

March 2013



# The Pacer

*Newsletter*

**The London Pacers Running Club**

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

*It's white, it's clean, it's  
beautiful and  
it's almost over!*

**Winter 2013!**



## Executive

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## **From your editors:**

### Newsletter information:

The deadline for the March newsletter is March 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

Best wishes to those with March birthdays.

Nancy DePutter, Jen Manley, Tom Massel, Michelle Braecker,  
Johanna Dobransky, Cathy Burke, Linda Luo, Wendy McNaughton, Diane Rainey

Warm welcome to new members

Diane Rainey, Joanne Miklos den Iseger



### **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 \$25 - 28.50 for a singlet, \$35 - 40. for a long-sleeved shirt.

Also Pacer 40<sup>th</sup> anniversary socks on sale at just \$5. a pair. Very few large white socks left and lots of grey or white in medium (men's shoe sizes 7-9.5 and women's shoe sizes 8.5-10.5).

See them at Pacer meetings.

If you want shirts or socks, contact Sherry

[pacertraining@yahoo.ca](mailto: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.

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.



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

Guest speaker TBA

We will let you know in an email who our guest speaker(s) will be.

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### **IMPORTANT Indoor Track Announcement**

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.

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**Rock the Road 10K**, London, ON Sunday August 18, 2013

Pacers members get \$10 off when registering using the special Promo code

**PACERS**

<http://rocktheroad10k.com>

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### **Running Books**

Two books on extreme running: Running to Extreme, by Ray Zahab, 2011 and Running on Empty, by Marshall Ulrich, 2011. Both are at the London Public Library.

Ray is from Ontario. He was smoking, drinking and felt stuck in life until he found running. He raced across the Sahara in 111 days and also ran in jungles and the Arctic.

Marshall is the Gretzky of ultrarunning. He holds many records. He won Badwater four times; he ran across the US in 52 days. When he is not running he's climbing mountains. He has climbed some of the world's highest peaks. Marshall took his running so seriously that he had his toe nails removed. No black toenails here.

Phil Waller

### Ontario Coaches Conference

At the Pacer banquet the club gave me some money to be used to further my coaching education. I put it to very good use by attending the Ontario Coaches Conference in February in Hamilton.

This conference attracted coaches from all over the country – from Inuvik, Thunder Bay, Moose Factory, Vancouver, Wikwemikong, Ottawa, Six Nations, Timmins and lots of other communities. There were all kinds of sports represented. There was a large contingent from the combat sports and softball, figure skating and soccer, rugby and hockey, synchro swimming and rowing, lacrosse and badminton, racquetball and squash.

There were amazing presenters over the three days. It started with Peter Jensen, the sports psychologist who has attended 7 Olympics and worked with 40 medalists. He described a coach as similar to a gardener, providing the conditions for the athlete to grow. He spoke of the importance of imagery. He described the way athletes and coaches can better communicate and spoke of trust as vital to the relationship. His book, *The Inside Edge*, is an excellent primer for anyone wanting to explore sports psychology.

A second sports psychologist, Wayne Halliwell, gave a complementary perspective. He played pro hockey in Europe and has worked with many of the Canadian Junior hockey teams so concentrated on team building. He spoke in depth about the use of slogans for giving teams a focus. He had some incredible insights on individual athletes as well, having been the sports psychologist for Joannie Rochette when she competed at the Olympics two days after her mother's death and for Alex Despatie when he had to get back on a board just weeks after being scalped when he hit a board in practice.

Three Olympic coaches spoke on their experiences with the trampoline, rowing and cycling teams. John Keogh and Ed McNeely talked about the changes they made in the women's rowing program over the past two years by adding considerable strength training and access to physiotherapy, massage, nutritionists and more which emphasized that all the little things are important in the concept of the aggregate of 1% gains. Since Olympic races are won and lost in fractions of seconds, 1% can be a decider.

Bruce Craven, a sports physiotherapist from Saskatoon who works with athletes in a variety of events, including Virtue and Moyer of ice dance fame, gave two presentations on biomechanics. We came out of his talks convinced of the importance of the butt, being that we are a "rear-end drive" creature.

There were talks on athlete identification, on concussion, on seasonal planning and conditioning for young athletes, on life skills, on moving from being an athlete to coaching, on legal matters in coaching and on building the program for clubs.

Greg Wells, known to viewers of the Canadian Olympic coverage for his *Superbodies* series, gave a tremendous talk illustrated with his videos. Greg is a research scientist as well as currently a media darling, so he is enamoured with the latest findings that could be used to make that tiny difference in performance. Some of his declarations are a bit controversial and some were contradicted by other presenters. He definitely challenged every coach who heard him.

Over the course of the three days, courses were being conducted for the National Coaching Certification Program for coaches of rugby, volleyball, weightlifting, softball, boxing, para athletics, judo, goalball and equestrian sport.

All the meals were provided which made it almost impossible to not meet other coaches. It was like being back in university, asking strangers "what's your major?" In this case it became "where are you from" and "what's your sport?" Or playing the guessing game – what sport do those people coach? The ones carrying bats must be softball and the table full of men with powerfully muscled arms would seem to be boxing coaches. There were jackets with Canada across the back or club names, or university team logos.



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Interacting with people from all those sports made it clear that coaches could learn to respect all the sports – football coaches were chatting with the synchro swim coach and I had a male figure skater tell me he thought racewalking was silly until he tried it. One hockey coach did seem to be having trouble understanding why the women's rowing team would keep on doing it when they only get media attention every four years. He did not seem convinced that most people do sports because they enjoy them, not because they could pocket a good salary or see their names in the newspaper. And a figure skating coach was amazed that most sports did not pay their coaches. However, it became obvious in conversations that the sports have more similarities than differences, from dealing with difficult athletes, to the politics in sports organization to the satisfaction of seeing someone perform better than they thought they ever could.

The conference was fantastic and I thank the club for helping me to get there.

Sherry Watts

### **London Pacers General Meeting – Grosvenor Lodge**

11-Feb-2013 7:00 p.m.

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

This week, the track time was switched to tonight, so our guest speaker will be first on the agenda.

### **Guest Speaker – Paul Roberts**

As you all know, Paul is the former owner of Runner's Choice (22 years), and is the current owner of New Balance, London. This past summer, Paul and his wife, Kathy, travelled to London, England for the second week of the 2012 Olympics, courtesy of New Balance (Paul won the trip). Paul regaled us with stories of his Olympic adventure, and showed us several slides and videos. This was Paul's 3<sup>rd</sup> trip to the Olympics; he also attended the games in Atlanta in 1996 and Athens in 2004.

Following an overnight flight to England (in a sleeper seat!), Paul and Kathy started their London adventure. New Balance had renovated the top floor of a building, close to their hotel, and this became their NB 'home away from home'. Downtown London, near Tower Bridge. Had a 360 degree view of London. I found this link to some pictures of the NB London Experience Centre.

[http://www.newbalance.co.uk/London-Experience-Center/london\\_experience\\_landing\\_page.en\\_GB.pg.html](http://www.newbalance.co.uk/London-Experience-Center/london_experience_landing_page.en_GB.pg.html)

Prior to trip, listed events would like to see; when arrived, received a packet of tickets for the week, and other goodies; could trade tickets with other reps, for other events

Had tickets for track on 1<sup>st</sup> afternoon; took boat tour to stadium (sponsored by NB)

Didn't see any pin collectors; saw lots of folks collecting and trading pins at previous Games

Saw Cycling (Keirin event) at velodrome; crowd really close to track, really loud; 25-30,000 people. Track is very banked.

Showed us a picture of himself with Eric Gillis at the NB centre; Eric is tiny!

Paul says that if you ever have the opportunity to go to the Olympics, you need to be in shape to get to venues; busy day includes transportation time as well as lots of walking. For example, from their hotel in downtown London it took 1-1.5 hours to get to venue, depending on time of day. Morning events went 9-11am; return for full meal in early afternoon, then leave at 5 to get to 7 pm event

Security wasn't bad at all; was worse in Atlanta; in Athens, stayed on a docked cruise ship and there was security to get on ship

Go through metal detector to get into Olympic Park (had several venues there); also some security to get into the actual venue

Paul showed several slides of various track events; great seats in the stadium  
Also so diving and taekwondo. At taekwondo they have an MC to get crowd going  
Went for a NB group ride on the London Eye; 45-50 minutes for one circuit  
Watched marathon from pub on back part of course; lots of Canadians; watched marathon on TV, then when  
runners were approaching the pub, would go outside to cheer them on. Paul had photos of all 3 Canadian  
runners  
Saw closing ceremonies; had to get there 1.5 hours ahead of time; audience had to rehearse for finale  
Ticket prices: £600 for closing ceremonies; prices varied for other events e.g. £75 for modern pentathlon; £800  
for last night of track

### **Club Business**

**Membership** - we are currently at 155 members; 40 are new

**Publicity** – we've had a lot of recent hits on website due to photos from Springbank International Road Races.  
For those who don't know, we were fortunate to receive many digital copies of photos from races in the 1970's,  
and they have been posted on our website.

**CPR course** – will be held at the end of February; still openings; see newsletter for details

**Grand Island Half Marathon** - For those who might be interested, Richard has received info about this half  
marathon, held near Buffalo on May 4. For more info, check the links below.

<http://www.grandislandhalfmarathon.com/>

[http://www.halfmarathons.net/usa\\_half\\_marathons\\_new\\_york\\_grand\\_island\\_half\\_marathon.html](http://www.halfmarathons.net/usa_half_marathons_new_york_grand_island_half_marathon.html)

**Race Reports** – none this month

**Forest City Road Races** - FCRR will have honorary starters for the various races this year. Folks are encour-  
aged to go onto the website to nominate someone. You are asked to provide info about how the person has  
contributed and given back to running community. Bruce Anderson suggested that there are several Pacers  
who would be worthy of this honour, and is encouraging members to nominate someone. The Pacers have  
been behind this race since its beginnings, and it would be great to have one of our members represented.

Richard has also received a letter from Deb Matthews regarding a program that is available to apply for grants to  
get people active; eg Learn to Run. Pacers may want to think about this.

**Election** – we currently have no president, but we believe we have a solution. Andrew Jones has expressed  
an interest in standing for the vice-president position. Richard would be willing to stand for President, and  
therefore leaving the VP position vacant. We will proceed with elections.

Richard Bird is nominated for the position of President by Brian Burke; Seconded by Kevin Garlick. No other  
nominations; nominations closed. Richard is acclaimed as the President of the London Pacers.

Bruce Anderson nominates Andrew Jones for the position of Vice-President; seconded by Pat Connor. No  
other nominations; nominations closed. Andrew Jones is acclaimed as the new VP of the London Pacers.

Congratulations to Richard and Andrew.

Richard thanked the executive for their work, and thanked Mary Ann for providing refreshments for the meet-  
ing.

Meeting adjourned at 8:10 for social time.

**FEB/2013 PACER RESULTS**

## Important Notice:

In the busy racing season it usually takes me a couple hours to aggregate all of our members' results. It would help me immensely, if you included your "club affiliation" in your registration form, if the race application has that field available. It appears the London Honda Race Series, now asks for that information. Please put down "London Pacers" the next time you do a race in that series.

Thanks,

*Jim Burrows, your race reporter.*

P.S. I'd still prefer for you to send me your results with a link to the race's results page to [burrowsjim@yahoo.com](mailto:burrowsjim@yahoo.com).

**MARATHONS****Thunderwolves Indoor Marathon**, Thunder Bay, ON February 10, 2013

Name	Time	OverAll Place	Sex Place /Div Place
Harris, Jamie (M)	5:57:44	7	6 /

**OTHER ROAD RACES****The Great Barrier-Free 5k run/walk**, Boyton Beach, FL Feb 9, 2013

87	Lorne Duquette	47:27	5 <sup>th</sup> M70+
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**Really Chilly 10km**, London, ON Feb. 17, 2013

Place	Name	Gender	Age	Time	Pace	Affiliation
13	Richard McClelland	M	42	36:16	3:38	Unattached
27	Tony Stokes	M	49	40:48	4:05	
41	Sean Peicheff	M	42	44:24	4:27	London Pacers
46	Steve Baarda	M	45	45:19	4:32	London Pacers
66	Rosemary Wedlake	F	59	48:24	4:51	London Pacers
68	Lauren Burdick	F	30	48:31	4:52	Unattached
84	Nick D'Ascanio	M	72	51:14	5:08	London Pacers
85	Chuck Edwards	M	67	51:14	5:08	London Pacers
112	Debbie Obokata	F	59	55:46	5:35	London Pacers
119	Melanie Ruse	F	43	57:15	5:44	Unattached
121	Paula Hill	F	30	58:20	5:50	Unattached
139	Manuel Teodoro	M	85	1:14:41	7:29	Unattached

**Really Chilly 5km**, London, ON Feb. 17, 2013

3	Sean Cross	M	42	18:01	3:37	Unattached
22	Morrison Reid	M	62	21:57	4:24	London Pacers
23	Kevin Garlick	M	50	22:01	4:25	Unattached
25	Teresa Novick	F	53	22:13	4:27	Unattached
59	Angie Smith	F	51	27:15	5:27	London Pacers
82	Diana Tran	F	31	30:57	6:12	Unattached
93	Debbie Garlick	F	51	32:12	6:27	Unattached
117	Joanne Miklos Den Iseg	F	66	38:21	7:41	Unattached

Lost Dutchman Course—  
running through the Gold  
Canyon

**Lost Dutchman Half Marathon**, Apache Junction, AZ, Feb 17, 2013

524	Paula Muxlow	2:14:54
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**Mardi Gras Half Marathon**, New Orleans, LA Feb 24, 2013

4504	Bill Spackman	2:16:44
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**OTHER EVENTS**

**Winterlude Triathlon Bal de Neiges relay**, Ottawa, ON Feb 2, 2013  
2 OTC Polar Express (1<sup>st</sup> female team) 1:15:33  
Skate 8K 21:39 Run 5K (Rachel Burdick) 22:18 Ski 6K 31:38

**Pacer Athlete of the Month: ROSEMARY WEDLAKE**

Rosemary Wedlake finished 1st in W55 age cat with 48:23.4 in the Really Chilly 10k, resulting in an age grade score of 80.78%. Rosemary was the only Pacer to break 80% in Feb. The next closest finisher in the W55 category was 7:22 behind. Congratulations to Rosemary, on an excellent start to her 2013 racing season.

**Honourable Mention:**

The next highest scoring Pacer in the month was Rich McClelland. Rich was 2nd master in the Really Chilly 10k running 36:15.4, giving him an AG score of 79.99%.

**Winter Beast of Burden 100 Miler**---*Teresa Novick*

I am happy to report that I was able to complete the Winter Beast of Burden 100 miler last month (Jan 26-27) in Lockport New York. I chose this winter event as I thought I would be able to finish it in a better time compared to my summer experience there in August of 2011. I never run well in the heat and thought a winter ultra would be the ideal event. Unfortunately I was not able to run it as well as I thought I should have, but I learned a lot in the process.

I was a somewhat concerned that I had not done enough training. With December generally being a busy month, Christmas, New Years and a week in Miami, my training was impacted. I had not put in as many miles as I had when training for the Summer BoB and was not sure how that would affect my run. As it turned out, my legs were fine. There were many other issues that were problematic.

About a week and a half before the race, two of my crew members had to back out for personal reasons. Tammy Whitehead had helped me on the previous BoB by running the last 12.5 miles with me, was still able to accompany me. I was very thankful that she volunteered to run the final 25 miles with me this race even though her longest distance for last many months had been only half of that.

I was keeping an eye on the Lockport weather the entire week before. With a few days to go, it was becoming an obsession. Checking the highs and lows, the hourly breakdown, the wind direction and speed. It looked like the Saturday high would be around -5 and partly cloudy and overnight drop to -14 with wind changing direction and speed over the 24 hour period (which it did do). I decided to bring almost all of my winter running gear and sort it out the night before.

We drove to Lockport on Friday afternoon. It was snowy and windy and slick on the 401 and 403. I was not impressed with who ever the MTO jobs out the winter road maintenance to. I felt a lot more salt and sand was in order. Most of the drivers however were being sensible. Thankfully, once we got south of Hamilton, the roads were almost dry and the rest of the drive was easy. The border crossing was quick with the US customs officer only asking us where we were going and why. I told him to Lockport to run a race (did not tell him the distance) to which he responded "in this weather?"

We got to the Lockport Inn and Suites about 3ish. After unloading the car and unpacking a few things, we drove down to the Erie Canal to check out the path that we would be running on. The course is a 4 times an out and back along the towpath along the canal. Unless it snowed overnight, the first mile of the pathway would be fairly bare. The rest however was snow covered with a few inches of snow. I was pretty sure that after everyone was done the first 25 miles, the snow would be tramped down fairly well.

Our next stop was sporting goods and groceries. We checked out a few shops then picked up some groceries for supper and the rest of the weekend and headed back to the motel. The rest of the evening we watched reruns of Bewitched, I Dream of Jeannie, the Odd Couple and Mary Tyler Moore. I packed my two bags of gear. All runners were allowed to keep a bag at the start and one at the turn around. Lights went out about 10:30 but I could not get to sleep. I remember last checking the time at 3 a.m. and then waking up at about 6:30. I had not slept well the night before either and was not sure how tired that would make me feel later that day and even more so that night.

After a light breakfast of a banana, oatmeal and coffee, we packed the car and drove down to the Marina and race start. Race pack pick started at 8:30, pre-race meeting at 9:45 and race start at 10. The race pack included a very nice pair of wool socks, a Beast of Burden multi-purpose head scarf neck warmer thing, a jar of organic peanut butter and the best long sleeved race shirt! I pinned my number on, dumped all my extra stuff in the car and headed back to the washroom for a final pit stop.

The race started promptly at 10. It was cool but sunny with an east wind. I discovered within in the first 2 miles that I had too much on and switched from a hat to a head band and put my mitts and jacket into a very light and small pack I had on my back. The footing was like running in fluffy mashed potatoes. It was not slippery, but it never felt like you were able to push off. It felt like I was using a different set of muscles to make myself go forward, a set that I would probably feel later on.

The first aid station was at about the 6.5 mile mark. It consisted of a port a potty and a large heated tent that was well supplied with chicken broth, lentil soup, water, electrolyte drink, granola bars, m and m's, other candy, very greasy grilled cheese sandwiches and pizza. I thought I would try to have hot broth at each stop at the minimum. The next aid station was located at the turn around (12.5 miles) and was in a proper building that was warm with regular wash rooms. Food was about the same, but they also had coffee which was great as I was pretty sure I would need it later to stay awake. I had brought my own supply of cashews and almonds and had a bit of that and some broth to drink. Then I changed my socks as they were completely drenched and headed back out. The return back to the start was uneventful. I stopped at the middle aid station and thought I should probably have something to eat, so I tried a quarter of a grilled cheese, some peanut m and m's and continued on back to the start. 25 miles done. I again had very wet socks and my feet were looking soggy so I put on a good layer of Vaseline and dry socks. Unfortunately I had not thought of Gortex shoes which I think would have helped stay dry. I did not feel like eating at all, but thought I should have something. I had part of an Ensure drink mixed with coffee and a small handful of nuts.



At the start of the second out and back, I don't think I changed up my clothing as it was still sunny and not too cold. I put a light jacket back on as I was cooling down a bit but needed to take it off within the first miles. Somewhere between mile 30 and 35, the temperature started to drop and the footing started to firm up in the areas that people were running on. It started to feel like you were able to push off properly. As the sun started to go down, I added a jacket and hat and mitts and continued to the turnaround. As I neared the aid station at the turn around, the sun was setting and the full moon was rising in the east; huge and pink with the pink sun setting light on it. It was absolutely gorgeous. I arrived at the turnaround station and tried to have something to eat, but found it very difficult to do. I was able to drink at least. I again changed my socks, used the washroom and, I made sure I had a bit of extra everything in my back pack in case the weather changed. The wind was now out of the west so I was running into it, but it was not too strong. I added a balaclava and headed out. The full moon was visible for the next hour or two. It was bright enough that you could easily have run without a head lamp on. I arrived back at the start and was pleased that I had been able to run the entire first 50 miles only stopping at the aid stations. A lot of people were already walking sections of the pathway. I again had to make myself eat something, and again this was a challenge. It continued to be so for the rest of the race. I kept up with broth or soup but could not get much more in.

The third out and back was going to be more of a challenge as I was starting to feel very sleepy and had to stop and walk the odd time. The wind had picked up but remained out of the west and was at my back. At the turn around I had a nice hot coffee, a mouthful or two of grilled cheese, changed my socks (my feet were now getting a few blisters) and added a jacket. I was wearing wool base layers and they wicked so well that I never had to change them. The temperature was dropping so I put on my very warmest balaclava and warmest jacket and then headed back to the start. I was feeling sleepy but the coffee at the turn around had helped. I got to the middle aid station and knew I had to have something to eat, but nothing at all appealed. I made myself have a gel, drank some broth and put some candy into my pocket to have along the rest of that section. I made it back to the start. 75 miles down; only 25 to go! I was pretty sure I had larger blisters now, but did not think my socks were wet and I did not really want to see how my feet looked, so I left things alone. Probably a good thing as I don't know that I would have been able to get my shoes back on had I taken them off. Tammy was getting ready to head out with me. I updated the items in my bag, had something to drink, used the bathroom (at least I was not dehydrated) and off we went.

The final out and back and a problem early on; I started to get abdominal cramps, the kind that signal a sudden bowel movement. I had to stop and walk until the cramping passed or until I started feeling cold and then started again. We had to stop very often because of this, but I made it to the porta potty without having an

accident. Inside the middle aid station I sat down in front of the heater and had a hot chocolate. I started to feel dizzy, nauseous and cold. The volunteer brought me a ginger ale, and then a hot water out of the kettle as she by this point knew I was just drinking hot drinks. I was a bit concerned about proceeding because I was not sure why I was feeling this way. I sat awhile longer and finished my beverages and started to feel better. If Tammy had not been running with me, I think I would have dropped out at that point as it was 6 miles to the turn around in the dark and cold, with not many runners on the path. Most people running the 50 mile race were finished, and there were not that many running the 100, 50 I think had started. I adjusted my layers and off we went. I continued to have to stop and walk because of cramps, but again was able to make it to the next aid station!

We made it to the turnaround just as the sun was starting to come up. The volunteers had wonderful home-made chicken soup which I was able to have a small cup of along with part of a freshly made waffle and cup of coffee. I added another layer and wind pants as I was feeling cool. The sun was now up and it was truly a beautiful winter morning. The wind was light and out of the south. The footing was firm, almost too firm and hurting the bottom of my feet. I had to continue to stop because of cramps, and sometimes because I was so very tired. We got to the middle aid station where again I had to use the porta potty and discovered that my period had started. I had a quick broth to drink and continued on. It took us a long time to do the last 6 miles, but we did make it to the finish. My total time was 24:15. I finished 13<sup>th</sup> out of 35 that finished, second out of 5 females. The first woman finished ahead of me by about 3 hours. I think she is 20 years younger and a very experienced ultra runner who ran the 135 miles Badlands ultra last year. The first male to finish was 28 year old speedster who finished in under 15 hours! Given the fact that I was running on very little sleep, low calories, pms and bowel issues, I was very pleased with my time. We collected our gear and headed back to the motel and got ready for the drive home.



## 2013 Members

***This list is for club use only.***

The March newsletter is the last for those who have not renewed their membership for the year. If your name should be here and is not, contact Gwyn (gwyneth.hayman@gmail.com). If you have just forgotten to renew – do it now! We'll miss you if you go!

We are getting more and more benefits. You know about the discount at Runners' Choice and New Balance London. We are getting discounts at several races. There is the free Around the Bay training and racewalk training and fall cross country training. There is often the opportunity to compete on a relay team or a cross country team. There is the use of the Rowing Club on Sunday mornings. There are, of course, incredible guest speakers and the fabulous newsletter. All this for just \$35. a year.

Name	Email	Name	Email
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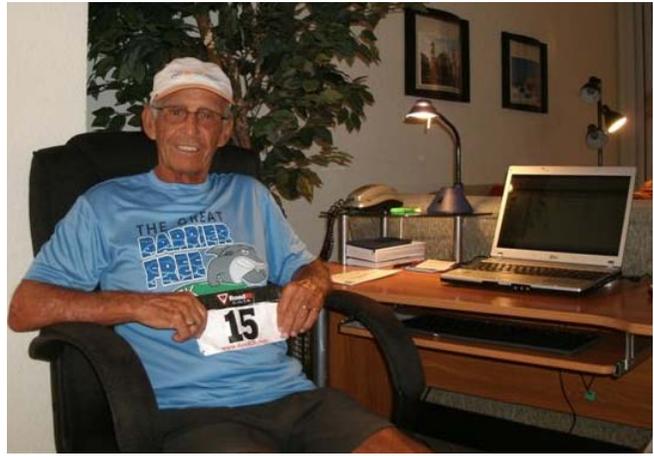
Hello from south florida --

Another Saturday in the sun -- and another 5km race-walk event.

This time it took place on Saturday morning races in Boynton Beach some 50 km away from the condo building on S Ocean Drive.

My sister Lucille and I drove out on Friday afternoon and stayed over at Fran's and Norm's in Lantana -- so it was a very short drive to the start on Saturday morning.

The race was called The Great Barrier-Free 5k run/walk and in its inaugural season was in support of raising funds for a one-of-a-kind park where barriers are eliminated so that children and adults of all ages, regardless of abilities, can enjoy a place to Play ~ Laugh ~ Live without limits.



The park in Boynton Beach is really in a beautiful and friendly setting and is well designed to accommodate the needs of less fortunate and physically challenged people.

The start of the race was just outside the park at the entrance of a posh tennis club and went out and back through a gated community called Hunters Run. The race course went through the community that had several sections named Windsor and Essex where the streets sort of undulated with the contours of the fairways and greens of an elegant looking golf course.

The park was far enough away from the ocean that the sunrise over the Atlantic was not visible. The temperature at 7:30 am was a bit humid but comfortable in shorts and singlet.

There were no racewalk categories and I had to compete with runners -- and we have results!! -- placed 87 out of 139 finishers and completed the 5km course in 47 minutes & 27 seconds --1 minute and 56 seconds faster than the 5 km race a week ago -- I think it was the great pasta dinner and the red wine that Fran served on Friday evening that did it :-))

And that was good enough for 5th place in the 70 plus age group -- two 70 year olds, one 73 year old and one 83 year old beat me to the finish line by quite a few minutes.

As a first year event it was very well organized -- they had a T-shirt and a breakfast of bagels, cream cheese, peanut butter, and dunkin-donut coffee at the end for the participants and that was followed by the awards ceremony at the new great barrier-free park pavilion.

And again, there was a bonus -- the mayor of Boynton Beach was on hand to start the race and for a speech at the awards presentation. I chatted with him and found out that he was interested in racewalking, so I had him take part in the basic first lesson of walking on-a-line -- he did ok -- but it looked like he has a lot of work to do before he can be a racewalker :-)).

And yes indeed it was a great morning on the streets of Boynton Beach -- It does not get much better than this -- well these young runners in the 70 + age group could have stayed away or have waited until Sunday to race somewhere else :-))

Cheers

Lorne