



PRAIRIE INN POST

Mountain Racing Roundup!

Who will be...

...King of the Mountains?!



The Harriers send Meghan Day, Judith Leroy, Syl Corbett and Graham Cocksedge to the mountain running world championships in Italy.

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PRESIDENT'S MESSAGE

SINCE OUR LAST EDITION of the Prairie Inn Post, we have a new club executive. I have stayed on as President and Bob Reid as Treasurer with at new Vice President, Randy Jones, and Secretary, Sandi Heal. We also have a new Newsletter Director, Sylvan Smyth, who agreed to this on along with his other PIH responsibilities of Web Site Director, Race Fixtures and Results Director. Sylvan has taken on this rather daunting task of producing the newsletter from Sandy Stewart who produced stellar Prairie Inn Posts during his three-year tenure. Thank you so much Sandy for your dedication to excellence in publishing and to our club and congratulations on your recent marriage to Darlene Leavitt!

The New Balance Island Race Series wound up in May with the final race, Oceanside at Parksville. The Prairie Inn Harriers dominated the series this year with a final point total of 6,651. The battle for second and third was a cliff-hanger until the last race, with the Bastion Running Club at 3008 edging out Team West Coast who came third with 2930 points. PIH garnered the most points in 8 of the 9 races, only being beaten by Bastion at the Comox Half Marathon.

Also the Prairie Inn Harriers made a clean sweep when they took home the honours as male and female overall winners (Steve Osaduik and Meghan Day) and overall male and female masters (Kelvin Broad and Debbie Scott).

PIH runners were first in 14 of the 30 divisions. All of the age group winners received medals and a new pair of

New Balance shoes. Congratulations also go to the many other Harriers who ran in the series and placed in the top ten in their divisions.

There were also many other PIH runners who ran many series races picking up points for the club. You are all to be congratulated!

It was gratifying to see so many Harriers participating in the Island Series and racing so well. Many of the names you see are regulars on Saturday mornings at Thetis/Prior Lakes, at the Tuesday night group speed and power sessions (presently meeting at Beaver Lake Park) and the Thursday morning group.

The club has been changing over the past two years and we have many new members and many more younger runners than before. When I joined six years ago, we were predominately a masters club. You just have to look at the Island Series results to see how much we have changed.

At the wind-up awards for the series, I was my great honour to present a special plaque to Maurice Tarrant to commemorate his 200th consecutive first place finish in the Island Race Series and Island Relay. Maurice's acceptance speech was as classy and gracious as the man himself, and he received a standing ovation from packed hall at Parksville.

As the summer continues, there are fewer races (don't miss the Harriers-hosted Songhees 5K on September 5) and many runners idle back a bit and enjoy some other sports along with running. We don't typically have



Susan Norrington

monthly meetings at Cedar Hill Rec Centre during July and August, but regular training runs and social events continue over the summer.

Coming up next on the social calendar:

Sunday August 15, 10:00 a.m.
Harriers Family Run/Hike and Picnic.
Aylard Farm, East Sooke Park.
This is a fund-raiser for our Harrier National Mountain Running Team members, Meghan, Judith, Syl and Graham. They'll be on hand to lead the runners and hikers and join in on the post-run BBQ, swim and kids' games.

Sunday, August 22, 10:00 a.m.
Seven Hills Route or Dallas Road.
Hosted by Wendy Davies.
538 Harbinger Avenue, Fairfield.
This is a new social for August and we hope to see lots of Harriers out for it.

Enjoy running and have a great summer!

FROM THE EDITOR

THANKS FOR LETTING ME DO THIS. Sorry it took so long. This is my first edition of the Prairie Inn Post, and probably my last, since I'm more than likely going to be fired for missing my deadline by almost a year. So if you're interested in being the new PIP editor, let us know.

A big thank you to Sandy Stewart for doing such a good job with the PIP for the past four years. He set an extremely high standard which I don't expect to be able to match, but which provided a great example to follow. If it wasn't for the chance to study (and copy) his Adobe InDesign template, I couldn't have done this.

After finally completing one of these newsletters, I'm pretty sure we can slam one out every three or four months if we work together to compile the material and we have someone with enough skills and time to put together the final product. With so many new and enthusiastic members in the club, I don't think that will be a problem. Feel free to email potential content such as race reports, vacation reports, photos and any suggestions or comments to editor@pih.bc.ca.

-Sylvan Smyth



Sylvan and friends following July's Calgary Marathon

NEW MEMBERS

WELCOME ABOARD to all the new members who have joined the Harriers in 2004.



Caroline McGaw



Anthony Estey



Kymberly Nicholson

Les Pigot, Adrien Viani, John Catterall, Donna Sagodi, Anthony Estey, Francois Berube, Camie Bentham, Erik Seedhouse, Keith Mills, Rosemary Deacon, Megan Huzzey, Mike Kleso, Sandra Bastedo, Paul Pilon, Kymberly Nicholson, Stefan Fairweather, Erik MacKinnon, Dan Froom, Caroline McGaw, Jonathan Faris, John Botelho, Jonathan Van Drunen, Kevin Searle, Ludovic Clavier, Dave Reed, Jo-Lee Bertrand, Cory Horner, Terri Upton, Norman Dolan, Tim Storm, Marilyn Arsenault, Ron Burleson, Richard Rycraft, Eileen Carroll, Robbie Cracknell, Susan Jones, Cathy Noel, Doug Noel, Ida Von Schuckmann, Jason Von Schuckmann, Kathryn Weese, Todd Howard, Charlotte Ormerod, David Ormerod, Rose Mary Ormerod, Thomas Ormerod, Sharon Price, Stuart Price, Jennifer Stefik, Steven Fifield, John Woodall, Joanne Lomax, Jerry McLean

RUNNER OF THE WEEK

June 28, Stefan Fairweather
Comfortably Numb 25K wilderness race in Whistler

June 28, Meghan Day and Steve Osaduik
Twilight Shuffle 4 Miler in Chemainus

June 28, Jon Brown and Karen Lawless
Scotiabank Half Marathon in Vancouver

June 21, Steve Bachop
Test of Metal mountain bike classic in Squamish

June 21, Randy Jones
Kusam Klimb endurance race in Sayward

June 21, Aaron Holmgren and Steve Murenbeeld
Do it for Dad 10K at Beaver Lake

June 14, Anthony Estey
Westwood Plateau Gutbuster race in Nanaimo

June 7, Nancy Baxendale, Kevin Searle and Herb Phillips
Newport Marathon in western Oregon

June 7, Dan Fraser and Gary Duncan
Westwood Plateau Gutbuster race in Nanaimo

May 31, Meghan Day and Karen Fry
25K Half Knacker wilderness race in the north shore mountains.

May 31, Alyshia Lawless
BC 100 Metre Championship

May 31, Keith Mills, Aaron Holmgren, Stefan Fairweather and Stephanie Raill
Saltspring Splash Half Marathon and 10K

May 24, Don Moffatt and Stacey Butterfield
Penticton Peach City Marathon

May 24, Steve Murenbeeld
Vancouver Island Road Relay

May 17, Steve Osaduik
Energy Capital Half Marathon in Edmonton



Claire Townsend

May 10, Rob Grant
Harriers Elk/Beaver 50K Ultra and Oceanside 10K

May 10, Claire Townsend
Mind Over Mountain Adventure Race in Duncan

May 3, Maarten Van Strien
Adidas Vancouver International Marathon

May 3, Lindsay Pellow and Wendy-Sue Andrew
Harriers Elk/Beaver 50K Ultramarathon

May 3, Kelvin Broad and Debbie Scott
Oceanside 10K in Parksville

April 26, Steve Osaduik
Vancouver Sun Run and Victoria Times-Colonist 10K

April 26, Robbie Cracknell and Meghan Day
Victoria Times-Colonist 10K

April 19, Nancy Baxendale, Judith Leroy and Steve Murenbeeld
Vancouver Sun Run 10K

April 19, Helena Watling and Jon Brown
Boston Marathon and London Marathon

April 19, Andrew Green and Debbie Scott
Merville 15K

RUNNER OF THE WEEK

April 12, Ian Hallam and Steve Osaduik
Mount Tzouhalem Gutbuster Mountain Race

April 5, Steve Osaduik, Meghan Day and Debbie Scott
Sooke River 10K

March 22, Helena Watling, Lindsay Pellow and Jill Hawe
Comox Valley Half Marathon

March 15, Nancy Baxendale, Kelvin Broad, Dee Ogden and
Lorne Neil
Comox Valley Half Marathon

March 8, Dave Reed, Debbie Scott, Robbie Cracknell, Jim
Sargent, Judith Leroy and Steve Osaduik
Bazan Bay 5K in Sidney.

March 1, Jonathan Withey, Wilf Dreher and Gary Duncan,
Kelvin Broad
Hatley Castle 8K at Royal Roads University

February 23, Debbie Scott and Steve Murenbeeld
Hatley Castle 8K at Royal Roads University

February 16, Wendy Davies and Karen Lawless
Cedar 12K

February 9, Steve Osaduik and Steve Murenbeeld
Cedar 12K



Helena Watling

February 2, Robbie Cracknell, Kelvin Broad and Jon Brown
Mill Bay 10K

January 26, Meghan Day, Claire Townsend and Sandi Heal
Mill Bay 10K

January 19, Sabina Reska-Skinner, Claire Townsend,
Wendy Davies and Gary Duncan
Harriers Central Saanich Pioneer 8K

January 19, Debbie Scott and Kelvin Broad
Harriers Central Saanich Pioneer 8K

January 12, Theresa Price and Jim Sargent
Harriers Central Saanich Pioneer 8K

January 12, Meghan Day and Ian Hallam
Harriers Central Saanich Pioneer 8K

January 5, Phil Cornforth
Harriers New Year's Day Memorial Predicted Time 10K

January 1, Nicola Mill and Derek Machin
Run Through Time 5K

January 1, Gary Duncan and Claire Townsend
Run Through Time 5K, Harriers Memorial 10K Predicted
Time Run, YMCA 10K



Gary Duncan and Anthony Estey

Send nominees for Runner of the Week to rotw@pih.bc.ca

2004 ISLAND SERIES REVIEW

Race reports by Sandi Heal and Sylvan Smyth

January 11 - Race 1 Harriers Central Saanich Pioneer 8k

The Harriers had 85 of the 573 finishers, an incredible showing from the club, particularly considering the number of volunteer hours that were turned in over the weekend as the club came together to put on its biggest race of year. January was still in the air. 80-year-old Jim Sargent stole the show at the post-race awards for the 2004 Pioneer 8K. Not only did he win his age group, he set a Canadian 8K record in the M8084 age group with a time of 46:22. The men's overall race was won by Steve Osaduik of Nanaimo in 24:54. Trevor O'Brien was 2nd and Harrier Jim Finlayson was 3rd. Ian Hallam ran 26:21 today, good for 6th place, and a 1:10 improvement over last years' time. The women's winner was Meghan Day of the Harriers in 28:13, beating her time from last year by 1:32. New Harrier Lise Wessels was 3rd in 29:44. There were many other stellar runs on the day, including Canadian middle distance great Debbie Scott and umpteen time marathon champ Kelvin Broad winning the masters' races. Debbie's 30:14 was a W45 course record by 1 minute, 20 seconds in her first Series race after a ten year absence. She still holds the course record of 26:08 set in 1986. Kelvin raced to a 26:16 at Pioneer, good for 5th overall. Harriers won 12 of the age groups, from Theresa Price in the F01-15 group to Jim Sargent in M80-84. Sabina Reska, Claire Townsend, Wendy Davies and Gary Duncan all improved significantly on their 2003 Pioneer 8k times.

Bob's Bonus Buds went to Steve Osaduik and Meghan Day.



Steve Osaduik at the 2004 Pioneer 8K - Tony Austin photo



Harriers get ready to race at Mill Bay
Tony Austin photo

January 25 - Race 2 Mill Bay 10k

There were 616 finishers and two major course records were broken. Harrier Jon Brown won the race in 29:41, the fastest time ever run for 10K in the Island Series. The old Mill Bay race record was 30:11, set by Dave Campbell, and the all-time series 10K record was 29:46, set by Paul McCloy at the Port Alberni Paper Chase in 1988. Kelvin Broad of the Harriers broke the master men's record with a super 32:27 finishing 7th overall. The old record was 33:00. In second and third places overall were the first and third place finishers at the Pioneer 8K, Steve Osaduik (31:37) and Jim Finlayson (31:47). The women's race was closer than expected, thanks to Meghan Day's second fastest time ever. Lucy Smith of NTTTC won in 34:46, but Meghan was close behind in 35:18. Meghan improved her 2003 time of 36:49 by 1:31 and achieved her highest ever point score of 781. The Harriers had 70 runners in the race, a great follow up to the 85 Harriers in the Pioneer 8K. Claire Townsend went sub-40 for the first time with her run of 39:52. She placed 4th in her age category and earned 691 points which is her highest points score since starting the Series in 1999. Sandi Heal hasn't raced in 9 years but has consistently improved recently by increasing from two days a week training to four. She set a realistic target of 48 minutes at Mill Bay and was rewarded with an outstanding 45:25, earning her the highest points score of her 6 Series races with 607. Newbie Harrier, Robbie Cracknell, won the M01-15 category in 38:31 collecting gold by 4 seconds.

BBB's went to Jon Brown and Meghan Day with Bob's Bonus (Gummie) Bears going to Robbie Cracknell.

2004 ISLAND SERIES REVIEW

February 8 - Race 3 Cedar 12k

Sun and a slight chill in the air brought life to this rolling and undulating course. 50 Harriers participated out of the 455 finishers in the Cedar 12k. Steve Osaduik broke the course record by 6 seconds with a time of 37:23. Newbie Steve Murenbeeld (Merm) finished third overall and first in his age category with 39:15. Meghan Day won the women's race in a blistering 43:00 and captured 14th place overall! Wendy Davies and Karen Lawless finished 1-2 in the F45 division. Wendy's gold medal time of 49:17 was 1:38 faster than last year at Cedar. Karen had a fast finish sprinting across the grass to the finish line in 51:06. Gary Duncan ran away with a PB, taking a whole 2:31 off last years' time. Newbie Jonathan Withey and Ian Hallam achieved their best point score of the series at this race with 798 points and 835 points respectively. Marcia Stromsmoe ran her best Cedar 12k with a 54:43.

BBB's went to Steve and Meghan.



David Matte and Ian Hallam share a laugh at Cedar
Tony Austin photo



The start at Hatley Castle

February 22 - Race 4 Hatley Castle 8k

500 finishers took on the challenging Hatley Castle 8k course. 65 Harriers came out for the race today. Steve Osaduik continued to dominate the Series with a win at Hatley in 25:26. Steve Murenbeeld finished second overall with his finish of 26:11. Both Steve's are good cross country runners and were well suited to the course. Carolyn Murray of NTTC won in 29:33 and Debbie Scott finished as the second female. Debbie won her age category by almost 4 minutes and set a new F45 course record with her time of 30:54. Harrier Kelvin Broad placed fourth overall and top master with his time of 26:22. He also broke the M40 course record set by Dave Reed in 2000 by 50 seconds. Dave ended up setting a course record for the M50 category with a time of 28:50. Jonathan Withey placed 12th overall and 3rd in his age category with his time of 28:09. Wilf Dreher had an awesome placing of 3rd in his age category as well. The bronzes were the first medals for Jonathan and Wilf in the Series. Gary Duncan 'slugged' it out for 30:47, good for 33rd overall and second in his M45 age category. It was his highest ever finishing position in any Island Series race after 8 years of competition and 40 races. Robbie Cracknell, aka "Robbie Rocket", was the first junior Harrier to hit the tape in a time of 30:51. He was first in his age category, M01-15, and won the Bob's Bonus Bears. Graeme Benn improved on his time from last year by 1:01 and Dee Ogden achieved her highest age category placing since starting the Series in 2003 with a 5th place finish.

BBB's went to Steve Osaduik and Debbie Scott.

2004 ISLAND SERIES REVIEW



*A pack of mostly Harriers at Bazan Bay
Tony Austin photo*

March 7 - Race 5 Bazan Bay 5k

The weather was cool and misty today with a slight headwind going out. Amazingly, 761 finishers participated in the Bazan Bay 5k, smashing the record of 607 set in 2001. The second highest level of Harrier participation saw 74 runners take part. Graham Hood won in a time of 14:55 with the women's winner, Lucy Smith of NTTTC, running 16:10. Graham's time was a new course record by three seconds. Steve Osaduik was 2nd in 15:02. Judith Leroy finished 2nd in the women's race with an outstanding time of 16:41, lowering her previous women's course record by 26 seconds. Meghan Day ran 17:08, virtually tying the old course record of 17:07 and was 5th woman overall. Debbie Scott ran 17:42, lowering Nancy Baxendale's master's record set in 2002 by 35 seconds. Dave Reed dominated all other masters in three age divisions and broke Andy Mehl's previous master's mark by 46 seconds with a winning time of 16:33. Robbie Cracknell and Jim Sargent did exceedingly well in their age categories. Robbie beat the 2nd place finisher in the M15 category by 3:10 with a time of 17:45 and has won gold in 5 of the 6 Series races he's run. He scored his highest series point score today with 738. Jim obliterated the M80 course record of 40:54 by running 28:16! Jim also set a new Canadian age class group by six and a half minutes. His time also qualifies him to claim the Canadian 5k record set in 2003. It was 34:46. Jim now holds Canadian records for 8K, set at Pioneer in January, and 5K set here at Bazan Bay.

BBB's to Steve Osaduik and Judith Leroy. Bears to Robbie.

March 14 - Race 6 Comox Valley Half Marathon

524 runners finished race number six. This scenic course drew 33 Harriers. Jim Finlayson won the race in a time of 1:09:11. Kelvin Broad came second smashing the master's course record with his time of 1:10:23. The top women's finisher was Charlene Waldner of NTTTC in 1:23:23. Charlene narrowly edged out Harrier Nancy Baxendale who finished with a PB of 1:23:55. Dee Ogden recorded a PR of 1:41:00 over her previous best of 1:48:22. Lorne Neil finished in 1:26:15 over his previous best of 1:37:39. Amazing! Both Dee and Lorne are regulars at the Harrier Tuesday Night Workouts and have made major improvement in their race times. Helena Watling ripped up the course with a time of 1:29:38, bettering last year's time by almost 2 minutes, and earning her highest ever Series point score of 683. Lindsay Pellow ran 1:37:57 for a new personal record points score, 625, and a 4th place in her age category! Jill Hawe, less than a minute behind Lindsay, ran 1:38:37, bettering last year's time and also achieving her highest ever point score, 621. Karen Lawless ran 1:31:15 achieving her highest point score for this year's Series and a 2nd place finish in her category. Karen hasn't run the Series since 2000, so 2004 has been her comeback year. The epic battle between father and daughter, Randy and Alana Jones (Dr. ABC), continued with Alana running 1:58:17 and RJ following in 2:03:09. RJ did a great job organizing the club bus trips to Comox, Merville, and Parksville.

BBC (Bob's Bonus Chardonnay) went to Dee Ogden. BBB's went to Jim and Nancy.



Dee Ogden has an emotional reaction to her huge personal best half marathon time at Comox!

2004 ISLAND SERIES REVIEW



*Debbie Scott takes time out to wave at the Bazan Bay 5K
Tony Austin photo*

April 4 - Race 7 Sooke River 10K

The hills of Sooke called to the runners today for the 7th New Balance Island Series race. 403 runners completed the race, up from 384 last year and 57 Harriers ran today. Steve Osaduik has dominated the Series so far with 5 wins since Pioneer. His time of 30:19 earned him his highest points score this season, 909. Today was Steve's lucky day. Not only did he beat the course record, he won by over 2 minutes, set a new PR by 11 seconds and collected his third consecutive Sooke victory after wins in 2002 and 2003. Steven Murenbeeld placed 3rd overall in 32:56. The women's overall winner was Meghan Day in 35:23. She ran 1 minute, 58 seconds faster than 2nd place finisher Cheryl Murphy and recorded a new course record. Meghan broke Carla Dunn's record of 38:22, set in 2003, by 3 minutes. Her time was good for 10th overall of the 403 finishers - her highest ever overall placing in the series. Debbie Scott was the third female across the line and lowered the F45 course record by over 4 minutes with a time of 37:34! To top it off, she also lowered the master's course record by 2:26. Huge performances at Sooke! Gary Duncan lowered his previous Sooke 10k time by almost a minute. Robbie "Rocket", our youngest Harrier at Sooke, recorded a 38:31, the identical time he ran in Mill Bay, a flatter course than Sooke. He also won his age group. New Harrier Tim Storm posted a Series best of 38:51 improving over last years Sooke time and besting this year's Mill Bay time by 10 seconds. Newbie Kevin Searle was 2nd

master overall with his run of 36:07. Les MacNeill ran 49:22 and came 3rd in his age category (M65-69), his highest age category placing this year. Caroline Waelti ran her best Series 10k time of 53:35 placing 8th in her age category and achieving her highest series point score this year.

BBB's to Steve Osaduik and Meghan Day.
Bears to Robbie.

April 18 - Race 8 Merville 15K

It was sunny and quite warm out on the course today. Merville 15k saw the Harriers running fast and collecting lots of hardware and ribbons. Today's race was the 8th NB Vancouver Island Series race. There were 302 finishers including 32 Harriers. Hugh Trenchard of IRR won the race in a time of 52:57. The top women's finisher was Harrier Debbie Scott in a time of 57:41 placing 10th overall. Rob Grant has consistently won his age division all 9 Series races this year. Rui Batista ran 58:20 and had his highest overall placing ever (12th), earning him his highest point score this year of 729. Stacey Butterfield came 1st in her age category for the first time and earned her highest point score of the season as well with a finish of 1:01:38. Andrew Green ran 55:49 and had his best age category placing (2nd) and point score ever with 762. Bill Scriven came 2nd in his age category and attained his highest point score of 653 this season with his finish of 1:05:07, beating last years time by over 3 minutes. Jill Have recorded a great run in Merville placing the highest in her age category since starting the series in 1999. She came 2nd and ran a brilliant 1:07:29. Maurice Tarrant ran 1:06:39 and posted his highest point score for the season, 638, coming 1st in his age category, M70-74. Dee Ogden saw huge improvement with her race time slashing exactly 4 minutes off last year's time to post a 1:09:51. Claire Townsend came 2nd in her age category and 4th woman overall with her time of 1:02:01, shaving 3:29 off last years time. Newbie Kiwi Stefan Fairweather was 8th overall in 56:29. Our Harriers did very well.

BBB's went to Andrew Green and Debbie Scott.
Bears to Caroline.

2004 ISLAND SERIES REVIEW

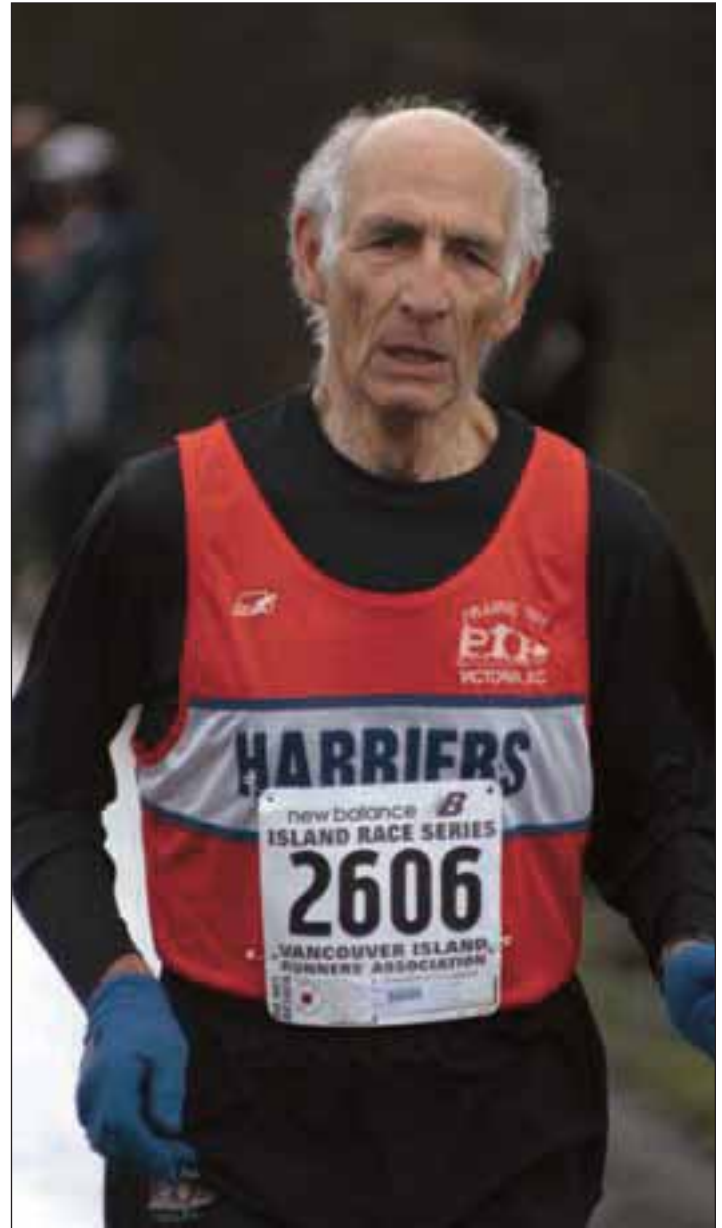
May 2 - Race 9 Oceanside 10K and Series Awards

Sunny and hot described today's weather on this mildly undulating course mixed with road and gravel trails. 34 of us were on the bus this morning, miraculously managing to stop twice for coffee. Oceanside 10k was the final event of the nine-race New Balance Island Race Series. There were 472 finishers including 50 Harriers. Nik Southwell from the Running Room won in 32:38. Kelvin Broad, 2nd overall and top master, ran 33:38. Ian Hallam was the 2nd Harrier, 6th overall in a time of 34:23. The top woman was Cheryl Murphy in 37:15. Debbie Scott was 2nd woman overall and top master in 38:09. Nancy Baxendale was 3rd woman and 2nd master in 38:38 setting a new course record in the F40-44 category. Claire Townsend was 3rd in the open women's category in 40:43. Newbie Caroline McGaw recorded a 1:11 PB over her Sooke 10k time today, won the F2024 age category and achieved her highest point score of the Series this year. She's only been running since December! Little Camille Janicki ran 56:27 this year compared to 1:13:52 last year! Marcia Stromsmoe set a new course record for her age category by 4 minutes by running 46:14! Robbie "Rocket" ran away with an outstanding performance at the race, 37:28, 1st M15, only 10 seconds slower than his PB set one week before at the TC 10k for 24th overall. What an improvement! Susan presented Maurice Tarrant a lovely plaque and speech for his 200th 1st place age group finish in Island Series races since 1985. It was great!!!! The epic battle between RJ and Dr. ABC raged on today with both of them finishing within 40 seconds of each other.

BBB's to Debbie Scott and Kelvin Broad.
Bears to Robbie Cracknell.

2004 New Balance Island Race Series Final Club Standings

1.	PIH	6651 points	516 finishers
2.	Bastion	3008 points	305 finishers
3.	TWC	2930 points	285 finishers
4.	CeeVacs	1737 points	195 finishers
5.	IRR	1620 points	131 finishers



Ageless Harrier Maurice Tarrant has 200 age group wins in the Island Series - Tony Austin photo

2004 ISLAND SERIES REVIEW

Final Individual Standings

14 Harriers won their age groups and over 60 Harriers cracked the top 10 in the full range of age groups.

MJ (Men 01-15)

1	Robbie Cracknell	730.3
4	Philippe Janicki	566.3
5	Jason Connor	545.0

WJ (Women 01-15)

1	Theresa Price	521.7
2	Camille Janicki	495.3

M16 (Men 16 to 19 years)

6	Graeme Benn	683.0
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M20 (Men 20 to 24 years)

1	Steven Murenbeeld	839.2
4	Erik MacKinnon	675.6
6	Cory Horner	656.2

W20 (Women 20 to 24 years)

2	Caroline McGaw	625.0
5	Alana Jones	508.6

M25 (Men 25 to 29 years)

1	Steve Osaduik	884.8
3	Jonathan Withey	787.8

W25 (Women 25 to 29 years)

2	Claire Townsend	685.0
3	Stacey Butterfield	674.2

M30 (Men 30 to 34 years)

1	Ian Hallam	822.6
10	Lorne Neil	699.2
12	Sheldon Croden	676.0

W30 (Women 30 to 34 years)

1	Meghan Day	775.4
8	Sandi Heal	587.0
12	Caroline Emerson	497.2

W35 (Women 35 to 39 years)

4	Sabina Reska	643.4
6	Jill Hawe	618.4
7	Dee Ogden	604.6
9	Nicola Mill	577.4
11	Sandy Walker	555.8

M40 (Men 40 to 44 years)

1	Kelvin Broad	837.8
4	Andrew Green	765.8
5	Kevin Searle	763.6
7	Rui Batista	718.4

W40 (Women 40 to 44 years)

1	Nancy Baxendale	721.8
4	Helena Watling	668.6

M45 (Men 45 to 49 years)

3	Gary Duncan	721.8
5	Tim Storm	710.8
18	Seamus Howley	555.8
22	Steven Fifield	524.8
23	Randy Jones	516.2

W45 (Women 45 to 49 years)

1	Debbie Scott	731.0
3	Wendy Davies	671.4
4	Karen Lawless	664.2
21	Kathryn Weese	514.4
24	Jane McDonald	434.6

M50 (Men 50 to 54 years)

2	Bob Flindell	679.4
5	Richard Rycraft	646.6
6	Carlos Castillo	641.8

W50 (Women 50 to 54 years)

3	Adena Cronk	601.4
10	Susan Denny	531.4
13	Caroline Waelti	506.0
19	Ida von Schuckmann	423.8

M55 (Men 55 to 59 years)

1	Rob Grant	719.2
8	Karl Benn	633.8
13	John Lambert	561.4

W55 (Women 55 to 59 years)

1	Marcia Stromsmoe	604.8
8	Elaine Miller	482.6

M60 (Men 60 to 64 years)

2	Ken Bonner	681.2
5	Bill Scriven	637.6
6	Wilf Dreher	573.6
9	Bruce Hawkes	550.8

M65 (Men 65 to 69 years)

2	Charlie Ireland	620.4
4	Les MacNeill	549.8
6	Stuart Cameron	537.8
7	Bill McMillan	534.4
8	Mike Emerson	528.6
9	Rintje Raap	523.2

W65 (Women 65 to 69 years)

1	Eileen Carroll	442.8
2	Jean Stewart	435.6
3	Jytte Haagensen	383.8

M70 (Men 70 to 74 years)

1	Maurice Tarrant	621.2
2	Robert Bostrom	545.4

M80 (Men 80 and up)

1	Jim Sargent	467.6
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The 2005 New Balance Island Race Series kicks off with our own Central Saanich Pioneer 8K on January 16. Let's see if we can get 100 Harrier finishers in an Island Series Race for the first time!

MT. WASHINGTON SKI TRIP

Harriers Try Skate Skiing

by Bill Scriven

We were all excited and looking forward to sharing another sport with our co-runners!

All week Susan and I had checked the Mt. Washington website for snow conditions and were dismayed to read that most of the xc trails were closed due to the mild conditions: water on the tracks made it difficult to groom the trails because of melting snow. We were surprised on Friday that the conditions were better than we thought. In the afternoon Susan, Wilf, Karen and Tony Knott and I skied the Jutland trail and the stadium to check out the teaching areas for Saturday. They were in much better shape than we had anticipated. Yeah!

Friday evening we had our meeting in the reception area of Deer Lodge to outline the plans for Saturday. Most people decided to take the ski lesson with Susan and I and a few others tried some snow shoeing.

Saturday morning we got everyone fitted out with skis and headed out into the falling snow and light wind. Were we disillusioned? No way, everyone was in good spirits. Even Haruka, Gwyn Woodson's Japanese student and Bill and Theresa McMillan were smiling despite this being their first time on snow and skis for that matter. Wilf shepherded Theresa through a classic lesson.

We held the skating lesson in the stadium area hoping everyone could see



our demonstrations. We had a few obstacles to contend with: the wind and snow blowing onto our faces and two other groups using the same flat area for practice. One of the them was the Strathcona Nordics Racers practicing for the next day's sprints.

We managed to stay in the middle area and didn't trip anybody up. Everyone seemed to get the hang of the weight shift for skate skiing with the drills Susan and I led them through. Jeff, Meghan Day's husband, used to ski on the Nova Scotia Provincial team and was able to provide some very useful tips as well.

Lunch allowed us time to recharge the batteries and put on some dry clothes. Haruka had trouble staying awake during lunch. She said that back in Japan students rarely have time for exercise

with the heavy load of schoolwork. When the young people came back from Deer Lodge after changing into dry clothes, we did the Far East trail: 3 couples and me. The others stayed closer to the lodge skiing some of the Paradise Meadows trails.

Both Jeff and I broke some of our old equipment. He broke a boot - it split right in half. I broke the foot plate off my left binding and had a hard fall. I was coming down a hill into a curve and couldn't control my left ski and fell hard. My left leg ended up behind me and I strained my ankle. Beside me in the snow was the foot plate from my binding. I figure the binding snapped earlier and finally worked loose at that point.

So we had a good 2 hour ski with lots of stops. Jeff and Andrew dragged

Continued...

RACEWALKING

Mt. Washington continued...

along at the rear. The highlight of our afternoon ski was a steep downhill that we all took turns falling down. Wilf captured the spectacular spills with his digital camera.

A nice potluck in the evening with everyone squeezed into our unit. About 21 of us. Wilf, Susan, Tea and I had brainstormed awards for everyone. Thanks to Susan we had a little gift to go with each award. She thinks of everything.

We checked out after breakfast and got over to the Raven Lodge by 10:00. About seven people rented skis and Theresa snowshoed. The weather cooperated today and we enjoyed the colder, sunnier conditions.

Everyone had a great time and we all look forward to a ski weekend next year.



Racewalk Report

by Helen Jaques

The PIH Racewalkers have had a good first half of 2004. Walkers did well in several of the Island Series races.

Racewalk Victoria, held in February, was successful. There were 16 competitors. Megan Huzzey of Victoria, in her first race in the adult division, did a personal best of 24 minutes for 5 km. That was just two seconds off the Canadian record for Juniors. Megan has had a terrific year. She won a scholarship to university from the Y, was named Junior Athlete of the Year for Victoria and qualified for the Junior World Cup in Germany this summer. The following is from Racewalking International News:

“OVERLAND PARK, KS (RWI) - Racewalking International News billed the Junior Women’s 10K event here Sunday (4/4/2004) at the USA Race Walking World Cup Trials the #1 race of the year. Ten (10) young women from across America and one from British Columbia, made it even better: Canada’s Megan Huzzey, a first year student at the University of British Columbia, was in fourth place at 8K and on pace for 50:30. From there she tracked down the American leaders to the cheers of “don’t worry she’s Canadian.” Huzzey was 11 seconds behind Michta, the leader, at 8K and 23 seconds ahead when she finished in 50:23. The Canadian standard to qualify for the IAAF Junior World Cup in Naumburg, Germany, for young women is 50:30. The American qualifying standard is 57 minutes for the 10K.” The 8 Americans that qualified are sub-



Megan Huzzey

sided by the government. Megan is not. There is no assistance for junior athletes in Canada. We will be doing some fund raising for her. Thank you to the Harriers for your \$500 donation to assist with Megan’s travel.

In Naumburg, Megan (number 93 below) placed 14th overall in the 10,000m racewalk and lowered her personal best time by 57 seconds (49:25.50). She was the top finisher from North and South America.



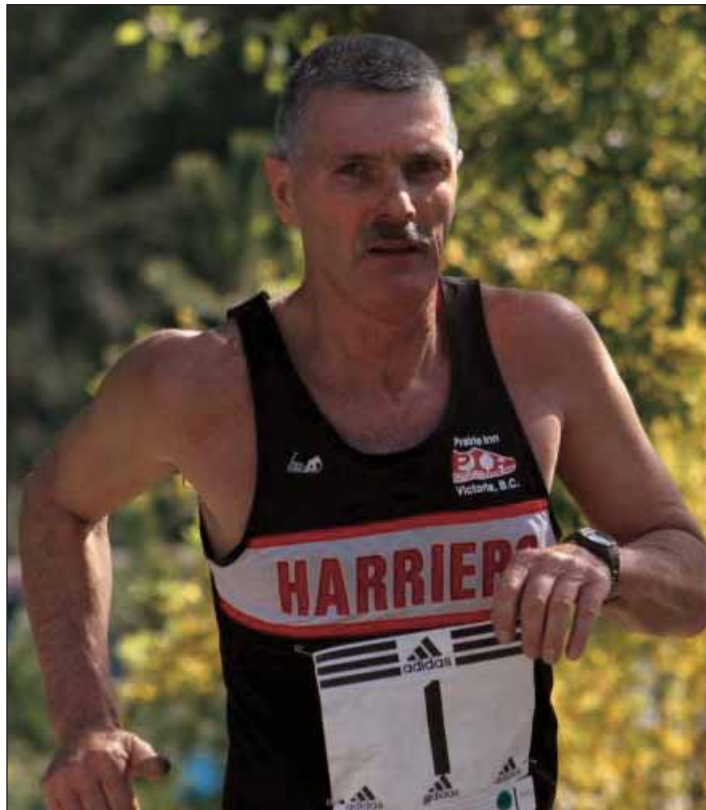
RACE REPORTS

Harriers Elk/Beaver Ultramarathons May 1, 2004

Small Numbers, Big Performances At Elk/Beaver

Both Andy Nicol and Wendy Montgomery had outstanding times in the feature 100 Kilometre Division of the 17th annual Harriers Elk/Beaver Ultras held May 1 in Victoria, BC. They were the only two entries in the longer race as most of the contestants opted for the shorter 50K event.

Nicol, of Vancouver, won the men's race in 8:06:17 and was so consistent with his 10K lap split times that only Brendan Brazier, the 50K Division winner, managed to stay ahead of Nicol including the 26 men entered in all four divisions of the Harriers Elk/Beaver Ultras. It was Nicol's second consecutive victory at E/B as he won the 100K race last year in 8:00:45.



Race Director Bob Reid - Tony Austin photo



Wendy Montgomery (left), on the other hand, led all 16 women in all four divisions from start to finish winning the 100K division in 8 hours, 56 minutes and 18 seconds. She was so strong and dominant that her 50K split would have won that race by 30 minutes and her 50 mile split would have won that women's race by a staggering 2 hours 42 minutes. In fact, her 50 mile split would have won the men's race, too, by 22 minutes. Simply outstanding. Based on their strong performances in Victoria, both Nicol and Montgomery are likely to be named the Canadian National Team that will compete in the 100K World Cup in The Netherlands in September. The official Canadian 100K Championship race will take place next month in St. Levis, Quebec where the National Team will be finalized.

There were five entries in the 50 Mile Division with David Walker, of New Rochelle, New York, claiming top spot in 7:22:07. Second place went to Rick Arikado, of Vancouver,

RACE REPORTS

in 8:25:18 while Seattle's Mark Konodi finished third in 8:45:09. Harriers Sandy Thompson was the 50 Mile female winner in 9:42:15. Nicol's 50 mile split time was 6:15:49 while Montgomery's was 7:00:25.

In the most popular 50 Kilometre Division, the winner was 29 year old Brendan Brazier, from North Vancouver, in 3:22:06 followed by Victoria's Darren Froese in 3:39:30, running his very first ultramarathon. Third place male went to former ACU President, Herb Phillips of Burnaby, in 3:43:15. Brazier won the E/B 50K race last year in 3:19:18 and ran the Royal Victoria Marathon in 2:29:35 four years ago. Phillips, at 63 years old, is regarded as one of the best age-rated masters in Canada at all distances. Harriers Rob Grant (right) finished fourth in 3:58:34, a six minute, 39 second improvement over his finishing time of last year. He was third master.



The women's 50K race was the most exciting event of the day with the top three hitting the tape within 54 seconds of each other, the closest female finish in the 17 year history of the Harriers Elk/Beaver Ultras. First to the line was Shelley Hanson of Victoria in 4:45:40 closely followed by Prairie Inn Harriers team mates Lindsay Pellow in 4:46:23 and Wendy-Sue Andrew in 4:46:36. Hanson won the mas-

ter's division and Pellow (left) claimed the open division. Early race leader, Tammy Lang of Ladysmith, was fourth in 4:52:43. She improved her time by a staggering 26 minutes, 42 seconds over last year. Pellow, running her first ultra and the race of her life, started the final 10K lap nearly six minutes behind Hanson and made up all but 43 seconds on her blistering final lap to collect the silver medal. Had the race been one kilometre longer, she most likely would have taken the gold in her ultramarathon debut.

Courtenay's Kevin Aurelis, 43, won the 25 Mile Walk in 5:59:09. He was the only finisher in this division. Eric Sherwood also started but had to withdraw due to illness after one 10 kilometre lap. There were 41 starters and 38 finishers in the four divisions. Montrail presented a new pair of trail shoes to the overall 100K male and female winners, Nicol and Montgomery, while Fronrunners Footwear donated two pairs of New Balance running shoes as draw prizes won by Dan Froom and Peggy Sherwood. Many other merchandise prizes were available so that every finisher received a gift at the awards ceremony.

RACE REPORTS

Half Knacker 25km May 30, 2004

by Michael Lord

I survived! I don't think anyone came away from that race with a scratch or at least one sprained ankle but in a word the race was EPIC! I haven't done many trail races but that is up there as one of my favourites.

We arrived at Deep Cove race morning under a thick blanket of black clouds and hopped on a bus that shuttled us the start (Grouse Mountain). The race began at 8:00 with one full loop of the Grouse parking lot, back through the start line up onto the Skyline Trail. I managed to catch Meghan after nearly 2 miles of climbing only to have her say, "is it supposed to feel this easy at this point in the race?" In between gasping I managed to ask her if she was joking... she wasn't. That was the last that I saw of her as I watched her, Stefan, Mike Murphy and Sean Clarke slowly pull away from me.

Skyline trail skirts the base of Grouse and eventually merges with the Baden Powell. From this point, the trail drops very steeply down to Mosquito Creek. I found this to be the most technical/enjoyable part of the race as it had us running through thick fog, clambering over fallen trees, scuttling through many streams while picking our way through your typical WET Coast Rain forest terrain. I can't begin to describe how much fun this segment of the race and only say, "you'll have to try it."

There were treats though for the less nibble runners (me included) as the

race had us meander through several miles of soft gentle forest trails. At the end of this long section was a set of 100+ steps that took us down and into Lynn Headwaters Regional Park.

The next significant race moment was the several miles of climbing that began after coming off the "Mystery Creek Trail." Up (very steep) for half mile until the trail empties out onto the Powerline Trail, straight up a debris chute and then a long climb through switchbacks that last for approximately. 2 miles. After reaching the top you're consoled knowing that the race is almost all downhill from there again on a mixture of fast trails and stream beds (I think it was once a trail but given the recent rain it was far from that). The last forest segment is just over 2km long, but manages to feel MUCH longer due to the technical nature (and being able to hear the crowd and announcing at the finish). I would highly recommend the race to anyone who wants a very fun, well organized and epic adventure. At 25km the race gives you a sense of accomplishment in just finishing but doesn't take near the training (nor toll on your body) as the longer ultra marathons tend to.

The race was won by Nanaimo's Stefan Jakobsen in 1:40:41. Harrier Meghan Day had an incredible run to win the women's race. Her time of 1:46:11 was good for 5th overall and was over ten minutes ahead of team mate Judith Leroy in second. Claire Townsend made it a Harrier women's sweep of the top-3 with a 2:01:25 and Michael Lord ran 1:53:42. There were 293 finishers.

Comfortably Numb Whistler 25km June 27, 2004

by Michael Lord

I ended up traveling to Whistler early on Saturday and was able to fritter away the afternoon relaxing. I discovered a great candy shop, a few pubs and was thoroughly entertained watching the crazy downhill bikers launch themselves down the mountain (the crowd at the Longhorn Pub was most entertaining clapping and cheering at every spectacular crash- there were many, the poor buggers).

The race, yes. Race morning was hot and dry. The organizers picked us up at the finish (one organizer works for Whistler transit) in a bus and transferred us to the start approximately 12-km north towards Pemberton. After a brief course description (including my favourite topic beers - I mean bears), we enjoyed a proper count down and were off. The first mile or so was up a gradual fire road (apparently the steepest climb of the day although I'd disagree) and then onto what Gnarly has previously described as a gorgeous twisty turning, moss covered trail. Much of the race reminded me of running around a combination of Mount Doug and Goldstream. You gained a majority of the elevation in the first 30 minutes after which it was constantly rolling. There was one aid station just after the halfway point (approximately 70 minutes into the race) where you were able to enjoy a spectacular view of the valley below and some much-needed water.

Continued...

Comfortably Numb continued...

After replenishing my water bottle I took off still feeling all right, but very much aware that I had reached my limit. I couldn't stop thinking about Claire and how much fun she must be having, although I now gather this was quite far from the truth. After running for another 20 minutes or so things started to go sideways for me. I kept reminding myself of a Tuesday Night Workout in Mount Doug a few weeks ago when a certain someone kept telling me to pick my feet up and get going as I was slowing her down. It didn't work.

Most of the elevation loss took place in the last 20-30 minutes where with a mile left you popped out onto another gravel road that lead to the finish. Here I was greeted by a refreshed looking Anthony who informed me that he and Stefan had won the race (Stefan's report follows - ed). Congratulations to the both of you - well done! I think much recognition though should go to Claire who despite racing (and winning) the Kusam Klimb the previous weekend, and who had used the Twilight Shuffle on Wednesday as some last minute speed work, finished a solid fourth.

In all it was a fantastic race and another solid Iron Lung event.

Comfortably Numb Whistler 25km

by Stefan Fairweather

This was an excellent race - I think Anthony (Estey) could have gone a lot faster, but he would probably have

taken a wrong turn and been halfway up Wedgemount Mountain by now! Seriously, he wasn't even working the uphill while I was feeling decidedly like someone had kicked me in the guts. But it all came out in the wash on the downhill and we decided to sprint it out the last mile to see who would get first. Ever get the feeling of walking to the executioners block? I believe the term is "dead man walking!"

Well, just when the sense of impending doom was about to break over me, bad luck struck young Anthony - I thought he had twisted his ankle really badly at first. My second thought was "Bob will kill me if he's not 100% tip-top at the end!" Fortunately for Anthony it was just cramps so we dead-heated for the win, though I feel if it wasn't for the cramps I would have been left choking in his dust!

It really was a great race - well organized, good prizes and a spectacular setting. I would recommend it for next year.

Results

Men

1. Anthony Estey	2:01:09
1. Stefan Fairweather	2:01:09
3. Andrew Clark	2:08:02

Women

1. Kristina Rody	2:05:25
2. Deirdre Wolfe	2:22:09
3. Claire Townsend	2:29:38

Teva Vail Hill Climb July 4, 2004

by Meghan Day

The Vail Hill Climb is quite possibly the most painful thing I've ever voluntarily done in my life! The wide dirt service road that climbed relentlessly up and up and up was a far cry from the gnarly single track that we enjoy in the GutBusters. From the gun, it was a constant physical and mental battle against the hill, the heat and the 8,000-10,000 feet of altitude. The other amazing competitors were the least of my worries!

After finally crawling through the finish chute, I managed to enjoy and appreciate the beauty of the view, which made the pain it took to get there worthwhile (almost)! Really though, life's greatest rewards are the ones that are the most difficult to reach. This incredible experience was made that much richer by sharing it with an amazing group of people. Thanks to Kelvin, Angie and Bob for making this event a possibility for us all.

Results

Female Overall Results

1. Laura Haefeli	57:32
2. Lisa Isom	59:49
3. Kelly Ryan	1:00:21
9. Meghan Day	1:03:02
10. Judith Leroy	1:03:18

Male Overall Results

1. Tim Parr	47:48
2. Matt Levaffiur	48:28
3. Paul Low	48:35

RACE REPORTS

24-Hour Relay June 26-27, 2004

by Sabina Reska and Debbie Scott

Hello fellow team members! I know we are all very tired, but we felt we couldn't let the day close without a hearty congratulations to all and sincere thanks to everyone for their support, generosity, donations, pledges, time and effort, and most importantly, team spirit!

For those who missed the 8:30 am meeting, or somehow missed this very important part: we, as a team, managed to raise almost \$4500 in seven weeks! We are proud of this effort which will send two kids to camp for a week, plus help towards a third. I know we all feel good about that!

In terms of other, also very important business, you, as Harriers, showed everyone yet once again who dominates the local running scene! We ran a total of 84 laps by a core of 15 runners, plus 3 very dedicated overnights (whew!). The "others" never had a chance! We beat the closest team by 13 laps!

We especially also want to acknowledge the efforts of our five fantastic volunteers who put in three to four hour shifts each: Donna Sangodi, Chris Kellsall, Susie Potgieter, Diana Lapshinoff and Rick Wilton. We cannot ever forget that these events, at which we all have so much fun, could never happen without our volunteers!

We really want to acknowledge our thanks to everyone, not just the team, but all the Harriers who contributed and supported us as well! We couldn't have done this without everyone pulling together! What a team! We are both

extremely happy and excited about how things went this year. We learned a lot and are raring to go for next year! We would appreciate any and all suggestions towards making next year's effort even more of a success!

Thank you to all. You all deserve an amazing pat on the back!

Gutbuster Mt. Doug July 10, 2004

by Sandi Heal

It was a beautiful day for a run and the weather made this gruelling course altogether more enjoyable. OK, so it's no Vail, Colorado or Mt. Kilimanjaro, but course designer Bob Reid did a fabulous job of putting together a tough course and a fabulous group of race marshals and volunteers.

Just a few days before the race, Bryan Tasaka put up new course maps with a connect-the-dots route to view. This made marshalling stations and the route more visible to the naked eye. On Friday, many volunteers went out and put up the fabulous pink flagging and orange signage for all of us to follow.

As we arrived to the race venue this morning, registration was underway while Bob assembled his marshals to give them directions to their posts. He had already been out to check the route and to make sure that the flagging was all in place. On route, he discovered that some had been taken down by parties the night before. Mike Emerson was there cheering on the athletes even before the race started. Kelvin was there with Angie, new pup by their side. Susan looked on as the assignments were given out. Caroline Hissen had her

marshals cap on and was ready to help. Bill and Laura were there with smiling faces as were Wayne and Marie Fisher. Many were out on the route snapping photos of the racers including Tony Austin, Carol Elliott, Karl Benn, and Kelvin Broad.

Sisi was there to take on the challenge of the long course and had arranged a babysitter so that she and Ian could both run this morning. Dee was there with daughter Monica. Lindsay and Steph were there and so were Gary, Meghan, Stefan, Gary F. and Jason, Mike Lord, Rick Wilton, Eugene, Carlos, Marcia, Bill Scriven, Wendy, Adrienne, Erik MacKinnon, Susan Denny, and Ron Burleson.

Steph, Lindsay and I decided to do a little warm up before the race start and took it easy on Beach trail to Ash, turned left and headed down Douglas trail. The further along we got, the more I realized that this trail was not going to take us back to the parking lot. So, we turned around and headed back the way we came.

Piling into the parking lot for the race start, you could see the sea of Harrier singlets, red and black, filling the field of runners. Finally, off we went! I was glad for the experience on the trails we'd had in recent weeks with TNW's at Mt. Doug and the two race preview runs. Soon the group spread out and I lost sight of Wendy, Lindsay, Dee and Eugene.

Out on the course, I saw marshals Wilf Dreher and Andy Galbraith. Stephanie was with me most of the way. She with strong ups and me with strong downs. I joked with her that we'd most likely come across the finish line together.

MOUNTAIN RACING AND TRAINING

Cameron had positioned himself at one of the un-marshaled stations to cheer and found himself being a marshal for those who wanted to go the wrong way instead of up. Susan Norrington was at the top parking lot at the water station providing much needed drinks and encouragement to runners passing by. I spent much time walking many of the climbs on the second and third to my surprise, but was thankful that the weather wasn't as hot as it could have been. The aid station at the last summit was a welcome sight - at that point all I could think about was "water!" On each climb, I just tried to stay focused on the next piece of pink flagging ahead.

Cresting the third climb, we headed down Irvine, crossed the road and jumped onto Merriman trail. My feet were flying too fast for me and halfway down Merriman, only a few minutes from the finish, I heard a crunch, crack - I had blown my right ankle. I didn't want to stop and thought maybe it's fine, just keep running. Things were obviously not OK as the pain seemed to increase with each step. "Keep going, almost there" I kept repeating to myself, "you can do it." I crossed Cordova Bay Road and got onto the parking lot road. I mustered what I could and followed Steph in, pouring it all out in the finish chute. Must have been a second behind her, but we finished together, just like I said.

Elaine Galbraith was the pick up marshal collecting all the course marshals and finishing as last runner after all had finished. Bailey (Kelvin's dog) helped to take the course flagging down. Wayne & Marie Fisher were cheering us on, along with Mike Emerson and Rob Grant. You guys were awesome!!!

Garfield was there with his new pup Pasha. She was so cute! Adam was there with some little kiddies. I even saw Dan with some bandages on his knee. Molly and Pepsi were mascots today with Pepsi wearing a red Harriers singlet and Molly wearing a black one. Bob was announcing at the finish.

Some outstanding Harrier performances today with course records smashed and course PB's for some. Many top three placings in open and masters categories by Harriers for today's race and the series standings. Practically everyone on the team got a draw prize and we had the biggest cheering section. Applause erupted as each Harrier name was called. Stefan and Erik played the "feed your partner" game with a new twist: both were to eat and drink, then run around the garbage cans and back, finishing together.

What a great day! Thanks to all the Harriers and non-Harriers who volunteered today. Big thanks to Bryan Tasaka and his crew for all they did today as well.

Check out these numbers of how club runners improved from 2003 to 2004:

1. Ian Hallam, 2:23 faster
2. Gary Duncan, 3:55 faster
3. Meghan Day, 11:40 faster (recovered from being lost)
4. Lindsay Pellow, 5:02 faster
5. Wendy Davies, 1:43 faster (despite being lost and finding lost dog)
6. Eugene Leduc, 3:38 faster
7. Susan Denny, 2:47 faster

Prairie Inn Harriers A Mountain Every Two Months Training Program

1. **Sep. 19, 2004 8:00 a.m.**
Jocelyn Hill
Log House Pub, Millstream Road and Treanor Avenue.
2. **Nov. 20, 2004 8:00 a.m.**
Mount Newton
Prairie Inn Neighbourhood Pub, Mt. Newton and E. Saanich
3. **Jan. 9, 2005 8:00 a.m.**
Mount Manual Quimper
End of Harbourview Road, off Sooke Road between Glinz Lake Road and Sooke River Road
4. **Mar. 20, 2005 8:00 a.m.**
Mount Work
Mount Work parking lot at the junction of Willis Point Road and Ross-Durrance Road
5. **May 14, 2005 8:00 a.m.**
Stewart Mountain
Prior Lake parking area on Highland Road. Mount Iron Horse included
6. **July 9, 2005 10:00 a.m.**
Mount Douglas
Main parking lot of Mt. Doug Park. Run will be part of the Gutbuster Series

NOTES:

1. All training sessions start at 8:00 a.m. except for No. 6 which is part of the Gutbuster Series.
2. The first two runs require a short drive from the Loghouse and Prairie Inn Pubs to the trailhead.
3. There are two or three pace groups and running time can vary from 1 hour to 2 hours.

RACE REPORTS

First Annual Kusam Klimb

by Claire Townsend

Eric, Sylvan and I just returned from our 24 hour Kusam Klimb road trip, which can be broken down roughly as follows:

- 9 hours of traveling
- 6 hours sleeping
- 3-3.5 hours hiking/racing
- 2 hours eating/imbibing (or more for some)
- 4 hours of miscellaneous activities - including warming up cooling down, swimming, and being attended to by very caring paramedics.

Mount Kusam is a truly amazing climb, and Bill, the trail's builder, is a truly sadistic man who doesn't believe in switchbacks.

The race started out easy enough, with 1-2k on the roads, but as soon as we hit the trails, it was a long and unrelenting climb. Up, up, up, up. 140 people attended the first annual incarnation of this epic 23k race, who for some reason thought that climbing almost a mile (1500+ metres) on the hottest day of the year sounded like fun. I'd have to agree!

The climb was entirely on singletrack trails, all spongy, soft soil that snaked up through second-growth and old-growth forests. Thankfully, the entire climb was also in the shade, so the temperature was altogether bearable. The final 150m or so of elevation were spent sliding and slipping through various patches of snow - the largest of which was made somewhat more climbable with hand-cut stairs (I failed to notice them, and skirted the whole patch on the scrabbly brush beside this mini-glacier).

In total, I was slogging for 1hr 44min to the summit - 95% of which was spent walking, rock climbing and scrambling of slopes that varied from 10% to 50% grades. At one point I asked a guy behind me (below, actually) if he would catch me if I fell, because I'd be right on top of him. This was definitely not an event for anyone with a fear of heights. But all the torturous climbing was rewarded with phenomenal views of local and distant mountains, rivers and forests.

After topping out in the snow, climbers skittered/scrambled down an incredibly steep initial descent, to the nicest part of the course - a soft, spongy green trail that skirted along side a babbling alpine creek - perfect for refilling water bottles and offering refreshing cool breezes.

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The panoramic view as the climbers neared the summit

The Unbearable Lightness Of Peeing

by Elizabeth Ferguson

Some of you may think I wimped out. After all, a half marathon is exactly that: half a marathon. It's a cop out. A multiple-choice exam. An amusing nightmare.

These days, marathons are as popular as Harry Potter and Botox. Scores of able- and not-so-able-bodied people train to complete the 26.2-mile ordeal. Surely people think, on some subconscious level, that half a marathon is second rate.

Rubbish. It couldn't be true. I was excited about my first half marathon. The Royal Victoria Half Marathon, no less. Three thousand, six hundred and eighty people ran with me. Who could possibly grudge us for only running half?

Besides, the half marathon was a chance for me to finally overcome my biggest running challenge.

Urethra nervosis. Runner's bladder.

As soon as I start a race, I have to pee. I can't help it. People scoff at me, convinced it's all in my head. But it's no invention, I swear. My leaky tendencies are genuine. And they bear no relationship to how much I've drunk, how well I've slept or how long it's been since I last peed.

Urethra nervosis is a function of the race. When the gun goes off, so does my bladder.

I trained for six weeks. I grew to know each crack, corner and windblown tree on Dallas Road. I repeatedly applied Vaseline to my chafed and flabby inner thighs. I bleached my blood-stained sport socks. I traveled to Elk Lake by bus and hid my gear in the underbrush. I narrowly missed collisions with reckless cyclists, perilous baby strollers and desiccated horse manure. I waited, cold and sweaty, at lone bus stops for a ride back to town. When it finally came, I stunk up the bus.



Obviously it's not only runners who have to plan ahead.

By October 12 I was ready. Nothing, not even urethra nervosis, would stand in my way. Not like the other times.

I was running a 10 km course in England when it first happened. After about six kilometres, the urge was too much. I dashed behind a hedge and let loose. "Don't look!" I shouted as runners passed me by.

The second time was on a 10 mile course in Ireland. The ache hit me at Mile 2. "Pssssss," the voice tormented, reminding me of sibling torture on childhood car trips. "Pssssss." I succumbed, leaving my mark behind an ivy-covered wall. "I saw that!" someone yelled when I slipped back into the current of runners. I squatted behind an ambulance in the third instance. Shameless.

I was determined that at my first half marathon event, on my home turf, I would not succumb. But without fail, only minutes into the race, I was already thinking about what was going on in there. Did I have to go? What would I do? An urban course. Nowhere to hide. People everywhere.

First comes denial. I try to talk myself out of it: "You don't have to go. It's all in your head."

Denial swells into anger. "What is your problem? Why do you have to go as soon as you start running? YOU JUST WENT!"

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First Annual Kusam Klimb

continued from page 16

Most of the next section of the descent (the majority) was spent hopping bear scat (LOTS of fresh piles), leaping streams and attacking dug-out trench after dug-out trench along a deactivated logging road. Truly phenomenal views from the top - I used my entire roll of 15 shots along the course.

Here's the little I know about the results: Andrew Hallam won handily, despite a long stop at the top to get re-oriented after briefly losing his way in 2:51. Keith Wakelin and Brodie Guild were 2-3 in under three hours. I was 4th, 1st female, in 3:05. Sylvan was 16th in about 3:30. Eric was about eight minutes behind Sylvan. Lindsay came in at around four hours, with Big Dan several spots back, still healing that sore ass from a recent tumble. Randy Jones, nursing ailing ribs, had to hike the course very conservatively. He was still out on course when we left just after the five hour mark. He soon finished, slightly disappointed at not being able to run the route, but more than happy to have been able to take part in the inaugural running of this new epic adventure.

A refreshing local swimming hole helped with recovery, as did the copious amounts of water sprayed on us, dumped over us and ingested by us at the finish line. The medical staff were excellent, quickly whisking away anyone with the most minor wound. Erik and I both had blood streaming down our legs at the finish from moderate spills on the downhill, and I had a freshly re-sprained ankle incurred in the last 3k. Dang, I'll be laying off the trail runs for a while. Lindsay - where did you get your skookum ankle braces?

An awesome day with awesome trails and fantastic organizing, hosting and generally attending to the racers by Sayward and the keen volunteers, organizers and local supporters. Come on out for the 2nd annual Klimb on June 18, 2005!



Harrier Klimbers prepare for the ordeal

The Unbearable Lightness Of Peeing

continued from page 17

Anger shrivels into fear. "What are you going to do? Good God, what are you going to do?"

Fear breeds self-smearing. "You're such a loser. What's your problem? Why can't you get through a race without peeing? When are you going to grow up?"

And self-slander mellows to acceptance: "Well, you've got to go, and that's that. The question is where?" I stew and ponder and fret.

But this time, I'd made up my mind. I wasn't going to lose any time to my urinary curse. Victoria would be different.

I focused on the pain in my legs and not the aches in my abdomen. I wouldn't interrupt my race. I concentrated on the hills, the cheers, my watch and simply let it go.

Urethra nervosis sufferers, do not surrender. Ignore that portable toilet at Mile 10. Welcome gravity, embrace your nervous bladder, and just pee. Let it out. No one notices. What's a few drops? Or a trickle? Wear black spandex. Who knows, maybe it will rain.

For the weaker-bladder among us, the half marathon is our great white whale. But I did it. I achieved my target time, and I didn't stop to pee. From now on, road races will be a whiz.

QUESTIONABLE FILLER MATERIAL

Are you a Marathon Maniac?

It all started on May 25, 2003. After completing the Coeur D'Alene Marathon, Steve Yee, Sue Fauerbach, Tony Phillippi and Chris Warren were having lunch with a Spokane area runner, Terry Watanabe. The conversation was about how many marathons we have run and which ones we were planning to run throughout the year. Steve was really good at knowing which races were held at what time of year, so he was trying to fit as many into his schedule as he could. Of course his enthusiasm was contagious as both Tony and Chris were throwing out some marathon ideas of their own. Terry made the statement "I feel like I am amongst a bunch of Marathon Maniacs" and the name stuck. Tony, Chris and Steve were referred to as the Marathon Maniacs from that day forward.

Soon after, Tony and Chris started thinking that it would be cool to have a marathon specific virtual running club for runners as crazy as they were. The idea was put to Steve and he loved it. The Maniacs were born!

Here's a summary of Maniac qualification criteria:

One-Star Bronze Level

1. Back to Back Marathons (two marathons in consecutive weekends, races can be run on either Saturday or Sunday).
2. 2 Marathons in 3 weeks (2 Marathons within a 16 day time frame).
3. 3 Marathons in 3 months (3 Marathons within a 90 day time frame).

Two-Star Silver Level

1. 3 Marathons in 3 weeks (3 Marathons within a 16 day time frame).
2. 6 Marathons in 6 months (6 marathons in 6 consecutive calendar months).
3. 8 - 11 Marathons within 1 calendar year.

Three-Star Gold Level

1. 4 Marathons within a 6-week time span (or 37 days).
2. 12 - 18 Marathons within 1 calendar year.
3. 4 Marathons in 4 different US states, Countries or Canadian Provinces (any combination) within an 8-week time span (or 51 days).

Four-Star Iridium Level

1. 4 Marathons in 4 consecutive weeks (or 23 days).
2. 19 - 25 Marathons within 1 calendar year.
3. 2 Marathons in 2 days (or 48 hours) must finish both races!
4. 9 Marathons in 9 different US states, Countries, or Canadian Provinces (any combination) in 1 calendar year.



Five-Star Ruthenium Level

1. 26 - 30 Marathons within 1 calendar year.
2. 4 Marathons on back to back weekends (within a 9 day window).
3. 3 Marathons in 3 separate US states, Countries, or Canadian Provinces (any combination) within a 9-day time span.
4. 13 Marathons in 13 different US states, Countries, or Canadian Provinces (any combination) in one calendar year.

Six-Star Osmium Level

1. 31 - 37 Marathons in 1 calendar year.
2. 16 Marathon in 16 different US states, Countries, or Canadian Provinces (any combination) in 1 calendar year.
3. 6 Marathons in 3 weeks (or 16 days). With proper planning and rest this can be done!

Seven-Star Palladium Level

1. 38 - 44 Marathons in one calendar year.
2. 20 Marathons in 20 US states, Countries, or Canadian Provinces (any combination) in 1 calendar year.
3. 13 Marathons in 12 weeks (79 days).

Eight-Star Platinum Level

1. 45 - 51 Marathons in one calendar year.
2. 23 Marathons in 23 US states, Countries, or Canadian Provinces (any combination) in 1 calendar year.
3. 28 Marathons in 6 months (183 days).

Ten-Star Titanium Level

1. 52 Marathons or more in one calendar year.
2. 30 Marathons in 30 US states, Countries, or Canadian Provinces (any combination) in 1 calendar year.
3. 20 Countries in one calendar year.

Check out the Maniacs on the web:

<http://www.marathonmaniacs.com/>

Note: Marathon Maniacs are not responsible for any injuries or deaths. You must have medical clearance from your doctor before beginning any exercise program or running any marathons. It is not our intent for anyone to get hurt or killed being or trying to be a Marathon Maniac.

CLUB INFORMATION



2004 Executive

President

Susan Norrington..... 384-0171

Vice-President

Randy Jones..... 474-6546

Treasurer

Bob Reid 384-1520

Secretary

Sandi Heal 472-0011

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.

- September 14
- October 12
- November 9
- January 11

Newsletter Information

Contributions are always welcome. Send comments, letters, race reports, training ideas, articles, photographs, cartoons... anything!

Sylvan Smyth
Phone: 480-7869
Email: editor@pih.bc.ca

Upcoming Club Runs

Sunday August 15, 10:00 a.m.
Harriers Family Run/Hike and Picnic
Aylard Farm, East Sooke Park

Sunday, August 22, 10:00 a.m.
Seven Hills Route or Dallas Road
538 Harbinger Avenue, Fairfield

Upcoming Races

Saturday, August 14
Cadboro Bay Triathlon and Duathlon
<http://www.raceweb.ca/>

Sunday, September 5
Harriers Songhees 5K
<http://pih.bc.ca/>

Sunday, September 12
Land's End Half Marathon
<http://www.plodders.com/>

Sunday, October 10
Royal Victoria Marathon
<http://www.royalvictoriamarathon.com/>

Sunday, October 31
Shawnigan Lake Half Marathon
<http://www.cowichan.com/ceevac/>

Saturday, November 6
Haney to Harrison Road Relay
<http://www.bcathletics.org/>

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

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

Weekly Training Runs

Saturday Trail Runs 8:00 a.m.

Saturday Trail Runs at the Prior Lake parking lot on Highland Road. The classic Prairie Inn Harriers social run. All runners and walkers welcome - a group leader for all paces. Approximately 60 minutes on the trails of Thetis Lake and Francis/King parks. Post-run refreshments supplied by the club. Breakfast follows at nearby John's Other Place on the Old Island Highway.

Sunday Long Runs

Long runs for marathon and half marathon training are taking place at various times and locations. Check the chatline on the website for announcements.

Tuesday Night Workouts 5:15 p.m.

Meet at the Beaver Lake Park gravel parking lot in August and September. Speed and power development program. Workouts vary to keep things interesting. Sometimes it's hills, sometimes it's flat intervals. All paces represented - everyone welcome.

Thursday Morning Runs 9:00 a.m.

Meet at 9 a.m. for 1 hour adventure runs. Different venues, different leaders. For more details email Maurice Tarrant at mtarrant@islandnet.com, call 478-4122, email Brian Turner at brian-nelda@home.com or call 658-0012. You can ask to be added to the email list for run reports and updates. Weekly emailed run reports are posted on the chatline on the website.

Monday through Friday YMCA, 12:05 p.m.

Meet at the rail at Quadra St. and Broughton. Run with the legendary lunch bunch. Join the grizzled veterans for a hard-nosed road run.