



# PRAIRIE INN POST



## Maurice Tarrant Owns the Record Book

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

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

by Brian Mader, VIRA President

Wow! NOVEMBER ALREADY. ONE OF THE last (but certainly not least) remaining races left on this year's calendar, the Gunner Shaw Memorial Cross-Country, is right around the corner on November 25. The Harriers are committing \$500 from the proceeds of this year's race to the Carol Bennett Memorial Drinking Fountain, planned for installation at the Oak Bay Track. Further individual donations to this project will also be gratefully accepted.

The following are some highlights of an issue that I think you will find interesting and entertaining:

Marilyn McCrimmon gives us the scoop on the man who has been smashing all those records – our very own PIH “grey eminence” Maurice Tarrant.

What do you think about competing in a 1200 km bicycle race that goes on day & night? Ken Bonner set three new “randonneur-marathon cycling” records this year. He writes about his experiences in the 2000 Boston-Montreal-Boston event and his theories about the cross-training benefits of cycling for runners.

The “Y” Lunch Bunch have run the Breakwater route every Monday at noon for the past 25 years (that's about 1300 times). Bob Reid tells us how it all started and who the founding fathers were that began this healthy tradition.

Olympian Bruce Deacon describes his early motivation to become a marathon runner in an excerpt from one of his e-mail reports from the Sydney Olympics.

Enjoy,  
Sandy Stewart

THE 2001 SERIES HAS A NEW MAJOR SPONSOR AND THAT IS NEW BALANCE. YES, THRIFTY Foods has decided to redirect its sponsorship to other areas in the community. The Vancouver Island Runner's Association (VIRA), all runners and clubs on the Island want to thank Thrifty's for eleven years of commitment to running on Vancouver Island. In terms of sponsors for any events, not just running, it is almost unheard of for a major sponsor to remain with one event for eleven years. Thrifty's did more than just be a sponsor, they actually increased their sponsorship over the past few years by assisting us with the production of race entries, providing graphic art work, paper and distribution of race entries. They have been a super sponsor and their change in direction should not be seen as a negative in any respect, again thank you to all the folks at the Thrifty Food Family, without you the Vancouver Island Series would not be in such a great position to move into the 2000's.

New Balance has decided to be our major sponsor and at the same time continue with its previous level of commitment to the series. New Balance has been one of our platinum sponsors for the past number of years, providing shoes and apparel at each and every race in the series as well providing shoes and apparel for the VIRA first to third place finishers in each race category, a huge commitment that will continue. On many occasions I have asked Jim Kwasniki of New Balance to supply special gifts, like for the "Run the Island 2000" and they have always come through. I look forward to a very interesting and rewarding time with New Balance as our major sponsor. I now you Harriers will support New Balance, remember we get to keep our sponsors provided their sponsorship is recognised and appreciated, so in many respects it is up to you as club members and runners to ensure New Balance hears from you, not just the VIRA folks.

We have many of our previous sponsors back again this year, like the platinum level Times Colonists and Frontrunners, and other sponsors like Community Business Services, Ellswear, Paul Christopher Sport Massage, and at the moment we are working on a few others that will prove to be exciting and a benefit to the series, and you the runners. We have had our medals and trophies supplied by Len Maycock for the past number of years, well last year Len came on as a sponsor, as well, providing \$500 worth of product to VIRA, and Len has agreed to be a sponsor again this year. I am excited about the 2001 New Balance Island Race Series, it should prove to be a great one, so lets get out there and support the series and our old and new sponsors.

I will provide more information as we get closer to the start of the New Balance Island Race Series. The schedule is as follows:

Bazan Bay 8k	Jan. 14	UVic 5k	Mar. 11
Mill Bay 10k	Jan. 21	Harriers Pioneer 8k	Mar. 18
Cedar 12k	Feb. 4	Merville 15k	Apr. 1
Hatley Castle 8k	Feb. 18	Paper Chase 10k	Apr. 8
Comox 1/2	Mar. 4	Sooke River 10k	May 6
			VIRA Awards

## SOCIAL REPORT

by Susan Norrington, Social Director

### WHAT'S BEEN HAPPENING

#### SUMMER AND FALL

##### Sooke Social Bike or Run

Sunday, July 23

A good early morning turnout of Harriers and others for the summer marathon training run and a smaller contingent of social runners, walkers and cyclists all headed out on the Galloping Goose, some north and some south - such an independent group we are! All returned to Fox 's Grill for brunch on the patio by the ocean in the sunshine.

##### Run Royal Roads and Lakeside Party at Glen Lake

Sunday, August 20

Runners and walkers both met at Royal Roads Y for a one hour run on the trails. Most then headed to Ken and Gerda Smythe's lakeside home for the annual Harriers' BBQ. We were joined by others, some who ran the Sound & Silence Lochside Trail 10K earlier in the day and some who cycled from town. Not the warmest day of the summer, but a few brave souls - Bob Reid, Caroline Waelti, Bruce Cheadle and Bill Scriven - took a plunge in Glen Lake. Lots of food and beers consumed, and even though it started to sprinkle a little later on in the day, in true Harrier style, those sitting around the "sun" umbrella put on their jackets, sat in the rain and continued to swap lies.

*"Blinding speed can compensate for a lot of deficiencies."*

- David Nichols

### WHAT'S NEW

#### 16th Annual Gunner Shaw Memorial Cross Country Race

Saturday, November 25  
1 pm at main parking lot,  
Thetis Lake Park

The course is classic cross-country - all trails, rocky, wet, many tough hills, featuring puddles, stumps, roots and an outstanding finish line. Runners approximately 10K and walkers approximately 5K. Come and join us for this character building race.

#### Christmas Party

The results of the survey are in and most members are interested in gathering at the Six Mile Pub after the Gunner Shaw Cross Country race at Thetis Lake Park on Saturday, November 25, rather than having a house party.

#### Regular Saturday Morning Runs Back to Thetis

Saturday trail runs are back to the main Thetis Lake parking lot. Start time 8:00 am sharp! Join in groups of runners and walkers of various paces on the trails of our spiritual home, Thetis Lake.

#### 2nd Annual Harriers Boxing Day 10 mile Handicap & 5 mile Social Run

Tuesday, December 26, 2000  
Prairie Inn Pub,  
7806 East Saanich Road, Saanichton

First handicapped runners start at 9 am. Exact handicapped starting time will be given to runners prior to the race and

it's your responsibility to be at the start line on time. This an accurately measured 10 mile two loop course: start northbound on East Saanich Road at the Prairie Inn, left onto Wallace, right onto Mt. Newton, left onto W. Saanich, approximately 100m to the turnaround, retrace route.

Social run begins at 9:45 am.

Everyone welcome to work off the Christmas turkey and enjoy brunch at the pub afterwards. Enter on-line at [www.pih.bc.ca](http://www.pih.bc.ca) or contact Race Director Sylvan Smyth by email at [sylvan@pih.bc.ca](mailto:sylvan@pih.bc.ca) or call 477-0326.

#### Josephine Hees

Thank you to all Harriers who visited Josephine in the hospital and sent emails of encouragement to her before her passing on October 11, 2000. She fought a valiant and determined battle against ovarian cancer. Her memorial, hosted by her daughter Susan Martin, was a celebration of Josephine's life as she would have wanted it to be. Many friends spoke of her determination, dedication and optimism. A quote from her daughter, Susan, stands out. "My mother is not gone. She's just so far ahead in the race, we cannot see her."

For those of you interested in joining Susan Martin in raising public awareness of ovarian cancer, please contact her at 727-7495 or by email [zerena@home.com](mailto:zerena@home.com)

#### Awards Night

January 9th meeting will be our awards night. Anyone who has a suggestion for the most improved runner category M and F should contact Bob Reid.

## MAURICE TARRANT - A PROFILE

by Marilyn McCrimmon



*Maurice Tarrant*

WATCHING MAURICE TARRANT PILE UP Canadian running record after running record, you wonder what his secret is. Is it the 25 year break he took from running between age 30 and age 55? The English accent? His soccer background? His membership in the Mellow Fellows? Whatever it is, it works.

This 70 year old P.I.H. member has set five new Canadian road race records this year alone. For the statisticians out there, he ran: 20:15 at the UVic 5 km, 32:58 at the Bazan Bay 8 km, 41:55 at the Port Alberni 10 km - lowered weeks later to 41:51 at the Garden City 10 km, and 1:03:59 at the Merville 15 km. On the track, he set a mile record of 6:03:02

in Richmond in May. While many were sunning and relaxing during the summer, Maurice continued to demolish Canadian records. In July, he set a 1500 record of 5:34 on the track in Burnaby at the B.C. Championships, and the following month he ran 12:02 in the 3000 meters at UVic. Now he can relax for five years, until he reaches the next age category and it starts all over again!

Maurice first heard about the Harriers through the late Stu Fall, who he met in passing (literally) at the Pioneer 8K, his first race in Victoria. Stu naturally wondered where this fast guy - who happened to be in his age category - had come from. Stu must have thought it was better to get to know his enemies. Once he joined the Harriers, Maurice became a fixture on the Harriers talented master men's team, the Mellow Fellows.

I have watched Maurice on every out and back race course - he's going back, I'm going out - and admired that focused look and steady pace. So, I asked him how he motivates himself during a race. Maurice decides what time he wants to do the race in, and then breaks it down into meters. Then he focuses, in order to stay with his plan. And, noting that the first km is the most important, Maurice says, "I often go out too fast, and then I pay." Sound familiar to anyone?

He doesn't talk too much during a race, and believes that being familiar with the courses in the island series is an advantage. Maurice knows when to prepare for a hill, and when to relax. (Relax? At his pace?) He feeds off other runners, and finds that his fellow runners are great motivators. Maurice finds he is running with a different group of

runners each season now as he is running marginally slower each year. He also knows who he shouldn't go out with, especially if he wants to stay with his race plan.

As a boy, he ran for practical reasons: to travel the several miles home from school each day to start his paper route. His first sports were rowing and rugby, but Maurice found the appeal of being able to do it on his own drew him to running in his early 20s.

Maurice ran his first race in 1951 when he was in the RAF, finishing second in the half-mile race. When he found he was running with the instructors in RAF basic training, he knew he had some ability. His best distance was three miles, and in fact he was the Devon Three Mile champion, and represented Devon in the Inter-County Championships.

With a hint of things to come, he found he enjoyed the relay races, which were run between various towns with a busload of supporters following and cheering them on. Today he enjoys Haney to Harrison and Jasper-Banff relays, where his Mellow Fellows team has been very successful. Now the busloads of supporters cheering him on are fellow PIH members running the same relay.

Maurice took a break from running in his early 30s in order to spend time with his growing family in Ottawa. As his children took up soccer, he became a ref. When he came to Vancouver Island in 1981, he took up running again at the age of 55, after the 25 year break. The next ten years Maurice trained and ran hard, running five to six days a week.

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## MARATHON CROSS-TRAINING (THE BICYCLE)

by Ken Bonner



*Oliver Portway and Ken Bonner*

LUDLOW, A SKI RETREAT IN VERMONT. A VICTORIAN HOSTEL IN LUDLOW. MY COUSIN locked in my van – asleep, SOUND asleep! After 41 hours of continuous cycling through the hills of Vermont up to Montreal and back again, my mind and body are craving a few winks of sleep. Bang, Bang, Bang! I pound on the window of my van ...3:00 am, I am cold and wet ... I want a change of clothes, some food, but first, some sleep. Neil, wake up, wake up .....

It all started with a pamphlet I found on a ledge as I was picking up my Vancouver Marathon race packet just before my 25<sup>th</sup> running marathon. "Marathon Cycling ... call Stephen Hinde for more information."

Ring, ring, ring! .... I'm calling about this pamphlet on "Marathon Cycling" ... oh, its about riding long distances through spectacular scenery ... mainly in the dark ... unless you sleep at night. You can sleep anywhere? A comfy bed in a motel? (yes); in a tent? (yes); on the side of the road? (yes). What if rain, hail, or sleet is falling from the sky ... the event is cancelled, right? Wrong! Oh! .... So how far are these "long distances"? They are on predetermined routes (called randonnees, or brevets) from 200, 300, 400, 600 to 1,000 kms and every four years 3,500 marathon cyclists from all over the world complete a 1,200 km route from Paris to Brest & back again. The next best thing to the Tour de France! How fast do people ride? The slow average speed between checkpoints must be at least 15 kph, and no faster than 32 kph, including all stops. There is room for the "tourist" and for the "racer"

*"When you come to a fork in the road, take it!" - Yogi Barra*

OK, Stephen, I'm going to rise to the challenge .... I'm a marathoner nothing will slow me down ... but I'm going to sleep in a comfy bed and only ride when the sun is out.

Neil, my cousin, is shaking me awake ... "You told me to wake you after a reasonable time", he says. But Neil, I've only slept for about 15 minutes ...remember, I was just dozing off and your alarm clock went off accidentally! Neil, a very rational and supportive person, perseveres with me ... "You said to wake you in a reasonable time ... I think this is a reasonable time ... here, I have some food for you and some warm and dry clothes ... besides the two riders who are in the lead, left 1/4 of an hour ago".

As I grind up the 18% grade in the dark, I am no longer cold, ... I have 7 kms. to the summit, and then a screaming descent down the other side ... which is repeated again and again over the next 60 kms. I am through the next "checkpoint" in short order ... the sun is up, there is a tail-wind and I have passed the two lead riders. This situation only lasts for about an hour, as Australian, Oliver Portway finally catches up to me with about 150 km to the finish of this 1,200 km event.

We have a brief discussion about how competitive we each feel ... we come to the conclusion that we will accompany each other and finish first **together**. This is not an unusual occurrence in the world of "randonneur-marathon cycling" – in the 1995 Paris-Brest-Paris – 10 riders, after competing individually for over 1000 kms, realized that the rest of the pack

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## THE "Y" LUNCH BUNCH CELEBRATE A MILESTONE

by Bob Reid



### - NEWS FLASH -

## ONE QUARTER CENTURY AND STILL KICKIN'

Just as the YM-YWCA is celebrating 125 years of operation, the Y' Lunch Bunch is celebrating 25 years of running from the rail at noon. Imagine that, one quarter of a century of jokes, lies, insults, balls-out, hard-nosed running and every single Monday running the Breakwater route!

Where did it all start? The five Founding Fathers of this healthy tradition are Alex Marshall, Jack Farrell, Paul Bowler, David Hambleton and Ray Baillie. These five pioneers first appeared at the rail in 1975 and, in their enthusiasm for running, they have encouraged and tolerated literally hundreds and hundreds of followers to join them for training over the lunch break.

The two longest standing active members of the pack are myself with 24 continuous years and Rob Pearson who joined the group in 1977 and has logged 23 continuous years. There have been many leaders over the quarter century but none better than the first two – "Mother" Marshall and "Acid-Tongue" Farrell.

Mother would lead us every lunch hour and do the 40 minute run by talking non-stop and never repeating himself day after day, week after week, month after month and year after year. We learned to be good listeners. Jack, on the other hand, would slice us to ribbons with his Scottish sarcasm while driving the shit out of us up Gonzales Hill at a sub-five minute pace while hurling insults over his shoulder. He was a master at one-up-manship. No one could outwit him.

The Y Lunch Bunch pack has always been a loud talking, chauvinistic male bastion with little tolerance for women. That all changed when Pam Mitten first showed up to run with the pack and Jack quickly branded her "The Bitch!" Since then four more bitches have

tested the waters including Brenda Sprung, Lisa Hill (MacBeth), Rhonda Callendar and Karen Lawless. Guess what boys – Lisa, Rhonda and Karen are still with us and they can deliver the B.S. just as good we can! Sorry Jack, our standards have softened since you left. We even let them beat us.

To Alex, Jack, Paul, David and Ray: You left quite a legacy. Did you ever think your initiative would last so long?

Let's hope we can continue for another 25 years with great stories, great fitness and, most importantly, great friendships. We all share a common interest and hundreds of runners have benefited from our hobby by simply joining us at the rail at noon. Keep up the good work!

### A true "Twenty-four Pack"

1. Ray Baillie (F.F.)
2. Paul Bowler (F.F.)
3. Jack Farrell (F.F.)
4. David Hambleton (F.F.)
5. Alex Marshall (F.F.)
6. Steve Barr
7. Karl Benn
8. Mike Boissonneault
9. John Bones
10. Gord Bonwick
11. Rhonda Callendar
12. Paul DeNiverville
13. Dave Evanoff
14. Rob Grant
15. Lisa Hill
16. Kevin Jones
17. Tom Lacey
18. Karen Lawless
19. Rob Pearson
20. Paul Petersen
21. Brad Potentier
22. Bob Reid
23. Paul Siluch
24. Brian Turner

## AMAZING STORIES FROM BEYOND THE RAIL

The following e-mail correspondence was randomly intercepted from the internet by CSIS

### Blonde Bitch Gets S\*\*t On By Undercover Cop at the RAIL!

Mr. B,

Had a great peppy run today (Rob finally caught up to me near the tennis courts) except we were stopped two times by traffic and lights before the bridge; then got stopped at bridge by boat; Rob and I met weirdo psychic on bridge; picked up the pace even harder to get away from weirdo psychic; Rob cut off on Broughton in his direction leaving me to race to the finish line alone. By then I was fed up with traffic, lights and nutballs so I ran red light at Blanshard and Broughton.

THEN big green car with tall, big-breasted, big-mouthed female on power trip stops me at the Rail. She says "Hey you, stop! I'm an undercover police officer with the Victoria Police. People like you make me really, really mad. You're inconsiderate and it is so unfair to the people who lawfully wait at the crosswalks!!!" And on, and on she went while people passed by wondering what this big-breasted woman on a major power trip with veins exploding out of her neck was yelling at me about. She finished her long high pitched monologue by saying, "I am going to give you a ticket to teach you a lesson." She stormed around the vehicle to get into her trunk and gosh darn, no tickets were in it. "You are lucky this time because it would have cost you \$115.00!"

"Oh, that's great" I said. "I will make sure the guys I run with don't run through the lights anymore either because they always do."

"Yes you do that please and thank you for doing that" she said

With her finally off my back and with money still in the bank, I went storming into the "Y" muttering "That BITCH" as people stared at me and quickly stepped out of my way.

The whole women's change room heard my story and I suppose the whole "Y" when I think about it. I had these women going. They were on my side!

Here I am having a healthy lunch hour while overweight, smoking, lazy pedestrians (too out of shape to even get through a crosswalk on a green light) are made out as SAINTS and I am the DEVIL who has cheated them all and for that I must be punished and put through unjust embarrassment. The SAINTLY pedestrians are the losers here. They will not go far in life because they are fearful (not to mention unhealthy) of taking risks. I took a risk by running a red light and lived to tell the story because I am "fast", "fit" and "sharp".

TO HELL with them and to hell with the BITCH. I'm on fire and red lights from now on will be green to me.

BB

Ms. BB,

You are so lucky to have that \$115 in the bank rather than having to write the bitch a cheque. She was right, you were wrong. The truth hurts. I run red lights all the time but it doesn't make me right. You took a risk and got caught! Don't blame others who obey traffic signals. It is obvious there were a couple of other things that bothered you when confronted at the Rail:

- 1) She had bigger tits than you
- 2) She was flexing her authority and you just had to stand there and listen while being somewhat embarrassed (I could see the smoke coming out of your ears from here).
- 3) She delivered a lecture - you hate lectures
- 4) She was right

Do you think you are exempt from the law? End of lesson.

Mr. B



*The Blonde Bitch & Mr. B.*



Bruce Deacon's Olympic Odyssey  
September 20, 2000

### ON THE DOORSTEP OF A DREAM

IT IS TOUGH TO IMAGINE THAT IT WAS A FULL 22 years ago this summer that I began to run. The reality is that if my elementary school had held a poll to determine who was least likely to ever go to the Olympics, I would have voted for myself. And yet here I am now, about to run in my second Games. What a dream come true.

Growing up I was shorter than almost all of my peers. Everyone was the big guys. Athletically, I was useless. I was the type of kid that would dash for the outfield in gym class, knowing that none of my classmates could hit the ball that far. I was sure to not be embarrassed out there. And yet, I longed to be good at a sport any sport. I would watch the opening segment of the Wide World Of Sports and think that there had to be some sport at which I could beat the big kids. I made a deal with God, praying that if he gave me a sport that I could do, that I would work really hard at it.



At 11 years old I went away to summer camp at Camp Big Doe. There Rob Reid was a counsellor and had organized a 30 Mile Club. The concept was simple: run 30 miles over the time you were at camp and get a t-shirt. Oh how I wanted that shirt. I was very intrigued by Rob as he was a "marathon runner". I had no clue what a marathon was, but knew it had to be special based on the tone of respect that adults used when they spoke of the event. I figured that the quickest way to find out about what this marathon thing was, would be to go for a run with Rob.

Rob was busy juggling his camp duties with training for a fall marathon. When I spoke with him about the prospects of hooking up for a run, he kindly explained that the shortest he ran was 5 miles. For some reason, I announced that I could run 5 miles. Of course the furthest that I had run at that time was across the school yard. I then went out to prove that I could cover 5 miles, figuring that if I stopped, it wouldn't count.

By the time I reached the final half mile of the 5 miles, I began to think that perhaps this is a sport at which I could beat the big kids. After all, how many of them could run 5 miles. Within a year, I had completed my first marathon and the dreams of running in the Olympics were a part of me.

A dream is a powerful thing. I can't count the number of miles I have run through blistering heat, bone chilling winds or driving rain motivated by the prospect of running in the Olympic marathon. While my school friends were dreaming of playing NHL hockey, I was out pounding the miles dreaming of being a world class marathoner.

It is such a cliché to say that just even to be here is a victory in itself, but in so many ways it is. Along the way I have visited countries I only dreamt of, raced in races I followed as a boy, learned rich lessons about myself, and grown in my understanding of God's goodness.

## RACING

Results for all of the races below and more at:  
<http://pih.bc.ca/results/homepage.html>

18 June 2000	Father's Day 8K
25 June 2000	Nelson Half Marathon
25 June 2000	Vancouver Half Marathon
25 June 2000	New Balance Half Iron Triathlon
29 June 2000	Chemainus Twilight Shuffle 4-mile
01 July 2000	Sydney Days 5K
02 July 2000	Calgary Stampede Marathon
16 July 2000	Mount Doug Mile
16 July 2000	Great Sooke Foot Race
19 July 2000	Road, Rubber, Rubble 10K
02 August 2000	Road, Rubber, Rubble 3000m
06 August 2000	Sri Chinmoy Triathlon
13 August 2000	National Championships / Olympic Trials
13 August 2000	Road, Rubber, Rubble 5K
13 August 2000	Delta Half Marathon
20 August 2000	Lochside Trail 10K
20 August 2000	WAVA Championships
03 September 2000	Songhees 5K
03 September 2000	Comox Valley Country Roads Marathon
10 September 2000	Land's End Half Marathon
01 October 2000	Run For The Cure
01 October 2000	Run For The Cure
08 October 2000	Royal Victoria Marathon
09 October 2000	Turkey Trot 5K
14 October 2000	Vikes Cross Country
14 October 2000	Vikes Cross Country
25 October 2000	Vancouver Island High School XC
28 October 2000	BC XC Championships
29 October 2000	Shawnigan Lake Half Marathon
04 November 2000	British Columbia High School XC Championships
04 November 2000	Haney to Harrison Relay
11 November 2000	Thetis Lake 20K XC Relay

*Ability is what you're capable of doing...  
Motivation determines what you do...  
Attitude determines how well you do it.*

## RACEWALKING

Portland Marathon  
01 October 2000



*Linda Campbell, Jacquie Hughes & Paola Rodriguez-Ruah*

I think my fingers are the only part of me that isn't hurting at the moment. I wanted to let you know how we fared at Portland Marathon this weekend.

Linda Campbell was the first female racewalk finisher and, the second racewalker (male or female) in a time of 4:51. She won the Master Women Division. Jacquie Hughes 5th place Master Women Racewalk Division in a time of 5:44. Paola Rodriguez-Ruah 6th place Open Women Division in a time of 5:58.

The Master of Ceremonies described racewalking a marathon to the mostly Running crowd - 'that while you might not understand or comprehend how or why they racewalk, try to imagine participating in a marathon knowing that you are being judged the whole way. You must keep going at your top pace, you cannot not walk or run to give you muscles a change, and that at mile 23 you could be told you are disqualified and it is all for naught.'

We had torrential downpours to start but the weather eventually evened out and it became comfortable. A good time was had by all.

Jacquie Hughes

(continues from page 4)

## Maurice Tarrant - A Profile

Since his retirement from work, he finds his running has become more social. The Thursday morning runs with fellow retirees featuring a weekly run leader and coffee and muffins afterwards, are a weekly fixture. He runs three days a week, sometimes upping the number of runs or the intensity if there is a race coming up. Maurice goes to the track once a week, does a long run once a week, for at least an hour, and in between works on his speed, doing, for instance, 60 second pickups on the Galloping Goose.

Like most runners, he finds he is in a better frame of mind when he is running, and enjoys feeling alert and sharp when his running is going well. His favourite distance is 8 km.

Maurice is a role model to many, but he has his own role models, both young and old. Rosamund Dashwood and Arthur Taylor are two of his role models, and Maurice enjoyed competing with both of them. His younger role models include Paddy McLuskey and Jim Finlayson; he likes to watch their hard fought battles during the series. Robyn Meagher and Angela Chalmers are also runners whose talents he admires. He even enjoys the Hellions, and their enjoyment of running (playing) at the relay races.

Maurice hopes to compete at another World Masters Championship. He has been to two, and found it a thrill to run for Canada. At his age he says he is not sure how long he can continue to be aggressive, but he would like to make one more category as a competitive runner.

A p.r. that he seems the most pleased about is his fifty years of marriage to Phyllis, a milestone they will celebrate with a trip to Toronto this fall.

(continues from page 5)

## Marathon Cross-Training (The Bicycle)

was catching up to them, if they did not work together someone else would finish first ... the result is that all 10 of these riders finished first! However, one never knows, sometimes there are "misunderstandings" and certain riders will ride off into sunset without the rest of the riders.

So ... what are the cross-training benefits to a marathon runner?

- **time perception** – after 13 to 90 hours of steady cycling, the time spent running a marathon is comparatively short
- **runner's overuse injuries** – none (since one has little time left for training for running)—my total mileage for the year, including races is about 1500 kms.
- **leg muscle strength** – increased strength in the quadriceps (good for climbing hills; keeping that "runner's knee" in alignment; and, balances off the strong hamstrings that runners develop)
- **mental focus** – the headwind, the everlasting hill and the ever-changing weather — they are my friends, they make me stronger and they make me want to lie down in green pastures
- **social skill development** – puts the loneliness of the long distance runner into perspective ... having discussions with fellow riders in the dark, whom you will never see again .... Like the Danish rider who informed me he worked in an abattoir while we were cycling together during a very dark and foggy night ride.

Give up that compulsive marathon training ... try compulsive marathon cycling!! Meet interesting people from all walks of life, including some that only exist after a bit of sleep deprivation. See you on the road!

## Marathon Cycling Records:

- Randonneur World Record Holder for the 1,000 k - 38h 37m (1995)
- Record Holder (Vancouver to Calgary) - 39h 47m (1995)
- Record Holder (Calgary to Vancouver) - 40h 01m (June, 2000)
- Rocky Mountain 1200 km – 55h 36m (First, & broke record July-2000)
- Boston-Montreal-Boston 1200 km – 54h 26m (First, & broke Canadian record at this event - August-2000)

*Ken Bonner has completed 125 running marathons, including all of the Royal Victoria Marathons*

*"Don't look back – something might be gaining on you."*

- Satchel Paige

**Marathon gold medallist aided by killer hornet juice**

Tokyo (Reuters) - A Japanese marathon star who won Olympic gold in Sydney got a crucial extra buzz by drinking the stomach juice of giant, killer hornets. Naoko Takahashi, who became a national heroine by winning the women's marathon, drank the unusual beverage before and during the race after Japanese scientists found it gave an astonishing boost to human performance.

The drink, being 100 percent natural, does not fall foul of Olympic laws against performance-enhancing drugs. Scientists at the Institute of Physical and Chemical Research near Tokyo found the juice helped the three-inch (8 cm) long hornets to fly the equivalent of more than two marathons in search of food — and had a similar effect on humans.

The juice reduced muscle fatigue and improved the body's efficiency, according to scientists. "We are delighted that the fruits of our research have been recognized through Naoko Takahashi's success," a spokesman for the institute told Reuters.

A Japanese firm, Meiji Milk Products, has reproduced the raw juice and is now marketing it as an energy drink.

Takahashi was the first Japanese woman to win an Olympic athletics gold. The government said last week it was planning to present her with the rarely bestowed People's Honor Award.

(Ultramarathon World:  
<http://fox.nstn.ca/~dblaikie>) (18oc00)

**Malmo's Manifesto**

All you need to know to run your best by George "Malmo" Malley, former U.S. record holder in the steeplechase, a 1:01 half-marathoner and 2:12 marathoner. Malmo is not impressed with today's low-mileage, heart rate monitor, 12-step, Runner's World approach to running.

- 1) Run twice a day, as many days as you can. Hopefully five, six or seven days a week.
- 2) Run more. How much? I dunno. You figure it out, but find out for yourself.
- 3) Run it faster.
- 4) Love running and LOVE racing.
- 5) Stay focused.
- 6) Set goals and don't be afraid to fail.
- 7) Listen to your body and don't be afraid to rest.
- 8) Compete WITH your comrades in sweat - never AGAINST them.
- 9) Smile a lot.



*Now, here, you see, it takes all the running you can do, to stay in the same place. If you want to get somewhere else, you must run at least twice as fast as that!*

Lewis Carroll, Through the Looking Glass

**A Brief History of Medicine & Treatment Throughout the Ages**

<b>2000 B.C.</b>	Here, eat this root.
<b>1000 A.D.</b>	That root is heathen. Here, say this prayer.
<b>1850 A.D.</b>	That prayer is superstition. Here, drink this potion.
<b>1940 A.D.</b>	That potion is snake oil. Here, swallow this pill.
<b>1985 A.D.</b>	That pill is ineffective. Here, take this antibiotic.
<b>2000 A.D.</b>	That antibiotic is artificial. Here, eat this root.

## 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 2001 meetings on your calendar. Summer meetings replaced with socials.

Dec 12	Jan 09	April 10
	Feb 13	May 08
	March 13	Jun 12

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

The Harriers Annual General Meeting is on Tuesday, November 14th, 7:30 p.m. at the Cedar Hill Rec Centre. A new club executive for 2001 will be elected and we do not anticipate any need for re-counts. For more information in the interim, feel free to contact:

Bob Reid ..... 384-1520  
Sandy Stewart ..... 385-8624

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

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

## UPCOMING RACE SCHEDULE

### NOVEMBER 2000

Saturday, 25 November - 1:00 p.m.  
16th Annual Harriers Gunner Shaw Cross Country Main Beach, Thetis Lake Park  
Bob Reid 384-1520 10K on rough, hilly, rocky, wet trails. A classic!  
Proceeds to the Harriers' Foundation

### DECEMBER 2000

Sunday, 10 December  
Beat the Christmas Rush 5K Run Oak Bay High School, Victoria  
Island Runner 595-2378 Benefits Oak Bay High XC Team

Tuesday, 26 December - 9:00 a.m.  
2nd Annual Harriers 10 mile Handicap Run Prairie Inn Pub, Saanichton  
Sylvan Smyth Start time based on previous race times.  
5 mile social run at 9:45. On line registration. No day of race entry.

Sunday, 31 December - 6:00 p.m.  
Race Through Time 5K McKinnon Gym, UVic  
Frontrunners 382-8181 Same certified course as the UVic 5K

### JANUARY 2001

Sunday, 14 January - 10:15 a.m.  
Bazan Bay 8K Sidney Elementary School, 2281 Henry, Sidney  
John Botelho 380-1173 New Balance Island Race Series #1

Sunday, 21 January - 11:00 a.m.  
11:00 a.m. Mill Bay 10K Brentwood College  
John Campbell 748-9455 New Balance Island Race Series #2

### FEBRUARY 2001

Sunday, 04 February - 11:00 a.m.  
Cedar 12K Cedar School  
Andy Pomeroy 755 7822 New Balance Island Race Series #3

Sunday, 18 February 11:00 a.m.  
Hatley Castle 8K Royal Roads University, Colwood  
Doris Dubicki 480-0265 New Balance Island Race Series #4

### 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