



Curro ergo sum
(I run, therefore I am)

January 2005

Happy New Year from the Prince George Roadrunners

Have you set your New Year's Fitness Goals yet? As you begin your new training program or revive your old routine consider the benefits of moderation and variety. Running, like all great things, is good in moderation. If you increase your mileage slowly you will be less likely to burn out and less likely to sustain an injury. Variety is the spice of life. Consider adding strength training, core stability exercises, and stretching to your routine. You may find that group fitness classes, such as Fusion, can teach you a few new tricks while increasing your motivation and making you a stronger runner. Whatever your goal, get out, have fun, be safe, and be seen. We wish you a speedy and successful 2005 and hope to see you at the races.

YOUR CLUB NEEDS YOUR HELP! (Please!)

Did you know that the Roadrunners executive meets regularly, year-round, in order to coordinate the race series that we all enjoy?

In preparation for the upcoming season we are holding a volunteer meeting on Thursday, February 3rd, at 7p.m. The meeting will be held in the Keith Gordon Room at the Public Library.

We hope to see you, your family members, your friends, and your neighbors at this meeting. Why? Because we want to recruit you of course! We need to find volunteers to help out with set up, registration, water stations, traffic control, timing, and other tasks. Without volunteers our races simply could not happen!

Volunteering is a great way to stay involved if you are injured, pregnant, tapering for a race, or just wanting a change of pace. In addition, volunteering is a great way to watch your favorite runners as they complete the races. Furthermore, volunteering may provide your teenagers with experience that will look great on their resumes and scholarship applications.

As if all those reasons aren't enough... we're offering you a chance at some great **PRIZES** just for showing up to the meeting! We are giving away a **\$75 Gift Certificate for Stride & Glide Sports** as well as a **Prince George Roadrunners Membership** for the upcoming season (membership does not include B.C. Athletics or Day of Race Fees). Members of the Board of Directors are not eligible for prizes, so your chances of winning are great! Whether you can spare an hour for one race or make an ongoing commitment for the season, mark February 3rd on your calendar and plan to get involved!

The Prince George Road Runners Board of Directors

President and Secretary:

Oliver Hui 964-9647

Vice-President:

Cory Watts 564-6736

Treasurer:

Michele Sinclair 564-3751

Race Directors:

Chris Budac 562-0333

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Harmony Watts c_hwatts@yahoo.ca

Directors:

Bill Owen

Harmony Watts

Matthew Church

Kelly Sharp

The Prince George Road Runners is a non-profit society that supports area runners and walkers by providing well organized races throughout the year. The club is open to people of all ages and athletic ability, from learn to run runners and walkers to competitive racers. Our goal is to offer a venue for fun competition.



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In the Spirit of Giving

Over the holidays many of our club members were busy collecting gifts, toys, and money to improve the season for those less fortunate.

On December 11th, a group, led by Santa himself, set out in the snow from Second Cup bearing gifts for the clients of Healthiest Babies Possible. Over the course of 5km, these energetic "elves" handed out candy canes to unsuspecting passers by, the breakfast crowd at St. Vincent de Paul's, and the firemen working the morning shift. They were even seen singing carols! Special thanks to Richard Stewart for organizing this event and to Vince Smallwood for bearing the heat under the big red suit.

By December 14th, the running community was again feeling generous and ready to set out on the annual Christmas Lights Run, hosted by the Family Y. The runners came prepared with donations for the food bank. After a group photo they set out to enjoy the mild weather and beautiful scenery of Candy Cane Lane. Special thanks to Tanis at the Family Y for organizing this fabulous event - complete with draw prizes, hot drinks, and HOMEMADE COOKIES!



Santa Claus got in some pre-Christmas exercise and visiting while collecting baby supplies for charity on December 11th.



There was a great turn out for the annual Family Y Christmas Run on December 14th. Thanks to all those who brought donations for St. Vincent de Paul's.

Attention all Icemen and Icwomen!

The Prince George Citizen Iceman is slated for February 13th, 2005. In order to participate, you must register by 6:00 p.m. on February 9th. Registration forms are available at the Prince George Citizen office, Stride & Glide Sports, the Aquatic Center, Four Seasons Pool, and the Family Y. You may also print entry forms directly from www.mag-net.com/iceman.

Not interested in completing the ski/run/skate/run/swim event solo... Why not put together a team? If you are an individual looking for a team or a team looking for a few more participants, check out the list at Stride & Glide Sports to find names and phone numbers of those looking to participate in specific events. Who knows, you may gain both an athlete and a friend.

Not interested in participating... Why not help out? If you would like to volunteer you can call Andrea at 964-0363.

"A journey of a thousand miles
begins with a single step."
-Confucius



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We Have A Secret!

The Prince George Roadrunners is in the process of creating a new, updated, and easy-to-find website. Soon you will be able to check it out for race schedules, results, contacts, upcoming events, and club news. Even the newsletter will be available online! Hopefully this site will be a great resource to both local runners and out-of-towners interested in coming to Prince George to race. Special thanks to Shayne Hoehn for all of the time and effort he has put into designing the new site. Stay tuned as new address will be released soon!

Entering the Age of Technology

Did you receive this newsletter via email? Would you like to receive future newsletters by email? Sending the newsletter by email has the potential to be fast and cost effective. If you have access to email and would be interested in this option please email me at c_hwatts@yahoo.ca so that I can get a sense of popular opinion. If there is enough interest, I will create a mailing list for distributing the newsletter. For those without email access, the newsletter will continue to be available in hard copy through the mail (for those who wish), at races, and at Stride & Glide Sports.

Shopping Anyone?

PGRR Singlets now on Order!

The Roadrunners Singlets have been such a success that the club has decided to place another order. The singlets, made by Sugoi, are manufactured out of a moisture-wicking fabric and are great for racing. Runners who have worn their local singlets to out-of-town races have commented that other runners really notice our club colors and design! Contact Cory Watts at 564-6736 or 612-4754 to inquire about costs or to reserve a singlet for yourself.



Front view of a singlet.

Back view of a singlet.

The new singlets will retain the same design and colors as the existing singlets; however, the Olympia logo will be replaced with the Stride & Glide logo.

The 2005 Swampstomper Triathlon needs YOU!

Planning for the 2005 Swampstomper is underway and Shala is in need of some extra help this year. Her crew of coordinators is down; Siobhan moved away, Nadine recently had a baby girl, and Shala herself is pregnant and due in April. If you can help out with the planning in any way, please call Shala at 612-0505 at your earliest convenience. She is hoping to hold a meeting soon.



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Home-Made "Power" Bars

These granola bars are quick and easy to make, store well, and are a great alternative to processed snacks. You can easily adjust the ingredients to suit your personal preferences.

- 1 cup peanut butter
- 1 cup corn syrup or honey
- 1 to 2 cups of Rice Krispies
- 1 to 2 cups of Corn Flakes or Bran Flakes
- 1 cup of sunflower seeds
- 1 cup of sliced almonds
- ½ cup of sesame seeds
- 1 cup of dried cranberries
- 1 cup of dried apricots (sliced or quartered)

**For a change, try adding oatmeal, raisins, dates, peanuts, cashews, coconut, granola mix.... The possibilities are endless.

- 1) In a large pot, melt the peanut butter, honey and/or corn syrup over low heat.
- 2) Add the dry ingredients and combine well.
- 3) Press the mixture onto a non-stick cookie sheet.
- 4) Cool, cut, and enjoy!

What's in the next issue? What ever you send me!

Do you have a race experience to share? A great recipe for a post-run meal? Some training tips? Email your ideas and contributions to c_hwatts@yahoo.ca and I will try to get them into the next issue.

P.G. Sports Council

Did you know that members of the athletic community, including the Prince George Roadrunners, are currently exploring the possibility of forming a Sports Council? A sports council could assist athletic groups in Prince George in attracting and promoting major sporting events; coordinating facility use and volunteer support among user groups; and organizing events which recognize local athletes, coaches, and volunteers.

Coach's Corner: Tips for Water Running

Are you injured, pregnant, or lacking the motivation to get out into the winter weather? Why not try water running. It's warm; there's no impact; and you don't even have to get your face wet!

The benefits of water running are amazing. The water's pressure and cooling effects tend to keep your heart rate in check; thus, you may not feel as fatigued as you would outdoors or on a treadmill. However, the resistance of the water works in all directions which guarantees an effective workout. Because this workout is deceptively challenging, start out slowly; it has been said that thirty minutes in the pool may be equivalent to as much as sixty minutes of road or treadmill running.

The key to maximizing the benefits of water running is mimicking your outdoor running style as closely as possible while in the deep water. In order to do this, remind yourself to stay vertical: suck in those abs and tuck in your bum in order to keep your hips forward. Don't expect to use the "fast" lane at the pool. Water running is slower than you would expect... the swimmers should pass you like you are standing still! While learning to water run it is very beneficial to use a floatation belt, which can be borrowed from either local pool. Once you've mastered the technique you can make the workout harder by omitting the floatation belt while still maintaining the same great form you have been practicing. You can also do "surges" or "fartleks" in the pool by varying your intensity throughout your workout.

As if water running wasn't enticing enough on its own, there is always the added lure of a post-run soak in the hot tub! Happy training!