

November 2005



The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca

Two Old Pacers! (at the Terry Fox run, September 18, 2005)

Photo courtesy of Lorne Duquette



Inside this issue:

Fabulous articles written
by Pacers!

Photos of Pacers

Club Championship info

Piles of race results

The next Pacer
Meeting is on
November 14 at
7:30—bring your
running gear, we're
going for a pack
run!

The Vulture Bait was a
great success—thanks to all
participants and volunteers!

<u>Name</u>	<u>Title</u>	<u>Phone Numbers</u>	<u>Email Address</u>
Bruce Anderson	President	H: 433-7782	25 Franklin Avenue London, ON N6C 2G6 bruceanderson@execulink.com
Bill Nightingale	Vice-President	H: 672-0028 W: 317-6126	154 John Street London, ON N6A 1N9 bnightingale@mirtechsecurity.com
Jim Burrows	Treasurer	H: 474-3497 W: 667-3892	93 Fox Mill Crescent London, ON N6J 2B6 Jim.Burrows@TD.com
Judy Evans	Membership	H: 439-0894	118 Garfield Avenue London, ON N6C 2B6 jevansc658@rogers.com
Vacant	Publicity		
Donna Kraft	Social	H: 474-0638	47 Blackthorne Crescent London, ON N6J 4B3 Dmkraft2@aol.com
Daren Raoux	Secretary	H: 435-1471	100 Garfield Avenue London, ON N6C 2B6 draoux@deloitte.ca
Paula Muxlow	Newsletter Editor	H: 293-3697	P.O. Box 214 Ailsa Craig, ON N0M 1A0 pmuxlow@odyssey.on.ca
Liz Cramer	Race Reporter	H:	55 Woods Edge Close London, ON N6K 4K8 ecramer@rogers.com

November's meeting is on
Monday, November 14 at 7:30 at
Grosvenor Lodge at
1017 Western Road



London Pacers Running Club – Monthly meeting - Tuesday, October 11, 2005

Time: Start 7:33pm

Location: Grosvenor Lodge, 1017 Western Road

Executive in Attendance: Bruce Anderson (President), Bill Nightingale (Vice President), Donna Kraft (Social), Judy Evans (Membership), Paula Muxlow (Newsletter) and Daren Raoux (Secretary). Absent - Jim Burrows (Treasurer), Position vacant (Publicity).

Attendance: Approx. 25 people

1. The Turkey Trot was a successful event with close to 85 students in attendance including 27 students from Central. Bernie Conway played a big part in delivering event information to the individual cross-country running coaches within Thames Valley School Board. The pricing structure is suggested to change to help encourage elementary schools. A family rate (to a maximum amount of say \$10) is considered.
2. Sherry Watts spoke about a 1-day running clinic on November 26, 2005 (9 – 4 pm) at the Rowing Club. Sherry will use a variety of techniques including videotaping. Cost will be \$20 per Pacer.
3. The Forest City Marathon committee has announced that the Pacers very own Sonia Slaven has agreed to take over as the head of the London Marathon. She is very excited about the opportunity and is looking forward to the continuing support of the London Pacers.
4. The executive has received a number of entries for the Altheo Phidipes award. Keep the nominations coming and a decision will be made shortly.
5. The Pacers are still looking for some great people to serve on the executive. Currently the position of President is still vacant and another position may come free in January.
6. Donna Kraft is selling tickets for the Club Championship dinner. Cost is \$25 per person, and taking place Saturday November 19, 2005 at the Marienbad Restaurant (downtown London). Come one come all for the annual Pacer extravaganza.
7. Bruce Andersen is suggesting starting the Around The Bay training in December.
8. The November meeting on Monday November 14 will be a short business meeting along with the necessary executives' election, followed by a pack run. We would probably all like to be running rather than sitting!
9. Vulture Bait is coming up Saturday October 15, 2005, starting at 9am. We have 150 entrants so far with 26 in the 10K race. There is currently more people signed up in the 50K rather than the 25K. Currently there appears to be a sufficient number of volunteers, but Shannon suggested that any lost Pacer souls with nothing better to do on Sunday can show up at 7:30am at the Pavilion.
10. Our beloved Pat Connor spoke about the Chicago Marathon and his success at the race. The event featured close to 35 Londoners at the event.
11. Carl Keevil spoke about the success of the Run for the Toad event that took place on October 1, 2005. Some 550 entrants ran the event.
12. Tonight's Speaker is Bill Nightingale. Bill spoke about and showed the group his wonderful pictures of his trip to Grosse Morne Provincial Park in Newfoundland in August 2005. Also on the trip were Larry & Karen Gooder and Connie Lebrun. Tigger was no where to be found.

The formal part of the meeting ended at 8:27pm.

Newsletter Stuff

Please Remember: When you are submitting an article for the newsletter:

Articles should be in WORD format

and

photos should be in a jpeg format.

Please send articles and photos to pmuxlow@odyssey.on.ca

Don't forget to send your race results to:

Liz Cramer at ecramer@rogers.com (that is her new email address)

If you know of someone who has not been getting their electronic newsletter

PLEASE LET PAULA MUXLOW AND/OR DONNA KRAFT KNOW

and we will get your newsletter to you!

The **deadline for submissions** for the December newsletter will

be November 24, 2005

Thanks—from your Newsletter Editing team!

PACERS:

WHY SIT ON YOUR DUFF

WHEN YOU CAN MAKE FRIENDS AND GET BUFF????

JOIN US!!!!

INSTEAD OF OUR USUAL NOVEMBER MEETING

WE'RE GOING TO HAVE A MONDAY NIGHT PACK RUN

FOLLOWING A BRIEF BUSINESS MEETING

WHEN: MONDAY, NOVEMBER 14TH

WHEN: MEETING 7:30 - 7:45 PM

RUN: 7:45 PM TILL WE'RE TIRED

WALKERS/RUNNERS OF ALL SPEEDS, STYLES, QUIRKS & LEVELS OF ORTHOTICS USE WELCOME



Race Calendar

London and Area Races

October 2005

- 29 **Horror Hill**, 6 hour ultra trail run, 15k, 5k, Heidelberg Park, Waterloo, ON, www.conquerthecanuck.com/hhill/
- 30 **Halloween Haunting**, 10k, Springbank Park, London, ON www.runnerschoice.on.ca
- 30 **Marine Corps Marathon**, 8k, Washington, DC www.marinemarathon.com

November 2005

- 6 **1st Annual Angus Glen Half Marathon and 10K Reindeer Run**, Angus Glen Golf Course www.angusglenhalfmarathon.com
- 6 **Guelph Downtown 5k**, <http://www.therunningworks.com/5krace.htm>
- 13 **Paris Grand** half marathon, 5k, Kids 1k, Paris District High, Paris, ON www.runnersden.com
- 13 **Raid the Hammer Adventure Race**, Hamilton, ON www.dontgetlost.ca
- 13 **Pacer Championships**, Stone Cottage Springbank Park

December 2005

- 26 **Harold Webster Boxing Day 10 Miler**, Hamilton, ON www.aroundthebayroadrace.com/Harriers/home.htm

February 19, 2006

- 19 **Really Chilly Road Races**, Fanshawe College

March 2006

- 26 **Around the Bay 30k**, Hamilton, ON www.aroundthebayroadrace.com
Notice the course has been changed!

April 2006

- 17 **110th Boston Marathon**, Boston, MA, www.bostonmarathon.org

May 2006

- 13 **Trillium 10k and 5K**, Mount Forest, ON www.trilliumruns.ca
- 14 **Forest City Road Races**, London, ON www.forestcityroadracea.com

Vegetarian Recipe Corner

Well here we are into the cooler months and it seems that our bodies just seem to crave comfort food. This month I have a great comfort food which has been tested on certain privileged Pacers for their approval. And believe it or not this is the second month in a row in which there are no beans involved for those of us who are gastrically challenged. This month's recipe is called Shepard's Pie which is quite easy to put together and I am sure you will enjoy.

If you have any comments please contact me at keevil.carl@sympatico.ca

Shepherd's Pie

- 3 medium potatoes, roughly chopped
- 1 small onion, chopped
- 3 small carrots, chopped
- 1/2 cup spinach, chopped
- 1 stalk celery, chopped
- 1 large tomato, chopped
- 2 Tbsp. olive oil
- 1 15-oz. can of lentils, mashed
- 1/2 tsp. dried basil
- 1/2 tsp. salt
- 1 Tbsp. soy sauce
- 1/4 cup of almond, soy milk or rice milk etc.
- 1 Tbsp. Margarine or substitute with olive oil
- Salt, to taste

Preheat the oven to 350 F. Boil or steam the chopped potatoes until they can be pierced easily. In a medium saucepan combine and sauté the onions, carrots, spinach, celery, and tomatoes in the oil. Once the carrots are tender, add the mashed lentils, basil, salt, and soy sauce. Stir and simmer without a lid until the liquid cooks off. In a large bowl, mash together the potatoes, soy milk, margarine, and salt with a potato masher or fork. Set aside. Pour the vegetable mixture into a lightly oiled 9x 9 baking dish. Layer the mashed potatoes over the top. Bake for 15 to 20 minutes. Makes 1 pie.

Char-
Charity Bear Run

Join your fellow Pacers for the annual
ity Bear Run

On Sunday, December 4, 2005 at 8:00 a.m.

Meet at the rowing club and join the group in a pack run to the
Salvation Army downtown.

Your donations of food, toys, clothing and cash will be delivered to the
Salvation Army.

Pacers Club Championship Races

Mark you calendars, everyone – the Club Championship races will be held on

Sunday, November 13th

at 10:00 a.m.

in Springbank Park at the Stone Cottage.

This is your club, so come out and be part of these great races!

CLUB CHAMPIONSHIP PARTY AND AWARDS

WHEN: SATURDAY, NOVEMBER 19, 2005

TIME: DRINKS AT 5 PM, DINNER AT 6 PM

COST: \$25.00 PER PERSON (INCLUDES 3-COURSE MEAL)

WHERE: MARIENBAD RESTAURANT 122 CARLING ST, LONDON
(519) 679-9940

BUY YOUR TICKET NOW! LIMITED SEATING

FOR MORE INFO, CALL DONNA AT (519) 474-0636 OR E-MAIL AT dmkraft2@aol.com

CLUB CHAMPIONSHIP TICKET ORDER FORM

Name: _____ Phone: _____

Number attending: _____ Amount enclosed: _____ (\$25 per person)

Number of vegetarian meals required: _____

Make cheque payable to: *The London Pacers Running Club*
Submit form and payment to Bruce Anderson, Gerda Zonruiter or Donna Kraft or mail to Donna Kraft at 47 Blackthorne Crescent, London, ON N6J 4B3

Race Report

Race Report

by Liz Cramer

Every race has lots of numbers and lots of stories. Here are some of the numbers and don't forget to ask your fellow Pacers about the stories. Thanks to everybody who sent in "stuff". It may be the end of a busy racing season, but now's the time to reclaim the parks and trails from the summer tourists. Polish up your headlamps and get going! (Looking forward to your emails ecramer@rogers.com)

St. Mary's River Road Run (Runpiker Series)

September 25th

A humid day!

14k

9	Marco Balestrin	57:44	
14	Julie Froud	59:11	1 st F
17	Sean Lynch	1:00:21	
29	Lori Pszeniczny	1:05:13	
35	Robert Lewkowitz	1:07:37	
75	Arnie Spivey	1:26:18	
80	Bernard Conway	1:26:43	
95	Beverly Gribbons	1:49:02	

Scotiabank Toronto Waterfront Marathon and Half

September 25th

A humid day here too!

Marathon

218	Anne Cramer	3:24:08	4 th F25-29
246	Nick D'ascanio	3:26:25	2 nd M60-64
638	Liz Cramer	3:51:32	
704	Elizabeth Maquire	3:55:34	

Early Start

303	Judith Evans	6:57:49	
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Half Marathon

85	Dave Wainwright	1:26:02	
146	Christine Parks	1:29:40	2 nd F25-29
692	Paul Roberts	1:45:18	
697	Paul White	1:44:52	
725	Roberta Reardon	1:45:45	4 th F50-54
886	Jim Jones	1:48:22	
2116	Lore Wainwright	2:02:09	
2612	Kris Holland	2:07:04	
3912	Sara Morrison	2:28:58	

Run for the Toad, Pinehurst Conservation Area, Paris, ON

October 1st

25k

69	Christine Dirks	2:16:39	
92	Tomas Dobransky	2:22:48	
176	Kevin Yoshida	2:41:51	
204	Jennifer-Anne Meneray	2:47:57	
212	Carl Keevil	2:49:54	
225	Pamela Alambets	2:53:00	

246	Jennifer Anderson	2:56:26
317	Pat Clark	3:20:04
319	Larry Gooder	3:22:31

2005 London Runner Cross Country Open Parkwood grounds October 1st

4k

5	Gerda Zonruiter	14:57
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Budapest International Marathon October 2nd

	Phill Rikely	4:00:18
	Victor Kratchovil	4:49:05
	Lenke Kratchovil	5:38:05
	Bela Rikely	6:57:58

Festival City Run (Runpiker Series) Stratford, ON October 2nd

10k

4	Julie Froud	38:46
7	Sean Lynch	41:10
85	Katelyn Lynch	52:16
125	Patrick Lynch	56:43
134	Isabel Lynch	57:59

Prince Edward County Marathon Picton, ON October 2nd

She's back! My hero, Katherine, is running marathons again. I have chased that woman all around London. Katherine's husband, Phil and my husband, Brian, and Larry Gooder (always there with a helping hand) used to assist me in races by calling out how many minutes Katherine was ahead of me!

She beat all others in her age group and 36 others that are younger! If Katherine doesn't get back to babysitting her grandkids, then I'll be looking over my shoulder once again!

157	David Marsh	4:10:29 (PB)
166	Scott Slaven	4:14:14 (see story)
247	Katherine Pye	4:50:27 1 st F 70+

ITU JAL Age Group Triathlon World Championship Honolulu, Hawaii

October 9th

Canadian triathletes headed to Honolulu, Hawaii on October 8th to represent their country and take on the rest of the world in the 2005 ITU World Age Group Championships. This Olympic distance event was the highlight of an excellent week filled with an Aquathlon and Triathlon.

1500m swim; 40k bike; 10k run

17	Jim Burrows	2:06:44
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Royal Victoria 8K Victoria, BC October 9th

319	Joan Christensen	41:53 1 st F65-69
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Towpath Marathon, Cleveland OH October 9th

A scenic flat course mostly on crushed limestone with some long wooden bridges. There is a train ride to the starting line and the race started 20 minutes later than planned as the train was late!

16	Marco Balestrin	3:08:06 4 th M40-44
70	Herman Post	3:35:32



Chicago MarathonOctober 9th

Close to perfect marathon weather on a flat course. Some had the "1 in 80 marathon opportunity" (stats according to Bill Nightingale) where conditions are ideal and training and the day come together to make THE PERFECT MARATHON EXPERIENCE.

175	Steve Cochrane	2:42:32
856	David Wainwright	3:04:07
1164	Steve Weiler	3:09:26
1343	Patrick Connor	3:09:58
2422	John Ferguson	3:21:29
2971	Anne Cramer	3:26:19
4103	Margaret Li	3:32:46
5505	Sanjay Mehta	3:46:32 (PB!)
6389	Joanne Marks	3:43:52 (PB! and BQ for 2007)
6438	Roberta Reardon	3:44:00 (PB!)
6607	Debbie Obokata	3:44:36 (PB!)
7941	Liz Cramer	3:50:06 (PB over Waterfront)
14525	Scott Anderson	4:15:24
12132	Arnie Spivey	4:48:27
24509	Beverly Gribbons	4:54:23
26442	Lore Wainwright	5:04:39

Mt. Rushmore Marathon, South Dakota

(Two more left to go!)

October 9th

48	Mark Faust	4:13:12
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London Pacers Turkey Trot Springbank ParkOctober 10thFull results at <http://londonpacers.on.ca/>

Hey look Martha Wilson ran both races! And what a great sport – she congratulates daughter, Jeanette Evans, for beating her in the 2K race.

2k

10	Jessie Fleming	M7	08:55
14	Meg Wilson	F11	09:11
17	Evan Clark	M10	09:18
20	Jeanette Evans	F11	09:20
25	Martha Wilson	F44	09:28
27	Kurtis Anderson	M11	09:34
34	Vincent Cappa	M9	09:53
36	Sheri Cappa	F41	09:55
45	Melissa Evans	F7	11:03
46	Mike Evans	M45	11:06
55	Kyle Windsor	M11	11:44
57	Harley Williams	F9	11:44
60	Simon Dobransky	M9	11:50
66	Rachel Windsor	F9	12:45
80	Simona Dobransky	F42	19:30
81	Dominic Cappa	M6	19:43
82	Paul Cappa	M42	20:15
6k			
12	Haley Clark	F14	29:03
16	Tomas Dobransky	M44	30:18

22	Christine Dirks	F54	30:58
24	Diana Macdonald	F14	31:37
25	Gillian Roberts	F14	31:41
26	Paul Roberts	M47	31:43
37	Martha Wilson	F44	33:27
39	Bill Van Leeuwen	M71	34:58
40	Cathy Quinlan	F45	35:52
43	Jonas Dobransky	M14	36:25
52	Johanna Dobransky	F14	39:26

Vulture Bait (OUS Series) Fanshawe Conservation AreaOctober 15th

Hosted by the London Pacers. A grand total of 196 runners (That's a 40% increase from last year). Full results listed at <http://www.chiptimeresults.com/results/2005/vulturebait50k.htm>

50k

21	Margaret Li	4:49:28
40	Lisa D'ariano	5:22:24
44	Tomas Dobransky	5:37:48
45	Jennifer-Anne Meneray	5:38:40

25k

9	Gerda Zonruiter	1:57:09
34	Christine Dirks	2:15:56
47	Carl Keevil	2:24:47
49	Tina Morgan	2:25:37
53	Eric Magni	2:28:29
70	Victor Kratochvil	2:42:32
71	Don Ramsden	2:45:55
75	Cathy Quinlan	2:59:45
76	Karen Gooder	2:59:48

10k

1	Dominik Dobransky	42:22
12	William Van Leeuwen	51:13
19	Tom Lynch	56:50
25	Kelley Lynch	1:03:42
33	Dianne Van Leeuwen	1:05:00
34	Aggie Ramsden	1:05:48
38	Judy Evans	1:17:13

Down on the Beach (Runpiker Series) Grand Bend, ONOctober 16th

10k

23	Nick D'ascanio	44:02 1 st M60-69
29	Paul Roberts	45:23
40	Martha Wilson	47:50 2 nd F Masters
43	Ada D'ascanio	48:51
86	Bernard Conway	59:51
95	Mark D'ascanio	1:03:52
99	Kris D'ascanio	1:03:53

2005 World Triathlon Championships – Honolulu, Hawaii

Race Report by Jim Burrows

The world championships for every sport, usually brings out the best athletes in that sport. But when the venue is Hawaii, then it seems like there are even more of the best athletes prepared to test themselves against the world's best.

At 6:15 am on Sunday October 9th, I stepped onto the "lanai" outside of the 26th floor hotel room overlooking Waikiki. The sun had just risen and for the first time in 6 days the wind was not whipping across the balcony. It looked like it was going to be another beautiful Hawaiian day.

The first waves of athletes had just started the race and I had to get my gear into the transition area by 7:00. After that we were "locked out".

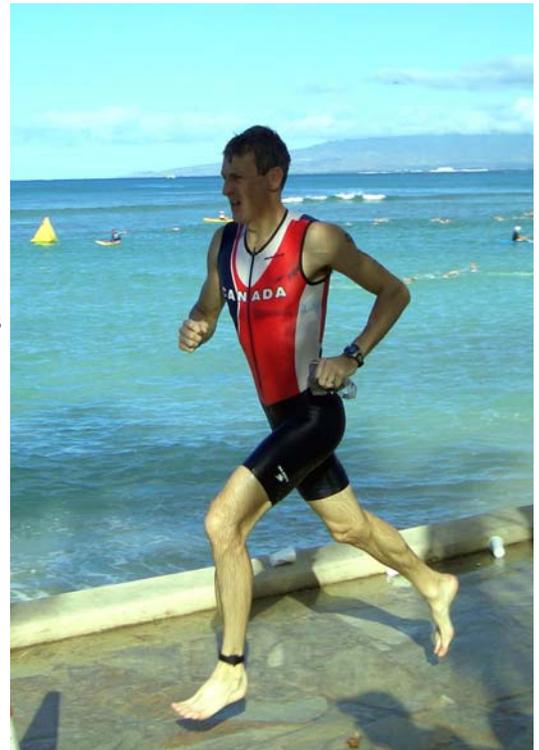
I walked the kilometre from the hotel along the beach and was surprised to see very few surfers in the Pacific Ocean. All week long there had been surfers riding the 5 and 6 foot waves off of Waikiki Beach. But today there were only a few diehard surfers because the waves seemed closer to 3 feet. That was my second positive observation for the day. Since swimming is my weakest sport, smaller waves would've benefited me as would lighter winds on the bike course. If the temperature had stayed below 80F, we would've had a near perfect day.

I also seemed to be breathing better. I had caught a cold 5 days earlier and had felt the worst effects on Thursday and Friday. By Sunday, I was felt almost normal.

After setting up my spot in transition, I had about 1 hour to wait before the 8:00 start for the Men 40-44. A short jog, some stretching, more hydrating and a 5 minute warm-up swim preceded the call to the shore for our start.

We marched into the ocean and lined up for the deep water start. Though I was happy the waves were only 2-3 feet, they were still 2-3 feet higher than they were at the London YMCA, and I was not looking forward to the inevitable mouthfuls of salt water. Because the water temperature was at least 75F, it was well above the temperature allowing the use of wetsuits. Too bad, because I've come to appreciate the added buoyancy (and speed) the suit provides. The gun sounded and all 127 men 40-44 (the largest wave) churned through the water. I was surprised at how crowded it was. I felt like one of a thousand fish in a trawler's net, just before it's pulled from the water. Bodies were all around and it took until halfway through the first lap before I felt like I had some space of my own. Typically, when there are lots of swimmers near, it's easy to draft of someone, but the waves seemed to shift us around making it difficult to stay close behind the swimmer directly in front.

Finishing the swim is always a good feeling for me and it's even better when it's in salt water. It's just nice to get the "worst" part over with. I definitely do not enjoy swimming in salt water. Although I felt good about my swim, I



knew that I was already well back of the leaders and I would need to have a strong bike to hope to come anywhere near my goal of a top ten finish. The leader already had a 4 minute lead. Unaware at the time of my exact placing, I later found out I had exited the water in a mediocre 65th place in 24:47.

It was easy to see that I had a lot of work to do once I got to into transition. It looked like about half of the bikes were already gone. But I quickly exited and passed about 6 guys even before I got on my bike.

Once on the road we exited Kapiolani Park and headed up the side of Diamond Head. Unfortunately for me we only skirted the side of the extinct volcano which resulted in a moderate climb. Ideally, I would've preferred to climb straight up, since I'm much better at climbing than at hammering in a big gear on a flat course.

I passed 5 or 6 guys on the uphill and then an American on a \$10,000 Cervelo P3 Carbon zipped by me. This is basically the same bike that the Team CSC used in this year's Tour De France. I gave chase, thinking he passed me only because his bike was 3 or 4 lbs. lighter than mine, but obviously he was at least as talented as me. We exchange lead 2 or 3 times before a British rider caught us. Then the 3 of us alternated the lead (legally) as we headed into the wind towards Koko Crater. At about 10 km we were caught by a rider with M45 on his calf, and a few minutes later, another male 45-49 went by. Until that point I thought I was flying as the 3 of us had picked off at least 15 guys in our age group. But when an older competitor seems to effortlessly pass you and you can't stay with him, it is discouraging. And to add insult to injury, that AG started 5 minutes later than us.

Just after the first 2 M45-49's went by it started to sprinkle. This is normal Honolulu weather and had I been on the run, I would've gladly welcomed the cooling rain, but I got worried that the roads would get slippery. Although the rain was very light and lasted only 3 or 4 minutes, I rode extra cautiously for every corner for the rest of the bike course.

Almost certainly there would've been a rainbow produced because it's a daily occurrence in Honolulu, but I didn't bother to look for it, since I was preparing for the only real climb on the course, up part of Koko Crater. I had been eagerly waiting for this point in the ride, since I expected to catch a number of riders on the hill. As a reference, it is about the same difficulty as the North Street climb out of Springbank Park in London. I shifted into my easiest gear and tried to keep my cadence high. I seem to do best if I chose an easy gear, stay seated, and spin as fast as I can. I don't go any faster than the other guys at the start, but by halfway up the bigger hills I can keep it going, while many others seem to bog down. I passed close to 10 riders on the climb, though probably half were women, but I had a goal of separating myself from the American and the Brit, and I successfully did that.

The halfway turnaround (20 km) was just after the peak of the climb and I negotiated the u-turn without incident, except I had a funny feeling that maybe I had turned too early. I had thought that there were 2 other riders with me at the turn, yet they didn't turn with me. They had to have gone a bit further, but I turned exactly where the sign was. I started to think that maybe I had shorted the course as I tucked behind my aerobars and made the decent at 70 kph.

A few minutes later the American passed me, but it seemed like we had dropped the Brit. We were passed by a couple more M45's, but I had stopped worrying about them since they weren't in my race.

The return trip to the transition area seemed much easier since the wind was at our backs, and even though the course is relatively flat, there seemed to be more downhill dips than uphill. I passed the American but knew he would be back before the end.

On the way back down Diamond Head the American passed me for the last time. I figured I would be able to catch him during the run, since I still felt like I had lots of energy left and we were less than 1 km from the transition area.

Coming into transition I jettisoned one of my cycling shoes off of my pedals. It seems like I do this all of the time as I leave my shoes clipped onto the pedals when I dismount before transition. I left the shoe on the side of the road, entered the transition area and was blocked by an official from the route I had planned to take to my spot in the bike racks. I had been told we could use any "lane" in transition. Apparently, this was not the case as I was re-routed down a more crowded lane. When I arrived at my spot I was relieved to see that the racks were "less full" than when I left, confirming that I was moving up in the standings. I quickly checked inside my shoes for gel heel pads that I thought I had left loose in the toe box, but didn't find them, which was a good thing since they were probably properly positioned in the shoes. My time in T2 was average which was good since I had a number of distractions that could've cost me time, i.e. the cycling shoe, the "lane" closure and the missing heel pads. [I exited T2 in the same position I had entered it, which was 27th.]

I left transition a step behind the American who I had battled on the bike. Immediately, we caught Kevin MacKinnon, the lead Canadian in our age group. It felt good to be the top Canadian at that point, but I was now concerned about the American who had created a small gap. I decided to let him go, but keep him in sight, which I thought would be fairly easy to do since we had 2 out and back sections on each of the 2, 5 kilometre laps. I went through the first two kilometres in 3:34 and 3:32, with my heart rate at 164. That pulse was a good sign since I had been riding most of the bike with a pulse in the low 160's, so it meant my effort was consistent. I felt like I was running within myself and that I should be able to maintain that to the end.

At about 4 km, I saw Lisa and the kids for the first time. The cheers that they screamed (especially Shayla's) were a wonderful boost and I picked it up the pace hoping to start making in-roads on the American.

At 4.3 k is the 2nd turnaround and at that point I realized 2 things. First, I wasn't catching the American and second, the sun was starting to get really hot. Even though the course looped through a park and was about 50% shaded, the temperature had climbed to 85F and it was starting to feel like it.

I split 5k in 18:35 (3:43/km pace) and noticed my pulse had risen to 168. Shortly after that it was up to 170. If a race is over 45 minutes in length, anything over 170 starts to get me worried unless I can see the finish line. I can't maintain that level for very long, without risking a slow fade (i.e. no kick) or worse a major blow up, where I end up in a crumpled heap at the side of the road. With the temperature still rising, I was most worried about the second scenario. I still had 3 k to go and I thought I was maintaining my pace, but in reality I had started to slow down. I was no longer catching runners in my age group, which was my first sign that I had ceased being the hunter and was now the hunted.

For the next 2 km, things were starting to look bad. My pulse had risen to 172 and I was feeling way too hot. I was certain that I was slowing down and I lost my cheering squad, which had moved closer to the finish line. At the turn around with 700m remaining, I knew I was not going to catch the American, but decided I should try to start my kick. It wasn't much of a kick since I was immediately passed by an American who flew by me. There was no point trying to go with him, since he clearly had lots left and I was already at close to maximum effort. I worried that he might be towing other fast guys with him, but there was no one else. (In fact, his run split of 34:32 was the fastest in our age group by 1:18.)

When I caught sight of the finish line, there was about 200m remaining. I took a quick glance over my shoulder (the first time that day) and found one more gear to finish off the race. My cheering squad was now at full volume and I was able to hang on and look good crossing the line. It was important to look good at the end, since supposedly every athlete was not only being photographed, but also videoed at the finish.

In the end I had finished in 2:06:58 for 17th in my age group. That's quite a bit off of my original goal of a top 10 finish. But there is a silver lining to my result. In my prior attempts at the Worlds I've been 6:28 (Cancun - finished 10th) and 7:47 (Madeira - finished 9th) behind the winner. This year I improved to 5:45 behind. Not bad for being one of the oldest guys in the age group. The level of competition was much stiffer than in previous years, so even though I improved relative to the winner there were more athletes in between me and first. It appears that the Americans really thought this was a World Championships worth attending, and compared to Portugal, where the only 1 US athlete beat me (by only 12 seconds), 10 US guys finished ahead of me this year. In addition, 3 Aussies and 3 Brits also bettered my time, which is typical of prior Worlds that I attended. But I'm still very happy with my performance and the fact that I was top Canadian in my AG. Among all Canadians I was 10th.

Final Results:

Swim 1,500m:	24:47 65 th place
T1:	1:21
Bike 40 km:	1:02:07 17 th place
T2:	1:05
Run 10 km:	37:41 16 th place
Total:	2:06:58 16 th place

As for the rest of our vacation, I can tell you that Hawaii is an awesome place to visit. The post race party was held on the sand on Waikiki Beach and we watched the sun set into the ocean. We had spent 7 days in Honolulu and after the race we traveled to Maui where we body surfed in the waves, hiked through tropical rainforests and watched the sun rise from the top of a volcano. Hawaii is now on my list of places I would like to "visit again". And I don't think I need a race to tempt me to come back, though there is a little race called the Ironman that might be fun to try some day.



If you're interested in seeing the finish line video clips they can be found at <http://www2.triathlon.org/age-group/honolulu/honolulu-tricast.htm>

Jim Finishing the race!

A VERY PERSONAL MARATHON—Prince Edward County Marathon – October 2, 2005

For those of you who have been training with me this past winter and summer, you will know that I have indicated on many occasions that I do not think I will do another marathon. Many good friends in the running community who are doing Chicago (did Chicago by the time this goes to press) question this thought process (are you listening Sanjay, Lore, Dave and Steve) and have tried to coax me into joining them. But alas, the day I finally got around to thinking I might sign up, the Chicago Marathon was closed – oh darn!! Can you tell I wasn't really all that upset?

However, as the training progressed I found myself wondering if I had one more in me – a chance meeting with Denny R. reminded me of the Prince Edward County (PEC) Marathon. PEC ran their first marathon last year and Denny had run in it and relayed that it was excellent.

For most of you, the PEC Marathon would likely rank as one you have never heard of, but for me, it holds a very special and personal meaning. Let me explain. First of all, in case you don't know, Prince Edward County is a little known piece of land that juts into Lake Ontario just south of Trenton / Bellville about 2 hours east of Toronto. Aptly named as it is almost an island virtually surrounded by water with the exception of a small piece of connecting land just west of Trenton. For anyone who has visited, it is one of Ontario's best kept secrets – rich in fertile farmland and some of the most beautiful beaches found anywhere highlighted by the largest natural sand dune system in the world.

It also happens to be the birthplace of my Father, my Grandfather, my Great-Grandfather and the place where my Great-Great Grandfather immigrated to from Ireland back in the mid 1800's. Great-Great Grandfather Patrick Slaven settled on a farm property on the Highway 33 (the main highway through the county) better known as the Loyalist Parkway. The farm property was passed down through a couple of generations and finally sold by my Grandfather in 1975 after all of his 7 children (including my Dad) had left the homestead. Over these years, the Slaven family became fairly well known in the county and many of my relatives still live there today. I have very fond memories of going to the farm every summer with my parents and visiting with my many aunts, uncles and cousins who all seemed to arrive in PEC each year around the same time. The final piece of folklore is that since the farm was in the family for so many years, the county changed the name of the concession road that runs beside the property to "Slaven Road" right around the time the farm was sold.

So back to the marathon – in a county so small as luck would have it, the marathon route runs right by the old farm and by Slaven Road – sooooo, when I finally decided to run another marathon, it seemed only fitting that I run Prince Edward County. When our good friends Lynne and David Marsh also expressed an interest in running the PEC Marathon, it sealed the deal. Lynne's parents live in Trenton so she and David also know the area well.

As it turned out Sonya and Lynne (both way better at this than David and I) were both nursing injuries and were unable to run, so it was up to us boys to show the way. Sonya booked us into a fantastic B&B run by the Welly Boys in Wellington just a 5 minute walk from the start line. After some county exploring, including a visit to Lake on the Mountain and the Slaven family plot (yes, I made them go to a cemetery), we all went to the expo and pasta dinner. The expo was surprisingly good for such a small marathon and the pasta dinner was first rate. Both were held at a farm between Wellington and Bloomfield (how quaint). We spent the rest of the night enjoying our sitting room at the B&B complete with satellite TV. The ladies had some wine while David and I enjoyed the county's best H2O.

Getting up at 6:30am for a very tasty light breakfast followed by a leisurely stroll down to the start line makes you wonder why people get all caught up in the web of the big marathons. Talk about a low key relaxing start to the race. Ahhhh, the race – I have to keep reminding myself that a marathon is not a race – it is a **marathon** and the goal is to complete it. As it turned out, we experienced record 28 degree October temperatures which played havoc with my lactic acid (what is that stuff anyway and how come it never shows up when you are doing training runs?!) and led to a very painful 4:14:14 (kind of a neat time don't you think?!) finish for me. David whipped my ass with a 4:10:29 (a PB) for which I am very proud of him.

For those who know me, I do not have lofty running goals and since I already have my sub-4 hour (3:58:49) marathon from Ottawa in 2004, time was not really my greatest concern. I knew by 25k that this was not to be a PB. Having said that, the course was mostly flat and beautiful and how can you complain when you get run a marathon that includes a very important part of my family history, get surprise sweaty hugs and kisses from a few of my cousins along the way and share it with Sonya and two of our favourite people, Lynne and David Marsh.

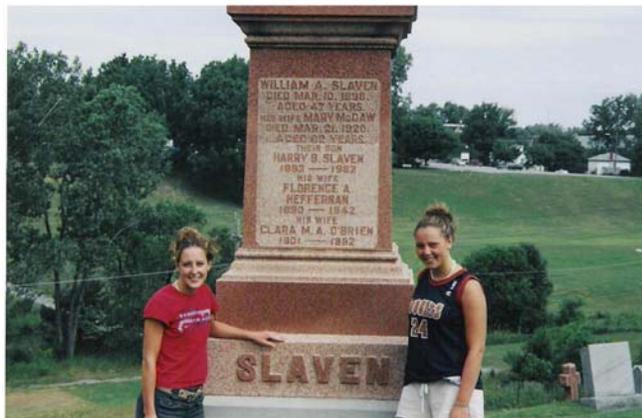
Scott Slaven



Go Scott Go!



David—looking cool. . . .



To complete the history of the Slaven Clan in PEC, I thought you might be interested in why I dragged Lynne and David to the cemetery - see the attached pictures which show the very impressive Slaven monument (see the one on the right with yours truly) - I have a copy of the original receipt at home which show is cost \$1,075.00 in 1888 - we have had it appraised at over \$100,000.00 in today's dollars - too bad you can't "cash in" a gravestone.

(It's Not Just About the Numbers.....)

Sometimes it's about the pictures that are worth even more than a thousand words.

I was asked to forward a request to Paul Roberts to include this "Mississauga hottie" on one of our race t-shirts. But if you look closely at the letters (Oh, you weren't looking at the letters?)... this young man is from Mississuga!

Liz—your race reporter



Race Results continued from Page 11

99 Andrena D'ascanio 1:06:59

The Toronto Marathon, Half and 5kOctober 16th

A very windy day.

Marathon

765 Jane Freure 4:02:03

½ marathon

3299 Sara Morrison 2:30:16

5k

198 Lloyd Kehoe 27:41

Weinacker Cup 10K Racewalk Dearborn, MIOctober 16th

This is the annual Ontario vs Michigan team competition and once again, Ontario wins 27 to 16.

Women 10k

11 June-Marie Provost 71:19

Run for Rehab 5k UWO Campus, LondonOctober 16th3 Gail Schmidt 24:18 2ND F**Elementary Schools Cross-Country**October 4th**Thames Valley District School Board Regionals West Div – Springbank Park**Novice Girls (b. '97) 1.5 km: Melissa Evans: 17thBantam Girls (b. '96) 1.5 km: Natalie Evans: 25thIntermediate Girls (b. '94) 2 km: Jeanette Evans 8th**Thames Valley District School Board Finals – Fanshawe Park**October 18thNovice Girls 1.5 km: Melissa Evans: 90thIntermediate Girls 2 km: Jeanette Evans 29th**Ontario Ultra series - OUS Trail Points** (after 8 events) as of October 1st**Women 40-49**

5th Karen Gooder

6th Jackie Windsor

12th Linda Ng

Women 50+

2nd Christine Dirks

Men 40-49

4th Michael Lathem

Men 50+

12th Larry Gooder

32nd Bill Nightingale

OUS Ultra Points (after 12 events) as of October 1st**Men 40-49**

9th Scott Turner

11th Tomas Dobransky

Women under 40

4th Jennifer Anne Meneray

More race results**CMAA 3 x 4k X-C Relay** Toronto, ONOctober 22nd

Individual result

21 Joan Christensen 22:04 W65

Detroit Free Press/Flagstar Bank Marathon, ½ and 5KOctober 23rd

Had heard the forecast was for 75% chance of heavy rain and gusty winds. Sherry said that the 25% came up and the temperature was about perfect. No wind, no rain and a high of about 48F. There are rumours that the top marathoners and top half marathoners may have gotten directed the wrong way once or twice. And some runners may have been held up on the bridge for a minute or so due to security. Perhaps we'll have some stories from our Pacer finishers before the next race report.

Marathon

287	Alex Muszka	3:16:19
777	Steve Hillman	3:37:52
836	Bruce Anderson	3:40:13 (PB!)
986	Jamie Harris	3:45:07
1078	Barry McKaig	3:48:33
1095	Richard Hamm	3:49:13
1289	Phill Rikely	3:54:48
1330	Annette Marentette	3:55:50
1645	Gwyn Hayman	4:05:05 (PB!)

Half Marathon Run

126	Mark Faust	1:34:24
224	Helen Roadway	1:38:35 (PB!)
267	Paul White	1:40:17 (PB!)
398	Rebecca McAlpine-Wright	1:43:50
709	Nancy Johnston	1:50:22
1029	David Wainwright	1:55:07
1665	Ian Johnston	2:02:52
2869	Paula Muxlow	2:20:11
3249	Sara Morrison	2:28:23
3397	Lisa Rand-White	2:32:15 (1 st Half marathon!)

Half Marathon Walk

Just heard about Half2Run. (i.e. half of the marathon in half of the states). Sherry has 4 and Mary has 3. (Hmmm - isn't that Mark Faust's name listed in the Detroit half?)

79	Mary Boyle	2:53:29
89	Gwen McLean	2:55:16 (a PB!)
90	Sherry Watts	2:55:19

Niagara Fallsview Casino Resort International Marathon October 23rd

23	Bill Wheeler	3:01:09 2 nd M50-54
654	Arnie Spivey	4:23:49 (faster than Chicago 2 wks ago!)
891	Tom Massel	5:08:31

The Good, the Bad and the Really, Really Ugly*By Sherry Watts*

A quick reminder: Portland to Coast Relay is the 400-team walking portion of the 1000 running team Hood to Coast Relay. There are 24 sections averaging about 5 miles each from Portland, Oregon, through the mountains to the little resort town of Seaside on the Pacific Ocean—a total of 128 miles. Each team breaks up into two vans and travels the road supporting their walker and getting to the next exchange in time for the next walker to take the wristband on for the next segment of road.

Linda Pimentel-Knott and I were recruited for the Road Rivals – a nine-member team competing in the very tough Open Women's division. Six of us were from the Portland area and three from Canada. If you recall, I was on that team last year when we placed second. Then the top three teams were within 150 seconds. This year our main rivals were the Streetwalkers, Nike Women in Black, the Quad Squad and for overall, the perennial winners, Racewalkers Northwest Portland to Chaos, in the mixed masters division. The teams go out in groups every 15 minutes starting at 4 AM. We went out at 10 AM with the fast group.

Our team – Linda B, the captain – organized, level-headed. Carla, her friend – emotional – supplied us with holy water from Lourdes. JulieAnn – team sponsor – loud, profane, cheerful, high-energy. Carmen – coach of the Portland part of our team – somewhat controlling yet not really committed to the event. Becky – the definition of “all about me” but also the team's fastest walker. Joellen – the other Canadian, from BC – reliable, selfless – definitely the personification of a team player. Penny – also a rookie to the race, very quiet. Plus the Pacer contingent, Linda P-K and I.

This was Linda's first time doing the event. She was sandwiched between the team's two fastest walkers, doing the second, eleventh and twentieth legs. Linda was handed a small lead by Carmen. A little ways into the leg, her obvious nerves seemed to dissipate because her technique smoothed out and she started walking with her steady, piston-like stride that covers the ground pretty darned fast. About a mile in she was passed by two women from the Streetwalkers and the Quad Squad and that is when she displayed an unexpected depth and feistiness for the first time that weekend. Al Gretzky will be reading this and saying “I could have told you that”. He is, after all, the one who gave her the moniker “Mighty Mite.”

Linda dug in and stayed with those women. When I saw what she was doing, I nearly jumped out of the van to tell her to slow down. There was no way she should be keeping up with them – one of them was the vaunted Mary Snider who walks 10 minute miles for marathons. Mary Snider who is a fierce competitor. Mary Snider who knows the race and knows what it takes to win it. The bear was going to jump on Linda's back any minute and she was going to have to carry him all the way uphill for the next four miles. Well, I underestimated her. Linda stuck to Mary like a burr. They both flew past the Streetwalker. Then Linda had the audacity to pass Mary. That did not last too long but Linda kept up to pass the wristband on to Becky just after Mary passed on to her teammate. Becky was our fastest walker. She moved out past the Quad Squad walker and moved on to gain a large lead.

I had a leg I was anticipating with pleasure. It's the first leg off the highway and one of two where the vans cannot accompany the walkers. I was looking forward to the quiet and just doing my walk. I don't know what I did wrong – not eat enough, not drink enough, start out too fast (I know, I know – I can teach it but I can't do it), maybe the heat (it was 87 degrees at that time). After the first mile I just could not move. I fell into a slow powerwalking pace. I finished my leg in a disappointingly slow time and spent the next four hours wrapped in my sleeping bag in the back of the van alternatively sweating and shivering while the world went around in misty circles.

Day turned to night as our team gradually pulled ahead of all of the competition, moving through the mountains and ever closer to the beach, passing teams which had started as much as 6 hours before us. Linda got to experience her first night leg, walking on a backcountry road with just a headlamp to keep away the darkness. My second leg was pretty uneventful, disrupted only briefly by a carload of loud young men declaring that “walkers rule” as they drove by. It was during the 16th leg that the rot set in.

5th Margret Li

Van 1 members were exhausted and had gone ahead to get some sleep while van 2 members walked their legs. We pulled into the exchange to await our last walker and van 1's first. There was no sign of the van. No sign of their walker. JoEllen came flying in from a magnificent leg, averaging 9:30 per mile and there was no one there for her to hand off to. So we stood and waited. The order of walkers must be maintained unless there is an injury so having one of us head out was out of the question. We stood and watched as team after team came in and left. The fastest of the teams we started with passed after 25 minutes. We had lost our advantage.

During this time the two "team leaders", the captain and the coach were each ready to throw in the towel. "Its all over." "We can't win now." "There is no use in continuing." That was the second time that Linda showed everyone what's she's made of. She drew herself up to her full 4 foot something and said, "I'm not quitting. What would I tell my daughter? I'm getting to the finish line if I have to walk the whole way myself." The race was back on . . . we had 8 legs left to win back some ground.

It certainly made things interesting. Everyone pushed hard to pass back all of the slow teams. The last leg feels like all new territory. Trying to race your heart out after all those sleepless, exhausting hours with bad food and cramped quarters. Linda walked as fast as she ever has.

I had the last leg. 5.95 miles. The Portland to Chaos team was leaving as we pulled in to the exchange. The Streetwalkers moved out shortly afterwards. The Quad Squad was there awhile longer but their walker also headed out long before I did. Women in Black's last walker was waiting as well. Our team had made it back into 3rd place in our division, 4th overall. It was up to me to maintain that position. Finally it was my turn to walk. I took off like a scalded cat, through the bush path, over lumpy gravel, grassy hummocks and stones. A mile along I hit the highway on a steep uphill. A mile of that and I reached the summit. My breathing was ragged. The needle was quivering at the redline. I'm good at downhill walking – not the easiest time to maintain legal style. The Women in Black van was dogging me – move ahead, watch me go by then move ahead again. I thought their walker must be close but I was afraid to look back. Relax, relax. Keep the hips loose. Keep the turnover quick. "I need to back off." "Don't you dare." "I can't keep this up." "Shut up and walk." My mental voices were having an argument. I rolled off the hill and onto the flat. Two and a half miles to go. "I can't do it. Let me just look back – maybe I can back off a bit." "Shut up and walk." I turned into the town of Seaside. Onto the bridge. A loose Dalmation catches one foot by I stay upright. Onto the steep foot-bridge. Pump the arms. Down the other side. A team of high school runners going flying by and tell me the next walker is a long way back. I can relax. But I hit the promenade beside the beach. Just .9 of a mile left. Can't back off now. I can hear the announcer (though he's saying I'm from team Loud and Proud – must be the Holy water influence making him think I'm from one of the church teams.) I try to kick it up a notch but I've got nothing left. Hold on. Hold on. I see a walker ahead of me moving slowly. I decide to pass her before the end just to finish things off as well as I can. As I draw along side, I realize that she is the Quad Squad's final walker. She sees me and runs a few steps to get ahead to block the narrow chute before the finish line. I have nothing left. I cross the line 3 seconds behind her and collapse against a fence post. Three seconds from 2nd place. I'm exhausted and disappointed and thrilled at the same time. Our team had pulled itself back (thanks to Linda's dogged determination that quitting was not an option).

But the story does not end there. An afternoon at the beer tent ensued. The "I'm never doing this again" attitude was gone in the afterglow of the challenge faced and the subtle recruiting for next year's teams had begun. A few minutes before the awards ceremony was to begin we wandered over to check the final results. There are a host of penalties possible and you just never know. And there it was. The penalty sheet. And there was our team. 120 minute penalty for "running" on the 3rd and 12th legs. Our fastest walker had been penalized for – I don't know what. Was she lifting? Perhaps. Was it enough for a 2 hour penalty? Who knows. It was terribly disappointing but it is part of our sport.

The relay is an amazing experience. Fun and hard work and frustrating and fantastic. If you ever have the opportunity, give relay racing a try.

Running Clinic

The London Pacers present a one-day clinic for runners who want to take that extra step in their training. This is for people who think about their running; for people who want to know more about why they train the way they do and what they can do to improve.

Included

Economical technique

Individual videotape form analysis

Drills

What training works and why

Nutrition

Recovery

Periodization

Effective heart rate training
and more

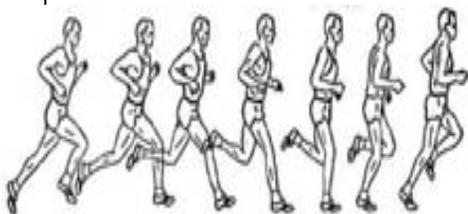
Where: Rowing Club, Wonderland Road

When: Saturday, November 26
9 AM to 4 PM

Who: the first 20 people to sign up

How much: \$25. each

\$20 for London Pacers



More information: Sherry Watts,
Level 3 Distance coach

858-9880 or pacertraining@yahoo.ca

RACING IN THE WORLD MASTERS GAMES IN EDMONTON AND IN SPAIN AND THE WORLD MASTERS ATHLETICS CHAMPIONSHIPS

By: Nancy Leo

I competed in the Racewalks at the World Masters Games in Edmonton, at the end of July. I had a successful outcome, but at a price. I was well trained and prepared for the races but the best laid plans often go awry. The one thing I had not taken into consideration was the altitude of about 2000 ft above sea level. Toronto, where I live is much lower and altitude is never a factor in either training or racing.

The 10km walk was in a beautiful park, a 2.5km loop around a pretty little lake. The favourite in my age group, W55-59, a gal from Edmonton, got off to a fine start with me and another Edmontonian in pursuit. I knew that Connie was virtually unbeatable but I figured that I could handle Kathy as I have raced against her in the past. I was surprised to find her sticking to me through 3 laps. When she didn't go ahead, I deduced that she was probably working at maximum and decided to make a move at the start of the last lap. I pulled away from her and was able to maintain my lead, beating her by about 20 meters in the end to capture the silver medal.

That's when my problems started. I bent over to catch my breath and found I couldn't straighten up without collapsing. Medical personnel were at my side instantly, escorting me to the medical tent. I was diagnosed as being dehydrated and they began getting PowerAde and water into me. It took about 20 minutes for me to feel recovered enough to get up and go for a massage which was interrupted by a call to the podium for the medal presentation.

I have never had this happen after a race before. Part of the problem was that I ate breakfast too early and had run out of fuel. Plus the altitude had to be a factor, along with the dehydration.

I only had two days to rest before racing the 5000m and I know now that I had not fully recovered from the 10km. This time, I managed to screw up the starting time and was not able to warm up because of that. We had a sort of false start and had to be called back after about 70meters as the gun is calibrated to the timer and the timer did not begin when the gun went off.

There were a few new walkers who had not raced the 10km and consequently were fresh. One was an American who surged to the front very quickly. Connie looked strong again and I imagined that she would either be first or second. She did catch and pass the American. Kathy and I went ahead of another walker and then Kathy passed me. She seemed to have a lot in her tank whereas I was struggling. She did receive two cautions on the DQ board for bent knees and was lucky not to be DQ'd altogether.

I was feeling depressed because I was in fourth place and could not see myself making up ground on the third place American woman. However, I am stubborn and didn't quit and gradually found myself gaining on her. I caught her with 4 laps to go and followed my coach's instructions to tuck behind to save energy and use my kick at the end. With one and a half laps to go, I felt her really flagging and didn't want anyone else to catch us, so I made my move and she was unable to respond. I beat her by 50 meters but again, I was on the verge of collapse and required medical attention.

The good news is I came away with two hard earned medals. I proved that I was mentally strong. I left nothing on the track but I was concerned with my physical collapse. Coach Sherry Watts and I had to evaluate what happened and plan how to prepare for the World Masters Athletics Championships in Spain which were just three weeks away. At least, it would be at sea level.

The level of competition at the World Masters Athletics Championships was much higher than at The World Masters Games in Edmonton. The WMA is dedicated solely to athletics competition while the WMG is more like the Olympics, offering some 21 different sports, like cycling, swimming, golf as well as athletics. Pretty well all the big guns in athletics gave Edmonton a miss, to concentrate on the WMA in Spain.

In Edmonton, there were 13 walkers in my age group, W55(Women 55-59) and I was seeded 2nd and 3rd, respectively in the 10km and 5km. In Spain, there were 30 walkers in the W55 group, with my seeding times putting me around 12th or 13th. I elected not to overextend myself in the 5km which was the first race. I have had a habit of going out way too fast at the start of a race and for this one I was very cautious. Perhaps, too cautious because although I finished 9th with my second best time of the season, I probably could have given a bit more effort. I wanted to save myself for the 10km where there was a slight chance of a team medal.

Somewhat anxiously, I waited to see what the weather would be like, as the day prior to the race, the temperature hit 40'. Fortunately, the day, although very humid was overcast and not too hot. I was battling a sore throat and the beginnings of a cold but it's amazing what happens when the adrenaline kicks in. The course was partly on pavement and partly on interlocking brick with a tricky transition from brick sidewalk to paved road down a small, slippery, metal ramp. There were lots of fellow Canadians spread out over the course who cheered us all along the way. I know their voices gave me a lift and I'm sure the other 11 Canadian women walkers felt the same.

Again, I finished 9th in my age group but felt prouder about my effort in this race. My teammates, fellow Pacer, Aggie Ramsden and BC native, Faune Johnson had a great race. I believe that Aggie was right behind me. We knew we were up against a strong team of three walkers from France and we thought Germany, Mexico and maybe the USA had teams as well. Imagine, our delight and surprise when Aggie motioned Faune and me down to trackside to receive a medal. Imagine, our further delight when that medal turned out to be silver!

So, a happy ending but unfortunately, I picked up some virus and have been sick since I returned home. Maybe, it's my body telling me to take some time off which is just what I've been doing. taking antibiotics, reading, resting, eating and putting on weight. Got to get those walking shoes on soon. After all, it's only 2 years till the next WMA championships in Italy.