

March 2011



# The Pacer

*Newsletter*

The London Pacers Running Club

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

*If you're lucky enough to be Irish, you're lucky enough!*

**HAPPY ST. PATTY'S DAY**



*May you live as long as you want and never want as long as you live.*

*May your blessings outnumber the shamrocks that grow and may trouble avoid you wherever you go.*



**Chuck and Nick**



**A Chilly Start**

*These photos and more on Page 4 are from the Really Chilly Road Races held in London on February 27, 2011*

**Executive**

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**From your editors:****Newsletter information:**

The deadline for the April newsletter is March 26, 2011, 12 noon.

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

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

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

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

### **Birthdays for March**

Kyle Arsenault-Mehta, Steve Beasley\*, Michelle Braecker, Johanna Dobransky\*, Jonas Dobransky\*, Grace Dungavell, Gerry Fenwick, Bill Fleming, Lynne Hughes Marsh, David Marsh, Tom Massel, Gillian Roberts\*, Steven Shillington, Betty Timmons\*, Tammy Whitehead

\*entering a new age category

### **Membership Renewal Time**

Remember London Pacers membership runs from January to December. If you have not renewed by the end of March, you will be dropped from the list. If you have not sent your form in to Gwyn, be sure to do it now. Membership form is available at: [www.londonpacers.on.ca](http://www.londonpacers.on.ca) and click on Join Today!

### **Indoor Track Night**

Note the changes in times and dates. Thursday March 3 8:30 PM Wednesday March 9 7 PM. Thursday March 17 7 PM. Jim Burrows will collect your money.

### **Athletics Ontario Club**

The London Pacers Running Club is now registered with Athletics Ontario. Coaches may recognize possible benefits to their young athletes who want to compete in track and field or cross country.

## Members to Members



### **Pacer Discounts**



Members of the London Pacers are given a discount on purchases at Runners Choice at 207 Dundas St. and at New Balance London on Fanshawe Park Road W. at Hyde Park Rd

**March Pacer Meeting Monday March 14, Grosvenor Lodge 7:00 PM**

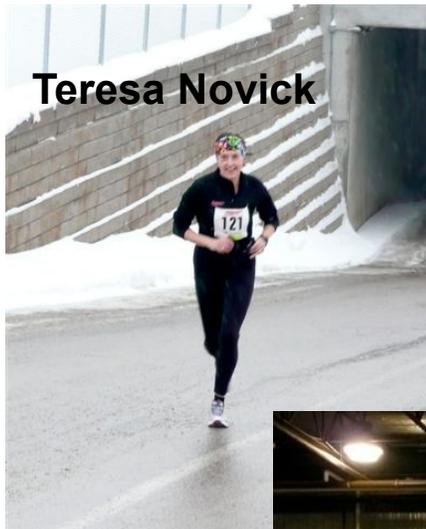
March Speaker: Bud Willis

The Pacers welcome London and Area running legend, Bud Willis. Bud's father, Ab was an avid competitive runner and, as some of you may remember, a London Pacer. Bud followed in his footsteps, starting out as a pole-vaulter, but making his mark as a distance runner -- running NCAA cross country at Western Washington University. Post-WWU, Bud competed in many road races and marathons (2:26:00 PB), and his prowess led to international appearances in the marathon.

Since his competitive days, Bud has "given back" to the sport in a big way. A guide for several London and Area visually impaired runners, Bud attended the Barcelona Paralympics in this capacity. Bud has been the convener of TVDSB Track & Field, TVDSB Cross Country programs, and road races from 10K to the marathon. As well, Bud has been the venue leader in sport administration for the World Transplant Games, the Ontario/Canadian Paralympic Games and the Canada Summer Games.

A leader in the YMCA movement for over 21 years in London, Kamloops, Sarnia, and St. Thomas, and a former Elgin County and Thames Valley District School teacher, Bud will speak on his life in sport: from his days as an elite runner, through to his current role as a coach of young athletes at the London Legion Track Club.

Refreshments follow the meeting.



**Teresa Novick**

**The Really Chilly  
Road Races  
London  
February 27, 2011**



**Dave House**



**Steve and Mark**

**Pacer Meeting Minutes Feb 14/2011**

Executive Committee in Attendance: Andrew Jones, Gwyn Hayman, Jim Burrows, Sherry Watts

Meeting Commenced at 7:04 pm.

Attendance: 20.

Andrew Jones chaired the meeting in Mark's absence.

✦ Andrew reminded membership of Runners' Choice Discount Sale for London Pacer Feb. 13-18<sup>th</sup>.

1. Andrew presided over voting in of Sharron Poole as Social Convenor. Nominated by Rita Melville; seconded by ? By show of hands, majority approved decision.

2. Race Report: none

3. Jim

Mentioned change in UWO TRAC night. Feb 17<sup>th</sup> cancelled and replaced with March 17<sup>th</sup>. Both Mar. 10<sup>th</sup> and 17<sup>th</sup> will be at 7:00 start.

Presented Rita with plaque for 1<sup>st</sup> Place W60 Team at 2010 National Cross Country Championships.

Guest Speaker: **Ray Takahashi**

Ray described his personal history from childhood beginnings in Judo in Vancouver to his coaching at UWO after the Los Angeles Olympic Games.

He left us with personal reflection:

**My Takes:**

1. Learning is ongoing
2. Mutual welfare and benefit (Jita Kyoei)
3. "Steady rain that soaks"
4. Don't get left behind
5. Expecting the unexpected
6. Aspirations
7. The winning perspective
8. Inspirations

Meeting adjourned at 8:32 pm.

## London Pacer Results

### Indoor Track

Feb 6 – Winter Mini Meet #3 Mixed 3000 Meter Race Walk  
 Plc Name Age Team Finals Age-Grading  
 2 Sharon O'Leary W42 London Pacers 18:35.87 17:37.29 65.73%

Feb 13 – Winter Mini Meet #4 Mixed 1600 Meter Race Walk  
 Plc Name Age Team Finals  
 4 Sharon O'Leary W42 London Pacers 9:36.06

Ontario Masters Indoor Championships, Feb. 27, 2011-02-28 W40 3000 Meter Race Walk  
 Plc Name Age Team Finals Age-Grading  
 1 Sharon O'Leary W42 London Pacers 18:22.39 17:24.52 66.54%

### Road Races

ING Miami Marathon and Half Marathon January 30, 2011  
 Name Div ChipTime ClockTime Overall SexPI DivPI  
 Julia McDonald F 60 to 64 2:08:45 2:18:32 5378 1775 7

2011 Rock 'n' Roll Mardi Gras, New Orleans, LA February 13, 2011

Name Chip Time OvrPI SexPI DivPI  
 Bill Spackman 2:20:33 5506 2626 52

(Note: Other London Pacers participated, but neglected to submit their results, therefore are not reported here.)

2nd Annual Really Chilly Road Races 10 km London Ontario February 27, 2011  
 O'all Place Name Gun Time Class Place Gender Place  
 11 Sean Cross 36:06 M40-44 1/8 9  
 13 Richard McClelland 36:24 M40-44 2/8 11  
 19 Tony Stokes 38:20 M45-49 1/13 17  
 27 Kyle Mehta 39:37 M1-19 5/8 24  
 36 Steve Hillman 41:04 M40-44 5/8 32  
 52 Teresa Novick 44:02 F50-54 2/10 10  
 62 Dave House 45:25 M45-49 5/13 51  
 73 Sanjay Mehta 46:46 M45-49 6/13 61  
 83 Nick D'Ascanio 47:55 M70+ 1/3 69  
 88 Chuck Edwards 49:12 M65-69 1/1 71  
 100 Gord Melville 51:36 M60-64 3/4 78  
 102 Lauren Burdick 51:48 F25-29 6/21 23  
 105 Tracy Hillman 52:12 F40-44 9/13 25  
 106 Cheryl Scollard 52:17 F45-49 2/7 26  
 116 Rita Melville 53:01 F60-64 1/2 32  
 130 Debbie Obokata 54:33 F55-59 2/4 40  
 179 Beverly Gribbons 1:05:43 F50-54 8/10 71  
 188 Brenda Sharpe 1:11:14 F45-49 7/7 80

2nd Annual Really Chilly Road Races 5 km London Ontario February 27, 2011  
 O'all Place Name Gun Time Class Place Gender Place  
 8 Scott Finch 18:06 SM35-39 1/3 8  
 9 Jim Burrows 18:28 SM45-49 1/4 9  
 17 Mark Faust 20:38 SM50-54 1/4 15  
 20 Meg Walker 21:21 SF25-29 1/6 4  
 49 Steve Coad 25:27 SM60-64 2/4 34  
 54 Julia McDonald 25:38 SF60-64 1/2 17

**Tale of 2 runners - "It was the best of times...."****Donna Kraft and Paula Muxlow - Disney Marathon Jan 9/11****Race sign up:**

**DMK:** I had no plans to run this marathon. I was going to race Hamilton in November 2010 and call it a day for marathons till next fall. But while running trails with Alita and James Milliken and Karl Keevil in the summer, they said they were running Disney and since I was going to be in Cocoa Beach that week, it seemed to make sense that I run it too. Huh! Running a marathon in Florida in January with zip training. Sense! I told Paula that J & A were doing it, I'd likely do it, other Pacers were doing it, so I'll run, she can stay with me at the condo in Cocoa Beach and run, and we'll "have fun". One of those plans that sounds a whole lot better 6 months in the future. Paula signed up. Told me the race was 1/2 full. So I signed up.

**Paula:** Well, I seem to recall talking to Donna on email about training for Hamilton and about her condo in Florida, and she happened to say Alita and James are running Disney and why don't you come down and run the race too? And I said, "I never wanted to do Disney but if everyone is doing it...." and Donna promised it wouldn't be hot in FLA then (based on last year). So in a weak moment I got on the website and signed up.

**Training for Disney:**

**DMK:** None. Other than the Hamilton marathon in November, and the Space Coast 1/2 in late November (with Deb Pearce from St. Mary's). After Hamilton I ate and ran for fun. Did no runs longer than 10 miles. Enjoyed Christmas. Ate chocolate. Relaxed and expanded. Worried that I would hurt myself from just being so slow I'd be running longer than I had ever done before.

**Paula:** Ha! Ha! Ha! So....it's only 8 weeks after Hamilton to the day. It will be a "long taper". After Hamilton, continued to run semi-long (15 to 21k max) every other weekend until the big day.

**Goals:**

**DMK:** Wanted to run with Paula but I was afraid of the time on my feet (it would be 1h15 slower than my Hamilton time). So, my goal was to finish with Paula if possible, but without injury.

**Paula:** 1. the medal; 2. the T shirt; 3. free day at Disney for completing. Also, to get to the start line uninjured because before Hamilton I had been injured twice and couldn't run 2 marathons I'd trained for because of injury; somewhere under 5 hours, accepting I would probably have to run by myself (with 17,000 of my newest closest friends).

**Highlights and lowlights of pre-race:**

**DMK:** no stress, Expo was a long way away from Cocoa Beach, it was packed and had long (Disney-type) lines, good Brooks shopping, Went 2 days before so could relax all Saturday. Paula cooked our pasta dinner at the condo - best I've had.

**Paula:** Packet pick up kind of odd - being Disney it was a lot of lining up, all at the huge ESPN complex. Parking was a puzzle, But it was a beautiful day, not too hot, and I looked at all the other people running and thought: I know I can drag my sorry ass through this marathon if they can. T shirt was too big. Now it's a night gown and I wear it all the time. Friday - felt no stress (oddly) about running a marathon in 2 days. "Pasta dinner" at home included copious (well 2 and 1/2 glasses) amounts of wine - helped me sleep.

**Race Day (or rather...pre-race night extended version)**

**DMK:** Bed 10ish. Had to get up at 2 am to leave condo by 3 am get to Disney by 4 am to get to corals by 5 am, to start race at 5:35 am. Sheesh! We both got up, did what we had to do (but how do you go to the bathroom at 2 am, or even 3 am?????) Worries about that. Also had different driving instructions to Disney. We weren't sure we were even heading the right way. We agreed that if it ended up we didn't make it there or in time, we'd just head home, go back to bed, and enjoy the day eating and on the beach and drinking wine. We were both fine with that. Once we saw the other drivers heading for Epcot parking, stress evaporated. After locating porta-johns a few times thereafter, there was no stress in that race, for me, ever again. It was cold. I wore a jogging suite I got at Bells Discount for \$9 over my clothes. Mini mitts, ear warmers.

**Paula:** After our pasta supper (which we didn't finish till 7:30 at night) we got ready for pre-race breakfast and realized we had to get up at 1:45 am to get to the designated area on time. That being said we didn't really go to bed till 10, knowing we had to be up around 2, and we actually did sleep (must have been the wine). Got up at 1:45 and did our silent pre-race prep. It was cold - close to 30 F, and I was thrilled. We were the only people on the 528 West, following the Disney instructions and wondering where all the others were? Exit 66, 65, 64 - Oh my! There they all are! Instant traffic jam! Donna said, "Well, if all these people are here, they'll all get in". Got to parking lot. The guy actually ran ahead of us to guide us to our spot and we put a toilet paper roll and a neon-yellow running jacket on the dashboard to find the car after.

#### Before the start

**DMK:** Found porta-johns, no line-up, then some with a line-up. Long, long walk to the start on the highway. Misty and dark. People were all dressed up in plastic, in blankets, dressed up, dressed down. Finally made it to the corrals on the freeway (Disney closes the roads), and to our corral, and stood about 1/2 hour. Toes got cold. Announcer at the start. Veterans, characters, lights, music.

**Paula:** Of course the worry over porta-pottie (PP) lineups is first and foremost in mind at that time of am. DMK got a tip that there were PPs to the right with no lines. No lines!!!! Such relief! Since we didn't have bag check gear, we decided then to head right over to the start line. So we wandered through the mist with the other runners. And we could hear the loudspeaker system welcoming people - telling them exactly where to go and exactly what to do, in a Disney-like fashion. Lo and behold we found more PPs. And we were happy. No usual sinking start line feeling. Just really happy and it was cold and not raining!

#### At the start line

**DMK:** Fireworks for each corral (wave) start. That was very cool! Announcer making a big deal about each wave! (The start of each wave - the announcer, volunteer, staff person, bystander etc. etc. making a big deal of each runner, everywhere). Ran on highways in the dark, but with huge light standards powered by generators. Highschool bands. Vigorous cheering sections. Then into and out of each kingdom, being welcomed in, and out. Lovely. Fun! Inspiring. After about 7 miles told Paula I'd finish with her if she agreed not to put my time in the newsletter. She agreed. All kinds of entertainment: bands, comedians, acrobats, banjo players, accordion players, vintage cars, chocolate aid station, Jumbotron on the dogleg, Neil Diamond's "Sweet Caroline" twice! Truly, good times never did seem so good! I felt great. I played mind games - told myself I was just running 5 miles, then 10, then 15, then 20, then 23, then 25, then the last mile was a no-brainer. Lots of fun. I can see now why people run Disney.

**Paula:** We're in the corrals - the race starts with the gun, the fireworks. I was a little girl again watching Disney with Tinker Bell and fireworks over the castle. I was thrilled. Each wave had fireworks. We were in the 4th wave. The highway that we were running on didn't seem like a highway because of the crowds and the fact that it was dark. All of the sudden we were at 5 miles watching the leader on another cloverleaf heading in the other direction. Thoroughly enjoyed the bands, 50-60s cars, the penny farthing bicycles in the parking lot, the nascars (who knew there was a race track in Disney) and Neil Diamond's "Sweet Caroline". At 10 miles we saw a couple - she in a white running dress and, for him, white shirt and black shorts and bow tie. I asked are you on your honeymoon? They said we will be in 15 minutes. So, they were getting married at the castle, we figured. They ended passing us because of our multitude of rest breaks (hmmmm! probably could have been 15 minutes faster) and by then had "just married" written on the backs of race bibs pinned on, and she had a veil. The announcers from then on talked about the "marathon of marriage". Ain't that the truth? We passed a blind runner at 18 miles and later found out he was a war vet and was doing the GOOFY! And we were amazed. Quick memories: Animal Kingdom -live animals! African drums! Frontierland - Daniel Boone; every Disney character under the sun, trampoline acrobats, electric parade floats in the dark, the Elvis singer while going by the golf course; running past Disney's sewage treatment plant - reminded us of Greenway; the deep thoughts along the road that caused me to almost knock over another runner (i.e. the Burma shave signs - do people really read the signs? I do!). Getting towards the end running around the lake on the boardwalk in Epcot, having them hold the train for us, hitting the wall at 23 miles and having DMK tell me to SLOW DOWN between walk breaks, the smooth surfaces, the gospel choir 300m from the end; and then the (huge) medal being placed around our necks! That's the way to do it. I was so happy when we finished!

**Race aftermath:**

**DMK:** We finished, got our medals (big honking medals), water, typical post-race food, didn't see anybody we knew, and headed for the car. Found it easily courtesy of enough brain cells still functioning to remember the lot name and number, and the day-glo jacket on the dash. We got changed in the back of the car (we have a history of doing that - another story). Exit was civilized. Lovely drive home. Lovely wade in the ocean. Naps, motrin, and a relaxing day. Next day we got our free (damp) day at Disney. It was full of clima-dry clad running couples. Not too stiff and sore. No injuries! Goal accomplished and then some.

**Paula:** Nothing really hurt! Of course we'd been on our feet for 5 hours and were a little tired. We looked for A, J and K. Didn't particularly fancy the free food. Tried to deek out to the parking lot but Disney doesn't allow for independent exit so doubled back. Had no problem finding the vehicle. Seeing our clothes were in the car we did a quick change in the back seat, well - as quickly as you can after running 26.2 miles. Happily took off for home with thoughts of a walk in the ocean and a shower. One of the benefits of doing a slow marathon is you don't hurt "too much", you can enjoy your walk in the ocean and shower, and look forward to supper (pizza) and walking around Disney the next day without many problems. Turned out the next day was torrential rain day - glad it wasn't race day. Disney in the rain as a tourist isn't as much fun as Disney was on the cold morning as a runner, but we had fun anyway. Amazed at the number of Goofy completers of all shapes and sizes. Some of the runners on the plane ride home looked worse for wear, some just sporting smiles and massive hardware. It would almost be worthwhile doing the Goofy for the shirt - almost.

**The final word:**

**DMK:** It was the most fun I've had running a marathon. Finished with Paula, my good buddy, and finished without injury. Goals accomplished. Don't really want to do it again, but I'm glad I did it once.

**Paula:** If you're going to run a marathon for fun, it's got to be Disney. If you're going to race it, be in the first corral. But why race it? It's Disney. Would I do it again? Only if you have a good friend to run it with and maybe only the half.

**Pacer Clothing**

Singlets (\$28.50) and long sleeved shirts (\$40.) available in a variety of sizes. See them at the monthly meetings or contact Sherry [pacertraining@yahoo.ca](mailto:pacertraining@yahoo.ca)

If you want a Pacer jacket, here is the process. Find a jacket in mostly red – it can have some black, white or grey trim. Take it to Mister Tees Clothing Company (MTCC) at 20-70 Pacific Court to get the logos put on. They can also put the logos on other items – sports bag, hats etc.

Wear your Pacer colours with pride!



## Track

Interested in venturing onto the track? Steve Weiler's London Distance Runner Club puts on a series of twilight meets at UWO which welcome runners of all abilities. Heats are seeded by time. Each night has a series of events.

Sunday May 8 is the Ontario 10,000m championships. Any of you who have joined Ontario Masters are eligible for the Athletics Ontario meets.

More details on these meets can be found at: [www.londonrunner.ca](http://www.londonrunner.ca) under RCLDS  
You can see the results from previous years if you want to know how you would fit in.

This is also a very good summer for masters track and field competitions in the area. The Ontario Masters Championships is on June 5 in Toronto with distances from 100m to 5,000m plus the steeplechase and racewalk. The Canadian Masters Championships is June 17 and 18 at the new Varsity Stadium at University of Toronto. And the US Masters Championships will be held in Berea PA (near Cleveland) on July 28-31.

For more information check out competitions at:  
[www.ontariomastersathletics.ca](http://www.ontariomastersathletics.ca)  
You can also see results from past years to check your comfort level.




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## London Distance Runner Lunch

Jim Burrows will be speaking at the London Distance Runner Lunch on Sunday March 27.  
Look for details at [www.londonrunner.ca](http://www.londonrunner.ca)

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### Some Thought Provoking Quotes By Some Famous Irish Folks:

*The tragedy of old age is not that one is old, but that one is young.* **Oscar Wilde**

*No wise man ever wished to be younger.* **Jonathon Swift**

*We are all born mad. Some remain so.* **Samuel Beckett**

*A life making mistakes is not only more honorable but more useful than a life spent doing nothing at all.* **G.B.Shaw**

*Vision is the art of seeing things invisible.* **Jonathon Swift**

*St. Patrick's Day is an enchanted time—a day to begin transforming winter's dreams into summer's magic.* **Adrienne Cook**



**Going On About it.....**

February is melting (yes, it really is) into March when we have to begin to see and feel warmer weather and maybe less and less clothing being needed on our workouts. Not to mention less laundry every week.

I cannot really complain as we were fortunate to leave for the first 2 weeks of February for a cruise which turned out to be the coldest 2 weeks of the winter. For any of you who have traveled to warmer climates, we don't talk about it much and for those of you who are destined to do the March break thing – enjoy!

Racing season is already upon us as the Really Chilly has happened and many of us are contemplating our races to judge what condition we are in, had hoped to be in or know now that we need to work a little harder. Hope everyone who participated achieved what they set out to do.

Around the Bay is rapidly approaching which is a true sign that spring is around the corner. I pledged at one point (okay many times) that I would never do that race again, but see you all at the start line yet again on March 27<sup>th</sup>. The Bay is always that bell weather race if you are looking to do a spring marathon as it is just the right time away from the late April or May events.

Well it finally happened. The Boston Marathon has done the right thing and changed their standards. After last year's mob mentality of filling the race in 8 hours, something was bound to change. Most runners believed the standards would be tightened and they have been by 5 minutes with no 59 second leeway beginning in 2013. What no one expected was the staggered registration process beginning this September for the 2012 event. Many people who just got in under the old qualifying standards might possibly have a tougher race to get into the race itself. Personally I am "allowed" to sign up on the 3<sup>rd</sup> day of registration coming more than 5 minutes better than my qualifying standard, so there might be a chance for what could be a final Boston Marathon for me.

Other than the Olympics or World Championships, the Boston Marathon is the only marathon you must qualify for and for that alone the integrity of the process of qualifying is integral for the race to continue being a credible one. Anyone who has run Boston knows the special feeling from start to finish no matter how physically or emotionally painful the journey was to complete.

Well, the training continues for many of us. It was fantastic to see all the training groups out in Springbank this past Sunday and proves yet again the dedication to the sport. Enjoy the last vestiges of winter and let's kick into gear for the spring...

**Mark Faust**

# March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 Trail Runners Komoka 6 PM	3 Track Night 8:30 PM Thompson Arena UWO	4	4 Racewalkers 8 AM, Springbank Gardens Trail Runners 8 AM, Medway Trails
6 Pacers pack run and walk and ATB training 8 AM Rowing Club	7	8	9 Trail Runners Komoka 6 PM Track Night 7:00 PM Thompson Arena UWO NOTE Change in time and day	10	11	12 Racewalkers 8 AM, Springbank Gardens Trail Runners 8 AM, Medway Trails
13 Pacers pack run and walk and ATB training 8 AM Rowing Club	14 General Meeting Grosvenor Lodge 7:00 PM Guest Speaker Bud Willis	15	16 Trail Runners Komoka 6 PM	17 Track Night 7:00 PM Thompson Arena UWO NOTE Change in time	18	19 Racewalkers 8 AM, Springbank Gardens Trail Runners 8 AM, Medway Trails
20 Pacers pack run and walk and ATB training 8 AM Rowing Club	21	22	23 Trail Runners Komoka 6 PM	24	25	26 Racewalkers 8 AM, Springbank Gardens Trail Runners 8 AM, Medway Trails
27 Pacers pack run and walk	28	29	30 Trail Runners Komoka 6 PM	31		Trail information: <a href="http://soiledsport.blogspot.com/">http://soiledsport.blogspot.com/</a>