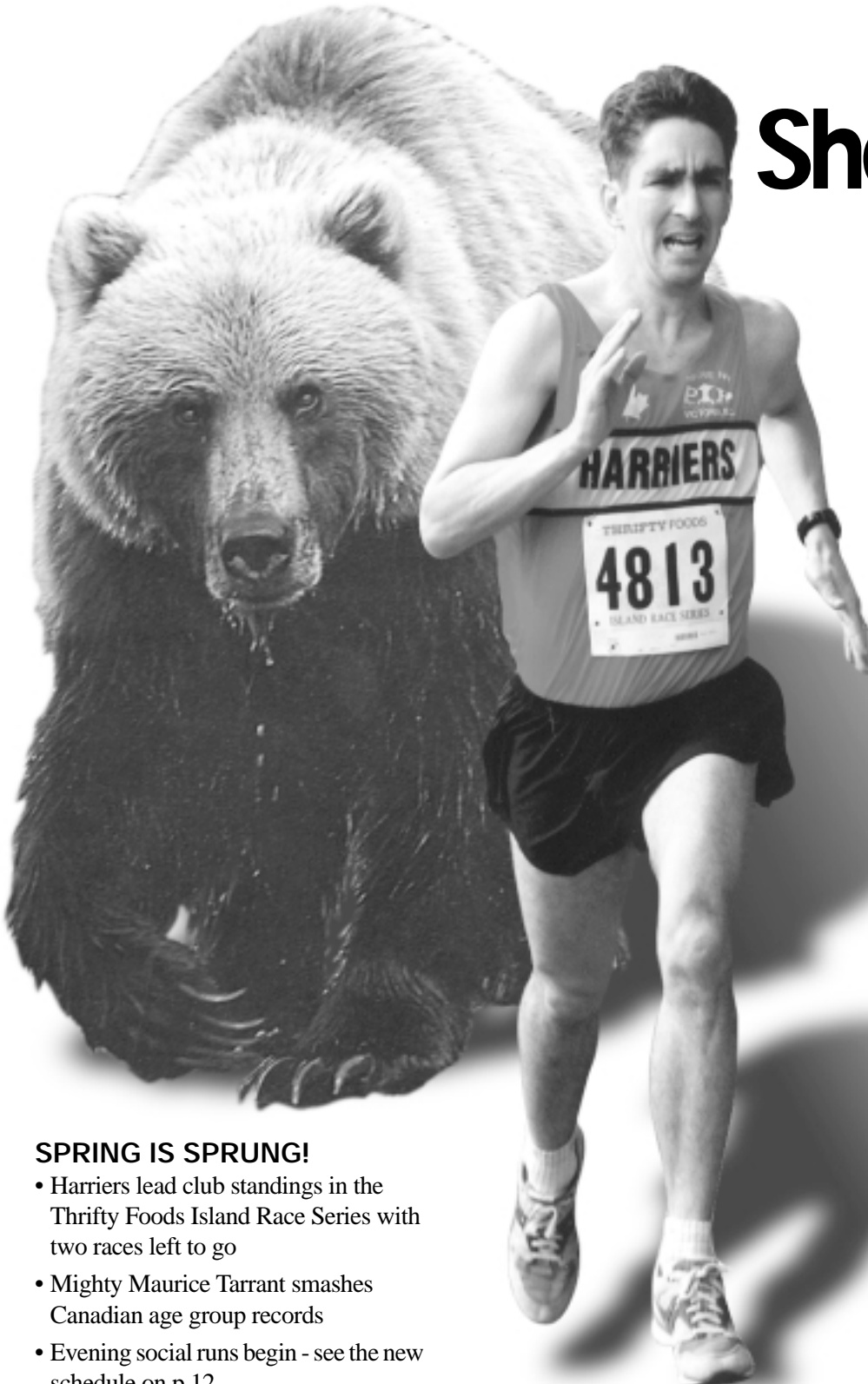




PRAIRIE INN POST



Sheer Terror: Run Your Fastest Race Ever

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SPRING IS SPRUNG!

- Harriers lead club standings in the Thrifty Foods Island Race Series with two races left to go
- Mighty Maurice Tarrant smashes Canadian age group records
- Evening social runs begin - see the new schedule on p.12

Visit the Harriers website at:
<http://pih.bc.ca>

For the latest news call the HOTLINE:
381-IRUN (4786)

EL PRESIDENTE SPEAKS



Sylvan Smyth

CONGRATULATIONS TO OUR PROUD NEW HARRIER PARENTS AND GRANDPARENTS! I'm trying to remember, was there a series of power failures or storms in these parts 9 to 12 months ago that's led to all these bundles of joy? So much for our reputation as the master men's club. Drew Mackinnon's enjoying fatherhood so much, he's run a PR at just about every race in the series. Where's he finding the time to train?

The Thrifty Foods Island Race Series is having its best year ever. Most races have had record turnouts. This bodes well for the future of the series. Let's make sure we continue to support the series sponsors, especially Thrifty Foods, by thanking them for their support when we shop there.

Putting a positive spin on the UVic 5K results hangup, there were a couple of inspirational moments during the awards presentations. Maurice Tarrant received a big standing ovation for another Canadian Record - I believe he now holds nine at various distances - and it looked like TWC founding member Wayne Coulson had his whole family, including his parents, in the race, and most of them medaled in their age group.

Maurice really is having an incredible year. We'll have a full profile in the next PIP.

It's great to see so much support from the Harriers in this year's series. We've got a chance to hit 5000 points as a club with a big turnout at Bazan Bay. That hasn't happened since the 80's. Team West Coast does a great job of organizing the series finale. Let's support them with a full contingent of Harriers.

We're planning on weekly club runs at Cedar Hill Rec Centre on Mondays and Wednesdays and at Beaver Lake on Tuesdays and Thursdays, all at 6:00 pm, beginning after the series wraps up. With all these irritating races out of the way we might actually be able to get some decent running in!

With the series winding down, let's come up with a plan for the summer. I'd like to blow off our regular June, July and August club meetings and replace them with social club runs at some of our favourite running spots. Let me know what you'd like to do. I've got my own ideas, but it's your club as much as mine, and I want some feedback to make sure we're going in the right direction. Give me a ring anytime at 472-6109 or email sylvan@pih.bc.ca with any brainstorm.

Sylvan Smyth,
PIH President

SOCIAL REPORT

by Susan Norrington, Social Director



Susan Norrington

Goldstream Trail Runs & Brunch

January 16 & March 19

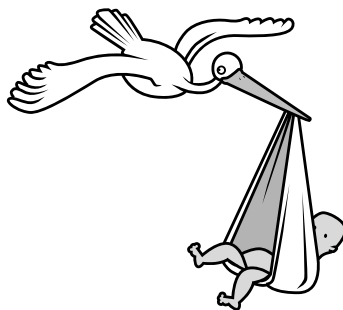
Runners of different paces and walkers met at Ma Millers pub on two Sunday mornings in the past few months to enjoy the magical trails at Goldstream Park. There's a canopy of tall trees covering most of the park with rays of sunlight occasionally making their way to the forest floor. The trails are challenging and character building as are the 168 steps leading up to the top of the hill on the east side of the park. After a good workout, most of the runners and walkers loaded up on the excellent buffet brunch at Ma Millers.



Buses for the Thrifty Foods Island Race Series

Prairie Inn Harriers made a departure from car pooling for up-island races this year by renting luxurious 48 passenger buses, complete with restroom, stereo and video, to take our competing runners to

the Comox Half Marathon on March 5, the Merville 15K on March 26 and the Alberni Paper Chase on April 9. The buses became progressively more popular and we were able to almost completely fill the last bus to Alberni. We also invited members of other running clubs to ride with the Harriers and enjoyed the company of Island Road Racers on all three trips. It's a great way to travel to races – arrive fresh and have a little party on the way home. The bus trip back from Merville had an extra bonus of live music – Paddy McCluskey and Joanne Cowan brought their fiddles, Sandy Stewart his mandolin and entertained us on the ride home.



Harrier Baby Boom

Debbie and Ron Bowker proudly announce a new addition to their family, Robert Scott Alejandro Bowker, early in February. Robbie was born prematurely in February and weighed in at a mere 3 lbs, 8 oz. He's now bulked up and is almost ready to try on his new all terrain New Balance runners that he recently received as a gift.

The Coffins are also the proud parents of a baby girl named Lily Rae. She was born February 27 weighing 5 lbs. 10 oz. Alex describes her as "A great chugger. Her milk belly is rounding out nicely."

Bob Reid welcomed his first grandchild into the world on March 10. Born to daughter Shelby, granddaughter Raven Ceres Morin Reid weighed in at 7 lbs. 8 oz.



PIH Times Colonist Garden City 10K Team

We have 20 Harriers registered to run on the PIH team on April 30. You can still add your name to the list until April 15 by calling Susan Norrington at 384-0171. To keep it simple, race package pickup will be the day before the race April 29 at Susan's house, 1312 Summit Avenue. Please call to confirm pick up if you are on the team.

End of Spring Social Run & Picnic

Instead of our regular June meeting, our Prez Sylvan has suggested an End of Spring Social Run and Picnic for June 13, 6 pm at Beaver Lake. This is an idea for a new function and I would like some feedback from members on whether this is they type of social function they would support. We can arrange to use the picnic shelter and, of course, there's family swimming at the beach at Beaver Lake. Let me know if you are interested or have other ideas of social events you would the Harriers to host. You can contact me at 384-0171 or by email snorrington@crd.bc.ca

"Laziness is nothing more than the habit of resting before you get tired."

- Jules Renard

MEMBERSHIP



Bob Reid

IT'S PAST APRIL FOOL'S DAY AND THERE IS NO MORE TIME FOR FOOLIN' AROUND. With the first quarter of the year gone we have 107 paid memberships, including families, totaling 126 paid up members; your names are shown on the "Yes, I'm Happy List". It is \$30 for a family, \$20 for an individual and \$5 for a junior or associate member.

If you are not active, you can still be an associate and receive these awesome Newsletters. The Phoning Committee will also talk to you. No money – no more newsletters, no phoner, no e-mail, no PIH status, no nothing. Don't be a nothing. The choice is yours; join the Yes, I'm Happy List today. Send your cheque to Bob Reid, 1251 Tattersall Drive Victoria, V8P 1Z2 and I will be happy for the rest of the year.

Welcome to the 26 NEW members who have joined the club within the last three months. They include: Steve Bachop, Graeme Benn, Linda Campbell, Joanne Cowan, Gilbert Decontie, Paul DeNiverville, Jane Dewing, Joyanne Dobbs, Mike Emerson, Bob Findell, Jim Finlayson, Rose Justice, Susette Lambert, Shelagh Machin, Debbie Marnell, Jane MacDonald, Martha McNeely, Eric Merideth, Shirley Mew, Jonathon Miller, James Miller, John Peebles, Bill Scriven, Sandy Temple. Caroline Waeti and Kerry Wheeler. You all look terrific in red or black - wear your colours proudly and run P.R.'s at every race!

Bob Reid,
Treasurer & Membership Director

"If you start to feel good during an ultra, don't worry you will get over it."
- Gene Thibeault

MEMBERSHIP

YES, I'M HAPPY LIST (PAID MEMBERS – 2000)

Anderson, Sandy
Arnott, Ken
Bachop, Steve
Ball, Garth
Begg, Sandi
Belliveau, George (Vancouver)
Benn, Karl, Graeme
Bonner, Ken
Bostrom, Robert
Bowker, Debbie
Brown, David
Campbell, Linda
Canegie, Cam (Bellevue, WA)
Carter, Anita
Castillo, Carlos
Chandler, Luke
Chew, Ken
Colegrave, Mark
Connon, Brian/Sandi Berry
Cornforth, Phil
Cowan, Joanne
Cowell, Simon (Vancouver)
Cowley, Siobhan (Vancouver)
Creery, Mike, Zora, Mark
Davis, Nancy
Decontie, Gilbert
DeNiverville, Paul
DePol, Diana, Chad, Andrea, Brandon
Dewing, Jane
Dobbs, Joyanne
Emerson, Mike
Faris, Jon (Vancouver)
Fedoruk, Matthew (Vancouver)
Fehr, Silvia Tofino
Findell, Bob
Finlayson, Jim
Fraser, Dan
Fritz, Denoth (Vancouver)
Garrett-Petts, Chris
Grant, Rob
Gregory, Doug, Jane
Harlow, Dan, Merell
Hawkes, Bruce
Hees, Josephine
Howie, Al
Hughes, Karen
Ireland, Charlie, Sharon
Jaques, Helen
Jones, Kevin, Pat, Mark
Judge, Bhagat
Justice, Rose
Keskeny, Cheryl
King, Blair
Lambert, Susette
Lawless, Karen
Lomas, Lloyd
Machin, Shelagh
Mader, Brian
Marnell, Debbie
Marquette, Ulla
Marshall, Alex (Youbou)
McCluskey, Paddy
McCrimmon, Marilyn, Rod
McDonald, Jane
McGovern, Leigh
MacKinnon, Drew, Dian
MacLean, Iain
McNeely, Martha
MacNeill, Les
Meadows, Jim
Merideth, Eric
Mew, Shirley
Michell, Tom
Miller, Dave
Mullen, Sandra
Norrington, Susan
Olsen, Norm (Nanaimo)
Peebles, John
Raap, Rintje
Reid, Bob
Reid, Rob
Ross, Julie
Sackett, Bob
Saunders, Garfield
Scharbach, Bryan, Norma
Scharbach, Len, Linda (Gr.Prairie)
Scriven, Bill
Shea, Sabrina
Smyth, Sylvan
Smythe, Ken
Stewart, Sandy
Stone, Mike
Stromsmoe, Marcia
Tanton, Tim
Tarrant, Maurice
Tarrant, Phillip
Temple, Sandy
Thate, Christine
Tschanz, Coby
Tsurumi, Maia
Turcotte, Terry, Susan
Turner, Brian
Waelti, Caroline
Watling, Helena
Wheeler, Kerry
Wilson, Mike
Zorn, Bernie

RACING

Full results from all these races are on the club web site <http://pih.bc.ca>

Run for Hunger Results

April 2, 2000

James Morrison and Barb Brych won the 3rd annual Run For Hunger 3.5K Cross Country race at Cedar Hill Rec Centre. Guesstimated overall results are as follows: 1. James Morrison, 11:28; 2. Chad DePol, 11:42; 3. Keith Butler, 11:57; 4. Sylvan Smyth, 12:15; 5. Barb Brych, 12:37 (Race Record); 6. Anthony Yue, 12:58.

Merville 15K Run

March 26, 2000

Neil Holm and David Matte battled it out for first and second place respectively. Paddy McCluskey, fighting a lingering flu-bug, was on their heels in third. Luckily, he still had enough energy to play some fiddle tunes with the other riff-raff at the back of the bus on the way home. Ulla Marquette led the women (and most of the men) in overcast conditions with a light breeze.

St. Patrick's Day 3K

March 17, 2000

Craig Babiuk wins! Craig the Viking utilized stealthy tactics to upend perennial champ Chad DePol and scoop the coveted first prize of a night's stay at host venue Ocean Pointe Resort. National team rowing stud Iain Brambell had a front row seat for the epic tussle as he finished third. The official winning time on the 3.5K Songhees course was "um, about 10 and change." Andrea DePol wins! Andrea kept Susan Williams at a barely safe distance throughout the women's race to score a glorious victory, with Jennifer Walinga third and national-record-holding Cheryl Wood fourth. The field was about 150, all of whom would have run even without exorbitant draw prizes and free beer from Vancouver Island Brewery. (Tip: if the sight of that giant bottle of green food colouring makes you queazy, you can ask for your beer in its natural state!)

UVic 5K Run

March 12, 2000

Men: 1. Scott Sexton, 14:55; 2. Rob Harmsworth, 15:03; 3. Simon DeJongh, 15:05. Women: 1. Robyn Meagher, 16:02; 2. Ulla Marquette, 17:25. Top Harrier: 7. Alex Coffin, 15:30. Strong performances by Harriers Ken Chew, Mike Stone, Drew Mackinnon and Karen Lawless. A big turnout for this race (732 finishers) caused the awards ceremony to slow to a glacial pace. Harrier Wyatt Earp, who also had a good race, stuck around until the bitter end to collect the PIH awards for distribution at the March club meeting.

Comox 1/2 Marathon

March 5, 2000

Harrier Paddy McCluskey won his first race of the 2000 Thrifty Foods Island Race Series, edging Hershey Harrier Neil Holm of Ucluelet 1:08:32 to 1:08:35 after a race-long duel. Paddy set a new course record. Marian de Monye won the women's race in 1:29:34. Legendary Tom Howard made a surprise appearance to win the M5054 division in 1:20:49. 1976 Olympian Howard urged us all to support Victoria's Bruce Deacon in his Olympic marathon preparations for Sydney 2000. The Harriers were strong in the M5559 age group. John Crouch edged Rob Grant for the win but both picked up age group stars for excellent runs. Phil Cornforth came out of road race retirement to finish 6th in the tough M5054 division. Helena Watling PR'd and won her age group for the first time. Maurice Tarrant broke the M70 course record by over 11 minutes. Unfortunately, the former record holder, Tom Humeniuk of Bastion, fell at the start of Sunday's race and suffered a broken collar bone. We wish Tom a full and speedy recovery. Comox had a spectacular record number of finishers: 441. That breaks the old record of 330 set two years ago.

Basil Parker XC

March 5, 2000

The 33rd annual Basil Parker Cross Country ran on March 5, the same day as the Comox Half Marathon. Harriers swept all men's 8K division titles with Chad DePol (M20), Steve Bachop (M30), Mark Mrozinski (M40) and Dr. Arthur (M50). Also running well and finishing second in the M50 group was Dr. Flarefoot Dan Fraser.

Hatley Castle 8K

February 20, 2000

Some folks (not Harriers) say this is a "throw-away-race". They're either chicken or they haven't run it! This race has it all - a fast start, sea views, forest groves, mixed surfaces, undulation... James Morrison was the overall winner while Steve Bachop edged Alex Coffin by 2 seconds for 2nd place. Judith LeRoy handily won the women's division. A strong Harrier showing in all the age categories.



Steve Bachop has a strong finish at the Hatley Castle 8K



And they're off! Start line at the Cedar 12K

First Half Half Marathon

February 13, 2000

Two young Harrier bucks, Simon Cowell and Mike Stone, checked out the Vancouver racing scene over the weekend. The very popular First Half Half Marathon featured 1753 finishers. Both Simon and Mike ran the races of their lives. Mike ran an eight minute PR to finish 31st overall and 5th in his age group in 1:19:17. Simon's training with the Hershey Harriers is obviously paying off. It was a big PR for our erstwhile newsletter editor, too, 1:18:57, 29th overall, 4th in his age group.

Cedar 12K

February 6, 2000

Another 1-2 for Jim and Paddy. And Ulla comes back after skipping Mill Bay to win yet again. A record field challenges an excellent course designed by Bob Cook. Despite some mild undulations, many excellent performances were turned in. Check out all the age group stars. Runner of the race was Harrier Maurice Tarrant: his splits at 5K, 8K and 10K would have been age group national records!

Las Vegas Marathon

February 6, 2000

Harrier Ironman Rob Grant ran a super 2:54:54 to finish 5th out of 229 in the M5054 age group and 120/2717 overall. And mighty Rob Reid ran 1:14:07 to finish 3rd out of 228 M4549's in the Vegas Half - 45th out of 3145 overall.

Mill Bay 10K

January 23, 2000

Another 1-2 finish for Jim Finlayson and Paddy McCluskey. Jim's 30:43 is faster than we usually see in these parts and 898 points is the highest we've seen since Cedar 1998, when Jim himself scored an awesome 908. Can he beat that in the new Cedar 12K in two weeks? He'll need to go under 37 minutes. The Harriers Ulla Marquette took the weekend off. Val Urchison made a rare road race appearance and won with an excellent 36:58. Ulla will be back at Cedar! Top Harrier woman was Sandi Begg, going 2-for-2 so far in the F3034 age group. Maurice Tarrant beat Arthur Taylor's M70 course record, and only just missed the Canadian record!

THRIFTY FOODS™ ISLAND RACE SERIES

2000 Schedule

09 Jan	Harriers 8km
23 Jan	Mill Bay 10km
06 Feb	Cedar 12km
20 Feb	Hatley Castle 8km
05 Mar	Comox Valley Half
12 Mar	UVic 5km
26 Mar	Merville 15km
09 Apr	Alberni 10km
07 May	Bazan Bay 8km

Special draw prizes for 2000

Not only will folks help their team with extra points, but your name will go into a draw for the following if you run:

- 6 races - a \$500 Gift Certificate for your favorite Thrifty's Store
- 7 races - a full (and super) New Balance running package, like shoes, shorts, top, jacket, socks, bag, rain jacket, etc.
- 8 races - a Gift Certificate for 2 to Kingfisher Spa and Resort, with massage package, accommodation, meals etc.
- 9 races - again the accommodation for 2 at the Kingfisher Spa and Resort, with all the goodies as above, plus some extra prizes from our series sponsors.

This may help your team, and if the numbers are up in the series this year I may be able to convince Thrifty's to stay on board for their 12th year as the major sponsor.

Brian Mader,
VIRA President

RACEWALKING

Second Victoria Racewalk Event

Sunday, February 27, 2000 the Second Victoria Racewalk Event was held on the Galloping Goose. The event was sponsored by the Prairie Inn Harriers (PIH) and LIM Corporation. 38 participants registered, this is an increase of 10 from last year. 30 qualified competitors completed the event which offered a 1500 M, 5K, 10K and 20K distance. Ages ranged from 12 to 81. The wind held off and the light sprinkle was refreshing, making it a perfect day for the race. Competitors came from Quebec, Prince George, Vancouver, Port Alberni, Nanaimo, Sidney and Victoria. Thanks to all who made it such a great event, both through competing and volunteering.



Jacquie Hughes



Carlos Castillo

Results

1500 Meters - Juvenile

Jackie Dawes	PIH	7:46:7
Britino Milburn	Nanaimo	10:42:3

5K Open Women

Joanne Fox	Vancouver	27:30:5
Sharon Yen	Vancouver	28:51:7
Tracy Ross	Vancouver	30:18:6

5K Masters Women

Kerry Wheeler	PIH	33:24:8
Alice McCann	Vancouver	34:50:7
Faune Johnson	Vancouver	35:10:2
Rimka Reman	Vancouver	35:17:9
Martha McNeeley	PIH	37:32:9
Helen Jaques	PIH	37:38:9
Jane Dewing	PIH	40:21:8
Gay Fox	Vancouver	40:23:4
Maria McKenzie	Vancouver	40:23:4
Heather Dawkins	Vancouver	40:27:6

5K Masters Men

Bernie Zorn	PIH	32:17:6
Doug Dicey	Port Alberni	32:42:0
Kyosti Suteli	Vancouver	35:08:5
Iain MacLean	PIH	35:27:2
Pat Preston	Prince George	39:27:3
Claude Bell	Sidney	39:57:4

10K Masters Women

Linda Campbell	PIH	1:04:52:7
Jacquie Hughes	PIH	1:09:39:5
Gladys Dicy	Port Alberni	DQ
Annie Humphries	Port Alberni	DQ

10K Open Men

Jean-Sebastien Beaucage	Quebec	46:51:5
Eric Roze	Prince George	52:27:9

10K Master Men

Gerald Dragomir	Vancouver	53:02:9
Jan Junker	PIH	1:03:40:0
Carlos Castillo	PIH	1:09:26:8
Brian Foan	Nanaimo	1:11:21

20K Men

Bruce Hawkes	PIH	2:15
Blair Miller	Vancouver	DNF

2nd Annual Vancouver International Racewalk

Canadian Trials

PanAm Cup of Racewalking

Sunday, March 5th the PIH Racewalkers participated in the 2nd Annual Vancouver International Racewalk - Canadian Trials - PanAm Cup of Racewalking. The race was along part of the Indy circuit and offered a 50K, 20K, 10K, 5K, 2.5K events. It was cool, dry and sunny at 8 degrees. Competitors were from Washington, throughout BC, Alberta, Ontario and Quebec. Tim Berrett competed in the 50K and completed the event in 3:52:48 thus qualifying him for the "A" standard for the Olympics. Gord Mosher (ON), Jean-Sebastian Beaucage (QUE), Patrick Boisvert (QUE), Blair Miller (BC), and Karen Foan (BC) made standard for the Pan Am Cup of Racewalking.

PIH Results

10K Master Men

Jan Junker	3rd	1:02:28	PB
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10K Master Women

Linda Campbell	2nd	1:03:59	PB
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5K Master Women

Jacquie Hughes	2nd	33:04	PB
Jane Dewing	9th	41:35	
Helen Jaques	DQ		

5K Master Men

Iain MacLean	2nd	35:12	
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RACE CALENDAR

April 2000

Sun, 09 Apr 11:00 am

Paper Chase 10K - Port Alberni

Bill Asher, 724-5917 Thrifty Foods Island Race Series #8 - Harrier Bus Trip #3

Sun, 09 Apr 9:30 am

Royal Bank Super Cities Walk/Run For MS - Windsor Park, Oak Bay

Sun, 30 Apr 8:00 am

Times-Colonist Garden City 10K & 5K - Victoria

Largest race on Vancouver Island

May 2000

Sat, 06 May 6:00 am

Frontrunners National Ultramarathon Championships - Beaver Lake, Victoria

Bob Reid, 384-1520 100K, 50-mile, 50K, 25-mile walk, 10K peoples walk

Sun, 07 May 10:15 am

Bazan Bay 8K - Sanscha Hall, Sidney

John Botelho, 380-1173 Thrifty Foods Island Race Series #9 and series awards

June 2000

Sat, 03 Jun 4:00 am

The Great Walk, Gold River to Tahsis - Gold River, BC

Betty Ganyo, 250-934-6570 63.5 km of logging road between Gold River and Tahsis
Registration deadline is May 22

Sun, 04 Jun 10:00 am

Firefighters Elk/Beaver Trail Run - Beaver Lake, Victoria

Doug Gregory, 652-1049 Categories by weight, not age

Fri, 30 Jun 7:00 pm

Twilight Shuffle 4-mile, Chemainus

Island Runner, 595-2378 Evening race

July 2000

Sat, 01 Jul 9:00 am

Sidney Days 5K - Sidney

across from Sanscha Hall. Flat, fast, accurate course



*Out on one of his legendary training runs,
Dr. Arthur maintains hydration with a
steady intake of "sports drinks".*

CANADA'S LONGEST RUNNING STREAK

by David Blaikie, Ultramarathon World

26 Years and counting for Dominik Machek

Bala, Ontario (UW) - Twenty-six years ago, when Dominik Machek began his now famous running streak, Richard Nixon was still in the White House, gasoline cost 53 cents a gallon at American pumps, Muhammad Ali knocked out George Foreman in Zaire and a song named "You Ain't Seen Nothing Yet" hit No. 1 on the charts.

Cannonade won the 100th Kentucky Derby in 1974; Blazing Saddles was box office hit and another kind of streaking – sprinting nude through public places – was the rage on campuses, and elsewhere. (In Ottawa, for example, a tipsy reporter streaked repeatedly though the Hall of Honour at the annual press gallery dinner on Parliament Hill, bolting bare-arsed past the Prime Minister and Governor-General, until he was finally captured by friends and hauled away.)

Machek was never into that kind of streaking, although runners in the early 70s were often looked upon as freaks, and subjected to ridicule. Nor did he consciously set out to run each and every day, no matter what.

It just sort of happened in the days and weeks that followed that now memorable occasion — February 14, 1974 — a day Machek returned to the roads after a week-long layoff because of minor back surgery. He was living in Oakville, Ontario, at the time, and the weather was bright and sunny."

First year

"I never realized until then how much I missed running every day," he recalled years later. "That's when it started. It

didn't start as a streak for life. It started off as a month. Then it went to six. And then I started to get close to a year. After a year I began to think towards the second year...."

Yet a streak for life it has become, or as much of his life as Machek can make it. As of Monday, the first Valentine's Day of the new Millennium, the streak had reached 26 years and counting — 365 straight days and 3,760 miles logged since he marked his 25th anniversary a year ago, and 104,670.6 miles in total since that long ago day in Oakville.

"I did my usual run," Machek said, referring to his regular 10.5-mile jaunt from his house in Bala out the road to Glen Orchard School and back. Kids wave at him when he circles through the school driveway, and makes his daily turnaround. After his 25th anniversary was reported in local papers last year, he was invited to the school to speak and spent an hour and a half answering questions.

Santa Claus

Everyone, absolutely everyone, in the entire area knows who "the runner" is. On Christmas Day, he ran in a red Santa Claus suit and found a small crowd waiting with cameras when he came loping back into Bala. "Where are your reindeer," a small boy asked.

"Oh, they're up ahead," he replied. "I'm just out for a little exercise, while they're having a rest. We're going back to the North Pole as soon as I catch up with them."

"It was a lark," he recalls.

No serious threats emerged this year to threaten the streak, although he was ill with the flu during the Christmas season and for three days cut his run to outings of just over two miles, something that almost never happens. "Because of that, I was ran 20 miles or so less than last year," he notes. "But I'm happy. Now, another year begins."



"I looked at you and thought, I bet this man runs marathons."

An Accurate Report...

RACE EVALUATION:

Name and date of Race: _____

RATINGS: (Check one in each category)

Registration/signup:

- Superb - All entry forms filled out in advance by local psychic
- Very Good - Pre and post entry areas well marked and organized
- Average - Registration area had a roof over it
- Poor - T-shirts only available in size extra large
- Awful - "I don't know who was supposed to bring the entry forms"

Start:

- Excellent - Glamorous supermodel starts race on clear 6-lane highway
- Real Good - Banner over start actually let runners locate start
- Acceptable - Starting line within a mile of registration
- Substandard - No one at registration knew start location
- Dreadful - "Sorry about that misprint! The race began an hour ago!"

Course:

- Top Notch - Accurately marked, traffic blocked, lotsa water stations
- Quite Nice - Kilometer markers in correct order and reasonably accurate
- It'll Do - Course actually had both start and finish line
- Not Good - Road marshals (if any) didn't know where course went
- Yikes - Half the field met the other half coming the opposite direction (and it wasn't an out-and-back course)

Finish Line:

- World Class - Gorgeous hostess to escort each runner to free massage
- Above Average - Finish line crew actually knew what they were doing
- OK - Clock above finish line within 1 minute of actual time
- Bad - Clock above finish line???
- Worst - "Stay three abreast in the chute and remember your order"

Results:

- Best - Real-time results on 12' video screen as runners finish
- Real Good - Done shortly after last runner finishes
- Passable - Done while you're munching bagels
- Poor - "We'll have 'em before lunch time"
- Awful - "Er...We'll mail them to you (Yeah, that's the ticket!)"

Awards:

- Magnificent - Color TV for every finisher!
- Great - Trophy or plaque that you're not embarrassed to display
- So-so - Better than a sharp stick in the eye
- Please Don't Say So - Keep hidden in drawer so no one sees it
- Wretched - Throw it away and deny ever running this race

Post-Race:

- Opulent - Orange juice and champagne, fresh fruit and caviar buffet
- Significant - Nonfat yogurt and Powerbars available
- Satisfactory - Enough Gatorade and bagels to go round
- Unsatisfactory - Not enough Gatorade and bagels to go round
- Inferior - Water available in nearby puddles you can share with dogs

Source: Mark Roberts, The Rochester Running Page

"Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible."

- Doug Larson

Travelling Harrier

Mark Colegrave (a.k.a The Broadmead Bullet) is vacationing in the tropics. The following are excerpts from some of his e-mail messages home:

Hi there!

Travelled by boat from Phuket to Phi Phi Iskand - truly a tropical paradise. Towering limestone cliffs, pristine white sand beaches and the sea an inviting and idyllic turquoise green (oh yes, and the beaches are topless - not that I'm looking!!)

The are no cars or roads on this small island and it is quite basic, with electricity supplied be generators. Temperatures are in the high 30's every day and no rain. Almost too hot, even for an old sun vulture like me!

The massages are fabulous - as is the food. Wonderful exotic dishes laced with pungent aromas of lemon grass, coconut, spices etc. - and eaten on the beach under the palm trees. The seafood is fresh, the beer cold, and gentle music plays in the background - ahhh life is good!

Take care

Mark

Hiya

Am back on Phi Phi Island - have a new room right by beach - great food and location but have a deranged rooster with internal clock problems that likes to crow between 1 and 3 pm.

Lots of time lazing about on the white sands and swimming in the turquoise sea - it really is beautiful here. Getting quite brown, and doing lots of running. Groin problem seems OK, so looking forward to doing some racing again when I get home.

Good trick the other night - dropped a full unopened bottle of beer on my big toe nail (now black) and when the bottle exploded a shard of glass stuck in the other big toe. A double big toe wipeout at the same time!

Christine just arrived and brought with her a 40 pounder of Barbados rum (what a woman!).

Mark

Hello again

Have been in Indonesia now for about 8 days Unfortunately have been quite sick for the last 5 with a bacterial infection that has been causing bad night sweats and fever. Have chucked all malaria tablets and now on strong anti-biotics - it has become quite obvious that I have not been drinking enough rum to kill all those little buggers terrorizing the system!

Indonesia for us is always a love/hate relationship. The downer is the disorganization, corruption, sorry state of the uncared for animals, the pollution and the filth. However, on the positive side, the terrific smiles of the friendly and gentle people, the ubiquitous artistic talent that abounds, the weather, the ceremonies, the excitement of the islands, and so much more make it all worthwhile.

Whoops, as I type this a cockroach just scampered by. They have some very serious cockroaches here. In fact, yesterday, I threw my shoe at one in our room, and the sucker was so big he picked up the shoe and threw it back at me!!

Cheers

Mark

CLUB INFORMATION



The Club meets on the second Tuesday of each month at the Cedar Hill Recreation Centre at 7:30pm. Club meetings feature guest speakers, race reports and social functions. Race entry forms, information sheets and results are usually available. We encourage all members and interested parties to join us.

Mark the 2000 meetings on your calendar. Summer meetings replaced with socials.

May 9	Oct 10
Jun 13	Nov 14
Sep 12	Dec 12

Bull sessions follow in the Rec Centre Lounge (licensed, of course!). Updates on dates and times for any of the above meetings will also be announced on the Harriers' hotline, 381-IRUN (4786).

For more information on the Harriers, feel free to contact any member of the executive:

President

Sylvan Smyth 472-6109

Vice-President

Karen Lawless 472-2257

Treasurer

Bob Reid 384-1520

Secretary

Sandy Stewart 385-8624

Regular Social Runs

Saturday Mornings

8 am at Thetis Lake – Harrier Spiritual Home

Meet at the parking lot at Thetis Lake at the end of Six Mile Road at 8 am for trail running and walking - different groups at different paces for about 1 hour and breakfast afterwards at John's Other Place on the old Island Highway. Pay parking is put on the lot at Thetis Lake near the end of May, so the Saturday morning gang moves to Prior Lake (Highland Road) at 8 am to run/walk the trails at Thetis and Francis King Park. Check the web page <http://pih.bc.ca/> or the Harriers hotline at 381-IRUN (4786) near the end of May for the change in venue and directions to Prior Lake parking.

Tuesday Mornings

9 am at Royal Roads Cafe

Meet at Royal Roads Café, 1949 Sooke Road, for 40 to 60 minute runs and breakfast following at the café. Email Maurice Tarrant mtarrant@islandnet.com or call 478-4122 for more details.

Beginning May 2 - Tuesday Evenings

6 pm at Beaver Lake

Meet at the lower gravel parking lot for 10K around the trail at Elk/Beaver lakes.

Wednesday Evenings

6 pm at Cedar Hill Recreation Centre

Meet at the gravel parking lot beside the rec centre for easy group trail running on the 2.2 mile undulating chip trail around the Cedar Hill Golf Course. Join other Harriers for two or three loops of this scenic run.

Thursday Mornings

9 am at Henderson Recreation Centre

Meet at Henderson Rec Centre parking lot, 2291 Cedar Hill X Road, for warm-up run to UVic track followed by either track or chip trail running, then back to Henderson for breakfast.

Email Maurice Tarrant mtarrant@islandnet.com or call 478-4122 for more details.

Beginning May 4 - Thursday Evenings

6 pm at Beaver Lake

Meet at the lower gravel parking lot for 10K around the trail at Elk/Beaver lakes.

Newsletter Information

Comments, letters, articles, photos, cartoons, etc. are always welcome.

Sandy Stewart

Tel: 385-8624

Fax: 385-8614

e-mail: editor@pih.bc.ca

When sending submissions by e-mail, please do not send attachments.

Visit the Harriers website at:
<http://pih.bc.ca>

For the latest news call the HOTLINE:
381-IRUN (4786)