



PIPLITE

PRAIRIE INN POST

Now with 30% less calories

**Did I mention what
a great finishing
kick I've got?**

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

A NOTE FROM ED

You are reading *PIP LITE*, which is the lean & mean, fat-free version of the *Prairie Inn Post*.

Some of the story ideas we had hoped to use, for whatever reasons, never made it into this issue (there's always next time). Also, since there were no usable photos available, it was decided to keep the production costs low and do a basic newsletter with minimal pyrotechnics.

On the other hand, there were some timely items to include. Bob Reid reports on the Frontrunners National Ultramarathon Championships, Foreign correspondent Rob Grant has written about the Rhody Run in Ft. Worden, Washington and the Great Walk from Gold River to Tahsis, there is a "Blast from the Past" and the usual assortment of odds 'n' ends in Et Cetera.

As you may already know, the Harriers won the Thrifty Foods Island Race Series in convincing fashion once again. Overall Men's and Women's winners were Harriers Paddy McCluskey and Ulla Marquette respectively. Series participation was up by about 600 this year for a total of 4,875 runners which bodes well for the future of the series.

Summer is ahead (if it ever warms up) and although our monthly meetings will be postponed for July & August, there are still several social events planned, some regular runs and an interesting summer race calendar. Stay tuned to the HOTLINE and the PIH web site for late-breaking news.

Hope you all have a great summer!

Sandy Stewart,
Newsletter Editor

HOW IT ALL WORKED OUT

by "Stats Man" Sylvan Smyth

2000 Thrifty Foods Island Race Series Club Points By Prairie Inn Harriers

Name	Races	Points	Name	Races	Points
Maurice Tarrant	9	180	Bob Flindell	2	30
Brian Turner	9	166	Karl Benn	4	29
Mike Stone	9	150	Rod McCrimmon	2	26
Ken Chew	8	145	Matt Fedoruk	2	26
Charlie Ireland	7	140	Mark Mrozinski	2	25
Rob Grant	7	138	Jan Junker	6	24
Drew Mackinnon	9	138	Coby Tschanz	4	23
Karen Lawless	7	132	Herb Phillips	1	20
Josephine Hees	7	128	Merell Harlow	1	20
Sylvan Smyth	9	127	Linda Campbell	1	20
Bhagat Judge	7	117	Julie Ross	2	20
Sandi Begg	6	116	Ryan Watson	2	19
Alex Coffin	6	108	Iain MacLean	1	18
Tim Tanton	7	101	Teresa Hamilton	1	17
Ulla Marquette	5	100	Mark Colegrave	1	17
Wendy Davies	6	99	Mika LaVaque-Manty	1	16
Paddy McCluskey	5	99	Matthew Fedoruk	1	15
Garfield Saunders	6	99	Phil Cornforth	1	15
Sandy Anderson	5	97	Marg Melvin	1	15
Sandy Stewart	9	95	Steve Renton	2	14
Chad dePol	5	93	Redd Shoes	1	12
Rintje Raap	9	93	Joanne Cowan	9	11
Ken Bonner	5	91	Marilyn McCrimmon	2	9
Bruce Hawkes	9	90	Leah Gibson	1	8
Spin D.R.	6	88	Birkby Griffith	2	8
Susan Norrington	7	84	Bob Sackett	7	7
Simon Cowell	7	84	Caroline Waelti	2	7
Bill Scriven	6	80	Dian Dandy	1	5
Ken Arnott	4	73	Jon Faris	1	4
Graeme Benn	4	69	Eric Meredith	3	3
Sandra Mullen	4	68	Norm Olsen	1	3
Robert Bostrom	4	65	Stan Mikita	2	2
Bob Reid	5	64	Christine Thate	2	2
Linda Gibson	5	63	Terry Turcotte	2	2
Paul de Niverville	4	63	Kerry Wheeler	2	2
James Finlayson	3	60	Shirley Mew	1	1
John Crouch	3	59	Tim Hanley	1	1
Stephen Maloney	5	49	Susan Turcotte	1	1
Blair King	8	47	Jane Dublin	1	1
Philip Tarrant	9	47	Silvia Fehr	1	1
Helena Watling	3	47	Brian Dublin	1	1
Helen Jaques	3	46	Sam van der Merwe	1	1
Dan Fraser	5	41	Laura Pearson	1	1
Hillierie Smith	3	41	Jacquie Hughes	1	1
Steve Bachop	2	40	Rod Paananen	1	1
Rob Reid	2	40	Linda Keatley-Campbell	1	1
Mike Emerson	3	39	Jane Dewing	1	1
Carlos Castillo	7	38			
Bernie Zorn	5	34			

SOCIAL REPORT

by Susan Norrington, Social Director

What's Been Happening

Windup for the Thrifty Foods Island Race Series

Sunday, May 7

A great turnout of Harriers for the final event of the series. We had 45 runners and walkers participating in the Bazan Bay 8K. Also thanks to all the PIH supporters who came out to cheer us on. A windup hot tub party was hosted by Susan Norrington after the series awards.

What's Happening

Arbutus 8K –Lunch

Saturday, June 17

After the awards at the Arbutus 8K (about 11 - 11:30 am), all Harriers and friends are invited to join the runners and organizers at Maude Hunter's pub for lunch and a cold one – 3810 Shelbourne Street.

Sooke Social Bike or Run

Sunday, July 23

We will meet at Fox's Grill, 5449 Sooke Road at 9 am. Runners will head off to the Sooke Potholes or the abandoned convention centre and cyclists to Leechtown, meeting back at Fox's for brunch at about 10:30.

Run Royal Roads and Lakeside Party at Glen Lake

Sunday, August 20

A summer Harrier tradition! We will meet at RRU parking lot by the Y at 10 am and run the trails at Royal Roads for one hour or so. Then convoy onto Ken and Gerda Smythe's lovely lakeside home at 1003 Loch Glen Place for a day of barbecuing, swimming, boating and loafing.

Mark these dates on your calendars – don't miss out on our summer social events.

Regular Summer Runs

Thursday

9 am - meet for 1 hour adventure runs. Different venues, different leaders. For more details:

Maurice Tarrant
mtarrant@islandnet.com
Tel: 478-4122

or

Brian Turner at
brian-nelda@home..com
Tel: 658-0012.

5:30 pm - Elk/Beaver trail - meet at Beaver Lake paved parking lot

Saturday

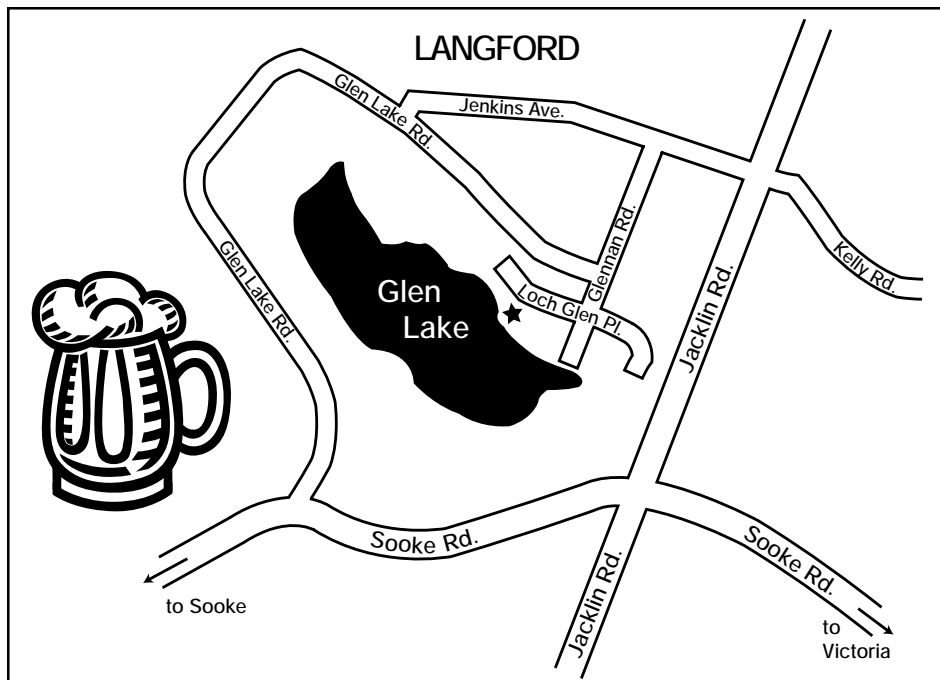
8 am - meet at Prior Lake parking lot - about 1.5 kilometers up Highland Road to run the trails at Thetis Lake and Francis King Park for about 1 hour and then meet for breakfast at John's Other Place. Directions to Prior Lake - Trans Canada Highway north, take the Colwood/Burnside cutoff. Take the Burnside Road exit, turn left at Watkiss Way which becomes Highland Road.

Sunday

8:30 am - Elk/Beaver trail - meet at Beaver Lake paved parking lot

Enjoy your summer runs and soak up some rays.

Anyone who has suggestions for other social events over the summer, please contact Susan Norrington at 384-0171.



Frontrunners National Ultramarathon Championships

by Bob Reid, Race Director



LORI BOWDEN, 31 OF VICTORIA, RUNNING HER FIRST COMPETITIVE ULTRAMARATHON, shattered the Canadian Open Women's 50 Kilometre national mark by nearly sixteen and a half minutes with a winning time of 3:34:18. Bowden is the defending champion of the Hawaiian Ironman World Triathlon competition. She was a late addition to the race held at Elk/Beaver Lake Park only deciding to enter about nine hours before the 6:00 a.m. starting gun.

"I needed a long training run so I called the Race Director, Bob Reid, and asked whether I could still get in," said Bowden. This last minute decision was made over a beer and nachos on Friday night with her husband.

Reid, not to be confused with Lori's husband Peter Reid nor with Frontrunner's store owner and major title sponsor of the ultramarathon national championships Rob Reid, welcomed Bowden into the race but had a difficult time convincing her to compete in the 50K Division. The feisty world triathlon champ had decided, on a whim, that she might want to tackle the more demanding 50 Mile or 100K Canadian Championship Divisions. At the end, with a convincing 50K victory and a world class time, she thanked Reid for his recommendation and persistence as he didn't want her to have a difficult experience or risk an injury in her first ultra event.

To Bowden's delight she finished with a sparkle in her eyes and an ear to ear smile upon smashing the Open Women's course record by 24 minutes, 11 seconds and establishing a Canadian Open Women's Record by 16 minutes and 26 seconds. Her winning time of 3:34:18 placed her second overall of the twenty-one contestants in the 50K Division.

North Vancouver's 53 year old Jim Swadling won the 50K race in 3:26:10 and along the way set a Men's 50-54 Canadian Age Class Record. The previous mark of 3:32:41 was also held by Swadling and was set September 13, 1997 in Winschoten, The Netherlands. Swadling competes for the Lions Gate Road Runners in Vancouver and is a threat in all distances from 5K to 100K.

Second position in the 50K was claimed by John Edwards of Saltspring Island in 3:58:02 and third went to Harriers Rob Grant in 4:04:19. It was the second consecutive 50K race for the durable 54 year old Grant both on back to back Saturdays. He had just placed fourth in the McDonald Forest 50K race in Corvallis, Oregon. Grant presented hand-made gold belt buckles which he had crafted to the men and women winners of the 100K race at Elk/Beaver.

Second place in the women's 50K Division, behind Bowden, was Christine Blanchette, 33 from Vancouver in 4:01:24. Fifty year old Gail Bazeley, from Port Coquitlam, finished third with a time of 4:42:36.

In the feature 100 Kilometre Division it was Canada first, United States second and Russia third. Overall winner Victor Hickey, 42 from Meaford, Ontario, completed the ten 10K laps in 7:19:51. Hickey dedicated his victory

Frontrunners National Ultramarathon Championships (continued)

to a close friend Michael Peace of Gatetown, New Brunswick, who is having some serious health problems at the present time. "This one's for you Michael, I am with you," Hickey told ACU President David Blaikie upon hitting the tape at Elk/Beaver. Several live reports of the race were posted on the Ultramarathon World web site as the race progressed.

Second place in the 100K Division went to Michael Carlson of Boise, Idaho, in 7:44:47. Andrei Derxten from Moscow, Russia, finished third in 7:46:47 after leading for many of the early laps. Canadian, Yvan Chasse, 39 from Grand-Ile, Quebec, claimed fourth spot in 7:55:20. Both Hickey and Chasse were named the Canadian National Men's Team that will compete in the World 100K Challenge this September in The Netherlands. Carlson also beat the 7:45:00 United States qualifying standard by a mere 13 seconds. He will have to wait a week or so until the U.S.A. team is officially announced.

Kirsten Bjornson, 36, from Fort McMurray, Alberta, won the 100K women's race in 9:32:37 setting a course record. She will also be nominated to the Canadian Women's Team at the World 100K Challenge. Bjornson had predicted a 9:30 performance and finished eleventh overall of the 30 starters. Second place went to Delta's Sally Marcellus, 46 years old, in 10:28:19, and third was the incredible Mae Palm, from Whistler, in 10:40:32. The 60 year old Palm set Canadian Records for 50K, 60K, 80K, 50 Miles split times and a 100K National and North American Record in her age division. Six W60-64 records in the same race!

The men's and women's winners were competing for \$4,000 prize money with \$1,000 going to first place, \$600 for second and \$400 for third in the 100K Division. Hickey, Carlson, Derxten, Bjornson, Marcellus and Palm collected the money. All six of the division winners received a new pair of running shoes compliments of Rob Reid at Frontrunners. Every one of the 58 starters received a merchandise gift upon finishing their race.

Carlos Castillo, 48 of the host club Prairie Inn Harriers, topped the 50 Mile Men's Division in 7:41:26 followed by Mike Maher, from Fort Collins, Colorado, 8:43:58 and third place male was Ken Lemmen of Coquitlam in 8:35:04. The women's 50 Mile winner was former National Team member, Janet Green from Courtenay in 8:04:44 which placed her second overall of the six starters. Second place went to Marion Kirby, 56 from Coquitlam, in 10:01:04.

Bruce Hawkes of the Prairie Inn Harriers won the 25 Mile Ultrawalk for the second straight year in 4:59:16 followed by team mates Dena Carroll, second in 5:45:21 and Munaza Chaudhry third in 5:55:38.

There were 58 starters and 48 finishers in the four divisions. An additional 34 runners and walkers participated in the Glenn Jaques Memorial 10K Walk/Run. This is a record number of finishers in the thirteen years that the race has been staged in Victoria.

The Canadian Championship status for the 50 Kilometre and 50 Mile Divisions was the first time that this concept has been ever been introduced in Canada and was an initiative of the Race Director. It will be an annual event along with the 100K Division that was established in 1993. The Prairie Inn Harriers have hosted the National 100K Championship race in Victoria every year except 1999 where it was held in St-Donat, Quebec.

Bob Reid, Race Director
Prairie Inn Harriers
May 7, 2000

"It hurts up to a point and then it doesn't get any worse." - Ann Trason

The Rhody Run

by Rob Grant

ON THE MAY 24TH WEEKEND FOR THE PAST 22 years the historic Victorian Town of Port Townsend, WA, hosts the 12Km Rhody Run in conjunction with the Rhododendron Festival.

This was my 18th year at the run, it's still one of my favourites. Port Townsend is reached from Victoria via the Coho Ferry to Port Angeles, from there it's a 50 minute drive east. This year a large Flying Y contingent travelled by bike.

On Saturday, the day before the run, starting at 12.30pm there's a 3 hour parade through the streets of Port Townsend, many of the bands & floats use this as a warm up before heading over for the Victoria Day Parade.

It's an interesting town to explore with many craft shops & fine restaurants. For excitement there's always the Town Tavern, surrounded on two sides by walls of Harley Davidsons, so packed, customers spill out onto the street. This year as we passed by we heard from within the blare of the Scottish Regiment Pipe Band.

There is also a huge cistern at Fort Worden with a haunting sound quality. It's sealed to the public but every now & then they open it for an orchestra. Musician Paul Horn once did a recording session in it.

The Rhody Run is a loop course starting at Fort Worden State Park, the setting for the movie "An Officer & a Gentleman". This is a true community event encouraging families to take part. It has the highest participation of young children of any run that I've attended.

The run starts on Officer's Row looping around the green parade field then out along rolling country roads. From 2-3 miles runners are faced with a challenging two step hill. Times are announced at each mile, water, orange slices, encouraging music & garden hoses appear throughout the race manned by enthusiastic local residents.

Every finisher receives a beautiful T-shirt & pin. In celebration of the Rhody Run 2000 they gave out embroidered sweatshirts this year. Awards, beautiful solid brass belt buckles cast at the Anacortes foundry, go three deep in 10 year age divisions.

In my years leading up to a master I was running 43 minutes, fast enough to snag third place. The year I turned 40, Rick Whiting, one of Vancouver's top master runners, happened to be camping below Fort Worden with his family. He knew nothing of the Rhody Run, that was until runners ran by wearing numbers that morning as he was cooking breakfast. He wandered up, entered, ran 41 minutes winning the masters thus bumping me back to 4th place. For the next 9 years the window slammed shut now taking 42 minutes for third place.

The \$500 first place prize money for men & women always draws a few elite runners. Herm Atkins, a 2:12 marathoner, was a frequent past participant, as was Kim Jones, whose grandparents reside in Port Townsend. This year Vancouver Olympian Graham Fell won, this could well be the first time the race has been won by a master. Our own Alex Coffin had a fine run coming in 5th just seconds over 40 minutes.

The field is over 2000 runners. Accommodation should be reserved 3-4 months before & if booking a house at Fort Worden (a great deal if a group as 4-bedroom homes run around \$160) that has to be reserved 1 year in advance. Information on the run can be found at www.rhodyrun.com

The Great Walk

by Rob Grant

*June 3/00 Northern Vancouver Island
2000' of climb & descent (gravel road)*

THIS WAS THE 23RD YEAR FOR THE GREAT Walk, 63Km of undulating gravel road connecting two remote West Coast logging communities on Vancouver Island.

The run/walk starts in Gold River, a 5 hour drive north of Victoria & finishes in Tahsis. For this event to reach it's 1000 limit one month before was amazing for they do no advertising. Entries are available only on their web site at www.greatwalk.com.

Of the 1000 participants probably 100 are actual runners but this is not a competitive event, it's a fundraiser hosted by the Lions Club of these two small communities. Everyone starts at 4am. This year the weather is ideal, a sky full of stars, no winds & more importantly no rain for which this area is notorious.

It's cool, I wear a polypro top & mitts. Within a minute of the start I see Steve Royer, last years winner in 4:47, disappear into the darkness heading up the hill, no doubt making a run at the Great Steve Kings' record of 4:30 set back in '84.

The road is slightly damp so no dust, dust is not an issue for the runners since the majority of the support vehicles are for the walkers & the road is closed to all other vehicle traffic till 4pm.

The scenery is spectacular, runners & walkers are surrounded by jagged rocky snow covered peaks, awe-inspiring waterfalls & mirror lakes. The course crosses many clear rushing mountain streams.

A slight cloud cover kept the temperature cool, a blessing for the walkers, for the day before it was in the high 70's. Well stocked aid stations were spaced every 5 miles. The volunteers from these small towns & the larger East Coast towns of Campbell River & Courtenay give a warm low key feel to the event.

At the finish foot & leg massages were available to all plus four varieties of soup & sandwiches. Every finisher receives a certificate, T-shirt & the famous burning boot plaque.

It took us 2 hours & 20 minutes with a whole lot of shaking to drive back out to the starting bridge. It was a far easier task in the morning reaching the finish, running!

Partial Results of the Great Walk

- | | |
|------------------------------|------|
| 1. Steve Royer | 4:55 |
| 2. Rob Grant | 5:38 |
| 3. Kevin Eby | 6:00 |
| 4. Doug Lanigan | 6:15 |
| 5. Ed Kroeger | 6:28 |
| 6. Phil Cornforth | 6:34 |
| 7. Randy L'Heureux | 6:36 |
| 8. Marion Allen (1stW) | 6:39 |
| 9. John Downing | 6:40 |
| 10. Marlene Paemoller | 6:53 |
| 11. Paul Franklin | 7:00 |
| 12. Garth Ball | 7:09 |
| 13. Ken Rutland | 7:11 |
| 14. Michael Wille | 7:12 |
| 15. Debbie Messier | 7:16 |
| 16. Elaine Leach | 7.16 |
| 17. Jenni Rozich | 7:17 |
| 18. Helen Jackson | 7:18 |
| 19. Mathew James | 7:25 |
| 20. Troy Schaddelee | 7:27 |
| 21. Wolfgang Luebke | 7:27 |
| 22. Bob Gehm | 7:28 |
| 23. Norleen Scott | 7:29 |
| 24. Moe "The Eagle" Beaulieu | 7:29 |
| 30. Bruce Hawk | 7:45 |
| 53. Bernie Zorn | 8:07 |

Long Distance Racewalkers

by Helen Jaques

IN THE PAST TWO MONTHS SOME OF OUR racewalkers have been working extremely hard. Bruce Hawkes, and two of our newest members, Dena Carroll and Mumaza Chaudry participated in the Elk-Beaver 25 Mile Walk. Bruce was first at 4:59. Dena and Mumaza did most of the race together with Dena crossing the finish at 5:45 and Mumaza at 5:55.

Three weeks later these three did the Great Walk. Bruce was 30th overall (7:45), Dena 138th (9:50) and Mumaza 143rd (9:51). There were 941 participants with 740 completing the event. Dena and Mumaza said they enjoyed the endurance aspect of both races as it gave them more time to catch up. The support crews and participants only added to the events and made them more interesting. All three are planning to join a group of PIH Racewalkers in participating in the Portland Marathon.

Jan Junker, while he did not racewalk the distance, traveled 8000 K to meet the Mexican trainer of the Danish Olympic hopefuls. He enjoyed training with the Danish Team and has brought back some new techniques.

FROM THE VAULT

MINUTES OF THE PRAIRIE INN HARRIERS MEETING

October 6, 1980 - Victoria Press Building, 7:00 p.m.

IN ATTENDANCE

25 out of the 62 PIH members attended the meeting.

CHAIRMAN

Alex Marshall chaired the meeting as President, Gunner Shaw, was absent due to the flu.

RECORDING SECRETARY

The recording secretary was also absent, not known whether she had received the bug from the President, so there were no minutes to read and Robin Pearson offered to take down these minutes.

TREASURER'S REPORT

Alex reported that we have \$568 in the bank with approximately \$300 yet to come from the Harriers Labatt's 10 Miler put on by our club in the summer. There are also some outstanding dues to be paid by some members (Ed's note: Does this sound familiar?)

ROYAL VICTORIA MARATHON

There was an excellent showing by P.I. Harriers, both in numbers and in finishing positions. Many thanks are extended to all club members and their spouses who helped with the organizing or officiating of the race. Bob Cook was presented with a beautiful trophy for being the first finisher from the clinic training group. Bob is also a Prairie Inn Harrier and his time was 2:48:59 (16th) for his first marathon.

Other significant performances by club members included Gunner Shaw 2:33:36 (4th), Don Gillman 2:35:20 (6th), Al Howie 2:37:44 (8th), Chris Garrett-Petts 2:39:07 (10th), Len Scharbach 2:49:25, Dave Miller 2:51:27, Ringe Raap 2:39:47 (2nd M40), Mike Ellis 2:50:15 (5th M40) and Stu Fall 2:49:31 (1st M45).

FIXTURES

The fixtures list was read out and a decision was made to consider the Shawnigan Lake Race and the 21 Mile Mixed Relay as club races. This means that we want a huge turnout. Jeff Hawker volunteered to organize the P.I. entries for the Bazett Farm CC race on October 12, Alex Marshall, Barb Becker and Don Gillman offered to organize a team for the 21 Mile Relay on November 23. Linda Moist volunteered to organize our club entries for the Shawnigan Lake race of October 25th and Garth Ball agreed to organize us for the B.C. Cross Country Championships on November 16th.

NEWSLETTER

Alex suggested that Bob Beard should put together a Newsletter on a monthly or bi-monthly basis. Bob accepted the challenge with Jeff Hawker and Robin Pearson offering to help (The Birth of the PIP).

CLUB STAG

Dave asked when the next men's only club stag at the P.O.'s mess will be. It will be on October 16. Anyone wishing to go to any of the monthly stag nights must phone Paul Bowler, Alex Marshall or Jack Farrell and let them know before hand so that they can be prepared to sign you in.

DUES

A discussion on club dues began. It was decided to continue on a calendar year basis with full price being charged to anyone who joins before the end of June, and half price any time after July 1. Also if present members have not renewed their membership by the middle of February, they will be removed from the phone list and will not be sent any Newsletters. Regular membership is \$15 and Family membership is \$25.

MEETINGS

We decided to hold our meetings on the third Monday of every month (except during the summer).

GRAND PRIX

Mike Creery mentioned the Grand Prix Series of races. Vancouver suggested that we could put a race in this Series over here. (Start of the Thrifty Foods Island Race Series which officially began as the Coors Light Island Race Series). Garth Ball thought that the Gorge would be good and Alex Marshall suggested Central Saanich. February 28 was mentioned as a good date. Robin was asked to devise a flat, fast course near the Prairie Inn.

NEW MEMBERS

Bob Moist came up with the excellent idea of having club members bring their wives or girlfriends to the meetings to help get them involved in our club spirit and involved in helping at club races.

10 MILER

Don Gillman reported on the Labatt's Prairie Inn Island 10 Miler. One problem was an over zealous "four way flasher" radio club member who directed some runners in the wrong direction. Police support was not good. It was not as promised. Also the finish banner was too low and got hit by a truck. The race, however, was a big success as was the party that followed at the Prairie Inn.

EXECUTIVE

Alex strongly suggested that no one should stay in a club executive position for more than two years. Next meeting we should consider nominating people for positions.

SINGLETS

The question of racing singlets was raised. There was enough people wanting them so Alex will look after purchasing them. Another job for the next meeting will be to find a person willing to manage the ordering, buying, distributing, etc. of all club uniforms.

ADJOURNMENT

The meeting adjourned at 8:30 p.m.

POST MEETING MEETING

A less formal discussion period followed at the Tally Ho Pub.

POST MEETING OBSERVATION

He who run in front of car soon become tired; he who run behind car soon become exhausted.

Who says the Harriers are a bunch of toothless old geezers?

Re: Mad Hatter 3K Fun Run,
Sunday, June 3, 2000

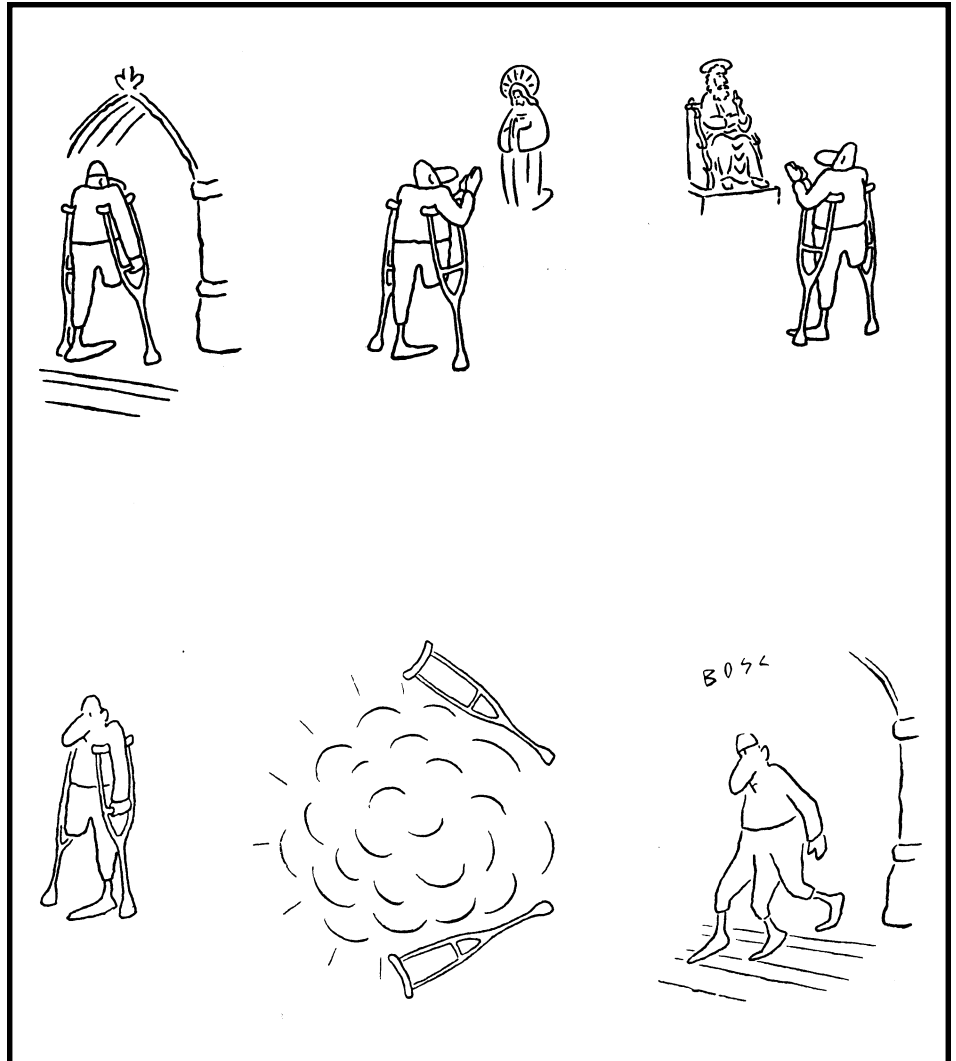
Just a note to say that Prairie Inn Harriers member, Qristina Bachand, aged 9, came in first in the youth category (12 & under) in a time of 14:28! That's just a couple of weeks after swimming 4,000 meters at Swimathon to raise funds for Hospice! Qristina is now looking forward to her second Victoria Youth Triathlon on Father's Day (she came in first last year in her age category). Will let you know how she does.

Submitted by her proud parents,
Adrien & Marie Bachand.

Did you know...

...that during the Thrifty Foods Island Race Series participants consumed thousands and thousands of cookies, muffins, donuts, bagels, bananas and oranges, 2,840 litres of Spring Water, 3,300 individual units of yogurt, 160 cases of juice, 84 bags of Powerade sport drink and several boxcars full of popcorn.

"I'm going to go out a winner if I have to find a high school race to win my last race." - Johnny Gray



An excerpt from

Everything I Need to Know I Learned from Road Racing

by Mark Roberts

You can't win a race in the first mile, but you can lose it in the first mile. With motorcycle racing it's usually a matter of not being aggressive enough at the beginning and losing touch with the people you want to beat. With runners it's almost always going out too fast in the first mile. Either way the result is the same: a poorer result than that of which you are truly capable. Runners have a definite advantage though because runners who overcompensate by going out too slow will usually benefit enough later in the race to make up for it. Motorcycle road racers who overcompensate by going out too fast end up doing some off-track weed collection and sometimes get to see what the inside of an ambulance looks like.

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.

Jun 13	Nov 14
Sep 12	Dec 12
Oct 10	

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

SUMMER RACE SCHEDULE

June 2000

Saturday, 17 Jun 9:00 a.m. • **Arbutus 8K** • Queen Alexandra Centre, 2400 Arbutus Road
• Info: Gordon Head Rec Centre 477 1871 • *Accurate course, well established race*

Sunday, 18 Jun 9:00 a.m. • **Father's Day 8K** • Beaver Lake Park • Info: Cathy Noel 658 4520 • *Timed, results*

Thursday, 29 Jun 7:00 p.m. • **Twilight Shuffle 4-mile** • Chemainus
• Info: Island Runner 595 2378 • *Evening race*

July 2000

Saturday, 01 Jul 9:00 a.m. • **Sidney Days 5K** • Sidney, across from Sanscha Hall • *Flat, fast, accurate course*

Sunday, 02 Jul • **Sri Chinmoy 10K** • Petting Zoo, Beacon Hill Park 6+ laps of the ring
• Info: Sri Chinmoy Marathon Team 592 6911 • *Challenge Randy Cox's course record of 29:50*

Sunday, 16 Jul 9:00 a.m. • **Great Sooke Foot Race 12K** • Sooke Community Hall, Downtown Sooke
• Info: Scott Eddy 642 4974 • *Course is approximate. Hilly roads and trails.*

Sunday, 16 Jul • **Mount Doug Mile** • Base of Mount Douglas • Info: Gordon Head Rec Centre 477 1871 • *Food and music at the top*

Wednesday, 19 Jul 6:30 p.m. • **Road, Rubber, Rubble 10K Cross-Country** • Elk Lake
• Info: Island Pacific Athletics 721-8408 • *Road, Rubber, Rubble Summer Series Race #1*

Sunday, 30 Jul 10:00 a.m. • **Bastion Tamagawa 7K – 3.5K for Kids** • Tamagawa University Farm, Holden Corso Rd, Cedar • Info: Andy Pomeroy 755 7822 • *Entries at Frontrunners. Two loop course. Certified. Downhill finish. Fund raiser for the Nanaimo Conservatory of Music*

August 2000

Wednesday, 02 Aug 7:00 p.m. • **Road, Rubber, Rubble 3000m** • Centennial Stadium Track, UVic • Info: Island Pacific Athletics 721-8408 • *Road, Rubber, Rubble Summer Series Race #2*
• *Opportunity for all levels of athletes to experience a 3000m track race*

Saturday, 12 Aug 8:00 a.m. • **Harriers Highland 10K, The Iron Horse** • Thetis Lake Park, Victoria • Info: Sylvan Smyth 472 6109 • *Somewhat undulating throughout! 90% road, 10% trail. NO ENTRY FEE, no frills, entry limited to 50. Lightweight, long sleeve shirt \$20. Accurate course & results*

Sunday, 13 Aug 10:00 a.m. • **Road, Rubber, Rubble 5K** • Centennial Stadium Track, UVic
• Info: Island Pacific Athletics 721 8408 • *Road, Rubber, Rubble Summer Series Race #3*

Sunday, 20 Aug • **Sound & Silence Lochside 10K** • Lochside Park • *Flat and fast*

Sunday, 27 Aug • **Women's Transition House 8K** • Centennial Stadium, UVic • Info: 370 8000 ext.2116 • *Accurate Course*

Newsletter Information

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

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

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

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