

March 2009



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca

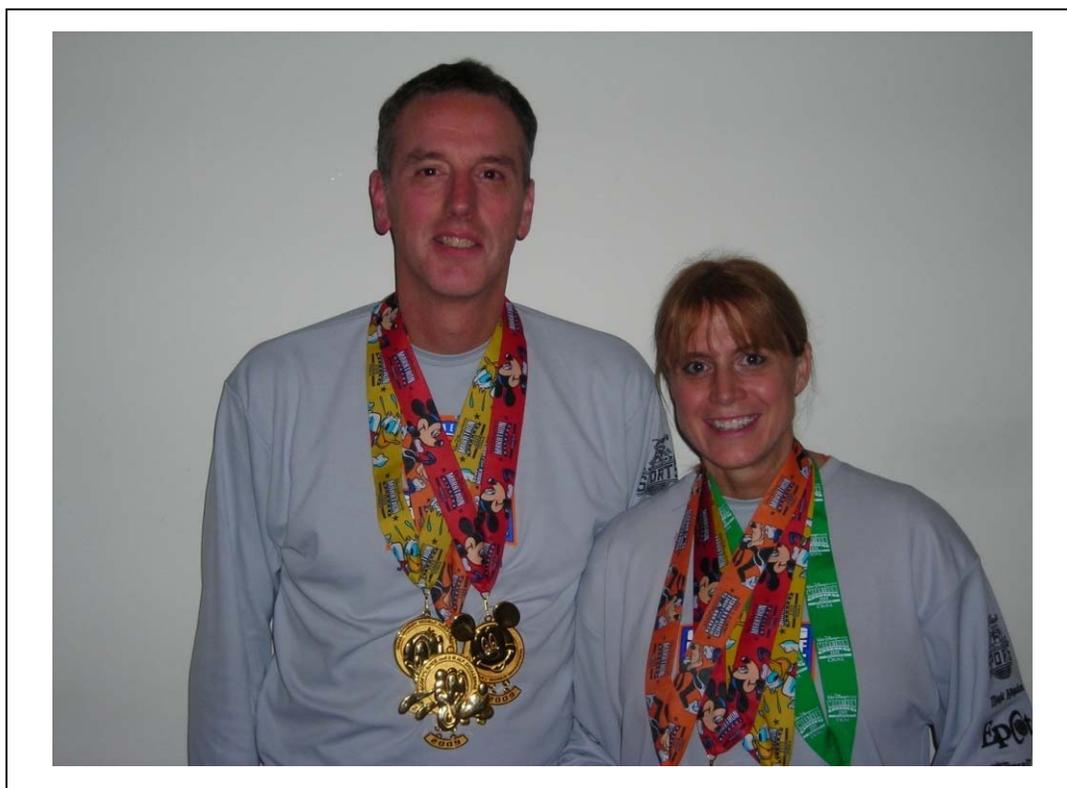
How Many Marathons Have You Run? We Want To Know.

Mark Faust and Beverly Gribbons with their “bling” from the “Goofy” at Disney World in January.

Not only did Mark and Bev run the Half Marathon on Saturday and the Full Marathon on Sunday, but Bev also ran the 5k on Friday!

Mark has run 75 marathons—Bev has run almost as many—BEV (and all Pacer members): WE NEED TO KNOW THE EXACT NUMBER!

See inside for more details



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Meeting Info

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



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

London Pacers monthly meeting
March 9, 2009 at Grosvenor Lodge

Note the time change: 7 PM start

From your membership coordinator

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

Don Armstrong, Michelle Braecker, Eric Cappelli-Martell, Johanna Dobransky, Jonas Dobransky, Grace Dungavell, Gerry Fenwick, Lynne Hughes Marsh, David Marsh, Tom Massel, Gillian Roberts, Betty Timmons, Tammy Whitehead*

*entering a new age category

Don't forget to renew your membership for 2009. Memberships that are not renewed by the end of March will be marked as lapsed.

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 March 26, 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*

March Meeting

Monday March 9, 2009 7:00 PM

Grosvenor Lodge

On Monday, March 9, Dr. Robert Banner of the Department of Anesthesia and Perioperative Medicine, UWO - St. Joseph's Health Care, will make the presentation "Prolotherapy and Running Injuries". Dr. Banner will explain the prolotherapy method and its use in the treatment of typical running injuries such as:

achilles tendonitis/tendinosis

plantar fasciitis

iliotibial band syndrome

runner's knee (chondromalacia, patellar tendonitis, patellofemoral pain syndrome)

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

Upcoming events in the community:

Saturday March 21 9AM to 5:15 PM Social Science Building, UWO Fit or Fat – Role of Diet and Exercise.

This includes some really interesting speakers on really interesting topics. John Berardi – who is a world-renown sports nutrition expert on cutting edge nutritional strategies, Stephanie Worsfold on dieting vs lifestyle change, Graeme Thomas on dietary supplements, John Salt on triathlons, Peter Lemon (last month's Pacer speaker) on dietary protein and exercise and another talk on sprint interval training in case you want to know what everyone is talking about. This is only \$49 in advance and a mere \$20. for those 60 and over. This is a very worthwhile way to spend a day.

See Poster on Page 17 in this issue

Golf balls for Sale

Harry has 2000 golf balls for sale. \$5.00 per dozen. All proceeds to the Thames Valley Children's Centre. Even if you don't golf you can use them on your PF or your piriformis.

See him at the next meeting.

Pacer Clothing

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

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

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

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



Annual Dinner Call for Committee Members

What? Planning the annual dinner already? The Pacer Executive has big plans for this year's Annual Dinner. We know that we have a running and club that is unique in London. We know that all Pacers are all exceptional. We want to recognize the many achievements, talents and contributions of our members. We want to provide the various groups within the Pacers with an opportunity to celebrate together, perhaps meet each other for the first time.

What better time than the Annual Dinner.

If you have a talent or interest in event planning, have thought in the past ..."they should do (fill in the blank) at the dinner", or just think that helping to plan the dinner could be fun, you are the person I am looking for.

I am looking for people to join the newly created Annual Dinner Committee. I am not talking a big time or effort commitment here. If you have ideas or would like to help out in any way at all or would like to find out more about what might be entailed,

please contact Gerda Zonruiter
at (519) 471-3550

or

chrisandgerda@rogers.com.



Pacers Indoor Distance Races

What: 5000m and 3000m
Where: UWO Thompson Arena
When: March 12th
5000m at 8:25 pm
3000m at 9:00 pm
Who: Anyone is welcome to participate
Cost: \$2.00 per race
Other:

If you're racing, bring a friend to cheer you on. Or better yet, volunteer your friend to count laps.

If you're not planning on racing come out and cheer and help. We could use your help and it's a lot easier than volunteering for the Really Chilly, since you're inside.

You are also welcome to come and train on that night provided you run on the outside lanes and in the opposite direction while the races are being held. We have the track from 8:00 to 10:00 on March 12.

More info: Contact Jim Burrows (jim.burrows@td.com or 519-474-3497) or Sherry Watts (pacertraining@yahoo.ca).



PRESENTS
DICK BEARDSLEY



WEDNESDAY, MARCH 25TH
7:00PM

CENTRAL HIGH SCHOOL

\$5.00 in advance-available at Runners' Choice

limited tickets at the door - \$10.00

February 9th Pacers General Meeting Minutes

Approximately 21 members in attendance.

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

Guest Speaker

The first item in the meeting was a presentation entitled *Sprint Interval Training Enhances Performance in Distance Runners* by Pete Lemon from the University of Western Ontario's Faculty of Health Sciences. Sprint intervals are defined as brief, intense exercise bursts repeated with short recovery intervals. Benefits of sprint interval training included increased capacity (muscle biomechanical adaptations), increased oxygen utilization (VO₂ max), ability to exercise closer to VO₂ max for race duration, and increased running economy (biomechanical adaptations).

Early studies involving experienced runners doing 2000 meter runs (4 sessions over 2 weeks) showed a 4% improvement in performance (maximum running speed) and an 8% improvement in time at maximum running speed in the sprint interval training group. Studies later found improvements in every measurement for sprint interval training groups doing 30 second bouts with 4 mins recovery, and 10 second bouts with 4 mins recovery. The 30 second bouts yielded a greater margin of improvement.

When comparing sprint interval and endurance training groups, the research showed larger reductions in fat mass for the sprint interval group – could be related to gains in muscle mass and resting metabolism. The endurance group showed a 10% increase in cardiac output, where there was no change for the speed interval training group. This suggests that the improvements in the speed interval training group were due to muscle adaptations, and it also suggests that to optimize results, you would need some endurance training with the speed interval training.

The research shows that the intensity of the exercise is more important than the duration, but the optimal intensity/duration is not yet clear. Thirty seconds seems better than 10; >30 may be better for central adaptations (heart). May be able to benefit from less than maximal effort.

Other points: doing speed intervals before a race might help performance. Some version may be appropriate for everyone to improve health/fitness. Some version may be able to extend peoples' running careers.

Once the optimal exercise stimulus is worked out, then the research can turn toward manipulating diet to get additional performance enhancements (e.g., beta-alanine supplementation 5-6g/day over 4-10 weeks).

Notes from the rest of the meeting:

Winter running – Jim encouraged people to spread the word about exercising caution and courtesy.

There is free track time at the Thompson Arena 12 noon to 2 pm daily and 10 pm until midnight every night.

Memberships – get them in prior to March 31st and before the end of February for OMTFA 'lapse' deadline.

Jim presented Debbie Obokata with the silver medal she earned in her age group in the National Cross Country Championships in Nov/08.

Clothing - new Pacer singlets are available. They are made from a different technical fabric than the previous ones. Cost is \$25. New Era graphics has two styles of jackets that could be suitable for the club. We may be able to purchase them if there is enough interest. See Sherry if you are interested in either the singlets or the jackets.

Beverly Gribbons and Mark Faust did the Goofy Challenge (completing both the half marathon (Sat.) and the marathon (Sun.) at Disney World. Bev also did the 5K on the Friday evening. Mark did the New Orleans Mardi Gras marathon with Steve and Tracy Hillman. Tracy beat her previous personal best by 43 minutes.

Minutes continued on page 8

February 9th meeting minutes continued

London Distance Banquet

William Ross and Dennis Mazajlo from London Western Track and Field Club gave a presentation on the history and future of the banquet. It started as a fundraiser to send Mark Henshaw to the Worlds in Kenya. From the surplus they started a fund to help other junior age athletes from London and area. They want to keep the support growing and to bring the running community together for a common purpose and to celebrate the history of the sport.

In future they may make the banquet part of a larger celebration of distance running that could feature additional awards, a running event and/or a film festival. The Pacers were invited to consider something along the lines of the Brewster award to honour a masters athlete. Paul Roberts' scholarship program would continue to be part of the event.

The date for 2009 will be Saturday April 4th. The guest speaker will be Sylvia Ruegger (Canadian record holder for the marathon). Tickets and brochures will be available at Runners' Choice and New Balance. They are looking for ideas for a venue, and for assistance with incorporation. Pacers were encouraged to spread the word.

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

Meeting minutes by Gail Schmidt.

CRUISE TO RUN TO CRUISE TO RUN TO CRUISE TO RUN 2009

By Jamie Harris



Intimidating.

As the ship slid silently into its assigned berth on Tortola, the challenge was clearly inscribed as a series of cutbacks which scaled the tropical mountain, asphalt giving way to dirt in the upper third.

This was the fourth consecutive day of running within the 7-day Cruise-to-Run package. After an initial day at sea, the only real race of the series, a 5K in Barbados had started things off. I had been banking on a jogger-rich field within the nearly 350 subscribed vacationers to allow me to garner an age-group medal at that event.

No such luck! The emphasis had been off the cruise and onto the run from the get-go with every age cohort substantially populated with serious runners determined to afford the midwinter (Feb 1-8) getaway in best racing form.

Jerry and Jody Friesen of Grimsby are the race director/travel agent duo behind the trip. Jerry is clearly the front man and freely admits that Jody does most of the detail work. They had doubled the number of registrants from the first two years to that of 2009. As a result, the Caribbean Princess was top-heavy with underweight individuals sporting T-shirts that boasted of their owners' previous participation in every imaginable road race and triathlon. The contrast with the remaining majority of the ship's terminally obese/terminally elderly made the runners even more conspicuous. We hardly needed to use our red bracelets to ID one another.

Celebrity guests were Bart Yasso (of Runners World fame), Lisa Bentley (of triathlon fame) and Dick Beardsley (narrow loser of the legendary Duel in the Sun with Alberto Salazar in the 1982 Boston Marathon). Each sported their separate ailments: Bart, supposed Lyme Disease; Lisa, late-onset cystic fibrosis; and Dick, an all-too-recent right knee replacement. Although the first two showed no objective sign of their afflictions, the last was clearly obvious as he hobbled about, often with the physical assistance of his wife, presumably without the benefit of significant pain-killers. (But, more of that later.)

The real showboat amongst the runners was some guy named Keith, an ostentatious Brit who hammed comical performances of both his availability as a sexual companion to any single woman on board and his running prowess dressed as he customarily was in a pink fairy costume with shirt, star-wand and matching shoes. He was nonetheless swift and his running credentials

included over 25 marathons and several 100-milers in 2008!

Well out of the limelight, Maeve and I had bonded with a grand-couple from Indiana, Patty and Tony Rose, recently retired educators. Patty has been a relentless road racer for 27 years while Tony, a somewhat reluctant co registrant in the actual events, has devoted himself more to philosophy, guitars and beekeeping than to pavement-pounding in the past few years. Because the run component had cost \$300 per person, he felt obliged to at least walk each event.

As I already mentioned the upper echelon competition in every age group was brutally competitive for the initial 5K, in spite of great numbers of fun runners and the oppressive heat/solar radiation to which none of us was acclimatized. (Most of the participants were from the great white north including representatives from both Alaska and The Yukon. There were a few overseas runners and a surprisingly large contingent from Bermuda. Only a dozen or so were from the southern States. Each island injected a small number of local participants from their running clubs.)

The bottom line, for our foursome, was that only Patty placed in her age-group, mounting the three-step podium as champion of her (55-59) age group. Maeve placed 4th in it; I placed 5th in mine and Tony walked in in about an hour.

To resuscitate my self-esteem, I immediately revised my goals for the week. Having pre-grieved the loss of base-mileage (as the schedule called for only 5K,8K,13K,6K and 5K for the week), I comforted myself with the prospect of resurrecting major mileage as the week's priority. The afternoon of the 5K was beach time for three of us while Maeve did a 2K! ocean swim.

St. Lucia was the 8K out-and-back from the pier, running not swimming, through barely controlled downtown traffic, around three sides of an airstrip, with the distal 1K up, then 1K down a series of steep road cutbacks that led to/from the Vigie Lighthouse before retracing the route to the ship. I managed to do the course twice and even managed to lap about a dozen stragglers without being particularly dehydrated or heat-stressed. (Mind you it was mostly cloudy.)

The next day proved to be more stressful: a fully exposed 8 mile out-and-back in Antigua which entailed a trail climb reminiscent of parts of Pikes Peak up to and down from dilapidated Fort

Barrington. The route had substantial rolling hills aside from the ultimate scramble up the rocks. Foolishly I took water just once after the footbridge below the fort. The return leg was mostly upwind so evaporation helped cool us and I became more-and-more enthused that I could easily "double" as I had the day previous. I completed the route, made a turn and started back on the winding costal road, past a donkey tethered, still motionless, about 20 feet back from his accumulated dung heap on the edge of the road.

As soon as the road turned inland, and up the first hill, I knew I was in trouble. Firstly I immediately lost the breeze and found the sun much higher in the sky and not at all shrouded by clouds and secondly I had actually "raced" the first half for what reason only God knows. (There was no clock!) As I passed Patty and Maeve on the downside of the hill (They were headed home with about a mile to go.), I managed to pry a half-empty water bottle from them.

This perked me up as I worked my way back, dodging cars and trucks, past more runners, large numbers of joggers, a few race-walkers and finally Tony bringing up the rear just over a mile from the turn-around. As I went over the next ridge, my hot breath testified, however, that my core temperature was already too high.

I was alone and in survival mode.

No other fool was going around twice and there was no support. The water truck and the two motorcycle policemen had followed Tony back to port.

Half-way down the dirt trail to the footbridge, I fell back to a walk and strategized. I took my singlet off, went down to the brackish stream, dipped it and sponged myself before hanging it over my head. I almost fell on the steep stairs that led onto the bridge so I climbed the rocks much more deliberately than I had the first time but still found myself up dead-end paths a couple of times. I felt well enough at the top though to do a senescent little Rocky dance before cautiously descending to the brook where I bathed again.

There had been a car parked by the bridge when I had gone up but it had headed away while I was on the summit. (My dance probably scared it away.)

Now I was all alone on the dusty trail; alone except for a few half-weasel-half-mink varmints that darted intermittently across in front of me. Or, perhaps I was hallucinating.

Back on pavement my survival jog quickened back into a decent running pace (for an old guy). I tiptoed the cattle gate, climbed the first ridge with aplomb, descended into the flats and turned inland once more. (Understand this wasn't Death Valley but it was exciting enough for me.)

I faded considerably in the still air behind the next ridge and even had to walk a couple of hundred yard sections up the final hill before rejoining a steady pace as I snaked my way back to an entirely vacant finish line. The donkey had actually moved off to a grassier area and was munching disinterestedly as I passed.

I didn't feel too badly as I made my way through the bus terminal, down main street, past runners waiting to be bussed to the afternoon Hash Run and back on board.

At least my head was clear enough to prevent the sort of thing that Patty and Maeve had done. Chatting away, they had run right past the finish line, through the centre of the town, past all the security and found themselves halfway up the gangway of the WRONG cruise ship at another dock.

The runs were all held in the mornings (7:30 earliest, 10:00 latest) except for the Hash (the registration for which we had somehow missed) in order to miss the heat of the day.

There was a runners-give-back component at each port with donation opportunities in terms of shoes and books and shirts available for purchase at \$20 in support of the local clubs.

The middays and afternoons were pretty much left clear to do touristy things.

From 5:30 to 6:30 were the celebrity talks.

Lisa was first with her Iron Man (?Iron Woman?) triathlon victory tales and the story of her trying to finish Hawaii with a ruptured appendix. She spiced her talk with motivational Lisa-isms that she had adapted or developed over her career: things like "only you can be you as well as you can be you" and "throw your heart over that next hill and your body will follow". She also delved into her extensive fund-raising and consciousness raising for cystic fibrosis.

Dick Beardsley was next with the story of his unlikely childhood introduction into running, a modest synopsis of his stellar racing career (especially that two second loss at Boston which might've been a win had not an errant police motorcycle forced him to go wide on the final turn), a darkly humorous account of his major physical injuries (being dissected by the power takeoff of his tractor, T-boned in his car, and hit by a truck, not to mention falling off a cliff)(each of which requiring major surgical reconstruction) and his fall-and-rise into-and-out of narcotic addiction and consequent involvement in recovery programs, his book STAYING THE COURSE: A RUNNER'S TOUGHEST RACE (equivalent to Armstrong's IT'S NOT ABOUT THE BIKE) and his foundation dedicated to raise money for drug rehabilitation for people who could not otherwise afford it. A very compelling talk and well worth the standing ovation which followed!

Bart Yasso, a character formerly unknown to me, gave the Friday talk expanding on the premise that running can take you wherever you let it. Tales of running in nude races, in the Badwater Ultra (Death Valley for real)(in the early days when he was one of 6 starters and finished first, second and/or third depending on how you looked at it) and in marathons in East Africa (where a 2:40 finish netted him nothing, not even a finish line because the organizers had all gone home by the time he got there) were fully illustrated.

[AS A BIT OF A SIDENOTE, THE BUTTS(MR. AND MRS.), PUN INTENDED I'M SURE, WHO PROMOTE AND CO-ORDINATE RUNNING RACES AT NUDIST CAMPS THROUGHOUT NORTH AMERICA JUST HAPPENED TO BE ON THE CRUISE AS WELL.]

But (no pun intended), the morning of the Friday was where this offering actually began.

The course had looked daunting from the fifteenth deck of the ship. Looking up from the street it appeared almost insurmountable. I had no preconceptions. My quads were still sore from the two days before and I relished simply reaching the top and getting down safely. The course went about 500 meters flat before twisting abruptly up a 25-degree slope on a side street. Walking was a must until flatter sections intervened. The uppermost dirt section had irregular hard patches interspersed with loose material.

Nevertheless, surprisingly quickly, I found myself at the "F" rock and turned back down, cautiously at first to avoid tripping, then tacking down the asphalt to spare my quads from over braking.

I felt exhilarated at the bottom so I turned back up and was soon passing first-timers who insisted on encouraging me. The second time down was marred by crowded conditions amongst climbers and descenders but it cleared out again by the time I reached pavement. I felt surprisingly good even yet when I reached the base and headed up a third time. I met Maeve and Patty coming down at half-way point, and Maeve headed back up with me. (She had to fall back due to a painful sesamoid under her one big toe.) The third descent was just as much fun as the first two and I actually contemplated charging all the way up again but settled for just walking a third of the way up to meet Maeve and the last of the one-time stragglers.

For all of this I earned the nickname Sasquatch from Patty and joking reverence from a variety of other runners.

One older runner from Bermuda (not older than me perhaps but older than most), a veteran of 69 marathons, came over to our table at lunch and declared: "When I grow up, I want to be just like you."

Saturday, in St. Thomas, was the final "race" day. It was a prediction run with medals only for the top male and female finishers plus the 10 closest-to-time. I had predicted 24:24 but my intervening antics had left me with no spring and I wasn't close at all. The top 10, including the male winner, a local, were all within 7 seconds(!) of their predicted times. There was a special award for the furthest time away from predicted: it went to a race walker who BEAT her prediction by more than 20 minutes. Maeve had to walk with Tony because of her sore foot. Patty was faster and closer than I.

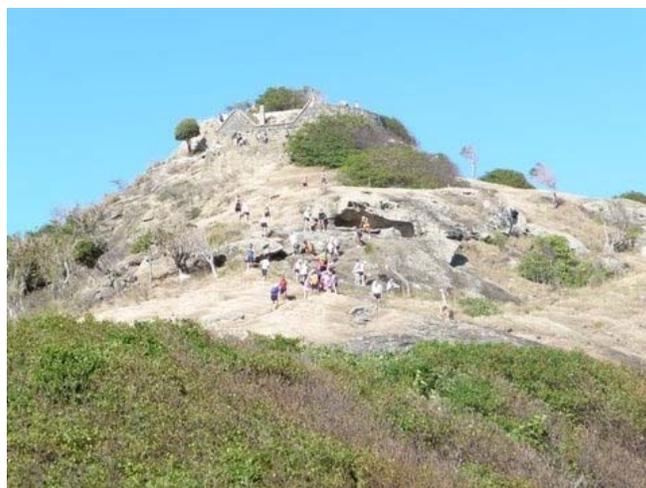
We all got overall Cruise to Run participation medals that afternoon before formally dispersing. There had been a (massive) group photo taken on the stern four days earlier and I had hoped that copies would be handed out but no such luck.

The cruise itself, although not really lavish, had been both comfortable and affordable. And I did gain 10 lbs on the basis of 2 breakfasts and 2 lunches and at least one dinner every day.

Would we do Cruise To Run again next year? Probably not because the speakers are going to be the same and the runs (albeit in reverse order) will be the same. Beyond that, there was a consensus among many of us newbie also-rans that it had been just a bit cliquish amongst the celebrities and the repeaters from the first two years.

Nevertheless, I would highly recommend this package to any other Pacers who, I'm sure, would find it a once-in-a-lifetime experience just as we did.

Jamie Harris



London Distance Banquet

On Saturday, April 4, the running community of London will come together to celebrate our sport and to raise some funds to help out the youth who are the future of our national teams.

Distance running in the London area comes in many forms. From the public and high school students running 800m on the track or cross country through Gibbons and Springbank Parks, through the members of the various track clubs racing 1500m and 5000m and steeplechase to the adult road runners and marathoners and the trail runners and ultra runners completing 100 miles and more. Though our interests and training and motivations and goals may be very different we all share the love of running. We tend to travel different paths and to know little about each other. We may not know the names of the other clubs or their stars but we can all appreciate the pleasant ache in the legs after a tough run or the sting of sweat in the eyes on a July morning. We have more similarities than differences.

For all but a few circumstances, the honor of being chosen for a national team comes with a price. Sometimes a very large price. Enough to prevent many deserving runners from accomplishing their dreams. Lack of money often means that our country is not represented by the best runners we've got but by the ones who can afford to pay. In past years the London Pacers have helped some deserving runners to get to their events. Jim Finlayson, Guy Schultz and Mark Henshaw have benefited from the generosity of the club in attending World Cross Country Championships.

Some of the local runners saw that there was a need to help their peers to get to races and decided, rather than doing fund-raising piece-meal, to put together an annual event to grow a fund to be available whenever a runner from any of the clubs needs the help. Under the leadership of Dennis Mazajlo, a group of university runners has set up the London Distance Banquet. This year will be the third annual event. They have attracted some spectacular speakers - Chris Brewster, a local runner who was All-American and Big 10 Champion at the University of Michigan and David Bailey, an Olympian and the first Canadian to run under 4 minutes for the mile. Paul Roberts has used the opportunity to present the Runners Choice Scholarships to graduating high school students. Last year Jessica Parry was helped to get to the World Youth Championships and Deng Marial was helped to attend the World University Games.

This year, runners from the local clubs and schools will come together to share in our love of our sport. The guest speaker will be Sylvia Ruegger, who holds the Canadian marathon record and who competed in the first women's Olympic marathon in 1984. There will be excellent items in the silent auction, including sports tickets and autographed books. The Chris Brewster award will be presented to recognize the hard work and potential of one London's young runners.

Tickets are for sale at Runners Choice and the New Balance store and tables can be reserved. Contact Dennis for more information. Let Sherry know if you are going and want to share a London Pacers table. Let's show the young people that we are still out there running. And let's let them know that we support them on the road to excellence.

What: London Distance Banquet

Where: TBA

When: Saturday April 4

Guest Speaker: Sylvia Ruegger – Olympian and Canadian Marathon record holder

For more information: Dennis Mazajlo dmazajlo@uwo.ca

Tickets: at Runners Choice or the New Balance store.

Silent Auction Items

The London Distance Banquet needs items for the silent auction table. Help support the young runners of London as they compete against the world. If you have something to contribute, contact Sherry.

529-858-9880 or pacertraining@yahoo.ca

How Many Marathons Have You Done?

We want to know what the London Pacers have done in the realm of marathons. How many have you done? Let us know. We mean real marathon races, not long training runs, not subsets of ultra races (ultra runners, we'll be asking you the question next time so start counting up your races).

Give us a few details. Did you walk or run? How many Bostons? Any outside North America? How many states and provinces? Anything else interesting about your races?

We'll report the results in next month's newsletter.

Send your numbers to Sherry at

519 858-9880 or pacertraining@yahoo.ca

Here's an example of what we'd like to know, from Mark Faust:

"This photo is at Pikes Peak (the 50th in my 50 X 50 quest). It is 2 miles from the summit on the way up and I don't look too bad at that point and you can clearly see my bib number."

My total marathons to date are 75 after doing New Orleans last month."

Note Mark's bib number "50"!



Lorne Duquette at the Florida State Racewalking Championships where he took first place in the 70-74 age group in the 6K race.



AFRICAN APPETISERS

At a couple of the Pacers New Years Day Runs, I have made these 2 dishes and some of you have asked for the recipes.

Enjoy!! Eric

BABOTIE

Pronounce – BAB (Rhymes with CAB)-BOO-TEA

A South African dish, originally from the East Indies probably Java or Malaysia. In the 1600s the Dutch East India was trading between Holland and the East Indies and using South Africa as a halfway refueling station. The main item of trade was spices.

1 lb Ground Beef	1 Tsp apricot jam
1 Tsp oil	1 tsp salt; pepper
1 tsp turmeric	1 Tsp vinegar
1 tsp chutney	1 Tsp curry powder
1 thick slice bread	3 Tbsp water
1 Tsp raisins (seedless)	1 Egg
1 small onion	¼ pt milk

Heat oil, fry chopped onion gently till transparent. Stir in jam and spices, seasoning, and chutney. Add meat and beat with back of spoon over heat until loose.

Add bread soaked in water and then squeezed out, vinegar and raisins. Turn into a greased pie dish; tamp down to dense consistency. Level surface.

3a. Beat together 1 egg, ¼ pt milk, salt and pepper. Pour over meat. Place 1 bay or fresh lemon leaf on top and bake at 350°F for 1 hr until golden.

OR

3b. Slice 2 or 3 bananas on the top after 30 mins of cooking. Pour on the egg/milk mixture and sprinkle with ground ginger. Cook for further 30 mins until custard is lightly brown.



AFRICAN PEANUT SOUP

- | | |
|------------------------------|-------------------------------|
| 1 tsp oil | 3 medium carrots |
| 3 cups of water | 1 onion |
| 3 cups of tomato juice | 2 big cloves of garlic |
| ½ cup peanut butter (smooth) | salt & pepper |
| 3 medium sweet potatoes | ½ tsp red pepper flakes (hot) |

Put oil in big pot

Saute onion and garlic

Add potatoes and carrots and 1½ cups of water

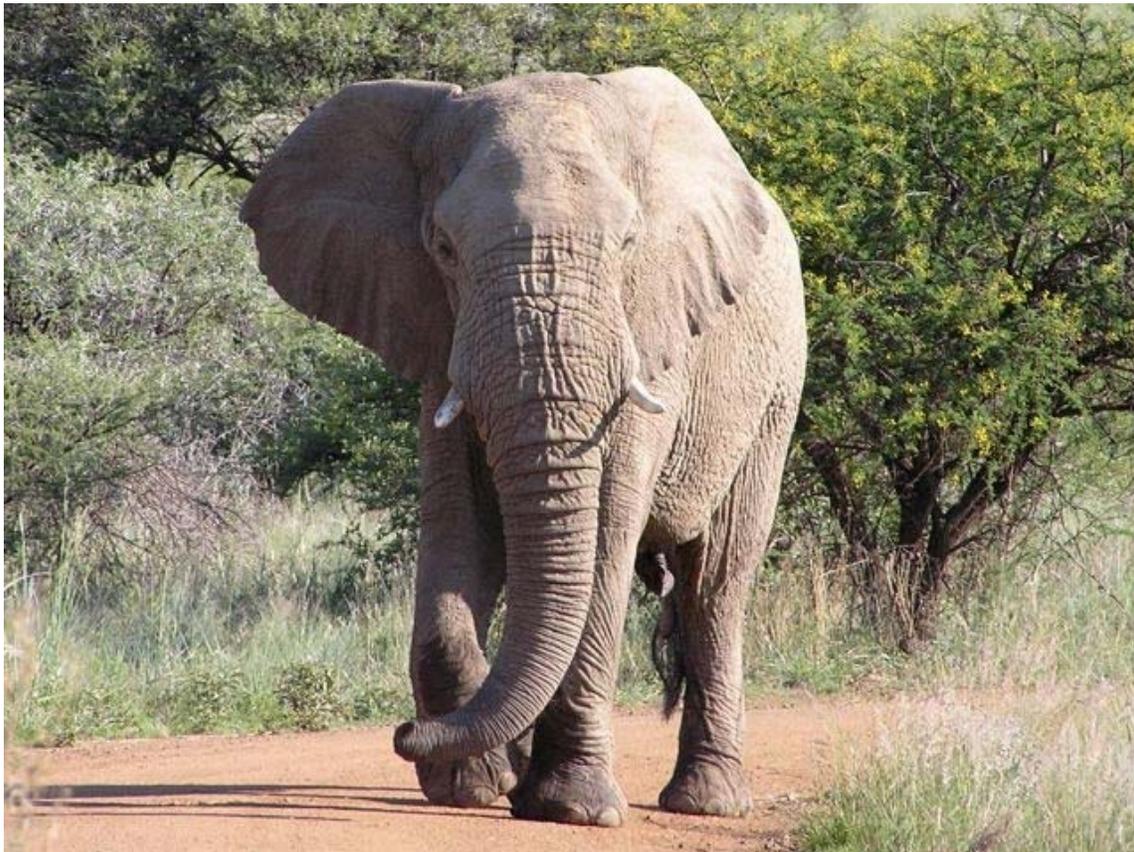
Cook with salt and pepper and ½ tsp red pepper

Blend

Return to pot and add 1½ cups water, 3 cups tomato juice, and ½ cup peanut butter

Mix

Serve hot



Pacer Calendar

Thursday March 5	Indoor track practice 8-9 PM
Monday March 9	Pacer Meeting guest speaker Dr Robert Banner on Prolotherapy
Thursday March 12	Indoor races, 3000m and 5000m 8-10 PM
Saturday April 4	London Distance Banquet
Monday April 13	Pacer meeting guest speaker Dr Craig Hall on Imagery for Injuries
Saturday May 9	Forest City expo – volunteer at the Pacer table
Sunday May 10	Forest City Road Races – run or volunteer
Monday May 11	Pacer meeting
Monday June 8	Pacer meetings – pizza night
Monday Sept 14	Pacer meeting
Monday October 12	Turkey Trot X-C
Tuesday October 13	Pacer meeting
Sunday November 8	Club Championships
Monday November 9	Pacer meeting and election
Saturday November 14	Annual Banquet
Sunday December 6	Charity Bear Run

Sundays 8 AM Rowing Club Pack Runs

Fit or Fat — Role of Diet & Exercise*

When:

Saturday,
March 21
9am -
5:15pm

Where:

2050 Social
Science
Centre

The
University of
Western
Ontario

Cost

Pre-registration by 3/14

\$49 Adults (\$59 at the Door)
\$20 Students (\$25 at the Door)
\$20 Seniors (60+) (\$25 at
the Door)

Speakers/Topics include:

John Berardi: "Beyond Cutting Edge: Nutritional Strategies Your Grandkids Will Read About"

Amanda Graydon: "The Making of a Figure Competitor"

Stephanie Worsfold: "Dieting vs Lifestyle Change"

Graeme Thomas: "Dietary Supplements - Gold Medal Nutrition or Fool's Gold?"

Roberta MacNeil: "How to Lose 100lbs"

Rebecca MacPherson: "Fitness in a Flash: New Insights into Sprint Interval Training"

Tom Hazell: "Good Vibrations - Is Whole Body Vibration Exercise Effective?"

Brad Fowler: "Kick boxing - What's It All About?"

John Salt: "So You Want to be a Triathlete"

Pete Lemon: "Exercise Plus Dietary Protein Maximizes Health"

Register by e-mailing plemon@uwo.ca

Payment: 1) in person at 2212 or 2235 3M Centre by cash or cheque (**UWO Women's Softball**) or 2) mailed to: P Lemon, 2212 3M Centre, UWO, London, ON N6A 3K7 or 3) online at www.thenutritionacademy.com

*All proceeds to the UWO Mustang Women's Softball Program



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

Pacers Achieve: The March 2009 Race Report

Summarizing results to February 27, 2008

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

Feb 1, 2009 RRCA 6K Florida State Championship Racewalk, Tradewinds Park, Coconut Creek, FL

Pacer,	Time,	Notes
Lorne DUQUETTE,	52:29	1st in age group (second year in a row!!)

Feb 1, 2009 45th Annual New Orleans Mardi Gras Marathon, New Orleans, LA 1494 finishers; 949M/544F

Overall place,	Pacer,	Gun time,	Chip time,	Gender place,	Division place
143,	Steve HILLMAN,	3:27:04,	3:26:39,	132,	19/129
791,	Mark FAUST,	4:28:02,	4:25:01,	580,	87/145
792,	Tracy HILLMAN,	4:28:03,	4:25:01,	212,	32/77

Feb 14, 2009 Dasani Myrtle Beach Half Marathon, Myrtle Beach, SC 2855 finishers; 1120M/1735F

Overall place,	Pacer,	Clock time,	Chip time,	Gender place,	Division place,	Notes
445,	Gord MELVILLE,	1:49:48,	1:49:30,	328,	15/100,	PB!
689,	Rita MELVILLE,	1:56:41,	1:56:19,	227,	5/101	
867,	Bill SPACKMAN,	2:00:15,	1:57:50,	543,	29/100	
1769,	Michelle BRAECKER,	2:25:03,	2:24:39,	899,	131/239	

Feb 15, 2009 12th Annual Re-fridgee-eighter 8 Mile Run, RIM Park, Waterloo, ON 154 finishers; 105M/49F

Overall place	Pacer,	Gun time,	Chip time,	Gender plc,	Division plc,	Notes
4,	John LONEY,	47:49,	47:47,	4,	1/22,	1st master

Feb 15, 2009 Sallarulo's Race for Champions 5K Nova Southeastern University, Davie, FL 510 finishers; 219M/291F

Overall place,	Pacer,	Time,	Gender place,	Division place,	Notes
244,	Lorne DUQUETTE,	42:21,	124,	4/4,	Racewalked

Feb 22, 2009 Peterborough YMCA Half Marathon, Peterborough, ON 509 finishers; 292M/217F

Overall place,	Pacer,	Gun time,	Chip time,	Gender place,	Division place
2,	Troy COX,	1:17:02,	1:17:02,	2,	1/44

Feb 22, 2009 Racewalk Victoria 2009 5000 Meter Race Walk Masters, Galloping Goose Trail, Victoria, BC

Overall place,	Pacer,	Time
1,	Sherry WATTS,	30:57