



PRAIRIE INN POST

Finally, after all the hype, it's...



Happy New Year's Harriers!

A fresh start with a new club executive and a new issue of the PIP. With the Island Race Series beginning, good turnouts for our club runs, and a host of enjoyable social events planned, it should be a great year for the club. Watch for the revival of the Elk/Beaver Relay and deluxe bus service to the Comox Half, Merville & Alberni races.



Ken Smythe & Karen Hughes ladle out hot chocolate to participants of the Susan Reid Memorial Run/Walk on New Year's Day.

Inside This Issue

- Our new prez encourages us all to run the Island Race Series
- Astounding feats of bipedal prowess by club members in 1999
- Susan Norrington gives us the play-by-play of the latest social events
- A gentle reminder from Paul Petersen
- Race reports for the past few months (including Harriers All-Stars)
- PIH results from the Harriers 8K
- Cross-training tips for runners
- A Harrier relocates to the Big City
- Some bits and pieces that fell under the banner of 'Et Cetera'
- Club information and the 2000 directors

The Cold North Wind

554 finishers and a score of hardy volunteers braved a chilly wind in Saanichton to participate in the Harriers 8K on January 9th. New club member Jim Finlayson won the race in 24:51 while Ulla Marquette successfully defended her women's title. More details on page 8.

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Annual Membership Fees Are Now Due

Our tight-fisted Treasurer will be sending out a membership reminder letter again on April Fools Day to tardy individuals.

Visit the Harriers website at:
<http://pih.bc.ca>
 For the latest news call the HOTLINE:
381-IRUN (4786)

PRESIDENT'S MESSAGE



Sylvan Smyth

THE PRESIDENT'S MESSAGE WILL BE SHORT IN THIS INAUGURAL YEAR 2000 ISSUE OF THE PIP - and likely short in future issues as well! First, thanks to Sandy for taking over the helm of newsletter editorship from Simon. We're all in debt to Simon for his excellent work in resurrecting our newsletter. Now, spurred on by Sandy's talent and efforts, we can turn it into something really special. Your input is required! Send Sandy your articles and any suggestions for content and presentation. Contact info contained herein. Thanks to long-time club member Paul Petersen for his great article "The Gunner Shoe," later in this issue.

Lace 'em up fellow Harriers! It's Thrifty Foods Island Race Series time again. While I've run 24 consecutive series races myself, I don't necessarily expect that kind of obsessive-compulsive disorder from the rest of you. However! These are the premier races on Vancouver Island and the Harriers should continue to be a driving force behind their success. Let's run as many races as we can and support VIRA in as well organized a race series as you'll find in North America. VIRA promises bonus goodies for those running at least 6 races!

Contact me for information on our upcoming up-island trips to the Comox Half, Alberni and Merville. Last year's Alberni trip was a hoot. Sign up for \$10 per trip at an upcoming club meeting.

Finally, let's get behind our new mid-May relay at Beaver Lake. Everyone misses the Island Relay; here's our chance to recapture some of that spirit in a compact, one-day, 5-person, 50K format. Full details at upcoming club meetings.

Train, race and be merry in 2000!

Sylvan

A NOTE FROM THE EDITOR



Sandy Stewart

SIMON HAS LEFT FOR THE 'BRIGHT LIGHTS' (MORE ON THAT LATER IN THIS ISSUE) AND passed on the torch to me. Simon did a great job and had a real knack for squeezing submissions out of his stable of contributors before deadline. It was near Christmas when I began to worry if I would be able to pull this together or not. A layout is useless if you have nothing to put in it. Thankfully, some Harriers took pity on me and the material began to flow in.

As this is my first issue as PIP editor, please bear with me. While I would like to establish some regular features, it is certainly an evolving beast and will develop accordingly. What type of material would you like to see more of? Less of? This is your newsletter so please let me know what you want to do with it.

Let's go running and have some fun,

Sandy

HARRIERS 1999 AWARDS



Ulla Marquette



Alex Coffin

Gunner Shaw Most Valuable Runners

Alex Coffin, Ulla Marquette

Alex Marshall Master Runners of the Year

Mike Ellis, Charlie Ireland, Karen Lawless

Robin Pearson Most Improved Runners

Mike Stone, Sandy Stewart, Sandy Mullen

Ken Smythe Dedicated Performance Award

Merell Harlow

John Thipthorpe Durability Award

Rob Grant

Susan Reid Most Consistent Harrier

Ken Webb, Josephine Hees

Glenn Jaques Race Walker of the Year

Linda Campbell

1999 Runners of the Week

- December 27 Josephine Hees
- December 20 Kristina Bachand
- December 13 Wendy Davies
- December 6 Wendy Davies & Sylvan Smyth
- November 29 Steve Bachop
- November 22 Debbie Bowker
- November 15 Chad DePol
- November 8 Debbie Bowker
- November 1 Rod and Marilyn McCrimmon
- October 25 Dr. Spin
- October 18 Gord Bonwick
- October 11 Jack Miller
- October 4 Chad DePol
- September 27 Ulla Marquette
- September 20 Alex Coffin
- September 13 Alex Coffin
- September 6 Alex Coffin
- August 30 Hillerie Smith
- August 23 Alex Coffin & Lawrence McLagan
- August 16 Sam Van der Merwe
- August 9 Alex Coffin
- August 2 Sylvan Smyth & Simon Cowell
- July 25 Rob Grant & Moe Beaulieu
- July 19 Paddy McCluskey
- July 5 Anita Carter
- June 28 Sam van der Merwe
- June 21 Alex Coffin
- June 7 Sandi Begg & Bhagat Judge
- May 24 Martin Willock
- May 17 Dr. Rhino Hyde
- May 10 Simon Cowell
- May 3 Wendy Davies
- April 26 Rob Reid & Al Howie
- April 19 Mike Stone and Karen Lawless
- April 12 Tim Tanton and Hillerie Smith
- March 29 Sabrina Shea
- March 22 Rob Grant
- March 15 Dan Harlow
- March 8 Alex Coffin & Colleen Grady
- March 1 Nancy Davis
- February 8 Linda Gibson
- February 1 John McKay
- January 25 Alex Coffin
- January 18 Greg Marchand
- January 11 Kathy Davidson & Sylvan Smyth
- January 4 Mike Ellis and Helena Watling

SOCIAL REPORT

by Susan Norrington



THETIS RELAY

November 11th

68 teams participated in this 20k relay and runners and volunteers were beered, wined, fed and hot tubbed at a party afterwards hosted by Ron and Debbie Bowker at their lovely lakeside home in the Highlands. Many thanks to Ron and Debbie for not only providing a beautiful venue for this get together, but also for so generously supplying the refreshments.

GUNNER SHAW

November 27th

Much to the dismay of Race Director Bob Reid who prefers windy, rainy, cold conditions - a sunny and crisp day for this legendary cross country event. 246 mud splattered soggy runners completed the challenging 10k course, with honourable mention going to Garfield Saunders for the most mud covered runner and to Sabrina Shea for momentarily totally disappearing into the lake at the finish line. After the awards were presented, about 40 thirsty Harriers and friends gathered at the Six Mile Pub to quaff a few and swap lies of previous races, with the stories about height of the water in the "puddle" on the course increasing as more brewskies were consumed.

ANNUAL PIH AWARDS NIGHT

December 14th

With the largest turnout for a regular monthly meeting in 1999, about 60 PIH members were on hand for the annual awards night and wine and cheese party afterwards. Surprise awards of a pair of gold and black lamé bikini briefs were given to Ken Smythe for his contribution of jube jubes, sugar covered candies and sandwiched sheets to the bed of one of a couple of PIH lovebirds at Harrison Hot Springs; and desk clock to Bob Reid from his Rockettes team for the single minded, tough training regimen he put them through to secure their second place win at Haney-Harrison relay this year.

Editor's note: Unconfirmed reports state that Ken Smythe gallantly shouldered the blame for the "Lovebird Incident" to protect an as yet unnamed culprit.

HARRIERS BOXING DAY 10-MILE HANDICAP RUN

December 26th

20 runners entered this Boxing Day 10-mile handicap run starting and finishing at the Prairie Inn Pub. Race Director Sylvan Smyth arranged for great prizes from Sugoi. Congratulations to the winner, Josephine Hees. Post race activity was a mega brunch at the Prairie Inn with complementary champagne and orange juice.

HARRIERS POST-CHRISTMAS OPEN HOUSE

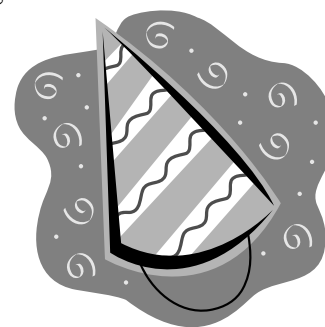
December 27th

Hosted by Susan Norrington, this party was a gathering of Harriers who still had room for food, drinks, sparkling conversation and time to enjoy a starry evening in the hot tub.

RUN THROUGH TIME

December 31st

About 24 Harriers joined the other 475 runners for this last race of 1999 for the 5k two loop course around UVic's Ring Road.



HAPPY NEW YEAR! SUSAN REID MEMORIAL RUN

January 1st

Merell Harlow organized this 4th memorial run to honour the memory of Susan Reid. About 100 runners and walkers participated in this 10k predicted time run on the sunny Elk/Beaver Lake trails. A special thanks for the \$580 generously donated to the Harriers Foundation by those participating. It was great to see so many runners and walkers starting the new year off in the right way including Bob Reid's parents, Sis and Hugh Reid. Winners of this event were runner Susan Williams and walker Nathan Reid who best predicted their finish times.

HARRIER MILLENNIUM BABY

CONGRATULATIONS!

The first PIH baby of the millennium born to Dian and Drew MacKinnon.

Bentley Nicholas MacKinnon

Weight: 8 lb. 15 1/2 oz.

Length: 20 "

Jan 7, 2000, 1:49 am

Young Bentley and his Mom & Dad are all doing fine.

THE GUNNER SHOE

by Paul Petersen

IT'S LATE NOVEMBER AND TIME AGAIN FOR the annual Gunner Shaw Cross Country race. Tradition says use the most recently discarded pair of running shoes. Never use new shoes on this course. I give my laces an extra tug and double-knot them.

The Harriers make this an easy race to enter. You can sign up at Frontrunners, where I've been three times in the last few weeks. You can sign up on the Internet — perfect, I've got two accounts. And where else can you enter a race anymore for only five bucks? For that you get hot chocolate, draw prizes and age group awards. I'm in a different category though. I arrive at Thetis Lake a little early because I'm in the procrastinator group. I fill out my Day-of-Race entry and pony up the extra dollars. Hey, it's for a good cause.

I'm in plenty of time for a decent warm up. After double-knotting my car key to the draw string of my shorts, I head west at a jog for seven and a half minutes. When I arrive back at the main beach the place is getting crowded. A few of the Y Rail runners are showing up. There's Rob Pierson, nursing a sore knee. Excluding Mondays out the breakwater, this is one of the few races where you'll find Rob anymore. There's Steve Barr, Tim (where ya bin?) Benetti, Kevin Jones and Rhonda Collander. Boissonneault, Bonwick and Bones have all wimped out.

Bob Reid does the honours for the pre-race briefing. He describes the course complete with trails, many tough hills, roots, rocks, stumps, puddles, branches and boulders. It's actually worse than that. As Bob would say "No whining!" The race begins in a jumble. The favourites sprint out front. Not me though, I'm

behind a couple of 60 minute 10K types wearing three layers of sweats that lined up in the second row.

As we head up the first steep hill I'm thinking about the Thursday hill run from the Rail. Now if the Rail runners would talk to you, they'd tell you that Thursdays are the toughest. We run up every steep hill that leads to Rockland Road. I've run the Thursday route for 12 of the last 14 weeks to get in shape. As I crest the first hill I think, okay that was my Robleda, here comes St. Charles. I'm in good company. There's Andy Mehl and Sylvan Smyth. Hmm! maybe I'm in too good company. I'm feeling a little uncomfortable at this pace. I slow down and a few runners go by. Okay, quite a few. Here comes Oak Shade Lane, here comes Terrace. I'm running out of Thursday hills, but the course keeps going up. I settle in. People stop passing me.

After a time, I hear a different sort of breathing behind me, then a polite "Excuse me." Here's the leading woman, Larissa Managh and she wants to get by. No problem. We're almost at the big puddle. Larissa hits it dead on and wades through. I get out to the left and manage to gallop the first few meters. I get out ahead of Larissa. I've caught breath enough to discuss the "shoes like bricks" effect of sodden runners. In another minute Larissa has passed me again and is gone from view. On straight stretches I catch sight of her, pig-tails and all. Suddenly, I'm right behind her. Larissa has stopped to tie her shoes. "That's the second time it's come undone!" she says. Now remember, this morning I double-knotted my shoes. Larissa is up and running almost before I pass her. She goes by me for the third time.

The next biggest puddle I try cutting left again and take a pointy branch in the throat. I love this race! Larissa is just ahead and I can hear several pounding feet behind me. We must be slowing down. Time to push the pace. Next opportunity I roar past Larissa and the guy in front of her. The footsteps are still there. I push harder but the guy blows by anyway. I look down and see his shoelace is undone. Larissa goes by with him. 400 meters later, they're both out of sight. At the bottom of the next hollow a running shoe sits alone in the mud. Have I mentioned that I double-knotted my shoes?

Over a big rock, through the switch backs, I know this part of the course. We're just about to hit the north end of the main lake. Suddenly there's Larissa, tying her shoe again! I blow by. I don't think I can handle her passing me five times in one race. I push the pace and catch two more on the steep rock stairs. The second guy says, "Did you go off course too?" Now I'm thinking - if you're so fast that you can run off course and still be even with me at 9.5K, how come I'm passing you?

A few hundred meters to go and none of the Rail runners have passed me. Maybe it's a good thing Bonwick didn't show. Where's the Barr man? Don't pass me now! Twice into the lake and we're done. I glance back. Bob's announcing the first woman. Larissa is just coming out of the lake only 18 seconds ahead of the second woman. I congratulate her at the finish line and humbly look down at my feet, casually drawing attention to my double-knotted shoes.

Before criticizing someone, walk a mile in their shoes. Then, when you do criticize them, you will be a mile away and have their shoes.



Creepy Crawl 5K

October 23

Keith Butler won this Phil-Nicholls organized 4.8K race in 15:20, with Phil himself 2nd in 15:47. I wonder why it's called a 5K??? A couple of years ago they moved the start line 200 yards down to road to legitimize the distance, but I guess the change proved unpopular! The women's winner was 15-year-old Krysta Cochrane in 19:24.

Harrier all-stars: Bob Sackett - first man home in 23:17 - good action, Bob! Bob shows up to all these little races, always flying the club colours when otherwise they might not be seen. You're a credit to club and to your country, Sackett! Well done!

Shawnigan Lake Half Marathon

October 31

A good field of 330. Rob Reid, running this one for Runners of Compassion, won the masters race in 1:18:20. Only about a dozen Harriers in this race. This is an example of the type of well-established, well-organized race that we should do a better job supporting. Of course, we did also provide the 12K water stop, with about 10 Harriers in attendance.

Harrier all-stars: Bhagat Judge - what a great season for Dr. Mahatmacoat: great runs at the Victoria Marathon, Shawnigan and the Seattle Half.

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

Harriers Thetis Lake 20K Relay

November 11

Great job once again by Race Director Reid. Here are the results of the 8 Harrier teams. Last year we had 18 Harrier teams! Mark it on your calendar for 2000!

OA	CAT	Team Name	Category	Time
2	2	PIH Mud Skippers	Senior Men	1:11:50
7	6	PIH Second Fiddle - Tiki Man	Senior Men	1:16:35
10	1	PIH Rockettes	Master Women	1:17:33
11	3	PIH Team Locomotion	Senior Mixed	1:18:41
18	1	PIH Dr. A's Holes	Veteran Men	1:26:03
28	2	PIH Mixed Bag	Master Mixed	1:35:21
63	1	PIH WWW Wednesday Walkers	Men's Walk	2:01:18
68	1	PIH Wonderful Women Wace Walkers	Women's Walk	2:59:46

Harrier all-stars: Debbie Bowker, fastest women overall, Ulla Marquette, 2nd and 3rd fastest women overall (yes, she ran twice!) and Karen Lawless. Together, our Rockettes beat the master women's course record by about 20 minutes!

Mud, Sweat and Tears Cross Country

November 14

Chad DePol finished 2nd overall and led the Harriers team to first overall. Craig Odermatt ran 23:30 for two laps of Cedar Hill Golf Course to win.

Harrier all-stars: Ken Webb wins his age group! Good work by our 1999 Susan Reid Most Consistent Harrier.

Royal Roads 10K Cross Country

November 21

Welcome to the club Steve Bachop! Steve won the race but a calamitous affair it was. There were no marshals and no course markings at a major fork in the trail. Eventually most of the field was directed the wrong way. Very few of the 71 runners ran the full course

Harrier all-stars: Steve Bachop, of course, and also Dan Fraser. Dan was one of the few who ran the proper 10K course and figured he ran faster in this hilly XC run than he would have in a 10K road race!

RACING



Harriers Gunner Shaw 10K Cross Country

November 27

Another great field, 240, as RD Reid puts on another great trail running event. Four of the top-9 runners were Harriers, paced by winner Steve Bachop. Steve took a great shot at Keith Butler's course record (33:08), coming up just 17 seconds short. 2nd overall was former race winner, Harrier Chad DePol.

Harrier all-stars: Paul Petersen, 3rd master home and author of "The Gunner Shoe" and Sandi Begg, 4th woman overall.

Christmas Rush 5K

December 12

A well-organized race on an accurate 5K course - a good race, with proceeds benefiting young athletes at Oak Bay High. Wendy Davies won the race, despite starting a minute after the field had left! Just trying to even the playing field, I guess.

Harrier all-stars: Wendy Davies and Qristina Bachand. 9-year-old Qristina ran her first race - and was rewarded with 2nd in her age group!

Harriers Boxing Day 10-mile Handicap

December 26

RD Smyth thanks all 20 runners, 12 Harriers, who participated. Thanks to Sugoi we had 6 vests and jackets and 8 pairs of socks for prizes. After the winner, the remaining 19 runners all finished their 10 miles within 13 minutes of each other. I guess my handicapping formula actually worked!

Harrier all-stars: Harrier Susan Reid Most Consistent Runner of 1999 Josephine Hees won the race by 22 minutes, with Harrier team-mate Bruce Hawkes 2nd. Also Brian Turner: the handicap format allowed Brian to finish last overall, probably for the first and last time! An all-star mention for the Prairie Inn itself: they provided a great brunch with giant portions, very low prices and a complimentary glass of champagne and OJ.

In future issues: Thrifty Foods Island Series write-ups, with Harrier all-stars selected from each race.

"Most people run a race to see who is fastest. I run a race to see who has the most guts."
- Steve Prefontaine

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



HARRIERS 8K RACE RESULTS - January 9, 2000



THANKS TO ALL THE RUNNERS AND VOLUNTEERS for making the race a successful event. 554 finishers is pretty good. Last year the Mill Bay 10K had the same number as the Harriers 8K. Let's get everyone up to Mill Bay this year and try to push them over 600 finishers for the first time. It shouldn't be as windy as it was today! Jim Finlayson's flowing locks weren't a hindrance in the conditions today, as he won the race in 24:51, a great time in the conditions. The chicks dig that hair, too. Positive comments were also heard regarding 2nd place finisher Paddy McCluskey's new, more conservatively-groomed appearance. Those guys just can't lose, and look especially sharp in matching Harrier singlets. Pop-quiz: When was the last time Harriers finished 1st and 2nd OA in a series race? The Harriers' Ulla Marquette also successfully defended her women's title, fending off a feisty Brandi Heisterman by 19 seconds in the Saanichton bluster. Top masters were Rob Reid and, of course, Ulla. Oooh, a good day for the Harriers! 51 finishers. How 'bout TWC, though? Led the pack with 58. Good action.

OA	DIV	NAME	DIV'N	CLUB	TIME	PTS
1	1/15	James Finlayson	M2529	PIH	24:51	874
2	1/33	Paddy McCluskey	M3034	PIH	25:15	861
8	4/33	Alex Coffin	M3034	PIH	26:56	807
10	1/40	Rob Reid	M4549	PIH	27:24*	793
17	6/33	Sylvan Smyth	M3034	PIH	28:39	758
22	3/54	Ken Chew	M3539	PIH	29:02	748
24	10/33	Simon Cowell	M3034	PIH	29:13	744
25	5/54	Tim Tanton	M3539	PIH	29:14	743
27	1/56	Ulla Marquette	F4044	PIH	29:17*	742
31	4/15	Mike Stone	M2529	PIH	29:33	735
36	6/54	Drew Mackinnon	M3539	PIH	29:45	730
50	10/54	Sandy Stewart	M3539	PIH	30:39	709
52	2/22	Rob Grant	M5559	PIH	30:44	707
63	4/36	Mark Colegrave	M5054	PIH	31:13	696
64	5/36	Paul de Niveaville	M5054	PIH	31:18	694
86	7/36	Spin D.R.	M5054	PIH	32:21	672
89	1/32	Sandi Begg	F3034	PIH	32:25	670
96	4/22	Ken Bonner	M5559	PIH	32:41	665
97	21/33	Blair King	M3034	PIH	32:41	665
98	2/56	Wendy Davies	F4044	PIH	32:43	664
99	3/56	Karen Lawless	F4044	PIH	32:49	662
103	20/54	Tim Hanley	M3539	PIH	33:01	658
108	4/41	Sandra Mullen	F3539	PIH	33:19	652
144	7/41	Helena Watling	F3539	PIH	34:17	634
145	1/6	Charlie Ireland	M6569	PIH	34:18*	633
155	12/36	Karl J. Benn	M5054	PIH	34:54	622
157	3/14	Brian Turner	M6064	PIH	34:56	622
168	1/3	Maurice Tarrant	M7074	PIH	35:08*	618
172	34/54	Eric Meredith	M3539	PIH	35:29	612
180	9/22	Bruce Hawkes	M5559	PIH	35:41	609
201	4/36	Linda Gibson	F4549	PIH	36:32	595
208	5/14	Garfield Saunders	M6064	PIH	37:01	587
226	5/8	Graeme Benn	M0115	PIH	37:32	579
272	9/11	Redd Shoes	M2024	PIH	38:44	561
281	16/41	Coby Tschanz	F3539	PIH	38:58	557
289	6/25	Marg Melvin	F5054	PIH	39:10	555
292	28/40	Philip Tarrant	M4549	PIH	39:15	553
330	15/22	Bernie Zorn	M5559	PIH	40:16	539
338	23/56	Laura Pearson	F4044	PIH	40:35	535
364	18/22	Birkby Griffith	M5559	PIH	41:34	523
393	12/14	Rintje Raap	M6064	PIH	42:26	512
420	13/25	Susan Norrington	F5054	PIH	43:39	498
432	52/54	Bob Sackett	M3539	PIH	44:05	493
472	26/36	Joanne Cowan	F4549	PIH	46:19	469
489	11/11	Ryan Watson	M2024	PIH	47:48	454
509	1/6	Josephine Hees	F6064	PIH	49:21	440
524	38/40	Jan Junker	M4549	PIH	52:14	416
531	39/40	Carlos Castillo	M4549	PIH	53:46	404
541	34/36	Jacquie Hughes	F4549	PIH	57:21	379
549	56/56	Kerry Wheeler	F4044	PIH	1:00:16	360
553	6/6	Helen Jaques	F5559	PIH	1:04:32	337

* Under USAT&F Age-Group guideline

Racewalking for Runners: Cross-Training that Works

(c)1997 Dave McGovern—Dave's World Class

IN A FORMER LIFE I WAS A RUNNER. I DID ALL THE running stuff: I bought the shoes, read the magazines, ran the races, and even trained about 45 miles per week. For my dedication I ran times in the mid-17s for 5 km, and just under 5:00 for the mile. These days I'm perfectly content zipping through life as a racewalker, but occasionally I get a wild hair and jump into a local running race—just to see what'll happen. What usually happens is I run in the mid-17s for 5 km, and just under 5:00 for the mile. No better or worse than in high school, but at least now I don't waste my time with that 45 miles per week of running training.

Now don't get me wrong; I treat the race just as seriously as everyone else toeing the line. I'll wear my favorite shorts and racing singlet. I'll lace up my best racing flats and partake in the same pre-race rituals as the other runners. I just don't bother doing any more than about 2 1/2 miles of easy jogging per week—about 500 meters at a time—as part of my daily pre-racewalking warm-up.

How, then, can I run times that will put me in the top ten of most local "fun runs?" "Natural" ability? Hardly. Youthful energy? Please. I'm 32, for crying out loud. What then? I know you don't want to hear it, but it's the walking, folks. And I'm not alone. Michelle Rohl, American record-holder in the 10 km racewalk, not only made the '92 and '96 Olympic teams as a racewalker, she also qualified for the 1996 Olympic marathon trials. Michelle never qualified for the Olympic Trials as a runner when she was solely focusing on her running training, yet she managed to do it while devoting most of her weekly miles to her racewalk training.

Seems worthy of a little investigating, doesn't it? The empirical evidence was enough for me, but the slide rule jockeys at the U.S. Olympic Training Center in Colorado Springs were curious enough to want some hard data. So we gave it to them: Jay Kearney, a physiologist at the Training Center, compared VO2 max values for 15 U.S. National Racewalk Team members, and 10 Mexican National Team members both while racewalking and running. The study concluded that "These athletes are capable of achieving similar VO2 max values for racewalking and running, which indicates a potential cross-training effect."

At the time of the study I didn't do any running training, and I've spent plenty of time at the CDOM—the Mexican Olympic Training Center—and found that the Mexicans don't do any running training either. Yet, some of us had VO2 max values in the high 70s. That is, racewalkers were able to take in and process nearly 80 milliliters of oxygen per kilogram of body mass per minute both while racewalking, and while running—even though most of us did no running training before the treadmill tests. For comparison, Frank Shorter had a VO2 max of "only" 71.3 in 1972 when he won the Olympic Marathon. He shouldn't feel bad though, poor Frank never learned to racewalk....

Clearly, racewalking is an unparalleled aerobic conditioner, yet it's much easier on the body than running. By cutting back on their running mileage—and making up for the difference with quality racewalking workouts—many runners have remained injury-free and improved their running times dramatically.

Over the years I've taught dozens of injured runners to racewalk so they could train through their running injuries. Many of them have come back to me with stories of big PRs after weeks, or even months of sharply reduced running training. I've also taught several ultra-marathoners to racewalk so they would have an advantage over their unenlightened competitors who inevitably must walk for long stretches during their six-day runs. Again, huge PRs.

It wouldn't be a stretch to say that racewalking is by far the best substitute activity for injured runners. But why wait for an injury? It's more than just very good cross-training, racewalking is unparalleled cross-over training. The two are similar enough so that training for one will give very good results in the other. This isn't the case with most other sports. Triathletes don't just bike—they need to swim and run because the individual events are so different there is very little cross-over between them. Racewalking appears unique in that runners don't seem to have to do much "re-wiring" to convert their racewalking fitness to running fitness. Add to that the reduced chance of injury, and you have the "holy grail" that runners have been searching for—a supplemental, "injury-free" exercise that can directly improve their running performances.

If by now you still aren't planning on adding a little racewalking to your training schedule, don't worry—someone else in your age group probably is. (You didn't really want that medal anyway, did you?)

THE MOVE OF THE MILLENNIUM

by Simon Cowell



AS MOST OF YOU KNOW I AM A STUDENT working towards my PhD in biology. More specifically I am studying steroid hormone receptors and compounds in the environment which interact with them and disrupt the natural hormonal balance.

There is evidence for such effects; most people are familiar with the environmental problems of the 70's when the fish and bird populations of the Great Lakes region crashed. Early investigation of these phenomena indicated that they were due to numerous abnormalities in reproductive behaviour and development, two processes regulated by steroid hormones (especially estrogens and androgens).

My work is concerned with the possibility that in a similar manner some environmental contaminants may mimic and hence interfere with androgenic hormones within living things. I have also been looking at the possibility of interactions with the glucocorticoids (another family of steroids which are important regulators of the immune system and metabolic rate) such as cortisol, synthetic versions of which are used in numerous creams, lotions and medications to control burns, rashes and inflammation.

I have found that certain PCBs (although banned in the 1970's they are still accumulating in some parts of the world) and

some pesticides can bind to the androgen receptor and may have long term health implications.

Vancouver Connection:

When I began my PhD project at UVic in 1996, Dr. Colleen Nelson, one of my two supervisors was a research associate there, working for Dr. Barry Glickman (my other supervisor). The project I'm working on was her idea, and consequently she was the person I dealt with on a daily basis. In late 1997 she got a position at the BC cancer agency in Vancouver and for the next year she commuted from her home in Sidney four days a week to her new lab.

By the end of 1998 I was only meeting with her on a once a month basis, meanwhile she had a growing research group in the Prostate Research Centre at Vancouver General Hospital some of whom were working on projects closely related to my own.

Prostate growth is primarily regulated by androgens, and since half of men over 70 develop some kind of prostate problem it's a big field of study. Colleen had suggested repeatedly that I might benefit from working in the Vancouver lab and I knew she was right, but at the time my wife Kathy was employed at UVic in another research lab and I was loath to move.

However in January 1999, Kathy was laid off due to her boss's lack of grant funding and we soon discovered that Victoria is a pretty bad place for an experienced, highly qualified biochemist to find work.

Late last summer, at a meeting with my supervisory committee it was decided that I should complete my thesis work in Vancouver where I would benefit from a more stimulating environment and could learn and make use of some of the equipment and new techniques available there.

At this stage Kathy was still hoping (in vain) to find work in Victoria with the idea that I could commute Monday to Friday for the five or six months I needed to spend in Van. By the Haney weekend we had made up our minds to move, and on the Sunday after the event I joined Kathy apartment hunting which proved fruitful after some frustration, and on the Monday she went to a job fare.

All in all it was a most productive weekend, my two Harriers teams had an excellent race, we found a great apartment, and Kathy found her new employer.

So now we are here, in the big rainy city on the mainland after an exhausting couple of months culminating in a unique Christmas and New year, first packing up the rest of our worldly good on the Island, then unpacking them again into our new apartment.

Despite our initial trepidation we are both enjoying Vancouver. Both loving our new work, and reveling in the rich cultural mix of Vancouver's diverse neighbourhoods, and even discovering that the traffic is not so bad when you know your way around.

My running has suffered a bit; the change in routine, loss of training partners, and unfamiliarity with terrain and routes has taken its toll, but its only short term. I'm hoping to return to run at least some of the Island Series, and pay a few social visits too so you'll still see me around.

I would like to thank the PIH for all the camaraderie and support you offered. You are definitely one of the aspects of Victoria I will miss the most.

The True Spirit of Running

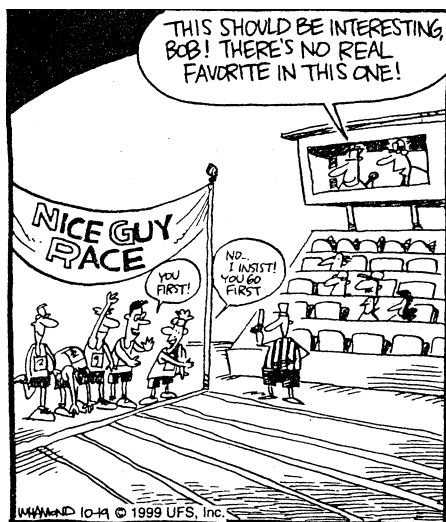
JUST WANTED TO TAKE THE TIME TO WRITE something for the Newsletter. It is good to keep creative. I really like belonging to the Harriers Running Club because they are such a friendly upbeat group and there isn't anything that one can't talk about with them. It gives one incentive to keep on a training schedule because you know you have the sociability at monthly meetings and Club Runs to discuss things.

Being a Harrier means that you learn to make time for your exercise run, without griping, as we all know that griping is pointless. Running now gives me something to do when life becomes so boring, that one can put on the shoes, tie a double knot and run 6 miles. Presto, instantly life is not boring. You've accomplished something. But, just wanted to say too, it is the way in which we run that is important. One can not be too much in a hurry, lest one forgets to "Smell the Roses", observe the gray squirrels twirling from branch to branch, watch the rare woodduck waddle to keep up with the mallards, pick up that snow white cat, etc. Ok, of course once in a while to don that watch and watch the clock, especially if there is a pleasant surprise in store when checking the time to see that that trail has been done in 15 minutes, or you are early back from your run and now have even more time to enjoy an excellent day. Running is an excellent de-stresser. It relieves depression and helps one cope with the little niggles (we have "niggles" — what's that?) in day to day life. The adrenaline rush alone rushes out all those sad and depressive thoughts (heh, what was that I was worried about again?). Not to mention, what great calf muscles we all have. It is also the least cumbersome equipment wise of all sports. We have a pair of running shoes (heh or try running barefoot on the beach), shorts and a shirt. Presto — you are a runner. The friends and contact made with the Harriers give one a great feeling as one knows they are never alone — pick up the phone and you've got a chatting partner, just to shoot the breeze or pass on good wishes.

For all you Harriers, keep the spirit — you are a wonderful group!

Christine Thate (a.k.a. Dr. Trenchfoot)

"We can't all be heroes because someone has to sit on the curb and clap as they go by."
- Will Rogers



Posted to rec.running The thread was about meditating...

Well, I tried it and it landed me in big trouble. I was meditating during a 10 mile race last summer. I guess I was overdoing it because, pretty soon, everybody started to notice my feet weren't touching the ground. The finish line was a really ugly scene with those Kenyans shaking their fists at me, as I floated over their heads, and yelling lots of nasty sounding things I couldn't understand. Even worse, I caught the string of flags over the finish line around my neck and collapsed a couple of telephone poles and other stuff on the finish chutes just as they came in behind me. It was a mess of tangled plastic, feet, arms, crepe paper, angry runners and spraying Gatorade as all of the refreshment tables collapsed into the melee.

Luckily it gave me just enough time to grab the trophy and the prize money from a startled race official, and start sprinting away from the rapidly forming mob in conventional fashion. I was able to make it to my car and take off as the crowd began pelting me with whatever came to hand. I got away with no damage as the the heaviest thing any of them were equipped with was a pair of Nike Air Structure shoes.

Now I have to go to races with my face covered with Breath Rite Nasal Strips because I'm worried about being recognized. When anybody asks, I just smile weakly and say, "Bad sinus problems, real bad sinus problems."

CLUB INFORMATION



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

2000 Executive

President

Sylvan Smyth 472-6109

Vice-President

Karen Lawless 472-2257

Treasurer

Bob Reid 384-1520

Secretary

Sandy Stewart 385-8624

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Susan Norrington 384-0171

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V.I.R.A. Director

Brian Mader 386-0067

Fixtures & History Director

Bob Reid 384-1520

Membership Director

Bob Reid 384-1520

Race Walking Director

Helen Jaques 479-7872

Foundation Director

Maurice Tarrant 478-4122

Newsletter Editor

Sandy Stewart 385-8624

Internet Communications

Sylvan Smyth 920-2094

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

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

Prairie Inn Harriers Club Meetings

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.

Jan 11	May 9	Oct 10
Feb 8	Jun 13	Nov 14
Mar 14	Sep 12	Dec 12
Apr 11		

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).

Harriers Club Runs

Wednesday Track Work - 6:00 pm

Oak Bay Track. Speed sessions organized by Dr. Arthur and Dr. Loose. Race-specific track work ideal for the Island Race Series. Post-workout rehydration and glycogen replenishment possibilities exist at nearby Christie's Carriage House Pub.

Saturday at Thetis Lake - 8:00 am

Year 'round. The classic Prairie Inn Harriers training run. All runners and walkers welcome - a group leader for all paces. Approximately 60 minutes on the Thetis Lake trails - the club's spiritual home. Meet at the main Thetis Lake parking lot at the end of Six Mile Road. Post-run refreshments supplied by the club, varies from Gatorade to anti-freeze. Breakfast follows at nearby John's Other Place on the Old Island Highway.

Sunday Trail Runs - 9:00 am

During the Island Race Series, there will be a 90-minute trail run on the Sundays between races. Meet at the main Thetis Lake parking lot at the end of Six Mile Road.

Oddly enough, the first of these runs will be in Goldstream Park on January 16 before moving back to Thetis Lake park. Meet at the Ma Miller's Pub parking lot off Goldstream road. Stay for some food afterwards as Ma Miller's puts on one of the best brunches west of the Pecos.

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.