

September 2007



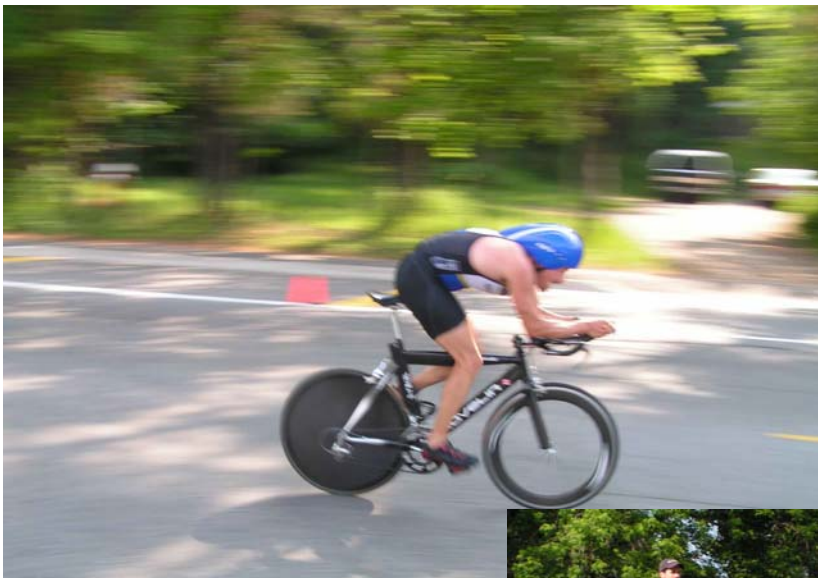
The Pacer

Newsletter

The London Pacers Running Club

www.londonpacers.on.ca

Pacers at the Muskoka Triathlon in August More photos and an article inside



Graham McGee



Jen Ditchfield (in black)

The next Pacer Meeting is on
Monday, September 10, 2007
at 7:30 p.m.
at
Grosvenor Lodge
See inside for more details

Deadline for newsletter submissions for the
October 2007
Newsletter will be
12:00 noon,
September 25, 2007

In case you missed it:

Check out page 89 of the August 2007 Runners World magazine.
Our own Donna Kraft can be spotted in the crowd (obviously she's the one in the Pacer singlet!) flying down the boardwalk in the Key West Half-Shell Half-Marathon.

Send articles and photos to
pacertraining@yahoo.ca
and race results to
gail_schmidt@rogers.com

Executive

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Newsletter deadline September 25, 2007

Please send articles, information and photos to Sherry Watts.

Send race results to Gail Schmidt.

519-232-9552

email:

ericmagni@yahoo.ca

The next meeting is on
Monday, September 10 at 7:30 p.m. at
Grosvenor Lodge at
1017 Western Road

HOT FROM THE PRES..... #07-06**August 29, 2007**

Hello Pacers!!

Newsletters. It is quite apparent that Sherry Watts and Paula Muxlow together are a superb editorial team. The quality and content of our newsletters is excellent. Thank you Sherry and Paula. Keep supplying those articles and photos to our great editorial team.

Shore To Shore Relay. I have spoken to many of those of you who participated in the Shore to Shore event, and it seems that there is consensus. The relay was a great success, and many of you have decided to do it again next year. I must compliment Willy van Klooster of the Westover Rehabilitation Centre for having the initiative and enthusiasm to see his dream materialize. Thanks to the Pacers that participated on the Advisory Committee and congratulations to all of you who ran and walked in the event. Much appreciation also to Sherry and Paula who produced a great supplementary newsletter that focused specifically on this relay.

Km Posts in Springbank Park. We now have 6 new kilometre marker posts in Springbank Park. Karen Eason was responsible for organizing this project which included negotiating with the City, coordinating the various players and attaching the plaques to the posts. From his files, Harry Littleton produced the original documents including the design and installation notes created by Bernie Conway. Harry was also responsible for ordering the plaques for the new posts. Dave Gale was our carpenter and produced the posts ready for installation. Bernie Conway checked and marked the locations of the markers. The City Parks staff kindly installed the new posts. The cost of the posts will be covered by a small part of our Trillium Grant. Thank you to everyone involved in this project.

Trillium Grant. The Pacers received a grant of \$11,700 from the Ontario Trillium Foundation in December 2006. With this money we have purchased, two double-sided finishing clocks complete with tripods, carrying/protective cases, rain jackets and a 2-wheel trolley; two Seiko stopwatches with printers; and a finishing tent. With the small amount of money remaining, we will pay for the installation of the Km posts in the Park, and possibly still have enough to buy loudspeaker equipment. Getting the clocks from the company in California was like running an ultra-marathon; out to a fast start, many long and painful up-hills, periods of extreme exhaustion, and finally, many hours after the predicted goal, crossing the finishing line. We paid half down in December, 2006, and they estimated that we would get the equipment in about 4 weeks. It took nearly 9 months to get the final pieces and that was after pleading, threatening and promising. I want to thank Scott Slaven for his tremendous support during this time. Scott allowed us to use his office for delivery of the equipment and assisted in the intricacies of customs and brokerage. The Dungavells have kindly volunteered to be the custodians of the clocks, however all requests to borrow the clocks must be submitted to the Executive Committee. It is a requirement for borrowing these clocks that a Pacer member accompany and return the equipment. We also don't want to inconvenience the Dungavells too much, so we intend to monitor requests for the time being and then lend the clocks to a specific number of groups only in the future.

The Magnis. Mary and I have sold our house in Westmount and moved last week to Nairn (near Ailsa Craig) where we will be renting an apartment in a friend's house until we decide what to do with the rest of our lives. I retired in November, 2006, and Mary retired in June, 2007. My new email address is ericmagni@yahoo.ca and my cell phone number is 519-902-8999 or the house number is 519-232-9752.

The Pacer Fall Program. We have a number of events coming up this fall including our regular monthly meetings, Turkey Trot, Vulture Bait, Club Championship and the Annual Dinner. I hope you will try and participate in as many of these events as possible. I look forward to seeing you in September.

Take care,

Eric

Walking in Oregon

Another August. Another Portland to Coast relay. After a one year hiatus, I returned to Oregon for the granddaddy of walking relays. Once again Racewalkers NorthWest welcomed me to their amazing team.

For those who have not read my previous accounts of this event, Portland to Coast is the walking section of the famous Hood to Coast relay. It starts in Portland, Oregon, travels along busy highways, quiet back roads and through the coastal mountains and finishes 127 miles later on the Pacific Ocean beach in the town of Seaside.

This year there were some 320 walking teams, 1100 running teams and an additional 50 teams of high school runners. Unless you have seen it, it is difficult to imagine the sea of vans and humanity moving along the roads through the heat of the day and into the cool darkness, finishing in daylight 24 hours or so after they started. There were teams from 35 states, Switzerland, Germany, Denmark, the Netherlands, England, Mexico and elsewhere.

The team I found myself on included some of the top racewalkers in Oregon. We also had three imports – one from Idaho and two Canadians. The team goes into the competition with the same goals every year – to start last, to be the first to the beach and to win the walk. It was not going to be so easy this time. A California team was gunning for us. They also had added two Canadians, trying to improve from their second place finish of 2006.

We had the addition this year of a videographer from England who traveled with our team. Those who have done these relays know the stresses of preparing and traveling and racing. Add to that the ever-present camera and its operator asking questions and taking up space in the van. He seemed fearless. He rode much of the way on a skateboard, riding in the middle of traffic to get the best shots of our faces and knees and feet. He had cartridge after cartridge of shots of racewalker feet. After a few hours the inhibitions we felt from having all of our words and actions recorded faded and things became more real. One can only hope that he will be discrete because we weren't always.

Our team started in the last group to leave the line, 6 hours after the first team headed out of Portland. Our walker started at the back, in order to give us the chance to pass every other team. After the first leg, we were in the unusual situation of not being first in our group. We were not even close to first. The California team was out front and pulling away. By the time our first van had gone through its rotation we were about 20 minutes behind them. Our second van held the real speed. First JoEllen set off up hill after cursed hill out of the fairgrounds. She gained minutes on the Californians. Rob took over from her on the infamous Pittsburg Hill and took the lead. But their walkers were not going to let us go. Ron worked hard but could not stay ahead. Then Kelly took over and showed the guy she was up against what walking was all about as they powered up those hills. They finished nearly neck and neck. Pat took over and showed them his heels. By the end of my leg, we were 18 minutes up on them. Through all of this we were passing the slow teams (road kill) in bunches.

It is somewhat dicey to be seen by the slow teams. Many of them are in awe of the speed, power and grace exhibited by real racewalkers but some are doubting that we are actually walking. Since participants can lay complaints against each other and some participants are not aware of what legal racewalking looks like, there is always the risk of a penalty. I was accused by one slow walker as I passed of running but nothing came of it.

We turned the wrist band over to our first van and headed to the town of Jewel where the high school raises money each year for its senior class trip by providing showers, food and some gym floor space for sleeping for a fee.

A wash, couple of hours of sleep and a hamburger and we were ready for action again. Once again the Californians had charged ahead of our team. We were fairly confident that we could make up the 22 minute deficit because we were up against their four women and only two men. But then they told us that one of their women was "injured" (we heard a lot of different stories about it in the next couple of hours) and would not be doing her last leg. They planned to substitute a man in her place. We told them to read the rules. They said they would switch categories from a mixed to a male team. We told them to read the rules again – even as a male team they had to maintain their running order. Were they trying to do anything to

beat us to the coast or was the injury and their ignorance of the rules legitimate? In any case we now had their three fastest walkers to contend with on the last three legs. I am considerably slower than their last walker so I begged my teammates to give me a 10 minute lead so I could stay ahead. Leg, after leg, we gained on them. We passed the last of the early starting teams and it was just the two of us out there in front. Kelly had a tough second leg, fighting through a hamstring strain but she gave us the lead. Then Pat took over on his 7.3 mile leg along a back road where the van could not follow. He emerged alone but we had no idea when I took the wrist band how much time he had given me. When I hit the final uphill, my team was estimating that we had at least a 15 minute lead. I had trouble trusting that. I could feel them breathing down my neck. I was tense and scared. The final leg has a nearly 2 mile downhill, my strength, even when I am not in good condition. I hammered down that hill onto the final 2 miles of flat road, zig zagging through the town. On the last bit of road before hitting the board walk I could hear footsteps behind me. Oh no! Half a mile to go and I'm being passed! No, no, no! But it wasn't the tall French Canadian walker that I feared. It was the first of the high school running teams. One goal shot down but the other was still possible. I hit the board walk and gave it everything I had. The Nike swooshes on the finishing tower seemed to be moving farther away. I could hear the announcer calling my team name. I could hear my teammates shouting. The swooshes were coming closer. I rounded that final corner and heard the chip mat chirp. Finished! Finished ahead of the Californians. One more team victory.

It is getting harder each year. RWNW is a strong team but its fast guys are getting older and some other teams are getting faster. I managed to hold my own and was invited back for next year to defend our position one more time.

Sherry Watts



Members to Members

Are there any Pacers out there who remember the 10k races held in July in Ailsa Craig back in the late 1970s and 1980s?

This year was the 2nd year a 5k race was held during the Gala Days (Turtle Races) weekend in Ailsa Craig. The organizers of this new event wondered if anyone has any history on the 10k races back in the 70s/80's.

Please email Paula Muxlow at pmuxlow@odyssey.on.ca if you have any information and she will have the race director contact you.

Pacer Discounts

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

WELCOME NEW MEMBERS

Cameron, Kaleigh, Larry and Michelle Morris, and Heather Snow

Warm greetings to individuals on the active membership list for 2007 who are celebrating birthdays in September:

Jim Burrows, Bill Eason, Bryan Gloyd, Megan Johnston, Rebecca, Kussner, Harry Littleton, Brian Martell, Gwen McLean, Anton Radlein*, Kirsten Slaven*

*entering a new age category

From your membership
coordinator

The Forest City Road Races want you!

There are several positions likely to be opening up on the Forest City Executive. If you want to make a difference, here's your chance. Key areas of the race organization, usually filled by Pacers include registration, the expo, course preparation and finish line operation.

If you want to contribute, contact the new race director,

Todd Allen,

by email at forestcityroadraces@tvcc.on.ca

or via telephone at 519-765-2103

Creemore Vertical Challenge – July 7, 2007

by Nancy Johnston

What would possess someone to run 25km in a race called a 'vertical challenge', that states in its promotional literature that it climbs the Niagara escarpment twice?

Five Pacers headed up to the Blue Mountains to answer the challenge.

On a hot July morning, we climbed and climbed, mostly on dirt roads with no traffic and little shade. Luckily there was a good breeze (of course we were up in the clouds). The view from the top was breathtaking (pun intended), unfortunately there was no chance to enjoy it. Once there, we plummeted downhill so steeply that you had to brake the entire way – quads screaming, toes jamming into the front of your shoes, only to climb again.

This was a really unique race. The start and finish was on a beautiful piece of property just off Georgian Bay at the base of the Blue Mountains. The race was started by a local octogenarian with his 1832 Winchester who hollered 'Git offa my propity' before blasting the gun, and sending us off. The prizes were pottery made by the property owner and maple syrup from their sugar bush.

After the race we sat in a creek up to our waists in cool water, sipping a cold beverage supplied by sponsor Creemore Breweries. Aaahhh...life is good. Let's do this again next year!



Nancy Johnston, Patrick Timmons, Jennifer Anne Meneray, Karen Gooder, Larry Gooder

Hello Pacers:

Was in Cebu city in the Philippines from June 1 thru July 5 and had the opportunity to take part in 2 events there.

There were no 'racewalk' categories in either of the races and there were no other racewalkers taking part .. but it was interesting and fun and nice to be a participant.

and we have results:

June 10, 2007 .. The Run for P.E.A.C.E.

Got up early at 4am and took a cab to the race venue and surprise, surprise not much was going on for a series of races that were to start at 5am. I guess that 5am was the time that the organizers started to organize, so you guessed it, there was a huge delay in the start time .. almost 2 hours .. and by that time, the sun came out and it got very hot .. I saw at least 3 people who were in real trouble when they finished the half marathon. There were over 1,500 people starting the races .. 3, 5, 10, and 21.1 kms

And we have results .. completed the 5 km course in 43 minutes, 51seconds .. not sure how accurate the course was, but judging from 20:15 at 2.5km, I think that the first half may have been short or the second half may have been a bit long and then again it was a lot hotter for the second half. Did not get the official finishers tshirt since they had a limited number to give out but when I asked about a shirt, the organizer gave me a race volunteer shirt because, he said I needed a souvenir of a Philippines run when I returned to Canada.

Did not get the oldest runner award either. An old guy who was 72 years old, and looked like he needed the cash, won the 500 pesos .. and so with the cab fares and the entry fee, that tshirt totaled 300 pesos or about \$7 Canadian .. a good deal, I guess if one needs more tshirts :-))

July 17, 2007 .. Father's Day Run

Father's day runs of 5 and 10 km were sponsored by a radio station .. Did not Start, could not register for the event since they had a limit of 1000 entrants.

July 1, 2007 .. The Adidas 5km Run

Happy Canada Day .. and we have results !!

Took a cab at 5am and got to the start line of the 5 km in plenty of time . The events a 3km and a 5km were hosted by Adidas who was involved on July 1 in simultaneous 6:00 am runs in a total of 10 cities in the Philippines. In Cebu, it was a common start with over 3,480 participants where everyone wore a RED & WHITE adidas singlet. And so on Canada Day on the street of Cebu, it was a sea of red and white. I started near the back and found this mass of moving people quite impressive - a fitting scene for Canada Day. I identified myself as a visitor by attaching a small Canadian Flag to the bib and had many people ask me about 'old runners' in Canada.

And we have results .. with the mass of people, the start was kind of slow and the last lap in the Cebu sports center stadium was cluttered with people from the 3 and 5 km who may not have known that they needed to get out of the way for the rest of the finishers to cross the line.

So, for the 5 km the time was 43 minutes, 48 seconds .. which is 3 seconds faster than the 5 km of a few weeks ago :-)) They handed out certificates as we finished and of course they got soaking wet and ripped up. There was some water at the end, but no lunch and a very short awards ceremony. I did not qualify for any of them :-((

Talked to 2 runners that I had met before, one a doctor from the BCBP Saturday am breakfast group who was there with his wife and 2 daughters . The whole family ran the 5km and they beat me by some 10 minutes. Another was from the ISO workshop of a few weeks ago who was there with 2 co-workers. They jogged and walked and were quite surprised that the old guy was ahead of them by some 10 minutes.

The next CESO adventure will be to Tbilisi, Georgia for the last 3 weeks in August .. and we will have results !!!

Cheers :-))

Lorne

PACERS INSPIRE: The September 2007 Race Report*Summarizing results to August 19, 2007*Please send results to gail_schmidt@rogers.com in advance of newsletter deadline.**May 13, 2007 Mississauga Marathon, Mississauga 1429 finishers; 807M/621F**

Overall place	Official time	Chip time	Pacer	Gender place	Division place
207	3:29:39.8	3:27:48.4	Jackie WINDSOR	19	2/88

May 26-27, 2007 Cabot Trail Relay 20th Anniversary, Cape Breton Island, N.S. 65 teams; 4 Female/45 Mixed/4 Military/4 Masters/8 Other

Overall place	Official time	TEAM	Category Place
4	20:26:37	MAD DOGS AND ENGLISHMEN	1

Team Members: Neil Whitlock, Bob Moore, Ed Whitlock, Andrew Carrothers, Nick Merucci, Joe Sikora, Jim Prince, Bill WHEELER, Dana Macivor, Ted Seyler, Mike Golding, David Sheridan, Fred Dykman, Lynda Deboer, Andrew Carrothers, Burt Long

June 3, 2007 Rock'n'Roll Marathon, San Diego, California 15958 finishers; 7729M/8229F

Overall place	Official time	Chip time	Pacer	Gender place	Div place	Notes
594	3:25:33	3:25:07	Mark FAUST	520	55/852	Report in this newsletter

June 10, 2007 HSBC Triathlon Series Lakeside Sunday Triathlon, Lakeside 193 finishers; 131M/62F

FINAL				800m Swim			32K Bike			8K Run		
Pos	Time	Pacer	Plc/ Total Cat	Place	Time	/100m	Place	Time	km/hr	Place	Time	/km
3	1:28:57	Jim BURROWS	2/17	6	11:27	1:26	6	48:54	39.3	3	27:04	3:23
188	2:32:35	Pat YOSHIDA	5/6	115	20:34	2:35	189	1:18:39	24.4	182	50:17	6:18

June 16, 2007 2007 Subaru Triathlon Series Muskoka Long Course Triathlon, Muskoka 792 participants

FINAL				2K Swim				55K Bike				15K Run			
Pos	Time	Pacer	Plc/ Total Cat	Cat	Ovr	Time	/100m	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	/km
24	3:00:34	Jim BURROWS	2/93	10	92	31:34	1:35	2	32	1:30:07	36.6	1	23	57:29	3:50

June 16, 2007 2007 Subaru Triathlon Series Muskoka Sprint Triathlon, Muskoka 436 participants

FINAL				750m Swim				20K Bike				5K Run			
Pos	Time	Pacer	Plc/ Total Cat	Cat	Ovr	Time	/100m	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	/km
26	1:13:26	GRAHAM MCGEE	2/40	17	16	16:47	2:15	1	1	31:51	37.7	6	40	22:05	4:25
33	1:14:32	JENNIFER DITCHFIELD	1/19	2	49	14:26	1:56	2	52	36:15	33.1	1	38	21:59	4:24

June 23, 2007 Ontario Ultra Series 15th Annual Niagara Half Marathon, Niagara Falls 94 finishers; 54M/40F

Overall place	Time	Pacer	Gender place	Division place
38	1:50:27	James Milliken	29	13/22
39	1:50:27	Alita Milliken	10	8/21
54	2:02:18	Larry Gooder	37	10/16

July 1, 2007 Embro Highland Games 10K, Embro 59 finishers; 40M/19F

Overall place	Time	Pacer	Gender place
21	48:19:00	Tammy WHITEHEAD	4
50	59:55:00	Ray LLOYD	36
53	1:02:21	Beverly GRIBBONS	17
54	1:03:04	Bernard CONWAY	38

July 4, 2007 Volkslaufe 5K, Frankenmuth, Michigan 756 finishers; 424M/332F

Overall place	Official time	Chip time	Pacer	Gender place	Division place
55	19:42	19.42	Mark FAUST	49	4/46

Notes: Report in this newsletter

July 15, 2007 Nissan 5K, Distillery District, Toronto 425 finishers; 183M/252F

Overall place	Time	Pacer	Gender place	Division place
88	24:56.8	Liz CRAMER	28	1/13
131	26:58.4	Gail SCHMIDT	47	6/15

July 19, 2007 Eaton Electrical Downtown Dash 5K, Burlington 396 finishers; 162M/233F

Overall place	Time	Pacer	Gender place	Division place
106	24:12	Gail SCHMIDT	34	7/32
109	24:17	Lloyd KEHOE	76	2/4

July 20, 2007 10th Annual Summer Night 5K, London 424 finishers; 199M/225F

Overall place	Time	Pacer	Gender place	Division place	Notes
13	16:55	Jim BURROWS	13	1/28	84.34% age-graded result!
23	17:54	Joerg DIETZ	22	2/27	
41	19:02	Fred CHAPMAN	38	1/11	
52	19:36	Mark FAUST	48	5/28	
53	19:37	Patrick CONNOR	49	6/28	
70	20:12	Dave HOUSE	60	11/27	
115	22:12	Jackie WINDSOR	29	1/25	
154	23:06	Bruce ANDERSON	110	12/22	
159	23:11	Christine DIRKS	46	1/7	
161	23:13	Bill BURDICK	115	15/22	
172	23:33	Donna KRAFT	52	3/25	
184	24:11	Debbie OBOKATA	56	2/17	
193	24:26	Rita MELVILLE	63	2/7	
219	25:19	Gord MELVILLE	138	10/11	
253	26:19	Heather SNOW	100	14/31	
270	26:52	Arnie SPIVEY	159	21/22	
274	27:04	Julia JOHNSTON	115	1/1	
275	27:05	Cathy QUINLAN	116	12/25	
295	27:58	Bernard CONWAY	166	4/6	
299	28:15	Gossette RADLEIN	131	3/7	
323	29:12	Ray LLOYD	176	5/6	
325	29:16	Vincent CAPP	177	22/29	
326	29:16	Paul CAPP	178	23/27	
327	29:17	Beverly GRIBBONS	149	20/25	
330	29:32	Isabel LYNCH	152	5/7	
384	34:05	Sara MORRISON	195	24/25	
410	36:30	Matthew ROBERTS	194	13/13	
413	37:05	Manuel TEODORO	196	1/1	
417	39:09	Dominic CAPP	198	10/13	
418	39:10	Sheri CAPP	220	29/30	

July 21, 2007 Ontario Ultra Series 11th Annual Damn Tuff Ruff Bluff Trail Run 50K, Owen Sound 48 finishers; 33M/15F

Overall place	Time	Pacer	Gender place	Division place
40	6:24:20	Tomas DOBRANSKY	29	14/14

July 21, 2007 Ontario Ultra Series 11th Annual Damn Tuff Ruff Bluff Trail Run 25K, Owen Sound 79 finishers; 49M/30F

Overall place	Time	Pacer	Gender place	Division place
32	2:24:16	Patrick TIMMONS	24	8/19
34	2:25:41	Dominik DOBRANSKY	26	9/11
35	2:25:55	Tammy WHITEHEAD	9	1/6
58	2:47:12	Carl KEEVIL	42	14/19
60	2:50:04	Karen GOODER	18	1/8
68	3:03:15	Larry GOODER	45	16/19

August 5, 2007 Niagara Duathlon, Niagara participants

FINAL				2K Run				25K Bike				7K Run			
Pos	Time	Pacer	Plc/ Total Cat	Cat	Ov r	Time	/100m	Cat	Ov r	Time	km/hr	Cat	Ovr	Time	/km
7	1:19:30	Bill WHEELER	1/18	1	9	6:43	3:22	1	6	42:51	35.04	1	5	28:39	4:06

August 5, 2007 Belwood Triathlon, Belwood 325 participants

FINAL				2K Swim				55K Bike				15K Run			
Pos	Time	Pacer	Plc/ Total Cat	Cat	Ov r	Time	/100m	Cat	Ov r	Time	km/hr	Cat	Ovr	Time	/km
32	1:44:13	Bill WHEELER	1/21	6	10 5	21:08	2:07	3	36	53:42	38.0	1	16	27:41	3:58

August 5, 2007 National Triathlon Championships, Drummondville PQ 242 participants

FINAL				750m Swim				20K Bike				5K Run			
Pos	Time	Pacer	Plc/ Total Cat	Cat	Ovr	Time	/100m	Cat	Ovr	Time	km/hr	Cat	Ovr	Time	/km
22	2:05:58	Jim BURROWS	2/23	9	86	26:59	1:48	6	33	1:00:06	39.9 1	1	7	36:15	3:38

Aug 6, 2007 55th Annual 13K Shore to Shore Road Race, Oliphant to Warton 201 finishers; 108M/93F

Overall place	Time	Pacer	Gender place	Division place
18	54:22.4	Pat CONNOR	16	4/32

August 11, 2007 Ontario Ultra Series Dirty Girls Trail Race 6 hour, Mansfield Outdoor Centre, Mansfield Ontario 35 finishers; 22M/13F

Overall place	Time	Pacer	Gender place	Distance
7	5:50:01	Tammy WHITEHEAD	1	50K

August 12, 2007 12th Annual Windsor Triathlon, Windsor 168 finishers; 118M/50F

FINAL				800m Swim			30K Bike			6K Run		
Pos	Time	Pacer	Plc/ Total Cat	Place	Time	/100m	Place	Time	km/hr	Place	Time	/km
8	1:20:40	Jim BURROWS	1/16	1	10:49	1:22	12	49:06	36.7	7	20:46	3:28

August 12, 2007 Tim Horton's 12th Annual Windsor Duathlon, Windsor 95 finishers; 61M/34F

FINAL				3K Run			30K Bike			6K Run		
Pos	Time	Pacer	Plc/ Total Cat	Place	Time	/km	Place	Time	km/hr	Place	Time	/km
71	1:55:01	Cal NEELY	2/6	70	14:40	4:54	75	1:09:17	26.0	61	31:05	5:11

August 12, 2007 South Huron Trail Run 8K, Exeter 188 finishers; 103M/85F

Overall place	Official Time	Pacer	Gender place	Division place
8	30:29	Andrew JONES	7	1/9
11	31:00	Joerg DIETZ	10	2/9
17	32:20	Fred CHAPMAN	16	1/6
35	34:56	Paul ROBERTS	32	4/15
47	36:14	Leslie JONES	43	1/8
52	36:21	Raymond WILKINSON	47	2/8
66	38:34	James MILLIKEN	57	6/11
69	39:03	Christine DIRKS	10	1/3
73	39:24	Roberta REARDON 14		1/7
78	40:17	Donna KRAFT	17	2/8
83	40:27	Bob FRASER	65	4/7
101	42:23	Alita MILLIKEN	29	6/20
119	44:25	Wendy FRASER	41	2/7
155	49:02	Ray LLOYD	94	2/3

Aug 17, 2007 Reach the Beach 5K, Port Stanley 72 finishers; 27M/45F

Overall place	Time	Pacer	Gender place
5	19:49	Mark FAUST	5
6	19:51	Steve HILLMAN	6
18	25:08	Cal NEELY	16
40	0:37	Susan NEELY	18

Aug 18, 2007 A Mid Summer Nights Run 30K, Toronto 349finishers

Overall place	Official Time	Chip Time	Pacer	Gender place	Division place
123	2:44:07	2:43:36	Robert FRASER	92/175	9/31
171	2:55:03	2:54:33	James MILLIKEN	45/67	113/175
219	3:02:49	3:02:19	Wendy FRASER	10/18	87/174
259	3:09:33	3:09:04	Alita MILLIKEN	41/60	110/174
262	3:09:56	3:09:26	Mike IZMA	151/175	25/31
263	3:10:07	3:09:37	Paula MUXLOW	12/18	112/174
264	3:10:07	3:09:38	Donna KRAFT	34/57	113/174

Aug 18, 2007 A Mid Summer Nights Run 15K, Toronto 240finishers

156	1:34:41	1:33:52	Marian DE GROOT IZMA	86/155	9/17
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Aug 19, 2007 EAS Pikes Peak Marathon, Colorado 773 finishers; 584M/189F

Overall place	Pos/Div	Pacer	Ascent	Descent	Total
488	21/29	Jamie HARRIS	4:24:43	4:03:07	8:27:50

And congratulations to the following Pacers who are currently ranked in the top 200 in Ontario (apologies for anyone I might have missed):

Masters Male 5K

Rank Overall	Age Group	Master	Pacer	Time	Race
208	3	44	Bill WHEELER	18:22	Waterloo Classic 5K
333	15	94	Fred CHAPMAN	19:22	Forest City Road Races 5K
421	101	131	Paul ROBERTS	19:50	Woodstock Dairy Capital Run 5K

Masters Female 5K

Rank Overall	Age Group	Master	Pacer	Time	Race
499	113	124	Gail SCHMIDT	24:12	Burlington Downtown Dash 5K
501	12	126	Liz CRAMER	24:13	Runners Den Confederation Park 5k
598	28	157	Liz CRAMER	24:57	Nissan Toronto 5K
669	138	174	Sheri CAPP	25:30	Forest City Road Races 5K
735	39	193	Liz CRAMER	25:51	Beamsville Bench 5k

June 17, 2007 30th Annual Waterloo Classic 5K, Waterloo 529 finishers; 252M/274F

Overall place	Official Time	Chip Time	Pacer	Gender place	Division place
11	18:22	18:20	Bill WHEELER	11	2/14

Open Male 8K

Rank Overall	Age Group	Master	Pacer	Time	Race
26	2	2	Jim BURROWS	27:52	Go The Distance 8K
73	15	15	Joerg DIETZ	29:49	Go The Distance 8K
154	4	49	Fred CHAPMAN	31:45	Go The Distance 8K
176	58	66	Patrick CONNOR	32:16	Go The Distance 8K

Masters Male 8K

Rank Overall	Age Group	Master	Pacer	Time	Race
26	2	2	Jim BURROWS	27:52	Go The Distance 8K
73	15	15	Joerg DIETZ	29:49	Go The Distance 8K
154	4	49	Fred CHAPMAN	31:45	Go The Distance 8K
176	58	66	Patrick CONNOR	32:16	Go The Distance 8K
201	68	79	Mark FAUST	32:48	Go The Distance 8K
268	4	120	Peter HAASE	33:50:	Go The Distance 8K

Open Female 8K

Rank Overall	Age Group	Master	Pacer	Time	Race
39	5	6	Gerda ZONRUITER	33:25	Go The Distance 8K
46	7	8	Gerda ZONRUITER	34:02	Robbie Burns 8 km Road Race
72	14	15	Jackie WINDSOR	35:42	Go The Distance 8K
112	29	32	Gail SCHMIDT	37:08	Robbie Burns 8 km Road Race
117	40		Jackie WINDSOR	37:13	Robbie Burns 8 km Road Race
133	5	40	Christine DIRKS	37:51	Go The Distance 8K
156	43	49	Donna KRAFT	38:44	Go The Distance 8K
179	7	51	Roberta REARDON	39:11	Go The Distance 8K
187	46	53	Martha WILSON	39:26	Go The Distance 8K

Masters Female 8K

Rank Overall	Age Group	Master	Pacer	Time	Race
39	5	6	Gerda ZONRUITER	33:25	Go The Distance 8K
46	7	8	Gerda ZONRUITER	34:02	Robbie Burns 8 km Road Race
72	14	15	Jackie WINDSOR	35:42	Go The Distance 8K
112	29	32	Gail SCHMIDT	37:08	Robbie Burns 8 km Road Race
117	40		Jackie WINDSOR	37:13	Robbie Burns 8 km Road Race
133	5	40	Christine DIRKS	37:5	Go The Distance 8K
156	43	49	Donna KRAFT	38:44	Go The Distance 8K
179	7	51	Roberta REARDON	39:11	Go The Distance 8K
187	46	53	Martha WILSON	39:26	Go The Distance 8K
203	9	62	Debbie OBOKATA	39:52	Go The Distance 8K
250	13	80	Rita MELVILLE	40:39	Go The Distance 8K
535	43	185	Gossette RADLEIN	44:58	Go The Distance 8K
539	4	188	Julia JOHNSTON	45:02	Go The Distance 8K

Open Male 10K

Rank Overall	Age Group	Master	Pacer	Time	Race
174	4	36	Joerg DIETZ	37:04	Forest City Road Races 10K

Masters Male 10K

Rank Overall	Age Group	Master	Pacer	Time	Race
174	34	36	Joerg DIETZ	37:04	Forest City Road Races 10K

Masters Female 10K

Rank Overall	Age Group	Master	Pacer	Time	Race
501	11	128	Christine DIRK	48:46	Dairy Capital Run 10K
609	141	161	Donna KRAFT	49:37	Dairy Capital Run 10K
624	21	166	Debbie OBOKATA	49:45	HBC Run For Canada Ottawa 10K
636	145	167	Susanne TESTOLIN	49:51	Dairy Capital Run 10K

Open Male Half Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
29	5	5	Jim BURROWS	1:18:43	Forest City Road Races Half Marathon
195	78	91	Mark FAUST	1:29:53	Forest City Road Races Half Marathon

Masters Male Half Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
29	5	5	Jim BURROWS	1:18:43	Forest City Road Races Half Marathon
195	78	91	Mark FAUST	1:29:53	Forest City Road Races Half Marathon
322	132	170	Dave HOUSE	1:34:13	Forest City Road Races Half Marathon

Open Female Half Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
182	62	67	Jackie WINDSOR	1:43:38.3	Grimsby Half Marathon

Masters Female Half Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
182	62	67	Jackie WINDSOR	1:43:39	Grimsby Half Marathon
225	8	87	Christine DIRKS	1:45:20	Forest City Half Marathon
447	22	176	Maeve ARMSTRONG-HARRIS	1:51:52	Forest City Half Marathon
469	24	186	Debbie OBOKATA	1:52:21	Forest City Half Marathon

Open Male Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
122	47	56	Andrew JONES	3:07:31	Forest City Road Races Marathon

Masters Male Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
122	47	56	Andrew JONES	3:07:31	Forest City Road Races Marathon
292	107	141	Patrick CONNOR	3:19:06	Forest City Road Races Marathon

Open Female Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
68	23	27	Jackie WINDSOR	3:29:40	Mississauga Marathon

Masters Female Marathon

Rank Overall	Age Group	Master	Pacer	Time	Race
68	23	27	Jackie WINDSOR	:29:40	Mississauga Marathon
457	159	175	Donna KRAFT	3:57:54	Forest City Road Races Marathon
460	15	176	Liz CRAMER	3:58:11	Mississauga Marathon

For more rankings, go to:

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

More Muskoka pics



Graham McGee

2007 Summer Triathlon Race Report

My summer triathlon race season was concentrated on 2 races in the first weekends in August. The first was the Canadian Triathlon Championships in Drummondville, Quebec, which was my primary focus for this year. The second was the Windsor Triathlon.

The Nationals, were important for 2 reasons. First, I wanted to finish in the top 8 so that I could take a position on the 2008 National Age Group Team that would be competing in Vancouver. Second, I had finished 2nd and 3rd at the Nationals and was hoping I could again get a podium finish, and maybe even get the gold.

There was one other reason for going to Drummondville. I had been voted by Triathlon Canada as the Male Master Duathlete of 2006, based on my M45-49 win in 2006 in Newfoundland at the ITU World Championships. Trican had planned the awards ceremony to coincide with the pasta dinner the night before the race. I wanted to be there to collect my award in person.

The morning of the race was perfect, with temperature at 17c and no wind. The St. Francois River, where we swam, was 25c and calm, though there was a mild current. Both the bike and run courses were fast and likely fast. Race times were likely to be fast.

Fast forward through the race and everything seemed to be going well. I completed the 1,500m swim, which by my standards was a bit slower than I had expected. My 40k bike was very strong, helped in part by a super fast disk wheel and aero front wheel, that Graham McGee had graciously lent me. And I was in the process of picking off runners on the 10k run course.

Lisa was cheering me on from the sidelines and had informed me that I had at least 3 guys in my age group ahead of me at the start of the run. The 4 lap out and back loop course enabled me to determine that there were 4 guys ahead of me. One was 1 min. ahead, the next 2 were another 1:00 and 1:30 further down the road, and the leader was an amazing 4:30 in front of me. Unless the leader had to stop to walk it seemed unlikely that I would catch him. But I still felt confident in my running and slowly I started making in-roads. After each lap I caught another competitor, until on the last lap I only had the leader ahead of me. But it was obvious that he was running well, and there was no way I could catch him. It turned out, he was the 3rd best runner in my age group and I could only take 2 min. out of his lead.

So I ended up with the silver...again.

Times: Swim 1,500m	0:26:59
T1	0:01:14
Bike 39 k	1:00:06
T2	0:01:24
<u>Run 9.75 k</u>	<u>0:36:15</u>
Total	2:05:58

I checked out the final results and they confirmed my suspicion that I had a terrible swim. I'm not exactly sure why, but it seems likely that it was a combination of a number of factors, that could probably best be summed up as I wasn't focusing on my stroke.

Two days later, I was back in the pool and had one of the best swim workouts I have ever had. If I had swam like that in Drummondville, could I have challenged the M45-49 winner? Maybe, but hopefully he took a spot on the national team, so that we can race each other in 2008 in Vancouver.

The following Sunday I raced in Windsor. I was determined to prove that my swim in Drummondville was a fluke.

I warmed up thoroughly and focused on proper technique prior to the race. I went on to have the most amazing swim split, beating every other competitor, including all the pros. So that proves I can swim fast, right? Not exactly, since the water was very shallow (the Great lakes are very low this year) I was able to dolphin dive over $\frac{3}{4}$'s of the swim course. It only proves that I can dive faster than everyone else can dive and swim. Regardless, I can now boast that I once had the fastest swim split in a triathlon.

The swim set me up for a great race and I end up with faster times for each of the segments than I had in 2006 and virtually the same result (actually 13 seconds faster) than I raced in 2005. Not bad for an aging triathlete.

My time was good enough to place me 8th overall and 1st master. So far I've been lucky enough to be able to hold onto the master's title for all 3 years that I've raced the Windsor Triathlon.

JIM.



Cross Country – Give it a Try

The Canadian Cross Country Championships will be held in Guelph this year on December 1. It includes the Canadian Masters Championships. There are lots of other cross country races in the fall, most for masters being in the Toronto area.

Many of these include club scores. The Pacers could be second to none in some age groups (which are usually in 10-year increments). We have a very strong group of masters.

Cross country is a pure form of racing. No PBs, no K markers, no accurate measurement. Just start at the beginning and race to the end through whatever the course may throw at you – mud or hills or snow, narrow paths and long stretches of grass. Training for cross country can make you a better all-around runner because you need strength and agility and your own internal sense of pace – and courage.

The London Pacers will be holding a cross country training program starting in early October on Tuesdays and Thursdays. Whether you plan to race cross country or not, this will be good for your running.

Some upcoming X-C races (for age 30 and over)

Sept 30	OMTFA 5K X-C	Toronto
Oct 21	Don Farquharson Harrier Relay 3 x 4K	Toronto
Nov 4	OMTFA 8K	Toronto
Nov 18	OTFA 5K with masters division	Brockville
Dec 1	Canadian X-C Chmp with masters division	Guelph

More information at: <http://www3.sympatico.ca/ontario.masters/>

For more information contact Sherry Watts 519-858-9880 or pacertraining@yahoo.ca



PACERS needed for National (Canadian) Cross Country Championships

Saturday December 1, 2007

Guelph, Ontario

Male and Female Teams for under 40, 40-49, 50-59 and 60-69 wanted

Contact Jim Burrows (jim.burrows@td.com)

San Diego – Not as Flat as You may Think - - - *Mark Faust*

Now that the 50 by 50 goal is accomplished, many people have approached me with the thought that I was giving up running marathons and some thought maybe stopping running completely. Found this amusing because any person who runs know once you start it is an addiction. Yes, some may stop running a full marathon distance and focus on another goal. Well my addiction continues as I have run 4 marathons since August 2006 and have at least two more planned for this year. Onward to 100 total marathons I guess.

A short term goal is to go back to those states where my marathon times were over 4 hours in total. These include California (hilly San Francisco), South Dakota (tough Mt Rushmore), New York (New York City marathon where I enjoyed the event), Pennsylvania (my very first marathon in Pittsburgh in 1984 and I had no idea what I was doing), Tennessee (Country Music in Nashville where I was sick and the temperatures were over 30 degrees Celsius – Phill Rikley is my witness for that one) and of course Colorado where Pike's Peak was completed last year. At that one I barely did the first half under 4 hours.

That is 6 states, but I also am including Florida. I completed the very first Walt Disney Marathon in 1994. My watch time is just under 4 hours, but the official race time is 4:02. No chip timing in 1994, so I feel an obligation to go back. And heck, there are worse places to go to than Florida. So there are 7 states to re-visit and conquer.

A medium and sometimes starting to look like a long term goal is to run every street in London from start to finish as of July 1, 2006 map. At the beginning it did not seem too ambitious and overwhelming as it sometimes feels now.

This story is about my attempt at knocking off one of those 4 plus hours states with this one being California. I had the good fortune of traveling to San Diego a couple of years ago for work and loved the city. Think temperatures that rarely go above 25 or below 10 degrees Celsius. Right on the Pacific Ocean with great beaches, miles and miles of paved, running paths, friendly people etc. I had chosen this location to "re-do" California after I had been there. The "Rock-n-roll" marathon on June 3rd was the one.

This marathon is run by the same company which organizes the Country Music marathon in Nashville, PF Chang's in Phoenix (15000 runners its first year) and numerous huge half marathons around the United States. I actually did not realize it until race weekend, but 17,000 people strong were registered in San Diego. Out of that number over 5,000 represented "Team in Training" for leukemia research or the "Purple People" as they are known because of the purple tops they wear. To give you an idea of the power of their fundraising, these 5,000 people raised over \$12 million US at San Diego this year alone. Yes in 2007 alone. This group has risen over \$75 million in the 10 years of this race. Unbelievable totals.

There was another reason for choosing San Diego now. I had 2 Southwest Airlines free airfare coupons that were scheduled to expire in August this year, so they had to be used. I always recommend people check www.southwest.com first when traveling in the United States. They usually have the lowest fares and the most convenient times. Their frequent flier blackout dates are very few and what a concept, their employees are friendly and love their jobs.

I had booked a Hampton Inn near downtown for our stay. It was only 2 blocks from the ocean and right near the excellent transit trolley line that San Diego has. This trolley streetcar line takes you everywhere you need to go in the San Diego region including 20 miles south to Tijuana, Mexico all for the low price of \$15 for 3 days.

There are a lot of choices for hotels in San Diego. Ours was an "official" marathon one and included free shuttle to the start line, early breakfast etc. This Hampton Inn is a great hotel if you ever go and can be found at www.hamptoninn.com.

The expo was held at the city's massive convention centre directly on the ocean that looks like a series of white tents strung together. It was a solid expo with lots of giveaways, draws etc. Walked away with 2 baseball caps (really need more of these), a couple of water bottles (didn't I just recycle 10 of these) and a pair of socks (can never have enough running socks). It is all about the chase for the free stuff. The only complaint was the prices of the "official" merchandise. I have to remember that the corporation organizing this race is a profit oriented one and surprise, it appeared that business was brisk. The "official" poster is very unique and was glad to pay for one, especially with the artist there to sign. The expo rates 8 out of 10.

There is no pasta dinner, which I found to be strange. Given the number of people at this event, there would be no problem filling it adding in the built in convention center location and it seems odd. However, you will not go hungry in San Diego. We found an excellent Italian restaurant downtown which we went to carbo-load and revisited later in the week.

Race dawned like every other San Diego day. Cool, cloudy start with a bit of fog in the air. Forecast was to quickly warm up by my finish time. The race begins in Balboa Park, a huge park high on a hill overlooking the city. This is where the famous San Diego zoo is along with approximately 20 museums, an area worth visiting after the race. This race was extremely well organized. Race numbers were assigned based on your verified marathon time submitted and ultimate finish time. "Stalls" of 1000 people each were monitored based on your number with ropes between each. I ended up in the 2nd stall, so I was happy to be near the front away from the mass. My aspirations for a finishing time were a 3:28 or better, which would have been slightly better than Boston 6 weeks prior. I decided to see what the day would bring and adjust if necessary.

The race begins at 7am sharp and does a 3 mile loop of the park and then makes its way to downtown San Diego passing the new beautiful baseball park, the drive along the ocean for 4 miles (it was nice here that Judy could see me at 7 miles as I ran close to our hotel) and then into an area named Mission Valley which is essentially an up-scale commercial area. From the half way point there you run to the ocean and the famous Mission Beach area with nice paved paths to 22 miles and then through some ugly warehouse districts to finish on a massive marine base. San Diego is deceiving as there are more hills than anticipated. The course runs uphill from 7 to 11 miles with much of that on a closed expressway with a steep cadence which is not very forgiving to your ankles. The next mile is a very steep downhill on the expressway, again not very forgiving on your legs.

The course is well marshaled and stocked with volunteer after volunteer. The run's name "Rock-n-Roll" comes into play as there is a full band with singer at each mile mark. At each ½ mile mark along the course is a high school cheerleader troop, so lots to look at and keep one inspired.

The fluid replacement drink was "Accelerade" which is a mixture of regular Gatorade type fluid along with protein. I tried it here in Canada on a couple of runs and almost gagged each time. Made Phill and Steve try it just to verify and their face's said it all. Yach! The race must have gotten a good kick-back for utilizing it.

Up until the 22 mile mark, my finishing time was a 3:19 pace, so I was pretty excited. Not sure what happened, but my head got to me. Maybe it was the lack of fluid replacement or running all by myself (need my London running buddies), but I finished with a still very happy with 3:25. When I consider my pre-race aspiration, it was a content time. Almost immediately after finishing the clouds disappeared and the sun beamed down, so I was happy to be done. There were almost 16,000 finishers and in checking the finish times, finisher 8000 came in at 4:50, so that gives you an idea of the number of people on the course later in the day.

The course rates 9 out of 10 because of the yach sports drink.

Like everything else the finish area was very well organized. Everyone got a free pair of flip-flop type sandals and they were more than willing to give me an extra pair for Judy. There was lots of the typical finishing line food with very enthusiastic volunteers to provide it. It was almost like a mini-expo at the finish area with lots of booths and more giveaways. Rate the finish area 9 out of 10 only because you had to walk a long way to get to the shuttle buses to get you back to the trolley streetcar area. Maybe this had something to do with the logistics of the sprawling marine base and security concerns.

The t-shirt was a cotton one, somewhat disappointing for the cost of the race at \$80 US. The design is a nice one with little advertising on it. Rate it 7 out of 10 as it should be a running material shirt.

The medal is a colorful one with a skinny runner running under a palm tree. Rate it 10 out of 10.

Overall the race rates 9 out of 10. Great reason to see San Diego where you can stay busy for a week visiting the historical sites, walk into Mexico which we did one day and enjoying the California free and easy culture and cuisine. The downtown has been total revitalized, now called the Gas Lamp district. A ferry trip to Coronado Island is a must.

A short week or 2 after you are reading this article; Steve Hillman and I are off to the smallest marathon we have ever done called Lake City Marathon in Indiana. Not the smallest distance (just how far is that marathon you are running), but the smallest in numbers with only 74 total and 51 male finishers in 2006. It could be interesting.

Well, another state below 4 hours finishing time, 6 more to go.



TURKEYS WANTED...

*Hope to see everyone out running or volunteering at the
Turkey Trot 2K and 6K races Monday October 8th
Watch for more information and
MARK YOUR CALENDARS!*

Volkslaufe Run in Frankenmuth, Michigan – July 4, 2007 - - Mark Faust

What a great “little” run this is, and one I had on my wanna-do-list for many years. This race has provided many fond memories for some Pacers. Many of you have completed this one and in fact I believe a bus of Pacers went down many years ago. It is certainly not a small run in term of number of participants with 2046 total this year.

Translated, “Volkslaufe” is German for “fun-run” and this could not be any closer to the truth. Set in the setting of a German themed town named Frankenmuth complete with covered wooden bridge, old style architecture, and traditional family style chicken dinners, this race is one you should one day complete as well.

There are 3 distances to choose from including 20km, 10km and 5km runs along with a 5km walk and 1km kid’s run. I opted for the 5km or the “run till you puke” distance. No need to take water, just run as fast as you can for 5km.

The added incentive for these races are the authentic German beer steins given away for the top 3 in 5-year age groupings for each of the distances. I will admit that I had checked my age group for previous years and thought a beer stein was within grasp. My other goal was to see if I could get under 20-minutes.

Judy and I decided to go down for a couple of nights and use some of the many Hilton points accumulated while I travel for work, so the hotel stay was free. Good thing given the dollar damage done at the Birch Run outlet mall nearby after the race.

The race costs only \$19 US for the 5km. There is an excellent pasta dinner for only \$8 the night before. You do get a basic cotton t-shirt with the Volkslaufe design on it. No medals at the end, but the beer steins could be within grasp. The low cost is pretty impressive given the organization.

The course for the 5km distance is a nice one. All the races begin and finish along the Saginaw River (also where the small expo and pasta dinner happen). The 5km route stays within Frankenmuth on an out and back course. You go through the covered bridge two times which is neat. There are a couple of small hills, but nothing of concern. There was some crowd support, mostly families of the runners.

The 10km and 20km run through town and then out on country roads. Race day was a very humid one with rain showers for the earlier beginning 20km and 10km runners. My race began at 10am and by then the rain had stopped, but not the humidity.

I was extremely happy with my 19:42 time. Immediately after the crossing the finish line, I approached Judy and she instantly said, “I have no idea if people in your age were ahead of you.” So the wait was on for the results which were posted within 30 minutes. Well, people say that the “wooden” medal is given in the Olympics for coming in 4th. And that was my finishing position in my age category. The comforting thing was my time was over 30 seconds behind 3rd place and it really is only a beer stein.

The race does take place on July 4th, Independence Day in the United States. This is a huge deal for them, much like Canada Day for us. There is a huge fireworks display the night before, but given that it starts at 10:15pm and we are old, we did not attend. From what we heard it was spectacular, so next time it will be a must.

Consider doing this race in the coming years. It is always held on July 4th. Not only do you get a well organized race, but you can combine it with a trip to a good location. And heck with virtually no exchange rate on the dollar...

We will definitely be making the trip again to this race.

Besides running, what else do Pacers excel at?

The 2007 Marathon Canoe Championships were held in Lumsden Saskatchewan August 9th, 10th and 11th. Lumsden is located in the heart of the Qu'Appelle Valley, 30 kms northwest of Regina on the Highway #11 and is recognized nationally by Harrowsmith magazine in 2003 as the "prettiest" town in Saskatchewan.

The 20km race course started with a La Mans start so the boats (16) would be spread out enough before reaching the narrow river. For this start competitors placed their boat on the starting line approximately 50 metres from the water. At the start gun they picked up their boat (about 20 to 25 lbs) and ran like mad for the water. A good warmup wouldn't you say? The race took approximately 2 hours. The best race strategy is to ride the wash of another canoe, and save energy for the sprint at the end. This can be tricky with all of the twists and turns in the river and the water depth changing from 3 feet to 1 foot. Fortunately all my practice paid off and I came home with 1st place in Masters 2 Mixed and Masters 2 Womens.

Gwyn Hayman



**Gwyn Hayman—1st Place in Masters mixed
and
1st Place Master 2 Womens
at the Canadian Marathon Canoe
Championships in
Lumsden, Saskatchewan**

PURPLE MOUNTAIN' MAJESTY: PART II: Sub-part 2: GRAMPS GETS THE CRAMPS.

I was having this really nice dream, a little garbled but nice.
It involved my new, first grandson, Thomas, born July 8th.

Suddenly the present reappeared: "Are you all right buddy? You fainted." A young athletic face peered in at me through my sunglasses.

"Yeah, thanks Sure."

And off he went.

As I staggered back to my feet, the memories came flooding back.

Months ago when I had successfully done the techno-sprint to get into the Pikes Peak Marathon for the second time.

Weeks ago when my "specific" training (stair repeats in the backyard until my quads burned) and a successful month of high mileage had given way to machinations about how I was going, not only to improve my 6:43 time in 2003, but also to place in my division in order to take home another trophy.

I actually started to research the course including satellite imagery: planning the areas where I could run effectively. I researched the men (all 40 of them!) in my division to see whom to beat. (Forget the fact that I had no way to identify them unless I memorized their numbers and ran BACKWARDS. Nor would I be able to run any faster than I COULD run anyway. It was just mind-games.)

10 days ago when I had begun to track the weather forecasts for Manitou Springs (as if I could affect THAT in any way). The minor panic on the preceding Wednesday when the pikespeak.cam and the message board both indicated snow on the slopes of the mountain above the treeline. (Omigosh, I was gonna freeze up there!)

2 days ago when I had been delayed 4 hours in Houston by a missing flight attendant followed by rain followed by being tenth in line to take off, followed by the announcement that the deicers weren't working and we'd have to go back to the dock, followed by rain so blinding that the tower couldn't even see us to direct us back to the dock, followed by the tower closing, followed by all round pessimism voiced on various cell-phones that the flight would surely be cancelled, abruptly aborted into ghastly silence by a fork of lightning hitting the ground on the infield 50 yards to our left, followed by a return to visibility, followed by a return to the dock, deplaning, dinner vouchers, replaning and a smooth-as-silk takeoff from the abandoned runways.

Having made it that far, the landing, in an air pocket, at Colorado Springs had been so precipitous and rough as to make grown men (at least this one) scream and clutch the seat back in front of them.

The day before when I had lazed around the colorful little tourist mecca of Manitou Springs, eating a large bowl of spaghetti at the Stagecoach Inn and retiring early for a full night's sleep. Everything had been set!

About 5-and-a-half hours earlier having relished a tear-jerking rendition of AMERICA THE BEAUTIFUL followed by a resonant cannonshot start followed by a measured run past the cog railway station before dropping back to the inevitable forced march in single file. The march was then interspersed with running sections, especially in the saddle-back, right up to the cirque(11.9 miles, 13,300'). I had been drinking at the aid stations and using gels.

I had uttered a few jokes about how all those years of smoking really pay off at times like these and chattered with other runners. Things had been going well. My Adistar trail shoes had been a bit too tight and their plastic cleats had been slipping on the larger rocks but things had generally been going well.

About 90 minutes before, having felt the first cramps in my quads and having had to go easier and easier to avoid them seizing up.

About 1 hour before, having passed the top (13.3 miles) in a disappointing 4:24:43.

About 45 minutes before, accidentally having undershot a cutback ("Gee, I wondered why that descent was so steep!"), having scrambled back up the same way and having done it right for fear of disqualification. Having felt extremely light-headed as a reward!

30 minutes before, having suffered calf cramps with every misstep running; shortly thereafter, with all running steps.

15 minutes before, having resigned myself to walking ... and walking carefully at that.

("At least I could finish this damn thing anyway!")

Two minutes before, having stepped down from a rock and twisted my left leg outwardly ever so slightly, followed by a crippling cramp of my left thigh adductors followed by an excruciating one in my right calf.

And then, my little dream!

I don't remember going down but I do remember getting up. I felt like a newborn giraffe puppy following ejection from its mother's rear.

No sooner had I got my legs sorted themselves out than fear gripped me.

Fear of being pulled from the race!

That gave me sufficient adrenalin to begin "power"-walking as I practiced counting back from 100 by 3's in case a race official decided to test me.

I had less than 8 miles left and gravity on my side (sort of).

In any case there IS no way down EXCEPT the trail.

I went by one guy who was far wobblier than I had ever felt.

He looked awful. I asked him if he was all right. His gaze swung by me with no real eye contact, no verbal response. (He or his body may still be up there!)

As for me I was being passed constantly. But I was progressing relentlessly.

I made a special point to verbalize, smile, drink (lots) and gel-up at the aid stations.

I got particularly lucky with my ruse of feeling "so darn good" at the Barr Camp as one of the following runners went down with a horrendous crash just behind me.

"You better check THAT guy!"

Sometime later a stocky young woman, who looked like she hardly belonged in a fun run much less Pikes Peak surged by me, encouraging me that it was "still possible" for me to beat the final cut-off (10 hours). "Great!" I had no idea how much time had passed.

With three miles to go, my cramps dropped me again (left calf this time) but I remained entirely conscious (O joy!) and was up again within a few seconds.

By the last two aid stations and, in between, that indefatigable guy who broadcasts Chariots of Fire along the rail fence, I was openly admitting to "having felt better".

Tarmac came with a mile and a quarter to go. It was too steep for me to even try running initially.

By the cog railway station, the slope lessened and I gave it a try.

(I would HAVE TO run the final stretch!)

30 steps!

I could do no more!

Again I tried, again and again.

30,30,30!

"To hell with it!"

I walked. I bantered with the spectators, applauding back.

They ate it up.

I wanted it over!

Finally I could see the final stretch to the MOUNTAIN MAN store and I knew the finish line was just around the corner.

I broke into something like a run and was somehow able to sustain it.

The announcer did his thing and I WAS running.

Suddenly he announced Ross Bielak of Denver right behind me, and he was "sprinting".

He refused to pass me though, even though I encouraged it. In a gesture of unbridled sportsmanship, he let me finish a second ahead of him in 8 hours, 27 minutes and 50 seconds.

D'ya think THAT'll qualify me for Boston?

On the elite side of things, the invincible Matt Carpenter won in 3:48:41 (after doing the Ascent the day before as well). He was being tracked down by Dave Mackey of Boulder who descended 4:19 faster to finish in 3:50:25. The next runner came in at 4:14:03!

The woman's winner was another Coloradan, Salynda Fleury in just over 5 hours who outclassed second-place Keri Nelson by a staggering 37:49 on the descent having trailed by more than half-an-hour at the top.

Surprisingly the mountain hadn't given up all its victims after it spat me out, as 96 men and about 50 womenfolk followed me in under the official 10-hour limit.

I was 488th man and 21st in my division after the 14th slowest descent recorded overall!

As far as the 6 runners, some of whom I was supposed to beat in my division, only one trophied (2nd), the rest were

6th, 7th, 10th, 11th and 12th.

Most of the slowest runners (the ones who actually finished after I did) appeared in pretty good shape but were naturally desperate to find the tent with the finisher jackets.

Lilly A Blasé of Lincoln, Nebraska, in absolute defiance of her name, was the last official finisher in 9:59:59! (Awfully close to the cut-off!)

I, of course, had long-since moseyed my 2 miles back to my hotel to celebrate a nightful of further cramps a before my 6:30 flight home in the morning.

Nevertheless, my marathon education had continued. I learned more about perseverance: "Saying unto this mountain NOTHING SHALL BE IMPOSSIBLE." (Matthew 17:20)

The post-race weather synopsis was "Hot, hot, hot. Starting temps around 70. At 11:00 am it was 60 degrees at the Cirque. Daytime highs in Manitou Springs were about 90 degrees."

Whatever!

The Peak had salted ME out, cramped ME up and knocked ME down!

There's always next year!

Just the sophomore jinx, I'm sure.

Right!

Jamie Harris

