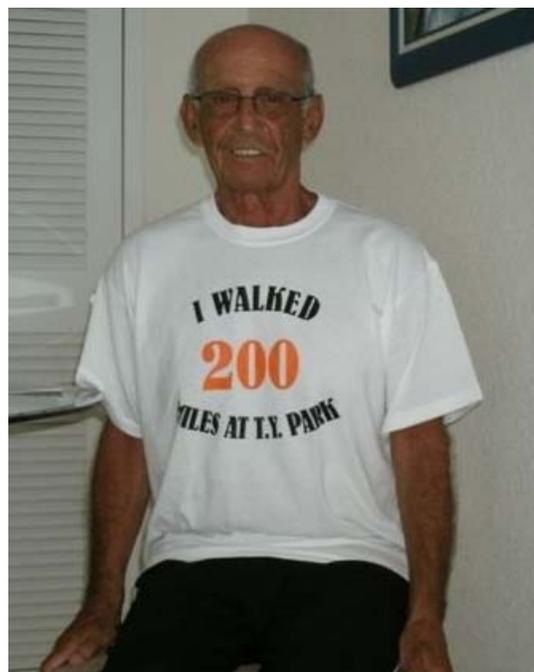
Completed the 5km course in 49 minutes & 24 seconds and good enough for 4th place in the 70 to 74 age group -- 3 old runners beat me to the finish line by quite a few minutes -- and that is another story.

The events were very well organized -- they had a t-shirt and a pancake breakfast at the end for the participants and that was followed by the awards ceremony where they had 4 Miami Dolphins Football Cheerleaders on the podium giving out the awards and posing for the pictures with a bunch of sweaty people -- the pictures will be on [www.flipanyfunrun.org](http://www.flipanyfunrun.org) later this week :-))



And Wow -- there were several bonuses -- I met and chatted with a former Canadian Olympian -- his name is Marcel Jobin and I learned that he was at the Munich, Montreal, and Los Angeles Olympics where he competed in several racewalking events and holds several Canadian records.

It does not happen too often that one can share stories with Olympians, but indeed I was impressed with the man and made it a point to let the organizers know that they had a Canadian Olympian taking part -- Marcel who is now 71 years old ran the 5km this morning in just over 26 minutes and was 1st in the 70 to 74 age group -- and that being my age group, I would have qualified for a 3rd place finish if I did not have to compete with an Olympian :-))



However, another bonus was that the organizers were also impressed and decided to give me a 4th place medal as a reward for informing them.

And yes indeed it was a great morning on the Hollywood beach boardwalk -- got a new t-shirt, a pancake breakfast, four Miami Dolphin Football Cheerleaders were on hand for the presentation of the 4th place medal and a special photo op of 4 lovely ladies with one 'old-guy' wearing a London Pacers singlet.

It does not get much better than this -- well the cheerleaders could have accepted the invitation to visit my condo :-))

Hi to All

Was in Naples on the west coast of Florida this weekend as the guest of gracious friends Terry and June Marie from London Ontario.

Through J-M's efforts, I was part of the volunteer crew and helped out at the Saturday pasta party and on Sunday with the marshalling at the 8-mile mark on the half marathon course.

From one of the pictures you can see that we got some help from the local police force -- but the young officer needed some instructions from June Marie :-))

From other photos you can see that this location was particularly interesting because it was at a corner where an Anglican priest was out in front of his church and blessed with sprinkles of holy water the 2000+ runners as they went by -- he told me that this was the 13th year that his church has done this.

The Naples 13.1-mile race is ranked as the top 1/2 marathon race in the USA and is a world class event with elite runners from Kenya, Russia and other parts of the world taking part -- the winner had a time of 1 hour and 2 minutes and did not hear of any Canadian runners getting awards.



The good news is that they did not have to worry about being chased or paced by this 'old-racewalker' since I did not take part in the competition :-)) -- but nevertheless, we have results!!

I did not have to run nor racewalk a step but as a volunteer I got the half marathon t-shirt. Also, I was treated to a nice breakfast of bagel + banana + cream cheese + jelly & peanut butter + cookies and pretzels -- did not qualify for a medal but all of it was certainly a lot easier than going the distance -- I think I will continue with this newly found volunteering career :-))

It does not get much better than this -- It was a 'blessed' morning on the streets of Naples.

Cheers  
Lorne

January 2013

*Before moving away from Port Stanley to Burlington, Lou Gosso was a long time member of the London Pacers. In Burlington, he joined the Burlington Striders, but still has a soft spot for the real running club in London. Lou graciously volunteered to jot down some thoughts and here is what he had to say*

—  
This is off the top of my head – the start of the story

### **MEMORIES OF THE LONDON PACERS AND THE OLD FARTS -----**

Where did it all begin—well -- it was in the Spring of 1982 after I had run in a first Marathon in Detroit and thought of joining a running club called the London Pacers which were putting on fun runs around Springbank park on Sundays.

During my first time taking part I met a runner called Lorne Duquette. Lorne asked me if I had run a Marathon yet and I said yes, I did last year in Detroit where my wife Joan, daughter Elise and her friend Maureen cheered me on to the finish line on Belle Isle. Lorne then asked how did you like it, and I replied -- don't know how anyone would in their right mind do two Marathons, it was very tough, that's it for me. He commented that marathons are supposed to be tough and that the first one is always the toughest -- and that is when all the Memories started.

That association with Lorne put us in special group that just happened to meld as the group that Steve Sullivan christened the Old Farts, made up of Tom Needham, Lorne Duquette, Lou Gosso, Rob Reed, Art Whitfield, John Dalkins, Brian Vaughan and others from time to time.

Lorne set up a birthday card with a photo of the first four names on this list and was passed around on each birthday which also showed our times that in fact would have qualified us to run BOSTON. This card is currently held by my self and is passed on to the remaining two OLD FARTS still running, that is Lorne and Lou.

One of our special Memories from the Detroit Marathons was seeing my daughter on the sidelines at various locations with her friend Maureen and getting big hugs at the end of each Marathon. I'll never, never forget the 1987 moment – all three of us, Tom, Lorne and I finished the Detroit marathon in just under 3 hours and 30 minutes largely because of their encouragement

-- that's it for now -- Lou

-----  
The rest of the story –

My Marathons covered Pittsburg, Hamilton, Cleveland, Port Huron and Detroit for a total of 27 of them, 14 half Marathons, somewhere over 200 5k, 10k races both in USA and Canada. One special memory that comes to mind and there were many, many, is trying to beat Harry Littleton, the Silver Fox, at the Port Huron 10k races and as always when I am just about to fly past him near the finish, I would hear that gut wrenching song “The hills are alive with the sound of music” and with a backward glance he was gone, out of sight until he could be spotted smiling at the finish line.

Special memories were running with Lorne, Tom, Rob and John Dalkins at the Cleveland Marathon. John was surprised seeing his wife and daughter at the finish line as he came with us, also running with Art, Tom, Lorne in the Pittsburg Marathon where we did not find a "pawn shop on the corner" but were blessed by 3 nuns who really liked our bright red London Pacers rain suits. Of course, there were many special memories running with The London Pacers in numerous events. A lot of the time I took a group of Pacers in my blue Chevy which ran on propane @ 12c litre. The Sunday Club runs at Springbank Park, then back for coffees, muffins, chats and intense problem solving discussions were priceless.

The Gossos -- a family of marathoners --

One of the most important people in my life is my son. Dana was involved running with me in many races with the Pacers and special buddy runs including the Old Farts. A couple of the races were the Welland Canal half Marathon which was very windy with a tough finish and no food left for us, and then several Boston to Branford 10k at the School for the Blind.

I know there were many other racers we ran together but cannot fully recall at present.

Since Dana lives in the Ottawa area he was not able to run with us in our Detroit Marathon runs but one time he trained for Detroit only to have an accident to his ankle where he worked as Chef at the American Embassy in Ottawa, causing him a problem running and forcing him to cancel. This would have been a very special time with him as this Detroit Marathon was an out and back race from Briggs Stadium and finishing running the bases to the finish line on HOME PLATE – it was a sad moment for me but he was with me in spirit the whole way.

Dana did do a Marathon on his own and that was the Niagara Falls Marathon, a very tough Marathon as many Pacers will attest to for sure. I also want to mention that Elise did the Ottawa Marathon and the half Marathon in Branford.

Another Special time along the way was spent with my granddaughter Nicole at 12 yrs old who volunteered at the Belmont 10k to hand out metals at the finish line.

Memories flood my mind, I could go on and on but enough is enough and it is time to close.

Thanks to the London Pacers for my SPECIAL time with you guys, never to be forgotten for sure. Maybe see you on the road one day and if you hear some one behind you singing "I'll be coming around the mountain when I come", that will be me – so stop and give me a big hug.

As you probably can tell, running has been a wonderful experience for my family and friends – it was a great ride and would not trade it for anything – *except maybe a winning 649 ticket!!*

God Bless from a ---LONDON PACER OLD FART. LOU.

### Screw Shoe Update:

#### Note:

Nowadays you can only find self-drilling hex head sheet metal screws. These will not work unless they are modified by removing the 'self-drilling' end.

#### Equipment:

- 5/8", #8 self-drilling sheet metal screws
- bench grinder and vise grips
- 1/4" hex head bit
- drill

Grind off self-drilling tip of screw to create screws 1/2" long. Make one shorter screw for the toe area. Place screws according to the heaviest tread pattern on sole. (I used 10 per shoe.) After placing the screws in with drill (no need to pre-drill), hand tighten with vise grips to ensure screws are snug.

Happy Winter Running,  
Don



## Pacer Clothing

We have singlets and long-sleeved shirts in men's and women's sizes small, medium and large. Limited sizes in short-sleeved shirts available as well. Just \$28.50 for a singlet, \$40. for a long-sleeved shirt.

See them at Pacer meetings.

If you want one, contact Sherry  
pacertraining@yahoo.ca

If you want a Pacer jacket, buy yourself a red jacket (may have some white, black or grey trim). Take it to Mister Tees Clothing Company on Pacific Court to get the logo applied.



## CPR Course

The London Pacers present a CPR A course (CPR and choking procedures on adults)

Monday February 25 7-9 PM.

Grosvenor Lodge 1017 Western Road, London

Cost \$40.

Running and walking does not make us immune from cardiac problems. We have all heard about runners undergoing sudden cardiac arrest during races. A major determinant of chance of survival is the time between the attack and CPR being initiated. The more participants and spectators who know CPR the better off we will all be. With this in mind the Pacers are putting on a CPR A course in which you will be certified in CPR and choking procedures on adults.

Limited to 25 participants. Reserve your place today.

Contact: pacertraining@yahoo.ca



## 92<sup>nd</sup> Boxing Day 10-Miler

Hamilton, Ontario - December 26, 2012

Rather than get up early to compete against others in the Boxing Day sales events, Rod and I decided to compete against others in a different way: on the cold and blustery streets of Hamilton this year. And blustery it was, with winds gusting at around 50kph and the wind-chill sitting around -10C.

I had run this race last year, when Boxing Day was decidedly better, weather-wise. What had attracted me was the legendary nature of the race (92 years old and counting), the anecdotes I had heard about the course (tough!), and a special medal for breaking the one-hour mark – the vaunted “Golden Snowman” award (see picture attached). *[Note, for the women the mark is 70 minutes]*. Alas, last year I fell victim to running the course blind, pacing myself badly and completing the second half over two-minutes slower than the first, and missing the Golden Snowman by about 30s. So, thus motivated to do better, I lined up with Rod and over 700 other brave souls – all ready to give it our best shot.

(To gain a glimpse of the course, here are some shots from last year's race)

<http://www.youtube.com/watch?v=GMhqsLlrJDU>

The race, IMHO, is actually an “unfair” one, in that the Start elevation is exceeded during the race. In other words, you race down to Lake Ontario from Downtown (starts at the GO Station), climb back up to the initial elevation, but then at around 7.5 miles start to climb above the Finish, with the last mile being a net decline. My estimate is that, to break one hour on this course, you need to be in 59:00 shape, given the topography. Now this year the equation was further imbalanced by the inclement weather, so we indeed had ourselves a dogfight if we wanted to break 60.

After the sound of the horn, Rod and I ran slightly behind London's Leslie Sexton who, if you know her racing habits, is not really a good person to key on. Sure enough, after the first hill (after 200m you run up a longish ramp and then down it for some, strange reason) I eased by Leslie and, being that we were running into a strong headwind, tucked in behind a group of four male runners. They were jostling and looking at each other frequently, so on the first down-grade I opened my stride a bit and got away from all of this “BS”. Ahead of me was what I thought was the first lady, so I settled in as we turned to run along a roiling Lake Ontario (as well as an ice-rimed bikepath that had us tip-toeing around corners), thinking I may catch this fast-starting female.

It turned out that she was a buzz-saw, having finished second at the recent Canadian Cross-Country Championships, and though I got to within 10s of her, she simply kept plugging away over the next three Lake-side miles, and by five miles (I crossed over the mat in 28:56) she was well and truly pulling away from me. I was happy with that split because, aside from the constant battering by the cold wind, I felt better than last year, and felt ready to tackle the back half of the course. The good feelings continued as we climbed up from the Lake, and into an urban/ industrial area through six and seven miles.

But it's at seven miles and a bit that this race really “starts”, and all good feelings suddenly give way to survival: a long and gradual hill begins -- skirting the Chedoke Public Golf Course -- that seems innocuous at first, but ends with steep upkick (think Hillcrest near Springbank Park) to the teeth that has all runners up on their toes, and gasping for air (with legs turning to jelly) for a spell. But I was damned if this course was to defeat me again this year, so once (semi-)righted I found myself gutting it out, running cross-country style on an old railroad-trail that was snow covered for about a mile. I tried to get my stride back (thank you “30/30 workout!”), and was relieved when we finally turned off the trail and headed downhill on city streets again. The nine-mile mark was very welcome, but the last mile was nasty still, featuring some strong winds and one final incline. As mentioned, this race is not for the faint of heart. If you decide to do it (and want to do it well) please ensure you are in good shape – physically and mentally!



I felt like I had battled the course well enough this year to get the Golden Snowman, but needed confirmation, so down the ramp I mentioned earlier, a left turn at the YMCA, a quick right, and when the clock resolved to focus, I gladly could see "58:50" on the display and my hard effort felt rewarded. I crossed the line at 59:00 on the dot (adjusted slightly), thankfully grabbed the Golden Snowman and turned to watch Rod's finish. *[Editor's Comment: The Golden Snowman award is an elite award with typically only the fastest 3% of the field achieving the mark. This year only 24 runners out of 726 finishers got it.]*

Rod came around the corner and was in a pitch battle with two Masters. As they raced to the line the clock inexorably clicked over the hour. No matter though, as Rod's 1:00:08 was stellar on any day -- but particularly on this one -- and he was chuffed with such a solid run. I turned out that we finished 2<sup>nd</sup> and 3<sup>rd</sup> in the 45-49 AG (earning us some slick belt buckles!), with only the high-quality Nelson

Ndereva not that far ahead of us (but to be honest, I think he was merely pacing his partner -- women's winner Lucy Njeri). Consequently, we had a spirited ride back to London as winter truly descended on Southwestern Ontario.

What grades did we give ourselves? "A"s of course, as we both accomplished our goals. Note that Rod's grade should actually be higher, as his pacing was better than mine (less of a "+" split), and pretty much the whole field. Only the elites did a better job.

Race results are here:

<http://www.chiptimeresults.com/resultsreader.php?y=2012&r=BoxingDay10milerS.htm>

Happy New Year to All and good running!!!

-Andrew

*Editor's Comment: Also racing was Lloyd Kehoe who finished in 1:27:35 placing 1<sup>st</sup> in M70.*

## Next Pacer Meeting Info

**London Pacers Meeting, Monday February 11, 2013, 7 PM  
Grosvenor Lodge, 1017 Western Road**

Guest Speaker Paul Roberts on his Olympic Adventure

Paul has been a Pacer member since 1983 and is the current owner of New Balance London and past owner of Runners' Choice for 22 years. He had run at a National level back in the 1970's and 80's and continues to run and race locally. Paul visited the Olympics, as a spectator, for the 3rd time this past summer in London. He will have some pictures from London 2012 to describe his week there and will give some insight into his experiences at the Olympics.

**London Pacers General Meeting – Grosvenor Lodge  
14-Jan-2013 7:00 p.m.**

**Executive Present: Richard Bird, Jim Burrows, Gwyn Hayman, Donna Kraft, Debbie Obokata, Sherry Watts**

As we are still in need of a President, the meeting was chaired by Richard. Members are asked to please consider stepping up to fill this position.

Gwyn told us that we are at 116 members, with 19 new members coming through Bill Wheeler and Mark Faust and track nights. 2/3 of members are using online registration; new members are coming out to Sunday runs at rowing club.

Jim did not have treasurer's report. He reported that we have the track at Thompson arena on Thursday nights; \$20 for 8 or 9 nights and an opportunity to WEAR YOUR SHORTS in the middle of winter!

**Race Reports** - Morrison Reid ran a Half in West Palm Beach in 1:43.

-Andrew Jones was the only Pacer at an all-comers meet at UWO; he won the 3000m. (9:48)

**CPR course** - Sherry reminded us of the course being offered on Monday, February 25; room for 25 registrants, and there are still openings. See the newsletter for details.

**Upcoming speakers:** Feb – Paul Roberts (Olympics); March – Dave Carver (ultras);

April – Lindsay Matthews (Spartan Nutrition)

**Reminders of group runs:** Sundays 8am at Rowing Club; various distances; ATB training

Wed 6pm Komoka; trails

Sat 8am racewalkers at Springbank; trail runners at Medway trails

Sherry is offering **running form clinics** to help Paula Muxlow raise \$5000 to run Boston as a charity runner. She will need to pay her own way there, and pay for her entry. The first clinic was a success and there are 2 more coming up. Cost is \$26.20. Contact Sherry or Paula or see newsletter for details.

**Forest City Road Races** - Steve Ryall, race director for FCRR, spoke to us about this year's event. The Pacers have had a long partnership with FCRR. Steve showed the Nike commercial which was partially filmed in London, and aired during the 2012 Olympics. This year's race date is April 28, 2013, and the motto is 'Doin' it!' Some reasons that people will participate in one of the events: Do it to win; to PB; with friends; a running goal; to get the medal

Honorary race director is Dave Willsie, a paralympic athlete (wheelchair rugby).

This year, will also have an honorary race starter for each event. Pacers are encouraged to go onto FCRR website to nominate someone; race committee will review nominations and make a decision.

5K will now have chip timing. Lots of new stuff on website, including new bloggers, FCRR kitchen, Pinterest, sponsor bio's. Website is constantly being updated.

SWAG – currently selling ball caps with race logo (purple or green) for \$9

Sweatshirts (hoody) for \$19

order online ; and pick up at Runners' Choice

This year's race shirt will be green.

New Finisher medals – in keeping with Million Tree Challenge, the medal is now a tree with a new ribbon lanyard; Reforest London will again be handing out tree seedlings.

Other things to boost interest in the races:

Event nights are being offered, and details are posted on FaceBook

Local eatery will be sampling healthy food; 50 people limit

Goodlife – yoga for runners

March – Fowler-kennedy; injury prevention

Contests on Facebook

**Guest Speaker – Steve Weiler, London Runner Distance Club**

Steve has been running a track race series since 2005, and is the new director for the Runners' Choice Honda race series. Website: [www.londonrunner.ca](http://www.londonrunner.ca)

Steve is working to develop his first race in 2004, and founded London Runner Distance Club (LRDC) in 2006; coaching is his main priority. Runners' Choice has been title sponsor for track series since beginning. Steve is one of 3 committee members of the London and Area Running Association (LARA).

LARA – is an independent, not for profit organization; LRDC is set up as a business entity; top the London Distance Project; has a goal of making London a centre for running excellence. Yesterday (Jan. 13), they hosted a workout for the Canadian cross-country team before they head off to meets; a team bonding event; an opportunity to meet each other; went on a training run in Springbank; will be competing in Jamaica, and then in Poland.

We have good training venues and coaches in London.

The London Distance Project

Community collaboration; partnerships have grown over the last few years

Looking to grow distance running in London

Athletes to live, train and race in London

3 main areas –event hosting; community outreach; elites' training and development

**Offer quality competition** on various surfaces (road, track, XC) e.g. Honda series; Reach the Beach Distance series (track) has no age groups; open events based on seed times; people have competitors at their level to race against

New XC event - will be co-hosting an event with Fanshawe College; Fanshawe meet will be an open competition event; will also offer a kids 1K

Paul Roberts suggested that for every event run by LRDC, \$1 per entry will be directed to elite athlete need

**Community outreach** – youth programming: events suitable for youth; running clinics for kids – create an opportunity for kids to participate in a fun way; introduce people to the sport; running is a lifelong sport

run healthy program: bi-monthly free talks; preventing and dealing with injury, sport nutrition; be smart with training

**High performance development and support:** London runner athlete assistance; a local carding system and support; shoes, travel assistance

Partners include Runners' Choice; New Balance London; CBI Physiotherapy; M&T printing

elites include: Leslie Sexton, Aaron Hendriks, Philippa Aukett, Kyle O'Neill

would like to do something like Guelph; Steve has been mentored by Dave Scott-Thomas and Hugh Cameron

Guelph, London, Windsor (Dennis Fairall) coaches are trying to work together

Do London Pacers have a role? Share winter track time; Pacers volunteer with track series (e.g. officiating)

London Runner currently has about 50 runners; a range of ages and ability levels; regular, ongoing involvement; focus on long-term commitment

Question re: athlete employment - we do have some opportunities for part-time employment; Runners' Choice has helped with this in the past

Meeting adjourned at 8:30 pm for refreshments and conversation



## Time to Renew your Membership

Memberships go from January to December. If you have not renewed yet, it is time.

Membership fees still just \$35 for an individual and \$45 for a family.

Renew online or download a membership form at [www.londonpacers.on.ca](http://www.londonpacers.on.ca)

**Dec/2012 to Jan/2013 PACER RESULTS****MARATHONS****Run4rkids Toronto Indoor Marathon, Jan 5, 2013**

11	Harris, Jamie	5:31:03	10th male
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**Other Road Races****West Palm Beach Half Marathon Dec. 2, 2012**

156	Morrison Reid	M60	2nd	1:43:39
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**92nd Boxing Day 10 Mile Race**

Hamilton, Ontario

Dec. 26, 2012

O'all	Gun Time	Class	Place	Gender	Pace	5 mile	Net Time
17	Andrew Jones	M45-49	2/69	15	5:55	28:56	59:01
21	Rod Henning	M45-49	3/69	19	6:01	29:47	1:00:08
314	692 Lloyd Kehoe	M70+	1/6	243	8:46	42:26	1:27:24
447	194 Robert Fraser	M55-59	32/55	314	9:35	47:59	1:35:23
459	195 Wendy Fraser	F55-59	7/32	140	9:41	47:59	1:36:27

**Boxing Day 10 Mile Walk**

Hamilton, Ontario

Dec. 26, 2012

5	William Tam	M60-64	1/2	3	13:56	1:12:27	2:19:16
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**34th ANNUAL ROBBIE BURNS 8KM ROAD RACE**

Burlington Ontario Jan. 27, 2013

O'all	Gun	Class	Place	Gender	PI	Pace	Net Time
161	Steve Baarda	M45-49	24/64	136		4:28	35:32
221	Larry Van Eenoo	M55-59	17/59	177		4:43	37:19
255	Chuck Edwards	M65-69	5/15	198		4:56	39:15
301	Nick D'ascanio	M70-74	2/7	226		5:07	40:40
705	Manuel Teodoro	M80+	1/1	392		6:46	53:54

**Cruise to Run 5K**

St Croix

Jan. 28, 2013

83	Kate Thompson	F40-44	6/17	35/114
101	Matt Thompson	M35039	2/4	58/83

**Cruise to Run 5K**

Barbados

Feb 1, 2013

123	Matt Thompson	M35-39	6/9	86/132
144	Kate Thompson	F40-44	9/19	49/130

**Indoor Track****London Western St Thomas Legion All-Comers Meet**

UWO, London, ON Jan. 13, 2013

Open 3,000m

1st	Andrew Jones	9:47.93
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**TRIATHLONS****Ironman Arizona**

Tempe, AZ

Nov. 18, 2012

Place	Time	Category	Place	Gender	Place
412	Rosemary WEDLAKE	F55-59	1/39	59/699	
2.4 mi swim	112m bike	26.2mi run	T1	T2	
1:14:59	5:37:14	4:01:49	7:57	4:14	

In her age group, Rosemary was 2nd in the swim, 2nd in the bike and first in the run. She finished 48 minutes ahead of the 2nd place W55 finisher. By finishing 1st in her category, she qualified to race at the World Ironman Championships in Kona, Hawaii in October.

**Ultra-Marathoning****Tallahassee Ultra Distance Classic 50 Mile** Wakulia Sorings State Park, FL December 8, 2012

Place			Time
2	Dave Carver	M51	6:36:28

**5th Freedom Park New Year's Ultra 24h** Morganton, NC Dec 31, 2012-Jan 1, 2013

2 216.700 km Carver, David 1 M50 1 9.029

Dave set three Canadian Ultra age group records in the course of this race:

The following results have been verified and accepted as ACU M50 records:

100 mile

M50 16:00:53.0 rs David CARVER, 51, ON 31Dec2012/01Jan2013 Morganton NC

12 hour

M50 131.015 km rs ( 81.409 mi rs) David CARVER, 51, ON 31Dec2012/01Jan2013 Morganton NC

24 hour

M50 216.7 km r (134.651 mi r) David CARVER, 51, ON 31Dec2012/01Jan2013 Morganton NC

Bill McLeod, ACU Records

**Long Haul 100 Mile Ultra-Marathon** Wesley Chapel, FL Jan 19-20, 2013

1 17:13:15 h Carver, David 1 M50 1 9.345

**Beast of Burden Winter 100 Mile**

Lockport, NY Jan 26-27, 2013

13 Teresa Novick 24:15 2/5 females 13<sup>th</sup> of 35 finishers

Yes, that is northern New York State in January.

**More Springbank Photos**

Richard got an email the other day that led to a treasure trove of Springbank International pictures. George Brose from the Kettering Striders club in Ohio sent some photos given to him by the daughter of the late Jim Gerard. Jim competed in Springbank and happily for us, took photos. They very generously scanned them and sent them along to us to share with the world. See the photos page on the website. If you can identify anyone in the photos, please add a comment to it. For instance this one. Who are those dashing UWO runners?



## 2013 London Pacers Cross Country

The Executive would like to announce an exciting idea for those Pacers that would like to participate in cross country this year.

Given that the Athletics Ontario Ontario Cross Country Championships are being held on November 10 here in London at the Fanshawe Conservation Area, we thought we'd "get serious" this year. To that end, an agreement has been made to work with both the London Runner Distance Club and the Fanshawe Falcons cross-country teams as a means to assist all three groups in their training and racing.



Now, you may be thinking that these groups are too fast for us J, but also remember that the LRDC is composed of all ages (including Masters runners), and that Fanshawe's teams are inclusive and not strictly "elite". Long story short, we will definitely be a mixed group, and as you know, the more runners to run with in workouts, the better.

As well, we would also like to gauge your interest in attending the Canadian Championships in late November in Vancouver. As you'll already be in shape for the Ontario race, why not extend your season another three weeks and run on the beautiful Jericho Beach course with the mountains in the background?

Details are still being determined, but the rough plan is for the three groups to start meeting in early September. The first workout will be casual, and more of "get to know each other" session, but then more structured workouts will begin.

Look for more announcements regarding London Pacers Cross Country 2013.

-Andrew Jones

Larry van Eeno at the the finish of the Robbie Burns race—Larry had a PB—great race Larry!!

