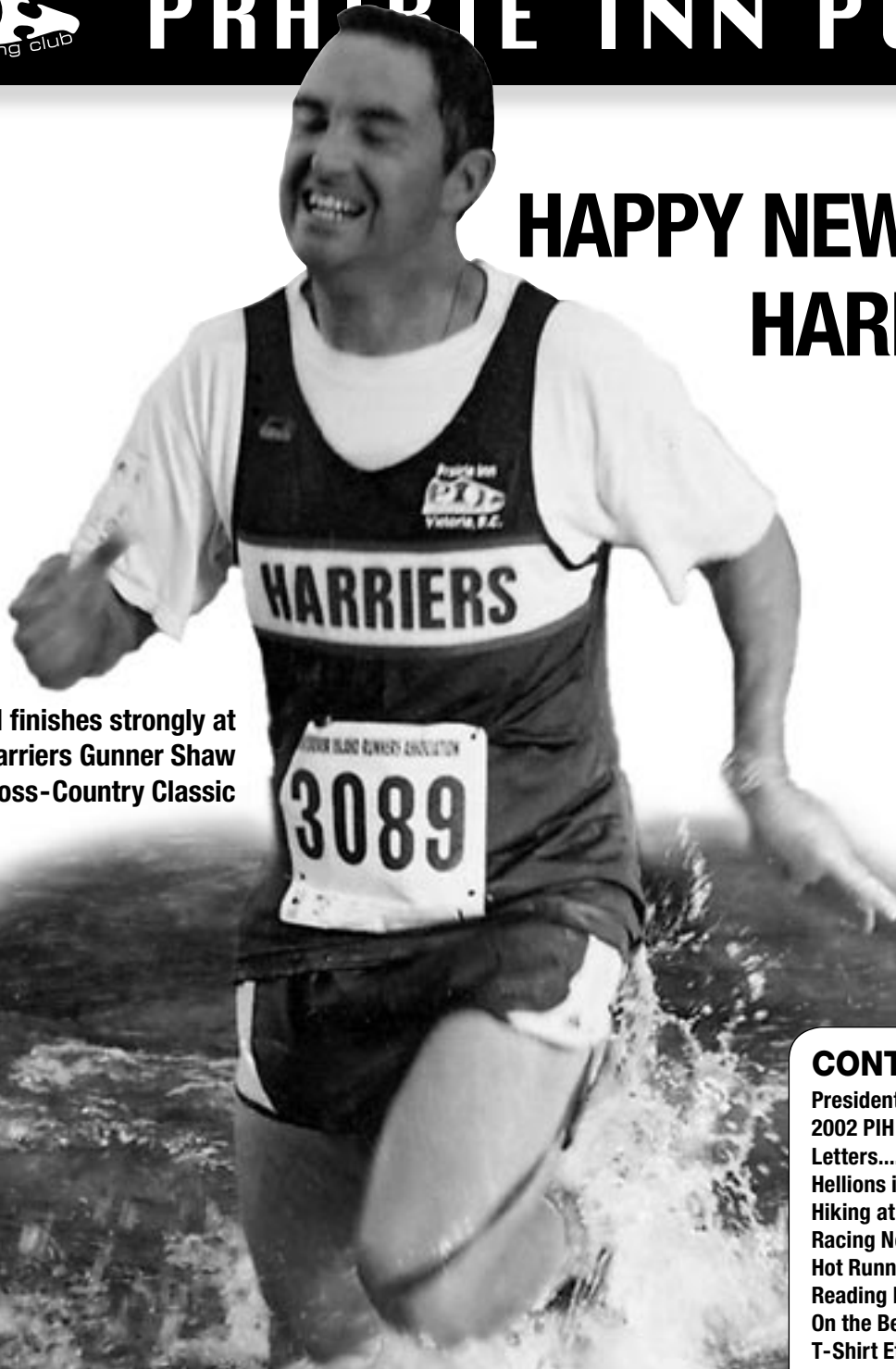




# PRAIRIE INN POST

## HAPPY NEW YEAR HARRIERS!

**Chris Kelsall finishes strongly at  
the Harriers Gunner Shaw  
Cross-Country Classic**



<b>CONTENTS</b>	
President's Message.....	2
2002 PIH Awards.....	4
Letters.....	5
Hellions in Europe .....	6
Hiking at Mt. Washington ...	8
Racing News.....	10
Hot Running Tips.....	14
Reading Room .....	15
On the Beach .....	16
T-Shirt Etiquette .....	17
Et Cetera .....	18
Club Information .....	20

## PRESIDENT'S MESSAGE



*Susan Norrington*

ON NOVEMBER 12 at the Annual General Meeting, the Executive was returned for a second year by acclamation.

On behalf of the Executive, I would like to thank all the members of the Prairie Inn Harriers for their faith in us to represent them in the business decisions we make for the club. We are all proud to take on our responsibilities and look forward enthusiastically to fine year of running, training, racing and socializing.

The Executive met on December 4 to appoint new Directors and discuss plans for 2003. I want to take this opportunity to thank all of our 2002 Directors for volunteering their time to keep the club organized and running smoothly. Specifically, I want to thank two directors who have decided to step down this year, and they are Ken Smythe who has been PIH Equipment Director for 21 years and Maurice Tarrant who has been Foundation Director for since its inception in 1996. Both Ken and Maurice are mainstays of our club and, although they will not hold director positions this year, I hope that they will continue their dedicated involvement with the activities of the club. We have added three new Director positions this year: New Members (welcome wagon) Director, Community Relations Director and Club Speakers Director.

A list of our new Directors who have accepted positions for 2003 is printed later in the newsletter.

I have reorganized the Phoning Committee list so that we only need four phoners. So many of our members have email that this means that there are usually only four or five names on each list to call.

Our new Phone Committee is Helena Watling, Shelagh Machin, Susan Dack and Randy Jones. I want to thank our members who worked on the committee for the last, in some cases, many years who have decided to take a rest from it for awhile: Merrell Harlow, Anita Carter, Caroline Waelti, Marg Melvin, Ken Smythe and Rod McCrimmon.

We are planning to continue our social club runs with members hosting about six runs a year. We should have a list of runs confirmed in January and I hope that we will have large turnouts for them because it's a great way to run different courses/trails and get to know other members of the club.

I would also like to put together a couple of fun trips similar to what we did last year and the year before. The Mt. Washington three-day hiking/running trip in August, organized by Randy Jones, was a huge success as was the winter Courtenay-Mt. Washington snow fun trip organized by Nancy Davis. Randy has hinted that he might have a new hiking trip in the planning stages and we may have some information on it at the February meeting. I have had requests from several



members to do another one-day bike trip this year. I am looking for someone to organize it. Please call me 384-0171 or email [snorrington@crd.bc.ca](mailto:snorrington@crd.bc.ca) if you have any ideas for this.

Last year when I agreed to be President, I said I wanted to foster better relations with other clubs. I believe I have made some inroads in that direction this year in my work for the Victoria International Running Society and the Royal Victoria Marathon where many reps from local clubs come together to plan and execute the events. Socially I have also done some travelling with other runners from other clubs, predominately Team West Coast, and have made some good friends along the way.

On a personal note, I want you all to know how proud I am to be a Prairie Inn Harrier. Our members support running and racing in our community like no other running club. Not only do we have loads volunteers for the races the club puts on, but it is always gratifying to see so many Harriers helping out at the big ticket races in town, like the TC 10K and the Royal Victoria Marathon. When I asked for volunteers for the start finish line at the marathon, I was amazed by the response. And that wasn't all of our members because so many who were committed to other parts of the race, like clothing tent, course set up, marshaling, etc. This year the Victoria International Running Society is hosting the 2003 National Seniors Track and Field Championships on July 18 - 20. Please mark this one on your calendars - we will need lots of help.

This is a great club with great members. Thanks for your support.

Susan Norrington  
President, Prairie Inn Harriers

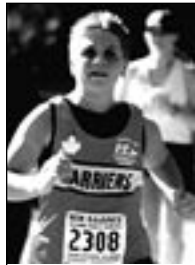
## Welcome New Members

Mike Abernathy  
Mark Atkinson  
Rui Batista  
Kelvin Broad  
Kevin Card  
Christina Cook  
Adena Cronk  
Michael Cronk  
Angie Driscoll  
Gary Duncan  
Ian Hallam  
Laura Leno  
Vince Linderith  
Don Lovell  
Charmaine Lovell  
Hilary Lovell  
Joshua Lovell  
Claire Lovell  
Gillian Lovell  
Kevin McFadzen  
Michelle McFadzen  
Glen Moffard  
Peter Robertson  
Peggy Sherwood  
Bill Walker

## Club Runs for 2003

The Executive is looking for members to host club runs for 2003. If you have an idea for a run that you like to do, why not invite your fellow Harriers along? Ideally, we like to have a social run once a month from May to October on a Sunday starting about 10 am. Think about routes that will work for both runners and walkers and, if possible, cyclists. Choose a restaurant or pub close by for brunch afterwards or host a pot luck at your house. Please contact Susan Norrington at 384-0171 or [snorrington@crd.bc.ca](mailto:snorrington@crd.bc.ca) with your ideas and she will book a time with you that doesn't interfere with any major running events.

## 2002 PIH AWARD WINNERS



### **Gunner Shaw Most Valuable Runner**

Mike Stone  
Sandi Begg

### **Robin Pearson Most Improved Runner**

Terry Turcotte  
Alana Jones, Lisa Cantwell

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

Graeme Benn, Michael Cronk  
Katrina Blomkvist

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

Maurice Tarrant  
Sandy Anderson

### **Ken Smythe Dedicated Performance Award**

Ken Smythe

### **John Thipthorpe Durability Award**

Carlos Castillo

### **Susan Reid Most Consistent Harrier**

Randy Jones

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

Linda Campbell

*Clockwise from top left: Mike Stone,  
Sandi Begg, Alana Jones, Randy Jones, Ken  
Smythe, Maurice Tarrant, Carlos Castillo*

### **Certificates of Recognition**

**Equipment Management, Course Layout**  
Ken Smythe

**Web Site Management,  
Royal Victoria Marathon**  
Sylvan Smyth

**Mount Albert Edward Retreat**  
Randy Jones

**Mt. Washington Retreat,  
Zanatta Wine Tour**  
Nancy Davis

**Outstanding Newsletter  
Graphics and Publication**  
Sandy Stewart

**Assistance with Training Blind Runner**  
Robert Bostrom

## 2002 RUNNER OF THE WEEK

*For all the gory details check out:  
[www.pih.bc.ca/runner-o-week](http://www.pih.bc.ca/runner-o-week)*

December 31	Jim Finlayson, Laura Leno
December 29	Dan Harlow
December 26	Sylvan Smyth
December 23	John McKay
December 16	Kevin Jones
December 9	Wendy Davies
December 2	Helena Watling, Linda Gibson
December 2	Adena Cronk, Susan Denny, Aaron Holmgren, Laura Leno
November 25	Ken Smythe
November 18	Doug Gregory
November 11	Bruce Deacon and Philippe Janicki
November 03	Helena Watling, Mike Stone and Marg Melvin
November 3	Barbora Brych
October 27	Paddy (Walter) McCluskey
October 27	Hillier Denning and Rob Grant
October 20	Lori Bowden
October 13	Three PIH Teams at Royal Victoria Marathon
October 13	Jon Brown
October 6	Dr. F.O.
September 29	Nancy Davis
September 22	Carlos Castillo
September 15	Steven Shelford, Brian Kendrick & Wendy Davies
September 8	Sandi Begg
September 1	Kevin and Michelle McFadden
August 25	Lori Bowden
August 18	Christopher Kelsall and Walter Cantwell
August 17	Sandi Begg
August 11	Mike Stone
August 4	Paul Petersen and Sandy Mullen
July 28	Ken Smythe
July 21	Walter Cantwell
July 14	Lori Bowden
July 7	Sylvan Smyth
July 1	Sandy Stewart and Aaron Holmgren
June 27	Enock Ketter, Bruce Deacon and Katrina Blomkvist
June 23	Lisa Cantwell
June 22	Aaron Holmgren
June 16	Bill Scriven and Gwyn Woodson
June 9	Randy Jones
June 2	Sylvan Smyth, Carlos Castillo and Walter Cantwell
May 26	Dan Harlow and Laura Leno
May 26	Sandi Begg
May 22	Barbora Brych
May 12	Gord Bonwick and Bruce Deacon
May 5	Mike Stone
May 4	Carlos Castillo and Rob Grant
May 3	Jon Brown
April 28	Lori Bowden
April 21	Shelagh Machin
April 21	Bruce Deacon
April 14	Bob Janicki
April 7	Bill Scriven
March 31	Carlos Castillo and Randy Jones
March 24	Brian and Nelda Turner
March 17	Graeme Benn and Steven Shelford
March 17	Robert Hugh Reid and Robert Hugh Reid
March 10	Randy Jones and Bob Flindell
March 3	Dan Harlow
February 24	Rumon Carter
February 17	Philippe Janicki
February 10	Mike Stone
February 3	Sylvan Smyth
January 27	Terry Turcotte
January 20	Graeme Benn
January 13	Jim Finlayson
January 8	Simon Cowell, Sandy Stewart and Sandi Begg
January 1	Robert Bostrom and Keegan Reid

## LETTERS



### Gobble, gobble, turkey, turkey!

The festive season is finally over and it is time to get busy again. Crack the whip, run like hell, lose that turkey. The Tuesday night speed and power training sessions resume January 7 from the Cedar Hill Recreation Centre at 5:00 p.m.

All Tuesday sessions will commence at 5:00 p.m. at CHRC and every week will be a different workout, about an hour including warm-up and cool-down. They will go until April 29 and will be geared to the Island Series. Your friends are welcome. Please spread the word.

“You can’t expect to race fast if you don’t train fast.” Reidism. Let’s do it.

I hope all of you have an awesome 2003 running year with many accomplishments and fond memories.

Bob Reid

### Training Does Pay Off

I was so enthused by winning my very first pair of shoes in six years at the Songhees 5 k and so impressed with the Tshirt for the Royal Victoria Half Marathon that I signed up with a little under 6 weeks to prepare for it and a week long trip full of drinking planned in between for my Summer Holiday. So, with entry form receipt pasted to fridge I started what was to be my first training run since the Triathlon for Healing (you may remember that was in May). This was not a nice picture. Here we were trotting around CHGC and added at least half hour to the regular workout time to cover the same distance. Pretty pathetic but I felt so good I had a goal that nothing was going to stop me now. Then, I decided that the 5 k from the Songhees Run could also count. Then a flex day training run was added to it before springing off to Lake Tahoe for some good old hot tubbing, shopping, drinking and gambling. The drinking came to an abrupt end after the first night due to 7,500 feet of altitude and I was asking myself what kind of holiday is that when you can’t even have Happy Hour, but with the 1/2 Marathon goal in sight and still 3 weeks before it (I know I’m capable of building of some serious miles in a week and then of course your taper week — I am not a serious runner but I do apply the serious rules to myself) I still had a nice time and then there was of course the holiday Power Shopping.

So, our trip ended and we were returned to the reality of a 8 - 5 job and bills to pay. But my training days were back so off I went again on my flex day and felt absolutely wonderful. OK — that was 10.4 K (sorry about the kilometres Dr. A.) — I have to do 22 k. This was going to require some work so I booked some of my holiday time and build up to about 40-50 k for the week before the week before. Well, not only did my times for that Golf Course circuit improve by half an hour, but I now had the confidence to know I could finish the race because the cardinal rule is to do twice the estimated distance in your pre-training. So, my results were good — that I had taken 5 minutes of my post 40 marathon time from a Shawnigan stint 2 years prior and I got in on some super cool prizes from a local radio station sponsoring the marathon — B107.3. So far to date from tuning into this radio station I’ve won a limo ride, a \$100 Milestones dinner, 5 CD’s, and a \$25 gift certificate to the Spaghetti Factory - sorry make that 7 CD’s, oh yes and 2 movie passes to Seinfelds “Comedy”. I am now banned from phoning in, but in a month I can try again. I also improved with lifted spirits because I’ve set a goal and met it, I am probably also more physically fit. One does not run 13 miles without doing muscles and metabolism some good! From that I also volunteered to be a Harriers Muddy Buddies Relay Team for November 11th and thanks to the fast pace of my team mates — we were 30 seconds off 3rd place!

Cheers and happy running everyone.

Christine Thate



*Happy Hellions enjoying their drinks and tapas on an outdoor patio in Granada, Spain.  
Left to right: Marilyn McCrimmon, Anita Carter, Marg Melvin, Sandy Auburn, Sandi Berry*

*As one of the girls said,  
“We can always sleep  
when we get home.”*



Five Hellions took the ultimate road trip this summer and traveled for a month in Europe. Marg Melvin, Anita Carter and myself flew to Frankfurt at the beginning of July, met Sandy Auburn at the airport (she had just been released from Saudi Arabia) and then Sandi Berry joined us a week later in Nice, France. We traveled from Frankfurt south to the Tuscany region of Italy, taking in Florence and Pisa, and passing through the spectacular Cinque Terre on the coast of Italy. From there we went to Nice, Monaco, Aix en Provence and Beziers in southern France, before heading to Alicante in Spain. We went on to Granada, the white villages, Ronda and Seville, before heading north to Paris via Madrid. After four days in Paris, we took the Chunnel to London, where Anita, Marg and I flew home, leaving Sandy A. to kiss the Blarney Stone in Ireland, and Sandi B. to dance her flamenco feet off in Jerez, Spain. It was an unforgettable, fun-filled whirlwind trip: lots of walking, sightseeing, shopping, eating and drinking, and a little bit of running and sleeping. As one of the girls said, “We can always sleep when we get home.”

We all got to know each other more intimately during our travels -- especially in Paris where four of us shared a big bed. For instance, we learned that you don't mess with Anita. Anita's true side came out when she wrestled a man for a Team Telekom water bottle thrown to the crowd by a policeman during the final stage of the Tour de France. After a tussle on the ground, she came away with her prize with a big grin on her face, while her opponent skulked away in defeat.

Sandy Auburn, when she wasn't entertaining us with stories of Saudi Arabia or deciding which article of clothing to leave behind in each city (you'll have to



ask her about that), served as our official photographer, and even carried a small camera on a morning run so she could get some shots of us running (a rarer sight than we had anticipated).

It seems that Sandi Berry can drive a car along roads where most of us would have difficulty navigating a bicycle. She drove our rental car through the ancient narrow roads of Spanish towns, where in order to make a right turn without scraping the side of the car along the edges of buildings, you had to back up and reposition the car several times.

Our biggest challenge with our team captain and fearless leader, Marg, was to keep her from coming to the attention of local police. She came close to being arrested in Florence for feeding ice cream to a carriage horse. As the carriage driver was cursing and flailing his arms at Marg, she found out what true friends we all were: Anita and Sandy sat on the curb, eating their ice cream cones and enjoying the drama unfolding in front of them, and I walked away, pretending I didn't know her. We would have bailed Marg out if they had actually taken her away.

We planned to run regularly, but a combination of very late dinners (when in Rome . . .), early starts to the day (we didn't want to miss anything) and a busy schedule of travelling on to the next city or country got in our way (I know, no whining). Marg and I did run one rainy morning in Nice. How bad could the rain be on the French Riviera? Pretty bad as it turns out. In the midst of this tropical storm, the rain was sheeting sideways at us as we battled our way, heads down against the wind, trying to catch a glimpse of the luxury yachts tied up in the bay. It took three days to dry out our runners.

A few days later we tried running along the narrow roads in the old town center of Aix en Provence. Although we carried a city map with us, we quickly realized that neither of us had brought reading glasses along with us, so we had to navigate by recognizable landmarks. This is not the most reliable method - in Florence we had realized we were lost on our morning run when we passed the Uffizi Gallery for the second time. By the time we got to Spain, the 40 degree temperature deterred any running ambitions.

Where were our husbands? You aren't the only ones wondering. One morning, at breakfast in our hotel in Florence, an American woman came over to our table and said, "I've just got to ask you - are all your husbands on a fishing trip?" We thought that was pretty funny. Actually the husbands were all home and glad to be there instead of with us - I can't think why.

All of us can't wait to go again.



Marilyn's companions also learned a thing or two about her. She can fall asleep standing up, is very reluctant to share her candy, is an impulse shopper and topless swimmer, and after one little brush with the law, and she won't let Marg hold onto any train tickets, maps or anything else that might conceivably be important.

*(Courtesy of Marg, Anita & Sandy)*

## HIKING TRIP AT MT. WASHINGTON

by Brenda Phillips



Five brave souls march off into the wilds of Strathcona Park. Left to right: John McKay, Eugene Leduc, Chris Garrett-Petts, Susan Norrington and Linda Jones

Where to start? When I think back to the trip a number of Harriers made to Mount Washington the August long week, so many stories come to mind. There are stories, within stories, within stories. I could tell you about the trip up in Eugene's ex-wife's immaculately maintained car; how Base Camp (John McKay and other Social team members) encouraged the "Summit Team" (lead by Randy Jones) back down the mountain; how the girls beat the boys at their own game; or of course, about the hiking. After all, we did go to Mt. Washington to hike. Oh what the heck, here are the some of the highlights from each of these adventures.

It all began on Friday afternoon. Susan N., Brenda and "Say Hey" McKay, all packed into Eugene's ex-wife's station wagon. When I say, packed, I mean packed. In

order to get out of John's driveway, we had to take the back wheel off Susan's brand new bicycle just so we didn't scrap bottom backing out onto the road. Susan's bike was the last bike mounted on the rear rack. After just a few hours of loading everyone and their gear, we were finally off, or so we thought. Fortunately for us, Eugene had the foresight to stop for gas and check a couple of things on the car. No problem. None at least, that two (not one, but two) litres of oil and a jug of windshield fluid couldn't fix. At last we were on our way.

We weren't even out of Esquimalt however, when John announced that he was hungry. What a surprise! We managed to cajole him as far as Mill Bay, but that was it, we had to stop for food. After confessing to our waitress that we had come all the way from Victoria on our big road trip, we headed out again. It was now 8:00 p.m.

*To encourage the Summit team to descend a little faster, John called Randy again and reported that we were back at Base camp and already enjoying a beer in the hot tub.*

We were just approaching Nanaimo (making great time) when Eugene turned on the map light and asked Susan to help navigate so that he could make a "drop" at his friend's house in the country. We were all getting a little nervous, but we made the drop and then hit the highway again. At last, we arrived at Deer Lodge just before 11:00 p.m. As we tried to quietly sneak into the lodge, our fearless hiking leaders, Randy and Linda Jones called over their balcony to invite us up to their suite. Up we went and so began the three-day party.

Saturday was the big day. For the "Summit Team" it meant getting up early and hitting the trail by 6:00 a.m. This ungodly hour was the start of what Randy predicted would be a twelve-hour hike. Luckily Randy's mental alarm went off Saturday morning, because his clock radio did not. For the Social team, Saturday included a



leisurely breakfast and heading out at the crack of 11:00 a.m. This was all carefully calculated so that if we followed Linda's lead we could meet up with the Summit team on their way down. We figured it was the least we could do.

Despite the gray skies, the scenery blew us away. Strathcona Park was beautiful and provided copious "photo ops" for the photographers in the crowd. The mosquitoes however, keep us from resting too long and we ended up ahead of schedule for our planned rendezvous with the Summit team. John made contact with Randy who confirmed that they had reached the peak of Mt. Albert at noon. Right on schedule. Coming back down was tougher as the weather had deteriorated. To encourage the Summit team to descend a little faster, John called Randy again and reported that we were back at Base camp and already enjoying a beer in the hot tub. This statement although untrue, didn't stay that way for long. Being the Social team members that we are, we decided it was best that we wait in the hot tub until the Summit team arrived. Arrive they did, within half an hour of Randy's estimate.

Soon it was time to head down to the lodge for a group dinner. Those present included Carlos and Norma Castillo, two minis and Carlos' mom, Susan Denny, David Evanoff, Randy and Linda Jones, Eugene Leduc, John McKay, Alison and Christine Millar, Chris Garrett-Petts, Brenda Phillips, and Bryan and Norma Scharbach. Later a smaller group, headed back to the "singles" condo for some fun and games. At Eugene's insistence, we played Cranium, a game that combines charades, trivial pursuit and pictionary all in one. The girls played against the boys. If you want to know how it went, just ask



*Our intrepid adventurers assemble after a day of fresh air and activity for some refreshment before the "Cranium Challenge" got underway*

Eugene to hum you a few bars of Crocodile Rock. Let's face it, the boys didn't stand a chance with the mind reading twins Alison and Christine on our team. The rest of us girls couldn't keep up either.

Sunday, was a day of rest. We took a shorter walk along a non-undulating boardwalk and then headed to the Alpine lodge for some liquid refreshments. On the way back we stopped to visit Dave and the girls, grabbed a quick hot tub and then set up for the big potluck dinner. We feasted on a dinner planned for 20, but eaten by 11.

Again, the challenge of another game was offered. The boys wanted a chance to make up for their poor performance the night before. The girls agreed to play trivial pursuit. Despite learning where the saying "son of a gun" came from, the girls lost gracefully.

The next morning, the mountain was fogged in and we had to forgo our chair lift to the top with our bicycles. Instead, some of us ran, Eugene rode his bike, and then it was time to say good-bye to our friends.

Back into the station wagon we climbed again. No sooner had we pulled out than John announced he was hungry. To help prolong our trip, we stopped to eat, just outside of Chemanius.

Thank you all who went and helped make the Harriers hiking trip at Mt. Washington so enjoyable. It was a great time and the hiking was "sweet". I wish to extend a special thanks to Randy and Linda Jones who organized and lead the two hikes. You both did a superb job.

Let's do it again next year.



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

## 3 October 2002 Royal Victoria Marathon Festival of Running



### Marathon - Team Results

#### OPEN Team Results (Top 4 Score)

1. Prairie Inn Harriers - Men  
1:23:59 [2:37:43 2:42:33 2:55:54 3:07:49]  
Kelvin Broad, Walter Cantwell, Tim Tanton, Christopher Kelsall
2. Prairie Inn Harriers - Young Women  
14:55:18 [3:30:32 3:30:33 3:50:25 4:03:48]  
Sandi Begg, Janice Robinson, Binder Kelsall, Patti Walsh
3. Womens Pace
4. Flying Y - Victoria Marathon Clinic
5. Team Orca

#### MASTERS Team Results (Top 4 Score)

1. KELOW
2. Team West Coast
3. Prairie Inn Harriers - Experienced Men  
13:32:10 [2:54:27 3:00:08 3:15:46 4:21:49]  
Herb Phillips, Rob Grant, Bill Scriven, Randy Jones
4. Lions Gate Road Runners

### Half-Marathon Scorcher

Jon Brown won the Royal Victoria Half Marathon with a blistering time of 1:02:32. This broke Bruce Deacon's course record by nearly 8 minutes and Jon finished a clear ten and a half minutes ahead of the second place runner, Mark Sherman. There were 2,963 finishers in the Royal Vic. Half. This was the fastest time ever run on Vancouver Island and in Canada for 13.1 miles. His pace per mile was 4:47. Simply outstanding and clearly the highlight of the RVM Festival. You may never ever witness a faster half marathon in your lifetime in the Greater Victoria area!

### PIH Scores a Triple

The Prairie Inn Harriers swept the team competition at the 23rd annual Royal Victoria Marathon today. The men's team comprised of Kelvin Broad, Walter Cantwell, Tim Tanton and Chris Kelsall finished first overall with a combined time of 11:23:59. The women's team of Sandi Begg, Janice Robinson, Binder Kelsall and Patti Walsh were the top women's team and finished second overall in 14:55:18. The team of Herb Phillips, Rob Grant, Bill Scriven and Randy Jones finished third in the master men's division in 13:32:10.

## RACING NEWS

### 27 October 2002 Shawnigan Lake Half Marathon

Kevin Searle came from behind to win the Shawnigan Lake Half Marathon in the slowest winning time in the race's history, 1:19:42. Searle also won the M40-49 age group. Ceevac Ross Armour led for most of the race, before fading to 5th in 1:21:45. Andreas Mehl was Armour's closest pursuer for the first 15k. He briefly took the lead, won the M50-59 age group, but finished 2nd in 1:20:31. Top Harrier was Rob Grant, 2nd M50-59, in 1:28:52. Maurice Tarrant and Charlie Ireland were 1-2 in the M60+ group. Charlene Waldner led the women's race from start to finish to win in 1:31:55. Harrier Hillerie Denning was 6th overall and top master in 1:36:44. It was a good day for the Harriers, with 19 runners in the race, more than anyone else, and at least a dozen more working the 13k water stop.



*Bruce Deacon ran all four laps of the Harriers Thetis Lake 20K Relay and very nearly won the event outright! This foreshadowed his brilliant 2:13:20 just four weeks later at the California International Marathon in Sacramento*

### 11 November 2002 Harriers Thetis Lake 20K Relay



Pacific Athletics A Team won the Thetis Lake Relay, but by only 60 seconds over PIH Deacon Express, the four-man team comprised of Bruce Deacon, Bruce Deacon, Bruce Deacon and Bruce Deacon! The winning time was 1:03:58, 16:00 per lap, just off last year's course record of 1:03:06 set by the National Triathlon Team, but two seconds faster than Pacific Athletics ran for second place last year. The tri-guys finished fourth this year in 1:06:03, but almost missed out on getting in the results by not filling out their times on the master board. Category winners included P.A. A Team (Senior Men), Foxes and the Hound (Senior Mixed), Northern Alliance (Veteran Men), 2D2K (Junior Men), Zoom Zoom (Junior Men), Big Dick and the Four Skins (Master Men - but beaten by the Vets!), CeeVacs - Just for the Muck of It (Master Mixed), TWC - 40's Women (Master Women), Pacific Athletics Juniors (Junior Women), IRR Mud Honeys (Senior Women, beaten by the masters AND the juniors!) and TWC - 50's Mixed (Veteran Mixed). The 85 finishing teams was a record for this race, totaling about 330 runners. Only 3 teams registered and didn't show.



### 3 November Haney-Harrison Relay

Helena Watling, Mike Stone and Marg Melvin captained the three Harriers teams in the Haney to Harrison 100K relay. Mike's team, the PIH Sneakers, finished fourth overall in 6:04:26. Helena's team, Chicks and Dicks, finished 20th overall and third in the Open Mixed Division in 6:55:09. Marg's team of the Hellions finished 260th overall and was the fourth master women's team. Winner of the Relay was "Not Lost and Not Injured" in 5:27:44. There were 356 teams. Carlos Castillo ran the 100K ultra and finished 6th of 20 ultramarathoners with a time of 9:54:18.



*Crossing the finish line in beautiful downtown Harrison Hot Springs, B.C.*

## RACING NEWS

**30 November 2002**

### Harriers Gunner Shaw Cross Country



*Steve Osaduik runs effortlessly up the stone steps on the last climb of the course*

Steve Osaduik won the 18th annual Gunner Shaw Cross Country Classic on Saturday in the course record time of 31:40. Mountain bike star Geoff Kabush was second in 32:46. Kabush was also second fastest to Osaduik in individual times in the November 11 Harriers Thetis Lake 20K Relay.

The women's race for the overall win was epic: triathlete Gillian Moody used her superior skills in the water to outkick Stephanie Mills and win the race for the third time in seven years, also setting a new course record. Not wanting to be completely overshadowed, Mills flashed the crowd as she emerged from the water, garnering a tremendous ovation. The gesture was most certainly not intentional, more likely the result of a clothing malfunction caused by the deep water leading up to the finishing chute.

ORCA's Catherine Irons set a master women's course record to win the



*Stephanie Mills recovers from a wide turn in the final meters of the race*

*Aaron Holmgren was the first Harrier back and 4th overall in speedy 33:54*



*Sylvan Smyth emerges from the "puddle"*

masters race from Ceevac Nancy Baxendale. Ross Armour won the men's masters race ahead of Shawnigan Lake Half Marathon winner Kevin Searle. Ross finished fifth at Shawnigan after a gutsy front-running effort, and wouldn't be denied here. There were 252 finishers. Absolute course records were set by Steve Osaduik and Gillian Moody and age group course records were set by Wendy Simms and Catherine Irons. 30 Harriers finished the race and 32 helped out as volunteers. A good day for the club. Thanks to everyone who ran or worked.

**8 December 2002**

### Deacon PB's in Sacramento!

**2002**



#### CALIFORNIA INTERNATIONAL MARATHON

Victoria's Bruce Deacon ran 2:13:20 today in the California International Marathon in Sacramento. He finished fourth overall and lowered his personal best marathon time by 15 seconds. His 2:13:35 was set almost nine years at the London Marathon.

**8 December 2002**

### Beat the Christmas Rush 5K

It was a Nanaimo sweep - Steve Osaduik (15:22) and Karen Fry (19:29) won the Beat the Christmas Rush 5K Sunday at Oak Bay High School. Trevor O'Brien ran hung and battled through with solid character to take second to Osaduik in 15:28. The Island Runner twosome of Gord Christie and Cliff Kennell were third and fourth, in the 16's. Pam Ens ran 20-flat to take second. Gord Christie and Wendy Davies (20:15) were the top masters. The Kelsalls and Janickis had all their kids in either the 2K or 5K, and women's winner Karen Fry had all FOUR of her kids in the 2K. Her son Eric won in 10:18.

# RACING NEWS

## 26 December 2002 Harriers Boxing Day 10-mile Handicap


Russ Jones bested the field of 48 to win the 4th annual Harriers Boxing Day 10-mile Handicap. Russ doesn't race, and gave an estimated best 10K time of 49 minutes for seeding purposes. That's a pace of 7:53 per mile for 10K. He ran the 10 miles in 1:15:47 - a pace of 7:35 per mile! A very controversial situation, but race officialdom upheld the result and will not be hearing any protests.



*Somewhat soggy, but victorious nonetheless, Bill Walker crosses the finish line at the New Year's Day Memorial run*

## 1 January 2003 Harriers New Year's Day Memorial Run

Many thanks to the approximately 100 people who braved lots of mud and a steady rain at the Harriers annual predicted time 10K run. Bill Walker and Bernie Zorn won the fruit platters for finishing with the clock closest to zero. Instead of hot chocolate powder we accidentally bought "chocolate flavoured drink base for automatic dispensers" - chocolate syrup. Well, it turns out that the stuff was easier to mix up in Uncle Ken's big pots, and tasted even better than the regular stuff! We'll be serving that at our fall and winter runs from now on.



**RUN THE  
TIMES COLONIST 10K**  
GARDEN CITY FESTIVAL  
April 27, 2003

Information 250.744.3583 Ext. 33

**new balance** 

## 2003 RACE SERIES SCHEDULE

Race	Date	Start	No shirt	With shirt	Late register	Info
Central Saanich Pioneer 8k Saanichton	Jan. 12	11:30 am	\$14.00	\$30.00 long sleeve shirt	\$18.00 after Dec. 31 \$20.00 day-of-race	Sylvan Smyth 480-7869
Mill Bay 10k Mill Bay	Jan. 26	11:00 am	\$14.00	available at race	\$18.00 after Jan. 12 \$20.00 day-of-race	John Campbell 748-9455
Cedar 12k Cedar	Feb. 9	11:00 am	\$14.00	available at race	\$18.00 after Jan. 26 \$20.00 day-of-race	Andy Pomeroy 755-7822
Hatley Castle 8k Colwood (Royal Roads)	Feb. 23	11:00 am	\$14.00	\$45.00 short sleeve "all climate"	\$18.00 after Feb. 9 \$20.00 day-of-race	Doris Dubicki 886-6616
Bazan Bay 5k Sidney	Mar. 9	10:15 am	\$14.00	available at race	\$18.00 after Feb. 23 \$20.00 day-of-race	John Botelho 380-1173
Comox Valley 1/2 Marathon Courtenay	Mar. 16	11:00 am	\$14.00	available at race	\$18.00 after Mar. 9 \$20.00 day-of-race	Steven Royer 338-4020
Sooke River 10k Sooke	Mar. 30	11:00 am	\$14.00	available at race	\$18.00 after Mar. 16 \$20.00 day-of-race	Joan Harmsworth 479-5800
Merville 15k Campbell River	Apr. 13	11:00 am	\$14.00	available at race	\$18.00 after Mar. 30 \$20.00 day-of-race	Colin Buss 923-9171
Oceanside 10k & Series Awards Parksville	May 4	11:00 am	\$14.00	available at race	\$18.00 after Apr. 20 \$20.00 day-of-race	Rhys Harrison 468-5466

### SERIES GRAND DRAW PRIZE

A romantic weekend getaway for two at Victoria's own Harbour Towers Hotel & Suites, plus an afternoon in Vancouver (valued at over \$2000).

- Two nights (Fri/Sat) in a luxurious two-level Penthouse Suite offering some of Victoria's best views (two fireplaces & jacuzzi tub)
- Couples massage at Features Penthouse Day Spa
- Two breakfasts & two dinners at Impressions Restaurant & Lounge
- Return Helijet flight for two to Vancouver for lunch at the Fish House Restaurant in Stanley Park

Runners must complete at least six races to be eligible for this Grand Draw Prize.

Several draw prizes will be drawn at each race that have been provided by our sponsors. Runners must be present at the drawing of all prizes except the Grand Draw Prizes.

## Marathon Race Training: The Last Ten Days

The last ten days before a marathon should be the easiest part of the training program. However, it is the time when your mental preparation becomes most important. Anxieties about the race and doubts about your training background, unless kept under control, can become counter-productive for effective racing.

### Physical Preparation

It is recommended that the hard, volume training should be done up to ten days before a marathon. After that time, training volumes should be reduced and the intensity of any work should be relaxed. This will allow the body to catch up with the previous hard training and allow it to be rested for the marathon race. The last hard training session should be done about ten days before the race - it can be a time-trial/pace-run on the road over 10 - 15 miles or a hard track session, for example. With a week to go, it is useful to do a short time-trial on the road or compete in a race: usually, not more than 10 K. The following day, a relaxed long run should be done over approximately 75% of your normal distance - i.e. a 15-mile run would be done instead of a "normal" 20 mile run. For the last few days before the race, very little running should be attempted: some runners even take three days off completely to ensure that the body is well rested.

An example of the above approach is the preparation schedule used by Lisa MacBeth of Victoria who won the Calgary marathon in a personal best time of 2:51:16.

10 days to go	Track session - 10 x 400 metres with 100 metres running recovery
9 days to go	9 mile relaxed training run over hills at golf course
8 days to go	4-mile race
7 days to go	15 mile relaxed road training run
6 days to go	7 mile relaxed training run over hills at golf course
5 days to go	1-mile time-trial on track (Lisa ran a personal best time!)
4 days to go	REST and travel day
3 days to go	Light jog for 1 mile to loosen legs and help adapt to altitude difference
2 days to go	Light jog for ½ mile
1 day to go	REST

### Mental Preparation

It is important to set realistic goals that you are capable of achieving in the marathon. As the race requires good endurance, the number and distance / time covered in the long training runs will be a key indicator of your capabilities on race day. Usually, if you have completed a minimum of 4-6 long runs of 2 hours or more in duration, you should have sufficient background to complete the race and these runs will provide a guide to the pacing that you can comfortably handle. Previous races or time-trials over various distances will also act as guides.

Visualization techniques should be used to re-enforce the goals you have set. Keep a positive, goal-oriented approach to the marathon as race day approaches. Jack Foster, the former Masters record-holder for the marathon with a 2:11 clocking, said: "...it is the mind that needs working on the most. Eliminating the little thoughts which detract from one's concentration...the necessity of believing and having confidence in oneself."

On race day, try to keep relaxed and calm. Your training has been completed and your goals are firm. Go out and ENJOY the experience!

*Mike was a member of the 1980 Canadian Olympic Team and has a personal best time for the marathon of 2:14:32*





*Marla Runyan is the first  
legally blind athlete to compete  
in the Olympic Games*

**M**arla Runyan is a dedicated athlete who has oodles of natural talent and has trained long and hard to get where she is today. Recently she entered her first marathon (New York) and placed a respectable 5th with a time of 2:27:10. She was the first female American across the finish line at New York and ran the 10th fastest time of any American female marathoner.

Marla's incredible story is detailed in her fabulous book "No Finish Line - My Life As I See It". You may think that Marla's story of hard work, training, disappointment and elation is one that's been told before. And you'd be right if it weren't for the fact that Marla Runyan is the first legally blind athlete to compete in the Olympic Games.

Marla's athletic talent and other gifts (such as musical ability) were evident before her diagnosis with Stargardt's disease - an irreversible form of macular degeneration - at age nine. Losing her sight seemed to allow Marla to tap into some almost bottomless well of determination that saw her learn to drive a car (really!), complete a masters degree and compete in track events that seem unimaginable for someone with almost no vision (like hurdles).

Now 33 Runyan lives and trains in Eugene, Oregon where she knows miles of trails by memory. Recently she competed in the Tufts 10K for Women (a prestigious race in Boston) and won it by inches in a time of 31:46. Mother nature provided a challenge for Marla in this race - the wind was blowing so hard that the finish line arch of balloons blew away. This large and colourful marker was what Marla was counting on seeing and so she never got in the 'kick' she had planned on since she didn't know she was near the end of the race. Still she beat out Kenyan Teresa Wanjiku in a photo finish.

If you'd like an inspirational yet never saccharine book to curl up with on a rainy day you couldn't do better than Marla's autobiography (written with Sally Jenkins who co-wrote Lance Armstrong's book "It's not about the bike" - another fine read).



*Standing in front of the Temple of the Frescoes at the ancient ruins of Tulum.  
Left to right: Ove Albinsson, Ilze Rupners, Susan Norrington, Kathy Davidson, Marty Pearce*

### Mexico - Run, Sun and Snorkel

I am back from another running trip to the sun. This time it was to Akumal, just south of Cancun on the Caribbean Sea. Three Harriers: myself, Laura Leno and Bill Walker; others were from various clubs and one unattached: Cathy Davidson, Marty Pearce, Harry and Judy Ostergard, Dave Stearns, Ove Albinsson and Ilze Rupners.

The resort, Bahia Principe Akumal, is beautiful, classy and big. Along with its companion resort, Tulum, it has almost 1,250 rooms. The Akumal section is all junior suites, very nicely decorated, maids left towel sculptures every day and the rooms had views of the ocean. The resort is big enough to have a shuttle service from one venue to another. The clientele was mostly couples and families - not a great spot for singles. I only noticed one celebrity, Bill Good Jr., newscaster from Vancouver, however I hear there was one the week before, Rob Reid, owner of Frontrunners and a member of PIH.

The beach had good snorkeling, the water was clear and warm; nice expanse of white sand mostly in front of the Tulum part of the resort with lots of bikinis, but not much topless compared to the Dominican Republic.

Also, lots of opportunity to do sports - snorkeling, diving, kayaking, sailing, sail boarding, tennis, weight training, soccer, biking and golf nearby for a fee.

This is an all-inclusive resort, so there's always food and drinks. There were two large buffet restaurants and six a la carte restaurants - food was good, plenty of variety and available 24 hours a day as were the drinks. The drinks seemed a bit watered down compared to the other two resorts we've done, but who cares if you're sipping all day long. You can always ask for doubles.

There were pools everywhere you looked - three sports pools for games and loads of others, two swim-up bars and lots of loungers for the sun bunnies in the group. The water in the pools was not as warm as the ocean because they were heated by the sun, and the week we were there, most days were a combination of cloud and sun. However, the week before we arrived when the ITU Triathlon World Championships were on in Cancun, most days it was very hot, 34° and humid. During our week, the nights were chilly so the mornings were cool and good for running.

Most of us ran almost every day with Ilze organizing the runs to match her training schedule. Although the resort brochures boasted running trails, they were actually the interlocking pavement stone roads inside the resort that had kilometer markers, so after one jarring orientation run, we decided to use the service road that paralleled the highway and a dirt road that went to a nearby tourist attraction, Hidden Worlds Cenotes. The group ran there our second day out and toured the caves, the small zoo and played with the monkeys.

## T-SHIRT ETIQUETTE



*Amazing what a few snorts of tequila will do to seemingly mild-mannered people. Here, Bill Walker demonstrates his Greco-Roman wrestling technique on tenacious Laura Leno.*

Other attractions outside of the club that some the group did that were worth doing were the ruins at Tulum, the ruins at Chichen-Itza, Xel Ha, a natural park that has great snorkeling, shopping in Cancun, Cozumel and Playa del Carmen. The local transportation is great. You just stand on the side of the road, flag down the van and for about 10 pesos (\$1.60) you can get an air conditioned half-hour ride.

We had plenty of laughs, lots of relaxing time in the sun and the group traveled well together. The resort was beautiful. Thanks to Laura Leno for making all the arrangements.

In the running community the wearing of race T-Shirts has become a sign of accomplishment and fashion. Choosing just the right T-Shirt for that special occasion can be a daunting and difficult task. The following guidelines have been compiled to help the responsible T-shirt wearer avoid potential embarrassment and/or elevate their perceived status in the running community.

1. A shirt cannot be worn unless the wearer has participated in the event; (Significant others and volunteers are exempt).
2. Any race T-shirt, less than a marathon distance, shouldn't be worn to an ultra event. It simply doesn't represent a high "cool factor" and sends a red flag regarding your rookiness. It's like taking a knife to a gunfight.
3. When returning to a race in which you previously finished, then wear the shirt from the first year you completed the race. Don't short-change yourself by wearing the shirt from the year before. It doesn't adequately display the feat of accomplishment or the consummate veteran status that you are due.
4. Never wear a race shirt from the race you are about to run. It displays a lack of running integrity and might put the bad-heebee-jeebeemojo on you for the race. Wearing a T-shirt of the race, while currently running said race, is discouraged. It's like being at work and constantly announcing "I'm at work".
5. Never wear a shirt from a run that you did not finish. To wear a race shirt is to say "I finished it".
6. A DNF'er may wear a race shirt if...the letters DNF are boldly written on the shirt in question (using a fat Sharpie).
7. During a race, the wearing of shirt from a previously completed year is acceptable. Wear the oldest T-shirt you have (see guideline #3). This is probably a good practice because you now have no excuse to drop out since you've done it before.
8. Volunteers have full T-shirt rights and all privileges pertaining thereto. So there.
9. No souvenir shirts: therefore, friends or anyone else not associated with the race may not wear a race shirt.
10. It must be clean, but dried blood stains are okay, especially if it is a trail race or a particularly tough event. If you're an ultrarunner, you can even leave in mud and grass stains, (and porcupine quills).
11. Never wear a blatantly prestigious T-shirt downtown or at the mall among non-running ilk. People will just think you have a big head, which you do. You'll also get stupid questions, like, "how long was that marathon?" If it's a shirt to a 50 or 100-miler, they'll think it's a shirt for a cycling event or just think you're frigging nuts, which (of course), you might be.
12. Never wear a shirt that has more sponsors listed on it than people that ran in the event. (Are you listening, race directors?) A shirt with too many logos on it is just plain ugly.
13. Never wear a shirt that is so old, thin, and threadbare that you can see the color of your nipples or chest hair. This seems to be just a guy thing, especially an old-codger-runner-guy thing.
14. By the way, if you don't know what terms like DNF, volunteer, or Significant Other are, then you shouldn't wear any race shirt until you know what they mean, and you probably shouldn't have any meaningful relationships, either.
15. T-shirts must be used sensitively. Worn responsibly, they can help expand one's consciousness and immerse you in a great conversation with your running brethren. Worn stupidly, they can cause fright, horror, vacant stares, sprained ankles, and general social unrest.

## ET CETERA



Cartoon by Ben Boyd - All Rights Reserved - © October, 2000

### Race-Start Confusion

It was thrills, chills, and spills for spectators and participants alike at the start of the 1987 Boston Marathon as the wheelchair racers skidded on wet pavement just seconds after the start of the race and turned innocent bystanders into human bowling pins. Not to be outdone, the runners followed their wheeled brethren into chaos when race officials put a rope in front of the elite athletes, then fired the gun. Down came defending champion Rob de Castella, among others, along with cops, officials, and various and sundry others.

### Trail Running is Better Than Sex Because:

1. Sex doesn't last for more than twelve hours at a time.
2. It's easier to explain the injuries.
3. You can stop to eat during trail runs.
4. Trails don't get jealous of other trails.
5. You actually want to remember when, where, and who ...
6. The only interesting disease to contract during trail running is insanity.
7. It isn't embarrassing when people find out you train alot on your own.
8. If you need to pee or vomit you can just go off to the side of the trail.
9. Nobody tells bad trail running jokes on prime time television.
10. It's good even if your running partner goes too fast for you.

### Baa, Baa, Bah!



### Man lifts 1000 sheep

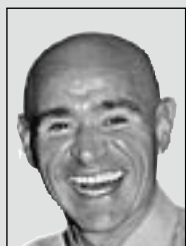
Rotorua, 12/06/2002 - The seated man in the yellow jersey closes his eyes in concentration and places his gloved hands on the handles beside him. Above him, the sheep peer out of the crates uncertainly.

The man raises the sheep crate into the air, holds them there for a brief moment and then lowers it again. Four sheep down, 996 to go.

American "self-transcendence advocate" Sri Chinmoy has set an unlikely world record - that of lifting 1,000 sheep. The fitness and spiritual health guru said he had done it to express his "deep appreciation for New Zealand" by lifting what he called the national icon.

The Indian-born guru had a specially designed platform to lift the sheep and lambs - a few at a time - with combined weight topping 36,000 kilograms.

### Does This Sound Like a Conspiracy Theory?



Does Team West Coast's John Botelho secretly wish he was a Harrier or is he a TWC spy intent on determining our possible weaknesses for the 2003 Season?

The follicly-challenged Botelho has been regularly attending the Saturday morning Thetis Lake trail runs and even put in an appearance at the Har-

riers AGM in December of 2002, taking advantage of the opportunity to pass out TWC newsletters.

There was also the matter of the bus trip to the Comox Half Marathon last year... strange that John was the only non-Harrier on the bus which promptly broke down in Goldstream Park. Our "rescue" bus pulled up to the start line with just minutes to spare and no one looked particularly glad to see the Harriers arrive...strange.

## ET CETERA

### Remarkable Fellows

A reporter was interviewing a remarkable man, who at 65 had just run the Boston Marathon. "Oh, it's nothing really, compared to what my father just did," the runner told him. "He's 90 and he just swam the English Channel. Right now he's in Arkansas being best man at my grandfather's wedding. Grandpa is 114." "That's absolutely amazing," the reporter said. "You're 65 and a marathon runner. Your 90-year-old dad just swam the English Channel. And now your grandfather, who's 114, wants to get married." "That's not quite right," the runner said. "Grandpa doesn't want to get married. He has to!"

### 2003 Central Saanich Pioneer 8K



### MARATHON RUNNER

contributed by *The Broadmead Bullet*

A woman was having a daytime affair while her husband was at work. On one wet and lusty day, she was in bed with her lover when, to her horror, she heard her husband's car pull into the driveway.

"Oh my God - hurry! Grab your clothes," she yelled to him. "Jump out the window. My husband's home early!"

"I can't jump out the window, it's raining out there!" came the reply from beneath the sheets.

"If my husband catches us in here, he'll kill us both!" she replied. "He's got a very quick temper and a very large gun! The rain is the least of your problems."

So the boyfriend scoots out of bed, grabs his clothes and jumps out the window. As he began running down the street in the pouring rain, he quickly discovered he had run right into the middle of the town's annual marathon. So he started running alongside the others about -- 300 of them. Being naked, with his clothes tucked under his arm, he tried to "blend in" as best he could. It wasn't that effective! After a little while, a small group of runners, who had been studying him with some curiosity, jogged closer.

"Do you always run in the nude?" one asked.

"Oh yes," he replied, gasping in air. "It feels so wonderfully free having the air

blow over all your skin while you're running."

Another runner moved alongside. "Do you always run carrying your clothes with you under your arm?"

"Oh, yes," he answered breathlessly. "That way I can get dressed at the end of the run and get in my car to go home!"

Then a third runner cast his eyes a little lower and queried, "Do you always wear a condom when you run?"

"Only if it's raining."

## CLUB INFORMATION



### 2003 Executive

#### President

Susan Norrington..... 384-0171

#### Vice-President

Bill Scriven..... 474-3557

#### Treasurer

Bob Reid ..... 384-1520

#### Secretary

Ann Taylor ..... 656-6104

### 2003 Directors

#### Social Director:

Linda Jones ..... 474-6546

#### Phoning and

#### Email Committee Director:

Susan Norrington..... 384-0171

#### VIRA Representative:

Bill Scriven..... 474-3557

#### Membership, Equipment and History Director:

Bob Reid ..... 384-1520

#### Fixtures and Results and Internet Communications Director:

Sylvan Smyth ..... 480-7869

#### Newsletter Director:

Sandy Stewart ..... 385-8624

#### Foundation Director:

Randy Jones..... 474-6546

#### Race Walking Director:

Helen Jaques ..... 479-7872

#### Club Speakers Director:

Walter Cantwell ..... 478-5192

#### New Members Director:

Sandy Auburn ..... 478-2779

### Club Meetings

The Club meets on the second Tuesday of each month at the Cedar Hill Recreation Centre at 7:30 pm. 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.

- |               |                       |               |
|---------------|-----------------------|---------------|
| • January 14  | • May 13              | • September 9 |
| • February 11 | • June 10             | • October 14  |
| • March 11    | • July - social tba   | • November 11 |
| • April 8     | • August - social tba | • December 9  |

### Weekly Training Runs:

- Every Tuesday at 5:00 p.m. Resuming January 7, 2003 through April 29 - meet at the Cedar Hill Rec Centre gravel parking lot. 60-minute workouts geared towards the 2003 New Balance Island Race Series. If you are doing the Series or just want to join in with club training sessions, please pencil in Tuesdays on your calendar for 2003. All paces welcome.
- Every Thursday at 9:00 a.m. 60-minute runs at various locations around town, with breakfast following. Email Maurice (mtarrant@islandnet.com) to be added to the email list for information.
- Every Thursday at 5:30 p.m. 6-mile hill-training road run on the infamous 7-hills loop in the Rockland area. Meet at the downtown YMCA.
- Every Weekday at 12:05 p.m. The legendary lunch bunch. Join between three and ten grizzled road running veterans for a hard-nosed, no-nonsense 5.5 mile run/race.
- Every Saturday at 8:00 a.m. meet at Thetis Lake Park - main parking lot at the end of Six Mile Road - for the classic PIH training run: sixty minutes on the Thetis Lake trails followed by breakfast at John's Other Place. Run with the fast group, the slow group, or join the walking group.

### Newsletter Information

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

Sandy Stewart

Tel: 385-8624

Email: editor@pih.bc.ca

Visit the Harriers website at:

<http://pih.bc.ca>

For the latest news call the

**HOTLINE:**

**381-IRUN (4786)**