



# PRAIRIE INN POST

## February is Heart Month

Get out there and use yours



### INSIDE THIS ISSUE

- PIH President Brian Turner gives us the scoop about the club's direction in 2001
- Rosamund Dashwood writes about the beginning of her successful running career
- A running clinic in sunny Puerto Vallarta
- The Exaggerator writes about his nocturnal running experiences

*Plus: New social run schedule for 2001, guest speakers, training runs*

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## PRESIDENT'S MESSAGE



*Brian Turner*

WELCOME TO ALL HARRIERS FOR THE 2001 RUNNING SEASON, ONE WHICH YOUR EXECUTIVE hopes will be an enjoyable and rewarding one for you. We had an excellent executive meeting in December, where we bounced around a number of ideas to improve and strengthen our club.

To make meetings more interesting and worthwhile to attend we are going to invite a speaker to each one to cover some aspect of running, from as many angles as possible. Even those of us who have been running for ever, and think we know it all, will undoubtedly benefit from the advice of experts.

We have also decided to have a monthly club run, with different leaders, and at a variety of locations. There are so many great places to run in the greater Victoria area that these should be really enjoyable. We have essentially filled the calendar of club runs for this year, but if you have a favourite spot that we miss this year, let us know for next year.

If you attended the January meeting, you will have been present for the club's annual awards night, when outstanding runners and hard-working club members are recognized for their efforts. The winners are listed elsewhere in this Newsletter. The awards presentations were followed by our now-traditional wine and cheese social, a good chance to talk about plans for the up-coming running season, and meet old friends.

Please use one of the club's many news sources to keep up-to-date on happenings, from the next meeting date and speaker, to the next club run, and upcoming races. Info is available in the Newsletter, our website (<http://pih.bc.ca>), the Harriers Hotline (381-IRUN), and at the monthly club meetings (2nd Tuesday of the month, Cedar Hill Rec Centre, at 7:30).

The Harriers will be organizing a bus for the Alberni Paper Chase 10k race on April 8, and other local clubs will do the same for the Comox Valley 1/2 Marathon on Mar 4, and the Merville 15k on April 1. The organizing club gets first dibs on seats, but then will open the bus up to other runners if it is not full, a week or two before the event.

Again, a big welcome to 2001 from your Executive and Club Directors, and our best wishes for a great year as Harriers.

Brian Turner,  
President

# HARRIERS 2000 AWARDS



*Ulla Marquette*



*Paddy McCluskey*

## **Gunner Shaw Most Valuable Runners**

Paddy McCluskey, Ulla Marquette

## **Alex Marshall Master Runners of the Year**

Maurice Tarrant, Karen Lawless

## **Robin Pearson Most Improved Runners**

Drew Mackinnon, Joanne Cowan

## **Stewart Fall Junior of the Year**

Graeme Benn

## **Ken Smythe Dedicated Performance Award**

Ken Smythe, Sylvan Smyth

## **John Thipthorpe Durability Award**

Alex Coffin

## **Susan Reid Most Consistent Harrier**

Rob Grant

## **Glenn Jaques Race Walker of the Year**

Bruce Hawkes, Linda Campbell

## **Leadership Award**

Helen Jaques

## **2000 Runners of the Week**

December 26	Marilyn McCrimmon, Bill Scriven
December 18	Mike Emerson
December 11	Alex Coffin
December 4	Sandy Stewart, Steven Shelford
November 27	Chad DePol
November 20	Wendy Davies
November 13	Caroline Waelti & Bruce Cheadle
November 6	Chad DePol
October 30	Shirley McComb
October 23	Ken Arnott
October 16	Linda Gibson
October 2	Sandy Auburn
September 18	Sandy Anderson, Ken Arnott, Alex Coffin
September 11	Munaza Chaudry and Dena Carroll
September 4	Brian Travelbea & Laura Pearson Ken Chew, Wendy Davies
August 14	Alex Coffin
August 7	Bill Scriven and Rintje Raap
July 31	Rob Grant and Moe "The Eagle" Beaulieu
July 24	Lawrence McLagan, Steve Bachop
July 17	Rob Reid
July 10	Carlos Castillo
July 3	Alex Coffin
June 26	Andrea, Diana, Chad & Brandon Depol
June 19	Blair King
June 12	Brian Travelbea & Laura Pearson, Bill Scriven
June 5	Anita Carter
June 5	Rob Grant
May 29	Alex Coffin
May 15	Ulla Marquette, Paddy McCluskey, Maurice Tarrant
May 8	Carlos Castillo, Julie Ross, Rod Paananen, Mika LaVaque-Manty
May 1	Sandy Temple
April 24	Ken Chew
April 17	Ulla Marquette, Jim Finlayson
April 10	Karen Lawless, Sylvan Smyth
April 3	Dawn Wilson
March 27	Maurice Tarrant
March 20	Andrea DePol
March 13	Leah Gibson, Karen Lawless
March 6	Helena Watling, Brian Turner, Paddy McCluskey, Maurice Tarrant, Steve Bachop, Chad De Pol
February 28	Graeme Benn
February 21	Sandy Anderson
February 14	Simon Cowell, Mike Stone, Charlie Ireland
February 7	Maurice Tarrant
February 7	Rob Grant
January 31	Tim Tanton
January 24	Jim Finlayson
January 17	Ulla Marquette
January 10	Maurice Tarrant
January 3	Susan Williams and Nathan Reid

## SOCIAL REPORT

by Susan Norrington



Susan Norrington

### WHAT'S BEEN HAPPENING

November, December, January

#### Laura and Brian's Run

19 November 2000



Fourteen Harriers met at the Prairie Inn Pub parking lot. Brian Travelbea lead the serious runners on a course from the parking lot along Mount Newton Cross Road to West Saanich Road to the Merrill Harrop trail and Dunsmuir Mountain, then back along East Saanich Road to the PI parking lot. With Laura Pearson in the lead, the social group of runners began from the parking lot on Dunsmuir Mountain navigating the beautiful winding trails on the mountain. It was great to see Marg Melvin out with the group, and Brenda Phillips, a new club member,

proved herself to be up to the challenge, having no trouble keeping up to the seasoned trail running group. Walkers Ken Smythe and Dave Melvin rounded out the group kibitzing their way through the woods on mountain.

The group was then treated to a fine brunch prepared by Laura, complete with spicy apple cider and a great egg dish called Christmas morning life-saver, at their warm and inviting home in Sidney.

Although we were disappointed in the turnout for this social run, it gave the PIH Executive the idea to ask members to host monthly social runs (more about that in the report on the planned runs for 2001). Thanks to Laura and Brian for hosting this event and providing us with an idea for a plan for exciting social events throughout the year.

#### Gunner Shaw X-Country Race

25 November 2000

This annual event provides and excuse for rehydration and a pub food scoff at the 6 Mile. This year it was also our gathering in place of a Christmas party. It was well attended by approximately 30 Harriers (runners and volunteers) and other hangers on who were either unaffiliated and from other clubs. The beer went down easily producing lots of stories about how much harder the run was in the "old" days.

Thanks to Race Director Bob Reid for yet another well organized, tough (too bad it didn't rain) 16th annual PIH celebrated event.

#### Harriers Annual Boxing Day Handicap Run

26 December 2000

From the Prairie Inn in Central Saanich, this event started out in the pouring rain and finished in the clear light of day. Lisa Nodwell and Ben Basu easily out-distanced a pack of 29 to finish first and second in the second annual running of this 10-mile handicap race along the undulating Central Saanich course. Nodwell who had no race results in the past two years, estimated her 10K time of 50 minutes. She ran the course in 1:21:32 equating to a 10K time of 49 minutes flat. Basu's time of 1:17:18 equates to a 5K of 22:09, easily outdoing his seeding time of 22:30 from a low-key triathlon last summer.

8 more Harriers not willing to beat themselves up the day after Christmas, left at 10 am on a 5k social run along the same course and back to the PI arriving about the same time as most of the serious runners.

Two of the four rooms at the Prairie Inn were filled with Harriers, TWC, Island Road Racers, Pen Plodders and even Janet Green from the Comox Valley Road Runners joined the group for a hearty brunch.

Thanks to Race Director Sylvan for organizing this event, a great way to work off the Christmas turkey and egg nog flab.

*"If you don't do what's best for your body, you're the one who comes up on the short end."*

- Julius Erving



*Our group assembles shortly before heading off into the forest trails of Goldstream Park.*

## Goldstream Park Adventure Run and Ma Miller's Brunch

28 January 2001

The first of our hosted club runs attracted 43 hearty souls to Goldstream Park, a magical forest run. There were no casualties, no dogs rolling in dead fish and all had fun. The A Team quickly split in to an A+ team followed by an A- team on Prospector Trail. The Social Team, comprised of 24 relaxed yet motivated runners, including host Susan Norrington, gossiped all along the way, also split into two teams, remarkably arriving back Ma Miller's without losing a single member. This run was the first appearance of Bat Girl who tantalized Bat Boy and quickly became a member of the grizzled A Team.

The run finished with a hearty (another word for greasy) \$6 all-you-can-eat brunch at Ma Miller's.

*"If at first you don't succeed, you are running about average."*

- M.H. Alderson

## WHAT'S HAPPENING

### Hosted Club Runs/Walks - Every Month in 2001

Brian, Sandy, Bob and I are very excited about our new schedule for monthly club runs. The list appears in this newsletter (see page 12). Please mark your calendars to attend. It gives our members a chance to know one another better and get some exercise in a non competitive way, while often enjoying spectacular trail wilderness scenery. The runs are hosted by a different member of the club each month, taking Harriers along his or her favourite training or scenic route. If you want a change, most of these routes will work for cyclists as well as runners and walkers. Runs are followed by brunch at a nearby pub or restaurant or at the host's home.

## Bus to Port Alberni for the Paper Chase 10K Race

08 April 2001

We have booked a luxurious 48 passenger bus for the Alberni Paper Chase. Cost per member is \$10. The bus is complete with restroom, stereo and video. It's a great way to travel to a race - arrive fresh and have a scenic stop on the way home at Little Qualicum Falls. Not many seats left, so book now by calling Bob Reid at 384-1520 or by email at breid@islandnet.com

## PIH Garden City 10K Team

(Race - Sunday, April 29)

Do you want to be a member of the most winning team in the history of the Garden City 10K? Join other Harriers in representing our club in Vancouver Island's premier 10K fun run event. Sign up and pay your registration fee of \$25 before March 14 and you will get a PIH "Big Shoe" GC10K team tshirt. More members can be added to the team until 26 April at a late registration fee of \$30, but you will miss out on the team tshirt. Contact Susan Norrington at 384-0171 or email snorrington@crd.bc.ca to ensure your spot on the team.

## Trying to Contact Another Harrier?

I have had several requests from members to publish the membership list with names, phone numbers and email addresses. At the January meeting, members agreed that they would like this information. The list would be available on the web site, but could only be accessed with a password. If you don't want to be included on the list, please let me know by 15 March by email snorrington@crd.bc.ca or by phone 384-0171 and your privacy will be protected.

## FIRST PLACE IN HER FIRST RACE

by Rosamund Dashwood



I CAME TO VICTORIA TO MAKE A NEW START in 1983. I was a widow and I had to find a focus for my life.

My two passions were running and tennis so I joined the Racquet Club and played in several tournaments (just at the B level) and surprised some of the young hopefuls when I beat them in tournaments. It was really quite funny, they thought it would be a breeze playing such an old lady but on account of the running I was fitter than they were. But it all took up too much time and I gave up tennis and just concentrated on running.

I joined the Y and found that they had a running clinic, in training for that year's Marathon. I did not think I was ready for that but I joined the clinic anyway just to get some running and meet other runners.

Brian Mader was leading the clinic that year and we had to tell him our age, and how many miles we ran in a week. When I said I was fifty three and that I usually ran about thirty five miles a week (which was true) he just rolled his eyes in disbelief!

Once I joined the Clinic, I started to make friends so now I had running friends as well as tennis friends and life did not look so bleak.

I will never forget my first race in Sidney.

I had watched Chariots of Fire so I knew that the start of a race was a serious matter with everyone tensed up to dash off at the word Go.

Sidney was not like that at all. Everyone was chatting and joking and very friendly and relaxed. We never even heard the word Go, and it was only when the people in front had started moving that we knew it was time to start. It was still very relaxed and friendly (though they still went on about my age!).

It was an out and back course so while we were still on the way out the lead runners passed us on their way back, and all I could do was just stand and gape.

These were *real runners*, many of them wearing something red, (they must have been Harriers). They looked wonderful and I was proud to be in the same race as them. (Never for one moment

did I imagine that I might be a Harrier myself!)

When I reached the finish line I was exhausted but triumphant. I had run my first race! So I got back into my car and drove home ecstatic, now I knew why I had given up tennis...I was going to spend all my time running, however old I was.

When I went down to the Y the following week people came up to me and said "Congratulations! You won!" Which was nonsense, one of those wonderful runners in the front had won. But then they told me I had won my category. I had never even heard of a category but once I took that in there was no stopping me.

Since then I have run in many races and generally won, (there being somewhat of a shortage of running old ladies!)

My proudest hour was when I went to the World Games at Eugene in 1989 and game home with four gold medals, (one was a World Record!)

I am getting even older now but who knows? Maybe I will run again some day if only I can manage to quit falling over!

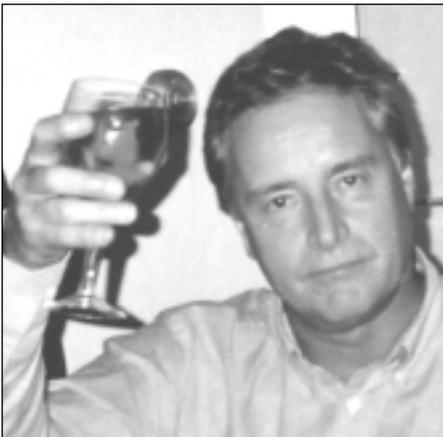
*"If you train hard, you'll not only be hard, you'll be hard to beat."*  
- Herschel Walker

## RONALDO'S MEXICAN RUNNING CLINIC

by Susan Norrington

LOOKING FOR A RUNNING VACATION IN THE sun? In November last year as the winter rain and wind started to rear their ugly heads, I was surfing the PIH web site and found Ron Bowker's message about a running clinic that he and Laura Leno from Team West Coast were organizing for early December in Puerto Vallarta. An all inclusive resort with all the amenities you could want, on a beautiful sandy beach, a resident coach and a group of runners ready to tackle Mexico. Sounded like a perfect way to spend a week.

I signed up, paid my money and was on my way on December 2. I had some mild misgivings being the only Harrier surrounded by arch rivals TWC runners for a whole week (Ron not included), but that died with first round of cold cervezas and good natured wise cracks that set the tone for the rest of the week.



*"Work hard, play hard! And super-size those tequila shooters please."*

- Coach Ronaldo

Up and on the road by 8 am every morning before the sun got too hot (about 20° C), runs of 3 (too much disco the night before) to 8 miles on the road



*Happy clinic participants discuss training and stretching techniques with some of the local volunteer coaches in Puerto Vallarta*

and the beach. Back for huevos rancheros for breakfast and group and individual time talking about training, nutrition and injuries with coach Ronaldo.

Afternoons at the pool in margaritaville, on the beach boogie boarding, riding bikes to the nearby fishing village, water aerobics, beach volleyball, tennis or just vegging out. Sundown, a little workout at the gym, cocktails in the bar and then a group dinner – four restaurants on the property. For the high stamina types, off to the nightly show, disco or midnight swim in the ocean.

And up again next day and on the road at 8. Lots of fun in the sun, but also some great tips from Coach Ronaldo – some that I've taken to the bank for the Island Race Series. My goal for the clinic was to learn how to run the Island

Series injury free and faster than I did last year. After three races completed, two back to back, I am without injury, feeling pretty strong and I am working on my speed. And, hey, I've still got the remnants of a Mexican tan. Plans are underway for another Mexican holiday clinic for early December 2001. I highly recommend it. A great way to relax before the pressures of the Christmas season descend on us!

*"You got to be very careful if you don't know where you're going, because you might not get there."*

- Yogi Berra

Get all the race results at: <http://pih.bc.ca/results/homepage.html>

## Running With An Old Friend

BEING THAT THIS WAS GOING TO BE MY FIRST toe to the line for 2001 and first race in many years I thought "I'm sure I haven't lost to much! The nerves weren't that bad; at least I didn't feel like I was going to be sick to my stomach. Picked out John Bones and Maurice Taurant in the line up and thought surely I can stay with one of them?"

The day was a jewel for weather and a typical large group for the first race. Good I thought at least I can hide in the crowd if I can't stay with them. Sure you can run but you can't hide in a Harriers jersey.

The horn goes off and shit I forgot to start my watch! Oh well I'm sure the finish clock will have to be good enough. Oh yes where is the Old Buzzard? I don't believe it he's 200 meters ahead of me already. That's okay we've only been running for 3 minutes. At the 2 km mark I finally caught up with Maurice and son Philip and heard them talking splits and pace. I thought they were sprinting. I felt like my legs couldn't go much faster for much longer. I passed both of them and kept on going with no conversation, "Save your energy Brian!", the thought went through my brain that was becoming slightly dimmed by the lack of O2.

Hey the 7km marker and I think I just blew the doors off the Buzzard, I haven't seen him since the turn around. Alright I haven't lost that much after all! Oh Oh just a minute here, I thought wrong. The old Buzzard was running right behind me! Off he went.

Being very gracious Maurice waited for me at the end of the finish chute with a cup of water and "Well done Old Boy." Well done Maurice you tried to pull me along but the tank was empty; You are a man among Giants and it was an honour to be in your presence during my first race back.

Brian Travelbea



(l to r) Alex Coffin, Steve Royer and David Matte with Rob Harmsworth in rear, form the front pack at the Cedar 12K

## Cedar 12K

04 February 2001

After threatening to do so for two years, Bastion's David Matte won a series race for the first time at his home race. He also kept Nanaimo's perfect record in the 2001 series alive, following up on longtime rival Steve Osaduik's wins at Bazan Bay and Mill Bay. Alex Coffin led the early stages of the race, prior to giving way to the duel between Matte and regular series race winner Rob Harmsworth. The women's race was even closer than the men's. Mill Bay winner Nancy Baxendale didn't clinch her victory over Andria Dyck 'til late in the last km. Early leader Kathy Rung finished third.

## Mill Bay 10K

21 January 2001

The heavy rain in the Victoria area on race morning may have scared some of the wimps away. There were 449 finishers for the 2nd race of the 2001 New Balance Island Race Series, down from

the excellent 600+ at Bazan Bay to open the series, and about 100 below recent years at Mill Bay. The fair-weather runners will be sad to know that conditions for the race were perfect! Serves 'em right. Steve Osaduik was totally unchallenged as he won his 2nd straight series race with a solid 30:30 time. The women's race was much closer, with Ceevac Nancy Baxendale winning from CVRR's Kathy Rung by only 4 seconds in 38:15. Another good showing from the club, with 47 Harrier finishers at Mill Bay, following the 51 at Bazan Bay.



Rod McCrimmon shifts into high gear near the finish line of the Mill Bay 10K



*Paddy McCluskey brings it on home at the Bazan Bay 8K*

## Bazan Bay 8K

14 January 2001

Congratulations to race director John Botelho and TWC for kicking off the New Balance Island Race Series in fine style. A great turnout of 607 finishers and fine weather combined to inaugurate the new era of our great series in the best possible way.

## Pioneer 8K Volunteering

Sunday, March 18

**We need your assistance as route marshals, finish line staff, hall setup, and other positions. Have fun, get a free shirt, be eligible for prizes.**

## RACEWALKING

### Upcoming Clinics:

Juan de Fuca February 18th  
Gordon Head Rec Centre April 1st and May 27th

### Racewalk Events:

RACEWALK VICTORIA - our own sanctioned race

Sunday, February 25th  
1500M Youth/ 5K and 10K events as well as "The 5K Experience"(for new participants)  
Start: 10 am on the Galloping Goose at Tillicum intersection  
contact: Helen Jaques at 479-7872  
or Jacquie Hughes at jacquie@limcorp.com

NANAIMO SEAWALL

Clinic - Saturday, March 24th  
Race - Sunday, March 25th  
contact - Allen Johnston at ajohnsto@nanaimo.ark.com

VANCOUVER INTERNATIONAL

Sunday, May 13th  
contact - Gerry Dragomir at  
GerryD@eclipsesoftware.com

**new balance** 

### ISLAND RACE SERIES 2001

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



Sunday April 29, 2001

*"The more I train, the more I realize I have more speed in me."*  
- Leroy Burrell

## THE NIGHT RUNNER

by The Exaggerator



*The Exaggerator*

I SET ABOUT TO DO SOME NIGHT RUNNING as I often do, slipping in and out of dark alleyways and forested parks. @ about 8:44:26 I stepped out into the cool night air, as the temperature dropped to near freezing, this made ideal conditions for making ice.

Usually my posse, we run together, includes, and I hope I don't forget anyone's name, lest they wake me in the night to remind me; 'Me', 'Myself', 'I', 'Sub-conscious', 'Deep inner child' and 'Paranoid voice from deep within', only except 'Paranoid' was quieter this evening due to the fact that I was feeling more elusive, sleek and 'man running through the deep African Savannah' than the usual delusional, psychotic night runner hiding among the shadows like a Phoenix floating through spaces left by the vortex of hell and life.

Anyway we carry on the six, six, six of us meandering and ferreting like an old Black Lab with it tail drooping oh so slightly and his nose vacuuming up the scents of all the hustle and bustle that went on in the daylight before the evening passed its bleakness upon his

trail. I fartleked, here, jogged for a while there and bounded this hill and that as the miles slipped by like the dusty road of a prairie crossing. Mile by mile we traipsed on.

First 'Paranoid' stepped up his presence and offered some advice but Me and I recanted with. "No the dark shadows over between those houses are actually just B & E artist looking for a fix of heroine, not a giant venomous snake. "That's so typical Paranoid you always think Sasquatch or something is about to sink his 8" claws into your neck from behind." The argument continued long into the night, Me wanted out. "Just take the next bus fool." "No we can't do that there is six of us, even if the cross-eyed bus driver covered up one eye there would still be three of us and we only have our good luck dime rolling around on end in the Coolmax jacket that you wear EVERY SINGLE NIGHT!"

'Inner child' was feeling fanciful and wanted to say hi to everyone who passed and, on occasion, when 'Paranoid' wasn't paying attention 'Inner child' would get to nod the head of the night runner for the passersby to feel calmed by the presence of the little skinny man in black, zippity-doodawing and gesturing all over the sidewalk. We can hear the couples talking after we startle them by slipping in behind, then around them onto the road then back on the sidewalk. "What's with these freaks doing running around near 11:00 at night honey?" And feeling the pressure to agree, Mr. Honey replies, "Yeah masochists today why can't they just watch the evening news, talk about all the evil violence going on in Beirut and go for strolls like us?"

That Coolmax jacket whispers as we run, rhythmically it talks keeping us company. Like mating crickets there is little room left within the confines of our vessel to have a descent conversation. Myself wanted to daydream about being in the Olympics. "There we are all of us qualifying by 1/100th of a second and then Deacon goes to Fukuoka and beats us now we have to go to Rotterdam! We do and we qualify by 1/100th of a second then we get to Sydney. Paranoid breaks the fantasy by swearing that a bird with a rats head just swallowed a wolf spider, just across the street." We carry on!

The run has gone on forever. Holy Crap, it is after mid-night, we better go home. Yes everyone is feeling tired and crampy. "Did we leave the watch at home I?", says Me. "Yes why we did after all", I replies. "Oh, that's just beautiful, now what are you going to write in your book you bunch of ingrates." Paranoid offered a chorus of boos. "Well we can say after much prodding that Sylvan Lydiard has a good point about run how you feel, we did and it went on forever!"

The run was just about over but not before a drunk driver weaving like a WW1 pawn from the foxhole of carcasses nearly killed everyone in one fell swoop. Which brought out Paranoid for one last stab at control. But Me, Myself and I together took over and forced the night runner to yell, "ASSHOLE", which the Exaggerator would have done anyway without all the prodding. "Hey boys how long did we run for? Oh, only 3:30:54." Not a bad base running for a night runner.



Cartoon by Ben Boyd copyright 2000

## Best Aid-Station Blooper

*Presented by the Dixie Paper Cup Co.*

This blooper comes to us courtesy of the volunteers at the 1992 Honolulu Marathon. Those manning one of the aid stations along the course were doling out gobs of petroleum jelly to runners plagued by blisters or chafing. How thoughtful. The only problem was that a bunch of Japanese runners grabbed their gobs and ate them, thinking it was some sort of sports nutrient. Hey, at least it wasn't Ben-Gay!

*"I have a great diet. You're allowed to eat anything you want, but you must eat it with naked fat people."*

- Ed Bluestone

## PSEUDO CLIFF BARS

- 1 cup butter
- 1 1/2 cups brown sugar
- 1 cup quick cooking oats
- 1 cup whole wheat flour
- 1 cup white flour
- 1/2 cup wheat germ
- 4 tsps grated orange peel
- 4 eggs - lightly beaten
- 2 cups whole, sliced or chopped almonds
- 1 cup chocolate chips
- 1/2 cup chopped dates
- 1/2 cup chopped dried apricots
- 1/2 cup shredded coconut

- Preheat oven to 350. Cream butter with 1 cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ, and orange peel.
- Press mixture into bottom of an ungreased 9x13-inch baking pan.
- Combine eggs, almonds, chocolate chips, dates, apricots, coconut and remaining 1/2 cup brown sugar.
- Mix gently, but thoroughly. Pour over butter mixture. Spread evenly.
- Bake 30-35 minutes and cool before cutting into bars.

## What's In a Name?

At the recent Bazan Bay 8K Race, club Registrar Bob Reid, called a short PIH meeting in the awards hall for the purpose of introducing club members to one another. The conversation went something like this:

"Sandy, I'd like you to meet Sandy, Sandy and Sandi."

"Sandy, I'd like you to meet Sandy, Sandy and Sandi."

"Sandy, I'd like you to meet Sandy, Sandy and Sandi."

"Sandi, I'd like you to meet Sandy, Sandy and Sandy."

"Unfortunately Sandy, Sandy, Sandy and Sandy were unable to make it today but do send their regards."

Believe it or not, this scenario could have been true.

Sandy Stewart, Sandy Mullen, Sandy Anderson and Sandi Begg all ran the race. Sandy Auburn, Sandy Berry, Sandy DeGoode and Sandy Temple didn't. All 8 are PIH club members.

As the Club Registrar adjourned the meeting, he announced that a NEW Harriers team was in the works for Haney-Harrison next year. The name, of course, has to be "The Eight Shirleys!"

## CLUB INFORMATION



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

### 2001 Executive

#### President

Brian Turner ..... 658-0012

#### Vice-President

Susan Norrington ..... 384-0171

#### Treasurer

Bob Reid ..... 384-1520

#### Secretary

Sandy Stewart ..... 385-8624

### 2001 Directors

#### Social Director

Susan Norrington ..... 384-0171

#### Phoning Committee

Susan Norrington ..... 384-0171

#### Race Equipment Director

Ken Smythe ..... 478-7369

#### V.I.R.A. Representative

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 Director

Sylvan Smyth ..... 480-7869

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

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

### 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. Bull sessions follow in the licensed Rec Centre Lounge.

- Mar 13 - guest speaker Lori Bowden - the world's baddest triathlete talks about her sport and her training
- Apr 10
- May 8
- Jun 12
- July - social tba
- August - social tba
- Sep 11
- Oct 9
- Nov 13
- Dec 11

### Every Week! Harrier club runs

Tuesdays at 5:30 p.m. at the downtown Y, Thursday mornings at 9:00 at various locations (see the chatline for run reports and the next week's Thursday run location) and Saturday mornings at 8:00 a.m. at Thetis Lake Park. Also, Sunday morning trail runs such as the January 28 Goldstream run will take place on non-race Sundays. Details will be posted here. Harrier club-runs are non-denominational! Everyone welcome. We regularly have Pen Plodders out on the Thursday morning runs and TWC'ers out on Thursday and Saturday mornings. Feel free to join in.

### Schedule of Club Runs - 2001

DATE	TIME	LOCATION	MEETING PLACE	HOST
Jan. 28	9:30	Goldstream Park	Ma Millers Pub	Susan Norrington
Feb. 25	9:00	Cedar Hill Golf Course	Fifth Street Bar and Grill	Christine Thate
Mar. 25	9:30	Sooke Potholes	Fox's Grill	Nancy Davis
Apr. 22	9:00	Saanich Roads/Trails	Prairie Inn Pub	Brian Travelbea/Laura
May 27	9:00	Glen Lake/Gal.Goose	Joanne Cowan's House	Joanne Cowan
June 24	9:00	Roche Cove/Matheson	Gillespie Rd.Parking Lot	Dan Harlow
July 29	9:00	Royal Roads (BBQ)	YW-YMCA Gym	Ken Smythe
Aug. 12	9:00	Mt. Doug Park (Corn R.)	Bob Reid's House	Bob Reid
Sept. 23	8:30	Juan de Fuca Trail	Wall-Mart	Brian Turner
Oct. 21	9:00	Hare 'n Hounds Run	Francis Park Nature H.	John McKay
Nov. 25	9:00	Thetis Lake Park	Main Parking Lot	Bob Reid
Dec. 26	10:00	Boxing Day Run	Prairie Inn Pub	Sylvan Smyth

*All club runs are on non-race Sundays. Everyone welcome.*

### Newsletter Information

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

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