



PRAIRIE INN POST

HARRIERS PIONEER 8K



Thanks to everyone who participated for helping to make the 23rd annual Pioneer 8K such a success. There were 610 finishers, the most since 688 ran in 1994, and the fourth highest total ever.

The winners were Jim Finlayson in 25:12 and Carolyn Murray in 28:13.

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PRESIDENT'S MESSAGE



Susan Norrington

I WANT TO THANK THE MEMBERS OF THE PRAIRIE INN HARRIERS FOR YOUR CONFIDENCE IN supporting me as your president. I know there may be the occasional person who would say that anyone who is willing to take on the job is welcome to it. But I don't see it that way. The Harriers are my friends and extended family and I am honoured to be involved with the club.

I have a good example to follow in Brian Turner who was a great president and brought so many interesting speakers to our meetings last year. Famous Ironwoman Lori Bowden, Coach Ron Bowker, Chiropractor Rob Hasagawa and Nutritionist Carol Tickner are a sampling of the fine speakers Brian convinced to come a talk to us in 2001. I am pleased that Brian has agreed to be the 2002 Club Runs Director.

I also want to welcome Ann Taylor as Secretary and Bill Scriven as Vice President, both new to the executive, who along with Bob Reid as Treasurer, make up your 2002 executive.

Now that racing season is upon us, I encourage you all to participate as much as you can in the New Balance Race Series, whether you run to compete or run for fun. For many years, the Harriers have been the big winners in the series. I think the competition in the running community is very healthy, but I also see the runners from all clubs as one large community.

This fall and winter have seen an increase in the turnout for our Saturday morning runs at Thetis and some of the new regulars are from other clubs. The Thursday morning group has always welcomed members from other clubs and those who run unattached. This is gratifying to me because I think, in the larger running community, we are often seen as tough elite runners and racewalkers. We do have a strong core group who train hard and are competitive, but we also have many members who are recreational. So I am suggesting that we continue to welcome members from other clubs to run with us. Get out there and run with people you haven't run with before. It's fun and challenging.

I want to see the club grow and prosper. Like most sports clubs, we promote a healthy lifestyle through our sport, but we also raise money that, over the past 16 years, has provided scholarships and bursaries, racing wheelchairs, wheelchair trainers and kilometre markings on the Elk/Beaver trail. And this year, as we have done in past years when members have needed special financial support, we have been able to help out our friends Les MacNeill and Marcia Stromsmoe with their horrific travel bills. And that's what makes the Harriers unique.

Susan Norrington,
Club President

Harriers Support For Les & Marcia

AS YOU ARE NO DOUBT AWARE, IN EARLY DECEMBER LES MACNEILL AND MARCIA STROMSMOE were savagely attacked in Papua New Guinea. Immediately their running friends in the Harriers and Les' former coworkers at Victoria General Hospital were quick to organize fundraising events to support them in their time of need.

Bob Reid decorated a running shoe box with pictures of Les and Marcia running in happier times and it was passed around for contributions at Thursday morning runs as well as at the Boxing Day Handicap 10 Miler. Furthermore the New Years Memorial 10k and 2k walk was dedicated to Les and Marcia as a Harriers Foundation Project. The Run through Time on New Years Eve also brought in some cash.

Les' former coworkers, especially Bev Hyde and Shirley Vickers, worked feverishly to plan a fundraising dance for Sat. Jan. 19 and a silent auction to held at the same time. At least two Harriers donated to this auction: Christine Thate a case of wine and Lisa Cantwell a hairdressing appointment. The dance, held at the Royal Victoria Yacht Club, was a big success. Imagine my surprise when the Thursday running group took over the entire dance floor for one lively number by The Ecclestons, a Celtic group. Whoever said that the geriatrics couldn't dance any more?

Here are the final figures:

Gunner Shaw CC	\$1,000
Donations from PIH members	\$1,250
Run Through Time	\$500
New Years Day Memorial Run	\$1,100
Pioneer 8K	\$1,150
Total	\$5,000

The last information I received was that the dance raised \$5000 in tickets and another \$3000 plus from the silent auction and the bar. I sold 30 tickets to Harriers at \$50 a couple and \$30 a person.

It is hoped that all monies can be merged and a cheque presented to Les and Marcia at the Hatley 8K, but this is still pending. Bob Reid has announced that both Les and Marica will win the Greg Marchand Award for the courage of coming back after a serious medical setback. Greg is coming to Royal Roads to present it to them.

I was impressed with the speed at which all of this support was forthcoming from the running community. Bob Reid, as usual, was instrumental in getting this fundraising 'race' off on the right foot and the rest of us joined in to show Les and Marcia how much we care.

Bill Scriven

Mt. Washington Summer Retreat

Plans are in the works for any Harriers interested in a getaway to Mt. Washington this summer. The idea is to spend three nights in the Deer Lodge, and have two days to participate in a variety of activities. The possibilities range from a eight hour round trip run to the top of Mt. Albert Edward to a relaxing chair lift ride to the summit of mile high Mt. Washington. Mountain biking, horseback riding or hiking the spectacular trails of Forbidden Plateau are just a few of the other activities offered. Deer Lodge has fully equipped kitchens and offers off season specials, hot tub, restaurant, pub etc. This is in the planning stage so if anyone has ideas or suggestions call Randy Jones at 474-6546. Next newsletter will have some more definite information and a survey to see where the interest lays.

Welcome New Members

Ann Barnes	Philippe Janicki
Al Biggs	Alana Jones
Mel Brodt	Linda Jones
Jon Brown	Doug Kolot
Lisa Cownden	Eugene Leduc
Michael Cronk	Bill McMillan
Susan Denny	Theresa McMillan
Wilf Dreher	Alison Millar
Malinda Emms	Errol Nadeau
Seamus Howley	Belinda Nixon
Aaron Holmgren	Adrienne O'Henly
Martine Janicki	Paul Wood

The will to win is important, but the will to prepare is vital.

—Joe Paterno

PRAIRIE INN HARRIERS 2001 AWARD WINNERS



Sandi Begg



Sandy Stewart



Simon Cowell

Gunner Shaw Most Valuable Runners

(F) Sandi Begg, (M) Sandy Stewart, Simon Cowell

Robin Pearson Most Improved Runners

(F) Niki Upton, (M) Steven Shelford, Bob Janicki

Stewart Fall Juniors of the Year

(F) Katrina Blomkvist, (M) Graeme Benn

Alex Marshall Master Runners of the Year

(F) Marcia Stromsmoe, (M) Rob Grant, Bill Scriven

Ken Smythe Dedicated Performance Award

Susan Norrington

John Thipthorpe Durability Award

Randy Jones

Susan Reid Most Consistent Harrier

Phil Cornforth

Glenn Jaques Race Walker of the Year

Lori Shade, Lynn Monchamp

Special Effort by a Novice Runner

Susan Martin

Shield of Courage Award

Brian Mader

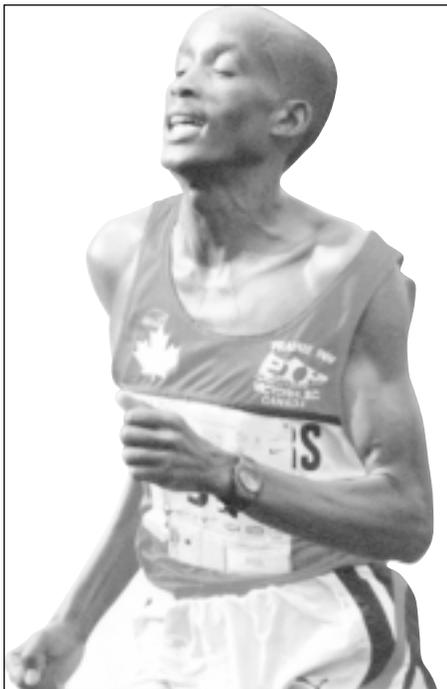
2001 RUNNERS OF THE WEEK

December 27	Sandy Stewart
December 17	Garfield Saunders
December 10	Mike Emerson
December 3	Jim Finlayson and Wendy Davies
November 26	Steve Bachop
November 12	Belinda Nixon
November 5	Maurice Tarrant, Helena Watling, Gwyn Woodson, Marg Melvin, Mike Stone and Susan Norrington
October 29	Rob Reid and Patti Walsh
October 22	Sandy Stewart and Randy Jones
October 15	Katrina Blomkvist & Jim Finlayson
October 8	Simon Cowell, Matt Fedoruk, Jack Miller and Steven Shelford
October 1	Sylvan Smyth
September 24	Dr. Bob Janicki
September 17	Sandi Begg
September 10	Dean Baldwin and Karen Lawless
September 3	Aaron Holmgren
August 27	Steven Shelford
August 20	Dean Baldwin & Alana O'Connell
August 13	Hillierie Smith and Mike Ellis
August 13	Dean Baldwin and Lisa Cantwell
August 6	Paul Petersen
July 30	Sandy Stewart
July 23	Exaggerator (Chris Kelsall)
July 16	Walter Cantwell & Katrina Blomkvist
July 9	Dr. A., Dr. F.O., Exag., and BBK
July 2	Steven Shelford
July 2	Alex Coffin
June 25	Exaggerator (Chris Kelsall)
June 25	Jim Finlayson
June 17	Chad De Pol
June 10	Randy Jones
June 10	Sandy Stewart and Sandy Mullen
June 3	Sandi Begg
May 21	Ken Bonner
May 14	Alex Coffin
May 7	Dan Harlow
May 7	Carlos Castillo
May 7	Rob Reid
May 7	Paddy McCluskey
April 30	Jim Finlayson
April 16	Sandy Mullen, Mika Lavaque-Manty, Rob Reid
April 9	Sandy Stewart
April 9	Phil Cornforth
April 2	Logan Wakefield
April 2	Katrina Blomkvist
March 26	Graeme Benn
March 19	Pioneer 8K Volunteers
March 12	Sandy Stewart
March 5	Matt Fedoruk & Colleen Grady
February 26	Christine Thate
February 19	Chad DePol & Colleen Grady
February 12	Rob Reid, Matt Fedoruk & Jack Miller
February 5	Rob Reid & Katrina Blomkvist
January 29	Katrina Blomkvist & Niki Upton
January 22	Mike Stone & Sandy Stewart
January 15	Paddy McCluskey & Sandi Begg
January 8	Paddy McCluskey & Ulla Marquette
January 1	Brian Travelbea

**Check out the web site for a description
of the ROTW feats of daring-do**

2001 – THE YEAR OF THE KENYANS

by Bob Reid



Proud Harrier Jackson Koech winning the 2001 T-C Garden City 10K

WHERE DID IT ALL START? LATE ONE NIGHT, I received a phone call from Tim Forrester asking whether I would accept two Kenyans into the Times Colonist 10K and provide them with accommodation, transportation and meals leading up to the race. I agreed. That one little acceptance call led to 15 Kenyans coming to Victoria for three separate events and to me hosting them all at 1251 Tattersall. I was sort of their official "Victoria Manager" so to speak.

Twenty Kenyans are based at two training centres in North America, specifically in Hamilton, Ontario and Chapel Hill, North Carolina. Tim Forrester manages the racing plans of the Canadian camp while Ben Kurgat manages the racing plans of the American camp. They stay for three months, race every weekend, or every

second weekend, and hit all the high profile events in North America offering appearance money and prize money. And, yes, they usually win the majority of the races! After three months, they return to Kenya and another batch of twenty come to each training centre.

A week before the TC10K, I took a Vancouver Island Select Team to the Sun Run. While in Vancouver, Ben called me and asked whether I could handle three more Kenyans in Victoria for a week. I said, "Sure, I already have two from Hamilton, I might as well take yours from North Carolina and have a team of five." Jackson Koech, Gilbert Koech, Benson Ogato, Ben Kapsoiya and Jackeline Torori met me after the Sun Run and I brought them to this side of the water to prepare for the TC10K. They stayed with me for 9 days and were referred to by BBK, Batgirl and Exaggerator as "Bob's Kenyans".

I managed their training program, focussing on trail running wherever possible. I took them to Elk/Beaver, Cedar Hill Golf Course, Thetis Lake, Galloping Goose, UVic, Juan de Fuca, Royal Roads and Dallas Road waterfront. They loved every single training site and they loved Victoria. I arranged to have them run with Bruce Deacon, Graeme Cocksedge and a lot of other high profile local athletes and their training was relentless. Nothing over a 6 minute per mile pace and twice daily, usually running for an hour in the morning and an hour in the evening. That's 120 mpw or 200 kpw for you kilometre geeks. Every week! They ate up the high mileage. For their weekly speed workout on the

track, they would do 12x400 in 58 seconds, just like clockwork.

Eight Kenyans came here for the Victoria International Track Classic including returnees Jackson Koech and Ben Kapsoiya. Joining them were David Kiptoo, Sammy Lagat, Daniel Gachera, George Okworo, Boaz Kisand and Enok Keter. Don't think I had trouble remembering their names at the Spaghetti Factory where we hosted them for dinner the night before the track meet? I certainly did, especially after a Bud or two! Oh well, it all worked out in the wash, they knew me and all of them smiled with their pearl white teeth at the end of the meal. We were joined by twelve other elite athletes from five other countries.



Enoch Keter and Phillip Meto relax after the Songhees 5K

Enok Keter returned and won the Songhees 5K and Phillip Meto accompanied him to place second in the race. Phillip has run 3 marathons in 2:15 and Enok runs low 13's for 5K and 1:05 for the half marathon.

Jackson probably had the most success in his 2 visits to Victoria. He

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ROCHE HARBOUR TRIP

by Bob Rhodes



Crack Canadian troops invade San Juan Island

THIS IS A STRANGE TIME TO BE GETTING OUT the story of the September 30th Harriers bike trip to San Juan Island.

As you'll see in the notes at the end there are good reasons for late filing.

The story starts out as pleasant recap of 13 Harriers going out for a boat trip and a bike ride.

Maybe we should just get that part of the story out of the way before we get into the complex, international ramifications of the trip. Weird events that may bring shame and disgrace to the 11 of the cyclists and perhaps maybe the club as a whole.

This was a group that wasn't afraid to ride into a foreign country that had just 19 days earlier declared war on terrorism

"He was the firstest with the mostest."
— Roy Orbison (on Elvis)

To be on the safe side Nancy Davis flew the Canadian flag from her rear carrier.

Ken Smythe wore an Australian cycling team cap which he swore belonged to Sean O'Grady, who led this year's Tour de France in the early going.

Gerda said: "That's not true. He got the cap at the Goodwill Store where he gets all his clothes"



where Bob Reid had lined up a forty-five foot boat that took us for a sunshine cruise to Roche Harbour in just over an hour.

Susan Norrington, in her role as Social Director, insisted we enjoy ourselves. We did.

At the dock in Roche Harbour two US Immigration officers met us.

This became significant later because they split us into two groups to check our passports and ask a few questions of members of our group who weren't born in Canada.

As soon as the formalities were over we took off for Friday Harbour about 15 kilometres away.

Norma was riding strong. Cycling to work every day was starting to pay off. The fact that she also had the quick Curt Harnett cycle helped.

Brian was working fairly hard to keep up with her.

The woman in a couple having the better technology for a change.

Brenda and John whipped up the first couple of hills easily with John telling tales about the old days with the Wheelers. John said: "Cycling was better then. We didn't have brakes and it was all fixed sprockets. We ate cloth coats. But, we were happy god damn it."

Brenda just kept pumping and said: "That's nice Dear."

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GUNNER SHAW X-COUNTRY . . . blah blah blah

by Batgirl



I DID REGISTRATION EARLY BEFORE THE RACE and saw a few of the big names there. Lori Bowden, Simon Whitfield, all national triathletes. Lori walks up to the table and says "I'm Lori Bowden" I'm like "I KNOW WHO YOU ARE AND I LOVE YOU!" I've met her a few times before. Races, club meetings, at the pool, but everyone loves her so I don't expect her to really know me by name or anything. I gave her her race number in total awe and said "Lori Bowden, not Roxi Reid?" because Roxi Reid is the name she usually runs under (Roxi=her cat; Reid= her husband's last name). Usually if she does a local race and doesn't come first she gets bad press: "National Ironman Champ gets beat at 5k Fun Run!!" so she runs as someone else so she doesn't get shit for taking it easy for a race. Besides, who says she has to come first all the time? Anyways, she laughed and explained that she likes that name but

the National Triathlon Training Center entered for her and so they put her real name.

A kid from work comes up to me and I'm all "What are you doing here?" and he's like "I'm running!!" and I'm like, alright..

"you registered?"

"Should be"

"I don't see you here."

(enter Simon Whitfield's training partner and manager of the NTTC team)

"He's with the triathletes"

"YOU'RE with the NTTC??"

"yep. I have a life outside McDonald's you know.."

"yeah I know, but a healthy one??"

Bless his heart. Little Seanny Marlowe is a semi pro triathlete. Well that's a shocker. Anyhow, my fingers were getting so cold I could hardly sift through the race numbers to give to people, and I thought "I have to strip down to my shorts and and singlet and run through water.. shit" I started having second thoughts, just cause I was so unbelievably cold, yet I was still dry and fully dressed, and I was about to get wet and half naked.

I got warmer as I went to the startline with everyone else. I stood shoulder to shoulder with Lori Bowden and led her for about 2 k, then she passed

me and I kept with her for another 2k. Then she left me miserably in her dust. Still, I led Lori Bowden!!! The woman who's autograph I have on my wall... ahh.. I thought: "Next time I'm chasing her it will be at an Ironman" She is truly the woman of my pipe dreams.

The puddle was even better then I remembered. About half way through (right after losing Lori) we turned this corner and saw CGP, a guy from my club, he called out "heey Batgirl! How you doing?" I said great so far, since I was still dry, and then went round a bend and saw "it". The Gunner Puddle. Beautiful puddle. It was about 10-15 meters (yards..whatever) long and it went about waist deep and I've heard it can go about chest high if it's raining. It's sewage, not water, and can cause infections on open sores. Basically it's fabulous. And freezing cold. You can try to run through it but it's impossible to run the whole way, you have to just wade eventually.

Then when everyone gets out, it's so cold that if your muscles don't cease or spasm, you start to run again on the ground only, you can't feel your legs or your feet and then they get burning hot for some reason. The sensations are amazing. I think everyone gets a second wind after the puddle because it's so cold and just.. unreal.

The rest of the race went pretty great. Probably because I thought I was further along then I was. I saw some people I knew limping along. Walter Cantwell was one of those. He had a

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RACING

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



Niki Upton readies for the "high-five"



Terry Turcotte on the way to a big finish

23rd Annual Pioneer 8K

AS DAWN BROKE ON SUNDAY, JANUARY 13TH 2002, SYLVAN SMYTH DONNED THE ceremonial uniform of the Pioneer 8K Race Director — red long johns with trap door and faux-coonskin cap. Among the myriad of details and logistics to organize before race day, perhaps the most important was the ritual sacrifice and prayer to the Rain Gods for dry weather. This seemed to have paid off as the slate-grey skies of Central Saanich withheld their bounty of moisture for the time being.

Sylvan slowly chewed yet another Tums as he went through the check list for the umpteenth time — Permits, Hall Set-up, Parking, Registration, First-aid, Course Marshals, Start/Finish Line Crew, Prizes and Awards, Hotdog & Doughnut Technicians, E-load Engineers, etc., etc. It was enough to give a guy ulcers and it just might before the day was over.

About 9 am, the parking lot at the Fairgrounds began to fill up with cars which in turn spilled out runners of every size, shape, age, and ability. Brightly feathered in Sugoi, Nike, New Balance and even Value Village, the runners spread out to pick up race numbers, greet friends and begin their pre-race warm-up. The army of volunteers had shifted into high gear earlier and the operation rolled smoothly down well-oiled tracks.

Shortly after 11 am our man, Bob Reid, begins to issue warnings and reminders from his trusty bullhorn that the start time is drawing ever nearer. After a few more strides and perhaps a quick trip to the loo, it was time to tighten up the shoe laces and assemble on the start line. The crush is full of nervous energy and the final countdown begins: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 — GO!

Race Director Sylvan in the Official Support Vehicle leads the throng down the hill and along the course, which is barren of traffic now that the race is in progress. It is easy to go out a little too fast on this course, what with the downhill start and the adrenalin surging through one's bloodstream. At the 1-mile marker there are some concerned looks at watches for split times. Not much farther along, the staff of Brewsky's pub look out the window in amazement as a steady torrent of runners passes by their windows and they begin to worry about how thirsty these people will be when the race is over.

The runners loop back past the Fairgrounds on Stelly's and on towards the turnaround. At this point, the frontrunners are already on their way back to the finish line and they make it look deceptively easy. There are some reports that Jim Finlayson was threatening to pass the Official Support Vehicle in the last couple of K's.

Register online for any race in the NB Island Race Series at: <http://www.eventsonline.ca/events/nbirs/>

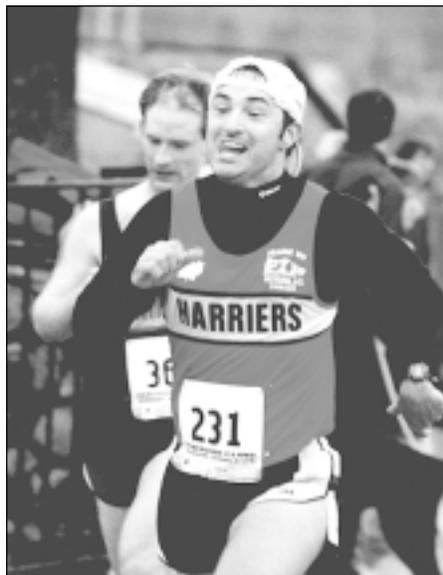
23rd Annual Pioneer 8K (con't)

Speaking of the last couple of K's, it's a gentle rise uphill for most of it and then a steep dash for the last 300 m or so. Certainly enough to make a person wake up and take notice as well as putting the cardiovascular system into overdrive.

Jim Finlayson was the first one home in 25:12 and Carolyn Murray was the first woman in 28:13. There were 610 finishers in total, the most since 688 ran in 1994, and the fourth highest total ever. There were also 51 Harriers in the race including Jim's first place finish.

After the race there was double-strength E-load to replenish those lost electrolytes and plain old water for the thirst. Inside the hall were tables laden with the usual post-race refreshments such as juice, cookies, muffins etc. but over in the corner was a kitchen full of volunteers feverishly slinging out HOTDOGS and nearby was a table covered in DOUGHNUTS. You gotta like a race where they give you some food that may not come from the healthstore but satisfies that craving for salty, tasty fats and complex sugars!

Anyways, the 23rd Pioneer 8K was a great success. That evening Sylvan chewed his final Tums while packing away the ceremonial red long-johns and faux-coonskin cap until next year. He put up his feet and let out an enormous sigh of relief. Outside, the rain softly began to fall.



Chris Kelsall hams it up as he heads for the finish chute with Steven Shelford in hot pursuit.

new balance

ISLAND RACE SERIES 2002

Cedar 12k	Feb. 10
Hatley Castle 8k	Feb. 24
Comox Valley Half.	Mar. 10
Mill Bay 10k	Mar. 17
Bazan Bay 5k	Mar. 24
Sooke River 10k	Apr. 7
Merville 15k	Apr. 21
Paper Chase 10k	May 5
UVic 5k Fun Run	May 12

Please note: the Mill Bay 10K has now been rescheduled to March 17th as a result of bad weather conditions

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time.
—Lou Brock

Racewalk Report

Our award winners for this year are Lynn Monchamp and Lori Schade. They are two of our newest members who also happen to train together. Since they joined they have competed in some shorter events, 4-10K, such as Arbutus and Songhees. They also completed the Great Walk. They're biggest achievement this year was to racewalk Portland Marathon and place highly. Congratulations to both.

The group has two training schedules currently. The advanced competitive race walkers train Tuesdays, Thursdays and Sundays with their coach Linda Campbell. The new and recreational walkers train Wednesday nights with myself.

We are pleased to have had a record number of race walkers participate in the Harriers 8K - six women and one man, many obtaining personal bests. Jan Junker and Linda Campbell were first in their respective categories.

We are now training for the Race walk Series. The first race, Race walk Victoria, will take place Sunday, February 24th on the Galloping Goose Trail. We are hoping to have about 25 participants. The second race is in Nanaimo March 24th, and the third in the series will be in Vancouver in May.

Thank you for you continued support.
Helen Jaques

THE 1904 OLYMPIC MARATHON - ST. LOUIS

Related by Randy G. Jones



THE MOST IMPORTANT THING IN THE Olympic games is not to win but to take part. Just as the most important thing in life is not to triumph but to struggle. The essential thing is not to have conquered but to have fought well. This is the Olympic creed as De Coubertin composed it. I'm not sure how many people agree with that today, but as someone who is middle of the pack myself, it sounds pretty good.

I love the Olympic games. Not just for the obvious great performances from the elite athletes, but because the games embody the spirit of the amateur. Or at least they are supposed to. A great example of the embodiment of the amateur is Felix Carvajal. Under funded and under qualified he essentially hitchhiked from Cuba and ran the race in what amounted to dress shoes.

The scene is the 1904 Summer Olympics in St. Louis. These games were the third ever held in the modern area. The first was held in 1896 at Athens Greece then followed by the 1900 Paris France games. The St Louis games could hardly be called an international competition. Since traveling overseas from Europe was extremely expensive at the time, the competition consisted mostly of Americans and Canadians.

It should be pointed out, however, that the Olympics were not intended to be a competition among nations at the time but strictly a competition among amateur athletes from around the world. It was the responsibility of the amateur athlete to find his way to the games at his own expense.

Carvajal was a postal worker in Havana who was inspired to run the Olympic marathon. Unsupported by government funds, he quite his job and solicited enough donations to secure his travel to New Orleans. Felix ran around the central square in Havana then jumped on a soapbox to plead for donations. This also served as training time as it took many weeks to raise enough money. Unfortunately, once in New Orleans he promptly lost all his money in a crooked craps game. He then walked or hitched the 1000 miles to St. Louis, where, in ragged cloths he found shelter with the American weight lifting team.

The games organizers built a gymnasium and a 35,000-seat stadium. The entire event lasted from Mon-

day, August 29 to Saturday, September 3, 1904. There were no events scheduled for Friday, so the entire series of Olympic games lasted for only five days.

At this point you probably don't see much wrong with the 1904 games, but unfortunately, when the games were actually run they were a disaster. To start, if you were considered to be a minority, you had to compete in separate games. These games came under the name, "Anthropology Days" which were held on August 12 and 13, 1904. These games were designed to face "costumed members of the uncivilized tribes" against one another. The 1904 Olympics hosted a variety of "savages", among them Pygmies, Filipinos, Patagonians and various American Indian tribes who competed in such events as mud fighting and greased pole climbing. Interestingly, Chiricahua Apache Chief Geronimo witnessed these proceedings. Olympics founder Baron de Coubertin righteously noted that such a charade would lose it's appeal when black men, red men, and yellow men learn to run, jump, and throw, and leave the white men behind them.

On marathon day, Felix Carvajal arrived in long pants, long sleeve shirt and dress shoes. It was summer in St Louis and the temperature topped 90 degrees. Felix faced a field of 32 runners, mostly American and Greek. Two black men, Len Tau and Jan Mashiani, were South Africa's first Olympians. They were however, billed as Zulu savages, from the Anthropology Days competition.

In the hot and humid St Louis weather, the race began. The course started with five laps around the stadium track. The runners then left the stadium and embarked on a dusty, unpaved course that took them up and over seven significant hills. A vanguard of doctors, judges and reporters led the way, riding in a group of newly invented automobiles. The result was a constant cloud of dust kicked up into the runner's faces. They were literally forced to eat dust. The fairly brutal weather conditions, and the existence of only one water station at the halfway, lead to a variety of injuries. American Bill Garcia collapsed at eight miles with a stomach hemorrhage. American Fred Lorz was in the lead at nine miles and dropped out. Actually what he did was jump aboard a pace car and continue along the route. South African Len Tau was chased a mile off course through a cornfield by an angry dog but slipped back into the race at ninth position.

Meanwhile, our favorite Cuban continued easily along, laughing, joking, running backwards and practicing his broken English on bystanders. He accepted peaches from officials leaning out of car windows. He detoured through an apple orchard to swipe himself some lunch. The apples would be Felix's undoing; he was soon afflicted with cramps, which slowed his pace.

Further upfield, Lorz's pace car broke down so he headed to the stadium five miles away. He later claimed that his cloths were there, so he was going that way anyway. When he entered the stadium, in just over three

hours, to a thunderous roar he lifted his arms in triumph as though he had just taken the gold. He posed for photos, got wreathed, and reveled for a moment before the officials came crashing down on him. He was banned from amateur competition for life, or at least until 1905, when he was allowed to run (and win) the Boston marathon.

Well-pampered Thomas Hicks of Cambridge, Massachusetts plugged along with the help of his trainers. After Lorz dropped out and took the car ride, Hicks was in first place. Hick's trainers trotted along beside him, giving him sponge baths and sips of water. He told his trainers he wanted to lie down but they would not allow him to do so. When he started complaining they gave him brandy. The brandy ran out and they had to get more. By the time he reached the stadium he was, actually, drunk and his trainers had to virtually carry him across the finish line. He walked and took breaks to lie down in the second half of the race, but after the debacle with Lorz, the audience was all to happy to confer a gold metal on a bona fide finisher even if he was drunk and supported by two other men. Thomas Hicks won the 1904 marathon with a time of 3:28:53. Four doctors monitored Hicks for the remainder of the day before he was allowed (or was able) to leave the stadium. Hicks retired from running after this race.

Len Tau and Jan Mashiana, the Zulu savages, were wearing bibs 35 and 36 respectively. Mashiani finished twelfth. Tau finished ninth, which was



Thomas Hicks, assisted by his trainers and liberal doses of brandy, hangs in there to win the 1904 Olympic marathon

a disappointment to the observers who were sure he would have done much better had he not been chased off course by the large angry canine.

As for Felix, he came in fourth. The Cuban had weathered the conditions well, and the spectators postulated that with proper training he would have easily taken the gold. It wasn't an altogether tragic ending for a naïve country boy who found himself far from home and bereft of funds.

Thus ended the 1904 Olympic marathon. The race had enthusiastic tribesmen, a plucky Cuban, an angry dog and strychnine abuse. It also was noted that two patrolling officials driving a brand new automobile were forced to swerve to avoid hitting a runner. The car went off the road, causing the first recorded traffic fatality. In the end, the St Louis Olympic games proved to be such a disaster that the Olympic committee was forced to hold interim Olympic games in 1906 at Athens, in an attempt to revive the flagging Olympic movement. These games were not numbered, but were attended by twenty countries and put the Olympics back on a steady course to success.

DO YOU WALK OR RUN IN THE RAIN?

By Eric Sorensen, Seattle Times science reporter



To stay drier, do you walk or run in rain? If you walk, researchers say, you're all wet

Once again, it's that time when we get nearly one-third of our annual rainfall in two months, raising the scientific question: If you have to go outside and you don't have an umbrella, will you stay drier walking or running?

"I definitely think you get wetter walking," said Dan Ledrick, vice president of the Seattle Marathon Association, which is expected to have close to 9,000 runners and walkers in its 32nd annual marathon Sunday. "You're out there longer, so you're just going to get exposed to that much more rain."

That's pretty much on the mark, although science for more than a half-century found ways to complicate the matter until two North Carolina researchers settled the question with a highly sophisticated experiment: One walked in the rain, the other ran, and then they weighed their clothes.

The Ledrick theory – run, spend less time in the rain, get less wet – would be true enough if rain landed only on the top of your head and shoulders.

But the problem gets slippery when you consider that you end up running into raindrops, wetting the considerable surface area of your face, chest and leg fronts. So now you have to factor in how much surface area is exposed for how long – a function of things such as kinematics, relative velocity, vector components and flux.

Lest your mind be shutting down around now, Doug Craigen, a Winnipeg-based physicist, has a calculator on his Web site that will compute all this for you: www.dctech.com/physics/features/physics_0600a.html.

Here's how one scenario works out:

A 6-foot-tall, 44-year-old with male-pattern-baldness and bad knees dismounts from a 1977 Volkswagen van in a downpour. He has about 200 yards to cover between the parking lot and his office. According to Craigen's calculator, the following happens:

Walking at about one yard per second, his bald spot and other surfaces will be hit by 61.5 milliliters of water; about two ounces; in the three minutes and 20 seconds the walk takes.

Jogging at a 10-minute-mile pace, he catches only 40 milliliters of water. He's actually catching more water per second but comes out ahead by cut-

ting in half the time he's in the rain.

It pays to run, Craigen said, but not as much as you would think:

"Between you and your destination, there's a certain amount of water, and no matter how fast you run, you're going to run into that water."

Trevor Wallis and Thomas Peterson, two runners and meteorologists at the National Climatic Data Center in Asheville, N.C., took a different approach. They measured out a 100-yard track at their office, waited for rain, donned cotton sweatsuits and walked outside. Actually, Wallis ran; Peterson walked.

They then weighed their sweatsuits to see who took on more water. Peterson's weighed 40 percent more.

"To be rigorous, we should have done it 100 times for the statistics," Wallis conceded, "but it was more of a joke than a serious investigation. We never expected the reaction we got. We are both pretty serious researchers."

The results were published in *Weather*, a peer-reviewed journal.

The minute you start talking about what you're going to do if you lose, you have lost.

—George Shultz

MY FIRST YEAR AS A HARRIER

by Batgirl



October, 1992:

Mr. Mueller's grade 4 class. No 9 year old girls have come out for the X-Country team and Mr. Mueller is MAD (he is the coach). He goes around the room of his grade 4 class and asks each girl: "What's your excuse??" Shelly and Leanne, the twin girl-jocks, say "We have basketball" and I don't catch the other girls' excuses, but he gets to me and under the intense pressure, I cannot tell a lie: "I don't want to get up early for practices..." "Ridiculous!" he says, but moves on; however, only for the moment.

The next week is spent picking on me. While reading from a book about Christopher Columbus from the perspective of a child working on his boat, the line is "He arises at dawn every morning to take his post in the crow's nest" and Mr. Mueller adds "And at that time Katrina is still sleeping nicely in her bed.."

It was the last straw. I joined the x-country team.

October, 2001:

Every year I had walked the Run for the Cure with my mother and her office ladies. When they got lazy last year, my PE teacher, who sometimes ran with me after school, said to me "You could run the 5 k." since we had done up to 4.5 kilometers in class. That was considered the "long run". So I said "ok" and did the 5 k.

A week later, the Royal Victoria 8 k was held. Ms. McKerracher told me: "You did 5 k, you can do 8 k!" so I said "Ok" and took a day off school to go downtown and register for the 8 k. I did the 5 k in 26 minutes, and the 8 k in 41:42. I was incredibly happy with myself. Then Ms McKerracher said "You haven't done a 10 k yet. You did 8, you can do 10." and I was roped into doing the Gunner Shaw 10 k X-country classic. Well I did it... and I nearly died, but again, I was incredibly happy. I do remember that everyone at the race was wearing these red and white rugby shirts that said "Harriers".

So now that I had run 3 races, I was a "racer". While at the McKinnon gym for a field hockey tournament, I found some UVic results for the RV8k. I couldn't find myself, because they had cut the results off at the last Vike, and of course, no Vike was behind me and my 41:42 time. I did see a URL at the bottom of the print-out though. Some funny letters. pih.bc.ca/results. I wrote them down and found a rather popular message board.

There was an "Exaggerator" who was very funny, but said he was like Jon Lovitz and Dom Deluise combined. There was a CGP..who was sort of weird but nice..however I didn't understand any of these people.. who are they? I eventually figured out that they were all much older then I was, but they were so off their rocker, I seemed to feel somewhat comfortable talking with them. They had all done this Gunner Shaw race too. In fact, it was a big deal to them. I could relate!!

I really liked the phrase "Frontrunner" because Steve Prefontaine was always called that.. I had seen some people with that name on their clothes at the races. How could I be a part of this Frontrunners club, I asked.. and I was immediately deemed young and naive right there, I think.

A few days later I was watching Ironman Hawaii and was very inspired. When it was over I came on the computer again and moseyed over to pih.bc.ca once more and found an ad for a 10 miler race. "I did 10 k, I can do 16!" I told myself and signed right up. I went on vacation, returned Christmas Eve, and did the Boxing Day 10-miler on zero training and had a terrible day.

But I did meet Sylvan, and Bob Reid, and Lisa Nodwell, and a really nice older guy who works for the dad of some kids who go to my school... Sylvan thought I was 19 because I had written that down on several of my entry forms because I couldn't be bothered to get a parent signature.

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HASHING IN THE COOKS

by Brian Turner



Where can a guy get a cold beer?

WHILE SUSAN NORRINGTON WAS PRESIDING on my behalf at the November Harriers meeting, my wife Nelda and I were enjoying the beauty, superb snorkeling and friendly Polynesians on the Cook Islands. Before we left, as is my habit, I bought the Lonely Planet book on Rarotonga and the Cooks, to learn about our upcoming destination. The Lonely Planet guides include a lot of extra info, and there it was, the name, address and phone number of the local coordinator for the Hash House Harriers, one of the groups of zany runners found in many countries around the globe. One of their teams ran the Haney-Harrison relay in early November, as did a number of Harriers. The team names often are comi-

cal, and theirs was 'Drinkers with a Running Problem', which perhaps typifies these characters.

So, I was determined to make contact with the Cook group, and hopefully join one of their renowned outings. I'd talked to them before in Quito, Ecuador, and Alice Springs, Australia, but had never been in the right place at the right time to join one of their runs. But since they get out weekly on the Cooks, and we were there for two weeks, it looked like my time had finally come. There is always a small notice in the Monday edition of the local paper, stating the meeting point. A different member of the club sets out a course each week, keeping it secret, so they never know where they're going to run once they leave the starting point.

By this time, I had become acquainted with a number of people at the lodge where we were staying, and learned the wife of a couple from North Vancouver (we met many people from BC, including all over Vancouver Island) had run her first marathon the month before - guess where. Right, Victoria, another of those amazing coincidences we seem to experience when we travel. So of course I invited her along, and she accepted the adventure to come.

The start of this memorable outing was next to one of the mid-1850s churches on Rarotonga. The group consisted of about two dozen, of all shapes, sizes, sexes and ages. Off we went, starting as a group, but soon spreading out. The idea seems to be

cooperative in determining the route, so the fast guys would run ahead, and when they found a marked choice point, they'd try the various possible routes, and when they found the markers for the right one, you'd hear shouts of 'On, On', and off we'd all go. It started innocently enough, on some country roads, but then turned onto a dirt path. Rarotonga is a typical volcanic island - the flattest ground is near the coast, and there are mountains inland. So, up we started to go, and soon found ourselves pulling ourselves up on long roots and tree branches, a la Tarzan. But as happens in groups, everyone went for it, even though on our own, probably none of us would have.

We finally arrived at a great viewpoint, paused to enjoy the view and catch our breath, then had to retrace our steps, including the steep cliffs and roots, unable to see over the edge where to place our feet. I waited below to help put the North Van woman's feet into the footholds. She turned out to be a pretty competent runner, and we ran together, 'enjoying' the challenges.

Back down at the start, the other characteristic of the HHH occurred - the big chest of cold beer, and lots of good chat while we rehydrated. We had definitely earned our beer!

I went for a couple of other sight-seeing jogs on the Cooks, but the Hash run is the one I'll remember. If you travel overseas, try to look up these characters for a memorable, friendly outing! I know I will again.

HOT RUNNING TIPS

by Mike Creery

INTERVAL TRAINING

What is interval training and why is interval training part of your preparation for road racing?

Interval training helps to condition your body to the stresses that will occur in races. It will help you get fitter, quicker. It also provides the physical background from which you can dramatically improve your racing potential. It will help you develop a balanced, efficient running style.

Interval training has been around a long time. A German coach, Woldemar Gerschler, developed much of the theory surrounding interval training prior to the Second World War. However, it was not popularized until Emil Zatopek, the famous Czech multi-Olympic champion, achieved spectacular results through extensive use of this form of training. It is interesting to note that he was way ahead of his time in the sheer volume of training that he undertook. For instance, he would complete sessions such as 30 times 400 metres, sometimes in army boots!

There are variations of interval training that can be useful in preparation for road races. There are four types of training that can be inserted into your program at any time. The best way to tackle the training is in the following sequence.

You can become a winner only if you are willing to walk over the edge.

—Damon Runyon

1. Oxygen uptake training (purpose to raise the anaerobic threshold)

Oxygen uptake training will have the effect of increasing the number of red blood cells carrying oxygen, the number of blood capillaries in the muscles and the size of the heart to enable it to pump more blood. The best way to improve oxygen uptake is to stress the body for approximately 5 to 20 minutes at a controlled pace with a short recovery of 2 minutes. The total time of the combined intervals can be 25 to 40 minutes.

Examples of possible training sessions are:

- 3 or 4 times a mile (2 minutes recovery between each interval),
- 2 or 3 times 10 minutes (2 minutes recovery between each interval),
- 1 or 2 times 20 minutes (2 minutes recovery between intervals).

2. Aerobic power training (purpose to develop 5K/10K race pace efficiency)

This training develops the race pace abilities for distances around 10K. The training should be done close to race pace for 5K/10K depending on the chosen event. For these intervals, you should be well warmed up and use the dynamic warm up routine before you start.

Examples of possible training sessions are:

- 3 or 4 times a mile (3 minutes recovery between each interval or wait until resting heart rate is down to 120 beats per minute),
- 5 times 1000 metres (3 minutes recovery between each interval),
- 1 times 3000 metres.

3. Lactic acid tolerance training (purpose to develop anaerobic lactic power and capacity)

This training will stimulate the body to produce alkali buffers to counteract the lactic acid build-up at 'high' speeds. This training is designed to deliberately put the body into oxygen debt and as a result can be 'hard' to get used to in the initial stages.

However, the benefits will be seen in racing situations when you have to change pace or escape from another runner!

Examples of possible training sessions on a track are:

- 6 times 300 metres (4 minutes recovery between each interval),
- 4 times 400 metres (5 minutes recovery between each interval),
- 2 times 600 (10 minutes recovery between each interval)

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Year of the Kenyans

from page 5

won the TC10K and collected \$1,000 prize money and won the 5,000 metre race, was named top athlete of the VITC and picked up another \$1,000 for that honour. He ran a P.B. by 26 seconds in the 5K clocking 13:26 and what a brilliant bell lap he ran! It was definitely the highlight of the track classic. Benson was second in the TC10K and Gilbert was third. Clean sweep for the Kenyans, 1-2-3. Jackeline also pocketed \$1,000 for winning the women's race. Both Jackson and Gilbert have run a 1:01 half marathon, yes that's 61 minutes for 13.1 miles, and all of the men run a 27 or 28 minute 10K.

All of the Kenyans that stayed with me were more than accommodating when joining in with many of our local social events. They attended a TC10K press conference, visited the Ministry of Children and Families, went salmon fishing and crabbing, came to two of the PIH club runs, hosted a mass "Run with the Kenyans" at Beaver Lake and toured the Provincial Museum. They were more than willing to sign autographs, present age class awards following the TC10K race and join in as the official rabbits in the Kids 1.5K race. All in all, they were wonderful ambassadors for the running community and our sport.

They told me it would be an honour to join the Prairie Inn Harriers and wear our club uniforms in the local race. What a thrill it was to open up the Times Colonist on Monday

morning and see a full page picture of Jackson winning the TC10K wearing a harriers singlet! They still correspond regularly by e-mail and are happy to receive PIH bulletins and Newsletters electronically. They all speak excellent English and are very computer literate.

On the funny side, their favourite motivational music was the theme from Notting Hill and specifically "When You Say Nothing at All" as they listened to that song ten times every day! They also liked Roger Miller's "Dang Me" and Christmas songs by Elvis. Go figure! Also they were scared shitless of water. None of them can swim.

What did I learn from them? Plenty. Their success comes from a very simple lifestyle and a strict routine including hard work, regularity and a common food. Corn meal. Every single night! Sometimes they made a stew to go with it but, corn meal, eaten with the hands, was their staple. They loved orange pop and Benson had an occasional beer. Half of them were vegetarians and half were meat-eaters. When I took them to Thrifty's for their first shopping trip, their eyes nearly bugged out of their heads with the volume and variety of foods available at such a BIG store!

They are very religious, saying a prayer and grace before every meal. They are completely self-sufficient and did all of their own laundry, cooking and cleaning up. They worked as a team and everyone shared in the chores. Happily.

To conclude, they loved friends and were very loyal to them. At home, they would run 20 miles just to visit a friend. Here, I was their friend. When I dropped them off at the ferry to return to Hamilton and Chapel Hill, three of them cried. They wanted to stay and Ben said it best, "Man I love this Victoria, the people, the buildings, the hospitality, the training sites; it is the nicest place in the world!" I think they enjoyed their stay on our side of the water. And I enjoyed them.

Roche Harbour Trip

from page 6

Ann and Bob rode sweep.

At least that was their excuse for riding so far in the back.

There was an interesting duo in the middle of the pack.

Kevin who rode most of the way with his helmet on backwards and GP who worried about only having Canadian money, 3 Loons and 2 Doubloons.

The group made such good time from Roche to Friday Harbour 11 members opted for a half-hour tour of the town.

Ann and Bob stayed behind to make an urgent trip to a used bookstore.

When the group reassembled it was time for lunch in a nice restaurant overlooking the Harbour.

The beer was cold and the food was good.

The local people, who appeared to be quite conventional and usually enjoyed a peaceful lunch after church, kept staring at us with the easily read questions on their faces: "Who are these people and where did they get those outfits?"

After lunch, to finish off the Island Circle Tour most people took off for the American Camp about 20 kilometres away toward Roche Harbour.

Ann's rear tire was pretty low so Bob offered to stay behind with her to make sure the guy at the bike shop put in the right amount of air.

They took off a half-hour later for Roche Harbour, missing the American Camp, and being first back.

After an hour's rest the riders, now fortified with ice cream and beer, got back on the Oak Bay Beach Hotel's boat for a beautiful trip home.

The Canadian Immigration woman who met us was a bit nervous as she went over our documents.

We heard second-hand that she'd been warned by the American authorities that GP and Kevin were born on the same day, in the same year at the same hospital in London to the same mother. However, they did have different surnames on the passports they presented.

These interesting coincidences didn't show up on the US side until

the Immigration officers, who interviewed us in two separate groups, compared notes.

With the new terrorist legislation in the United States and the stiffer control of immigrants into Canada there's a danger that the investigation into what is being called the San Juan Twins Affair may put the club in a bad light.

Given the new atmosphere around problems with illegal immigrants Immigration Canada and the CSIS could come down on GP and Kevin any day.

Gunner Shaw X-Country

from page 7

big walking stick, which indicated that it was a bad roll, or sprain or break or whatever. It's basically a requirement of the GS to have rolled or broken ankles, poked eyes from snapping branches, and foot infections from the puddle, but it's sad to see one of my own club member hurt. He cordially moved aside for me and I went trucking along.

Niki Upton, who was running with her dad, passed me. I was totally happy for her. She was having a really good race and I was really proud of her. She would end up finishing about 30 seconds ahead of me, and I hugged her at the finish line. It was really awesome. She runs here lots on Saturdays so this is her terrain.

I finished sprinting ahead of Patti Walsh while Sandi was standing on

the shore yelling at us. I got some hot chocolate from Uncle Ken Smythe, and went to see how some of my friends did. Sean came second, even though he goofed off and peed in the bushes and covered himself in mud during the race.

I was pretty cold and I left after collecting my ribbon and seeing Bob's presentation for Randy Jones, who did some fund raising and put together \$500 for the club's foundations.

I wound up beating my last year's time by about 4 minutes, even though I wanted to beat it by more, I'm still happy, and a race like that, which is not easy; there are hills that are so steep and rocky that you can't even run up them, you crawl, is just nice to finish.

Another tri buddy of mine, Nissam, said afterwards that two loops of that would be so ideal. I agree.. except I'd probably die. Maybe for marathon training next year. It was a blast though, and a total classic race. There are none others like it.

My First Year as a Harrier

from page 13

I brought with me to that race my cheque and entry form for the full meal deal for the Island Race series. All 10 races I was in for. I showed up late and missed the first one, Bazan Bay, but ran Mill Bay within 3 seconds of my predicted time (51:03.. my PR now for 10k is 47:53.) and won a 5th place ribbon. My first award.

My First Year as a Harrier

from page 17

I had the racing bug. I wanted to do every race, and rake in the ribbons and medals. I did a few in between races during the series as well. The Peninsula Track Club X-country challenge (1st); the Garden City 10k (12th); the Vancouver 1/2 Marathon (6th).

Since the series end I have not stopped running and racing. In total I have done over 30 in 2001 and been kicked out of 6 bars (Ma Miller's Pub, Fifth St. Bar and Grill, Felicito's at UVic, to name a few..), but most importantly, I met people like the Exaggerator, who is always kind enough to run for 60 minutes with me in the wee hours of the morning, or at 10 at night, and who let me follow him for a day and bought me an iced coffee.

And Sylvan, who actually inspired my interest in designing and programming languages, and encouraged me through the series.

And then there's Bob. Who comped I don't know how many tickets and races for me, who took many of my finish line pictures (my only one before then was a blurry rainy polaroid from Mill Bay) and who introduced me to many a yummy (the man has connections). He is always quick to invite you for a hot tub and offer you a coke.. even though he wouldn't let me have a Mike's Hard after Port Alberni!!

I have become no stranger to drinking, earned several new mothers, and it feels like I have many more grand-

pas and grandmas now. I look fondly on Nelda Turner dressing me in the White Spot at a post-retirement group run breakfast.

My favorite memories are my first medal at the Cedar 12k, spending 50 minutes running the Garden City 10k, and then the rest of the day partying at the brunch, Bob's house, and then Dr. Yummy taking me over to Mark Cryderman's house with the Kenyans; running the Vancouver 1/2 marathon and then booting it to the ferries to catch the awards in Sooke; finishing the Ironhorse run (actually doing it is not a fond memory, but saying now that I have done it is something I'm proud of), and getting hospitalized at the JDS Uniphase triathlon.

It's been a great year. I'm inspired and encouraged by this group of people, like Marcia Stromsmoe, who I have yet to catch, and Maurice Tarrant, who seems oblivious to the fact that he's *#\$\$%ing awesome. These people show me that I could be doing this for a very long time, and I'm excited about that.

I am glad to have found this pasttime and this group of people to share it with, and I'm ready to do it all again this year. And the next year, and the year after that and so on.

When you're playing against a stacked deck, compete even harder. Show the world how much you'll fight for the winner's circle. If you do, someday the cellophane will crackle off a fresh pack, one that belongs to you, and the cards will be stacked in your favor.
—Pat Riley

Interval Training

from page 15

4. Speed training (purpose to optimize anaerobic alactic power and capacity)

This training will stimulate the fast twitch fibres which are needed for sprinting at the end of races. These are flat-out sprints followed by lots of rest. The aim is to move the legs as fast as possible in as relaxed a manner as possible.

Examples of possible training sessions on a track are:

3 times 40 metres (3 minutes recovery) and do 3 sets (5 minutes recovery between sets),

2 times 60 metres (3 minutes recovery) and do 3 sets (5 minutes recovery between sets),

2 times 100 metres (3 minutes recovery) and do 3 sets (5 minutes recovery between sets)

Conclusion

Inserting interval training into your training program can provide the 'missing link' to help you achieve the racing breakthrough about which you have been dreaming...

I really lack the words to compliment myself today.
—Alberto Tomba

Takes All Kinds

A German, an Italian, and a goofy American were trying to get into the stadium at the Sydney Olympics, but the seats were all sold out. The enterprising German stripped down to his shorts and undershirt, picked up a cane fishing pole in a nearby alley, and marched right in stating boldly, "Heinrich Schneider, Germany, Pole Vault."

Noting the ease of entry, the Italian took off his outer garments, grabbed a large round stone, then just as boldly strode in the gate, announcing, "Pasquale Galento, Italy, Shot Put."

Not to be outdone, the American guy took off all but his BVD'S, went into a nearby hardware store where he purchased some barbed wire. As he approached the gate the American spoke out confidently, "Chip Hightower, USA, Fencing."



SEPARATED AT BIRTH?



Nana Mouskouri



Sandi Begg

Running for the first time in my new neighborhood, I saw another solitary figure running toward me. "Nice day, isn't it?" I called out. We passed before he could reply. The next day I set out again, and saw the same runner heading toward me. As we quickly passed, he shouted back, "It sure is!"

Least Used Chatline E-bbreviations

HHOK-IR56MPTBTG

Ha Ha Only Kidding. I'm Really a 56-year-old Man Pretending To Be a Teenage Girl

ITADITH?

Is There A Doctor In The House?

ROTFLMAOAGLH

Rolling On The Floor Laughing My Ass Off At Goggle's Latest Hijinks

IQTMPOA

I've Quietly Taken My Pants Off Again

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound gods.

—JFK

CLUB INFORMATION



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

2002 Executive

President

Susan Norrington 384-0171

Vice-President

Bill Scriven 474-3557

Treasurer

Bob Reid 384-1520

Secretary

Ann Taylor 656-6104

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Lisa Cantwell/Lisa Cownden 478-5192

Phoning/E-mail Committee Director

Susan Norrington 384-0171

Newsletter Editor

Sandy Stewart 385-8624

Race Equipment Director

Ken Smythe 478-7369

Race Fixtures and Results Director

Sylvan Smyth 480-7869

V.I.R.A. Representative

Bill Scriven 474-3557

Membership & History Director

Bob Reid 384-1520

Race Walking Director

Helen Jaques 479-7872

Harriers Foundation Director

Maurice Tarrant 478-4122

Web Site Director

Sylvan Smyth 480-7869

Club Runs Director

Brian Turner 658-0012

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.

- Feb 12
- March 12
- April 9
- May 14
- June 11
- July - social tba
- August - social tba
- Sept 10
- Oct 8
- Nov 12

Every Week! Harrier club runs

Tuesdays at 5:30 pm from the downtown YMCA, Thursday mornings at 9:00 am at various locations (see the chatline for run reports and the next week's Thursday run location) and Saturday mornings at 8:00 am from the main parking lot at Thetis Lake Park. Harrier club-runs are non-denominational! Everyone welcome. We regularly have Pen Plodders out on the Thursday morning runs and TWC'ers out on Thursday and Saturday mornings. Feel free to join in.

Schedule of Club Runs for 2002

DATE	TIME	LOCATION	MEETING PLACE	HOST
17 Feb.	9:30	Goldstream Park	Ma Miller's Pub	Susan Norrington
26 May	9:00	Hare & Hounds	Thetis Lk parking lot	John McKay
23 June	9:00	East Sooke Park	Aylard Farm parking lot	The Harlows
07 July	9:00	Galloping Goose	3169 Anders Rd.	Randy Jones
28 July	9:00	Royal Roads U. Glen Lake BBQ	YW/YMCA gym	Ken Smythe
11 Aug.	9:00	Mt Doug Park Corn Roast	1251 Tattersall Drive	Bob Reid
22 Sept.	9:00	Matheson Lake	Cove Point Restaurant	Brian Turner
26 Dec.	10:00	Boxing Day 10-Mile Handicap	Prairie Inn Pub	Sylvan Smyth

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

Newsletter Information

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

Sandy Stewart

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e-mail: editor@pih.bc.ca

Visit the Harriers website at:

<http://pih.bc.ca>

For the latest news call the

HOTLINE:

381-IRUN (4786)