



# PRAIRIE INN POST



- Plenty of fun club runs scheduled for summer
- Join us for a trip to Mt. Washington in August
- Harriers report from the field and abroad
- What's going on with the trails at Thetis?
- Kenyans show us how it's done again

*and much more inside*

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## PRESIDENT'S MESSAGE



*Susan Norrington*

BY THE TIME THIS NEWSLETTER IS PRINTED, THE ISLAND RACE SERIES WILL BE OVER AND FOR the first time in many years, the Prairie Inn Harriers will not run away with the first place standing. Team West Coast will take the honours this year with many more runners competing than in the past. The Harriers numbers were down this year too. Some because of injury and some cases the goals of individual runners are different, and instead of training for the shorter distances offered by the series, they are training for and racing longer distances.

I wasn't able to compete this year because I was injured and I missed the excitement of racing in the great venues on the Island. I made it out to as many of the races as possible as a spectator, cheerleader, photographer. The one that sticks in my mind was the Comox Half Marathon. The day started off with our rented bus with washroom breaking down at Goldstream, replaced with a school bus. The driver missed the turnoff for Courtenay and we arrived only about 15 minutes before the start of the race. It was a windy, rainy, cold day – ideal conditions from Bob Reid's point of view. Twenty hardy Harriers ran the race, coming into the finish more wet than cold.

This year we have three members who have ran all nine races, Randy Jones and Alana Jones and Bruce Hawkes, who has added another year to his record of running all the series races. This was also Alana's first year competing and her improvement throughout the series has been significant. Many more Harriers have completed the five races needed to qualify for the final standings for the series and that's no easy task. This year also saw the return of the infamous Dr. A(rthrititis) to the race circuit.

We can't win every year and what is most important is that we participate. I want to thank all the Harriers who have raced for our club in the 2002 New Balance Island Race Series. I applaud you and your commitment.

Susan Norrington,  
Club President

## Sooke Potholes Club Run

April 14th 2002

Let's give a hand to the keeners that participated in the club run held on April 14th.

A few of us met at the Six Mile parking lot for car-pooling. There was pooling alright; it just happened to be wet snow. After a few minutes of humming and hawing, we thought we would take a chance that it would clear-up at the potholes.

Mike Emerson managed to make it even though he unfortunately had his truck hit by another in the horrible weather at the Six Mile pub.

The run started out dry, but soon the wind came up and the rain came down. The coffee at Cove Point was looking pretty good right about then.

Runners Mike Emerson, Brian Turner, Randy Jones, Gwyn Woodson, Bob Reid, Bob Janicki, Philippe Janicki, Lisa Cownden and Lisa Cantwell met at CovePoint Pub along with cyclists John McKay and Susan Norrington. They each ended up doing solo rides after a miscommunication about the meeting place; way to go, for going alone.

I am sure the walkers Bob Rhodes, Ann Taylor, Garfield Saunders, Martine Janicki and three little Janickis were pretty chilly when they arrived.

We missed runners Sandy Stewart, Carlos Castillo and Dan Harlow for lunch. The food and Service was excellent and the hotcoffee was a welcomed comfort.

## PIH Hare 'n Hounds Adventure Run

May 26, 2002 - Francis-King Park

### OFFICIAL RESULTS

#### Long Course - 23 finishers

1. Dr. Participator 33:59 (TOP DOG)
2. Dr. LLeno T-world 34:00 (TOP OLD BITCH)
3. Broadmead Bullet 39:15 (TOP OLD DOG)
4. Bill Walker-Runner 42:35
5. Dave Evanoff 42:36
6. Real Dr. Eugene Leduc 42:31
7. Christine Twin Millar 42:54 (TOP YOUNG BITCH)
8. Alison Twin Millar 43:33
9. Geezer 43:35
10. Dr. Flarefoot 43:42
11. Triki 48:01
12. Real Dr. J. 48:02
13. Matthew Dil 52:30
14. Dr. ABC 52:31
15. Pierre Dil 52:35
16. Brian Turner 52:36
17. Leanne Dil 52:37
18. Mel Brodt 52:38
19. Little Lisa 52:40
20. Laura Vye 53:12
21. Paul Lamoureux 53:13
22. Big Lisa 53:49
23. RJ (LONG LOST DOG) 56:55

#### Short Course - 3 finishers

1. Mrs. Geezer
2. Theresa Hamilton
3. Dr. Ruth-less

#### Hares - 2 finishers

1. Dr. A.
2. Sayhey McKay

#### Real Hounds - 4 finishers

1. Molly
2. Pepsi
3. Max
4. Monty

Raining - slippery, slimy, seductive, soggy, swampy course. Absolutely perfect running conditions. Buffet style brunch followed afterwards at the Six Mile Pub.

## Welcome New Members

Lori Bowden  
David Brown  
Rumon Carter  
Bruce Deacon  
Pierre Dil  
Bill Fosdick  
Will Fosdick  
John Lambert  
Laurenn Machin  
Derek Machin  
Herb Phillips  
Gwyn Woodson

## Every Week! Harrier club runs

Tuesdays at 5:30 p.m. at the upper (paved) Beaver Lake parking lot, Thursday mornings at 9:00 at various locations (see the chatline for run reports and the next week's Thursday run location) and Saturday mornings at 8:00 a.m. at Prior Lake, on Highland Road in Thetis Lake Park. Harrier club-runs are non-denominational! Everyone welcome. We regularly have Pen Plodders out on the Thursday morning runs and TWCers out on Thursday and Saturday mornings. Feel free to join in.

## Training Partner Needed for Blind Runner

Harrier Robert Bostrom has been training once-a-week with a local blind physiotherapist - who obviously doesn't have the option of running alone. He's looking to increase his training. If there's anyone who could do a 45-minute run at 9-10 min/mi in the Broadmead area on Saturdays or Sundays through the summer, it would be much appreciated. Call Robert for more info at 477-1614.

## UPCOMING CLUB RUNS

*Note: Start times have been changed from those published in the February newsletter*

### **Sunday, June 23 - 10 am East Sooke Park**

Meet at Aylard Farm Parking Lot  
Hosted by Merell and Dan Harlow.  
Come run and walk the trails at East Sooke Park and then back to the Harlow's for pot luck and BLTs.

### **Sunday, July 28 - 10 am Royal Roads University Trails**

Meet at RRU YM/YWCA Parking Lot  
Hosted by Ken and Gerda Smythe.  
Run/walk the undulating trails of Royal Roads and then on to Smythe's Glen Lake side home for the annual Harriers summer BBQ and picnic.

### **Sunday, August 25 - 10 am Cordova Bay Ridge/Lochside Trail**

Location 5417 Parker Avenue  
(on Sayward Beach)  
Hosted by Bruce Cheadle & Caroline Waelti. (They are renting a house on the beach and have a big deck and hot tub - should be fun!)

# A Great Line-Up of Runs for the Summer!

### **Sunday, July 7 - 10 am Gallopig Goose Trail**

Meet at 3169 Anders Road (off Sooke Road, near Glen Lake)  
Hosted by Randy, Linda and Alana Jones. Run or walk the Goose and then back to the Jones' for a pot luck and pool party.

### **Sunday, August 11 - 10 am Mt Douglas Park Run and Corn Roast**

Meet at 1251 Tattersall Drive  
Hosted by Bob Reid, Pepsi and Molly  
Run or walk Cedar Hill Golf Course chip trail and then on to Mount Douglas Park for some more challenging trails. Back to Bob's for our annual corn roast and hot tub bash.

### **Sunday, September - 10 am Matheson Lake**

Meet at Cove Point Restaurant on Sooke Road (Sooke Basin)  
Hosted by Brian and Nelda Turner. Join us for a run along the Goose to Matheson Lake and back. Lunch at the Cove Point Restaurant.

# MOUNT WASHINGTON ADVENTURE

## Yo-Liddle-Ole-Laydee-Hooo...

PIH Hiking & Climbing Enthusiast Randy Jones has put together a terrific package for a summer getaway to Mt. Washington.

The plans are for the long weekend in August 3 - 5. There's lots to do - hiking, horse back riding, mountain biking, loafing around.

Randy has agreed to lead a hike/run on Saturday, August 3 of Mount Albert Edward. This is not for the faint of heart - it's 12 hours to hike if you don't run part of it. It's basically all trails, so you don't have to be a mountain goat to do it.

Linda Jones has agreed to lead a shorter hike, same day, for those who want something a little less challenging. There are lots of trails to choose from, so your hike can be 1 hour to 12 hours.

Randy is suggesting that those who are interested in the organized hikes on Saturday, should arrive on the mountain on Friday night. He has arranged great reasonable packages with Mt. Washington:

*"The most important thing about food is that there should be some"*

— Chris Bonnington,  
"Everest, the Hard Way."



*Next door to Mt. Washington, Strathcona Park stretches out in a jaw-dropping vista*

### Accommodation Packages:

Accommodation is at Deer Lodge at the base of the chair lift and close to the Alpine Lodge. This is a new facility with 1, 2 and 3 bedroom suites.

We have 2 night packages which include accommodation, 1 chair lift ride each, 1 dinner each, 2 breakfasts each and taxes.

|                  |               |
|------------------|---------------|
| 1 bedroom suite: |               |
| 2 people         | \$308.95      |
| 4 people         | 415.49        |
| extra night      | \$108 + taxes |
| 2 bedroom suite  |               |
| 4 people         | \$431.59      |
| 6 people         | 538.14        |
| extra night      | \$125 + taxes |
| 3 bedroom suite  |               |
| 4 people         | \$454.59      |
| 6 people         | 538.14        |
| 7 people         | 579.91        |
| extra night      | \$135 + taxes |

If you only want accommodation without the extra goodies, he's also secured some very reasonable room rates for a two-night stay. There is also lots of private accommodation on the mountain if you'd rather not be in the lodge.

### Here are some ideas for the weekend:

**Friday, August 2** - arrive at mountain after 4 pm

#### **Saturday, August 3**

- 12 hour hikers leave at 6 am
- breakfast at Deer Lodge (inc. in package use Saturday or Monday)
- other hikers - whenever
- dinner at the Alpine Lodge (inc. in package)

#### **Sunday, August 4**

- brunch at the Alpine Lodge (inc. in package)
- more hiking if you want
- horseback riding - horses available for rent
- mountain biking - bring your own or rent on the mountain
- use your lift pass (part of the package use Sunday or Monday)
- PIH potluck dinner at Deer Lodge

#### **Monday, August 5**

- breakfast at Deer Lodge (part of the package use Saturday or Monday)
- use your lift pass (part of the package use Sunday or Monday)
- hike, run, bike, ride

Please contact Randy if you have any questions or are interested in going on our PIH summer mountain getaway. Randy can be reached at 474-6546 or by email: [RJones@sd61.bc.ca](mailto:RJones@sd61.bc.ca).

## THE DAY THE HARRIERS ALMOST SAVED THE E&N

by Bob "Casey Jones" Rhodes



*The proud Harriers prepare to embark on their epic journey under the protective eye of their leader and spiritual advisor, Nancy Davis (back row, standing with sunglasses)*

### It was meant to be a journey to the snow...

...but instead the snow came to us.

Early on Saturday March 15th (we should have known better, look what happened to Julius Caesar) six Harriers jumped on the E&N train in Victoria heading for Courtenay. Four more joined the historic journey in Langford.

Maybe somebody else has noticed that the spell checker on the computer shows Langford as a misspelled word. It then offers Sangfroid as an option. Good choice. Let's go with it.

The idea for the trip and all the organization came from Nancy Davis. If the 10 of us were going to save the

railway everything had to be checked and double-checked in the Davis style.

Within a few minutes of leaving Sangfroid station the train stopped dead. There was a good-sized tree across the tracks. That was the first of six stops we made for fallen trees. Each stop lasted about 10 minutes because the crew had to cut through logs up to a foot in diameter. Their only tool was a Swede saw.

Most of us enjoyed the heightened sense of adventure. But, Karen Hughes tried to enter the cab to inquire about the length of the delay. The conductor said the engineer wasn't exactly in the mood to entertain visitors. Spe-

cially visitors armed with attitude and advice. The holdup also bothered Ken Smythe: "Are we going to be late getting back to the home?"

Nancy settled everyone down and saved the day, and the trip, especially for Ann and me. It was only the small matter of our not having our tickets with us.

When the last log was cut the conductor started on his way through the cars collecting tickets. Ann was sure we'd get kicked off at Cowichan Station. But Nancy jumped up and said: "I'll look after this. I have the original confirmation documents from when I first booked the trip".

We thought she might get the conductor aside after he picked up all the other passengers' tickets - you know after things settled down a bit. But, oh no! As soon as the guy stepped into the car Nancy sand-bagged him.

She holds up some sheets of paper: "You must call the VIA Rail reservation centre in Moncton as soon as this train gets to Duncan." After a lecture from Nancy about how a conductor should handle matters when people forget their tickets the poor man quietly tells Ann and me everything is okay. "Just take your tickets into the office in Victoria as soon as you get a chance."

While he's telling us this he's looking over his shoulder to make sure Nancy isn't still on his case. Having to buck through a half-dozen logs with a Swede saw is something an old railway man can handle. Going

up close and personal with Nancy is another matter entirely. As it turned out nothing in the sheaf of papers Nancy was waving around had anything to do with VIA Rail. They were documents left over from some long forgotten labour mediation.

During the delays some people concentrated on food. Norma Scharbach was gracious enough to share her world famous cookies with everyone on the train but she wasn't gracious enough to share the recipe with anyone.

La Presidenta, Susan Norrington, helped pass the time by telling everybody about her two-week stay in la Republica de Dominica. She was able to explain, in exquisite detail, the importance placed on nipple-

size while sunbathing nude at resorts in Central America. Interesting. And done in flawless Spanish too.

Falling snow and falling trees set up an ironic situation for another passenger. Mary Ashley, the chairwoman of the round table discussions to save the E&N, was trying to get to Campbell River to meet with community groups. The downed trees made her two-and-a-half hours late getting to Courtenay. We saw in the newspaper later that Ms. Ashley won over the crowd of impatient people waiting for her by telling them the Malahat highway was still closed: "If I'd been travelling by car I wouldn't be here for the meeting."

If you don't think the Harriers Ride To Save The E&N will succeed you

can call Ms Ashley at 250-286-5100 and offer her your support. Tell her you read all about it in the **Prairie Inn Post**.

We arrived in Courtenay in good shape and good spirits. We walked the 3 or 4 blocks to our hotel only to discover it was pretty busy for the middle of a Saturday afternoon. A midget hockey tournament was underway. The hotel was full.

But the nice people at the desk said: "Don't worry we can accommodate everyone. We just need to make a few room reassignments." One of the changes put Nancy, who'd done all the organizing of the trip including making the hotel reservations, in a Smoking Room in the basement. However it wasn't overlooking the parking lot. You had to look up at the parking lot. Anyway, Nancy didn't want those poor midget hockey players to live with second hand tobacco smoke on the eve of the big game so she didn't say a word.

Everyone agreed we need a little walkabout after we deposited our stuff in the newly assigned rooms. We took a five kilometre hike to a bird sanctuary in a marshy area along the Puntledge River near the airport. Some people looked at the birds. Some people looked at the aircraft. Some people looked at the real estate.

Later five of the Harriers of the female persuasion made a late dash for downtown before the shops closed. We had free time 'til dinner. Every



*The happy team assembles for dinner after another hard day of saving the E&N Railway*

*continued on page 16*

## THETIS LAKE NOTEBOOK

by Exaggerator



*An early morning mist rises from peaceful water of Thetis Lake*

FOR THOSE WHO MISS OUT, WHEN SPRING arrives in Victoria, the forest leaps to life as if it has been waiting in a sort of dress rehearsal. Giant Garry Oak trees and Sequoias, scented yellow blossoms of Broadleaf Maple and Indian Plum bring to life our parks. Ferns with their serrated leaves appear to reach out and a slight breeze will cause a stir amongst them, which makes them look mobile, the breeze ripples and gently causes the morning droplets of dew to flick a shower around them in multi colours, when the sun shines down on them at just the right angle.

Creaking from my warm car, into the morning air of early April, I feel a chill. I want to be in the middle of my run already, warmed and bathed in sweat. The first steps are tender and timid, each plant of my feet

sends lightning bolt shocks up my legs, because of my extra running, the muscles and tendons have been tuned an octave too high. If they could play, they would be piercing the air with the sounds of Marsalis's trumpet in a crescendo at the top of the highest musical scale.

A few minutes pass, yet time seems to drag, as it often does early on in my runs. I have barely gone one kilometer and I feel that this one could be a very laborious meander in the woods. I continue to hope for the warmth to come and the breathing to steady. Actually I want my heart to race, not out of control. I want to control it and make it hurt and speed along, in a torrid race to run out the internal clock, because of what I do to it, because I make it so.

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*Don't it always seem to go  
That you don't know what you've got  
Till it's gone  
They paved paradise  
And put up a parking lot*

— Joni Mitchell, Big Yellow Taxi

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After my first lap of Thetis Lake, which is made up of approximately three kilometers of hostile terrain of roots, rocks and mud, I start to feel the heat. The muscles and tendons are less taught now and somewhat supple. Pain has subsided and now I want more of it, on my own terms. Runners are propelled by the addiction of reaching 'that high', which I am sure the body provides, from the rush of the release of serotonin and adrenalin. And I am here for the fix.

Now it's time to run harder. Hitting the stairs, I climb them by two, to reach the top in a victory of sorts and to drop down the other side faster. I keep mindful of recklessness and the risk of ripping my body to shreds on the jagged steps, rocks and tree roots that lie there. Hitting the flat section of dirt trail hard, I pick up the pace. I know, damn well, the next hill is merely metres away, which is a straight up bit of vertical bedrock; short but deadly on the quads. Still I leap from foothold, to root, gripping and pushing off hard with each step, gritting my teeth with clenched fists in a white-knuckle grip of strain. I hit the top, finally feeling hot. The burn in the chest is mild compared to the burn in the thighs; which comes on like a flamethrower and then cools nearly as quickly. I gasp

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## WINTER GETAWAY IN THE DOMINICAN REPUBLIC

by Susan Norrinton

WE HAD A GOOD TRIP TO THE DOMINICAN Republic, Punta Cana at an all inclusive resort. Nine runners, three Harriers (Sandi Begg, Karen Lawless and me) and six Team West Coast (Laura Leno, Bill Walker, John Bothelo, Paul Christopher, Harry and Judy Ostergard), managed a whole week together without any interclub fights.

We ran - some, like run leader John Bothelo, daily. Others like me, on strict instructions from my doctor not to do any weight-bearing exercise, only ran three times on the beach, bare foot, on the hard sand. And then there was Judy Ostergard whose entire week of running consisted of running around the edge of the pool with a tray full of drinks as fast as she could without spilling them.

Other athletic endeavours -snorkelling in the Atlantic Ocean, swimming in the two gorgeous pools, riding the stationary bike in the gym (no real bikes available), ping pong, shuffleboard, weight training in the gym, weight training by the pool - bicep curls with full glasses of rum punch, horseback riding on the beach and in the countryside, aerobics beside the pool with the yummy male instructor and beach volleyball. We met a group of Toronto based Canucks that were looking for a challenge at beach volleyball. Sandi Begg trash talked them for a day before our team met them at the court by the beach bar for the West Coast/Ontario great match-up. They trounced us, but we had them scared for a full 24 hours before the match. Karen Lawless decided she liked the



*The championship shuffleboard form of Karen Lawless (honed by many years of pooper-scooping) is observed by Sandi Begg and two members of the Ethiopian men's national team*

game and soon became a member in good standing, and the only female, of the number one Canadian VB team on the beach.

We ate lots - the food was very good. We bought almost nothing. Closest town for real shopping was one hour away by taxi, much to the disappointment of Laura Leno, group super shopper. We drank lots of beer and rum. Judy won the award for best female drinker, but then she was in training for three weeks prior to our arrival at our DR all inclusive resort. We filled Bill Walker and Laura Leno's water bottles with rum for them to take on to Club Med for their second week in the sun. We danced at the disco until the early morning hours. Watched some less than professional stage shows. And we soaked up the sun at the pool

and the on the gorgeous white sand beach - topless is very popular in the Dominican. Harry Ostergard kept us laughing. Paul Christopher found out where everything was - bank machine, market etc., made friends with all the staff at the resort and was the official group photographer.

On the night of the Olympic gold medal win by Canada's hockey team, we went for dinner in the main dining room (holds about 400 people) and once the water and wine had been delivered our table, we stood up and began to sing the Canadian anthem. Soon there were Canucks on their feet all around the room singing with us. It was a terrific experience!

## RACE REPORTS

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

### Dirty Duo Race Report.



*Carlos Castillo in the "zone"*

MY ORIGINAL PLAN WAS TO RUN THE BAKER Lake 50K in Washington. The race director had to be rescued after a day of tagging the trail and a cold night in an outhouse at the turnaround. There was too much snow.

So having gone to the considerable trouble of booking time off work I decided to check out what other races were on as I had done my taper and was well rested and psyched up for a good run.

Saturday 16th February 8:00 am. saw me and approximately 60 runners and riders start the 'Dirty Duo', a challenging combined event. Participants did either the Dirty Duo 'Solo', (a grueling 25 km Trail run ending with a technically challenging 30 km Cross Country mountain ride), Dirty Duo'Relay' (2 in the team), Dirty Duo Trail run (25 km), Dirty Duo 'Mountain Bike'(30 km of classic North shore trails) and my event, the Dirty Duo 50 km Trail Ultra.

The DirtyDuo 'Solo' cyclist participants had to share 20K of the second lap with the runners in the ultra and the 25K trail runners.

The race was in the mountains of the Lower Seymour Conservation Reserve close to N. Vancouver. The course was like a combination of running over Mt. Doug trails and the Gunner Shaw, including the added hazards of mud, snow, rocky stream beds and young N. Shore trail riders.

After the first lap we were all sharing the same single track! There is nothing like being pursued by Kamikaze bikers to keep you running fast and concentrating on your footing! My event was won in a time of 4 hours and change.

At 5:07:02 I finished eighth place overall (I didn't stick around for the presentation of the pet-rock trophies, nor the official results as we wanted to catch the 5 pm. ferry).

The day started cold and overcast. On the second lap it started to rain and by the top of Old Buck (0-350 meters in 2K) it was snowing big fluffy flakes. There were three check point-Aid stations and we were warned to stay on the tagged trail or we would be flogged! I now know why you have to sign the waiver.

All in all it was a demanding race, and apart from sharing of the trail with the bikers, it was an inspiring experience.

Happy trails  
Carlos.

### The 2002 Sun Run

I AM FORTUNATE TO BE ON THE BOARD OF Directors for the Victoria International Running Society which is responsible for organizing the Times Colonist 10K. Because the Sun Run in Vancouver is the weekend before the TC 10K, the select team from the Island is taken to the Sun Run and then the select team from the Sun Run comes to Victoria to participate in our 10K race the following weekend.

A real treat for me this year was to be asked to accompany the women on the TC 10K select team to Vancouver. Bob Reid accompanied the men and transported the team members from Victoria to the Sun Run in a 15 passenger. We were put up at the Hyatt Regency, the race hotel, and had the pleasure of organizing the weekend for our runners. There was a team meeting on Saturday night where special race shirts were given out, the schedule for the race day discussed and Bob gave the runners a little pep talk about enjoying the race and running their best. The team consisted of Bruce Deacon, Jim Finlayson, Steve Osaduik, Craig Odermatt, Neil Holm, Greg Bennett, Stefan Timms, Matthew Dubé, Lucy Smith, Barbora Brych, Carolyn Murray, Kathy Rung, Nancy Baxendale, Laura Reback.

The race begins at 9 a.m. on Sunday on Georgia Street in front of the hotel, so at 8 the team gathered in Bob's room and off we went to the start line. Only elite athletes are permitted at the start line to warm up and that included all of our team. Once all the team's warm-up clothes were

## RACE REPORTS



*Trophy presentation for the women after the Vancouver Sun Run*

put into the clothing van, we were able to watch the start of the race from about 100 feet in front of the start line.

The start was amazing to watch. It was done in waves so that entrants of similar ability are grouped in different time zones and start the race in a series of short timed intervals. Although not all the runners start together, from our vantage point, we could see all the 42,000 participants lined up on Georgia Street waiting to cross the line. The first wave had all the elite runners and anyone that could 10K in 50 minutes or less, so it was large impressive field. As soon as all our team had crossed the start line, we ran to the finish at BC Place Stadium to record the times of the TC 10K Select Team as they crossed the finish line. It's a new course this year that took the runners along Georgia to Stanley Park, through the West End and across the Burrard Street Bridge. Off the bridge to 2<sup>nd</sup>, 4<sup>th</sup> and 6<sup>th</sup> avenues to Cambie and across the Cambie Street Bridge, exiting on the downhill at BC Place Stadium, an impressive finish.

Our team was outstanding. Lucy Smith took womens 2<sup>nd</sup> overall and 2<sup>nd</sup> Canadian and Caroline Murray took 3<sup>rd</sup> overall and 3<sup>rd</sup> Canadian, Barбора Brych was 7<sup>th</sup>, Nancy Baxendale 22<sup>nd</sup> overall and 5<sup>th</sup> in W40-44, Kathy Rung 23<sup>rd</sup> and Laura Reback, who's American, placed 19<sup>th</sup> overall. Bruce Deacon was 8<sup>th</sup> male overall and 2<sup>nd</sup> Canadian, Jim Finlayson 11<sup>th</sup> overall, 4<sup>th</sup> Canadian and Steve Osaduik 14<sup>th</sup> overall and 5<sup>th</sup> Canadian, Greg Bennett, who's Australian, was 10<sup>th</sup> overall. Neil Holm was 22<sup>nd</sup>, Craig Odermatt 28<sup>th</sup>, Stefan Timms 38<sup>th</sup> and Matthew Dubé 56<sup>th</sup>. All of the TC 10K male team ran the race in under 34 minutes. A terrific accomplishment!

It was great weekend. The group of athletes were a pleasure to be with and to organize. They were so appreciative that all the arrangements had been made for them. All they had to do was think about the race and that paid off in the results.

Susan Norrington



### Times-Colonist 10K

A record year for the Times-Colonist 10K with 7,872 participants. A special thank you to all the Prairie Inn Harriers who helped make the TC 10K a huge success this year – Rob Reid for his Sponsorship, Bob Reid for Select Team and Start Line and Finish Line Announcing, Ken Smythe and the Equipment Team John McKay and Doug Gregory Rod McCrimmon - Finish Line Announcing, Ulla Marquette for Food, Start Line Crew - Sylvan Smyth, Susan Norrington, Bryan and Norma Scharbach, Ann Taylor, Bill Scriven, Christine Thate, Mike Emerson, Munaza Chaudhry, Nancy Davis, Rob Grant, Robert Bostrom, Ron Bowker, Adena and Johnathon Cronk (Michael's Mom and Brother), Mike Creery, Legal Advice Mike Ellis and Chris Kelsall for putting together the largest ever PIH team for the race.

*"The race is not always to the swift, nor the battle to the strong, but that's the way to bet."*

— Damon Runyon

## HARRIERS ELK/BEAVER ULTRAS

by Bob Reid

### Hickey and Watson ACU 100Km champions

In the feature 100 Kilometre Division of the Harriers Elk/Beaver ACU Canadian Ultramarathon Championships May 4 in Victoria, B.C., Victor Hickey of Haneytown, N.B., and Alexandra Watson of North Vancouver, B.C., produced gold medal performances by absolutely destroying the rest of the field.

Hickey won his fourth consecutive national championship in 7 hours, 12 minutes and 10 seconds (7:12:10). It was his fastest race at Elk/Beaver by seven minutes, and was 13 minutes faster than his pre-race prediction. He finished one hour and five minutes ahead of second place Robert Wall, from Campbell River, who was clocked at 8:17:35.

Ean Jackson, from North Vancouver, finished third in 8:21:53. All of the top three Elk/Beaver finishers are likely to be named the Canadian National Men's Team that will compete in the 2003 100K World Cup.

### Watson's fourth ultra

Watson, running only her fourth ultramarathon, won the women's race by one hour and eleven minutes over previous course record holder, Kirsten Bjornson of Fort MacMurray, Alberta. She broke the open women's course record by 45 minutes, 45 seconds.

Watson's winning time was 8:46:52 and Bjornson was second in 9:57:55. Doina Nugent, of West Vancouver,



*Left to right: Rainy Kent, Brian Bjornson, Linda Craven, Alexandra Watson, Victor Hickey and PIH's own Carlos Castillo*

claimed third in 10:08:09 and won the master women's division. There is no doubt that Alexandra Watson is a new bright light on the ultra scene and will make a big impact on the Canadian National Women's team in the 100K World Cup.

### Castillo Wins 50-miler for Third Year

Carlos Castillo, 50, of the host club Prairie Inn Harriers, topped the 50 Mile Men's Division for the third consecutive year with a tremendous 42 minute improvement for a personal best time of 6:58:36. Second place in the 50 Mile Division went to Mike Suminski of Victoria in 7:13:46 and the third male was Leland Wakelin from White Rock, BC in 7:39:48. Two women started the 50 Mile National Championship race but neither was able to finish.

### 50Km division

In the 50 Kilometre Division, the winner was 46 year old Brian Bjornson from North Vancouver in 3:25:18 followed by Vancouver's Andy Nichol in 3:31:52 and third place male went to

Patrick Moreau from Victoria in 4:10:27. Bjornson, another newcomer to ultrarunning, won the Royal Victoria Marathon in 1982 in 2:25:40.

Rainy Kent from Burnaby topped the women's 50K field finishing in 4:10:27 and claimed third overall of the 18 finishers, over 31 minutes ahead of the next female. Kent improved her time by 8 minutes from last year where she was second female. Second place this year was Ann Taylor from North Vancouver in 4:41:16 and third went to Victoria's Marion Allen in 4:42:26.

Linda Craven from Chilliwack won the 25 Mile Ultrawalk in 6:26:40. She was the only entrant in this division.

There were 51 starters and 39 finishers in the four divisions. Montrail presented a new pair of trail shoes to the overall 100K male and female winners while Frontrunners Footwear and Montrail each donated two pairs of running shoes as draw prizes. Many other merchandise prizes were available so that every finisher received a gift at the awards ceremony.

# THE 107th BOSTON MARATHON

by Simon Cowell



LAST THANKSGIVING I HAD A REVELATION. I discovered that racing the marathon was a lot more enjoyable than I ever imagined (or had been led to believe). I mean you expect that personal satisfaction/sense of achievement stuff, but to actually feel good during the race was unexpected. So I decided that I should run another at Boston.

Right off the bat, Boston is a more painful experience than Victoria, since, with prevailing exchange rates the entry fee is double. Fortunately we stayed with old friends from Victoria who live North of the city near Andover so saved a bundle on a hotel. We hadn't seen them in 5 years, in which time they have gained 2 children, a house, two new cars and a mortgage. Thankfully we discovered the trappings of suburban life hadn't changed them and within hours of our arrival we were relaxed and drinking beers like the old days at the UVic Grad centre. True one probably shouldn't stay up until 2am the two nights before a marathon, but I actually got more sleep there than any night the previous week. The reason, in the week before our departure we had taken the plunge to purchase our own slice of real estate. Note: Regardless of which training programme you follow for a marathon, all should advise

against buying a house/getting a mortgage/ inspection/ deposit and down payment financing the week before a marathon.

The upside of my previous hectic week was I hadn't even begun to get nervous about the marathon. Even on the flight down it didn't sink in, although it was clear from the number of water bottles being continuously refilled that about a third of the passengers shared my goal. Amongst Air Canada's thirsty guests was my old Island series rival, triathlete John Loewen with a troupe from Nanaimo.

It was at the Marathon Expo collecting my race package that it hit home what a big event I was part of. With the closed off streets, and the hoards of people, vendors and volunteers I realised this really is the biggest event in the Boston calendar. Armed with my chip and race number I tracked down friends from VFAC who were renting an apartment one block from the finish line (a great spot for only US\$200/night). From there I set off to join the 1000 person plus queue for the free pasta dinner. I thought twice about waiting, but I was supposed to meet Katrina Blanch here, and besides the next train back to Andover wasn't for 2 hours. Fortunately, like all things at Boston, the crowds are well matched by gangs of volunteers and the line never stopped moving so that I sitting to eat within 20 minutes. Even though I never found Katrina amongst the hungry hoard it was worth the effort. The food was excellent, there was free local



(AP Photo/ Stew Milne)

*The pack chases Simon through Boston.*

microbrewed beer (I restricted myself to two glasses), and a friendly crowd. I got chatting with the others at my table, some local others from further South. When I revealed my race number (1316) they were truly wowed. I had to explain that first corral was not elite, no I didn't have a chauffeured limo, and I was hoping to get in the top 250 at best. Even that didn't deter one of the guys asking me to sign his Ronzoni Pasta Supper baseball cap.

After the Ben and Jerry's ice cream and saving the organic fruit yoghurts for the train ride I still had a half hour to explore the city before catching my train. Wandering through the North End I came across a crowd of locals in period clothing attending a ceremony to mark the beginning of the event that created Marathon day (as most locals call it). They were filing into the church from where Paul Revere had set out on April 18th 1775 ready to re-enact that fateful night that started the US on the road to independence. I made my own journey North, on the Iron Horse and had one more beer before heading to bed.

*continued on page 17*

# HOT RUNNING TIPS

by Mike Creery



## MENTAL TRAINING ...How are your mental skills?

Do you set running and racing goals that are realistic? Do you have a positive image of yourself as a runner? Do you visualize your 'successful' race performance prior to each race? Do you stay calm prior to each race? Do you 'go all out' during a race without fear of failing? Yes, sometimes, no...? All these questions can be answered yes after some mental training! Instead of looking up into sky for inspiration or worrying about outcomes, you can be a very confident and effective person once you have developed the mental skills as part of your preparation for road racing.

As part of your regular training program, you should incorporate and practice these mental training techniques.

### 1. Goal Setting

Set goals where you want to be at the end of a certain period of time. Goals provide the focus and moti-

vation to make your training meaningful and successful. Set goals that are specific and measurable (i.e. I want to run my first marathon in nine months time, I want to run a 10K in a certain time, etc.). Set goals that are action oriented, realistic and time limited (i.e. I will train to run a 10K in a certain time by next April). Constantly remind yourself what your goals are by reviewing a list such as below:

My Dream Goals are: i.e. in the future I want run a marathon.

My Annual Goals are: i.e. this year I want to run a 10K in a certain time.

My Short Term Goals are: i.e. in the next three months, I want to run 5 races in the Island Series.

In addition, identify and list what things are blocking your success: i.e. I worry too much about negative things that I think will happen in the future (and usually do not actually happen!).

### 2. Relaxation

The ability to relax on cue is the key to successful mental training. Progressive muscular relaxation is a technique that teaches you how to relax completely. With complete muscular relaxation the sub-conscious mind is ready to visualize and store mental pictures of success. You will need a tape recorder and a specially prepared relaxation tape. Find a quiet room with the blinds drawn and where there will be no distractions during the relaxation process. Listen to your tape that will provide the cues for you to relax the different muscles in your body from your head to your toes. Relax and visualize your success. Practice will help

you to learn how to use your right brain, sub-conscious brain to target your success and reduce the negative left-brain, conscious interference.

### 3. Visualization

Visualization is the technique of creating mental pictures of successful performance, i.e. the picture of you running across the finish line of your first marathon... What you see is what you get! Visualization translates your dreams and goals into a 'vision' or picture format. Along with a relaxed mental state, visualization will help the subconscious mind translate these images into powerful real life action plans. A relaxed state allows the right brain, subconscious mind to target the successful outcome to achieve your goals. It will allow you to narrow your focus to achieve results, to develop a positive response to worrying, to park negative thoughts by visualizing success, to build confidence and self esteem and prepare the mind and body for achieving results. By practice, you will develop automation of mental and physical action skills.

### 4. Energization

Energization gets the mind and body ready for competition. Using physical warm up routines can energize you. They will warm up your muscles and get your central nervous system firing before you run.

### 5. Focus

Focus is required to control and optimize the mental approach to successful performance. In general, focus can be directed internally or externally depending on need.

## RUNNING WITH THE KENYANS

by Exaggerator

Internal focus relates to the review of the plan and the goals of the successful performance. Before you travel to your event, imagine yourself in the starting area with the other participants. Imagine yourself starting to run. Imagine the pace you want to run throughout the event. Imagine yourself finishing the event successfully. You can enhance your internal focus by using positive cue words such as 'relax', 'I can' and 'I will'.

External focus relates to dealing with outside factors such as traveling, dealing with other people (!) and dealing with the environment. Develop a chronological checklist of activities including your warm up activities and your starting plan. Write down in advance of the event a list of the things that give you confidence, a list of reasons why you are there (!). To avoid being overwhelmed by the surroundings when you get to the start line of the event, look around, get the big picture and put everything into perspective. Keep active, be positive and smile...

### Conclusion

Mental training is just as important as physical training. Practice your mental techniques often just like you do with your physical skills. Together they make a powerful force to make your running and racing more enjoyable.

### It's a fact:

*Lorne Greene had one of his nipples bitten off by an alligator while he was host of "Lorne Greene's Wild Kingdom."*



*A mix of speedy Kenyans, local elite athletes, has-beens, never-were, youngsters, oldsters, and canines head off for a lap around the lakes*

### Kenyans teach Exaggerator how to do pick-ups

AFTER SOME JOSTLING BACK AND FORTH IN front of the media, we began to run in earnest around Elk and Beaver Lakes.

A Kenyan who I was running with told me all kinds of things, which I could not understand because he was talking with a huge mother accent, into my deaf ear.

Anyway there were notables and not notables there, including but not limited to Harriers RJ, Batgirl, Dr. FO, Dr. A, Trenchfoot and others. Lucy Smith, Ulla, Greg Bennett, Roxi Reid and some fast guys that I don't know.

We started off at a painfully slow pace, jogging what I am sure was done in a forward movement, however even I felt as if the pace was too slow. After about 4k, just as Dr. A warned, the three Kenyans took off, they changed

gears from 8-7-6-5 minute per mile pace in a matter of steps and were gone like ....NOW...Damn!

Now regardless of my condition, which include the fact that I had just wolfed down dinner and had done a vigorous run this ahmen at Thetis, I wasn't and would never have been much good past the 4k mark. Although I think I did a 1 mile repeat at 5:50 pace, then it was hell and death and near collapse for me thereafter.

When we had all finished, Stevenson, who earlier told Batgirl that he had a Dad there and his name as Steven, so therefore he was Stevenson. He looked so serious, I believed him until he re-introduced himself as Stevenson...Ha ha ha. Oh my....anyway he made me feel better for about a half a second when he said that I had finished only

*continued on page 18*

**The Day the Harriers Almost Saved the E&N**  
*from page 7*

one was quiet except Brenda Phillips and John Mackay in the room next to us. They thought we had the radio turned up too loud while listening to the opera, I guess it was John banging on the wall and demanding quiet. I didn't know if it was playing the opera too loud, or playing the opera at all, that was bothering him. We turned the opera off and sat in silence in our room until it was time for dinner at the Old House.

The dinner was fine although a couple of inexperienced waitpersons gave some of the Harriers the wrong meals. It wasn't much of a problem. The serious drinkers had forgotten what they ordered and just devoured whatever was put in front of them.

Before we knew it Sunday morning arrived and we boarded the bus for Mount Washington. It was a scenic trip on one of those days that only appear in brochures from the Courtenay Chamber of Commerce. Our bus driver was a pleasant fellow except he wanted to watch, or at least listen to, videos with titles like *Car Chases Three*. He said these had to be played at maximum volume: "I can hardly hear anything over the noise of the engine. You know I have to stay in low gear for most of the trip."

When we got to the huge parking lot at the resort it was peaceful compared to the inside of the bus. After an easy 15-minute downhill walk from the main lodge we arrived at the Nordic lodge. Just seeing it made the whole trip worthwhile. Open

post and beam construction using huge logs that were most likely harvested nearby. We almost had the place to ourselves while we took breakfast with the sun streaming through the floor-to-ceiling windows.

Most of us were able to rent snowshoes at the lodge. As usual Bryan didn't want to be outdone by anyone so he'd brought along a pair of racing snowshoes. Soon he, Norma and Nancy disappeared around a bend in the closest trail. They weren't seen again for two hours. John Mackay and Brenda Phillips took off fast too. John demonstrating how easy it is to run with the lightweight snowshoes. He still has the pulled groin muscle to prove it. Karen and Ann sort of slipped out the back way and found a trail that kept them out of everyone's sight until they'd mastered the art of extreme snowshoeing. The trails were clearly marked. You could take off right from the lodge and go for an hour, a day or a week.

Ken and I stayed behind to keep an eye on all the packs. We didn't lose any even though we nodded off from time-to-time sitting in the sun with full bellies.

After Bryan was finished with the racing snowshoes he was good enough to lend them to me. I took off on my own toward the roughest and steepest trails. At one point I was almost out of sight of the Lodge. It was comforting to see the ski patrol over on the next slope.

After everyone recovered with a couple of beers or double decaf lattes we

got ready to head back to the parking lot. Karen and Ken, both complaining about their trick knees, wondered out loud about the uphill climb back to the parking lot. Nancy arranged to have them picked up in a neat little sleigh pulled by a snowmobile. They got the scenic tour of the hills while the rest of us trudged up the steep hills to the main resort.

When we got there we saw a sign proclaiming a Kids Zone. We looked in. It was jammed with people between 8 and 12 shouting, stuffing potato chips into their mouths while pissing in their designer ski pants. We ran away.

Once again we were calmed by the peacefulness of the parking lot. The driver took pity on us after making our foreheads soft with the video soundtrack. He drove us right to the train station.

And so ended two days of living large while saving a railway line.

The return train trip was uneventful; however, there was a final moment of travel angst when we arrived at Sangfroid. Karen couldn't find her car keys. They were lost in the maze of pockets with multidirectional zippers that are plastered all over her combat pants. After 15 minutes of zipping and unzipping while patting herself all over Karen came up with the keys.

We headed home knowing that the Harrier Train Riders from Hell had saved the E&N – at least until May 15th.

**Thetis**  
*from page 8*

and my lungs need to suck every last ounce of oxygen out of the air, I throw my head back to open the windpipe, just for a moment. Then I recapture my breath and continue on, leaping mossy bedrock and exposed Garry Oak tree roots. Bounding up more steps and cranking a corner, with deftness, I run on another flat stretch and over a wooden bridge. Thirsting to regain the burn, I sprint full out, over-striding, mouth gaping open, as no rogue oxygen is going to escape me. Brows furrowed, displaying primal effort, I pass a man with a dog; he measures me, in all my muddy glory. I want to tell him a tale about how maddenedly ethereal the full-body pain feels...but I know he won't understand. So I push harder, for more of it. I hit a hill and again I climb and thrust my knees forward and up, devouring every inch of path, ripping shreds from the soles of my shoes.

For anyone not fortunate enough to frequent the pristine trails of Thetis Lake, it is a CRD Park, left alone for the most part, except for trails and a beach that are populated by hordes of teens in July and August. The CRD in all their wisdom want to make the beautiful, natural setting accessible to all, by spreading gravel and packing it down on the trails, hogwash! Wheelchairs cannot traverse there, it's a make work project!

According to the CRD's website, their mission statement goes on about governing the area for the citizens

"because they clearly cannot be readily undertaken by municipalities acting individually for reasons of economy, effectiveness, practicality and uniformity."

Sounds about right, coming from a non-elected body of government! Perhaps amalgamation is in order.

Just passed halfway, I find the top of the hill. The feeling from the effort is so addictive; I need to go down the other side in a way that leaves me only partially in control of my hips, ass and legs. There is thrust, but no lift to this flight. I touch the ground for what feels like less time than it takes a hornet to fly by and plant his poisonous venom into one's bloodstream. Hornets don't stop and neither do I, as my flight carries me to the top of the next hill. For good measure, I repeat the downhill drop, like on a roller coaster ride. In front of me is a small group of people and their dogs. I am partially aware and the harder I go, the harder they stare, wondering if perhaps I have forgotten to deliver a baby at the hospital. The dogs heave and tug on their leashes, they want to play too, to nip at my heels and bark themselves hoarse. They can't catch me on the downhill, however on the way up I would be doomed.

I dig into the road, which rises and curves before me like a genie floating up out of its bottle. It's a fight of gravity and oxygen. I hate gravity but it makes me stronger and I use it for that purpose, oxygen is of no emotional consequence. Nevertheless I suck it up, just to regain balance,

form and focus, it's a life source. Down the other side, I drop following the paved road. Again I'm overstriding, so much so that my legs feel as though they could slip from my body and carry on all by themselves, leaving me to sit on my carcass, out of breath and helpless. To the beach I go, kick into the sand and landing softly, I am slowed like as if I have released a chute. I jog a moment across the sandy beach. I carry on into a tortuous third lap. This time I am going to go faster, I am going to get muddier and I am going to rip through the woods in my maddened little quest for the high that will stick with me all day and takes my mind to places far away. Where the CRD isn't gravelling pristine trails of parkland.

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**Boston Marathon**  
*from page 13*

Marathon day arrived cloudy and cool after the 28oC heatwave of the day before. Since the race doesn't start until noon, and I was getting a ride to the start at Hopkinton (or as near as we could) I had a leisurely start. Our hosts children had fixated that I would win and were showing more signs of excitement than I could muster. As expected I had to jog the mile from the freeway to the start, but was glad to arrive a little after 11, while those who'd taken official busses had been arriving in waves since 9am to wait in the cool mist for the noon gun.

I stretched and warmed up, dropped my gear at the baggage bus and entered my assigned corral. The last

## Boston Marathon from page 17

few minutes ticked away, the crowds got more restless, the runners fidgetted, my adrenals got to work then finally we were off. The course starts downhill, and is gently undulating for most of the first half. The combination of the infectious enthusiasm of the crowd and being surrounded by high calibre runners left me a little giddy and it wasn't until 4 miles out that I realised that 23:40 was way ahead of my intended pace. I tried to slow my pace but by this stage its hard to suddenly fall behind the pack you are running with, and I felt so fired up I deluded myself that perhaps I would run a sub 2:40 despite my lack of dedication to my training. At 10k, (36:49) I finally saw sense and dropped my pace another notch. Stick to the original plan and save it for the last 6 miles I told myself.

Passing Wellesley College the continuous screaming of the crowd hit a new pitch as it was augmented by the hundreds of female students lining the route. I couldn't resist high fiving the crowd as I ran by and was tempted by the offers of hugs and kisses proffered by many of these Northeastern Belles. By the half way stage I could sense that beating my 2:45 Victoria time was looking less likely. My gel and some water gave me a boost and carried me through the Newton hills without two much trouble.

Sadly just when I was ready to slog it out to the finish I had an unexpected repeat of Victoria when a

sharp stitch struck below my stomach. In Victoria I'd put this down to drinking too much too fast and had managed to run it out over a couple of kms. Here at Boston that theory didn't hold, and after a 2km it was worse not better. I could see two choices, run on, and try to pick up the pace ignoring the dagger in my side, and risk the spread of lactate build-up to other muscles, or stop for a breather until it eased off. At mile 22 I grabbed some water and pulled over to drink it. I began to walk, the crowd yelling at me "Don't stop now, you're nearly there". It was maddening, some runners had been passing me already as I'd slowed with the stitch, but now they were streaming past. I tried to focus on deep breaths to get oxygen in my blood. I heard John Loewen yell at me as he ran by and my frustration grew as he ran off into the distance. It took almost 5mins before I felt sufficiently recovered and started to run, somewhat laboriously but at least on my way once more.

There's no denying the last 3 miles were hard work, and my feeble attempts to pick up the pace were at best short lived but the crowd and atmosphere made it much easier. Somewhere in the past mile Rob Reid passed me by to finish 4 seconds ahead of me at the line.

My marathon was over, my time (2:49) was okay, and I am hopefully a little wiser and even more enamoured with the magic of the marathon. Katrina crossed the line just 4 minutes behind me as the first Canadian and 30th fastest woman. The post race service was efficient and

within minutes I was with Kathleen de-chipped, medalled and wrapped in my foil cape clutching a bag of food and drinks. Boston's atmosphere and charm have worked like a charm and I plan to return to race again, with a little more self-discipline and less self indulgence next time.

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## Running With the Kenyans from page 15

2 minutes or so after he....thanks try like 6 or 8.

So I go to my car and come back wielding a Jiffy marker, a race shirt from last year and I went to work getting the likes of Lucy Smith, Greg Bennett, Roxi, and the Kenyans to sign my shirt. I have another from last year with all the previous seeded runners signatures, hanging in my rec room.

For them it was a relaxed easy run, for me it was speed work...and an opportunity for me to tell people that I ran with Kenyans. Despite the fact that they could do cart wheels faster than I can run.

### **It's a fact:**

*Facetious and abstemious contain all the vowels in the correct order, as does arsenious, meaning "containing arsenic."*

**BAKED STUFFED CHICKEN**

- 6-7 lb. chicken
- 1 cup melted butter
- 1 cup stuffing
- 1 cup uncooked popcorn
- salt/pepper to taste

Preheat oven to 350 degrees. Brush chicken well with melted butter, salt and pepper. Fill cavity with stuffing and popcorn. Place in baking pan with the neck end toward the back of the oven. Listen for popping sounds. When the chicken's ass blows the oven door open and the chicken flies across the room, it's done.

And, you thought I couldn't cook

*I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.*

—Groucho Marx

**YOU MAY HAVE A RUNNING PROBLEM IF...**

- ...one or more of your toenails is black.
- ...your shoes have more miles on them than your car does.
- ...you have chafing in strange places.
- ...all your socks are either stained or torn.
- ...you combine phrases like "10 mile run" and "Easy Run" in the same breath.
- ...your spit strings from your chin and you don't even care.
- ...a meal involves more than 3 servings!
- ...you spend more on running clothes than work clothes.
- ...your chest is as flat as your back.
- ...you feel lost without your water-bottle.
- ...you have running withdrawal if you don't run everyday.
- ...you are on the black list at "all-you-can-eat" diners
- ...Gatorade is your drug of choice.
- ...you can see your ribs through your shirt.
- ...you have to run around in the shower to get wet.
- ...you actually enjoy running hills.
- ...you start to crave Power Bars.
- ...you have trouble bench-pressing the bar.
- ...you can maintain a 5:30 pace while throwing up.
- ...you try to impress girls by saying you're a fast finisher.
- ...you always stretch while waiting in line at the bank machine.
- ...your bedroom smells like Tiger balm and New-Skin.
- ...your watch is more expensive and complicated than your car.
- ...Runner's World provides more pin-ups than Playboy.
- ...Steve Prefontaine's Birthday is more important than yours.
- ...your friends refer to you as "the masochist".
- ...you routinely race dogs down the street...and win.
- ...you rabbit for the rabbit.
- ...you have 3% or less body fat.
- ...you laugh at sprinters while they run.
- ...watching the Boston Marathon on T.V. made you get up and go for a run.
- ...you can say "I like to run" in over five different languages.
- ...you try to pick up a girl by telling her how fast your first mile is.
- ...you can pronounce those funny Kenyan names.
- ...you refer to puke as a bodily function.



A patient goes to see a surgeon about having a heart transplant. The surgeon says: "I'll give you a choice: you can either have the heart of 25-year-old marathon runner or a 60-year-old lawyer. Which do you want?" The patient answers, "Easy - let me have the lawyer's." The surgeon, dumbfounded, says, "Why would you pick the heart of a 60-year-old lawyer over a 25-year-old marathon runner?" The patient replies, "I want one that's never been used."

## CLUB INFORMATION



### 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.

- June 11
- July - social tba
- August - social tba
- Sept 10
- Oct 8
- Nov 12

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

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

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

### Race Calendar - Summer 2002

#### JUNE 2002

Sunday, Jun 16

**Victoria International Triathlon**, Thetis Lake Park, Victoria  
Fred Coyle 744-3583 • 2nd annual (sponsored by JDS Uniphase in 2001). Canadian Commonwealth Games triathlon team trials.

Saturday, Jun 22

**Gut Buster Mountain Run #2**, Hart Lake, Ladysmith  
Bryan Tasaka - bryan@mindovermountain.com  
Approximate distance 8km with 400m elevation gain.

Saturday, Jun 22

**24 Hour Relay for Kids**, Centennial Stadium, UVic  
Tracy Gibson 386-0668 • 24 Hour Relay helps send kids with disabilities to the Easter Seal Camp at Shawnigan Lake.

Sunday, Jun 23  
5:30 A.M.

**New Balance Half Iron Triathlon**, Hamsterly Park at the North End of Elk Lake • Norm Thibault • 250-729-6473

Thursday, Jun 27  
7:00 P.M.

**Twilight Shuffle**, Chemainus • Phil Nichols 595-2378  
Evening 4-Miler

#### JULY 2002

Monday, Jul 1

**Sidney Days 5K**, Sansha Hall Sidney, BC  
Chris Lott 656-5426 • Flat, fast course on Lochside Drive.

Sunday, Jul 14  
9:00 A.M.

**The Great Sooke Foot Race 12K**, Sooke Community Hall, Sooke, BC  
Jackie Eddy 642-5412 • A fun race through the Sooke countryside, lots of great prizes, same day race registration 8-8:30 am.

Sunday, Jul 14  
9:00 A.M.

**Cowichan Challenge Triathlon**, Fuller Lake Park  
15 minutes north of Duncan • Janine Frank 748-8712  
1000m / 34k / 9k. Also novice and relay events.

Sunday, Jul 21  
10:30 A.M.

**Tamagawa 6km Road Race**, Tamagawa University  
2677 Holden Corso Road, Cedar  
Bernard O'Ree 722-7294 • Andy Pomeroy 755-7822  
Classical music on the course, a jazz band at the finish line.

#### AUGUST 2002

Sunday, Aug 11  
7:30 A.M.

**Delta Half Marathon**, Ladner Leisure Centre  
4600 Clarence Taylor Crescent, Ladner (Delta, BC) • Jim Lewis 604-597-0403

Sunday, Aug 11  
8:00 A.M.

**Log Train Trail Marathon & Half Marathon**, Port Alberni  
Evan Fagan 598-2813 • Scenic trail run on the bed of a former logging railway.

Saturday, Aug 17

**Gut Buster Mountain Run #3**, Mount Benson, Nanaimo  
Bryan Tasaka - bryan@mindovermountain.com  
Approximate distance 10km with 300m elevation gain.

Sunday, Aug 18  
9:00 A.M.

**Sound & Silence Lochside 10K**, Saanich Historical Artifacts Society  
Jeff van den Driesen - 384-1554 • Fast, Flat & Certified 10K

### Newsletter Information

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

Sandy Stewart  
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