



Curro ergo sum
(I run, therefore I am)
www.pgroadrunners.ca

July/August 2005

Greetings from the Prince George Roadrunners

You may have noticed that there was no newsletter last month. My apologies. Let's just say I was "tapering" in order to write this month's edition with energy and enthusiasm.

Like writers, all runners desire a bit of a break from time to time. Some add variety to their schedule through cross training; others stop running for a short while; and a few ignore the desire for rest until injuries necessitate time off. What is your body telling you? After a great race series and a busy racing season, perhaps it is almost time to listen to your "inner runner" and take an extra day off so that you can enter the upcoming fall marathon and cross-country season strong.

Larry Rowe has been working hard to organize a great series of cross country races for runners of all ages. This year, we plan to increase participation by coordinating races between the Roadrunners, the regional high schools, C.N.C., and U.N.B.C. We hope to see you out there!

PGRR Membership Numbers Soar

2005 numbers are in - and they are great! We currently have sixty-one Prince George Roadrunners! Thanks to all those who have supported the club through membership this year! We look forward to seeing our members at the year end BBQ on Sunday, September 18th.

Sally Rowe Memorial Award

Each year, one Prince George Roadrunner is honoured with the Sally Rowe Memorial Award for Endeavour. Past recipients include Cory Watts, Tanis Wey, Mary-Jo Tibodeau, and Michele Sinclair who have all "run" through injury or adversity. Who do you think will be the 2005 recipient? An announcement will be made September 18th at the year end B.B.Q!

The Sally Rowe Memorial Award includes a large "club" plaque and individual "keeper" plaques... or so we think. We can't seem to find the club plaque this year! If you know where the large plaque is, please email me at c_hwatts@yahoo.ca

The Prince George Road Runners Board of Directors

President and Secretary:

Oliver Hui 964-9647

Vice-President:

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Treasurer:

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Race Directors:

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Directors:

Bill Owen

Harmony Watts

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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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Maritime Runners Race the Ridge

The Highland Ridge Run, held July 24th, not only attracted many local athletes but also drew two runners from Nova Scotia! Norris Whiston and Jim Harpell travelled from Truro, Nova Scotia in order to take in this event! Both men competed in the Grandmasters category. Norris ran the 10km course in a time of 55:05 while Jim completed the two loops in 58:29.

The two runners purchased train passes for the summer with the goal of running a race in every province. The Highland Ridge Run fit their travel schedule perfectly and the trip between Jasper and Prince George gave them a good taste of beautiful British Columbia. Following the Highland Ridge Run, they had completed eight races and were looking forward to completing two more on their way back east.

Our two guest runners brought sunny weather and fast times with them. Many of our local runners ran personal best times! Zachary Matyas won the 2.5km event in 14:22, Shayne Hoehn won the 5km event in 19:28, and Cory Watts won the 10km event in 37:42. Thanks to all those who participated, volunteered, and came out to cheer on our athletes!



Jim Harpell and Norris Whiston, both from Truro, Nova Scotia, pose with race director Yvonne Hemmerich after racing the Highland Ridge Run.

Local Runner Wins Big at Billy Barker Run

There are some races we run to win; there are some we run to challenge ourselves; there are some we run for fun; and there are some we run for the chance to win great door prizes. The Billy Barker Run, held in Quesnel on July 17th, is one such race where the lure of great prizes brings runners back year after year.

The Billy Barker Run, held during Quesnel's Billy Barker Days, offers a 5.2km route and a 12.4km route. Both routes take runners along the river, over bridges, and up challenging hills on a scenic tour of Quesnel's well developed trail system.

Following the run, runners are welcomed into the courtyard of the community centre for snacks, awards, and prizes. Runners wait in anticipation of the traditional "grand prize" - a diamond ring donated annually by a local jeweller. This year, the winner of the diamond ring was from Prince George. Congratulations, Christine, on a run you will surely remember for years to come!

Water Bottle Found at Highland Ridge

Did you forget your water bottle at the Highland Ridge Run? A water bottle with hand strap was found following the race. If you think it may be yours, contact Michele Sinclair.

Attention Historians

We are still trying to compile a club history for the website. Please contact Dick Voneugen or Harmony Watts if you have memories, photos, or past newsletters to share.



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Two Thumbs Up For Swampstomper Triathlon

By Mary Jo Tibodeau (a.k.a. Granny Triathlete)

Kris Dittman talked me into doing my first triathlon at West Lake 8 years ago. That time I was on a team and did only the swim portion. When I came out of the water I had a severe headache and wanted to throw up. Thanks Kris! So much for my first experience! I could not imagine going on to get on a bike then run, so from that point on my goal was to do a triathlon by myself. Swim, Bike, Run.

I knew how to swim (although lake swimming is entirely different from pool swimming) and I was an instructor for the cycle fit program at the Y, so two out of three were covered, but running was a different matter. I joined a "learn to run" clinic at the Y in the spring so by July I was ready to sign up for my first solo triathlon!! The only problem I had, and still have, is my fear of lake swimming!!! I have now done the West Lake Tri 5 times by myself and thoroughly enjoyed every experience but every year I have to face my fear of lake swimming and just do it.

This year one of the lessons learned was that I need to get on a bike BEFORE race day. Also, this year was my first experience getting stung by a wasp while on the bike. AAAHHHHHH!!! At least it wasn't a flat! My goal next year is to take 10 minutes off my time from this year. I believe if I spend some time lake swimming in June then do cycle fit during the winter, by July of next year I will be ready! Time will tell.

I highly recommend participating in the West Lake Tri!!! It's quite a challenge but well worth the effort. I'm proud of myself every year for not letting my fear of the water get the best of me! The organization of this event is fantastic!!!! The change to the beach area this year went better than I thought it would be. The weeds were only a problem for a short time. The beach area seems to be more spectator friendly. New blood is always needed so come out next year and give the organizers a hand, I guarantee you will really enjoy it!

Open Females... Get Ready... Julia's Back!

The "Terminator" coined the phrase "I'll be back!" and Julia Gerlach has put those words into action! After being mauled by a black bear this spring, Julia has been recovering in an Edmonton hospital. Okay, she has also been seen doing some "recovering" on the trails near Hinton and in the spectator crowd at the Stony Plain Triathlon... but if the doctors knew Julia as we all do, they should have never expected her to stay in bed! The latest news is that Julia has been released from the hospital and is looking forward to reconnecting with family and friends for the remainder of the summer. On behalf of everyone: Congratulations on your recovery; enjoy the rest of your summer; and we hope to see you soon! Best wishes, Julia! We are so proud of you!



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Coach's Corner: Sports Drinks, Energy Supplements, and Recovery Drinks

There are so many different varieties of training drinks and energy supplements that it is often difficult for consumers to sort through the pretty packaging and propaganda in order to select right product. It is generally accepted that, in order to avoid any unforeseen digestive distress, runners should practice using the same products in training that they plan to use on race day. Thus, with the fall marathon season fast approaching, now is the time to experiment with sports drinks, energy supplements, and recovery drinks so that you can fine-tune your selection before the big day.

Athletes look to sports drinks and supplements for electrolytes, carbohydrates, and protein. Electrolytes are the natural salts in the body, namely sodium and potassium, which are used by the all-important cardio-pulmonary system. These salts are lost through perspiration and must be replaced through foods and beverages both during and after lengthy workouts. Carbohydrates are the main energy source of the aerobic system; therefore, it is important for runners to give their bodies an adequate supply of carbs before and during workouts and to replenish this supply again after workouts. Carbohydrates can be divided into two categories: simple sugars and complex carbohydrates. Simple sugars, such as those found in fruit, refined sugar, and many processed foods are carbohydrates which are quickly absorbed into the bloodstream. Simple sugars are associated with a sugar "high" followed by an energy "crash." Complex carbohydrates, such as pasta, bread, and cereal are "slow burning" and provide the body with a more constant supply of energy. Protein is used in building and repairing muscle tissue. Protein is found in meat, cheese, beans, and nuts. It is important for runners to take in protein after workouts to aid recovery. Since a runner's need for electrolytes, carbohydrates, and protein varies from pre-run to post-run many runners elect to use multiple products in order to meet their needs.

Prior to a workout, runners need to hydrate and fuel their bodies with carbohydrates that can be easily digested. This can be done with a combination of water and "real" food. A small drink along with a bagel, granola bar, or banana, eaten thirty to ninety minutes prior to physical activity, makes a great pre-workout snack.

During a workout, runners require both carbohydrates and electrolytes. According to Runner's World Online, runners should consume thirty to sixty grams of carbs per hour on runs longer than sixty minutes. Sports drinks such as Gatorade and Powerade contain both electrolytes and diluted carbohydrates which are easily absorbed into the bloodstream. Other supplements, such as PowerBar Bites (mini-powerbars), Sharkies (gummies made from organic juice and whole grains), and gels (concentrated fuel in the form of a syrupy "shooter") all provide a substantial yet portable combination of electrolytes and carbohydrates. The kitchen cupboard may reveal other high-carb snacks, such as fig newtons, which are suitable for use "on the run." These tasty treats should be taken with water or a sports drink in order to maintain adequate hydration. Read the labels carefully in order to compare products. Glucose and fructose indicate simple sugars while maltose and dextrose indicate complex carbohydrates. Some products contain additives, such as caffeine, which you may want to include or eliminate depending on your preference.

Post-workout, runners need to replenish electrolytes, carbohydrates, and protein. This is where recovery drinks come in. E-mend is one such recovery drink. It contains sodium and potassium; complex carbohydrates; and whey protein. Mixed in a blender with yogurt and frozen fruit, this recovery drink can easily become a quick post-workout mini-meal.

Contrary to what we see on Saturday mornings, coffee is not a sports drink, an energy supplement, or a recovery drink. Not only does coffee lack nutritional value but it is also a diuretic. Nevertheless... there is something satisfying about a latte on a cold day and something refreshing about an iced cappuccino on a hot day ... just make sure your favourite post-run comfort blend does not distract you from meeting your body's needs for electrolytes, carbohydrates, and protein.



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Not-Too-Creamy Coleslaw

This homemade coleslaw tastes much like the traditional K.F.C. variety. It's nice and light and a great addition to any summer potluck.

- 1 cabbage, shredded
- 2 carrots, shredded
- 1 tsp. celery seed
- 1 c. vegetable oil
- 1 c. sugar
- ½ c. vinegar
- 1 tsp. salt
- 1 tsp. ground dry mustard
- 1 onion, quartered

Mix shredded cabbage and carrots in a large bowl. Place remaining ingredients in a food processor or blender and mix until the onion is well minced. Pour the marinade mixture over the vegetables and refrigerate for at least two hours.

Coming Events

Sunday, September 4th: Labour Day Classic

8.5 mile, 17 mile, 3X3 mile relay

10:00 a.m. P.G. Civic Centre

Contact Alan Buswell at 964-9688 for information

Sunday, September 11th: Chetwynd Half Marathon

21.1 km

9:00 a.m. for walkers, 10:00 a.m. for runners

Arrive 45 minutes early to catch the bus

Contact Tye or Shannon at 788-2214 for information

Sunday, September 18th: Terry Fox Run

5km fundraiser

9:00 a.m. at Ron Brent Elementary School

Contact Terry Cramer at 562-5742 for information

Sunday, September 18th: PGRR BBQ and Awards

Burgers and snacks for PGRR members

2:00 p.m. at Kool Cats Kid Care

Contact Oliver Hui at 964-9647 for information

Sunday, October 2nd Women's Fall Challenge

5km, 10km, 21.1km in Quesnel, B.C.

Contact Charlene at 747-3605 for information

Sunday, October 9th: Greenway Trail Walk or Run

18km, 9:00 a.m. for walkers, 10:00 a.m. for runners

Busses depart Ottway at 8:30 a.m. and 9:30 a.m.

Contact Bruce Bennett at 564-3115 for information

Sunday, October 9th: Royal Victoria Marathon

8km, 21.1 km, 42.2 km

www.royalvictoriamarathon.com

Sunday, October 9th: Kelowna Marathon

21.1 km, 42.2 km

www.runningroom.com

What's In The Next Issue? Whatever You Send Me!

Have you been to a great race lately?
Do you have some training tips or a
healthy recipe? Send me your ideas,
stories, and photos and I will try to get
them into the next newsletter!